



# EVENTS CALENDAR

January to April 2020

DATE	EVENT	LOCATION	CONTACT	
Sun 12 Jan	<b>Moderate Walk</b> Blackhead Loop	Burren	Mary Conway* Andrew Carden	087 767 5991* 085 7367176
Sun 19 Jan	Garraun & Ben Choona	Connemara	Pat O' Mara* Fergus McCarthy	087 764 8739* 086 3031802
Sun 26 Jan	Purple & Tomies	Kerry	Andrew Killeen* Andrew Carden	087 803 0979* 085 7367176
Sat 01 Feb	<b>Moderate Plus Walk</b> Leenaun Hill	Connemara	Sean O' Farrell* David O' Connor	087 231 2547* 087 127 5432
Sat 08 Feb	<b>Caving Event</b> (€35 pp – regular cave) (€70 pp – Advanced cave : Experienced only)	Burren	Ed Kavanagh* (Confirm your interest by Jan 12 <sup>th</sup> . LATEST!)	086 071 4698*
Sun 16 Feb	Croagh Patrick Traverse	Mayo	John O' Callaghan* Sam Krawec	087 823 8061* 083 375 2390
Sun 23 Feb	Failmore Horseshoe	Connemara	Breda Duggan* Sam Krawec	087 249 8211* 083 375 2390
Sun 08 Mar	Coomloughra Horseshoe	Kerry	Pat O' Mara* Andrew Killeen	087 764 8739* 087 803 0979
13 – 15 Mar ( <i>Tentative Dates</i> )	<u>St. Patrick's Weekend</u>	TBA	Details to be announced	
Sat 21 Mar	<b>Moderate Walk</b> Silvermines	Tipperary	Mary Conway* Aedamer Wood	087 767 5991* 086 101 7525
Sun 29 Mar	Glendahurk	Mayo	Leader required* +1	???* ???

## Note

**Hill walking, climbing and rambling are activities that can be challenging and may result in personal injury or death. Participants should be aware of and accept these risks and be responsible for their own actions and involvement.**

## Meet-up and transport details

- Please notify a leader by Friday night before the walk and leave a contact number.
- Meeting time for all walks is **7.45am** in the car park at rear of Roslevan Stores on Tulla Road, unless otherwise stated in the calendar.
- Walks may be cancelled or relocated depending on weather conditions, however only those walkers who have notified a leader of their intention to travel will be contacted!!
- There will be additional pick-ups for people travelling from Limerick in Boher for Galtees walks and in the Dunraven Arms Hotel carpark in Adare for Kerry walks.
- Please notify a leader on the morning of a walk with any relevant information (medical conditions, allergies, injuries, medications etc.).

**Minimum gear required** - You must have all of the following essential items to participate in a club walk:

- Hiking boots with ankle support
- Waterproof jacket and pants
- Walking trousers or tracksuit pants
- Hat / gloves / fleece / warm jersey
- Basic personal first aid kit
- Headtorch / double survival bag
- Food / water
- A rucksack lined with plastic refuse bag
- Mobile Phone fully charged
- Change of clothes and towel to be left in car
- Absolutely no runners or jeans on walks.

More guidelines and information available on [www.clareoutdoorclub.net](http://www.clareoutdoorclub.net)

## More Options:

- Maumeen to Maumahoige – Maumturks, Connemara
- Circuit of the Nire Valley
- Moderate Walk - Galtees/king's Yard

