

Climb4Concern Donegal Fact Sheet

What date is the climb taking place?

Saturday 13th April 2019. We'll leave Dublin and make our way to Donegal on the 13th April. The climb will kick off around 3 pm that day and we'll continue into the evening until sunset, where there's a chance of seeing the Northern Lights. We return to Dublin on Sunday afternoon.

Hike time

7-8 hours.

How much do I have to raise?

To register for the hike it is €25, thereafter we ask all participants to fundraise a minimum of €100 each.

How much of my sponsorship money will go to Concern Worldwide?

Your €25 deposit will cover operational costs and transportation. All other funds raised from this event will go directly to Concern Programmes.

How will I raise the sponsorship money?

When you register online you will automatically create an online fundraising page. We will also send out sponsorship cards and our fundraising team is on hand to help and support you all the way. Raising the target is a lot easier than it seems, embrace it for all it's worth

When do I have to pay my sponsorship money?

We encourage you to lodge your money prior to the event.

How do I transfer my fundraising?

There are a few ways to transfer any money that you raise:

1. You can set up an online fundraising page on www.showyourconcern.net and transfer your fundraising through there
2. You can post a cheque or a bank draft
3. You can transfer your fundraising to our Bank Account.

For more information about any of the above, you can contact info.challenge@concern.net

Is transport provided?

Yes, transportation from Dublin is included in the registration fee. Our bus will depart Dublin on Saturday morning (time TBC) and pick up points may be organised on route as requested. The option to meet us there is also available, just communicate your preference.

Is accommodation provided?

Accommodation is not provided, however, we have pre-booked accommodation at lovely family owned hostel [Aras Ghleann Cholm Cille](#). Please email Anika on anika.patel@concern.net for more details and the discount code you can use for cheaper accommodation.

Who can take part in the Climb 4 Concern challenge?

This event is open to women and men of all abilities. The minimum age to take part is 18 years of age.

How fit should I be?

We encourage you to train for all hike you take part in, one of the wonderful things about hiking is how simple it is: With a quality pair of boots and sense of adventure, you can be on your way into the wilderness. **But**, don't underestimate how strenuous hiking can be and the toll it can take on your body. By training for a climb you're likely to experience a couple of noticeable benefits:

- **You'll have more fun:** When you're in shape for hiking, you'll feel strong and be able to move more swiftly, which will allow you to enjoy the beautiful sights, sounds and smells of the outdoors rather than suffering through your trek.
- **You'll put less strain on your body:** When your muscles, ligaments, and tendons are strong and well-tuned, they'll be ready to respond if you stumble or slip on the varied terrain of the trail. Exercise for incline and decline walks in the gym, wear in your walking boots and don't miss shortcut on your stretches. Don't forget: The best training for hiking is by hiking, so lace up those boots and get out there!

What can I expect in this event?

- We will have experienced mountaineers and qualified first aiders to guide you up the mountain
- Concern staff will be there to support the event
- All guides will carry radios and will communicate throughout the day.
- You will be encouraged to walk in small groups with people at your own pace so that you can stick together. There will be a guide at the front and back of the group to ensure that nobody goes off the trail.
- There will be regular stops along the trail to ensure that groups are sticking together and to make sure people are taking in fluids and food. Ensure you bring extra layers of clothes in your rucksack for when we stop for breaks.

What weather can I expect?

As with any outdoor event, we are unable to predict the weather so each participant must be prepared for all eventualities. You will need to carry full wet weather gear and warm layers (plus extra!) with you on the day of the challenge. A detailed weather forecast will be provided the day before our ascent.

What kit will I require?

When you sign up we will send you our recommended kit list for this challenge. On the day of the challenge, you will need to carry your own personal kit for the day in a rucksack which will include:

- Your lunch with snacks. This will be a long day so bring plenty
- Water 2 to 3L. If the day is extra warm you may need more
- Waterproofs, jacket and trousers
- Warm layers plus extra layers for breaks, if it gets colder, etc.
- Head torch plus spare batteries. A hand torch will suffice if you've none
- Warm hat and gloves
- Camera or phone to take in the sights.

Do I need insurance?

We strongly advise all participants to take out their own insurance to cover them for the duration of this event. Concern Worldwide and the guides will not be held responsible for any accident, loss, damage or expenses etc. We advise that you take out your insurance with **Mountaineering Ireland**. Due to the nature of this outdoor activity, participants should accept a certain element of risk. Our guides will do everything in their power to minimise the risks, where possible. In the interests of safety, all participants must abide by any decisions made by the guides.

We hope to see you on the climb!