

Mountain Challenge August 2019



Frequently Asked questions

How fit do I need to be to take part in this challenge?

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

The high level Galtymore option is a 14 km looped walk with an ascent of 919 metres. It is a strenuous and steep ascent of Ireland's highest Inland Mountain at 919 metres (3,012 ft) beginning and ending at King's Yard. The walk is on open ground with some areas of bog land to be crossed. The reward for the effort is reaching Galtymore, the County high point of both Tipperary and Limerick, and the outstanding views of the surrounding countryside. The walk to Galtymore and back takes approximately 5 hours. A high level of fitness would be required and proper hill walking gear would be essential.

The Low Level Walk is a 12km walk with an ascent of 300 metres. On the foothills of the Galtee's this is a looped walk starting and finishing at Kings Yard. The walk is through forestry tracks and open ground in the valleys and foothills of the Galtee Mountains with stunning views of the Mountains and landscape of the area. This walk will take approximately 4.5 hours to complete and a medium level of fitness and appropriate clothes & footwear would be essential for this walk.

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 both walks?

Yes – there will be qualified and experienced Mountain Leaders leading the walks and looking out for the safety of the group. They will 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 advice 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 either of the walks.

What kind of experience does Brighter Communities Worldwide have of organising an event such as this one?

2017 was our first year to couple a low level walk with mountain climb and we have organised walks for Carrauntoohill & Old Kenmare road and Mount Brandon & Dingle Way. Previous to that, 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 highest peaks in one weekend. We have held 3 events where we had four teams, one on each of the highest mountains in Ireland.

How does the event raise money for the charity?

Each participant is asked for a €60 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?

Brighter Communities Worldwide is an Irish registered charity working with people in a remote, rural part of Kenya since 2002. We work in partnership with communities to deliver programmes that enrich their lives and help create better futures for them and their families.

This challenge is raising money to support the people we work with to change their lives with clean water schemes; better health; school improvements; increased household income and education for all. To find out more about our programmes click on https://www.brightercommunities.org/en/local_programmes/index.php

What kind of examples of community development programmes are we involved with?

- Access to clean water via gravity water fed schemes; rain water harvesting; ferrous cement tanks for households and schools.
- Improved sanitation for schools which is reducing water borne diseases and improving school attendance.
- Girls for Girls programme of improved sanitation, education & reusable pads which aims to make sure girls don't miss school days during their monthly menstruation.
- Peer education courses in Lifeskills
- Smokeless stoves programme is improving the health of families by providing a smoke free environment in the home.
- Business training courses to equip people with the skills necessary to generate income for their family.

What kind of environmental considerations will be taken on the walks?

Brighter Communities Worldwide aim to have minimum impact on the area involved in the challenge leaving nothing behind but our thanks. We will follow the principles of Leave no trace 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 encourage car-pooling to lessen our impact on the environment and ease congestion around the meeting points of each walk.

What about insurance?

Brighter Communities Worldwide has 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 on a case by case basis depending on the walk involved, their age, previous experience and only if accompanied by a parent. Email mountainchallenge@brightercommunities.org 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.

If the weather is bad then the final decision on whether or not it is safe to climb or walk will be taken by the Mountain Leader on the day. If the conditions are deemed to be unsafe for climbing, the Mountain Leader will plan for an alternative walk better suited to the weather conditions of the day.