

IPA Hill-Walking in Donegal **(Colmcille Region - No. 6) supported by IPA Ireland**

An **IPA Hill-walking event** will be held in **Donegal** on Saturday the **19th May 2012**.

The coastal walks of Ards and the neighbouring upland area of Crockatee, Creeslough, host spectacular views of the North West including Horn Head, Tory Island and the mountains of Donegal.



Walk (a) starting at Ards Friary, is for non regular and inexperienced walkers. Participants will be brought along the coast and across sandy beaches leading to a boardwalk and woodland. About 50% of this walk is on pathway. There are some short ascents which can be rough underfoot. Boots are recommended but not essential. This walk will take approx 3½ to 4 hours at a leisurely pace.

Walk (b) starting at McCarrys Bar, Kildarragh, is a 4 hour hike across the hills and along Crockatee ridge leading to the base of Muckish Mountain. It is not classed as a difficult walk but would require a fair level of fitness. Proper hiking boots are essential for this walk as the terrain is rough and boggy in places.(No boots, no walk)

Appropriate walking gear is recommended for both walks, i.e. footwear with ankle support and clothing suitable for the weather conditions. Runners and jeans are not suitable. Bring necessary water and refreshments.

10am assemble and register at Creeslough Day Centre, using car park at Creeslough Chapel.

10.30am leave for start of walks.

11am walks will start.

A meal will be provided for participants in the dining hall of Ards Friary immediately after the walk.

A donation of €15 is requested from each participant with all profits going to Relay for Life

The Colmcille Region invites all walkers to join us on this event. Places are limited and will be allocated on a first come first served basis. Those interested should register by contacting any of the following.

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