

Women with Altitude

Kerry 20th – 22nd May 2022 PROGRAMME

The theme: Realise your Potential – Push your boundaries

Self-led or with guidance through pre-booked tutored sessions

Friday May 2022			
Arrivals 18.00 onwards			
Activity	Description	Location	Staffing
Arrivals desk 18.00 – 21.30	Registration Marquee: Welcome people, confirm activities, complete personal skills forms, and issue gift.	Cronins Yard	TBC
18.00 – 20.00	Meet and greet		
20.30 – 21.00	Short Talk by Trisha Dean introducing participants to the local area		
19:00 – 22.00	Mingle in the Marquee - Facilitation of those interested in doing self-led walks or climbs, trail run on Saturday		

Saturday May 2022			
Activity	Description	Location	Staffing / Ratio etc
Breakfast 7.30 -9.00		Tents/Marquee	

Arrivals desk 8.00-8.45	Registration in the Marquee: Welcome people, confirm activities and issue gift. Maps for sale, guidebooks available, books		
8.30 – 9.30	Great Outdoors shop open.		
Day activities 9.00 – 16.30	All meet in Marquee area 8.45		
Activity 1 – Happy Hiking - Mountain Introduction	This is ideal for women who wish to gain confidence on the hills introducing them to key information based around our Happy Hiking Campaign includes advice on planning a walk, what to bring with you, advice on weather, what to do in an emergency and introduction to map reading.	Outdoors	Michelle Casey Ratio 1:8 Cost: €20
Activity 2 – Introduction of Navigation	This course is focused on introduction to navigation, ideal for women who wish to gain confidence on the hills as navigators to become more independent, thus increasing the ability to explore unfamiliar terrain and new locations.	Outdoors	Brona Duddy Ratio 1:8 Cost: €25
Activity 3 - Improvers Navigation	This is ideal for women who have some navigation experience but wants to improve and gain further confidence as navigators, thus increasing the ability to explore unfamiliar terrain and new locations.	Outdoors	Maureen O'Brien Colette Lawlor (2 Groups) Ratio 2:16 Cost €25
Activity 4 – Mountain Environment Walk	A day of discovery and learning, focused on flora, fauna, local heritage etc. A wonderful way to pick up knowledge to share within your club and brush up on your navigation skills. This session is useful for people going through the Mountain Skills or Mountain Leader programmes.		Helen Lawless Ratio 1:08 Cost €25
Activity 5 - Scrambling Scrambling Introduction	Have you ever wanted to explore off the trail? Ever wondered how you could negotiate steeper rocky terrain? Then this introduction to Scrambling is for you. Scrambling is described as the middle ground between walking and climbing. Routes are usually over broken ground and involve the use of hands on the rock/steep ground. This course will work on movement techniques, balance, route choice, spotting and may also cover some very basic rope techniques. This is designed for beginners	Outdoors	Colette Mahon Ratio 1:4 €45

	so no previous experience necessary just a desire to explore!		
Activity 6 - Scrambling Scrambling Intermediate	This Intermediate Scrambling course is suitable for participants who have done some scrambling previously. Whilst there will be some time spent revising movement skills, much of the time will be spent on choosing routes with a small challenge and learning efficient rope skills suitable for different situations that arise. Previous scrambling experience necessary for this course.	Outdoors	Ursula McPherson Ratio 1:4 €45
Activity 7 – Intro to Rock Climbing	For those who are keen to try this exhilarating sport and acquire the fundamental skills of rock climbing. You will learn some climbing skills, movement techniques, simple knots, rope work and belaying and some advice to kick start climbing more often.		Clíodhna Mc Ardle Ratio 1:6 Cost €30
Activity 8 – Intro to Rock Climbing	For those who are keen to try this exhilarating sport and acquire the fundamental skills of rock climbing. You will learn some climbing skills, movement techniques, simple knots, rope work and belaying and some advice to kick start climbing more often.		Lisa Murdiff Ratio 1:6 Cost €30
Activity 9 - Rock Learn to Lead Rock Climbing	For those with climbing experience who want to learn the skills of leading. Covers: Introduction to equipment, racking up, clipping, placing gear, belaying, climbing calls, anchor selection, setting up belays, personal abseiling, use of prussiks, leading routes under supervision.		Orla Prendergast Ratio 1:2 Cost €60
Activity 10 - Club Walk 1	Get connected with other walkers and join leaders from a local Walking Club to share knowledge and practice your skills through a local walk around Kerry.		Free Club Walk Ratio: 2:13
Activity 11 - Club Walk 2	Get connected with other walkers and join leaders from a local Walking Club to share knowledge and practice your skills through a local walk around Kerry.		Free Club Walk Ratio: 2:13
Self-led activities	Those heading to the hills or crags/cliffs for own activity are asked to leave details of numbers, locations on the notice board	Give details to one of the organising team in the Marquee.	
Saturday May 2022			
17.30	Women with Altitude homemade bakes (bring your recipe) – if you don't bake or don't have time don't worry 😊	Marquee Cronin's Yard	

18:00	Co-ordination of those interested in self-led walking and climbing on Sunday morning		
17:30	Submit entries for photo competition (max 2 per person) before 5:30. Email: wwa.photocompetition@gmail.com		Ursula & Maike
19.00	Dinner		Clare Sheridan
20.30	Speaker – CLARE SHERIDAN - climber, author and recipient of the Lynam medal. <i>“Women, Mountains and Confidence”</i>	Marquee Cronin’s Yard	
22.00	Results of photo competition.		
Sunday May 2022			
8.30 – 09.30	Great Outdoors shop open	Marquee Cronin’s Yard	TBC
9.00 – 10.00	Debrief wrap up before activities	Marquee Cronin’s Yard	
Activities - 10.00			
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Activity 2 – Intro to Rock Climbing	For those who are keen to try this exhilarating sport and acquire the fundamental skills of rock climbing. You will learn some climbing skills, movement techniques, simple knots, rope work and belaying and some advice to kick start climbing more often.		Clíodhna Mc Ardle Ratio 1:6 Cost €30
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Activity 4 - Environmental	Join Trisha Deane for an environmentally focused walk in the	Outdoors	Trisha Dean /Helen

walk	MacGillycuddy Reeks. You'll get to see some of the work done by farmers participating in the MacGillycuddy Reeks EIP Project, and you'll have an opportunity to learn about upland flora and fauna, and heritage. We'll also get an insight into the Reeks as a farmed landscape, including the challenges the Reeks landowners face with terrain, climate and increasing recreation activity. Trisha Deane is the Project Manager with the MacGillycuddy Reeks EIP Project, a locally-led agri-environmental project focused on supporting High Nature Value Farming in the MacGillycuddy Reeks.		Lawless Ratio 1:10
Activity 5 – Rock Climbing Learn to Lead	For those with climbing experience who want to learn the skills of leading. Covers: Introduction to equipment, racking up, clipping, placing gear, belaying, climbing calls, anchor selection, setting up belays, personal abseiling, use of prussiks, leading routes under supervision.		Orla Prendergast Ratio 1:2 Cost €60
Activity 6 - LowLand Leader Taster Session	If you're hesitating about leading walks, this is the right session for you. The Lowland Leader is an accessible award for anyone that wants to lead walks. It has been designed for people who wish to lead groups on day walks in lowland countryside and woodland in summer conditions. Try out this Lowland leader taster session to see what opportunities and leadership skills it can provide.		Colette Lawlor Ratio 1:8 €30
Activity 7 - Mountain Mountain Leader Refresher	Ideal for women who have done part or all of Mountain Leader Training, or award holders who want a refresher. The day will include review of ropework, and navigation, including assessment-style legs. Each person will be given feedback and advice on next steps. Participants should bring their logbooks.		Sinead Pollock Ratio 1:8 Cost €30
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