

Midleton Hillwalking Club

Sunday Walks June 2017 – October 2017

DATE	ROUTE DESCRIPTION	LEADER	START TIME
Sun 04/06/2017, C walk	Nowen Hill	Anne Walsh	9.00 am
Sun 11/06/2017, B walk	Crohan to Sugarloaf Knockmealdowns (Long B Walk) Note early 8.00 am start	Marzena Rosiak	8.00 am
Sun 18/06/2017, C walk	Blackrock Glen	Mary Dinneen	9.00 am
Sun 25/06/2017, B walk	Galtees (Easy B) Meet in Kilbeheny @ 9.30am	Frank Chandler	9.30 am in Kilbeheny
Sun 02/07/2017, C walk	Cahergal Loop	Jim Collins	9.00 am
Sun 09/07/2017, B walk	Mangerton	Richard Hennessy	8.45 am
Sun 16/07/2017, C walk	Kilworth	Ann Walsh	9.00 am
Sun 23/07/2017, B walk	Gougane Barra Loop Meet in coffee shop in Gougane Barra @ 10.00 am	Ray McAvoy	10.00 am in Gougane Barra
Sun 30/07/2017, C walk	Claragh Mountain Loop	Helen Baverstock	9.00 am
Sun 06/08/2017, B walk	The Reeks (Earlier start, details to follow)	Tim McSweeney	Early start, TBC
Sun 13/08/2017, C walk	Muckross Lake / Torc Waterfall Loop	Sharon Burns	9.00 am
Sun 20/08/2017, B walk	Sugarloaf Glengarrif Meet at petrol station Glengarrif @ 10.00 am	Ray McAvoy	10.00 am in Glengarrif
Sun 27/08/2017, C walk	Seefin Loop Ahikista	Therese Harnett	9.00 am
Sun 03/09/2017, B walk	Knockmealdowns (Easy B)	Frank Chandler	8.45 am
Sun 10/09/2017, C walk	Castlefreke	Jim Collins	9.00 am

Midleton Hillwalking Club

Sunday Walks June 2017 – October 2017

DATE	ROUTE DESCRIPTION	LEADER	START TIME
Sun 17/09/2017, B walk	Galtees	Marzena Rosiak	8.45 am
Sun 24/09/2017, C walk	Lough Muskery	Tim McSweeney	9.00 am
Sun 01/10/2017, B walk	Galtees	Tim McSweeney	8.45 am
Sun 08/10/2017, C walk	Kinsale Loop	Ann Walsh	9.00 am
Sun 15/10/2017, B walk	Sugarloaf / Knockmealdowns	Sharon Burns	8.45 am
Sun 22/10/2017, C walk	Knockadoon	Jim O'Mahony	9.00 am

Walk Grades

Grade A Walks: these walks require a high level of fitness. Generally, they are not less than 5 hours duration and can often have ascents of 1000 m or more. Grade A walks usually start at 7.00 am. Please note that only registered club members can participate in Grade A walks.

Grade B Walks: these walks are generally 4 to 5 hours duration with a climb usually of not less than 500 m. Grade B walks usually start at 8.45 am although some start at 7.00 am. Please note that only registered club members can participate in Grade B walks.

Grade C Walks: these can be up to 4 hours duration and vary from track, forest or river routes to walks with moderate climbs often up to 500 m. Grade C walks usually start at 9.00 am

Please note:

- Members participate at their own risk. All club members and non-members are responsible for their own involvement. Club insurance cover is extremely limited.
- Members meet at Distillery Lanes Car Park in Midleton prior to times listed (listed times are departure times)
- Walks and Leaders are subject to change at the discretion of the walk leader.
- For non-club members participating, please complete a disclaimer form prior to travel.
- Our club has a very flexible policy with leaders and can alter walks provided alternative arrangements are put in place.
- To contact the Sunday walks coordinator, please email sundaywalks@midletonhillwalkers.com