



June Programme

- Meet:** Outside the Irish Press Offices, Burgh Quay.
Time: 10.15 a.m. Bus leaves at 10.30a.m. sharp.
(New time until September)
Bring: Rainwear, flask, sandwiches, torck and reflective armbands.
Wear: Hiking Boots. **RUNNERS NOT ALLOWED**
Transport: Private bus @ new price of £5.00 per head — no commuters
— no dogs.

NOTE:

Leaders have the right to refuse anyone who is not adequately equipped.
Our liaison officers, Dave Rooney 344811 (H)
or Pat Heffernan 8441287 (H) will be glad to answer any queries.

SUNDAY HIKING PROGRAMME

Sunday 6th June No hike due to Donegal weekend trip.
(Bank Holiday Weekend)

Sunday 13th June Glendalough — Spinx — Lugduff — Conavalla —
3 Lakes — Table Track — Glenmalure
Leader: Tony Moore

Sunday 20th June Bray — Little Sugar Loaf — Great Sugar Loaf —
Rocky Valley — Bray
Distance: 12 miles
Leader: Paddy Doyle
Transport: Dart (10.51 a.m. depart)
Alternative meeting point: Bray Dart Station
11.30 a.m. SHARP.

Sunday 27th June INTRODUCTORY HARD HIKE in the Cooley Mountains.
Annaverna — Ben Rock — Clermont Cairn —
Carnavaddy — Windy Gap — Foxes Rock —
Slieve Foye
Leader: Sean Dunne
Departure Time: 10.30 a.m.
Cost: £7

ORIENTEERING

Sunday 13th June

Malahide Castle, Co. Dublin (GR 0 22 45)

Meet at Irish Press Office, Burgh Quay at 10.30 a.m.

TRANSPORT

By cars. Or why not cycle, enter and do event, have lunch and cycle home.

Contact: DEIRDRE NI CHOILEAIN at 8423656 (H).

Sunday 11th July

Combined Orienteering Event with the
Irish Ramblers Club.

Meet: Outside The Irish Press Office at 10.30a.m.

Laragh Wicklow Heather at 11.15a.m.

HELP

Your Club needs you. Help is very simple. We are looking for help from all members.

- (1) To check people in at the start
- (2) Give start times.
- (3) Mark cards
- (4) Starting point: Let people off at 2 minutes intervals.
- (5) Finish: Mark cards at finish.

You do not need a B.A. or even a Leaving Certificate. There are still plenty of desirable vacancies and the success of this event depends on you.

Have you offered to help yet?

COME TO THE MEETING

Two dates to remember:

- (1) *Helpers/Organisers Meeting*
An Oige Headquarters Mountjoy Street
Date: 15th June 1993 at 8.00 p.m.
- (2) *Talk/Lecture about Orienteering*
Venue as above.
Date: 29th June 1993 at 8.00 p.m.

LONG WALKS

Benbulbin Challenge

Organiser: Sligo Mountaineering Club
Date of walk: Sunday 1st August 1993
Starting time: 07.30 to 08.30
Distance: 28 km (18 miles)
Total ascent: 1,220 m (4,000 ft.)
Map: O. S. sheet 16, 1 : 50,000
Estimated walking time
(not including breaks): 7.5 hours

Details of Walk

All walkers must gather at the *Yeats Tavern*, Drumcliff, Co. Sligo (G674423) between 07.30 and 08.30. They will then be transported by bus to the start of the walk at Gorteendarragh Forest (G839538). The walk crosses over the Darty Hills, goes into the Glenade valley, ascends to Truskmore peak and over the Benbulbin plateau. It finishes at the road south west of Benbulbin Head (G683450).

Entrance Fee: £2

Bus: £2

For further information contact: Joseph Gilvarry at 574636 (H)

RECONNAISSANCE/RECKY LIST

People on this list are keen and interested in gaining more experience on Leadership. Hike leaders please invite the person or persons on this list on a Reconnaissance/Recky of your Hike. Or if you are simply checking a route or practising your navigation, consider the assistance and leadership skills (route choice, group awareness, map & compass) that may be obtained from a reconnaissance and ask one of the following people along.

Joan McDonald TEL: 6288287 (W)

Pauline Morley TEL: 535066

LEADERS URGENTLY WANTED.

CONTACT MARTIN FAGAN AT 874 3082 (H) AFTER 7 P.M.

WEEKENDS AWAY

Walking Weekend To Donegal 4th - 7th June

Walks planned to include:

The Ridge of the North,
Muckish,
Aghla Mor,
Aghla Beg,
Maghoat,
Errigal,
The Poisoned Glen
and The Sperrins.

Cost: £40.00 to include three overnights in
Errigal Youth Hostel and transport.

Leaders: Tony Crean and Jim Barry.

Bookings: An Óige Office Tel: 304555