

THE BEST DAY WALKS OF *SCOTLAND* AND *IRELAND* 2024

Module One: Scotland: Sat 29 June – Wed 17 July (18 days)

\$5995: Edinburgh to Glasgow (excluding airfares)

Module Two: Ireland: Thurs 18 July – Sat 3 August (18 days)

\$5995 Belfast to Dublin (excluding airfares)

One magnificent month exploring the best trails and scenic sights across the length and breadth of Scotland and Ireland. Choose either trip, or better still – both! Perfect on their own, or as part of your wider UK or Europe trip in 2024. Summer generally provides good weather conditions.

GENERAL INFORMATION

- Both modules will be led by Phillip Donnell.
- Each module requires a minimum group size of 8 persons and maximum of 12 persons.
- Prices are estimated at May 2023, so subject to change until fully paid.

PRICE INCLUDES:

- Accommodations in twin share basis (solo use rooms are not standard, but may be requested at time of registration, with a higher final price applicable).
- Transport by hired minivans – one for Scotland and one for Ireland.
- All breakfasts plus a welcome and farewell dinner for each module.
- Experienced trip leader throughout.
- Entry fees to sites and other relevant inclusions (finalised once modules are confirmed and details will be provided in the pre-trip newsletters).

PRICE DOES NOT INCLUDE:

- International travel to start of each module and from the end city of each module.
- Travel between Glasgow and Belfast if doing both modules.
- Lunches and other dinners.
- Travel insurance, personal expenses or any arrangements outside of the itinerary and its inclusions.

TRIP LEADER

Phillip Donnell lives in sunny Tauranga with his wife Katrina. He has three married children and eleven grandchildren. He has been involved in outdoor activities for more than 50 years, leading hundreds of tramping expeditions in New Zealand and overseas, as well as extensive involvement in kayaking and mountain-biking. He has also run more than 100 marathons and 110 half-marathons. He has an M.A. in Geography, which has given him a deep enthusiasm for travel and for exploring places. He has been a teacher of Geography, History, English and ESOL; is a published author of poetry, articles and short stories; and currently works in the tourist industry. He really enjoys visiting other countries and interacting with different cultures, as well as considerable experience in leading groups to overseas locations. If you have any questions you would like to put to Phillip, he welcomes your contact phillipjohndonnell@gmail.com or 021 172 3244.

STRUCTURE OF THE TRIP

- **Transport**

A hired minivan for Scotland – Edinburgh to Glasgow / A separate hired minivan for Ireland – Belfast to Dublin. This is hands down the best for a small group and to access trail heads, giving total flexibility, and has been tested on our previous Footsteps overseas trips. While Phillip is the van hirer and main driver, we will need at least one support driver for Scotland and for Ireland, so will look for volunteers within each group. This is not an onerous task, roads are of a good standard, all are sealed and of course, driving is on the left. A standard NZ car licence is all that is required. Luggage is carried within and will be limited – so only a moderate main bag and daypack please. Depending on the final numbers for each group, our plan is only one vehicle, not two, hence we will not exceed 12 as that is the maximum seating vans we can hire.

- **Accommodation**

This will be a mix of hotels, B & B's and may include a few hostels in remote locations if that is what is available. Our intention is for couples to have their own rooms and for solos of the same sex to twin share where possible. The final tally of participants will determine the outcomes and some flexibility will be needed. Facilities will be private, but could be shared on occasions. Solo use rooms are not the norm on our trips, but if you would like to secure these then at the time of registration is when we would appreciate knowing this information. The cost to secure solo use rooms is impossible to estimate at this point.

The variety of accommodation will be considerable, and some may be quite atmospheric or located in very scenic locations in remote places. Generally we only spend one night in each place, but there are also some two nighters sprinkled through the itineraries, and clearly notated.

- **Meals**

All breakfasts and two special dinners are included in each module (a welcome to the trip dinner and celebration dinner at the end of each trip). For other dinners, it is anticipated that the group will either self-cater or go out for dinner together somewhere, which at times may be at the accommodation. Leaving lunches to your own choice gives plenty of freedom. There may be accommodations that can provide a picnic lunch, or items can be bought at local stores or enroute when travelling. Note: not all accommodation units have kitchens or kitchenettes, but most have electric jug, refrigerator and microwave.

- **Walking programme**

We have offered a wide range of options in the daily itinerary along with distances and anticipated times. These will all give a great representation of the areas visited. If you have a medium grade of fitness and tramp regularly then this holiday is for you! All options are day or part day trips.

You need to be comfortable with a day pack for carrying gear, clothes, perhaps your lunch, snacks, drink bottle, first aid kit and valuables, not much different to what most people should be used to on day tramps at home. Logistics, the interests or the party and of course weather will dictate the outcomes, but Phillip will brief everyone each day.

OTHER THOUGHTS

- ☐ Rainfall must be expected and exposed places and higher altitudes around peaks will invariably be windy. It is essential that you are prepared for all conditions with appropriate clothes, gear and

footwear.

- ☐ History is rich and varied and we will uncover many interesting things. The Celtic imprint is stronger in the west and north of both Scotland and Ireland.
- ☐ Phillip will do a daily briefing/de-brief and all questions are valid – please participate and support him.

Pre-trip newsletters will provide further information and details that cannot be included in this dossier., including recommended gear list, accommodation schedule and anything else relevant. This is normally assembled after final payments have been made, supplier invoices cleared and all inclusions finalised.

For those who would like to extend their trip and have not travelled to Scotland and Ireland before, spending extra days in Edinburgh, Glasgow, Belfast or Dublin would be time well spent. Once we are able to confirm each trip, that would be the time to consider such extra days. With enough notice we should be able to secure extra nights at the accommodation we settle on, to avoid any changes.

To secure your place, you need to:

1. Read the Booking Conditions at the end of this dossier.
2. Fill in the Registration and Waiver forms. Return these (along with a copy of your passport) to Footsteps (by scan or post).
3. Pay your deposit.




ITINERARIES



Module One: Scotland: Sat 29 June – Wed 17 July (18 days)



MODULE ONE: SCOTLAND (18 days)


See www.walkhighlands.co.uk

DAY	ACTIVITY
<p>Participants should be in Edinburgh by the evening of Saturday 29 June 2024. The initial briefing for the group will take place at 6 p.m., followed by dinner together.</p>	
EDINBURGH	
<p>Day 1 Sunday 30 June</p>	<p>Take your opportunity to explore the beautiful UNESCO World Heritage City of Edinburgh One of the world's most romantic cities, you can look forward to exploring the Royal Mile, Edinburgh Castle and perhaps even the city's catacombs on a ghost tour! Be sure to climb Arthur's Seat, the 260m volcanic plug at the centre of the city (4.5 km, 2-2h30m).</p>  <p><i>O/n Edinburgh</i></p>
PERTHSHIRE AND THE SOUTHERN CAIRNGORMS	
<p>Days 2 and 3 Mon 1 July Tues 2 July</p>	<p>Edinburgh to Pitlochry (110 km, 1h30m) The mountains, rivers, lochs and Victorian villages of the southern Cairngorms will inspire and delight you. Walks near Pitlochry selected from: *Ben Vrackie (9.5 km,3-4h) *Rob Roy Way: Pitlochry to Aberfeldy (15 km,4-5h) *Cateran Way: Spittal of Glenshee to Kirkmichael (13 km, 4-5h) *Pitcarmick Loop, Kirkmichael (6.75 km, 2-2h30m) *Schiehallion (the Fairy Hill of Caledonia - 10 km, 4-6h) *Glen Tilt circular from Blair Atholl (15 km) One of Scotland's lesser-known glens, this magnificent walk begins at the Old Bridge of Tilt, a hint of many ancient stone bridges hunkered in widescreen landscapes to come. This is Big Tree Country, populated by the tallest trees in Britain. *The Hermitage and Braan Walk (Dunkeld) (6.5 km,2h) The Hermitage, where various trails lead through a beautiful forest to Ossian's Hall, a Victorian folly, from where, in late summer, you can watch salmon trying to leap up a waterfall to reach their spawning grounds. * Kenmore Hill (5 km,2h) - a short but steep ascent of a peak which offers outstanding views across Loch Tay. *Glen Lyon is often cited as being one of the most beautiful glens in Scotland. It is flanked by steep sided hills which offer wonderful walking on their grassy summits. Choose an easy walk along the valley floor, or perhaps a hike to one of the easier summits, such as Cam Chreag (12.75 km, 3h30m-4h30m) or Stuchd an Lochain (8.5 km, 3h30m-4h30m)</p> <p><i>O/n Pitlochry (2 nights)</i></p>
CAIRNGORMS AND AVIEMORE	
<p>Day 4 Wednesday 3 July</p>	<p>Pitlochry to Ballater (90 km, 1h30m) Walks near Braemar *Glen Muick and Loch Muick This superb circular hike explores Glen Muick, which lies in the shadow of the famous peak of Lochnagar, and takes you through ancient pine forest, past one of Queen</p>

	<p>Victoria's hunting lodges and beneath towering cliffs, as you circumnavigate beautiful Loch Muick (12.5 km, 3-3h30m) *Lochnagar from Glen Muick (19 km, 6-7h)</p> <p><i>O/n Ballater</i></p>
<p>Day 5 Thursday 4 July</p>	<p>Ballater to Aviemore (85 km, 1h20m) Cairngorms National Park <i>Possible walks:</i> Cairngorm mountain and return same way (3-4h) Cairngorm and the northern Corries circuit (11 km, 5-6h) Cairngorm Mountain Funicular Railway (the highest in the UK) Coire an t-Sneachta (6 km, 2-3h)</p> <p><i>O/n Aviemore</i></p>
AFFRIC AND LOCH NESS	
<p>Day 6 Friday 5 July</p>	<p>Aviemore to Inverness (50 km, 40m) Walks selected from the following: *The Great Glen Way (along Loch Ness): Drumnadrochit to Invermoriston Low route: 23.5 km, 5h30m-7h / High route: 22 km, 6-7h *The Affric Kintail Way: Drumnadrochit to Cannich Village (21.6 km, 5-7h) *River Ness and Caledonian Canal Circuit (11.5 km, 4-5h) *Caledonian Canal and Dochgarroch Locks (12 km, 3-4h) *South Loch Ness Trail: Dores to Torbreck (11 km, 2h30m-3h30m) *Take a cruise on the Moray Firth to visit the resident bottle nosed dolphins. Sitting on the Banks of the River Ness, between Loch Ness and the sea, Inverness is the capital of the Highlands.</p> <p><i>O/n Inverness</i></p>
CAITHNESS AND SUTHERLAND	
<p>Day 7 Saturday 6 July</p>	<p>Inverness to Thurso via John O'Groats (220 km, 3h15m) We head north to John O'Groats (190 km, 3h) and Duncansby Head, the most northerly point of the UK. Towering cliffs, hordes of seabirds and wild waves make this walk a classic (8.5 km, 3h) We then travel west to Thurso.</p> <p><i>O/n Thurso</i></p> 
<p>Day 8 Sunday 7 July</p>	<p>Thurso to Bettyhill (50 km, 45m) Durness & Cape Wrath The hardest thing today is choosing what to do. Either visit Cape Wrath, the isolated most north westerly point in mainland Scotland or Sandwood Bay. Option 1: Guided walks to Cape Wrath - numerous walks (2-6 hours) (a guiding fee may apply) Option 2: Sandwood Bay, Sutherland (13 km, 4-5h)</p> 

	<p>Bleak and lunar-like, this bracing hike is punctuated by glimpses of the lighthouse at Cape Wrath on the horizon. Here, at the exposed north-western tip of Scotland, the rewards are great and hard-won.</p> <p>Sandwood Bay is one of Britain's most inaccessible beaches, flanked by a skyscraping 60m sea stack (Am Buachaille, meaning 'The Herdsman') – a ruin said to be haunted by the ghost of a shipwrecked seaman – and sand dunes the size of houses.</p> <p><i>O/n Bettyhill</i></p>
ULLAPOOL, ASSYNT AND EASTER ROSS	
<p>Day 9 Monday 8 July</p>	<p>Bettyhill to Ullapool (145 km, 2h30m)</p> <p>Option 1: Stac Pollaidh (4.5 km, 3h) Stac Pollaidh is one of the best 'little mountains' in Scotland. Standing at just 613m high in the Northwest Highlands, the peak displays a rocky crest of Torridonian sandstone. With lots of pinnacles and steep gullies, it's often likened to a porcupine. The hike only takes around three hours, climbing up the steep winding pathway, but the summit ridge views, reached with some scrambling in the final stages, is pure wilderness and provides panoramic views that are second to none. You'll want to spend some time up there at the top to soak up the 360-degree views, including mountains like Cul Mor and Suilven, which rise steeply from the watery Inverpolly Nature Reserve, as well as Scotland's rugged and watery west coast.</p> <p>Option 2: Achmelvich Coastal Walk (6 km, 2h) Hike along the grand Assynt coastline of the great wild north of Scotland, starting from the ruins of an old grain mill. The millstone was reputedly hewn from the summit of the 731m high peak of Suilven, which dominates the views looking east. Head towards the legendary white sands of Achmelvich beach, passing a secret beach and Europe's smallest castle, Hermit's Castle, along the way.</p> <p>As well as being one of Scotland's many pretty beaches, Achmelvich is renowned for diverse wildlife, including cetaceans, seals, basking sharks, otters, ospreys and white-tailed eagles. Later, cut across the peninsula on a good trail that leads back to Lochinver village.</p> <p><i>O/n Ullapool</i></p>
<p>Day 10 Tuesday 9 July</p>	<p>Rest day in Ullapool.</p> <p><i>O/n Ullapool</i></p>
TORRIDON, GAIRLOCH, WESTER ROSS	
<p>Day 11 Wednesday 10 July</p>	<p>Ullapool to Gairloch (90km, 1h20m) The mountains of Torridon fall almost straight into the sea. There are numerous walks from Torridon and the adjacent Beinn Eighe National Nature Reserve.</p> <p>Loch Maree We continue to wind our way through the mountains and lochs of Scotland's wild west coast. Island-strewn Loch Maree is widely regarded as the most beautiful in Scotland.</p> <p>Option 1: Stretch your legs on the sandy beach at Gruinard Bay, or walk to the fairy Lochs near Badachro. Reward yourself with some delicious home baking at the Gairloch Pantry. Continue to Ullapool, a fishing village nestled at the head of Loch Broom.</p> <p>Option 2: Tollie to Slattadale (8 km, 2h30m-3h). This fine linear walk follows a broad hill path over a low moorland pass, and gives great views over Loch Maree's islands to the mountains beyond. The terrain is mostly open moors and is rough in places, before a final section through forestry.</p> <p>Option 3: Slioch and Loch Maree (19 km, 7-9h)</p>

	<p>Those who love the challenge of a higher peak should ascend the mighty mountain of Slioch in Wester Ross. Slioch, which translates as 'The Spear', is renowned from appearances in countless landscape photography calendars, thanks to its magnificent peak that dominates the landscape.</p> <p>Hiking to its summit is a challenging but rewarding climb, ascending into a high corrie before making the final push up to the summit at 981m. Go on to enjoy a short ridge walk to a subsidiary peak, completing the circuit and enjoying views north across the Fisherfield wilderness, before making the descent.</p> <p><i>O/n Gairloch</i></p>
<p>Day 12 Thursday 11 July</p>	<p>TORRIDON RIDGE AND VICINITY</p> <p>Option 1: Beinn Alligin</p> <p>This Torridon giant features two Munros (Scottish mountains over 1000m high), making it popular with walkers who are out to bag more than one hill in a day. A highlight is the Horns of Alligin - a great cleft that opens in the mountain. This series of pinnacles provides good scrambling in summer. Translating as 'Jewel Mountain', Beinn Alligin has one of Scotland's most dramatic locations. Starting at only 50m above sea level and with the highest point 986m, this walk guarantees to get your heart pumping, not just with the exertion; when you hit the summit on a clear day, you get to see remarkable Highland scenery that stretches as far as the Outer Hebrides. (10 km, 5-7h)</p> <p>Option 2: Mountain Trail in Beinn Eighe National Nature Reserve (6.5 km, 3-4h) Billed as Britain's only waymarked mountain walk, this superlative walk is one of a kind. The spectacular path climbs very steeply through a wide range of habitats from magnificent ancient pinewoods up onto a bare, ice-scraped plateau of quartzite rocks. The views are fantastic.</p> <p>Option 3: <i>Meall a Ghiubhais</i> (9 km, 4-6h) is a steep, rugged Corbett situated just north of Beinn Eighe. It gives excellent views over Beinn Eighe and its eastern summit is one of the best viewpoints for Loch Maree. The 'Mountain Trail' is used for half of the ascent.</p> <p><i>O/n Gairloch</i></p>
GLENCOE	
<p>Days 13,14,15 Frid 12 July Sat 13 July Sun 14 July</p>	<p>Gairloch to Fort William (210 km, 3h)</p> <p><i>Walks in Glen Nevis and the Fort William area, selected from:</i></p> <p>*Glen Nevis and Steall Falls (12.8 km, 4-5h)</p> <p>One of Scotland's finest walks. Just outside Fort William the steep-sided valley walls narrow to a steep gorge which cuts a narrow path to an isolated valley. At the head of this green and tranquil glen the white curtains of Steall Falls plunge relentlessly down. This really is one of Scotland's most precious places.</p> <p>*Steall Falls (3.5km, 1.5-2h)</p> <p>*River Nevis (4.5 km, 1-1.5h)</p> <p>*Nevis Range Gondola Viewpoint walks (4 km, 1-2h)</p> <p>*Ben Nevis by the mountain path (17 km, 7-9h)</p> <p>You may want to walk to the summit of Ben Nevis, which at 1344m is The UK and Scotland's highest mountain. It is not a challenge to be underestimated, but on a good day the views are endless.</p> <p>*The North Face of Ben Nevis and the Allt a' Mhuillin (10.25km, 3-4h)</p> <p>*Glen Nevis and Polldubh Falls (13 km, 3-5h)</p> <p>*The Great Glen Way (part): Fort William to Gairloch (17 km, 4-5h),</p> <p>*The East Highland Way (part): Fort William to Spean Bridge (19 km, 4h30m-5h30m)</p> <p>*The West Highland Way (part): Fort William to Kinlochleven (24.5 km, 6-7h)</p>

	<p>*Black Wood and Dum da-Lamh Fort (8.5 km, 2h30m-4h)</p> <p><i>O/n Fort William (3 nights)</i></p>
<p>Day 16 Monday 15 July</p>	<p>Fort William to Drymen (145 km, 2h15m)</p>  <p>Beinn a'Chrulaiste from Altnafeidh (11km, 650m ascent, approx 5h)</p> <p>There are countless great hikes in Glencoe. The rugged mountains offer superb, though challenging, hiking. However, some of the best views in Glencoe are from a lower, easier, yet rarely climbed peak – and that will be our target today, starting from Altnafeidh (35 mins from Fort William).</p> <p>Beinn a'Chrulaiste is well seen when driving north on the A82 towards Glencoe, but its rounded, bulky outline goes unnoticed next to the magnificence of Buachaille Etive Mor on the other side of the road. It does, however, make perhaps the greatest viewpoint for its celebrated neighbour; the panorama from the summit is outstanding in all directions.</p> <p>These peaks are the most iconic sight in Glencoe, featured in the James Bond movie <i>Skyfall</i>. The impressive pass of Glencoe, site of the 1692 massacre, is nearby and is a spectacular drive.</p> <p>After our walk, we continue on to Rowardennan (125 km, 1h 50m)</p> <p>Walks in or near Kinlochleven</p> <ul style="list-style-type: none"> *Grey Mare's Tail waterfall (3.5 km, 1h30m-2h30m) *Pap of Glencoe (7 km, 3h30m-5h) <p><i>O/n Drymen</i></p>
LOCH LOMOND AND THE TROSSACHS NATIONAL PARK	
<p>Day 17 Tuesday 16 July</p>	<p>Drymen to Glasgow (30 km, 50m)</p> <p><i>Walks in the Loch Lomond area selected from:</i></p> <ul style="list-style-type: none"> *Ben Arthur ("The Cobbler") (11 km, 4-6h) *Ben Lomond (11 km, 4-5h) *Cashel Forest Walk (4.5 km, 2h) *The Aber Trail (5 km, 2h) *Rob Roy Way (part): Drymen to Aberfoyle (17.5 km, 4-5h) *West Highland Way (part - along the 'bonnie banks' of Loch Lomond): Drymen to Rowardennan (23 km, 6-7h) or Rowardennan to Inverman (22 km, 6-7h) <p><i>O/n Glasgow</i></p>
<p>Day 18 Wednesday 17 July</p>	<p>Trip concludes after breakfast.</p> <p>Those undertaking the tour of Ireland make their own way from Glasgow to Belfast. (flight or ferry)</p>

Module Two: Ireland: Thurs 18 July – Sat 3 August (18 days)



MODULE TWO: IRELAND (18 days)

See www.walkni.com, www.theirelandwalkingguide.com

Participants should be in Belfast by the evening of Wednesday 17 July 2024.
The initial briefing for the group will take place at 6 p.m., followed by dinner together.

NORTHERN IRELAND

Day 1 Thursday 18 July	Belfast A free day to explore the capital of Northern Ireland. West Belfast (murals), Ulster Folk and Transport Museum, Crumlin Road Gaol, The Titanic Experience, are all fascinating as you discover how the city has emerged from 'the troubles' of the past. *Bangor (Northern Ireland's biggest and most prestigious marina and Bangor Abbey, whose tower dates from the 15th century) <i>O/n Belfast</i>
Day 2 Friday 19 July	Mourne Mountains <i>Possible walks:</i> Slieve Donagh from Bloody Bridge (11 km, 5 hours) Slieve Bearnagh (14.5 km, 6h) The Mourne Inner Horseshoe (21 km, 8-9 hours) Trassey to Bloody Bridge (11.6 km, 4-5h) Central Mournes (15.8 km, 5-6 hours) Reservoir View: Southern end to Newcastle (15 km) Bearnagh to Meelmore (9.6 km) Lough Shannagh (11 km loop) <i>O/n Belfast</i>
Day 3 Saturday 20 July	Belfast to Cushendall (80 km, 1h) Game of Thrones Country: Larne, Black Cave Tunnel, Glens of Antrim, Torr Head Scenic Road, Cushendun. <i>Glenariff</i> is sometimes called the 'Queen of the Glens' and is the biggest and most popular of the Glens of Antrim. <i>Possible walks:</i> Glenariff Forest Park Scenic Trail (9.5 km) The Moyle Way (52 km - part thereof): Glenaan (10 km, 3h) and/or Glendun (10 km, 3h) from Cushendall. Antrim Hills Way (35 km - part thereof) <i>O/n Cushendall</i>
NORTHWEST IRELAND	
Day 4 Sunday 21 July	Cushendall to Derry (95 km, 1h30m) Causeway Coast Way (parts) Giant's Causeway to Dunseverick Castle (9 km, 2h45m). Dunseverick Castle to Carrick-a-Rede Rope bridge/ Ballintoy (7 km, 2h15m) Torr Head Scenic Road? Bushmills Distillery? * <i>Bushmills is the home of the oldest working whiskey distillery in Ireland.</i> <i>O/n Derry</i>




The Giant's Causeway

<p>Day 5 Monday 22 July</p>	<p>Derry to Ardara (90 km, 1h20m) Glenveagh National Park and the Derryveagh Mountains <i>Possible Walks:</i> Mt Errigal (752m, 1-2h), Poisoned Glen (2h), Slieve Snaght /Poisoned Glen (12.8 km, 5h), Lough Veagh (8 km,2h30m), Lough Inshagh (7 km,1h30m), Glen (Bridle Path) Walk (8 km, 2h), View Point Trail (1 km, 30 mins), Garden Trail (1 km, 1h), Derrylahn Nature Trail (2 km,45 mins), Lakeside Walk (3.5 km, 40 mins). Fintown Scenic Railway along Loch Fin. <i>O/n Ardara</i></p>
<p>Day 6 Tuesday 23 July</p>	<p>Ardara to Killybegs (50 km, 1h) Slieve League (clifftop walk 12 km, 5h30mj) <i>* Sliabh Liag (Slieve League) are the highest accessible sea cliffs in Europe reaching a height of 600m, making them nearly three times the height of Co Clare's Cliffs of Moher. Once at the car park at the top of Sliabh Liag you can walk even higher to the highest point of the cliffs using the Pilgrims Path.</i> We will drive the <i>Wild Atlantic Way</i> via Glen Gesh Pass, Assarancagh waterfall, Maghera Caves, Glencolumbcille. <i>O/n Killybegs</i></p>
<p>Day 7 Wednesday 24 July</p>	<p>Killybegs to Westport (190 km, 2h40m) Croagh Patrick Travel to Croagh Patrick (8 km from Westport) <i>Croagh Patrick is considered the holiest mountain in Ireland. It rises 762m above Clew Bay. Here the tradition of pilgrimage stretches back over 5,000 years. Each year, around 1 million pilgrims climb to the summit of 'The Reek' (as it is warmly known), in honour of Saint Patrick, Ireland's patron saint. It was on the summit of the mountain that Saint Patrick fasted for forty days in 441 AD. The ascent from the Visitors Centre usually takes 2-3 hours, and the descent 1h30m-2 hours.</i> We will pause at Drumcliff (just north of Sligo) to see the grave of the famous poet W.B. Yeats. <i>O/n Westport</i></p>
<p>COUNTY CLARE, GALWAY AND THE WEST</p>	
<p>Day 9 Thursday 25 July</p>	<p>Westport to Galway via scenic coastal route (150 km, 2h30m) Connemara National Park <i>Possible Walks among The 12 Bens:</i></p>



	<p>Tully Mountain (8 km,3h), Binn Bhan (9 km,3h30m,), Lower Diamond Hill (4 km), Diamond Hill (,7 km,2h30m), Muckanaught and Ben Baun (10.5 km, 5-6h), The Glencoaghan Horseshoe (6 of the Bens,16 km,7-8h), Killary Famine Walk (10 km,6h). A lovely walk is 'Máméan'; the Pass of the Birds, which looks onto the Twelve Bens of Connemara and the Inagh Valley (10 km,3-4h)</p> <p>Galway City: the vibrant youthful capital of the west. Known for its festivals, music and bars, Galway is both ancient and modern.</p> <p><i>O/n Galway City</i></p>
Day 10 Friday 26 July	<p>Rest day in Galway City</p> <p><i>O/n Galway City</i></p>
Day 11 Saturday 27 July	<p>Galway City to Tralee via Shannon Estuary ferry (170 km, 3h30m)</p> <p>Cliffs of Moher Coastal Walk (13-20km) (the clifftop walk is part of the Burren Way)</p> <p>The Burren National Park</p> <p><i>Possible Walks:</i> Mullaghmore Hill (6.5 km, 2-3h), Gleninagh Mountain (10 km, 3-4h), Burren Way (114 km - part), Poul nabrone Dolmen (short walk off road between Ballyvaughan and Kilnaboy).</p> <p>We take the Killimer to Tarbert car ferry across the Shannon Estuary (20m) to Tralee.</p> <p><i>O/n Tralee</i></p>
SOUTHWEST IRELAND	
Day 12 Sunday 28 July	<p>Tralee to Killarney via the Dingle Peninsula (110 km, 2h)</p> <p>Today we traverse the Dingle Peninsula, walking a section of the 160 km Dingle Way, e.g. Anascaul to Dingle (19 km, 6-7 hours), Dingle to Sleah Head (20 km, 6h30m).</p> <p><i>O/n Killarney</i></p>
Day 13 Monday 29 July	<p>Ring of Kerry</p> <p>Today we drive the full Ring of Kerry, with numerous stops along the way. This 180km road offers outstanding scenic vistas. Starting from Killarney you'll explore the beautiful Inveragh peninsula, taking in the remote Black Valley and charming towns and villages of Sneem, Waterville, Cahersiveen, Glenbeigh and Caherdaniel. Hopefully we can include the Beentee Circuit, a 3h tramp near the town of Caherciveen.</p> <p><i>O/n Killarney</i></p>
Day 14 Tuesday 30 July	<p>Killarney to Cork (88 km, 1h15m)</p> <p>Killarney National Park</p> <p>The park protects the glaciated valleys around 3 lakes. Here there is virgin forest featuring oak, yew and the Mediterranean arbutus (strawberry tree). Red deer, pine marten, otter, red squirrels and 140 bird species can also be found. We will cover the gorgeous must-see parts of the park, including the Gap of Dunloe, Ladies View, Moll's Gap, Muckross House.</p> <p><i>Possible Walks:</i> Muckross Lake and Torc Waterfall (2-3 hours, 9-11 km), Torc Mountain (9.5 km, 3h30m).</p> <p><i>O/n Cork</i></p>
SOUTH-EAST IRELAND	
Day 15 Wednesday 31 July	<p>Cork to Kilkenny (155 km, 1h50m)</p> <p>Today we visit some significant sites in County Tipperary and County Cork selected from: Tipperary, Rock of Cashel (traditional seat of the Kings of Munster prior to the Norman invasion), Cahir Castle, Athassel Priory, Holy Cross, Dunmore Caves, Blarney Castle.</p>

	 <p><i>O/n Kilkenny</i></p>
Day 16 Thursday 1 August	<p>Kilkenny to Rathdrum (95 km, 1h20m) Wicklow Mountains National Park and Glendalough <i>Possible Walks:</i> *The Wicklow Way from Glenmalure to Glendalough (4.5h,14 km), or Glenmalure to Iron Bridge (4-5h,14 km) or Glenmalure to Moyne (7h,21 km). * <i>Glendalough is a surprisingly remote and beautifully glaciated mountain valley which shelters an atmospheric monastery, founded in the 6th century by St Kevin.</i> Walk St Kevin's Way from Hollywood (25 km) or from Vallemount (22km) to Glendalough via the Wicklow Gap, OR the Glenealo-Turlough Hill-Camaderry Loop (14.5 km,4-5h) OR simply amble around the Glendalough Walking Tour (5 km,1h)</p> <p><i>O/n Rathdrum</i></p>
Day 17 Friday 2 August	<p>Rathdrum to Dublin (60 km, 1h10m) Dublin has so much to see and do. Go on a walking tour that includes some of the city's fine parks, Georgian buildings and cultural sites. Explore such classic landmarks as Trinity College and the Book of Kells, Dublin Castle, the National Museum, Chester Beatty Library, Kilmainham Gaol, and the Guinness Storehouse. Enjoy our final <i>celebration/farewell dinner</i> in the Temple Bar district and follow this with an optional guided pub crawl introducing traditional Irish music. Maybe a last minute show booking at the legendary Abbey Theatre?</p> <p><i>O/n Dublin</i></p>
Day 18 Saturday 3 August	<p>Trip ends after breakfast.</p>



Mourne Mountains

***Below you will find:
Booking Conditions, Registration Form, Waiver Form
These can be used for both modules.***

FOOTSTEPS WALKING AND TRAVEL CLUB OF AOTEAROA NEW ZEALAND
Scotland and Ireland 2024: Booking Conditions

1. Participants agree to all terms and conditions by signing the Registration Form.
2. All prospective participants on this trip must abide by the Footsteps Covid policy (see below)
3. Phillip Donnell and *Footsteps Walking and Travel Club* are not responsible or liable for any injury, damage, loss, accident, delay or irregularity which may arise from weather, pandemic, defect in any vehicle, vessel or aircraft, or through the acts or default of any person or company engaged in carrying out any of the arrangements of the trip. Everyone participates entirely at their own risk. The separate waiver form must be completed.
4. We reserve the right to cancel the trip if minimum numbers don't eventuate. In such an event, all monies paid will be refunded. The minimum number for this trip is ten.
5. *Footsteps* reserves the right to make any modifications to the trip that may be necessary. The walks undertaken each day are determined by group consensus, but as far as possible we endeavour to meet your personal preferences.
6. The trip fee includes subsidisation of the leader/driver administrative and travel expenses, as well as a gift of appreciation/gratuity.
7. Registrations close on **1 March 2024**, or earlier if all the spaces are filled. The trip is currently viable in terms of minimum numbers and will proceed.
8. Registrations are accepted in good faith on a first comer's basis on receipt of the Registration Form and passport scan. A deposit of \$500 per person is paid at the time of registration. The balance of the trip fee is due to be paid by **1 June 2024**.
9. Our preferred method of payment is internet banking to Footsteps, Kiwibank 38-9002-0435674-03. Please write your surname and the name of the trip ("Scotland/Ireland") in the reference box.
10. Cancellations: If you need to cancel your registration for any reason, you must advise *Footsteps* in writing as soon as possible. An email is acceptable, a phone call alone is not. **IN THE EVENT OF CANCELLATION DUE TO COVID, YOU WILL RECEIVE A FULL REFUND.** Under *normal* circumstance, cancellations up to 60 days prior incur a 10% cancellation fee. For 60-30 days prior, 30% is deducted. For 30-15 days prior, 60% is deducted. After 14 days prior, there is no refund. If you find a suitable replacement person, the above cancellation fees **MAY** be waived.
11. Personal travel insurance is compulsory. It is recommended that this includes cover for travel plans being disrupted by contracting Covid-19.

Registration and Waiver forms are below...

FOOTSTEPS WALKING AND TRAVEL CLUB OF AOTEAROA NEW ZEALAND

Scotland and Ireland 2024: Registration Form

Complete and send this (along with a passport scan and the waiver form) to our postal address (see base of page) or scan and email. The deposit required is \$500 per person. Our preferred payment method is internet banking into Kiwibank 38-9002-0435674-03 (with covering email please, or your surname/name of trip in reference column).

Your full name(s) and please underline or highlight your preferred first name(s)

Postal Address:

Day/Night phone:

Mobile"

Email:

Date(s) of birth:

I am registering for (circle as appropriate): Module One (Scotland) Module Two (Ireland)

Are you comfortable in close contact with like-minded travellers with all the give and take needed for harmony?
Please extend your answers overleaf or on separate paper, or by email.

Specify any dietary requirements, allergies or medical conditions:

Contact person in NZ for any emergencies : name, address, contact phone numbers, email and the relationship to you. In the event of any emergency, this is the sole person you are authorizing us to liaise with

I/We have read the trip information and booking conditions. I / We enclose the deposit of \$500pp. I / We agree to pay the remainder of trip costs by the due date (signed and dated by each person registering):

Send (with passport scan and waiver form) to :

**Footsteps, 3/B Te Arawa Place, Welcome Bay, Tauranga
3112.**

Email: footstepsanz@gmail.com

FOOTSTEPS WALKING AND TRAVEL CLUB OF AOTEAROA / NEW ZEALAND

RELEASE AND WAIVER OF LIABILITY FORM

PROVIDER: Footsteps Walking and Travel Club (Phillip John Donnell)(“Footsteps”)

PARTICIPANT:

(“the Participant”)

I, the Participant, release and forever discharge and hold harmless Footsteps from all and any liability, claims, demands and damages, of whatsoever kind or nature, whether foreseeable or otherwise, either at law or in equity, which arise or may arise from the services and activities provided and arranged by Footsteps.

I understand and acknowledge that this Release and Waiver discharges Footsteps from any liability or claim that I may have against Footsteps in respect of personal injury, illness, medical treatment, death, property loss or damage, and otherwise howsoever, resulting from the services and activities provided and arranged by Footsteps. I hereby waive all such rights and remedies.

I accept that I participate in the services and activities entirely at my own risk.

I acknowledge and accept that this Release and Waiver:

- (a) Extends to and covers all contractors, agents, volunteers and employees of Footsteps; and
- (b) Binds the executors, administrators, successors, attorneys and assigns of both parties.

Signed by the Participant:

Date: _____



FOOTSTEPS WALKING AND TRAVEL CLUB
OF AOTEAROA NEW ZEALAND

COVID POLICY AND SAFETY MEASURES

Footsteps would like to thank you for joining one of our excursions to share and experience some incredible destinations with us – you're in for a treat! We trust you are ready to disconnect to reconnect with nature, landscape, wellness and likeminded travellers.

With the 2023-24 Season almost upon us, we thank you for your ongoing support post the COVID-19 pandemic. As a touring enterprise we continue to navigate ongoing uncertainty related to travel. Regardless, the safety of our guests and staff is a priority.

In recent times there has however been significant relaxation of the rules around travel associated with COVID-19. In that context, we have updated our COVID-19 policy and associated safety measures in line with official advice.

Footsteps has appropriate safety measures in place to help manage and mitigate COVID-19 risks on all trips operated by us. We have robust procedures and protocols in place for your wellbeing.

We would like to acquaint you in more detail with the Footsteps Covid policy, which in turn reflects that of most tour companies. **These are our expectations, which are now a condition of your booking a trip and travelling with us:**

1. You will ensure that Covid cover is part of your travel insurance policy. It is essential that you do this in order that that any unexpected circumstances, including risks of needing to cancel tour participation due to COVID or illness, can be reimbursed by your insurance company.
2. No guest should present for a tour if they are unwell, or have symptoms that may impact their ability to complete the walks/activities safely, having regard to their own interests and those of fellow guests and guides.
 - If you are older, not up-to-date with vaccinations, or at high risk for other reasons, talk to your GP, community pharmacy or local healthcare provider to find out more.
 - Since airlines no longer require pre-flight testing, you should take a RAT test within 48 hours prior to coming on the trip. If positive, you should not embark on the trip in terms of contact with the rest of the group. You can fly to your destination if you wish, but not participate with the group until you are clear.
 - If upon pick up at our meeting location on day one you are displaying any symptoms, our guides may make a determination as to whether you are fit and healthy, and appropriately equipped, to attend the tour.
3. You should wear a mask in all crowded spaces, such as airports, planes, buses, shopping centres, restaurants, transport hubs. It is strongly recommended that you also wear a mask when with the group.
4. As an added safety precaution, Footsteps asks that all guests ensure prior to trip departure that they have an adequate supply of face masks, hand sanitiser and an approved rapid antigen COVID-19 test kit.
 - Since RAT tests are not supplied, you need to bring them with you on the trip, and test yourself every 3-4 days, as well as at the first sign of feeling unwell. If you have any suspicion of having Covid, you should do a test. You must also take a RAT test if asked to do so by the trip leader or tour agency.
 - You are most infectious (or contagious) in the first 5 days *after* your symptoms start. You can also spread COVID-19 in the 48 hours *before* your symptoms start. If you never have symptoms, consider yourself most infectious in the 5 days after you test positive.
5. Guides may choose to evacuate a guest off the tour if they have concerns about the ability of that guest to complete the walks/activities safely, having regard to their own interests and those of fellow guests and guides.
 - If you contract Covid during a trip, it is anticipated that you will immediately isolate (at your own expense) until such time as you test negative. This may involve moving to another part of an accommodation facility, moving to a different accommodation facility, or returning home early.

Isolation is necessary to protect others (from the risk of infection) and also yourself. Rest is vital - too much activity while having Covid or while taking anti-virals, can worsen the condition.

- New Zealand Government advice is as follows:
If you test COVID-19 positive, self-isolate for 7 days with no further tests.
If you are a close contact of a positive case: Testing negative at day 3 and day 7 means that you can then you can leave self isolation.
If you are a close contact who then tests positive your 7 days self-isolation restarts.
If you still have symptoms on day 7, isolate until 24 hours after you no longer have symptoms.
- In the event of the need to evacuate a guest from a tour, arranging accommodation, treatment, medication, and meals are primarily your responsibility, as are any additional costs associated with the evacuation. However, our team will reasonably assist in organising these things (after having regard among other things to the interests of fellow travellers and guides).
- On longer trips, you may re-join the group when your isolation period is over (at least 5 days after showing symptoms). No refund of trip fees is possible in these circumstances.

We cannot guarantee that nobody will contract Covid on any of our trips. That possibility is now a fact of life. However, the above measures are designed to prevent this from happening, and to ensure that everyone knows what to do in the event of it happening.

Thanks for your understanding and anticipated precautions.