



## The Sligo Camino 2022

2nd / 3rd July

This email is being sent to everyone who has registered for the sold-out Sligo Camino 2022 on Sat 2<sup>nd</sup> and Sun 3<sup>rd</sup> July. After two years of COVID-enforced absence we can't wait for the Sligo Camino and we look forward to welcoming you to Coolaney in Co. Sligo.

Your ticket is only valid for the day and departure time specified on it. Walkers will not be allowed participate on a day / time other than the one stated on the ticket.

Please read both sections carefully.

### 1. The Day.

#### Check In:

Walkers should bring their own ticket (either electronic or printed) to Coolaney Community Centre on Main Street Coolaney. Registration times are as follows for both days:

07:00am Departure – registration 6:00am – 6:45am
08:30am Departure – registration 7:15am – 8:15am
10:00am Departure – registration 8:45am – 9:45am

Registration will close 15 mins before final departure time.

Once we have scanned your ticket and confirmed your registration, you will be given:

- a Sligo Camino t-shirt in the size selected when booking your ticket
- a colour-coded "Camino Passport" which acts as your ticket for the bus and the food stops. This booklet may be stamped at each of 3 stages along the route as a souvenir of the event.
- a colour map of the route and safety notes.



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2nd / 3rd July

Buses of approx. 50 walkers will be filled as people check in. Only walkers with the correct Camino passport will be allowed on the buses.

A walk leader will give a safety briefing onboard the bus before it departs for Dromahair.

**Parking:** There is car parking in Coolaney village. Follow signs and stewards to park your car for the day. Please do not park on the main street as this obstructs local residents.

**Food and Drink:** Walkers should bring plenty of liquid in a refillable bottle as well as their own packed lunch (sandwiches / roll etc.) to consume on the trek. To reduce disposable plastic, we are asking walkers to also bring a reusable coffee/tea cup.

At Sliswood (9.6km) walkers will be offered water, fruit and biscuits. Use your refillable bottle here.

At Union Wood (22.5km) walkers will be offered water/tea/coffee, fruit and biscuits. Use your reusable cup here please.

A hot meal and tea/coffee will be served to walkers in Café Fia at the Community Park at the end of the walk. There will be a vegan option.

**COVID Precautions:** Walker safety is our No 1 concern and we would encourage walkers who might wish to wear a face mask while on the bus or while indoors. Please cover any coughs or sneezes while near other walkers and help us keep everyone well.

### 2. The Walk:

The Sligo Camino is completely sold out for 2022 and we will only be able to accommodate those who have purchased tickets in advance. Note that if you purchased a re-sold ticket, details including emergency contact details and t-shirt size will be as originally entered.

**Distance:** 36km from Dromahair Co. Leitrim to Coolaney, Co. Sligo. This is a very long walk over hills requiring a good level of general fitness and with a Grade Level of “moderate”.

Walkers who who are struggling by the first food stop (after which comes the toughest incline on the route) should look for a lift in the “Sweep-Up Car” to the next stop. The number for this vehicle is on the Camino Passport.



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2nd / 3rd July

Any walker continuing behind our final walk leader of the day will continue at their own risk.

**Duration:** Averaging 6 to 8 hours.

**Walk Leaders:** We will have several walk leaders dispersed through each wave of walkers (wearing red t-shirts) should you need their assistance. to make contact with the sweep up car or First Aid.

**Route:** On this self-guided walk, you will follow the Sligo Way as marked by the symbol of the yellow walker on posts and signs along the way

You can use the colour map you will be issued with to track your progress. We will have signs counting down the final 10km of the route.

**Clothing:** Wear sun cream and a hat with light clothes. We recommend trainers or walking shoes, with a change of socks, given that the final 10km is on tarred byroads. To avoid contact with ticks which may carry Lyme disease we recommend covering your legs fully and avoid walking through long grass where sheep or deer may be grazing.

**Creams:** On a very long walk such as this we recommend:

- Vaseline on the feet and other sensitive areas around the legs and chest prone to chafing.
- Suncream on exposed limbs as you will be out in the open for several hours.
- Deep Heat or neurophen gel massaged into the legs on the morning of the walk may prevent swelling later on.

### Toilets:

- Walkers should use the toilets in Coolaney Community Centre or O' Grady's shop before departing on the bus.
- There will be Portaloos at the food stops (9.6km & 22.5km) as well as toilet facilities in Connolly's public house in Collooney village on Sunday only (24km).
- Walkers should prepare for toileting outdoors by bringing tissues / baby wipes and nappy bags to "leave no trace" after ourselves.

### Stewarding / Safety:

- Walkers' safety is our primary concern in this event and there will be a safety briefing on each bus in Coolaney before departure.
- The road junctions exiting Sliswood is dangerous and so walkers must stop at the road and wait until a group has formed when a steward will accompany the group the 100 metres along the road.



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2nd / 3rd July

- The other busy road sections, entering Union Wood and the 0.8km stretch between Collooney & Coolaney will be stewarded and walkers should exercise caution in travelling these sections of road.
- Walkers should be careful near open water at rivers and lakes. Exercise common sense and stay well back.
- Details of a “Sweep-up” vehicle which can collect those unable to continue and return them to Coolaney are found on the Camino Passport.
- Anyone in need of Emergency Assistance can call Nerissa who will be co-ordinating First Aid on the day of the walk. Nerissa’s number will also be on the Camino Passport.

**Organisers:** The Sligo Camino trek is organised by the volunteers of Coolaney Development Company assisted by volunteers from throughout the community. All funds raised go to community facilities in our village including our Community Park, Community Centre, Children’s Playground and Café Fia our Community Café. We appreciate your support and hope that you have the Best Day of the Summer!

Buen Camino!

