



EVENTS CALENDAR

January to April 2019

DATE	EVENT	LOCATION	CONTACT	
Sun 06 Jan	Moderate Walk Abbey Hill / Oughtmama	Clare	Sean O'Farrell * Paul Kinnane	087 231 2547* 087 958 4386
Sun 13 Jan	Mangerton / Stoompa	Kerry	Noel Cusack* Pat O'Mara	086 088 5782* 087 764 8739
Sun 27 Jan	Sheefry Hills	Mayo	Tommy Vaughan* Andrew Killeen	086 190 0599* 087 803 0979
Sat 02 Feb	Caving in the Burren	Clare	Ed Kavanagh*	087 231 2547*
Sun 10 Feb	Boughil to Knocklomena	Kerry	Noel Cusack* Fergus McCarthy	086 088 5782* 086 303 1802
Sat 16 Feb	Moderate Walk Fanore to Ballyvaughan	Clare	Ann Howard* Mary Conway	086 086 0637* 087 767 5991
17 - 23 Feb	Mountaineering Ireland Winter Meet	Onich, Scotland	Mountaineering Ireland Events	
Sun 24 Feb	Failmore Horseshoe	Connemara	Leader required* +1	
Sun 10 Mar	Coomloughra Horseshoe	Kerry	Pat O' Shea* Pat Kenneally	087 677 5485* 086 810 9384
15 – 18 Mar	<u>St. Patrick's Weekend</u> Counshingaum Loop Other Activities TBA	Waterford	<u>Bookings:</u> Loretto O' Donnell* Andrew Killeen <u>Counshingaum Loop:</u> Leaders required	085 888 4958* 087 803 0979
Sat 23 Mar	Moderate Walk Diamond Hill	Connemara	Leader required* +1	
Sun 31 Mar	Eastern Peaks of the Burren	Clare	Fergus McCarthy* Mike Murphy	086 303 1802* 086 803 4062
Sat/Sun 06/07 April	Introduction to Rock Climbing	Clare	Fergus McCarthy*	086 303 1802*

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
- 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