

Important Information



Clarification of Hill Walking Grades:

Grade 1:

A strenuous walk for experienced walkers with a high fitness level

Grade 2:

A moderate level of fitness and stamina required.

Grade 3:

Suitable for most walkers, offering gentle pace with regular stops.

Please Note: Walkers must ensure that they are suitably equipped, dressed appropriately and capable of undertaking their chosen walk.

Notes:

- Remember to dress appropriately, weather conditions in the mountains can change rapidly.
- For night walk; head torches and reflective gear are compulsory.
- Walking boots are essential for all Grade 1 & 2 walks.
- No jeans allowed for all hill and mountain walks. Participants should carry a rucksack with rainwear, spare clothing, a packed lunch and a hot drink.
- All walks over 16 years only except Medieval Tour of Carlingford
- Strictly no dogs allowed
- All walks led by experienced guides - leaders' decision are final.

Accommodation Special Offers and festival packages:

Book directly with accommodator. Group rates available.

Mourneview B&B T: +353 (0) 42 937 3551 www.mourneviewcarlingford.com

Shalom B&B T: +353 (0) 42 937 3151 www.jackiewoods.com

Carlingford House B&B T: +353 (0) 42 937 3118 www.carlingfordhouse.com

Ballymascanlon House Hotel T: +353 (0) 42 935 8200 www.ballymascanlon.com

More accommodation available at

www.louthholidays.com

www.carlingford.ie



For Walks Information Contact:

Frances Taylor: Tel: +353 (0)42 9373646

Email: info@carlingford.ie

Supported by Louth Local Authorities

Registration Form

Name: _____

Address: _____

Telephone: _____

Mobile: _____

Email: _____

Next of Kin: _____

Contact Number: _____

Are you a member of a Walking Club? _____

If so, which club? _____

How did you hear about the Táin Walking Festival?

Registration Fee Please tick box overleaf for each walk you wish to register

Night Walk	2 days (Sat & Sun)	1 day	Heritage Walking Tour	Slieve Gullion Biodiversity Walk
€10	€25	€15	€5	€10

Return your registration form complete with payment to:

Táin Walking Festival

The Cooley Peninsula Tourist Office

Carlingford, Co Louth



All Cheques made payable to:

The Cooley Peninsula Tourist Office

*Pre registration is recommended



European Union
European Regional
Development Fund
Investing in your future



This project is part financed by the European Union's European Regional Development Fund through the INTERREG IVA Cross Border Programme managed by the Special EU Programmes Body

Festival registration at

Festival registration at The Four Seasons Hotel, Carlingford

Sat Nav Co-Ordinates:

Produced by www.visiondesign.ie

Táin Walking Festival

2nd - 4th
March 2012

Carlingford &
The Cooley Peninsula Co. Louth



Festival registration at The Four Seasons Hotel, Carlingford - Sat Nav Co-Ordinates: N54.2.32 W6.10.44
Registration is compulsory. Only registered walkers can be allowed on the festival guided walks!!

We can offer the Barnavave walk on Friday 2nd @ 1pm and on Sunday 4th @ 11am; Coastal walk can be scheduled for Saturday 3rd @ 12pm. If you only want to offer one Barnavave walk then we would like the Sunday one.

Please tick box for each walk you wish to register

Friday 2nd March



7.00pm Night Walk - Slieve Foy Panorama Grade 1
Starting Point: The Four Seasons Hotel
Time: 5 hours
Distance: 12km
Ascent: 588m
Registration from 5.00pm
Beginning: 7.00pm
Cost: €10

Registering	How Many
<input type="checkbox"/>	<input type="checkbox"/>

**Reflective clothing and head torch compulsory*

Route Description

The festival offers the opportunity to travel over the mysterious landscape of the highest peak in the Cooley Mountains by night. This mountainside is where leprechauns still exist and Finn Mc Cool went to his rest, his frame sketched against the side of the mountain. The route will travel along the Táin Way to the Goylin Pass, up Slieve Foye and over to Barnavave returning to Carlingford.

Saturday 3rd March



10.00am The Cooley Peaks Grade 1
Starting Point: The Lumpers, Ravensdale
Time: 6 hours
Distance: 14km
Ascent: 800m
Registration from 8.45am
Bus Departing 10.00am
Beginning 10.30am
Cost: €15.00

Registering	How Many
<input type="checkbox"/>	<input type="checkbox"/>

Route Description

This challenging walk will begin in Ravensdale and cover the highest peaks in the Cooley Mountains offering spectacular views of Carlingford Lough, Dundalk Bay and the Cooley Peninsula. The route will include Carnawaddy, Windy Gap, The Foxes Rock, The Ravens Rock, The Eagles Rock, Slieve Foye, and finish in Carlingford.

10.00 am Buggy Buddies

Supported by Louth Local Sports Partnership

10.00am Slieve Gullion Walk Grade 2
Starting Point: Slieve Gullion Courtyard
Time: 4 hours
Distance: 10km
Ascent: 576m
Registration from 8.45am
Bus Departing 10.00am
Beginning 10.30am
Cost: €15

Registering	How Many
<input type="checkbox"/>	<input type="checkbox"/>

Route Description

Beginning in the beautiful Slieve Gullion Courtyard, Park, this interesting route will explore Slieve Gullion's fascinating geology and beauty, taking in Ballintemple Wood, North Cairn, Callagh Beragh Lough, South Cairn and Slieve Gullion Forest Park

10.30am Barnavave and Grange Loop Grade 3
Starting Point: The Four Seasons Hotel
Time: 3.5 hours
Distance: 9km
Ascent: 350m
Registration from 9.30am
Beginning 10.30am
Cost: €15.00

Registering	How Many
<input type="checkbox"/>	<input type="checkbox"/>

Route Description

A nice walk beginning in Carlingford and following the Tain Trail to The Goylin Pass, continuing to Barnavave, past The Famine Village, IrishGrange and returning to Carlingford.

10.00am Slieve Gullion Biodiversity Walk
Starting Point: Slieve Gullion Courtyard
Time: Approx 2.5 hrs
Distance: Approx 6kms
Difficulty: Moderate
Registration from 8.45pm
Bus Departing 10.00am sharp
Beginning 10.30am
Cost: €10.00

Registering	How Many
<input type="checkbox"/>	<input type="checkbox"/>

Route Description

Don't just keep your head down and stride...find out more about the countryside you are walking through. Look for early signs of spring including possible evidence of red squirrels coming out of their hibernation. The biodiversity of Slieve Gullion is supported by an amazing mix of mature woodland and exposed upland habitats and even a short walk at this time of the year will reveal a hidden world of wildlife. Supported by Action for Biodiversity.

12.00pm Lough Coastal Walk
Starting Point: Greenore Car Park
Time: Approx 4 hrs
Distance: Approx 8kms
Difficulty: Moderate
Registration from 3.00pm
Bus Departing 3.30pm sharp
Beginning 4.00pm
Cost: €15.00

Registering	How Many
<input type="checkbox"/>	<input type="checkbox"/>

**Reflective clothing and head torch compulsory*

Route Description

Greenore - Templetown Beach. An evening walk along the shoreline of Carlingford Lough and Dundalk Bay. The walk will be led by an experienced Archaeologist from Setanta Tours, who will discuss the archaeological, geological, industrial and cultural heritage of the idyllic Cooley coastline. Supported by The Loughs Agency.

5.30 - 7.30pm Festival Get Together - Join us for a snack.... and a bit of craic at The Four Seasons Hotel.



Sunday 4th March



10.00am The Flagstaff Route Grade 1
Starting Point: Flagstaff Viewing Point
Time: 5 hours
Distance: 13kms
Ascent: 500m
Registration from 8.45am
Bus Departing 10.00am
Beginning 10.30am
Cost: €15.00

Registering	How Many
<input type="checkbox"/>	<input type="checkbox"/>

Route Description

This walk will begin at the spectacular viewing point over Carlingford Lough and guide you southbound over Anglesey Mountain, to Clermont Cairn, Carnawaddy, The Castle, Round Mountain and finishing in The Lumpers.

9.45am Sliabh Foy Circuit Grade 2
Starting Point: The Four Seasons Hotel
Time: 5 hours
Distance: 11kms
Ascent: 580m
Registration from 8.45am
Walk commences at 9.45am
Beginning 10.30am
Cost: €15.00

Registering	How Many
<input type="checkbox"/>	<input type="checkbox"/>

Route Description

Beginning in Carlingford, the route will guide you along the Tain Way to Two Mile River and then along the river to Eagles Rock and follow the summit Ridge of Carlingford Mountain to Sliabh Foy.

10.15am Sliabh Foy National Loop Walk Grade 3
Starting Point: The Four Seasons Hotel
Time: 3 hours
Distance: 9kms
Ascent: 354m
Registration from 9.00am
Walk commences at 10.15am
Beginning 10.30am
Cost: €15.00

Registering	How Many
<input type="checkbox"/>	<input type="checkbox"/>

Route Description

Beginning in Carlingford, the route will guide you along the Tain Way to the car park at Sliabh Foy Forest. Follow the edge of the forest up the mountain and then along the top of the forest back to Carlingford.

11.00am Maebh's Gap Historical Walk
Starting Point: The Tourist Office
Time: 4 hours
Distance: 8kms
Difficulty: Moderate

Registering	How Many
<input type="checkbox"/>	<input type="checkbox"/>

** Bottled water/ light snack required*

Route Description

An experienced Archaeologist guide from Setanta Tours will lead this looped mountain walk the discussing the archaeology and mythology of Carlingford and the Cooley Peninsula as you enjoy a pleasant walk with breathtaking views.

1.00am Guided Walking Tour of Medieval Carlingford
Starting Point: The Tourist Office
Time: 1.5 hours
Distance: 2kms
Registration from 11.00am
Beginning 12.00am
Cost: €5.00

Registering	How Many
<input type="checkbox"/>	<input type="checkbox"/>

Route Description

Interesting tour of the medieval town of Carlingford. The tour will visit the following sites: Holy Trinity Church, The Dominican Friary, The Mint, The Tholsel, Taaffes Castle and King Johns Castle, providing information on the towns origin, its position within national history and offer an insight into daily life during the medieval period of 1200 and onwards.