



Cork Mountaineering Club 1975 – 2018
Cumann Sléibhteoireachta Chorcaí
Spring Programme 2018

February 2018

- Sat 3rd/Sun 4th **Winter Camp** Galtee Mountains, Map 74
- Sunday 4th **Gleann Ré Loop**, Mountain and forest, Track Walk, 10K, 3.5/4 hrs, Map 74
- Sunday 11th **Carrantuohill via O'Shea's Gully**, Mountain, Killarney, Mountain, Fast/medium-Paced Walk, 5 hrs, 1039, Map78
- Sunday 11th **Muirsiore Mor**, Mountain, Easy-Paced Walk, 644m, Map 79
- Sunday 18th **Bernard Loop (An Bhinn Ard)**, Forest Track Easy, Paced Walk, 4.5hrs, 15K, Map 74
- Sunday 18th **Mountain Meitheal South East**, Kilbehenny Community Centre. Work Day. Bring Gardening Gloves!
- Sunday 25th **Lyracappul, Galty Mts**, Mountain, Medium/Fast-Paced Walk. 4.5hrs, 825m, Map 75

March 2018

- Sunday 4th **Gleann na gCapall**, Mountain, Medium/fast paced, 843m, 4.5 hrs, Map 74
- Sunday 11th **Nagles Mountains, Cloghvolia Circuit**, Track, 3.5/4 hrs, Map 80hrs
- Sunday 18th **Knockmealdowns**, Mountain, Medium paced, 794m, 4.5 hrs, Map 74
- Fri/Sun 23/25th **MI Spring Gathering**, Glen of Aherlow Hotel, See MI Website, Map 74 incorporating
- Sat 24th **Mountain Meitheal South East**, Work Day, Bring Gardening Gloves!
- Sunday 25th **Comeraghs/Mahon Falls**, Mountain, Medium/fast paced, 726m, 5-6 hrs, Map 75
- Sunday 25th **Seven Heads**, Track, 3-4 hrs, Map 87

April 2018

- Sunday 1st **Cnoc an Bhraca**, Mountain, Easy paced, 731m, 5-5.5 hrs, Map 78
- Sunday 8th **Hag's Glen, The Bone**, Mountain, Medium/face paced, 973m, 5 hrs, Map 78
- Sunday 8th **Mount Hilary**, Track, 10Kms, 3.4/4 hrs, Map 80
- Saturday 14th **Kilbehenny**, Galtee Clean-up, Map 74
- Sat 14/Sun 15th **Training**: Navigation, theory evening and practical mountain day.
- Sunday 22nd **Knockboy**, Mountain, Easy paced, 706m, 4 hrs, Map 85
- Sunday 22nd **Mountain Meitheal South East**, Work Day, Bring Gardening Gloves!
- Sunday 29th **CLUB OPEN DAY**, Various walks, tea/coffee & home baking, themed walks. Fun day.

Club Contacts:

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