

GUIDELINES FOR WALKERS

- EXPERIENCED GUIDES WILL ACCOMPANY ALL WALKS. THE DECISION AND AUTHORITY OF THE LEADERS IS FINAL AND AT ALL TIMES TO BE ACCEPTED BY THE PARTICIPANT.
- CHOOSE THE WALK MOST SUITED TO YOUR LEVEL OF FITNESS, IF IN DOUBT PLEASE CONSULT YOUR WALK LEADER.
- PLEASE ADHERE TO THE LEAVE NO TRACE CODE OF OUTDOOR ETHICS.

DECIDING WHICH WALK IS FOR YOU.

A WALK = VERY EXPERIENCED WALKERS

B WALK = REGULAR FIT WALKER

C WALK = CASUAL WALKER

CLOTHING AND EQUIPMENT

- **A WALKS** ARE ON OPEN HIGH ROUGH COUNTRY. HIKING BOOTS ARE ESSENTIAL.
- WATERPROOFS TRACKSUIT – NO JEANS; RAINCOAT AND CHANGE OF CLOTHS FOR AFTER WALK.
- PACKED LUNCH & DRINKS FOR WALK NECESSARY.
- **B & C WALKS** IS ON WIND FARM ROAD AND ROUGH FOREST TRACKS, STRONG COMFORTABLE FOOTWEAR, TRACKSUIT – NO JEANS.
- CHILDREN ARE WELCOME ONCE ACCOMPANIED BY ADULT BUT WALKS ARE NOT SUITABLE FOR BUGGIES.
- TRANSPORT WILL BE PROVIDED TO START POINTS WHERE NECESSARY. NO DOGS ALLOWED.

- **ALL PARTICIPANTS MUST COMPLETE AND SIGN A REGISTRATION FORM PRIOR TO ALL WALKS AND SIGN OUT AFTERWARDS.**
- **ALL MINORS MUST BE ACCOMPANIED BY A PARENT OR GUARDIAN AT ALL TIMES.**
- **THE ORGANISERS MAINTAIN THE RIGHT TO CHANGE THE ROUTE WHEN DEEMED NECESSARY.**
- **WALK LEADERS MAINTAIN THE RIGHT TO REFUSE PARTICIPATION DUE TO UNSUITABLE CLOTHING, FOOTWEAR OR LACK OF EXPERIENCE.**



MILLSTREET WALKING FESTIVAL



20TH & 21ST APRIL 2013
CONTACT 086 – 380 94 24

SATURDAY 20TH APRIL

PLANNED A WALK (STRENUOUS)

THE SHRONE, CLYDAGH TO MILLSTREET WALK.

STARTING FROM THE BASE OF SHRONE LAKE IN THE SHADOW OF THE PAPS CLIMBING TO TRAVERSE THE CLYDAGH VALLEY TO ARRIVE AT THE TOP OF BALLAGH AND FOLLOW THE FOOTSTEPS OF O' SULLIVAN BEARA BACK TO MILLSTREET VIA THE CLARAGH LOOP. PLEASE NOTE THIS IS A LINEAR WALK FOR EXPERIENCED WALKERS ONLY.

START TIME: 09:00AM DURATION: 6 HOURS

REGISTRATION: WALLIS ARMS HOTEL

PLANNED B WALK (MODERATE)

THE CLYDAGH TRAVERSE.

STARTING FROM GARRANE BRIDGE, CAHERDOWNEY, CLIMBING TO TRAVERSE THE CLYDAGH VALLEY TO ARRIVE AT THE TOP OF BALLAGH AND FOLLOW THE FOOTSTEPS OF O' SULLIVAN BEARA BACK TO MILLSTREET.

START TIME: 10:00AM DURATION: 3 TO 4 HOURS

REGISTRATION: WALLIS ARMS HOTEL

PLANNED C WALK (EASY)

CLARAGH LOOP WALK.

STARTING FROM THE TRAILHEAD IN MILLSTREET. ASCENDING TO THE SUMMIT OF CLARAGH MOUNTAIN, TO ENJOY THE VIEWS OF THE MAGNIFICENT BLACKWATER VALLEY TO THE NORTH AND THE PEAKS OF DERRYNASAGGART TO THE SOUTH.

START TIME: 12:00PM DURATION: 3 HOURS

REGISTRATION: WALLIS ARMS HOTEL

**ALL WALKERS TO RETURN TO HOTEL
FOR DEREGISTRATION AND REFRESHMENTS.**

SUNDAY 21st APRIL

PLANNED A WALK (STRENUOUS)

THE BOGGERAGH MOUNTAIN WALK.

STARTING FROM THE FOOTHILLS OF THE EAGLES NEST FOLLOW THE DUHALLOW WAY THROUGH THE HEART OF THE BOGGERAGH MOUNTAINS ARRIVING AT THE SUMMIT OF MUSHERA MORE AND DESCENDING TO THE HOSPITALITY OF THE MILLSTREET COUNTRY PARK.

START TIME: 09:00AM DURATION: 5 HOURS

REGISTRATION: MILLSTREET COUNTRY PARK

PLANNED B WALK (MODERATE)

MUSHERAMORE LOOP.

COMMENCING FROM THE RECEPTION IN MILLSTREET COUNTRY PARK FOLLOWING TO THE SOURCE OF THE AUBANE RIVER & ASCENDING TO THE PEAK OF MUSHERAMORE, AND RETURNING VIA THE DUHALLOW WAY.

START TIME: 10:00AM DURATION: 3 HOURS

REGISTRATION: MILLSTREET COUNTRY PARK

PLANNED C WALK (EASY)

COUNTRY PARK LOOP.

COMMENCING FROM THE RECEPTION IN MILLSTREET COUNTRY PARK, ASCENDING TO THE SOURCE OF THE AUBANE RIVER AND THE MEDIEVAL HUT SITE. TRAVERSING ACROSS TO THE MUSHERA MOOR TRAIL, AND RETURNING VIA THE MUSHERA RAVINE CIRCUIT AND THE CARRAIG LEABRA TRAIL.

START TIME: 12:00PM DURATION: 2 HOURS

REGISTRATION: MILLSTREET COUNTRY PARK

**ALL WALKERS TO RETURN TO MILLSTREET COUNTRY PARK
FOR DEREGISTRATION AND REFRESHMENTS.**

**ALL WALKS €10.00 PER PERSON OR €15.00 PER FAMILY
PAYABLE ON REGISTRATION EACH MORNING.**

MILLSTREET WALKING FESTIVAL 20TH & 21ST APRIL 2013

In association with Millstreet Tidy Town and Tourism Association

