

Registration Form

Name

Address

Telephone Mobile

Email

Next of Kin/Contact No.

Are you a member of a walking club? If so, which club?

How did you hear about the festival?

Registration Fee

2 days: €25 / 1 day: €15 / Nordic Walking: €40

Saturday

Grade 2 / Angelsea Mountain

Grade 2 / Night Walk

Nordic Walking

Sunday

Grade 1 / Cooley Heights

Grade 2 / Slieve Foy

Grade 3 / Meave's Gap

Nordic Walking

Please tick the events you wish to participate in.

Return your registration form before 1st March to:

Alison Condra, Louth County Council,
Millennium Centre, Dundalk, Co. Louth

All cheques payable to Louth Local Authorities.



An Roinn Gnáthai Pobail, Tuisithe agus Gaeltachta
Department of Community, Rural and Gaeltacht Affairs



Important Information

Clarification of Hill Walking Grades

Grade 1: A strenuous walk for experienced walkers with a high fitness level.

Grade 2: A moderate level of fitness and stamina required.

Grade 3: Suitable for most walkers, offering gentle pace with regular stops.

Walkers must be satisfied that they are suitably equipped and capable of undertaking their chosen walk.

Notes

- Remember to dress appropriately, weather conditions in the mountains can change rapidly.
- For night walks, head torches and reflective gear are a must.
- Walking boots are essential for all Grade 1 & 2 walks.
- No jeans allowed for all hill and mountain walks.
- Participants should carry a rucksack with rainwear, spare clothing, **a packed lunch and a hot drink**.
- No children under 16 years on adult walks.
- No dogs allowed.
- All walks led by experienced guides. Leaders' decisions are final.

Accommodation Special Offers

Book directly with hotel. Group rates available.
2 nights B&B. 1 Dinner and 1 packed Lunch.

Ballymascanlon House Hotel 4* with Leisure

€150 pps / Tel: 042 9358200

Crowne Plaza, Dundalk 4*

€125 pps / Tel: 042 9394941

Fairways Hotel 3*

€120 pps / Tel: 042 9323657

Pick-up from Dundalk Hotels Fairways 8.35am, Crowne Plaza 8.45am, Ballymascanlon Hotel 9.05am. Return drop offs departing Carlingford approx 5.30pm (when all walks are complete.)

More accommodation available at www.louthholidays.com.

Further Information

For walks information, please contact Alison Condra.

Tel: 042 9324153

Email: alison.condra@louthcoco.ie

TÁIN WALKING FESTIVAL

Carlingford
Co. Louth
5–7 March, 2010



LOUTH
Land of Legends

Friday 5th March 2010

Festival registration at Carlingford Sailing Club, Ghan Road, Carlingford. Sat Nav Co-Ordinates: N54.2.32 W6.10.44

10.00am Buggy Buddies*

Starting at: Carlingford Sailing Club Cost: Free
Instructor: Cormac Mc Gee

A brisk 3km walk for parents, childminders and anyone with a pram or buggy along Carlingford's new Slí na Sláinte route. No booking required.

2.00pm Walking for Health Workshop

Location: Carlingford Sailing Club Cost: Free
Duration: 3 hours
Leaders: Yvonne Gilsean/Tara Alexander, HSE
Booking: Alison Condra on 042 9324153
Email: alison.condra@louthcoco.ie

The Health Promotion Department would like to invite you and a friend and any other persons interested in walking to attend our next 'Slí na Sláinte Walking for Health Workshop'. These workshops are organised by the Health Service Executive (HSE) in conjunction with the Irish Heart Foundation. Topics covered include: current recommendations for health enhancing physical activity for adults; identifying the main health benefits to be derived from a programme of regular walking; advising on practical issues such as posture, technique, stretching, intensity, clothing, etc, the use of heart rate monitors as tools for monitoring walking sessions, discussing the main components of a health enhancing walking session. Max. 20 participants – must be booked in advance

10.30am Grade 3 / Maeve's Gap Historical Walk*

Approx. duration: 3 hours Beginning: 10.45am
Registration: 10.30am
Leader: Aude Laffon, Setanta Tours

Carlingford > The Saddle/Colywn Pass > Barnavave > Maeve's Gap > Grange > Carlingford Village

Guided walks providing an archaeological and historical interpretation to the ancient structures and landscape of the Cooley Mountains. Booking Essential: Tel: 085 1442564.

* Refreshments afterwards in Carlingford Sailing Club.

Saturday 6th March 2010

Festival registration at Carlingford Sailing Club, Ghan Road, Carlingford. Sat Nav Co-Ordinates: N54.2.32 W6.10.44

9.15am Grade 2 / Angelsea Mountain

Approx duration: 6 hours Height: 350m
Registration: 9.15am Distance: 14km
Register at: Carlingford Sailing Club Beginning: 10.00am
Bus Departs: 9.15am Cost: €15

Flagstaff > Angelsea Mountain > Clermont Cairn > Bevan > Omeath

2.00pm Introduction to Nordic Walking

Location: Carlingford Sailing Club Cost: €40
Duration: 2 ½ hours Leader: Joy Teo

Warm up and cool down routines, technique drills and Nordic walk included. Max. 8 participants. Poles provided. Must be booked in advance. Burn up to 40% more calories than in normal walking! Using more muscles in Nordic walking means you burn more calories than in normal walking at the same speed, and get a true whole body workout.

2.00pm Grade 3 / Coastal Walk

Location: Carlingford Sailing Club Duration: 3-4 hours

Guided walk with Archaeologist Aude Laffon stretching from Greenore to Shelling Hill, exploring the industrial heritage, architecture and monuments of the peninsula.

5.00pm Grade 2 / Night Time Walk

Approx. duration: 5 hours Height: 460m
Registration: 5.00pm Distance: 13km
Register at: Carlingford Sailing Club Beginning: 5.30pm
Cost: €15

Carlingford Village > The Saddle > Glenmore > Ballymakellett Forest > The Lumpers Bar

N.B. All participants must have appropriate head torches and reflective clothing.

Saturday Night Entertainment

Lumpers Bar Ballymakellett. Be there to welcome the weary night walkers back home! Traditional music session and refreshments at the Lumpers Bar, Ballymakellett, Ravensdale. Music from 9.00pm till late. Transport provided back to Carlingford at 11.30pm and Dundalk at 12 midnight.

Sunday 7th March 2010

9.30am Grade 1 / Highs and Lows of the Cooleys*

Approx. duration: 6 hours Height: 508m
Registration: 9.30am Distance: 17km
Bus departs Carlingford: 9.45am Beginning: 10.15am

Annaloughan > Mullaghatten > Slievestucan > Black Mountain > Ravensdale

10.30am Grade 2 / Slieve Foy Panorama*

Approx. duration: 5 hours Height: 500m
Registration: 10.30am Distance: 10km
Bus departs: 10.15am Beginning: 11.00am

Barnavave > Slieve Foy > The White Bog > Raven's Walk > Long Woman's Grave

10.30am Grade 3 / Maeve's Gap Historical Walk*

Approx. duration: 3 hours Beginning: 10.45am
Registration: 10.30am
Leader: Aude Laffon, Setanta Tours

Carlingford > The Saddle/Colywn Pass > Barnavave > Maeve's Gap > Grange > Carlingford Village

11.00am Introduction to Nordic Walking

Location: Carlingford Sailing Club Cost: €40
Duration: 2 ½ hours Leader: Joy Teo

Warm up and cool down routines, technique drills and Nordic walk included. Max. 8 participants. Poles provided. Must be booked in advance. Burn up to 40% more calories than in normal walking! Using more muscles in Nordic walking means you burn more calories than in normal walking at the same speed, and get a true whole body workout.

2.00pm Historical walking tour of Carlingford

Location: Carlingford Tourist Office Cost: €6 per person
Approx. duration: 1-1 ½ hours

Guided tour of Carlingford. Starting from Carlingford Tourist Office. Dress for the weather! To Book call: 086 3522732.

Sunday Entertainment

Carlingford Arms: Live music 4-7pm.
P.J. O' Hares, Tholsel Street: Traditional Session from 4-7pm.

* Refreshments afterwards in Carlingford Sailing Club.