

Castlegregory Walking Festival 28th and 29th September 2013



Cumann Sléibhteoireachta Chorca Dhuibhne

Registration Form

Name.....

Address.....

Land☎.....Mob☎.....

Email.....

Emergency Contact.....M ☎.....

Weekend cost of walks (includes 2 walks) €20 (non refundable) including transport to the starting and finishing points.

Cheques should be payable to Cumann Sléibhteoireachta Chorca Dhuibhne and posted with this form to: Jimmy O'Connor, Coolroe, Castlegregory, Co Kerry ,Co Kerry.

Walk options.

Saturday 28th Sept.	Easy	Moderate	Difficult
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Sunday 29th Sept	Easy	Moderate	Difficult
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Please **circle** your preferred walks option..

Easy: Usually lower level; can be over rough ground and ascent up to 250 metres. Walk duration 3-4 hours.

Moderate: Requires a reasonable degree of fitness; climbs up to 826 metres, May involve some scrambling.
Walk duration 5-6 hours

Difficult: Requires a higher level of fitness and a head for heights and will involve some scrambling and narrow ridges. Walk duration 6-7 hours.

Walk leaders may change routes depending on weather conditions. It is important to choose the correct walk to suit your ability and fitness level. Wet gear and appropriate clothing are strongly recommended for your own safety and enjoyment. Walking boots are essential on all walks. Walk leaders will be available in the Community Centre next to Spar from 7-9pm on Friday 28th September to discuss the walks in detail with you and to confirm your attendance.

Where did you hear about the Castlegregory Walking Festival?.....

WWW.dinglehillwalkingclub.com

SignedDate.....