

# **EAST CLARE WALKING CLUB**

Now in its ninth year, the club was originally formed to cater for walkers from the East Clare area. Today the club has members from many parts of the county as well as from counties Limerick, Tipperary and Galway.

A walk is held every second Sunday throughout most of the year, many routes incorporating various stages of the East Clare Way as well as further afield in The Burren, Galtees, Slieve Aughty, Slieve Bloom and Slieve Felim and the occasional riverside, lakeside or coastal walk.

Each route is given a star grading, "gentle", "moderate" or "tough" and more information can be obtained from the contact person for each walk as detailed on the club's current schedule. Waterproof clothing and stout boots are essential for "moderate" or "tough" routes. Bring a packed lunch as most walks begin at 11am.

Two or three times a year the club organises a weekend away, staying in self-catering accommodation from the Friday evening. With a main walk on Saturday and a gentle walk on Sunday morning (very gentle for those who have overdone the "craic" Saturday night!) These weekends have proved very successful and good value. Previous locations have included the Dingle Peninsular, Killarney, Connemara, the Comeraghs, Mountains of Mourne, the Belgian Ardennes, Innishboffin, Knockmealdown Mountains and Slieve Bloom. Ongoing ideas for 2007 include Mayo, the English Lake District, Tuscany and Southern France.

Membership fees are	Individual	€10	per annum
	Family	€16	per annum
	Visitor	€2	per walk

Fees collected go towards the cost of insurance, postage and stationary. Full members can avail of a discount on purchases at several outdoor pursuits stores on production of their membership card.

If you would like to know more about the club's activities, how to join or details of this season's schedule, contact:

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