

Please read the following pages before you join us for a climb

Walk Grading

Explanation of terms

Cumulative ascent = add all the uphill pieces together

Height exposure = walking in places with sheer drops.

Ridges = walking or climbing along narrow places with sheer drops each side

Scrambling = places where you will need to use your hands to climb, it's somewhere between hiking and rock climbing and usually involves height exposure.

Easy: Walks over hills and moorland ascending to a maximum of 500m, relatively short distances at a gentle pace, usually 3 - 4 hours, a moderate level of fitness is required. Example - Torc

Moderate: Cumulative ascent of 700m or more, 10 to 15 km long on uphill ground with little height exposure. Moderate pace. A fairly good level of fitness is required. Example - Purple Mountain

Hard: Cumulative ascent of 1000 m or more. 10 to 15 km long on steep ground. Faster pace with some height exposure and the possibility of scrambling. A good level of fitness is required and it's not suitable for novices. Example- Carrauntoohil via The Devils Ladder

Very Hard: Cumulative ascent of 1000m or more, 10 to 20 km long on very steep ground, fast pace and usually height exposure and scrambling. A high level of fitness is required and it's not suitable for novices. Example -The Reeks Walk (see photo on our website calendar page)

Walks

Most walks meet at Killorglin National School (Eircom car park) at 9 a.m. unless otherwise noted on the email. Walks are for LMC members but anyone is welcome to try out 3 walks before joining; please contact the leader before coming along. If a club member wishes to bring a friend on a walk they must contact the leader in advance and ask that person to read the member guidelines. Members from other MCI clubs are always welcome to join us.

The leader decides the route and has the authority to decide if a walk should be cancelled, postponed, moved to another area or cut short. The leader can refuse to take a person on a walk who is not properly equipped or whom they consider not fit enough. Please inform the leader if you have any health conditions and bring along details of your condition and next of kin.

A minimum requirement for walking with the club is proper boots!

Children are allowed to go on walks provided that they are of suitable age and stamina; they must be accompanied by, and supervised by a responsible adult at all times

Dogs are not allowed on club walks or on the Reeks at any time (there is a 'Dogs May Be Shot' policy)

Hill walking, scrambling and climbing can be dangerous and may result in injury or death. Participants should be aware of and accept these risks and be responsible for their own actions. Please understand that members of the Laune Mountaineering Club committee or designated walk leaders shall not be responsible for any loss or injury to any person and/or their property when involved in club activities.

What do you need to walk?

Special clothes are needed for mountains, no jeans/cotton as they can cause hypothermia (people have died). Mountaineering clothes are fantastic, wicking, quick-drying, breathable, waterproof and life-saving.

List of Basics

Rucksack/Backpack Those with waist straps as well as shoulder straps are more comfortable.

A packed lunch always bring more than you think you need

Plenty of fluids lots of water and maybe a hot drink in cold weather

Suncream hopefully you'll need it

Boots For Moderate, Moderate/Hard, Hard and Very Hard walks you will need **full mountain boots with vibram soles** (see picture on website info page). It is OK to do some Easy and Easy/ Moderate walks with trekking boots or hill walking runners, please check with the leader before-hand.

If you're breaking in new boots it's advisable to bring Compeed (available from pharmacies).

Recommended Extras

Spare hat, socks and gloves, survival bag (either a bevy bag or an aluminium type survival bag), large plastic bag to line your backpack and stop your stuff getting wet, small waterproof folding mat to sit on, gaiters for swampy ground (they come in knee-high or calf length). Change of clothes for when you get back to your car.

If you are buying something new buy a good quality proper mountaineering item such as North Face, Colombia, Berghaus etc. Trespass are one of the cheapest of the good brands. Don't buy the cheaper leisure clothes such as Regatta or Portwest, (these are fine for a shorter, low-level hikes but not good for a whole day out). O'Sullivan's in Killarney and Landers in Tralee stock quality items (TK Maxx have some items but they can't give advice). You only need one set of mountaineering clothes; buy the best you can afford. It is advisable to always have extra layers and a hat and gloves as it may be cold at the top, even on the finest summer day. It's important to avoid cotton, which is both slow-drying and gets heavy when wet. **NO DENIM** (see website info page). Running clothes etc will work fairly well to start you off on easier walks but are not made for a whole day of varied weather

List of Basics

Rucksack/Backpack Those with waist straps as well as shoulder straps are more comfortable.

A packed lunch always bring extra food

Plenty of fluids lots of water and maybe a hot drink in cold weather

First-Aid kit

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Clothes

Dress in layers quick-drying layers of different weights allow you to adapt to our constantly changing '4 seasons in one day' weather.

All clothes should be wicking, breathable & quick drying.

List of Basics

Wicking base-layer or T-shirt

Extra top layers eg fleeces (people have been known to wear 4/5 in winter)

Trousers or leggings. (Avoid cotton and **NO DENIM**, choose lightweight, quick-drying trousers. For very cold weather wear base layer leggings under your trousers. Some walkers wear base layer leggings/tights instead of trousers

Waterproof jacket & leggings

Fully waterproof, breathable jacket and over-trousers are a must. if your waterproofs are not breathable, you'll get wet from the inside out instead of vice-versa, over-trousers with side zips all the way up to the hips will allow you to easily get them on and off over your boots, Gore-Tex is always good.

Socks - buy the best hiking socks you can afford, a heavy pair for cold weather and lighter ones for warm

Hat/sunhat

Gloves

Recommended Extras

Spare hat, socks and gloves, sun cream, survival bag (either a bevy bag or an aluminium type survival bag), large plastic bag to line your backpack and stop your stuff getting wet, small waterproof folding mat to sit on, gaiters for swampy ground (they come in knee-high or calf length). Change of clothes for when you get back to your car.

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Protecting our Environment

It is our official club policy to Leave No Trace

TAKE LITTER HOME, this means EVERYTHING, orange peels and banana skins take 2 years to biodegrade, plastic bags - 10 to 20 years, plastic bottle - 450 years (plastic will live on even after this in the form of micro plastics).

Concentrate use on existing trails, be courteous and yield to other users on the trail.

Respect Wildlife: observe from a distance. never feed, avoid during mating, nesting etc.

Synthetic clothes, fleeces in particular are one of the worst offenders at putting micro-plastics into our water supply and food chain. People are being encouraged to change to clothes made of natural fibres but unfortunately nearly all mountaineering clothes are synthetic (except for merino wool which is a fantastic product). To cut down on environmental damage it is recommended to wash synthetic clothes in cold/cool water (30 degrees max) with liquid not powder detergent. Fleeces and outer-layers don't need washing often, they can be hung outside to air instead.

Try to use paper lunch bags, stainless steel water bottles etc instead of plastic.

Quick Checklist

Rucksack/Backpack

Packed lunch

Drinks

Boots

Wicking base-layer or T-shirt

Extra top layers e.g. fleeces

Trousers or leggings.

Waterproof jacket & leggings

Socks

Hat/sunhat

Gloves

First-Aid kit

Change of clothes