



# DINGLE WAY CHALLENGE 2026

# Safety Brief

## Overview

- The Dingle Way Challenge is not a Race, enjoy the walking.
- You must be over 18 to participate
- You must wear appropriate walking gear & clothing suited to the variable terrain.
- Please ensure you are adequately prepared for the variable Irish weather, keep an eye on the forecast. Don't forget the sun cream! Please bring enough rain/thermal gear.
- **Pace your walking speed to finish within time**
- **All participants are expected to complete whatever section of the DWC they undertake by 5pm i.e., will have been signed off as completed along the route or in Blennerville by 5pm.**

## Route

- Familiarise yourself with the copy of the DWC 2026 route map which is attached.
- The Challenge is on old walkways and on minor roads open to traffic.
- Footpaths must be used where available. Except in the case of an emergency you must walk only on the official Dingle Way. Under no other circumstances are you to trespass on farmer's land.
- Beware of traffic even on quiet roads.
- Headphones can make it harder to hear cars, bikes, or tractors coming up behind you. These roads might seem quiet, but traffic can appear quickly and without much warning. Keeping your ears free helps you be aware of what's around you and gives you more time to react if something approaches.
- Walk on the right-hand side of the road where there is no footpath, not in the middle!!

## Check Points

- **It is essential that you inform stewards of your movements on the route at all times. Please ensure that you check in at check points, this ensures that everyone enjoys the challenge in a safe manner.**
- **If you want to finish between checkpoints, you must contact the contact number\* provided and transport will be arranged to return you to Blennerville. This will be done in a timely manner as possible making best use of the shuttle bus. \*Contact number will be provided at the event start.**
- **Finish cut-off time is 5pm in Blennerville, the final checkpoint.** This is for health/safety reasons.

## Extra bag

- We are providing the facility to have one extra bag per participant brought to the end of each stage where you can access it, and again at the finish of the hike. We recommend that you pack spare dry clothes to change into if necessary and you may also wish to put in sun cream, extra food, energy bars or liquids and talcum powder in this bag. This bag will be placed in a van for transport to the end of each stage in advance of your arrival there. **Please clearly label (externally) your bag with your allotted number provided at check in.**

## Food & refreshments

- Light breakfast will be provided in **Anascaul** and further refreshments will be available in **Camp**. Do not rely on the food at these checkpoints as your only food source. All participants must bring enough food and water for the entire walk.
- **No rubbish:** If someone ahead of you has inadvertently dropped food wrappers, bottles, etc. please pick it up and deposit at the next checkpoint.
- **No dogs:** No dogs, on leads or otherwise, are permitted on the challenge.





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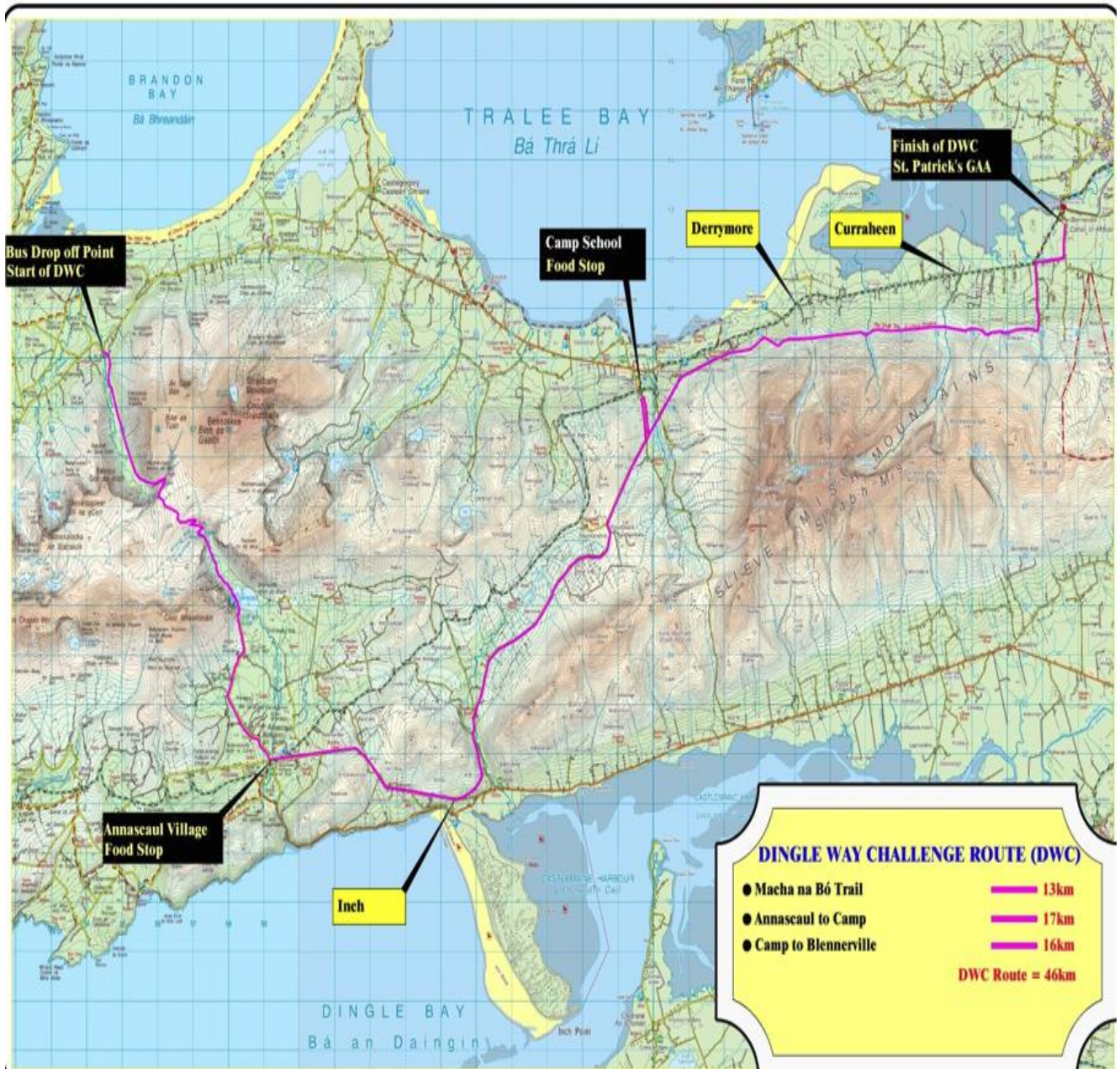
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[www.dinglewaychallenge.ie](http://www.dinglewaychallenge.ie)



*We hope you enjoy a great day of walking with friends old and new in an area of great natural beauty.*

**Barbeque and music from 4:30 pm to finish off the event in St Pat's, Blennerville.....stay, relax, enjoy some refreshments and chat.**



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