

Sunrise Summit FAQ

When?

Saturday May 26th 2018

Where?

The Sunrise Summit Challenge is a multi-locational event, with six different mountain locations across Ireland:

Carrauntoohil – Co. Kerry
Lugnaquilla – Co. Wicklow
Djouce – Co. Wicklow
Galtymore – Co. Tipperary
Mweelrea – Co. Mayo
Errigal – Co. Donegal

What time does it start?

The sun is set to rise at 5.20 am approx. on Saturday 26th May, 2018. In order to reach the summit for sunrise, the challenge requires an early morning start. As each trek has a different duration and level of difficulty there are different starting times for each mountain, see below. Be sure to get a good night's sleep the night before so you are fresh and ready to tackle the challenge. Please note that there are start times, aim to be at the meeting point at least 30 minutes early.

Carrauntoohil – 2.00 am

Lugnaquilla – 2.00 am

Djouce – 3.20 am

Galtymore – 2.00am

Mweelrea – 2.20 am

Errigal – 3.20 am

How fit do I have to be to be able to participate?

This challenge is suited to people of most levels of fitness. You don't need to be a climbing expert to take part; the Sunrise Summit Challenge has a route suited for all levels of experience. The earlier the start time the more demanding the climb will be i.e. Carrauntoohil is a strenuous climb and is a 6 hour round trip, it's a tough climb while Djouce is an easier climb. We recommend that you train as much as you can so that you can fully enjoy the challenge.

It's important to note that we climb each mountain as a team, if one person has to turn back then usually the whole group turns back. You cannot descend alone. The weather, the team's ability and how well they are equipped will determine if we reach the summit.

Is it dangerous to walk in the dark?

Although it will be a challenge to climb in the dark, the Sunrise Summit Challenge will be fully guided by highly qualified and experienced guides who will lead you up the mountain from dark to dawn. Each participant will bring their own headtorch. An Irish Red Cross ambulance along with Irish Red Cross staff and volunteers will also be on site to lend support.

Is there a minimum age requirement?

This is an over-18 event.

How do I register?

If you are up for the Sunrise Summit Challenge you can register by visiting <https://www.redcross.ie/sunris summit> or contact Louise Deegan on 01-642 4616 or email sunris summit@redcross.ie

How much does it cost to register?

You are required to make a €50 non-refundable deposit to register for the challenge.

How much do I have to fundraise?

After you register, we ask you to fundraise a minimum of €100. Any further funds raised will be greatly appreciated.

How will I raise the sponsorship money?

Once registered we will send you a fundraising support pack and our Sunrise Summit Challenge team will be on hand to support you every step of the way, from sign-up to sunrise!

Can sponsorship money go towards a specific IRC project?

Your funds will be used to make an immediate difference to the lives of those in need here at home and throughout the world. It will support our work at home, such as relief during flooding and support our local branches. Internationally it will support worldwide disasters and our long term projects. We have recently helped people affected by the Migration Crisis, families in need in the world's poorest country Niger and the ongoing conflict in Syria.

When do I have to pay my sponsorship money?

We ask that you pay your sponsorship money before you take part in the event. It can be lodged directly into our bank account:

Bank Name: Bank of Ireland, 2 College Green, Dublin 2
Account Name: Irish Red Cross No. 1 Account
Account Number: 10005462
Sort Code: 90 00 17

You can also pay by phone on 01-642 4616. Alternatively we will accept funds on the day of the event. Please put it in an envelope with your name and address clearly written on it.

When is the closing date for application?

16th May 2018

What happens if I can no longer take part?

If you can no longer take part in the challenge, please let us know as soon as possible. Unfortunately we will be unable to refund your deposit. Please be sure to let your sponsors know you are no longer taking part.

Can I bring my dog?

Unfortunately no dogs will be permitted.

What weather can I expect?

As with any outdoor event in Ireland, the weather is very unpredictable so come prepared with wet gear and warm layers. Our mountain guides are prepared for all weather eventualities on the day. We will of course provide a detailed weather forecast the day before the event. In the event of poor weather we may choose a shorter/lower route.

What kit will I require?

On the day of the challenge you will need to bring with you:

- Strong boots (please break in your boots for at least 3 weeks)
- Rain jacket/trousers

Non-cotton clothing- jeans/shorts are not suitable

- Warm hat
- Gloves
- Head torch
- Spare batteries for head torch
- Plenty of food/snacks (sandwiches, fruit, chocolate, energy bars)
- Water (1 litre)

All of the above are essential and your guide will not take you on the mountain if you are missing any item.