



## Celtic Camino – Irish Stage

Saturday 8<sup>th</sup> June 2019

### Summerhill College – Creevelea Abbey via Holy Well

Distance 20KM

Please read **entire document** as there is important information in it relating to times, places on page 1 and items to bring on page 2, which includes water and packed lunch plus snacks/fruit etc.

- **This is officially the start of our Celtic Camino so all of the walking items you need for walking in Spain apply – see previous link on Essential Information I sent you via Whatsapp**
- **Please note that apart from our Start Time the other times along the route are approximates so please be prepared for slight changes depending on weather and movement together as a group**
- **All parts of the day are compulsory so please ensure you make yourself available for all aspects up to the very end**
- **Please bring high-viz vest - part of our walk is on a small section of the main road (for this section we will be accompanied by safety car/van)**
- **You may wish to leave a change of clothes and footwear in your cars at Summerhill College for when you return**

#### ITINERARY

- 9:20 am SHARP - Meet in carpark at Summerhill College, Sligo
- 9:30 am - Begin our walk
- 10:45 am - Reach Holy Well – Mass Celebrated there by Bishop Kevin  
(Please note if the day is really wet we will begin with Mass at 9:30 in Summerhill College)
- 11:15 am - Continue our walk
- 12:30 pm - Arrive at Slish Wood - Break for Lunch  
(Packed lunch - please bring enough food with you so you are not hungry)
- 13:00 pm - Continue walk
- 15:30 pm - Arrive at Creevelea Abbey
- 16:00 pm - Bus Transport back to Summerhill College
- 16:30 pm - Meal in St. Mary's + Issuing of Irish Compostela, Passports, Pilgrim Packs & T-Shirts

17:30 pm -

Depart

### **ESSENTIAL ITEMS TO BRING**

1. Small Backpack Bag (should be waterproof or have a waterproof cover option) – Bag needs to be able to hold your rain gear, lunch and water and any other items you think you need – Make sure it's not too heavy while at the same time having the items you need.
2. Suitable walking shoes (terrain will be mixed between footpath, minor roads, forest paths and lane ways)
3. Warm breathable clothes (a number of layers are better, so you can put on or take off as you wish)
4. Hat, Sunglasses, Sun Cream & Rain gear! For Irish Weather Conditions in June
5. 2 Litres of Water
6. Packed Lunch including a drink + some energy bars/fruit for snacks along the way
7. Hi-Vis Vest
8. Small Towel
9. Plasters/Compeed Plasters (for those who are prone to blisters)
10. Medication (if you are on medication please remember to bring it)
11. Optional - Light Walking Poles/Sticks (if you require them to support yourself when hiking)

DIOCESE OF ELPHIN



Youth & Young Adult

MINISTRY

