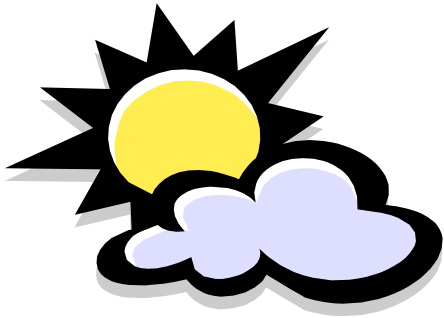


ESSENTIAL ITEMS TO BRING WITH YOU FOR A WALKING WEEKEND



We recommend you bring with you the following items of clothing and equipment to help make your walking programme as comfortable as possible. The weather on the West Coast proves to be completely unpredictable so be prepared for everything from hail to blazing sun! The Irish weather can be changeable and is often very localised. This means that you may well have a morning of rain and an afternoon of sunshine - and that the weather may be quite different 10 miles away.

Cool days in summer: 10 - 15° C (50 - 60° F).

Warm days in summer: 21 - 27° C (70 - 80° F)

It is a good idea to take layers of clothing with you each day and to change whenever the temperature does. As a general rule, always take rain gear with you and remember that the higher you go, the cooler it gets.

- *Old warm clothing (preferably not denim trousers but tracksuits etc.)*
- *Rain Jacket & Trousers*
- *Woolly Hat, scarves and gloves. On the hills it is colder than lower ground.*
- *Walking boots or shoes that have suitable support for your ankles.*
- *Change of clothes and spare shoes for evening wear.*
- *Warm woolly socks.*
- *Towels*
- *Any personal clothing that you need*
- *Sun block and insect repellent for the summer months (from April to September)*
- *Toiletries*
- *Plastic bags for bringing home wet shoes and clothes*
- *A small rucksack that you need for brining items with you on the walking programme you will be doing including carrying your lunch.*

Only mobile phones on the 087 network will work in the Leenane area. There is no reception for the 086 and 085 mobile phones. It may be a good idea to bring a prepaid phone card for using on the pay phone in reception.

It is advisable to leave all valuables at home as we can take no responsibility for lost or stolen property.

MOUNTAIN SAFETY



dangers.

The Irish Long distance trails and especially the hills are still relatively unfrequented. This is a happy situation for hill walkers unless they get into serious trouble and need help. Help may well have to come from a considerable distance it is particularly important to take all reasonable precautions. Although the underneath precautions are designed for longer, higher walks do remember that even on the low level trail walks, there can be inherent

- *Wear suitable clothing, and regardless of the weather carry extra warm clothes, wind and waterproof anorak and over trousers. Except on short, easy walks it is best to wear walking boots.*
- *Plan your walk carefully and make sure you can complete it before dark.*
- *Check weather forecasts and keep a look out for weather changes. On high ground, mist and rain can close in with alarming speed.*
- *Remember that the temperature drops 2-3 degrees Celsius for each 300m you climb and if, as is frequently the case, there is a strong wind the temperature drop will be even more marked. It may be a pleasant day at sea level whilst freezing and windy at 800m.*
- *Always carry a map and compass, a torch, whistle and a small first aid kit should also be taken. Remember that the mountain distress signal is six blasts per minute and then a pause.*
- *Carry a reserve supply of food including chocolate, glucose tablets, and something warm to drink.*
- *Before you set off make sure to leave word where you are going and what time roughly to expect you back.*
- *Streams in flood are dangerous and extreme caution is necessary.*
- *Remember that most accidents happen on the descent, when you are tired, so take special care then.*

THE FARMLAND CODE OF CONDUCT



- *Respect farmland and the rural environment*
- *Do not interfere with livestock, crops, machinery or any other property, which does not belong to you.*
- *Guard against all risks of fire.*
- *Leave all farm gates as you find them.*
- *Avoid entering farmland-containing livestock. Your presence can cause stress to livestock and even endanger yourself.*
- *Do not enter farmland if you have dogs with you, even on a leash, unless with permission of the occupier.*
- *Always use gates, stiles or other recognised entry points.*
- *Take all litter home.*
- *Do not pollute water supplies.*
- *Take special care on country roads.*
- *Avoid making unnecessary noise.*
- *Protect wildlife plants and trees.*
- *Take heed of warning signs - they are there for your protection.*
- *If following a recognised walking route, keep to the way-marked trail.*
- *Report any damage caused by your actions to the farmer or landowner immediately.*
- *Do not block farm entrances when parking.*