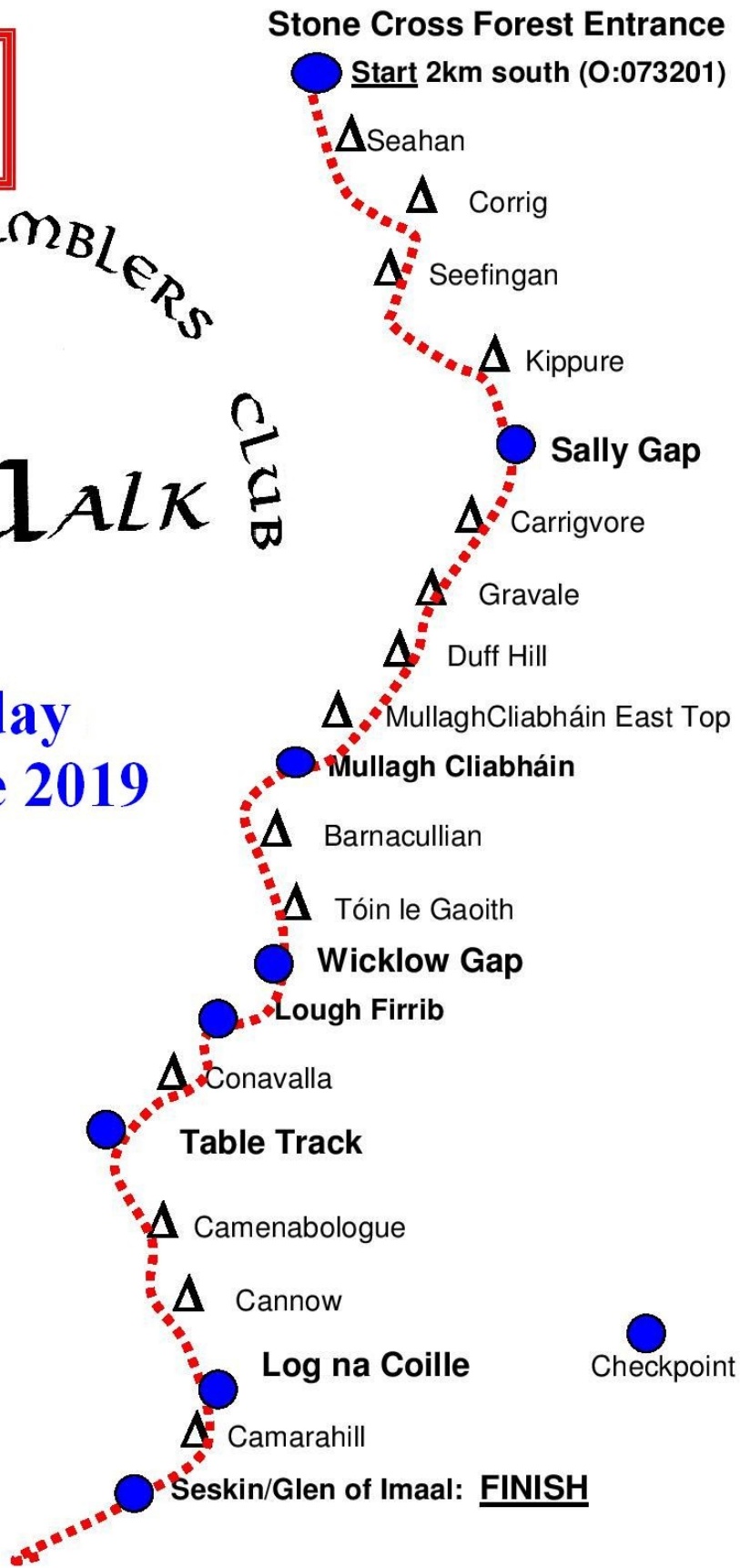


ATTENTION!
Pre-Entry Only

the **IRISH RAMBLERS CLUB**
LUG WALK

Saturday
15th June 2019



LUG WALK ENTRY CONDITIONS

Entrants must:

- **pre-enter** (entry on the day will not be accepted)
- be over **18** years of age
- be in a fit physical condition to participate in this very arduous walk
- have considerable hill walking experience
- have windproof, waterproof clothing, a rucksack and wear proper hiking boots
- have a first aid kit, and emergency food and drink
- have a compass, whistle, torch and map (scale 1:50000 to 1:25000)
- carry a mobile phone on the walk and provide the number on the application form.
- start the walk between 5.00 a.m. and 5.30 a.m. at the latest
- collect their **Control card** with their walker's number at the start point
- carry the Control Card and present it at each checkpoint.

Entrants must arrive by the following times

- arrive at **Sally Gap** by **09:30**,
- arrive at **Wicklow Gap** by **14:30**, depart by **15:00**
- arrive at **Table Track** by **17:30**, depart by **17:45**.

Participants who fail to arrive/depart by the appointed times will be eliminated from the walk.

In the event that you abandon the walk and are unable to leave the walk at a checkpoint, **you must ring the emergency number** - [<number to be decided shortly>](#)

Failure to comply with this instruction will result in the Mountain Rescue Team and Garda being called out on a wasteful and costly search

Glen of Imaal

The **Department of Defence** has requested that each participant in the walk be informed by the Irish Ramblers Club of the dangers of unexploded missiles on the Department's lands in the Glen of Imaal. Each participant must be advised not to deviate from the planned route from Log na Coille via Camara Hill nor touch any metal object seen on route.

How to Enter

First complete the registration form to be found at www.theramblers.ie/lug-walk-2019/

Because **entry is limited to 100 participants** only the first 100 who register will be accepted. They will be asked to pay €36 and provide some further information.

Questions ? email junelug2019@gmail.com

Lug Walk Information

The Lug Walk is a long-distance endurance walk from Stone Cross Bohernabreena, Co. Dublin, over the mountain tops to Log na Coille, Co. Wicklow, ending at Seskin in the Glen of Imaal. It is 50 kilometres long with a total ascent of 2,400 metres, covers 17 peaks and is mainly over open mountain terrain.

This walk is a **serious test of navigational skill** as well as **stamina**. The **average** time taken to cover the route is **13.5 hours**.

It is preferable that entrants participate as members of a group rather than as individuals, although this is not a condition of entry.

In the interest of protecting the environment, we encourage prospective participants to avoid the route of the Lug Walk during pre-walk training.

The organisers' decision is final

- In any matter arising in connection with the walk, the decision of the **Irish Ramblers Club** is final.
- The organisers will not hesitate to cancel the entry of anyone who, in their opinion, is not fit to take part in this walk.
- In the event of extreme weather conditions, the Walk may be terminated at Wicklow Gap, in the interest of safety.

Food and drink

- As the walk will take an average of 13.5 hours to complete, participants should carry sufficient food and water with them.
- The organisers will provide liquid refreshments at Sally Gap and Wicklow Gap and water can be replenished there. Soup and rolls will be provided at the finish.

Transport

- Transport to start and from finish **must be pre-booked** (see payment form).
- Participants availing of transport to the start must be at the Red Cow Luas Parking at **4am** in order to boot up, hand over change of clothes, get checked on to the bus and be **on the bus by 4:30am** at the latest.
- Transport will run from the finishing point in the Glen of Imaal to the Red Cow Luas Parking at **20:30**
- In the event of participants abandoning the walk at **Sally Gap** or **Wicklow Gap**, emergency transport will be provided to the nearest bus route

Change of clothes

If you avail of the opportunity to have a **change of clothes** brought to the Glen of Imaal please ensure that it is properly bagged and labelled with the label supplied with your Control Card.

Leave no Trace

1. Plan ahead and prepare
2. Travel and camp on durable surfaces
3. Minimise campfire impacts
4. Respect wildlife
5. Be considerate to other visitors
6. Dispose of waste properly
7. Leave what you find.

Lug Walk route

Checkpoint

| | |
|----------------------------------|---|
| Forest Entrance | Start: 2km south of Stone Cross at (O: 073 201) |
| Seahan | 648m |
| Corrig | 618m |
| Seefingan | 724m |
| Kippure | 757m |
| Sally Gap | Drop out point (O: 130 121). Arrive before 09:30 |
| Carrigvore | 682m |
| Gravale | 718m |
| Duff Hill | 720m |
| Mullagh Cliabháin East Top | 795m |
| Mullagh Cliabháin | 849m (O: 067 070) |
| Barnacullian | 714m |
| Tón Le Gaoith | 817m |
| Wicklow Gap | Drop out point (O: 075 001). Arrive before 14:30, leave before 15.00 |
| Lough Firrib | 655m (T:049 988) |
| Conavalla | 734m |
| Table Track | 690m Drop out point (T:021 967). Arrive before 17:30, leave before 17.45 |
| Camenabologue | 758m |
| Cannow | 796m |
| Log na Coille (T:032 918) | 925m |
| Camarahill | 480m |
| Seskin/Glen of Imaal | (S: 984 929) Finish |

Checkpoint manning times

| Open | Close | |
|-------|-------|-----------------------------|
| 5.00 | 5.30 | Start |
| 7.00 | 9.30 | Sally Gap |
| 9.30 | 12.30 | Mullagh Cliabhain |
| 10.00 | 14.30 | Wicklow Gap |
| 11.00 | 16.00 | Lough Firrib |
| 12.30 | 17.30 | Table track |
| 13.30 | 19.30 | Log na Coille |
| 15.00 | 21.00 | Seskin/Glen of Imaal |

N.B. Fast walkers should note the earliest times that the checkpoints will be manned.