

## The Irish Munros Challenge

On the 1<sup>st</sup> May 2019 it will be exactly 10 years since 10 members of the NICS Ramblers last took on this challenge.

A Munro is a mountain over 3000 ft (914.4 m) with a drop of at least 250 ft on all sides. In Ireland there are only 7 of these.

|                |          |                                 |
|----------------|----------|---------------------------------|
| Carrauntoohil  | 3,409 ft | Macgillycuddy's Reeks, Co Kerry |
| Beenkerragh    | 3,314 ft | " "                             |
| Caher          | 3,284 ft | " "                             |
| Cnoc na Peiste | 3,241 ft | " "                             |
| Brandon        | 3,123 ft | Dingle Peninsula, Co Kerry      |
| Galtymore      | 3,015 ft | Co Tipperary                    |
| Lugnaquilla    | 3,035 ft | Co Wicklow                      |

The challenge is to ascend the 7 of these in 5 days of walking. All of this is subject to reasonable weather. Depending on weather we may also seek to do the Beenkerragh Ridge (for those with a good head for heights).

All but one of the days is a little harder than doing Donard. The long day will be when we do 3 of the 4 Munros in the Magillycuddy Reeks (there is an option to cut this short if necessary). We will be setting a reasonable pace to suit the average hill walker's ability. A small group of no more than 10 is envisaged.

The proposed Programme for the 6 days is as follows:

### **Friday 17<sup>th</sup> May**

Travel to O'Connor's Bar & Guest House in Cloghane, Dingle Peninsula  
Dinner 7.00 pm

### **Saturday 18<sup>th</sup> May**

Breakfast 8.00 am  
Depart 9.30 am - Start walk at 10.00 am - Brandon - Walking time 5 to 6 hours  
Finish walk 4.00 pm. - Travel to Hotel/ B&B Killarney Area - Dinner 7.00 pm

### **Sunday 19<sup>th</sup> May**

Breakfast 7.45 am  
Depart 8.30 am - Start walk 9.00 am - Caher, Carrauntoohil & Cnoc na Peiste  
Walking time 8 - 9 hours - Finish 6.00 pm - Hotel/ B&B 6.30 pm - Dinner 8.00 pm

**Monday 20<sup>th</sup> May**

Breakfast 7.45 am

Depart 8.30 am - Start walk 9.00 am - Beenkerragh (and ridge - weather permitting) - Walking time 7 hours - finish walk 4.00 pm - Travel to Fermoy, County Cork (85 miles) for 6.00 pm latest - Dinner 7.30 pm.

**Tuesday 21<sup>st</sup> May**

Breakfast 7.45 am

Depart 8.30 am - Start walk 9.00 am - Galtymore - Walking Time 5 - 6 hours - Finish Walk 2.30 pm - Travel to Glenlamure Lodge, County Wicklow ( 3 hours 110 miles) arrive 5.30 pm. Dinner 7.30 pm

**Wednesday 22<sup>nd</sup> May**

Breakfast 8.15 am

Depart 9.00 am. - Start walk 9.30 am - Lugnaquilla - Walking time 6 - 7 hours  
Finish 4.00 pm - Depart for home

**COST**

The budget cost will be for 5 night's dinner, B&B. As soon as we have confirmed numbers we will proceed to book for en-suite accommodation with the immediate priority being O'Connor's Bar & Guesthouse in Cloghane and Glenlamure Lodge in Wicklow which tend to book up very quickly.

There will be additional cost for lunch and transport. Hopefully it will be possible to share transport and so reduce this aspect.

**EXPRESSIONS OF INTEREST**

I would be grateful if you would let me know if you are interested in coming **by Friday 26<sup>th</sup> October 2018** at the latest followed by a deposit of £50 made payable to NICS Ramblers to me at my home address below. These deposits will go towards the cost of accommodation and refundable in the event of cancellation except if notified too late to avoid charges by our hosts.

Colin McWhirter

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