



***THE
MOURNE MOUNTAINS
NORTHERN IRELAND***

ARE YOU READY FOR THE CHALLENGE?

ONE OF THE 5 HIGHEST MOUNTAIN PEAKS IN UK AND IRELAND

SATURDAY 7TH SEPTEMBER 2019

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Have any questions? Send us an email on
events@orphansinneed.org

Dear Challenger,

Welcome to Mourne Mountain 2019 challenge!

Firstly, thank you for taking part in this fun, exciting challenge to help us raise vital funds for vulnerable orphan children.

There are more than 153 million orphans across the world. Every day 5,760 more children in the world become orphans. Many of these are homeless, barely clothed and exposed to a world of deprivation and abuse. It is our mission to bring them out of this misery. Your efforts will go a long way in helping the world's most needy and destitute; orphan and widows.

Enclosed in this pack you will general information about the trek, a detailed kit list, information on how to prepare, as well as advice on how to fundraise.

Please pay particular attention to kit list, as you will need all of the items listed in order to participate.

We hope this pack will answer any questions that you may have and give you an idea of what to expect. If you have any queries please don't hesitate to contact us.

Orphans in Need Events Team
events@orphansinneed.org

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Mourne Mountains

The Mourne Mountains, also called the Mournes or MoMourne, are a granite mountain range in County Down in the south-east of Northern Ireland. It includes the highest mountains in Northern Ireland and the province of Ulster. The highest of these is Slieve Donard at 850 m.



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Route

The aim of this event is to hike up Mourne Mountains, one of the highest mountain in England and Wales! We will be ascending from Slieve Donard at 850m (2,789 ft) is the highest of the Mourne Mountains. The views from the summit are extensive and on a clear day the Isle of Man, Wicklow, Donegal, Wales and Scotland may be seen, as well as the long stretch of Newcastle Beach.

There is no doubt about it, this will be a tough challenge, but that sensation of standing on the summit of Slieve Donard will make it all worthwhile, as well as raising vital funds for charity in the process.



Training

People from all walks of life take on Mourne Mountains every year, but there is no getting around the fact that the fitter you are the easier it will be, and the more you will enjoy it. The best way to practice for mountain challenges is to go walking in the mountains. This may be easier said than done, but if you can get out and do some walks on hilly terrain on the lead up to the challenge then this will go a long way. If you cannot get into the hills then getting time on your feet is the next priority. You don't have to go out and do an 8 hour walk, but if you can do a couple of hour long walks a week on any sort of terrain (park, canal path, fields, moors, hills) then it will all help. If you can then schedule in some longer walks of about 4-6 hours then this will really help. Try and do all of the above wearing a pack of similar weight to the one you have on the day. This is also the ideal time to break in any new boots you will have purchased for the event.

Other Training methods are:

- Stair Climbing
- Cycling
- Gym Work – Any Cardio or Leg Exercises.

Code of Conduct

Whilst you are on this event you are representing the charity you are raising funds for, so we expect all participants to behave in a civilised manner.

This means the following:

- o **The Guide's word is final.** The guides who will be accompanying you on the challenge have extensive experience, and in the event of deteriorating weather or pace they may have to make a decision to foreshorten the route. These decisions are made based on the welfare of the group.
- o **Zero Littering.** From bottle tops and sweet wrappers to human waste, there is a zero littering policy for this challenge. If you are seen to be littering then you will be stopped from participating in the challenge at the next check point.
- o **Respect the Locals.** Please park sensibly, and make limited noise when arriving in the morning, whilst walking through farmland and leaving at the end.



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Kit List



You must have a waterproof breathable jacket. This item of clothing is a must, without this you will not be permitted to complete the challenge. Regardless of the weather, you must take a waterproof jacket for this challenge.



It is a **MUST** for you to have a proper footwear. They must be ankle high trekking boots. You will not be allowed to participate in trainers, wellies or any other footwear.



Double-shouldered, padded bag to avoid back and shoulder injury.



Waterproof combat trousers. You may wish to wear jogging bottoms or leggings underneath this, however the waterproof trousers are a must.



As the temperatures on a mountain can differ starkly, wearing a zippered fleece on top of your t-shirt would be a good idea. This way if you feel too hot you can always remove your fleece



You should get yourself a synthetic T shirt to wear over your base layer.



Waterproof thinsulate gloves.

Kit List – DO NOT BRING



Do not bring the following items to wear on the trek:

- Jeans
- Jogging bottoms
- Leggings
- Trainers
- Wellington boots
- Single strap bags



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Itinerary



LONDON

Meeting time and date – 4.30am, Saturday, 7th September

Flight departs – 7: 30 am, Saturday, 7th September

Meeting point – London Luton Airport, Airport Way, Luton, LU2 9LY

Return time and date – 5.20pm, Sunday, 18th September

Contact – Shabana 07799 620 616

4.30am Saturday 7 th September 2019	Meet at London Luton airport Flight Departs at 7.30am
8.45am Saturday 7 th September 2019	Collect bags and toilet breaks.
9.30am Saturday 7 th September 2019	Head to hostel
11.00 am Saturday 7 th September 2019	Guides brief and participants on health and safety procedures and start trek
6pm Saturday 7 th September 2019	Return to hostel, shower, dinner and rest.
Morning Sunday 8 th September	Breakfast
12pm Sunday 8 th September	Depart from hostel (everyone must be ready and must leave on time)
2.00pm Sunday 8 th September Arrive at Belfast international airport	Belfast international airport Flight departs at 4.05pm
5.20pm Sunday 8 th September	Arrive at London Luton Airport Arrival at 5.20pm

Fundraising

1

Set up a Fundraising Page

Create a personalised page, explain what you are doing, the cause you are doing it for, and share your page! Donations made to your online page means that your supporters can sponsor you instantaneously online so you won't have to worry about collecting cash. Remember, £360 is the minimum to raise, so you may choose to set a higher target.

Make your fundraising page now at [JustGiving.com](https://www.justgiving.com)

2

Read through our very helpful 'Top Tips to Help You Raise More' guide

With lots of amazing ideas on how to utilise social media; Twitter, Facebook, and Instagram to raise your funds online. As well as ideas on how to use your workplace, schools, or even from your home. Whether you're embarking on this challenge solo or trekking with your team this guide has all the answers you need to smash your target!

3

Promote your cause!

Whether through Facebook, Twitter or word-of-mouth, let the world know what you're doing to maximise support and those all-important funds! You can share your JustGiving page link on every social media site. Remember to first get the donations of family and friends to get the ball rolling.

Fundraising

4

Hold an event?

You can hold a small event to raise the money, such as hosting a bake sale, garage sale, or even a fundraising carwash! For more information on fundraising ideas call us on 020 7100 8866.

Fundraising pack can be found here: <http://www.orphansinneed.org.uk/wp-content/uploads/2015/04/Fundraising-Pack-Web.pdf>

5

Keep your cause in the limelight!

Don't forget to keep everyone posted with regular updates as to how you're progressing in preparation for the trek. Regular Facebook updates and tweets are a sure-fire way to ensure this!

6

Let everyone know of your challenge success!

After you have completed the challenge, inform all of your friends and family about your experience and thank all those who had supported you. Email us your photos on Facebook or tweet us @orphansinneed to let us know how it went- we'd love to give you a shout-out!

Registration

What is the registration fee and what does this cover?

The registration fee is £100. This will cover flights from London Luton Airport to Belfast International Airport and back, cost of hiring guides, hostels, food as well as snacks for all participants.

How can I sign up?

You must contact our London fundraising manager, Shabana Ali and fill in a registration form and make payment by debit or credit card

If I change my mind, can I cancel?

You can cancel your booking, but the registration fee is non-refundable under all circumstances. The money from registration is used to pay for the guides and coach deposit, this cannot be refunded.

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Flights

What time will the flight arrive/leave?

Please see the itinerary below for full details of the timings for the day. Please note these are subject to change, especially as we are travelling with a large group there will naturally be delays or delays in the flights.

Can I leave my things on the hostel?

You can leave your things in the hostel if you do not need them for the day. Please do not bring any valuables as we cannot take responsibility for this.

Flights/ Route

The meeting times are quite early. Is there any way I can come later to the airport?

Unfortunately this will not be possible, the member of staff leading the trek will also be arriving at the same time as yourself. We need everyone at the airport on time, to register and check all volunteers in. Any flights missed will not be orphans in need responsibility.

Trains to take to London Luton Airport?

All participants must make their own way to meet at the airport. If travelling by train then take train to St Pancras Kings cross station to Luton Airport Parkway. It will take 40 minutes direct train then Luton airport bus will take 10 minutes to the airport.

On the way back will Orphans in Need provide for transport for us to get home?

Orphans in Need cannot pay towards or arrange for your transport home. This is your responsibility. Please ensure you make the necessary arrangements beforehand.

Clothes

What items of clothing should I bring?

You will need to bring waterproof trousers, waterproof jacket, fleece, t-shirt, gloves and trekking boots.

Why do I need waterproofs why can't I wear my normal clothes?

Mountain weather is unpredictable and it rains often. If you attempt to do the trek in wet clothes there is a very high chance you can catch hypothermia, for this reason waterproof clothing is mandatory..

Why do I need trekking boots, why can't I wear my normal shoes?

Due to health and safety you are not allowed to wear normal shoes for the duration of the trek. Without appropriate footwear (trekking boots) you will not be allowed to participate.

Do I need spare clothes?

Yes you will need to bring spare clothes. After the trek your clothes will become wet, dirty and smelly, so please do bring a spare set of clothes to change into.

Am I allowed to wear along dress?

Due to health and safety you are not allowed to wear any long dresses (skirts/abayahs).

What happens if I do not abide by these rules?

The guides can stop you from taking part. They have the last say on who should be allowed to participate as they have ultimate responsibility of ensuring everyone completes the trek safely.

Food / Facilities

What food will be provided?

You will be provided with one sandwich, packet of crisps, chocolate and a 500ml bottle of water. Breakfast will be included at the hostel and orphans in need will provide dinner after the trek.

What food can I bring?

We encourage you to bring food and snacks for your journey and to eat throughout the day. You should bring food high in energy (such as dates, nuts, sandwiches, light snacks to consume throughout the day). These can be purchased at the airport or can be placed in a suitcase.

Will there be any chance to buy food en route?

Food can be brought but not guarantee if they will allow it in the hand luggage, so this is at your own risk and orphans in need is not responsible if food is taken out. Food can be bought at the airport and in the plane, but often pricier so please be aware of your budget or to have breakfast at home before coming to the airport.

Are there any cafes or food places near mourn mountains?

Yes there are a few café and food places but after the trek, orphans in need will provide dinner for the participants. If participants want to buy anything else then there are local shops near by.

Are there any toilets on the mountain?

There is only one toilet on the mountain at the very top, this is part of the café. We cannot guarantee that this will be available for use or in good condition.

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