

# Midleton Hillwalking Club

## Sunday Walks April 2018 – September 2018

DATE	ROUTE DESCRIPTION	LEADER	START TIME
Sun 08/04/2018, C Walk	Sgilloque Lakes Nire Valley	Mary Dinneen	9.00 am
Sun 15/04/2018, B Walk	Knockmealdowns	Frank Chandler	8.45 am
Sun 22/04/2018, C Walk	Copeen loop	Terese Harnett	9.00 am
Sun 29/04/2018, B Walk	Mangerton	Sharon Burns	8.45 am
Sun 06/05/2018, C Walk	Dunmore East	Ray Hayes	9.00 am
Sun 13/05/2018, B Walk	The Reeks	Tim McSweeney	8.45 am
Sun 20/05/2018, C Walk	Claragh Loop, Milstreet	Helen Baverstock	9.00 am
Sun 27/05/2018, B Walk	Knockmealdowns	Sharon Burns	8.45 am
Sun 03/06/2018, C Walk	Nowen Hill	Ann Walsh	9.00 am
Sun 10/06/2018, B Walk	West Cork	Tim McSweeney	8.45 am
Sun 17/06/2018, C Walk	Kilcrohane / Ahikista	Jim Collins	9.00 am
Sun 24/06/2018, B Walk	(TBC)	(TBC)	8.45 am
Sun 01/07/2018, C Walk	Old Kenmare Road	Sharon Burns	9.00 am
Sun 08/07/2018, B Walk	Sheeps Head Lighthouse loop	Jimmy Collins	8.45 am
Sun 15/07/2018, C Walk	Cruachan, Dungarvan	Mary Dinneen	9.00 am

DATE	ROUTE DESCRIPTION	LEADER	START TIME
Sun 22/07/2018, B Walk	Comeraghs from Clonmel	Niall Shannon	8.45 am
Sun 29/07/2018, C Walk	Mullaghamesha Loop	Jim Collins	9.00 am
Sun 05/08/2018, B Walk	(TBC)	(TBC)	8.45 am
Sun 12/08/2018, C Walk	Bere Island	Sharon Burns	9.00 am
Sun 19/08/2018, B Walk	The Reeks	Tim McSweeney	8.45 am
Sun 26/08/2018, C Walk	Torc Mountain	Helen Baverstock	9.00 am
Sun 02/09/2018, B Walk	(TBC)	(TBC)	8.45 am
Sun 09/09/2018, 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](mailto:sundaywalks@midletonhillwalkers.com)