

# Midleton Hillwalking Club

## Sunday Walks November 2017 – February 2018

(There is currently one Grade B walk per month)

DATE	ROUTE DESCRIPTION	LEADER	START TIME
Sun 05/11/2017, C Walk	Knockadoon loop	Jim O Mahony	9.00 am
Sun 19/11/2017, C Walk	Blackrock Glen Galtees	Mary Dinneen	9.00 am
Sun 26/11/2017, B Walk	Galtees	Frank Chandler	8.45 am
Sun 03/12/2017, C Walk	Mount Hillary	Therese Harnett	9.00 am
Sun 10/12/2017, B Walk	Knockmealdowns	Frank Chandler	8.45 am
Sun 17/12/2017, C Walk	Kilworth Loop	Ann Walsh	9.00 am
Sun 31/12/2017, C Walk	TBA New Years Day Walk	TBA	9.00 am
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 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 25/02/2018, C Walk	Kings Yard Loop	Tim McSweeney	9.00 am
Sun 11/03/2018, C Walk	Sgilloges, Nire Valley	Mary Dineen	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 Middleton 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)