

Midleton Hillwalking Club

Sunday Walks January 2018 – March 2018

DATE	ROUTE DESCRIPTION	LEADER	START TIME
Sun 07/01/2018, B Walk	The Paps	Jimmy Collins	8.45 am
Sun 14/01/2018, C Walk	Coumshingaun Lake	Sharon Burns	9.00 am
Sun 21/01/2018, B Walk	Galtees	Frank Chandler	8.45 am
Sun 28/01/2018, C Walk	Glenshelane / Mt Mellery	Helen Baverstock	9.00 am
Sun 04/02/2018, B Walk	Knockmealdowns	Sharon Burns	8.45 am
Sun 11/02/2018, C Walk	Seven Heads Courtmacsherry	Jim Collins	9.00 am
Sun 18/02/2018, B Walk	Galtees	Frank Chandler	8.45 am
Sun 25/02/2018, C Walk	Kings Yard Loop	Tim McSweeney	9.00 am
Sun 04/03/2018, B Walk	Cardiac Hill / Torc Mountain	Sharon Burns	8.45 am
Sun 11/03/2018, C Walk	Sgilloges, Nire Valley	Mary Dineen	9.00 am
Sun 25/03/2018, Club Trip	Club Trip Weekend	Various	Various
Sun 08/04/2018, C Walk	Claragh Loop	Helen Baverstock	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