

CLIMB FOR KENYA Galtee Mountains 2021 Frequently asked questions

Will there be qualified people to lead the walks?

Yes – there will be qualified and experienced Mountain Leaders leading the walks and looking out for the safety of the group. The role of the Mountain Leader is to guide people on the walks and ensure their safety and well-being.

They will follow best practice in all areas 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.

These are group walks and participants must stay together with the group at all times and follow the Mountain Leaders instructions.



2019 Galtee Mountains



2020 Galtee Mountains

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

The pace on both Galtymore Summit and Galtees hike 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. Question sometimes asked is – “If my pace is faster than the group, can I go ahead and meet with the group later” – answer is NO because all walkers must stay together as a group and follow instructions of the leader.

The **Galtymore** summit 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 is required and proper hill walking gear is essential**

The Galtee Mountains hike option is a 12km hike with an ascent of 300 metres. In the foothills of the Galtee's this is a looped hike starting and finishing at Kings Yard. The hike goes 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. Conditions under foot can be uneven, muddy and rocky. This hike will take approximately 5 hours to complete and a **medium level of fitness and appropriate clothes & footwear are 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.

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.



2020 Brighter Communities Kenyan staff team
taking part in Kenya

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?

We have been organising walks as fundraising events for 16 years now. We have organised 4 Peaks challenges twice within Ireland and twice within Ireland, England, Scotland and Wales – team events where all 4 peaks were climbed over one weekend. We have had three events in Ireland where the highest peak in each province was climbed by 4 different teams at the same time. Since 2017, we have organised events with options of Carrauntoohill & Old Kenmare road and Mount Brandon & Dingle Way as well as the Galtee Mountains.

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 Kericho county in Kenya since 2002. We work in partnership with communities to deliver programmes that focus on the key areas of health, education, clean water and economic empowerment. The money raised from this event will support these life changing programmes as well as our emergency response to the COVID-19 pandemic.

Examples of our Community Development Programmes

- 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.
- Community based menstrual health programme with education, awareness raising, reusable sanitary kits to support girls and women through school and work.
- 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.
- Emergency response to COVID-19 with soap, water containers, strengthening health systems, partnering with local Ministry of Health with logistics and resources for rolling out the vaccination programme.



2020 Distribution of soap and water containers to homes, schools, town centres, health facilities to enable handwashing to prevent the spread of COVID-19

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.

Can children take part in the Mountain Challenge?

No - these are not walks that are suitable for children under 14 years of age. If you are interested in a family hike for your children under 14, contact mountainchallenge@brightercommunities.org for further details.

Children over 14 years of age must be accompanied by their parent and have previous walking experience and the correct clothing and footwear. Email mountainchallenge@brightercommunities.org to enquire and give details of previous experience, fitness levels etc.

What about the Weather?

The challenge 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 – everything from sunscreen to waterproofs.

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

Please contact us with any further questions –

mountainchallenge@brightercommunities.org

Phone 086 8744612



2019 Galtee Mountains