

IPA Hill-Walking Event

Colmcille Region - No. 6.



The IPA Annual hill-walking event will be held in Glenveagh National Park, Co. Donegal on Saturday the 7th June 2014.

Situated in the heart of the Derryveagh Mountains, Glenveagh National Park encompasses 16,000 hectares of wilderness with breath-taking views of mountains, lakes and valleys. You are invited to come along and take part in the Glenveagh experience. By taking part, you will help raise much needed funds for the **Donegal Branch of the Alzheimer's Society**.

Walk (a) starting at the Visitor Centre, is for non regular walkers and is suitable for children. Participants will be brought along the Nature Trail with a tour of the gardens and a guided tour of Glenveagh Castle, finishing with a bus ride back to the Visitor Centre for a meal. This entire walk is on pathway. This walk will take approx 2½ to 3 hours at a leisurely pace.

Walk (b) starting at the Visitor Centre is a hill walk of 4 to 4½ hour duration for regular walkers. 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 steep, rough and boggy in places. (No boots no walk) This walk will be lead by IPA walk leaders and members of the local Swilly Hiking Club.

Appropriate walking gear is recommended for both walks with clothing suitable for the weather conditions. Runners and jeans are not suitable for walk (b). Bring necessary water, refreshments and sun-cream. The tea rooms at the castle will be open as will the restaurant at the visitor centre during registration. A minimum donation of €20 is requested from each participant at registration with concessions for families. All profit is in aid of the **Donegal Branch of the Alzheimer's Society**. **Sponsorship cards in aid of the Alzheimer's Society are available on request.**

All participants will be provided with a meal in the Visitor Centre immediately after their walk.

Timetable:-

- 10.00am:** Assemble and register at Glenveagh Visitor Centre.
- 10.45am:** Audio/visual presentation in assembly room at Centre.
- 11.00am:** Both walks will start.

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 contact any of the following without delay:-

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