

# Mountain Challenge August 2015



## Frequently Asked questions

### **How fit do I need to be to climb these mountains?**

The pace on each mountain will be set by the mountain leader with the group and will be adapted to suit the group members. The routes on each mountain can also be adjusted to suit the fitness levels and needs of each group.

The highest and most challenging mountain to climb is Carrauntohill. If you are an occasional hillwalker capable of being out for 6 hours you should manage it fine. With Carrauntohill as the most challenging of the four mountains – the other would rate in the following order -

1. Carrauntohill
2. Lugnaquilla
3. Donard
4. Croagh patrick

### **What if I have a medical condition?**

If you have an existing medical, you will be asked to give details on this when you sign up for the challenge. These details are required so that we can ensure the safety of all team members during the challenge and all details will be kept in confidence.

### **Will there be qualified people to lead the walks on each mountain?**

Yes – there will be qualified and experienced Mountain Leaders on each mountain leading the walks and looking out for the safety of the group. They will each follow best practice in this area and they will decide on routes and times in advance. Safety is the number one priority of this event and each mountain leader will have all necessary equipment and have made all necessary contingency plans to keep their group safe.

### **What kind of clothing/equipment do I need to bring with me?**

On signing up, each applicant will be provided with a list of recommended clothing and equipment to have for the walks. It will be at the discretion of the leaders of the walks to refuse to take anyone who they feel is not dressed sufficiently or with the correct footwear. This will be with the best interest of the individual and the group at heart. However, all advise and support will be given in advance to make sure all participants know what to wear and what they need to have with them to stay safe and healthy and enjoy the challenge.

### **Are there dogs allowed on the walks?**

No is the answer – out of respect and safety to farm animals, wildlife and the farming community as well as for the comfort and safety of fellow walkers, dogs are not permitted on any of the four walks.

### **What kind of experience do Friends of Londiani have of organising an event such as this one?**

This will be our second year organising this event to have four teams, one on each of the highest mountains in Ireland. Previously we have organised 4 Peaks challenges twice within Ireland and twice within Ireland, England, Scotland and Wales. These were for one team climbing all four peaks in one weekend.

### **How does the event raise money for the charity?**

Each participant is asked for a €50 sign-up fee to take part. We will also have a campaign around text donations, online donations and social media that we will ask participants to promote amongst their friends and family. We encourage all participants to look for sponsorship around this event and do all we can to help and support with sponsor cards, online donation pages etc.

### **What is the fundraising for?**

Friends of Londiani are an Irish registered charity working with people in a remote, rural part of Kenya. The funds raised go to our community development programmes which are making changes and improvements to the areas of health, education, clean water and economic empowerment. To find out more about our programmes click on ([www.friendsoflondiani.com/en/local\\_programmes/](http://www.friendsoflondiani.com/en/local_programmes/)). Your support of this event is vital in helping Friends of Londiani to continue to support people in Londiani to create better futures.

### **What kind of environmental considerations will be taken?**

Friends of Londiani aim to have minimum impact on each of the mountains involved in this challenge leaving nothing behind but our thanks. We will follow the principles of Leave no trace [www.leavenotraceireland.org](http://www.leavenotraceireland.org) aiming to be considerate of others on the mountains, respectful of farm animals and wildlife, dispose of waste properly and take nothing from the mountains but our memories of the day.

We will also be encouraging car pooling to lessen our impact on the environment and ease congestion around the meeting points of each mountain.

### **What about insurance?**

Friends of Londiani have public liability insurance that covers this event. If you are an MCI (Mountaineering Council of Ireland) or BMC (British Mountaineering Council) member then you will be asked for your membership numbers on the sign up form.

### **Can children take part in the Mountain Challenge?**

Children may be considered depending on the mountain, their age, previous experience and only if accompanied by a parent. Email [mountainchallenge@friendsoflondiani.com](mailto:mountainchallenge@friendsoflondiani.com) to enquire and give details of previous experience, fitness levels etc.

### **What about the weather?**

The walks won't happen if the weather conditions would make the event unsafe for the participants. Each participant will be advised in advance on the correct gear to bring to keep them safe from the elements – so advice to cover all eventualities from sunscreen to waterproofs will be given.