

Route Plan

One copy to be carried, another to be left with a responsible person and cancelled on return.

Objective : **Carrauntoohil**

Date :

Maps Used : **OS of Ireland No. 78 – Sraith Eolais**

Vehicle No. (if applicable):

Magnetic Variation : **5°**

From	To	Magnetic Bearing	Distance (m)	Height Gain (m)	Description Of Terrain	Estimated Time (mins)
Knocknafreaghaun Car Park 836 874	Hillside above plantation 831 865	194	200	5	Gentle ascent on track through Plantation, crossing streams	4
		232	750	55		17
Hillside above plantation 831 865	Track junction by Gaddagh River 827 864	242	200	10	Gently ascending traverse of open Hillside, fording Gaddagh River	4
		273	225	15		5
Track junction by Gaddagh River 827 864	Turn in path by Hags Teeth 821 855	224	650	20	Gentle ascent on meandering track Fording Gaddagh tributary	12
		220	475	35		11
Turn in path by Hags Teeth 821 855	Lough Callee 819 849	185	425	35	Gentle ascent on meandering track To north shore of Lough Callee	10
		226	175	10		4
Lough Callee 819 849	Turn in track in Hags Glen 815 845	283	300	0	Gentle ascent on track (sharp left Bend after 75m) up Hags Glen	5
		217	325	35		8
Turn in track in Hags Glen 815 845	Foot of Devil's Ladder 811 839	241	350	45	Gentle ascent along meandering Track to fork in stream	10
		227	525	55		13
Foot of Devil's Ladder 811 839	Turn in track on Devil's Ladder 810 837	134	100	10	Gentle, then very steep, ascent on Track up scree slope	3
		240	100	50		7
Turn in track on Devil's Ladder 810 837	Saddle 807 836	274	150	45	Steep, then very steep, ascent on Track up scree slope	7
		238	225	160		19
Saddle 807 836	Summit of Carrauntoohil 803 844	333	675	235	Steep ascent on meandering track To Triangulation Pillar	34
		358	200	69		10
Summit of Carrauntoohil 803 844	Saddle 807 836	190	200	-69	Steep descent on meandering track To turn in track on saddle	6
		167	675	-235		22
Saddle 807 836	Turn in track on Devil's Ladder 810 837	58	225	-160	Very steep descent down scree slope Of Devil's Ladder	11
		94	150	-45		5
Turn in track on Devil's Ladder 810 837	Foot of Devil's Ladder 811 839	44	100	-50	Steep, then gentle, descent down Scree slope of Devil's Ladder	4
		314	100	-10		2
Foot of Devil's Ladder 811 839	Turn in track in Hags Glen 815 845	47	525	-55	Gentle descent along meandering Track into Hags Glen	11
		49	350	-45		8
Turn in track in Hags Glen 815 845	Lough Callee 819 849	37	325	-35	Gentle descent along track down Hags Glen to north shore of Lough	7
		33	300	0		5
Lough Callee 819 849	Turn in path by Hags Teeth 821 855	33	175	-10	Gentle descent down meandering Track, fording Gaddagh tributary	3
		12	425	-35		8
Turn in path by Hags Teeth 821 855	Track junction by Gaddagh River 827 864	44	475	-35	Gentle descent down meandering Track to track junction	9
		27	650	-20		11
Track junction by Gaddagh River 827 864	Hillside above plantation 831 865	93	225	-15	Gentle descent on track Across open hillside	4
		62	200	-10		4
Hillside above plantation 831 865	Knocknafreaghaun Car Park 836 874	52	750	-55	Gentle descent on track Through Plantation	14
		14	200	-5		3
Total:			12,100	889		(Hrs.Mins) 5.20
Add ten minutes per hour:				(53')		6.13

Escape Routes

1 From

There are no escape routes from this ascent of Carrauntoohil. The only option is to reverse the route of ascent.

2 From

3 From

Time out: _____

Time back: _____

It is dark at: _____

NAMES OF PARTY

1) Name :

Address :

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Telephone :

(Party Leader when applicable)

2) Name :

Address :

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Telephone :

(Co-leader when applicable)

3) Name :

Telephone :

4) Name :

Telephone :

5) Name :

Telephone :

6) Name :

Telephone :

7) Name :

Telephone :

Emergency telephone numbers

Location :

Telephone :

Location :

Telephone :

Location :

Telephone :

Location :

Telephone :

Weather Forecast

WIND

Speed/Force knots/mph becoming knots/mph at summit

Direction

TEMPERATURE

Sea level °C becoming °C at summit

Cloud base metres

OUTLOOK

Home Contact

(It is essential the Home Contact is NOT related to any member of the party)

Name:

Address:

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.....

Telephone:

Equipment in Party

(Insert Numbers if appropriate)

- *.Cagoules/waterproofs
-Compasses (minimum of 2)
- *.Crampons (in winter)
- *.Emergency card and pencil
- *.Emergency rations
-First Aid kits
-Flares
- *.Ice Axes (in winter)
-Maps (minimum of 3)
-Matches (in waterproof container)
-Safety rope
-Sleeping bags
-Small stove
- *.Spare clothing
- *.Survival bags
-Tents
- *.Torches
- *.Whistles

*Should be carried by each member of party