



Trek for cats!



#CatChampions

16 October 2020

Slieve Donard Climb in aid of Cats Protection Northern Ireland

Registration fee – £20

Minimum sponsorship pledge – £150

Your Itinerary

Meet at Donard car park Newcastle Co. Down at 9am with a view to returning to the start point by 4pm at the latest. The car park postcode is BT33 0HL, this is a free car park.

We start our climb from Donard car park and ascend Slieve Donard via the Glen River route; we will descend by the same route to return to our start location.

events@cats.org.uk

01825 741 960

The route will take between 2.5-3.5 hours to ascend, and roughly 3 hours to descend. The hike is a 6-mile round trip but because we are starting at sea level, it is a climb the whole way. It is physically demanding, so you will need to have a reasonable level of fitness and be suitably equipped.

Each participant must complete a booking form/kit list in advance; this will be emailed to you one month before the trek.

We will be led by guide Peter Rafferty owner of Walkthemournes who is a qualified Mountain Leader and a Level 2 Tour Guide.

FAQs

What is the minimum age I can take part?

Minimum age to take part is 14+.

What if the weather is poor?

The event will only be cancelled/postponed if severe or dangerous weather is forecast, it is likely that the weather will be cold and there is always a high probability of rain in the mountains, everyone will need to have the required kit as described in the booking form/kit list.

Is accommodation included?

No, accommodation is not covered; you will need to ensure you can arrive at Donard car park Newcastle Co. Down at 9am on Friday 16 October.

Are there toilets?

Yes, there are toilets at the car park before we set off. However, none along the route so you will need to be prepared to go out in the wild. Please do bring biodegradable bags to put any toilet paper into.

Is there a café?

There is a café adjacent to the carpark but we cannot be sure it will be open, there is no café or shop along the route so make sure you have a packed lunch and sufficient water as it is not recommended to drink from the mountain streams.

How many miles will we be walking?

You will be covering 6 miles in total.

Where can I fill up my bottle of water?

You will need to make sure you have sufficient water at the start (at least 3 ltrs) as it is not recommended to drink from the mountain streams.

Do I need to bring food and how much?

Please bring a packed lunch, snacks, energy bars and sweets to keep you going.

What kit do I need to bring?

A recommended kit list is on the next page.

Can I bring my dog?

Unfortunately as much as we love dogs, they are not allowed to take part in this particular challenge.

Suggested Kit List

To Wear

- Walking boots (three season) – we highly recommend you DON'T use this trek to 'break in' your new walking boots. If your boots are new ensure you have already done at least 2-3 continuous hours walking in them first.
- Polyester, fleece or woollen trousers and tops – no jeans
- Thermal wicking base layer and fleece top – not cotton

Layer up your clothing, you will start cool, warm right up then on each stop you will cool down again. The top of the mountain can see temperatures drop dramatically so we recommend gloves, ear muffs / hats etc and extra clothing.

Personal Items – these can be carried in your back pack

- A good quality trekking back pack (30ltrs)
- Hat and gloves {for the top of the mountain even if you think you don't need them}
- Spare fleece or woollen top
- Waterproof jacket and trousers
- Flask or water bottle at least 1 litre
- A packed lunch, plus energy food, even some sweets help morale at the top of the mountain and serve as a celebration
- Whistle
- Medication e.g. inhaler
- Sunglasses and sun-cream
- Walking poles recommended but non-essential
- Camera / Camera phone
- Blister plasters / tape {a first aid kit is carried by your guide}

Please note all items are carried at your own risk and not covered under any insurance. No alcohol is permitted, if you have alcohol on you it will be confiscated and given back to you after the trek.