

ENJOY THE OUTDOORS RESPONSIBLY

Our enjoyment of Ireland's trails and hills comes with a responsibility to care for the place we're visiting, and to be considerate towards landowners and local residents.

Park carefully – avoid blocking gateways or narrow roads, remember that large farm vehicles or the emergency services may need access. Leave nothing visible in your car.

Dogs may not be welcome – Due to the presence of farm animals, dogs are not welcome on farmland and in most upland areas. Dogs are allowed on some marked trails, check in advance on www.sportireland.ie/outdoors/walking/trails

Prevent erosion – keep to the centre of the path, even when it's wet or muddy. This prevents damaged areas becoming wider.

Leave no litter behind - Litter takes from the beauty of the landscape and it can be harmful to wildlife. Pack a spare bag to take away all litter, including biodegradable items such as fruit peels and tea bags. www.leavenotraceireland.org

Put something back - Support the area by using local shops, pubs and restaurants.



Note – Most of the Irish countryside is privately owned, including mountain land and marked walking routes. Signposted walking routes are established with the permission of landowners. On most unmarked walking routes there is no formal access arrangement in place. While the majority of landowners accommodate walkers on hill and coastal land, continued access depends on all walkers acting responsibly.

Essentials For Shorter Walks (Up To 8km)	Tick
Sturdy Shoes and Boots	
Small Backpack	
Warm Hat & Sun Hat (for those sunny days!)	
Warm Layer	
Mobile Phone (Charged)	
Food & Drink	
Waterproof Jacket	
Sunscreen	
Map	



Additional Items for Longer Walks and Upland Areas	Tick
Rucksack and Liner	
Warm layers (including gloves)	
Waterproof Trousers	
Map and Compass	
First Aid Kit	
Torch	
Survival Blanket	

HAPPY HIKING



Stay safe when walking in the Irish hills and countryside.



www.mountaineering.ie



www.mountaineering.ie

WALKING is one of the best ways to experience Ireland's beautiful landscapes.

There are a variety of beautiful, signposted walking trails for people with different levels of experience. Whatever level you are walking at remember, your personal safety is your responsibility.

www.discoverireland.ie

www.walkni.com

PLANNING A WALK



- ▶ Be realistic and choose a route which matches your skills and ability. All the trails on www.sportireland.ie/outdoors/walking/trails are signposted and graded.
- ▶ In most upland areas there will be no marked walking trails so you will need map-reading and compass skills, or you may be able to hire a local guide.
- ▶ Start out early to leave enough time to complete the planned walk.
- ▶ Leave details of your planned walk with somebody reliable.
- ▶ Please refer to the checklists on the back page as a guide to the essentials to bring for your level of walking.



IRISH WEATHER



- ▶ It is possible to experience sunshine, strong winds and heavy rain all in one day.
- ▶ Get a forecast before setting off, watch out for any changes, if the weather deteriorates, be prepared to alter your route or turn back.
- ▶ If you plan to walk in the hills remember that the temperature will be lower there, the winds stronger and you are more likely to get rain.
- ▶ Mist is a serious problem; you can quickly lose all visibility, especially on coastal hills.

www.met.ie

www.yr.no

WHAT TO DO IF YOU GET LOST

- ▶ Keep calm – think about where you have walked and the last place you saw a marker post or a definite feature.
- ▶ Check if it is possible to retrace your steps.
- ▶ If mist is down, descend to get below cloud level.

WHAT TO DO IN AN EMERGENCY

- ▶ If lost or injured dial **999** or **112** and ask for the Gardaí/Police and tell them you need Mountain Rescue.
- ▶ Treat any injuries as best you can and keep the casualty warm and comfortable

www.mountainrescue.ie



**Dial
999 / 112**

