



EVENTS CALENDAR

Sept to Dec 2017 updated 12.12.17

DATE	WALK	LOCATION	CONTACT	
Sat 16 Sept Moderate 8.45am	Bring A Buddy	Galtees	Sean O'Farrell Ann Slattery Fergus McCarthy Aedamer Quinn Paul Curran	087 231 2547 087 757 8330 086 303 1802 086 101 7525 086 603 7767
Sat 23 Sept Moderate	Kerry Way from Kenmare to Torc Waterfall in Killarney	Kerry	Mary Conway Ann Howard	087 767 5991 086 086 0637
Sat 30 Sep	Birreencorragh in the Nephin Bogs <i>"Motorway to Mayo Walk"</i>	Mayo	Jim McHale Pat O'Brien	087 232 6520 087 249 4299
Sat 07 Oct Moderate PLUS	Burren	Clare	Mike Murphy Fergus McCarthy	086 803 4062 086 303 1802
Sun 15 Oct	Circuit of the Nire Valley	Waterford	Paul Curran Aedamer Quinn	086 603 7767 086 101 7525
Sun 22 Oct	Galtymore and Knockeenatoung	Tipperary	Jim McHale Mary Conway	087 232 6520 087 767 5991
Sat 04 Nov Moderate	Leenaun Hill	Galway	Sean O'Farrell Tommy Vaughan	087 231 2547 086 190 0599
Sun 12 Nov	Caherconree	Kerry	Breda Duggan Ann Slattery	087 249 8211 087 757 8330
Sun 26 Nov	South Central Maamturks	Galway	Pat O'Shea John O'Callaghan	087 677 5485* 087 823 8061
Sat 02 Dec Moderate 8.30am	Burren	Christmas Party Walk	Fergus McCarthy Mike Murphy*	086 303 1802 086 803 4062*
Sun 17 Dec	Galtee Circuit	Tipperary	Breda Duggan Andrew Killeen	087 249 8211 087 803 0979*
Sat 30 Dec Moderate	Loop Head	Clare	Aedamer Quinn Eilish Corbett	086 101 7525 086 162 4363*

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