

## Sign-in Form

**Bearna Walk** – A good level of fitness is required. 16kms length and 460mts approx total height gain.

**Limited to 100.**

### IMPORTANT NOTICE

Participants must be over 18 years of age .

Please complete the form clearly in capital letters and **bring** with you on the day Saturday 29th March 2014

Name: .....

Address: .....

Mobile: .....

Email: .....

Contact Name and Number in case of an emergency (ICE)

Name: .....

Phone No: .....

The organisers reserve the right to make changes to the itinerary. Participating in: **Bearna Walk**

It should be noted that Hill Walking is an adventure sport and not devoid of an element of risk. Participants in these activities should be aware of and accept these risks and be responsible for their own actions and involvement. I here by accept the risk and do not hold the organisers, their servants or Diabetes Ireland responsible.

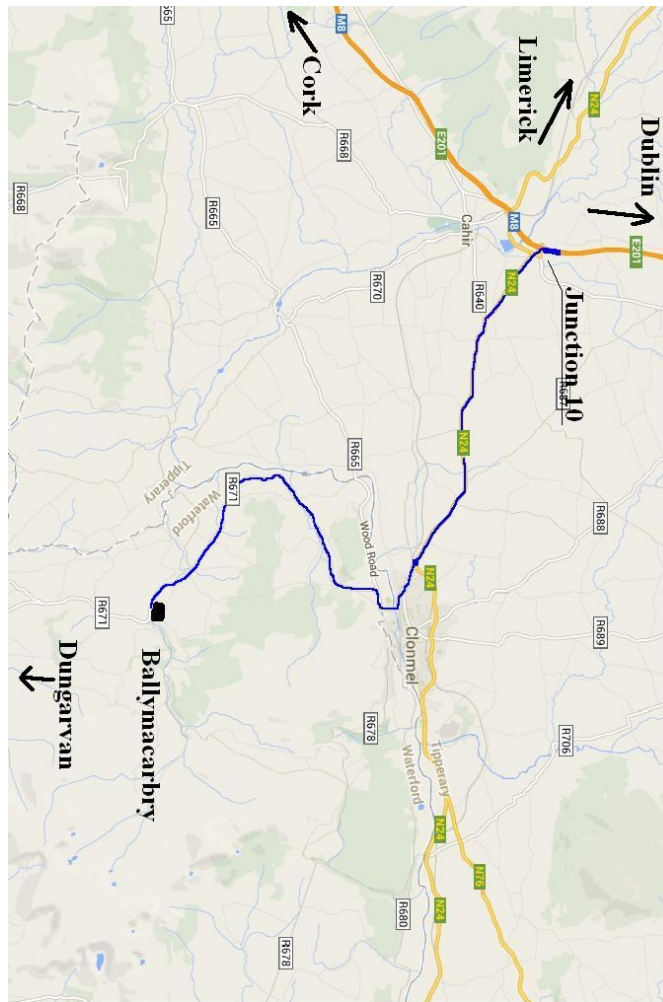
Signed: .....

Date: .....

**- Pay the entry fee on line.**

**Entry fee is €25.00 plus €1.75 booking fee.**

**Eventmaster.ie**



If you are travelling South on the M8 come off at Junction 10 Cahir.  
DO NOT come off at Junction 8 even though it is marked as the Clonmel exit. Junction 10 will take you to Clonmel on a better road.  
From Clonmel take R671 to Dungarvan.

Website : [www.nirevalley.com](http://www.nirevalley.com)

E-mail: [comeraghbogtrot@gmail.com](mailto:comeraghbogtrot@gmail.com)



@comeraghbogtrot



/nirevalley.bogtrotters



**Saturday March 29th 2014**



Under the Gap on the Bearna Walk.

**17km sponsored walk in aid of Diabetes Ireland, crossing the Comeragh Mountains in Co. Waterford.**



## A message from the organisers

Welcome to the 2014 **Comeragh Bogtrot** brochure detailing the events to take place in March. The organisers have been busy putting together a varied programme to satisfy as wide a range of walks as possible.

This year we are partnering with Diabetes Ireland and they are using one of our routes as a sponsored walk route. This is a 17km Guided challenge walk on a route that has been in place for may be as long as 4,000 years, crossing from Rathgormack to Ballymacarbry. Those who are familiar with our Festival, and there are many who return year after year, will recognise the challenges we offer and should enjoy our new longer challenge walk. Walkers new to us can also be assured a great welcome with fabulous walks in wonderful countryside and an organisation that will look after your needs. We have a large number of local helpers assisting on the walks to whom we are hugely indebted - we are here to make your Comeragh Bogtrot a memorable adventure.

Due to transport restrictions, we have to limit the numbers on this walk to a max of 100. Note this is a challenge walk and has a total ascent of 460m, this walk also makes a great practice for anyone considering doing the Camino.

It should be noted that Hill Walking is an adventure sport and not devoid of an element of risk. Participants in these activities should be aware of and accept these risks and be responsible for their own actions and involvement. I here by accept the risk and do not hold the organisers, their servants or Diabetes Ireland responsible.

Our team looks forward eagerly to meeting you in March.

You must pre-register for the challenge walks on [eventmaster.ie](http://www.eventmaster.ie) a link to which can be found on our website [www.nirevalley.com/index.php/bogtrot](http://www.nirevalley.com/index.php/bogtrot)



Twitter @comeraghbogtrot  
Facebook:  
/nirevalley.bogtrotters

## Essential Information.

**How to get to Ballmacarbry:** By car: The Village of Ballymacarbry lies on the R671 between Clonmel, Co. Tipperary and Dungarvan, Co. Waterford. If coming via the M8 exit at Junction 10 Cahir, take N24 to Clonmel and R671 to Dungarvan.

**Accommodation:** There is an excellent range of accommodation within easy reach, including hostel, guesthouses, B&Bs and self-catering accommodation. Details of local accommodation are available on the website [www.nirevalley.com](http://www.nirevalley.com).

**Booking:** Pre-booking for all walks is compulsory. Please register on-line at [eventmaster.ie](http://eventmaster.ie). The registration fee €25.00 includes transport to the start of the walks where applicable, post walk refreshments and showers after the walk, a booking fee of €1.75 will apply. Please ensure you have completed and signed the declaration and bring it with you on the day, (see back panel), it will help speed up the event.

**Registration:-** All walks sign-in at Ballymacarbry Community Centre at the time stated herein, in adverse circumstances a walk may be changed at the leader's / committee's discretion.

**Age restriction:** Over 18 only.

**Equipment:** It is very important that you have suitable equipment. Remember that you will need to carry a packed lunch on the day, as it will be a long day. Walk leaders reserve the right to refuse participation due to unsuitable attire, equipment and/or experience, you will not be allowed on the walk and will not receive a refund.

**Transport:** Transport (minibus) is supplied to take you to the start of the **Bearna** walk. If you wish to use your own vehicle you must discuss this with us in advance, as we cannot offer return transport.

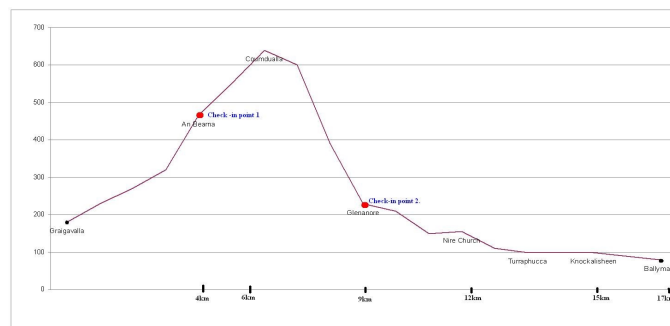
**Dogs:** In common with other similar events, dogs are not allowed on walks. As well as going through livestock areas, many walks pass through the breeding areas of ground nesting birds. **This rule is strictly applied.**

**Sign In/Out:** It will be necessary to sign in on the morning of the walk, you may fill out the form before you arrive see pg8&9. You must sign out when you finish the walk.

**Leader Decision:** The decision and authority of the walk leader on all walks is final.

**Book on-line NOW on our website [nirevalley.com](http://nirevalley.com) or at [eventmaster.ie](http://eventmaster.ie)**

## Bearna – Guided Walk. 17km



**From:** [Graigavalla](http://Graigavalla). (Mini-bus from Ballymacarbry)

**To:** [Community Center Ballymacarbry](http://Community Center Ballymacarbry).

Bearna	1	2	3	4	5
Length					
Ascent					
Steepness					
Rough Ground					

**Distance:** 17km 10.56 Miles

**Ascent:** 460Mtrs 1509 Ft.

**Map:** OS 75 & 74\*

**Registration:** 07:30hrs to 08:10

**Depart:** by bus from Ballymacarbry 08:15hrs for a 09:00hrs start.

**This is a Guided Walk.**

**Numbers limited to 100. Pre-register on line.**

- **Pre-register on-line. Eventmaster.ie** €25.00 plus booking fee €1.75.
- If you are doing this walk for Diabetes Ireland you have to register on-line at eventmaster.ie €25.00 plus booking fee €1.75.

**Essential, should have.**

Hill walking Boots, food & drink, Mobile phone, Rucksack with liner, Waterproof jacket, Socks, Walking trousers (not jeans), Thermal top / T-shirt, Fleece & spare fleece, Hat & gloves, Waterproof over-trousers.

