

# 26EXTREME.COM

St Patrick's Day Walks, Castleward  
Final Information  
17<sup>th</sup> March 2019

We are delighted to be involved in this event, which is free of charge to all participants. The parking is free, courtesy of The National Trust, and the event is free thanks to Newry Mourne and Down District Council.

You don't need to register in advance, simply arrive between *9:30am & 10:30am*, and each party fills out a form, and then we will get the walks underway at *10:45am* sharp.

There are two waymarked options – a 4.5km family walk, and a 13.5km walk, suitable for those who fancy a longer stretch. There is water on the 13 KM route at 9KM mark and roving first aid trained event marshals on both.

After the last 24 hours heavy rainfall, there is a significant amount of standing water on the trails, and participants should arrive prepared with appropriate footwear, and maybe a change for the drive home.

For those who are walking the longer route, waterproof clothing is recommended.

We also recommend to bring a snack in the backpacks, just in case.

As per our #missioncompostable initiative, our water station will be from a water cube, served in compostable cups. We would like to encourage all walkers on the event to bring a reusable water container and to refill it at our water station to reduce the requirement for single use plastics. There will be bins at the 9KM mark, so please pocket any waste you may produce to that point.

We look forward to welcoming you to the event tomorrow!

Team 26Extreme

