

Siúl Sléibhe - Hillwalking

www.oideas-gael.com



South West Donegal has some of the best hillwalking areas in Ireland and its 2000 ft. mountain, Sliabh Liag, is regarded as the finest marine cliff in Europe. Despite the beauty of this peninsula, it is relatively under-utilised by walkers, even in the height of the summer season. All routes, followed by Oideas Gael, vary in difficulty and give participants a chance to see the best of South Donegal's wild and varied coastal scenery. This area forms part of the Donegal Gaeltacht and it is hoped that walkers will be able to use their knowledge of Irish during the course of the week's holiday, or if new to the language, that they will practise a few words and expressions. Emphasis is on enjoyment and the evenings are spent listening to some of the traditional music, for which the area is famous & to join in the craic which accompanies the OIDEAS GAEL programme of courses.

Given the terrain and its nearness to the Atlantic, the weather in the area can be unpredictable. It is essential, therefore that all participants bring with them the following items.

1. A pair of comfortable, already worn, walking boots (not shoes).
2. Several pairs of thick woollen socks.
3. Shorts or comfortable walking trousers or track-suit trousers.
4. A good waterproof jacket & trousers which can be folded up easily.
5. Sun Block / (Factor 15)
6. Whistle & ordnance survey-map (sheet 10). Available locally.
7. A small rucksack, large enough to take all & a packed lunch.

These walks will not involve any rock climbing and some are quite long and strenuous. It is essential, therefore, that participants ensure that they are fit enough to undertake such exercise (all walks are 4-6 hours long).

Antoin Birtill, Director of Hillwalking Programme.

The daily schedule may be changed due to changing circumstances.

In iardheisceart Chontae Dhún na nGall atá cuid de na limistéirí siúil is fearr in Éirinn, le Sliabh Liag a mheastar a bheith ar an bhinn mhara is mórthaibhsí san Eoraip. D'ainneoin áilleacht na leithinise, ní thaithíonn siúlaithe cnoc an oiread sin í, fiú le linn ardséarsúr an tsamhraidh, as siocair í bheith chomh scoite sin. Tá rogha siúlóidí á tairiscint nach ionann deacracht; tugann gach ceann acu deis do shiúlaithe breathnú ar éagsúlacht radharcanna fíoráille de chuid chóstaí iargúlta dheisceart Dhún na Gall. Cuid de Ghaeltacht Dhún na nGall é an ceantar seo agus táthar ag siúl go mbeidh ar chumas siúlaithe a gcuid Gaeilge a úsáid le linn shaoire na seachtaine, sin nó, mura bhfuil an teanga ar a dtoil acu, go dtógfaidh siad abairt nó dhó. Sult agus sásamh is mó atá i gceist sa chúrsa & beidh am go leor tráthnóna le h-éisteacht leis an cheol tíre a bhfuil cáil ar an réigiún dá bharr agus taitneamh a bhaint as ach chraic a bhíonn mar ghnáth chuid de chúrsaí Oideas Gael.

Ní mór go gach duine atá páirteach sa chúrsa na rudaí seo a leanas a thabhairt leo:

1. Péire compordach bróg siúil (ní gnáthbhróga) Más péire nua atá agat moltar dul i dtaithí orthú roimh thosach na saoire seo.
2. Roinnt péirí stocaí olla tiubha.
3. Briste ghairid nó briste siúil compordach eile.
4. Culaith uisce shionach de cháilíocht mhaith ar féidir a fhilleadh go furasta.
5. Cosaint Gréine / Grád 15
6. Feadóg & learscáil ordanáis den ceantar (10). (Tá an learscáil le ceannach sa Siopa Gaeilge in Oideas Gael).
7. Mála droma beag a mbeidh áit ann do na rudaí thuas & do lón pacáilte.

Cé nach mbeidh ailleadóireacht i gceist sna siúlóidí beith roinnt acu measartha fada agus maolach agus caithfidh luacht an chúrsa a chinntiú go mbeidh siad

Antóin Birtill, Stiúrthóir Chlár na Siúlóidí Cnoc
Tá an ceart ag an Stiúrthóir an clár a athrú de réir mar is gá.



Please Note: Participants involved in any activity aspect of any of the Oideas Gael courses are advised to have his/her own personal accident insurance. Oideas Gael will accept no liability for any personal injuries, loss, damage or accident of whatsoever nature, which may occur during the dates in which the participants are attending organised course.