

Diabetes Ireland



niirevalley.bogtrotters

@comeraghtrot

23/12/2013 1.31



Saturday March 29th 2014



Decent from Coumduala.



## Diabetes Ireland Come on Board as National Charity Partner

Diabetes Ireland are coming on board as the national charity of the event in 2014.

As you are no doubt aware diabetes in Ireland is on the increase with more and more people being diagnosed on a daily basis. It is estimated that the prevalence of diabetes in Ireland will increase by 62% to over 232,000 people by 2020.

Since 1967 Diabetes Ireland has been dedicated to helping people with diabetes from the very young to the very old. Diabetes Ireland provides a wide array of services which cover all aspects of the condition under the key organisation's pillars of Education, Support / Care, Awareness and Research.

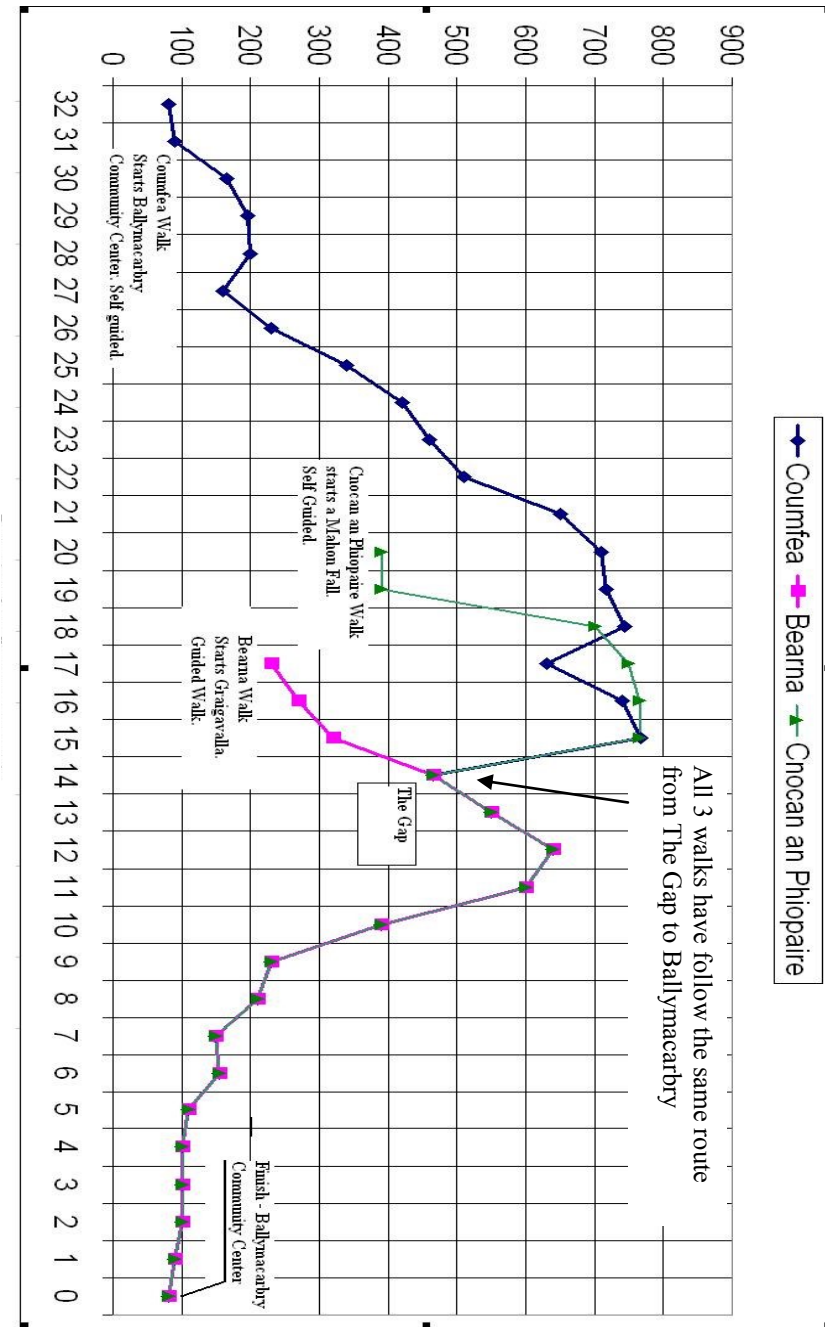
Through partnering with the Comeragh Bogtrot Diabetes Ireland are hoping people will think of using their participation in this event as a method of fundraising for the charity.



Anyone who is interested in fundraising for Diabetes Ireland through the Comeragh Bogtrot should contact Gary on 010 842 8118 or email [gary.brady@diabetes.ie](mailto:gary.brady@diabetes.ie)

**Come on and join TEAMDiabetesIreland!!**

This chart is to give you an idea of how the 3 walks compare with each other.





# A warm welcome to the 2014 Comeragh Bogtrot

Web site :- [www.nirevalley.com](http://www.nirevalley.com)  
E-mail :- [comeraghbogtrot@gmail.com](mailto:comeraghbogtrot@gmail.com)

The Annual Comeragh Bogtrot, based in the Nire Valley, offers a challenge to walkers of all capabilities from the self-navigated challenge walks to the guided challenge walk. Each walker can choose to take part in whatever grade of walk they feel suits them best. The walks are situated within the Comeragh Mountains and their foothills in Co. Waterford.

There are three categories of walks available: Strenuous, Demanding and Moderate.

**Strenuous:** **Coumfea** 32km self-guided walk including several hundred metres of ascent. See page 11.

**Demanding:** **Cnocan an Phiopaire** 20km self-guided walk including several hundred metres of ascent. See page 12.

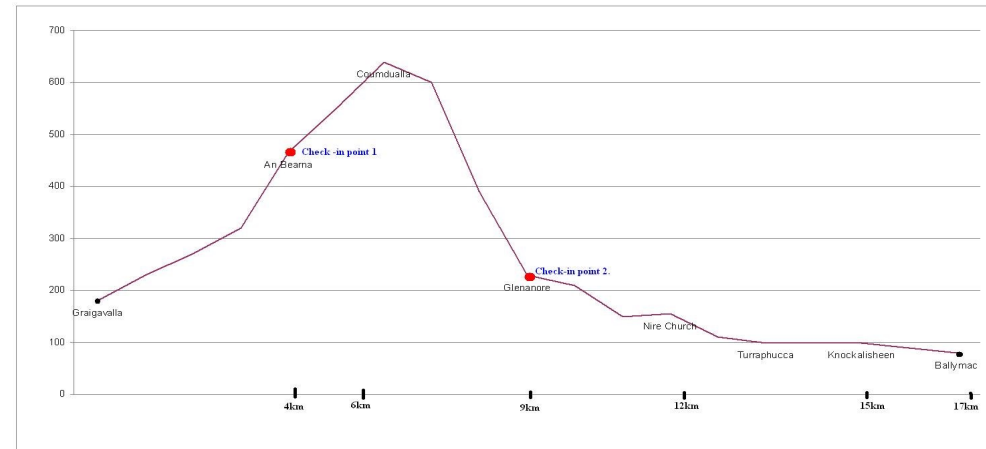
**Moderate:** **Bearna**(pg13) walk is a 17km guided walk and includes some substantial hills, this walk is also the route for Diabetes Ireland Sponsored Walk.

For all walks we require you to pre-register on **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)

All the walks are based at the Community Centre in Ballymacarbray, and after the walks there will be hot showers, changing area and light refreshments. See map on page 14.

## Bearna – Guided Walk. 17km



**From:** Graigavalla. (Mini-bus from Ballymacarbray)

**To:** Community Center Ballymacarbray.

**Distance:** 17km 10.56 Miles

**Ascent:** 460Mtrs 1509 Ft.

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

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

Bearna	1	2	3	4	5
Length					
Ascent					
Steepness					
Rough Ground					

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

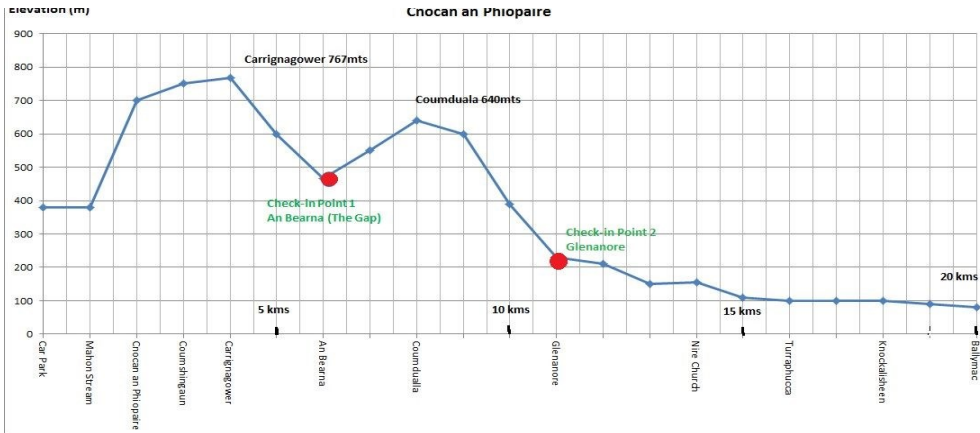
## This is a Guided Walk.

**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.

**Numbers limited to 100.**

# Cnocan an Phiopaire – 20km Challenge.



**From:** Mahon Falls. (Mini-bus from Ballymacarbray)

**To:** Community Center Ballymacarbray.

**Distance:** 20km 12.43 Miles

**Ascent:** 560Mtrs 1837 Ft.

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

**Registration:** 07:00hrs to 07:20

Cnocan an Phiopaire	1	2	3	4	5
Length					
Ascent					
Steepness					
Rough Ground					

**Depart:** by bus from Ballymacarbray 07:30hrs for a 08:30hrs start at Mahon Falls

## Self Guided

- \*Only a tiny portion of the course is on OS 74, in and around Ballymacarbray Village.
- Pre-register on-line. Eventmaster.ie €25.00 plus booking fee €1.75
- For safety a rolling course closure will take place, if you do not reach a set point on or before a given time you will be stopped from going to the next point.

**Numbers limited to 45.**

# Accommodation.

## Where to stay:

### Hostel Accommodation

Ballymacarbray Hostel 087 2664001

0km from start

Rathgormack Hostel 051 64 6969

16km from start

### Guesthouse

Glasha Farmhouse 052 6136108

4km from start.

Hanora's Cottage 052 6136134.

Cnoc na Ri Guesthouse 052 6136239

6km from start.

Kilmaneen Farmhouse 052 6136231

12 km from start

### Hotel

Clonmel Park Hotel 052 6188700

Hotel Minella, Clonmel 052 6122388

35km from start

The Park Hotel Dungarvan 058 42899

16km from start

### Self-catering.

Nire Valley River Cottage 087-2229239

3 km from start.

Nell's Farmhouse 051 646102.

20 km from start

## Essential Information.

**How to get to Ballymacarbry by car:** The Village of Ballymacarbry lies on the R671 between Clonmel, Co. Tipperary and Dungarvan, Co. Waterford. If travelling on 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 see page 5 or our 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, 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 pg8 & 9, it will help speed up the event.

**Registration:-** All walks sign-in at Ballymacarbry Community Centre at the time stated herein, note there are **different start times** for each walk. In adverse circumstances a walk may be changed at the leader's / committee's discretion.

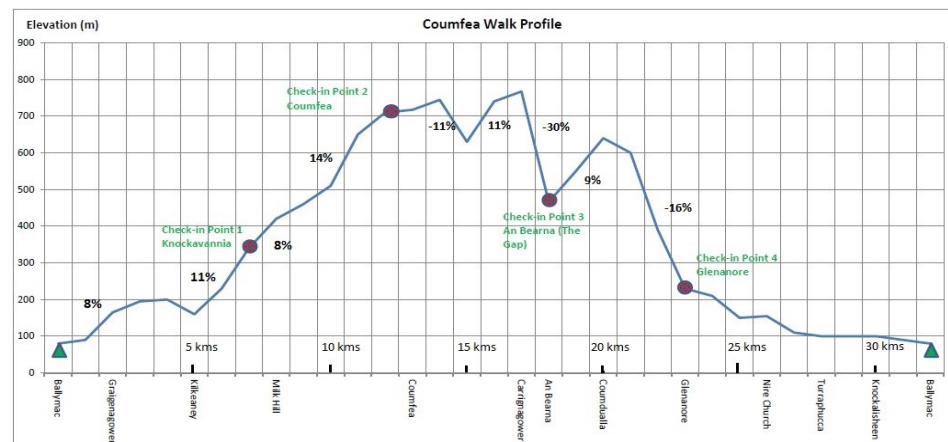
**Age restriction:** Over 18 only.

**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. For those on the self-guided element, the items in box "A" (pg 10) are mandatory and will be checked at registration, if you do not possess the minimum you will not be allowed on the walk and will not receive a refund. Walk leaders reserve the right to refuse participation due to unsuitable attire, equipment and/or experience.

**Transport:** Transport (minibus) is supplied to take you to the start of the **Bearna** and **Cnocan an Phiopaire** walks; 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.**

## Coumfea – 32km challenge.



**From:** Community Center Ballymacarbry. **To:** Community Center Ballymacarbry.

**Distance:** 32km 19.88 Miles

**Ascent:** 1013Mtrs 3323 Ft.

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

**Registration:** 06:50hrs

**Depart:** 07:00hrs to 07:30hrs

Coumfea Walk	1	2	3	4	5
Length					
Ascent					
Steepness					
Rough Ground					

### Self Guided

- **\*Only a tiny portion of the course is on OS 74, in and around Ballymacarbry Village.**
- **Pre-register on-line. Eventmaster.ie €25.00 plus booking fee €1.75**
- **For safety a rolling course closure will take place, if you do not reach a set point on or before a given time you will be stopped from going to the next point.**

# Comeragh Bogtrot - Gear Checklist

**Box "A" Mandatory for self-guided walk.**  
**Hill walking Boots, food & drink, Bivvy bag or survival blanket, Whistle**  
**Map OS 75(laminated or in map case) Compass, Mobile phone and a First aid kit.**  
**A sense of adventure.**

**Essential, should have all walks**  
**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, Watch, Torch & spare battery / bulb.**

**Other useful items – all walks.**  
**Trekking pole(s), Gaiters, Reflective armband, Spare socks, Spare laces, GPS**  
**A change of clothing after the walk is recommended.**



@comeragbogtrot



/nirevalley.bogtrotters



# Essential Information.

**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.

**Walk Grading:** On page 4 we give a broad description of the differences between the three categories - moderate, demanding and strenuous.

Another indicator of the relative difficulty of walk, is the table where relevant aspects - length, ascent, steepness and rough ground, - are graded into five levels 0 =easiest, 5 = hardest. Length and ascent are described in both metric and imperial units, these at best can only be pointers. We trust this will help you avoid biting off more than you can chew whilst ensuring you know the challenge being faced in your particular chosen walk!

**Leave No Trace:** Please adhere to the Code of "Leave No Trace" and what you bring with you, bring home with you.

**Liability Insurance;** Participants in the Comeragh Bogtrot take part at their own risk, but you are strongly advised to check that you have adequate personal accident insurance.

**Latest news updates:** see our website: [nirevalley.com](http://nirevalley.com) or follow Twitter @comeragbogtrot

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

## Community Centre Ballymacarbry



# The Comeragh Bogtrot. Saturday 29th March 2014

## Sign –in Form

**Coumfea Walk** – for self navigating walkers only. A high level of fitness and mountain skills competency required. 32kms length and 1013mts total height gain.

**Cnocan an Phiopaire** – for self navigating walkers only. A high level of fitness and mountain skills competency required. 20kms length and 560mts total height gain.

### Limited to 45.

**Bearna Walk** – A good level of fitness is required. 17kms 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:.....

.....

Tel: ..... 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. I agree to the conditions of this event (see attached sheet) and will follow the instructions of the leader on my group.

Participating in :-please tick one

Coumfea Walk

Cnocan an Phiopaire

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.....



# The Comeragh Bogtrot 2014 Rules of Participation

- Participants must be over 18 years of age.
  - Be in fit physical condition
  - Have reasonable hill walking experience.
- Have wind and waterproof clothing, and wear suitable hiking boots.
- Have a compass and Ordnance Survey Discovery Series Map No. 75 (self navigating walk)

Sign in at the relevant walk check points on the walk (Knockavainne, Coumfea, The Gap, Glanore the Community Center).

- Carry their Control cards during the walk

## - Pay the entry fee on line.

Entry fee is €25.00 plus €1.75 booking fee.

Eventmaster.ie

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.....

