

# Midleton Hillwalking Club

## Sunday Walks: January 2022 – March 2022

(Last updated 11/1/2022)

DATE	ROUTE DESCRIPTION	LEADER	START TIME
Sunday 02/01/2022, B Walk	King's Yard Loop	Tim McSweeney	8.45 am
Sunday 09/01/2022, C Walk	Glenmoylan	Maureen O'Mahony	9.00 am
Sunday 16/01/2022, B Walk	TBC	TBC	8.45 am
Sunday 16/01/2022, B Walk	The Paps	Sharon Burns	8.45 am
Sunday 23/01/2022, C Walk	Mount Hillary	Bernadette McCarthy	9.00 am
Sunday 30/01/2022, B Walk	TBC	TBC	8.45 am
Sunday 06/02/2022, C Walk	Mount Melleray / Knockboy	Helen Baverstock	9.00 am
Sunday 13/02/2022, B Walk	TBC	TBC	8.45 am
Sunday 20/02/2022, C Walk	Coumduala Loop, Nire Valley	Christine Bergin	9.00 am
Sunday 27/02/2022, B Walk	TBC	TBC	8.45 am
Sunday 06/03/2022, C Walk	Glenmoylan (rescheduled)	Maureen O'Mahony	9.00 am
Sunday 13/03/2022, B Walk	TBC	TBC	8.45 am
Sunday 20/03/2022, C Walk	Seefin, Ballyhoura	Teresa Moran	9.00 am
Sunday 27/03/2022, B Walk	TBC	TBC	8.45 am

**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 who have completed a minimum of two Grade C walks may 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

- During COVID-19 restrictions, the meeting point will not be outside Maxi Zoo and members must register with the walk leader. Non-members should contact [secretary@middletonhillwalkers.com](mailto:secretary@middletonhillwalkers.com)
- Members participate at their own risk. All club members and non-members are responsible for their own involvement. Club insurance cover is extremely limited.
- Listed times are departure times, please assemble 10 mins beforehand to sign in).
- 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, email [sundaywalks@middletonhillwalkers.com](mailto:sundaywalks@middletonhillwalkers.com)