

## Ireland

### Wicklow Way - Self Guided - 3 Night Tour 2010

#### Moderate 3 nights

*The Wicklow Mountains form a granite chain of hills stretching fifty miles from Dublin to Wexford. The Wicklow Way is the oldest long distance path in Ireland, and follows good tracks and paths alongside rivers, through glens and over hills. This route is ideal for those walking in Ireland for the first time.*



#### Day 1 - Arrival to Rathdrum

Depending on your arrival time you may wish to explore Avondale House and Forest Park, the ancestral home of Charles Stewart Parnell. There are many lovely walks and trails to follow through the forest, including an “exotic tree trail”. The house is open to the public.

**Accommodation – B&B in Rathdrum**

#### Day 2 - Rathdrum to Glenmalur (15 km, 390 m ascent)

Walk through lower Rathdrum across the Avonmore River and past the disused Mill. Join the Avonmore River and follow the good path to the delightful setting of Clara, the smallest village in Ireland for an early picnic lunch. The church was built in 1801 immediately following the 1798 rebellion and is one of the oldest serving chapels outside of Dublin city. Cross the river by the fine bridge that dates to more than 260 years ago. Climb out of the valley along an old boreen (green road) across the side of Kirikee Mountain to join the old “coaching road” with far reaching views across Glenmalur. The glen is the largest and most rugged of the ice-carved Wicklow glens. Join an old road to descend into the glen to Glenmalur.

**Accommodation – B&B in Glenmalur**

### Day 3 - Glenmalure to Laragh (17 km, 500m ascent)

The route joins the Wicklow Way proper and climbs in serpentine almost to the top of Mullacor Mountain, the highest point on the Wicklow Way, providing glorious views over the rugged glen, Glenmalure. An optional path from the summit takes the walker along a scenic spur above the upper lake of Glendalough before descending to the monastery, or alternatively the route drops directly to the ruined Monastic settlement with its fine round tower. From the monastery follow paths and tracks over out of the valley and down to the village of Laragh.

Accommodation – B&B in Laragh

## 2010 TOUR DATES AND PRICE

### What does the tour price of €319.00 per person include?

- Three nights accommodation
- All breakfast
- Two packed lunches
- Luggage transfer between your accommodation stops
- Full route details with a map of the tour

**Tour can start any day from April until October.**

## WHAT TO BRING

Your enjoyment of your walking holiday will be greatly helped by having the right gear. The following list should help you in planning your packing for your trip.

**Footwear:** Good footwear is vital for a happy walking holiday! We recommend waterproof, breathable, walking boots with good ankle support. Boots which are “broken in” (i.e. not brand new), teamed with **well fitting hiking socks** will keep your feet snug and dry and help to avoid blisters.

### Hiking Clothes

We recommend the “onion look” of layering clothing as the best protection against heat/cold:

- Base Layer – this layer should not retain moisture but transport it away from the skin (there are lots of “wick away” fabrics now on the market.
- Insulation layer – this layer should stop you from losing body heat – fleece is ideal
- Outer Layer – this layer should keep you dry even in a downpour! A **waterproof**, breathable jacket and over-trousers are as important as your comfy boots. You should bear in mind that clothing tends to lose its “waterproofness” over time so if you have had your gear for many years it might be time to treat yourself with a trip to an outdoor store!
- Walking trousers/ shorts (avoid denim)
- Warm hat and gloves for chilly mornings or high mountains
- Sun hat
- Walking stick/pole (a great help on uneven terrain)

**Daypack** - a small comfortable rucksack to carry the bits and pieces you will need during the day:

- Water bottle/flask
- Moleskin/plasters/”second skin” – ward off any impending blisters before they become a problem!
- Sun screen
- Camera
- Binoculars

- Mobile phone

## ACCOMMODATION AND MEALS

### Accommodation

The accommodation is allocated on a twin sharing basis. We stay in bed & breakfast accommodation, where we hope to fuse the best standard we can get with the warmest welcome. We ensure en suite facilities almost all of the time however in some of the more remote spots one might occasionally have to share a bathroom.

We do reserve the right to change the accommodation around during the week, but we will always endeavor to provide a high standard.

**Meals:** A picnic lunch is provided on most walking days. Your lunch will normally comprise of sandwiches, a chocolate bar or piece of cake, and a piece of fruit. If you bring a thermos flask, this will be filled with tea or coffee. You should bring a water bottle for drinks during the day. You will be able to buy additional snacks and drinks from local shops for during your walk.

### What if someone needs to contact me during the week?

If you have a mobile phone which operates on the GSM 900 system, this will be compatible with the Irish system. Alternatively someone can call our office during the day and we will be able to contact anyone on the tour.

## GENERAL INFORMATION

### Weather

Because we are an island located near the gulf stream Ireland has a very mild climate making it ideal for walking. We recommend that you bring your rain gear as well as your sun hat as a day that starts with rain can end with glorious sunshine! The temperature range during the summer is between 15 and 22 degrees centigrade (60 to 72 degrees Fahrenheit).

**Money** - The Irish unit of currency is the Euro (€), 100 cent = €1.

To help you budget, here are some common items that you might purchase during your holiday:

3 course evening meal:	€20 - €45 per person	Sandwich/filled roll	€3 - €4.50
Bottle wine:	€17 upwards	¼ bottle of wine	€5 - €6
Tea/coffee	€1.50 - €3.50	Pint of beer	€3.50 - €4.50

### Travel Insurance

It is essential to take out holiday insurance to cover cancellation, personal accident, illness, or loss of possessions. This can be obtained from travel agents, airlines; we can also offer you a week long package for €35.00.

**Electrical current/Mobile Phone** The standard electrical supply is 220 volts AC (50 cycles). To use small appliances mainland European visitors may require a plug adaptor to fit our 3-pin flat or 2-pin round wall sockets. The mobile phone system in use is a digital GSM 900 system.

### Websites on Ireland

Some recommended websites on Ireland that might help you organise your trip if you are planning to spend more time in the country before or after your holiday with us.

[www.discoverireland.com](http://www.discoverireland.com) – Irish Tourist Board (Failte Ireland) official website providing a wealth of information on all regions of the country.

[www.enniswalkingtours.com](http://www.enniswalkingtours.com) - guided walking tours of Ennis that give a lively and entertaining way to appreciate this historic medieval town.

[www.heritageireland.ie](http://www.heritageireland.ie) info on historical sites

If you plan to spend some extra time in **Dublin**, the following will give you some more ideas of things to see and do

[www.visitdublin.com](http://www.visitdublin.com) Dublin Tourism, Tourism Centre, Suffolk Street, Dublin 2

**Calling within Ireland - 1850 230 330      Calling within the U.K. - 0800 039 7000**

**Calling from any other country - 00353 66 979 2083**

[www.dublinuncovered.net](http://www.dublinuncovered.net)    [www.indublin.ie](http://www.indublin.ie)      [www.irishfolktours.com](http://www.irishfolktours.com)

### **Recommended Reading & Listening**

Ireland has a rich literary and musical heritage, some of which you will experience first hand on our tours. Should you like to do a little advance research the following websites should help you...

[www.kennys.ie](http://www.kennys.ie) is a long established Galway bookshop with an enormous online catalogue of books of Irish interest.

[www.celticnote.com](http://www.celticnote.com) is the perfect place to carry out your acoustic research!

### **If you are looking for extra accommodation at the beginning or end of the tour.**

We would be happy to help you organise extra accommodation outside of Dublin for the start or the end of the week. If you would prefer to organise it yourself please see the websites below.

If you are planning to spend a few days in Dublin at the end of the tour, we recommend that you book accommodation well in advance as the Capital is very busy on weekends. We do not actually organise accommodation in Dublin but can recommend Gulliver Services who are very efficient with regard to this. They do charge a small commission for this service.

Gulliver Services website

[www.goireland.com](http://www.goireland.com)

Phoning from USA    1800 3984376

Phoning from Europe 00800 36987412

Phoning from UK      0800 7838359

Other accommodation websites

[www.taaireland.com](http://www.taaireland.com)

[www.irelandhotels.com](http://www.irelandhotels.com)

[www.dublinhotels.com](http://www.dublinhotels.com)

[www.hiddenireland.com](http://www.hiddenireland.com)

### **Smoking**

A no smoking ban has been operated in Ireland since spring 2004. You are not allowed to smoke in public places (i.e. pubs, hotels, restaurants, shops, trains and buses etc.). However, you may smoke outside in the open air.

### **Electrical current**

The standard electrical supply is 220 volts AC (50 cycles). To use small appliances mainland European visitors may require a plug adaptor to fit our 3-pin flat or 2-pin round wall sockets.

### **Travel**

Arrival: You should aim to arrive in Ireland either in the morning or early afternoon of the first day of your tour. If you wish to transfer to your first accommodation by public transport, bus/train timetables

*Escape the Crowds*

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should be consulted before you book your flights. If you wish to transfer to your first accommodation by taxi, your arrival time is not as crucial.

Departure: Whether you transfer to the airport by train, bus or taxi, your departing flight should be from late-morning onwards. Please allow ample time for travel to the airport, plus 1 to 2 hours for checking-in your luggage. Again, if you wish to transfer to the airport by public transport, bus and train timetables should be consulted before you book your flights.

You will find the bus and train timetables on the internet.

Bus [www.buseireann.ie](http://www.buseireann.ie)

Train [www.irishrail.ie](http://www.irishrail.ie)

### Visa requirements

If you hold an EU passport you only need to make sure your passport is valid for the period of your stay. You will need photo identification travelling between Britain and Ireland.

All other nationalities require a passport that is valid for 3 months beyond the intended length of stay. Most nationalities including the USA, Canada, Australia and New Zealand do not require visas for Ireland and receive an automatic 90 day visitor's visa on arrival. If your nationality is not mentioned here you should check with your travel agent or consular office.

### Tour Grading

Walking in Ireland ranges from gentle to very challenging. Our holidays are graded so that you can choose the most suitable for you. Obviously we cannot be precise about grading as weather conditions also affect the difficulty of a walk and the descriptions below are intended as a guide only.

Grade 2 – moderate	A mixture of glen, coastal and moderate hill walking. Much of the walking is on existing tracks and trails, with some open moor land. Up to 1,500 feet (500 m) ascent, 8 miles (13 km). Walking time – up to 7 hours a day, including rests. For most moderately fit people of all ages.
Grade 3 – strenuous	Mainly hill walking on open moor land, with some steep ascent and descents. Up to 3,000 feet (1,000m) ascent, 10 miles (16 km). Walking time – up to 8 hours a day. For hill walkers with some experience.
Grade 4 – very strenuous	All walks are mountain climb up to 4,000 feet (1,300 m) ascent, 12 miles (20 km) each day. Some routes involve crossing steep terrain where a good head for heights is essential. Walking time – up to 9 hours each day. For strong hill walkers.