

Na Beanna Beola Hillwalking Club - Walking Schedule Jan 24-June 2024

Procedure for joining a walk: please notify the leader, via whatsapp, by 8pm on Friday if you intend walking on any given Sunday. This way the leader will know how many people are coming on the walk and will be able to get in touch with you if plans change at the last minute for any reason (inclement weather, change of route, change of leader, insufficient numbers, etc.) If you have let the leader know that you'll be walking on Sunday and YOUR plans change at the last minute, please be sure to inform the leader.

Dates: Walks are being scheduled every week. There will be a mix of lower-level walks and high level walks. Walks may be changed depending on circumstances.

Walk grades/levels: The walk notice each week gives an indication of the level of the walk. The levels are from 1 to 5. The following is a description of each level:

Grade 1: Mainly flat terrain. Any ascent will be gradual and ground conditions will generally be even. Usually about 3 hours in duration but may be up to 5 hours. Walks vary in length from about 10 kilometers to 20 kilometers. Frequently the walks take place on established trails.

Grade 2: Walk differs from a grade 1 walk in that there can be rougher terrain with a few short steeper ascents and descents.

Grade 3: At this level we are hillwalking. Usually there is no trail and the terrain is rough. Ascents and descents are much longer. These walks are up to 5 hours. May include more than one summit. Navigation can be challenging in adverse weather.

Grade 4: Similar to grade 3 with rougher and sometimes very steep terrain. Terrain sometimes difficult and occasionally exposed (i.e. vertical drops on one or both sides.) Up to about 7 hours.

Grade 5: As grade 4 but much longer. Often on very rough and difficult terrain with exposure. Up to 9 hours.

Start time: the start time on the walk notice is when the people taking part leave the meeting point. Please plan on arriving about 10 minutes before the start time to kit out, arrange car drops, etc. **Always double check the walk notice for the correct date and start time**

Inclement weather: If the weather is really bad (i.e. dangerous – high winds, steep slopes icy, etc.) the leader has discretion to cancel the walk and will let you know. This is one reason why it is important to let the leader know if you intend walking – so they can get in touch with you.

Carpooling: To lessen our carbon footprint and in the interest of land owners, locals and other hill walkers, the club encourage carpooling where feasible. **The suggested contribution to car drivers, for return journey on all club walks, (excluding weekends away) is €8 per passenger.**

Taking responsibility: It is Club policy that each person on a walk takes responsibility for themselves. The walk leader is a club member who volunteers their time and expertise to lead walks. In the event of a difficulty arising during the walk, please co-operate with them to help you and the other walkers.

Checklist for hillwalking gear

Recommended Hillwalking Gear

Hillwalking Boots	Waterproof over-trousers	Compass
Waterproof jacket	Gaiters	Watch
Socks	Food & drink Emergency rations	Torch & spare battery/bulb
Walking trousers	Rucksack with liner or other way of keeping content dry	First aid kit
Thermal top or T-shirt Fleece and a spare fleece	Bivvy bag/survival blanket	Mobile phone
Hat & gloves		Whistle & Map (laminated or in map case)

Useful to have

Trekking pole(s)	Spare laces
Reflective armband	Water purification tablets
Spare socks	GPS

In summer

Extra water, Sunscreen/lip balm	Sunglasses
Insect repellent	Sun hat

Membership of the club: When you join Beanna Beola and pay your membership, you also become a member of Mountaineering Ireland (MI). There are benefits associated with membership of MI. These include discounts on outdoor gear and insurance. As a member, you can log into the MI website and take advantage of these benefits.

Remember, besides the essential gear list, - waterproof outerwear (no denim jeans), hillwalking boots, food, drink, - bring the following with you on each walk: basic first aid kit, head torch, whistle, and mobile phone. You may need one or all of these if an unexpected situation arises – inclement weather, coming down in darkness, or getting separated from the group. Having a map and compass will help you to understand the route of the walk. Use of a map and compass will help you in developing independent route-finding skills.

PLEASE NOTIFY THE LEADER, VIA WHATSAPP, BY 8PM ON FRIDAY, IF YOU INTEND GOING ON THEIR WALK.

January 28th High DEVILS MOTHER

Leader: Eileen Connelly -Eileen Brady
 Starting time: 09:30
 Meeting point: Leenane. Car park on the Westport side of Leenane (Grid Ref: 879620) Discovery Sheet 37.
 Walk duration: 4 -5 hours.
 Grade: 4.

February 4th low Cashel Hill

Leader: Máire Ní Choinní
 Starting time: 10:30
 Meeting point: Leenane. Car park on the Westport side of Leenane (Grid Ref: 879620) Discovery Sheet 37.
 Walk duration: 4 -5 hours.
 Grade: 4.

February 11th high Ben Gorm

Leader: Angela
 Starting time: 9.00 am
 Meeting point: Lenanne car park- Westport rd.
 Walk duration: 5 hours
 Grade: 4
 Car drop: No

February 18th low Slieve Aughty Trails Low-level walk

Leader: Pdraigín Moylan
 Starting time: 10.00 am
 Meeting point: Kilchreest cemetery (from the village follow road signposted Kilchreest Church. Cemetery is shortly before the church. OS Discovery Sheet: 52.
 Walk duration: 4 hours approx.
 Grade: 1/2
 Car drop: Yes

February 25th high Ben Chaonaigh

Leader: Susan O'Dowd
 Starting time: 09:30
 Meeting point: Peacocks car park
 Walk duration: 4 -5 hours.
 Grade: 4.

March 3th low Abbey Hill and green road.

Lower-level walk: Abbey Hill and green road.
 Leader: Pat O'Brien
 Starting time: 10.30 am
 Meeting point: New Quay Church car park. Map grid: M282 099: OS sheet 51.
 Walk duration: 3-4 hrs
 Grade: 2

March 10th high Gurraun, Benchoona, from Lettergesh.

Leader: Haulie
 Starting time: 10.00am
 Meeting point: Lettergesh Beach car park. Discovery Sheet 37.
 Walk duration: 5 hours
 Grade: 3-4
 Car drop: No

March 17th low Trip To Antrim**March 24th high Ben Baun**

Leader: Richard Coughlin
 Starting time: 09:30
 Meeting point: Leenane. Car park on the Westport side of Leenane (Grid Ref: 879620) Discovery Sheet 37.
 Walk duration: 4 -5 hours.
 Grade: 4.

March 31th low Seanabhán (Easter weekend)

Leader: Angela Casey 087-7378585
 Starting Time: 10:00am
 Meeting Point: Peacock's car park, Maam Cross Discovery Sheet 37
 Walk Duration: 5 hours
 Grade: 3
 Car Drop: TBC

April 7th high Binn Ui Chuinneain & Bhinn Bheag

Leader: Brian Fahy
 Starting time: 09:30
 Meeting point: Keanes Pub Maam
 Walk duration: 4 -5 hours.
 Grade: 4.

April 14th Low Tully Hill

Leader: Marie Tierney
 Starting time: 10.00
 Meeting Point: Veldon's Pub, Letterfrack. Grid ref: L709577; Discovery sheet:37
 Walk Duration: 5 hours
 Grade: 3-4

April 21th High Letterbrechan Knocnahillion (MAAMTURKS)

High level walk: Knocnahillion Letterbrechan (MAAMTURKS) t
Leader: John Walsh
Starting time: 9.30 am
Meeting Point: Máméan car park. OS sheet 44; Harvey's and East-West Connemara.
Walk Duration: 4-5 hrs
Grade: 3-4

April 28th High Mweelrea

Leader: Richard Coughlan
Starting time: 09:30
Meeting Point: (Grid Ref: 879620) Discovery Sheet 37.
Walk Duration: 4 -5 hours
Grade: 4.

May 5 th Bank Holiday Trip to Mayo planned

May 12 th low Errisbeg Roundstone

lower-level walk: Errisbeg Roundstone
Leader: Maugie Francis
Start time: 10.30 am
Meeting Point: Roundstone village, opposite hotel. Grid Ref: L724 400. OS sheet 44
Walk Duration: 4 hrs approx
Grade: 3

May 19 th high Western Ridge of lenanne

Leader: Alacoque Sullivan
Starting time: 10:00
Meeting point: car park Lennane Hotel
Walk duration: 4 hours.
Grade: 3-4.

May 26th Low BLACKHEAD GREEN ROAD & GLENINAGH MOUNTAIN

Leader: John Walsh Ph: 087 4194183
Starting time: 10.00 am
Meeting point: Ballyvaughan – Car park opposite Monks
Grid ref: M230 080; Discovery sheet: 51
Walk duration: 5 hours
Grade: 3
Car drop: No

June 2nd High Nephinmore

Leader: Richard Coughlin
Starting Time: 10:00am
Meeting Point: Newport (Co. Mayo). Park at the statue, south side of bridge. Grid ref: L984937; Discovery sheet: 31
Walk Duration: 4 hours (12 km)
Grade: 3
Car Drop: No

June 9 th Low Killary Famine Road

Low Level: Killary Harbour/famine road.
Leader: John Walsh
Starting Time: 11:00 am
Meeting Point: Rosroe Pier Map Grid L770 640. Maps: OS sheet 37,Harveys & East-West Connemara
Walk Duration: 4 hours
Grade: 2

Planned trips away

Antrim-15-17 March -Angela

Mayo- North Mayo coastal cliff walks-3rd 6th May-Maugie

Dingle- June 14th 15th 16th - Alacoque Sullivan

Italy-September 16th-23rd September-Richard Charlotte

Kerry - October 24th -Benen Fahy