

- We welcome well-illustrated articles about hillwalking and rock climbing in Ireland, new or first Irish ascents of peaks or climbs at home and abroad, significant Irish achievements whilst trekking and climbing in the Alps and the other greater ranges of the world.
- We welcome contributions on hill and mountain related issues such as environment & access, “how to do it” articles on mountain photography, climbing techniques & tips, getting ready for expeditions, flora & fauna, health & safety, history/geography, archaeology/geology, etc. The list is almost endless.
- Please limit your articles to a maximum of 2,000 words and aim for 1,500. Brief “footnotes” information about location, transport, logistics, costs, etc., and a clear map are all very helpful. Please include a very brief biography (approx. 40 words) stating if you’re a Mountaineering Ireland member, in a club, what type of mountaineering activities you do etc. A portrait photo of the author would also be nice!
- We also welcome news and event items (max 350 words), snippets of news (max 100 words), gossip, useful and relevant information, all with suitable photos / logos preferably by email to iml-editor@mountaineering.ie. Please remember to send a caption with any photograph and the name of the photographer. The onus is on you to ensure that you have permission of those in the photograph to publish the photograph, in particular the permission of parents or guardians if those in the photographs are aged under 18. While less preferable items can be post to The Irish Mountain Log, Mountaineering Ireland, Sport HQ, 13 Joyce Way, Park West Business Park, Dublin 12. News items accompanied by a photograph are more likely to be printed.
- Please submit all contributions in **Word** by e-mail as an attachment, by CD. If you do not have your article in electronic format please supply a clean copy, typed on one side of the page only, so that can we can scan it into Word.
- **NB – photographs** – should always accompany articles. Ideally a selection of about 6 to 8 shots with captions please, from which 2 or 3 can be chosen. The preference is for digital photographs followed by **slides / transparencies are best**, followed by **good quality photo prints**. Always **label them** with your name, address, and the caption and the name of the photographer.
- Digital files will also be accepted on CD (or by email if below 5mb in size). Our artwork is sent to print at 300 dpi and this should ideally be the resolution of any digital images submitted for inclusion. To give an idea of the file size required for a typical 1/4 page photograph, the image would need to be around 7mb as a tiff file and if the only available copy is in jpeg format, it needs to be an **absolute minimum** of 1mb.
- Slides, transparencies and prints submitted to our office will be handled with the greatest care and returned in protective packaging. CDs will not be returned unless specified. Whilst every precaution is put in place for the secure delivery of material sent to us, it is ultimately submitted at the owner’s risk. It usually takes several weeks, from receipt of photos to publication, so please bear with us. They will be returned as soon as possible following issue of the Log in which they may appear.
- We do not pay for contributions and all MCI editorial staff are volunteers.
- Please submit all advertising material, or requests for information about advertising in **Irish Mountain Log**, to Kate Hebblethwaite, Mountaineering Ireland, Sport HQ, 13 Joyce Way, Park West Business Park, Dublin 12, Ireland. E-mail: kate@mountaineering.ie, telephone (+353 1) 625 1117 (mornings), facsimile (+353 1) 625 1116.

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Working for and representing hillwalking, climbing and alpinism

www.mountaineering.ie