

# East Clare walks schedule Sept 08 - Jan 09

	2008/2009	Walking	Schedule SEPT 08 – JAN 09	Page 1
			<b>EAST CLARE WALKING CLUB</b>	
DATE	WALK	CONTACT	ASSEMBLY POINT	TIME
SEPT 7 ***	Burren. Black Head.	Tony and Trudy 061-921348	Fanore Church.Coast Road Ballyvaughan to Lisdoonvarna.	11 A,M,
<b>SEPT 21</b> ***	Moylussa via Caherhurley.waterfall route.	Seamus 087-2724711	Pipers Inn. To the left past Two Mile Gate lakeside car parks. Killaloe to Scariff Rd	11 A.M.
SEPT 28 **	National Trails weekend Promoting loop walks.	Alan 061-925106	Ballycuggaran Loop. Two Mile Gate car park....Killaloe to Scariff road .	2 P.M.
OCT 5 ** **	World Heart Day. Irish Heart Foundation, Walking for Health.	Pat 087-9279213 Marian 061-925184	East Clare Way/Cahermurphy Loop . Flagmount National School Midday or 2 pm.	12 midday Long Walk 2 P.M. Short Walk
OCT 10/11/12 *** *	Annascaul week end away. Dingle Peninsula.	Alan 061-925106	Self- catering Hostel Accom .Private Rooms limited. Please contact Alan for details asap....Approx €30.pp.	Fri. Eve
OCT 19 **	Slieve Felim Way	Alan 061-925106	Toors Village, Newport, Co. Tipp.. Minibus to start. Soup and Sandwiches at finish. Phone Alan beforehand.	11 A.M.
NOV 2 ***	Scariff Cappabaun	Pat 087-9279213	Scariff, Teagasc Car Park. On left past Church and National School, Flagmount Road.	11 A.M..
NOV 16 ***	Derrygoolin	Prisca 086-8127750	Mountshannon Church	11 A.M.
NOV 30 **	Mid Clare Way.	Tomas 065-6835982	Derryulk Upper. Tulla to Gort Road. Forestry layby where East Clare Way crosses road.	11 A.M.
DEC 14 **	Feakle	Pat 061-921368	Pepper's Bar, Feakle. Followed by Planning meeting	11 A.M.
DEC.26 *	St.Stephen's Day Stumble.	Prisca 086-8127750	<b>Bridge Bar, Mountshannon.</b> <b>Walk ending at Prisca's house for</b> <b>mince pies and mulled wine.€5 p.p.</b> <b>for refreshments. Please phone Prisca</b> <b>beforehand so she has idea of</b> <b>numbers.</b>	2 P.M. 2009 Membership available

JAN 11 ***	Carron Loop walk	Marian 061-925184	Cassidy's Pub, Carron.	11 A.M.
2009 Membership	Family €16	<b>Individual</b> €10	Visitors €2 per walk	Marian 061-925184
* Gentle	** Moderate	*** Tough	Bring suitable Footwear and Raingear.	

Mobiles Pat 087-9279213 Alan 087-2873985 Marian 087 - 6419157 Tony 087-6217051 Seamus 087-2724711 Prisca 086-8127750 Ann K 087-7697201

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Here is the latest Autumn / Winter walks schedule. We have tried to include a variety of venues, terrains and grades of walk and I hope these will cater for all of our members.

All walkers should stay with the group. Lead walker and back marker will be identified by high visibility jackets. Walkers should remain between the lead and back marker. Walk leaders should ensure the pace is such that it allows the group to stay together.

Weather conditions and terrain can change suddenly even on short local walks. Walkers should always ensure they are adequately equipped for unfavourable weather or terrain as well as bringing sufficient drinks and food. Waterproof boots are recommended for most walks.

More information on a particular walk can be obtained by phoning the walk contact person detailed on the schedule.

Three walks on this schedule need to be pre-planned so that numbers for accommodation, minibuses and catering can be booked.

**Annascaul**, 10th October; contact Alan immediately.  
**Alan - 087-2873985**

**Slieve Felim**, 19th October; contact Alan by October 12th.  
**Alan - 087-2873985**

**St. Stephen's Day Stumble**, 26th December; contact Prisca by December 19th.  
**Prisca - 086-8127750**

Please ensure that Marian has your current postal address, phone number and email address. Home phone and mobile numbers are particularly useful to us if we need to contact you at short notice.

*Regards, Pat Duggan.*  
**Chairperson,**  
**East Clare Walking Club.**