



- Boots must be worn on all walks, No Dogs allowed
- Leaders please reference Guidelines for Walk Leaders
- Day-members are welcome to walk with the club, pay 10 Euro on the day
- Please bring snack and drinks
- The duration of all walks are estimated

Date	Walk Title & Location	Walk Description	Walk Leader	Leader Contact	Walk Duration	Meet Location	Meet Time	Walk Start Time	Notes:
<b>3rd Dec</b>	Dromore Wood	10k Trail: Laneways, lakeshore and wooded tracks	Tony Slattery	0872915105	3hrs	Murty Kelly's Pub in Ruan Village	10.30am	11.00am	
<b>10th Dec</b>	Memorial Walk, Ballyvaughan & Fanore	Feenagh Valley-Gleninagh – Ballyvaughan. Mix of road, track & trail with some rough terrain. Hilly.	Pat Murphy	0866075083	4hrs	Ballyvaughan Pier (by Monks Bar)	10.30am	11.00am	Tom Fitzgibbons, Toss Maher, Brendan Leigh, Sean Braiden & Gerry Hartigan RIP. As a way of remembering these members the club will have a memorial walk and invite club members, family and friends to walk with us and join us for tea/coffee & mince pies in Monks afterwards.
<b>16th Dec</b>	Christmas Party Walk, Cuilcagh, Legnabrocky Fermanagh	7.4km trail walk on gravel track, boardwalk & mountain path at the summit. Total ascent 550mtrs. Easy-Moderate walk	Mary O'Brien	0872691147	3.5 - 4hrs	Slieve Russell	11.15am, depart 11.30am	12.00pm	Walk followed by Christmas party

<b>27<sup>th</sup> Dec</b>	Ballyvaughan Charity Challenge	Charity Cycle/Walk/Run							Details to follow  Club members please wear club caps
<b>29<sup>th</sup> Dec</b>	Fanore Burren 5k/10k, Fanore	Charity Walk & Run, 5k on minor road and 10k includes some Burren terrain	Kevin Mc Cormack	0863272472	Various	Start & Finish at O'Donoghues Pub Fanore	Registration from 10.30am	12.00pm	Registration from 10.30am Cost: 5k = €20 or 10k = €25  Club members please wear club caps
<b>31<sup>st</sup> Dec</b>	Western Burren Peaks	Rough Burren Terrain, tracks & several climbs. Burrenwee, Feenagh, Caher Hill, Gleninagh, Cappanawalla.	Gerry Reidy	0877911700	6.5hrs+	Ballyvaughan Pier	9.15am	9.30am	Strenuous walk, club members only & must contact leader to book in to walk by 29 <sup>th</sup> .
<b>1<sup>st</sup> Jan</b>	New Year's Day Cancer Care Charity Walk, Flaggy Shore	Flat track and road 10km walk	Carmel Kelly	0877934134	2hrs+	New Quay Church	12.00pm	12.30pm	Donation at start.  Club members please wear club caps
<b>7<sup>th</sup> Jan</b>	Keepers Hill, Tipperary	The Keeper Hill Trek, guides you up to the top of Keeper Hill standing at 964m. There are some impressive gullies and waterfalls to observe along the way, including a waterfall known locally as the 'Spout'.	Jim Mc Mahon	0868119086	5hrs+	Ryans, Centra Filling Station, Newport R503	10.15am, depart 10.30am	11.00am	
<b>13<sup>th</sup> Jan</b>	Eastern Burren Peaks	Rough Burren Terrain, tracks & several climbs.	Helen Sheridan	0864089979	6.5hrs+	Ballyvaughan Pier	9.00am, bus depart 9.15am	9.30am	This is a Saturday Walk. Strenuous walk, club members only & must contact leader to book in to walk and bus by 10 <sup>th</sup> .

<b>14th Jan</b>	Toonagh Charity Walk	Toonagh Charity Walk for Seeking Vision Clare Sunset Foundation. 3 Routes to suit all levels of fitness 2k, 5k & 10.5k	Breda Mc Cullough	0851947763	Various	Start & Finish at Toonagh Hall	Register from 11am	12.30pm	Refreshments served after walk. entry fee 10 euro.  Club members please wear club caps
<b>21st Jan</b>	Cratloe	Cratloe Woods and Woodcock Hill. Forest tracks and minor roads. Some hills. Great views over the Shannon on a good day!!	Brendan Linnane	0872420584	3.5hrs	Cratloe church car park	10.30am	11.00am	
<b>28th Jan</b>	The Burren Way, Ballyvaughan to Mullaghmore	Minor Road, Track and Rough Burren Terrain with some climbs. Starting at Donnyvardan at the top of Corkscrew Hill and finishing at the base of Mullaghmore via Carran.	Denise Casserly	0863317535	4hrs+	Mullaghmore Carpark	10.15am, bus depart 10.30am	11.00am	Please contact walk leader to book a place for bus by 25 <sup>th</sup> .
<b>4th Feb</b>	Graves of the Leinstermen, The Millennium Cross, Tountinna	Park at the graves of the Leinstermen, the walk begins here. The views from the top are a real treat- you can expect to see the whole Lough Derg valley with views extending from Galway to Kerry and all the villages in between and of course the mighty Lough Derg.	Noel Cusack	0860885782	4hrs+	Meet at entrance to Lakeside Hotel, Killaloe	10.30am, depart 10.45am	11.00am	
<b>11th Feb</b>	Ballinalacken to Ballyvaughan  Or Ballinalacken to Fanore	Track and Minor Road, one steep climb	Kevin Mc Cormack	0863272472	4.5hrs+  2.5hr shorter walk	Ballyvaughan Pier  O'Donoghues, Fanore	10.15am, bus depart 10.30am  10.30am, bus 10.40am	11.00am  11.00am	Please contact walk leader to book a place for bus by 8 <sup>th</sup> .

<b>18th Feb</b>	Alzheimer's Charity Walk, Fanore, Blackhead	10k Road & Track	Mary Droney	0876817925	2.5hrs	Start & Finish at O'Donoghues Pub Fanore	Register from 10.30am	11.00am	Donation at registration  Club members please wear club caps
<b>25th Feb</b>	Poulnaphucca Deelin, Moneen, Ballyvaughan	Track and Rough Burren Terrain with some climbs	Terry Casserly	0868628322	4hrs+	Ballyvaughan Pier	10.30am for Bus	11.00am	Please contact walk leader to book a place for bus by 22 <sup>nd</sup> .