

Cork Gay Ramblers Social Hillwalking Club is a group for people within the community who have an interest in rambling and hill walking and who would like to share that interest and experience with others. Previous experience of hillwalking is not required and everyone is welcome.

The walks will be facilitated by members who are volunteers and who have some prior experience of rambling and hillwalking. These facilitators are not trained Walk Leaders and the emphasis on the walks will be on safety and enjoyment.

The plan is to have a facilitated hike on the second Sunday of each month from February to December. Meetings and social events will be organised and advertised during the year.

Meeting time: 9.00am city centre location TBC

Booking: Through Gay Project

Cost: €5.00 to cover driver transport costs

To reduce the number of cars travelling to the walk starting point and costs involved please indicate when booking a place on a walk if you are able to drive and offer spaces for carpooling from the meeting point to the starting point for the walk.

The Essential Gear Guide

Participants must wear and carry the appropriate gear and individuals should be prepared at all times for unexpected weather and events.

Safety is paramount, so **DO NOT** endanger yourself or the group by being unprepared.

Walkers should bring with themselves the following essential items:

- Strong walking boots, with good ankle support.
- A hooded waterproof coat and over-trousers are highly recommended.
- Suitable trousers. These must not be jeans, which once wet become very heavy and cold and do not dry out quickly enough.
- Plenty of warm clothing, including a jumper, gloves and a warm hat.
- Sufficient liquids appropriate to the grade of walk.
- Sufficient food appropriate to the grade of walk.
- Torch with a battery, a back up battery and spare bulb
- High-viz vest or a item of clothing with a reflective band.
- An appropriate sized backpack/rucksack for carrying gear and equipment.

The Walk Facilitator has the right to refuse anyone who is not adequately equipped or anyone who in the Facilitator's opinion is unfit to walk.

The following are useful and recommended

- Relevant map (preferably OS Discovery Series 1:50000)
- Compass.
- Whistle
- Watch
- Survival bag
- Individual first aid kit to cater for personal conditions, e.g. inhalers
- Emergency rations such as chocolate
- Walking sticks/poles
- Some form of personal identification and the name of someone who can be contacted in the event of an accident, e.g. parents, friends.

A separate change of clothes for the journey home is strongly recommended.

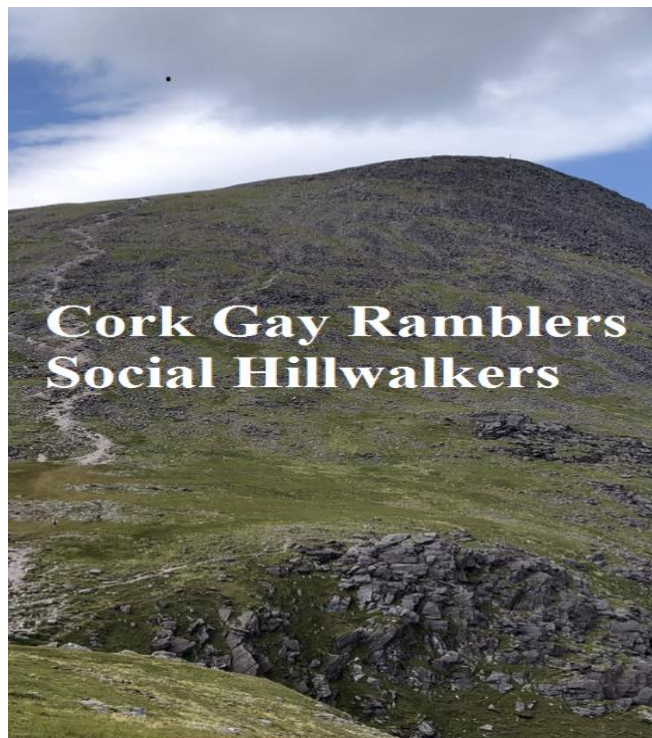


Most walks Meet 9.00am City Centre
Venue given with booking

Please book by the Thursday before each walk.

Each walk will take between 3-6 hours inclusive of breaks. Bring a change of clothes and some change for a tea/coffee/light bite to eat on the way home.

Meetings and social events will be organised and publicised during the year. Keep an eye out for Gay Project media feeds for further details.



Walk: Second Sunday of each month

Meeting time: 9.00am city centre location TBC

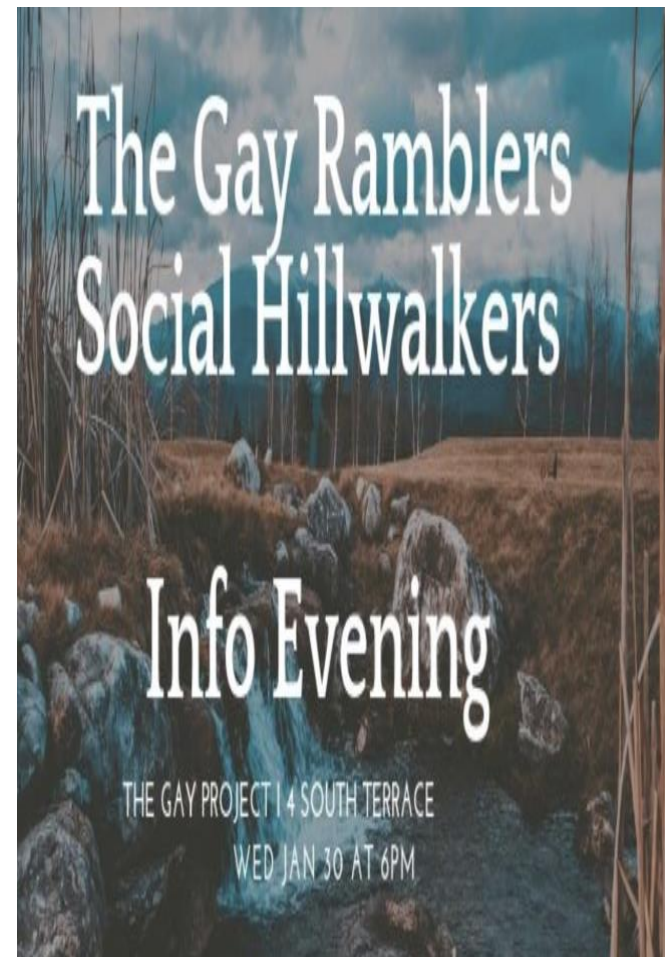
Booking: Please book by the Thursday before each walk

Email: hillwalking@gayproject.ie

Phone: 021-4300430

Cost: €5.00 to cover driver transport costs

Cork Gay Project recognises that walking is an activity with a potential risk of personal injury. Participants should be aware of and accept these risks and be responsible for their own actions and involvement.



Cork Gay Project
4 South Terrace,
Cork.

Email: hillwalking@gayproject.ie

Telephone Number: 021-4300430