

NEW Members



HIKING
YOUR FIRST
HIKE



GEAR
WHAT TO
BRING



GRADES
HIKING
LEVELS

CLUB **OVERVIEW**

ENJOYING THE OUTDOORS

WWW.CORKHILLWALKERS.COM



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MEET
COPLEY STREET

Welcome to the Cork Hillwalkers hiking club

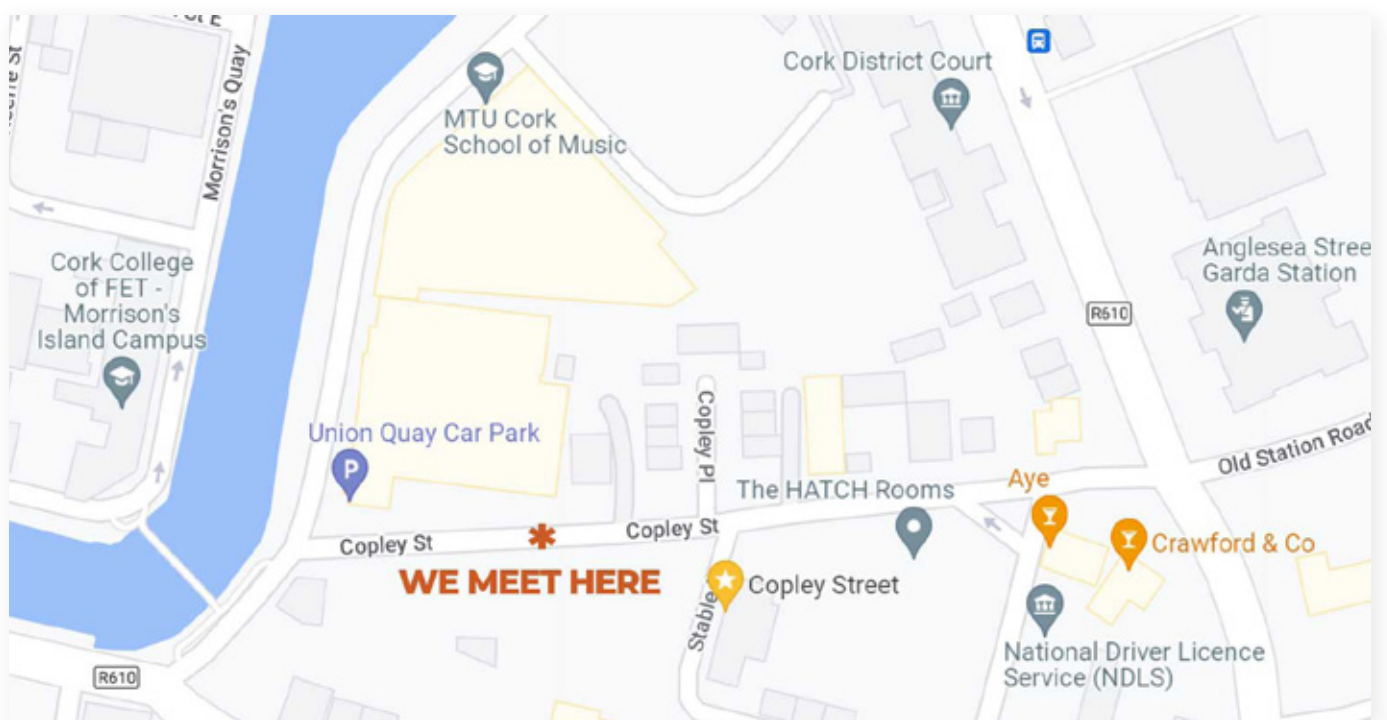
This brochure will give you an overview of the club and what you can expect as a new member of the club.

Before you attend any hike, as a guest or member you **MUST** sign in on the website in advance, so that we know how many people will be on the hike. The beginner hiking grade is 'Grade D'. This is the easiest of the grades and your first hike must be on this grade.



[You can sign in here](#)

We meet at Copley street, in the City Centre on the morning of the each hike which is just around the corner from the Fire Station.



[Click here to see location in Google Maps.](#)

When you arrive make yourself known to the walk leaders, they should already have your name from when you signed in for the walk. Car-pooling is a great way to get to know some of the people who you will be hiking with for the day, and its kind to the environment too.

If you are taking a lift, before you depart, each passenger must give their driver €10.00 towards fuel costs.



There is a pre-walk coffee stop, near the hike location which gives you an opportunity to socialise with other members of the club before the beginning of the walk. You can enjoy a tea or coffee and a scone in preparation for the exercise of the day.

The coffee stop is generally pre-organised in the chosen venue by the hike organiser to ensure we are all re-fuelled promptly and ready for the day's hiking.

Often, further car-pooling is done at this point, as parking at the beginning of hikes is limited.

Remember to bring your day-pack for the walk, but also a change of clothes/shoes for after the walk. Make sure these are in the correct car.

For your first walk, basic gear is sufficient but there are essentials you cannot walk without. A full list is available below and also on our website. There is no point spending hundreds of euro on new gear until you figure out if hillwalking is a sport you might like to pursue. It is easy to build on your kit once the basics are right.

Each hike will be under the guidance of a "Hike leader". He/she will have mapped out a route in preparation for the hike. Often, for larger groups, there may be a co-leader. These are experienced hillwalkers, so it is important to take their advice at all times on the hills. Groups will vary in size to a maximum of 20 people.

Depending on the grade of hike, they will be of different lengths, durations and speeds. Rest breaks are taken to allow us to catch our breath. These also vary in frequency and duration, depending on the grade of hike. Rest breaks also allow time to enjoy the landscape and take a photo.

We eat our packed-lunch on the walk, but it is a good idea to bring plenty of snacks too.

Hiking is different to walking on the flat, and often nuts, fruit, chocolate, muesli bars etc. can give a welcome energy boost during the day. It is also important to bring plenty of fluids too.

After the walk, on reaching the cars, we change out of our walking gear and go for a bite to eat. This is usually at a pre-decided restaurant/pub/café. This is a really sociable way to round off the day's hiking and enjoy a hearty meal with the group.

After the meal, we head back to Cork city and to collect our cars from Copley street.

Everyone has to start somewhere, so often the first walk may seem daunting with a group of new people, a new skill and often our unreliable Irish weather conditions to contend with. But we are a friendly group, and our members will do our best to make you feel welcome.





CORK HILLWALKERS

Hiking Gear - check list



1



2



3



4



5



6



7



8



9



10



11



12



MUST HAVE TO ATTEND THE WALK

1. Boots 2. Fleece 3. Walking Pants 4. Waterproof Jacket 5. Base Layer 6. Waterproof Leggings 7. Ruck Sack 8. Gaiters 9. Gloves 10. Head Torch 11. Whistle 12. First Aid Kit



13. Extra Food 14. Water 15. Lunch 16. Phone 17. Hot Drink 18. Walking Poles
19. Bivi Bag (Survival Bag) 20. Sun Block 21. All set to go!!!

NO BOOTS MEANS NO WALK

Any item with a ★ is essential and you cannot walk without such items.

The list can be added to and changed as necessary. Hot drinks are not important during summer months and lip gloss is a must for the winter. Blister plasters are good addition to your first aid kit. A sun hat should also be packed on those hot summer days. Some gear is essential (marked with a ★) which you will not be permitted to walk without.





Hiking Grades

GRADE A

On Track and Trail, open moorland.

Duration: Up to 7 hours.

Height: All mountain peaks, up to 1040m.

Difficulty: May include scrambling.

Breaks: Few breaks, fast pace.

Walk Grade A:

Grade A is the most strenuous hike that we partake in. A high level of fitness is required. On Track and Trail, open moorland, up to 7 hours, all mountain peaks, scrambling, few breaks, fastest pace. There may be more than one mountain summit on a grade A hike.

GRADE B

On Track and Trail, open moorland.

Duration: Up to 5.5 hours.

Height: All mountain peaks, up to 1040m.

Difficulty: Little scrambling.

Breaks: Regular breaks, Moderate pace.

Walk Grade B:

On Track and Trail, open moorland, up to 5.5 hours, all mountain peaks, including Irelands highest summit of Carrauntoohill. There may at times be some scrambling but this will only form a small part of the hike, if an. Grade B has less frequent breaks and the pace is quick.

GRADE C

On Track and Trail, open moorland.

Duration: Up to 4.5 hours.

Height: All mountain peaks, up to 800m.

Difficulty: Includes scrambling.

Breaks: Regular breaks, Moderate pace.

Walk Grade C:

On Track and trail, open moorland, up to 4.5 hours, height gain not more than 800m, mountain summits, little scrambling. Regular breaks. Easy to quick pace but remaining moderate in pace overall.

GRADE D

Suitable to those new to hiking.

Duration: Up to 4.5 hours.

Height: All mountain peaks, up to 400m.

Difficulty: On track or open moorland.

Breaks: Frequent breaks, moderate pace.

Walk Grade D:

Used for new members first walk and walkers comfortable with this grade. On terrain with a height gain not more than 400m, duration up to 4.5 hours, on track and trail, open moorland, with frequent breaks. Moderate pace. Moderate level of fitness required.



Book
Now

Next Hike

CLICK HERE

Check our website for more details

WWW. CORKHILLWALKERS.COM

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