



# THE HILLWALKER



**From the archives**  
Above: Hillwalkers during a Sunday Hike on Scalp in 2008.  
Photo: Brian Madden  
Left: Hillwalkers in Scotland 2008

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## HIKE PROGRAMME June 2010

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**MEET:** Burgh Quay  
**DEPART:** Sundays at 10.00 am  
**TRANSPORT:** Private Bus  
**COST:** €12.00 (unless stated otherwise)

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**2nd pick-up point:** *On the outward journey, the bus will stop briefly to collect walkers at the pick-up point. Should the bus be full on departure from Burgh Quay, this facility cannot be offered.*

**2nd drop-off point:** *On the return journey, where indicated, the bus will stop near the outward pick-up point to drop off any hikers. We regret this is not possible on all hikes.*

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**Sunday, 6 June 2010**  
**NO SUNDAY HIKE**  
**due to June Bank Holiday**  
**trip to Kerry**

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**Sunday, 13 June 2010**  
**---West Wicklow**  
**★ Introductory Hike ★**

**Leader:** Philip Hayden  
**2<sup>nd</sup> pick-up & return drop off points:** Beside the pond in Sean Walsh Park on the Tallaght Bypass.  
**Route:** Road Junction (GR 993 124) \* Road/Track \* Lugnagun \* Sorrel Hill \* Ballynultagh Gap \* Black Hill \* Mullaghcleevaun Mtn \* Carrignagunneen Mtn \* Gowlan Brook \* Forest Track \* Ballinagee Bridge.  
**Distance:** 18km **Ascent:** 900m  
**Maps:** OS 56, Harvey

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**Saturday, 19 June 2010**  
**---Ring of Imaal Marathon Walk**  
Frank Rooney will be available to lead any Ring of Imaal participants who do not want to self-navigate. Departure time from Donard Primary School will be at 7am. Entry cost is €25.00  
Enquiries to Frank @ 087-1742119.

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**Sunday, 20 June 2010**  
**NO SUNDAY HIKE**  
**due to Ring of Imaal Marathon Walk**  
**on previous day.**  
*Further Information on page 3.*

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**Sunday, 27 June 2010**  
**---Cooley Mountains \* NEW ROUTE!**

**Leader:** Chris Burne  
**2<sup>nd</sup> pick-up & drop-off points:** Bus Stop on Swords Bypass GR 185 463 (located ON THE BYPASS just south of the footbridge which is adjacent to the R106 Swords to Malahide road roundabout and very near to the Pavilion Shopping Centre)  
**Route:** GR 187 093 (The Grange) \* Barnavave \* Slieve Foye \* Carlingford Mt. \* Eagles Rock \* Split Rock \* Ravens Rock \* Windy Gap \* Slieve Trasna \* Tain Trail \* The Lumpers Pub, Ballymacellett, Ravensdale.  
**Distance:** 17km **Ascent:** 850m  
**Map:** OS 36  
**Note:** Cost will be **€15** for this trip and the bus will depart at the earlier time of **9.30am**.

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**Sunday, 4 July 2010**  
**---Killakee Circuit**  
**★ Introductory Hike ★**

**Leader:** Tom Milligan  
**2<sup>nd</sup> pick-up & drop-off points:** Bus Stop at Rathfarnham Castle, before the Yellow House.  
**Route:** Killakee car park (O 121 223) \* Killakee Mtn. \* Glendoo \* Knocknagun \* Prince Williams's Seat \* Glencullen Forest \* Glencullen River \* Tibbradden \* Cruagh Forest \* Killakee car park.  
**Distance:** 18km **Ascent:** 650m  
**Maps:** OS 50, 56

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### ★ Introductory Hike ★

This hike is tailored for non-members who are considering joining the Hillwalkers Club. It offers the opportunity to sample a typical Hillwalkers hike, as well as meeting club members.

Interested individuals should equip themselves appropriately for a day in the hills: adequate hiking boots, waterproof coat and leggings, hat, gloves, lunch and hot / cold drinks. In order to enjoy the hike, you will need a good level of fitness.

Membership forms will be available, should you wish to join the club on completion of the introductory hike. Enquiries: 086-3563843

### GENERAL HIKE NOTES

**PARTICIPATION** Mountaineering is an activity with a danger of personal injury or death. Participants should be aware of and accept these risks. People who take part in our club activities do so at their own risk and are responsible for their own actions and involvement.

**INTRODUCTORY HIKES** An Introductory Hike is organised once per month for aspirant members. Any participant on these hikes must enter their name in our hike log on the bus.

**CO-ORDINATION** If necessary, tickets are given out on Sundays to ensure that participants reserve a bus place as they arrive.

**LEADER** The leader has the right to refuse anyone who is not adequately equipped (e.g., without appropriate boots, rainwear, food, torch, hat, gloves, etc).



The leader may alter the route from that described in the program.

The leader sets the pace of the hike and walkers are expected to obey the leader's instructions at all times.

**EQUIPMENT** It is essential to bring good rain gear (both jacket and overtrousers) and to leave cotton t-shirts and jeans at home! Boots must be sturdy with proper ankle support and a rigid non-slip sole such as Vibram.

**WALKING STICKS AND RUCKSACKS** Remember that walking sticks and rucksacks cannot be brought onto the bus and must be stowed away in the boot during the journey.

Club members interested in leading a hike, please contact Gerry Walsh:  
[hillwalking@hotmail.com](mailto:hillwalking@hotmail.com)

## CHARITY WALK Dublin Simon Community

**Mick Heneghan and friends are doing a sponsored walk in aid of the Dublin Simon Community from Thursday, 24th of June to Sunday, 27th of June.**

**The walk will take the Wicklow Way Route from Moyne to Marley Park.**

**1st night stop: Glenmalure Lodge**

**2nd night stop: Glendalough Hostel**

**3rd night stop: Knockree Hostel**

**Anyone wishing to partake in this walk or who wish to support or help, please contact Mick at 01-6570244.**

## RING OF IMAAL Saturday, 19 June 2010

The walk will commence from Donard National School, Donard Village, Glen of Imaal, Co. Wicklow.

**Registration Times:** 7.00 am to 8.15 am only.

**Entry Fee:** €25.00

The event, which can take from 8 to 11 hours to complete, is for experienced and fit walkers with map and compass skills.

**Route:** Donard Village - Davidstown - Brusselstown Ring - Keadeen Mtn - Ballinfoyle - Ballinabarney Gap - Ballineddan Mtn - Slieve Maan - Lugnaquilla Mtn - Camenabologue Mtn - Table Track - Table Mtn - Wexford Gap - Cavanagh's Gap - Lobawn - Track to Bolton's Yard - Road walk back to Donard National School.

**Checkpoints:** Brusselstown Ring - Base of Keadeen - Keadeen Mtn - Ballinabarney - Slievemaan - Lugnaquilla - Table Track - Lobawn - Donard National School.

PLEASE NOTE that the walk route may be altered without advance notice at the discretion of the organizing committee.

Participants will be expected to have reached Table Track by no later than 5.00 pm.

Certificates of Participation will only be awarded to walkers who have had their checkpoint card signed by an authorised official at each of the designated checkpoints. The card must then be presented to an authorised official at Donard National School on completion of the walk before a certificate can be issued.

**Total Distance:** 35 kilometres

**Ascent:** 1800 metres

To obtain a **Registration Form** as well as a copy of the **Conditions of Entry**, email [marketing@anoige.ie](mailto:marketing@anoige.ie) or phone 01-8826727.

Both completed registration form and fees should be posted to: Ring of Imaal Marathon Walk 2010, c/o An Óige Head Office, 61 Mountjoy Street, Dublin 7.

Payments by either Credit or Laser cards will be taken at An Óige Head Office (01-8304555) once completed registration form has been received by post.

**Information Contact:** James Barry through An Óige Head Office (01-8304555); alternatively call mobile no. 087-2737338 (evenings only) or email [barryja@eircom.net](mailto:barryja@eircom.net).

## HIKING MISCELLANY

### A Collection of Hillwalking Related Stories

*In the absence of an article, this edition features a random collection of news items and other stories loosely related to the activity of hillwalking. Some are more serious than others, but the main reason for their inclusion here is to provide some light reading during the extended daylight hours in June!*

#### **Swiss man fined for nude hiking wins appeal against 'indecent behaviour'**

A Swiss man, who was fined for hiking in the nude, has won an appeal on the 100-franc he was asked to pay after a court decided the charge of "indecent behaviour" did not apply.

The 47-year-old man refused to pay the fine, imposed on him after a woman, who saw him, complained to the authorities about his "indecent behaviour".

He went to the court in eastern Switzerland's Appenzell Ausserrhoden canton to defend his right to hike naked.

The nudist's lawyer argued that his client was not behaving in an indecent manner, and that the woman must have followed him to observe his actions.

In addition, the lawyer noted that the canton's penal code did not prohibit hiking naked.

The hiker said he has been hiking nude over the past two years, and that he had always stuck to little used tracks, without any problems.

"We're not exhibitionists, we just want to be free," the Telegraph quoted the hiker's legal representative, who is also a nude hiker and who asked not to be named to protect his family members from harassment, as saying.

The court waived the fine on the nudist and instead ordered the state to cover legal costs of 2,000 francs.

Prosecutor Christian Boetschi says he has not decided whether to appeal the decision,

and that the ruling should not be seen as giving blanket permission to hike nude in the area.

Hiking naked off busy trails is not a crime in Switzerland. But the unidentified hiker chose a path that passed a Christian rehabilitation centre and a woman reported him to police.

#### **Hiking Joke - oh, really???**

One day, three men were hiking and unexpectedly came upon a large raging, violent river. They needed to get to the other side, but had no idea of how to do so.

The first man prayed to God, saying, "Please God, give me the strength to cross this river."

Poof! God gave him big arms and strong legs, and he was able to swim across the river in about two hours after almost drowning a couple of times.

Seeing this, the second man prayed to God, saying, "Please God, give me the strength and the tools to cross this river."

Poof! God gave him big arms and strong legs and a rowboat and he was able to row across the river in about an hour, after almost capsizing the boat a couple of times.

The third man had seen how this worked out for the other two, so he also prayed to God saying, "Please God, give me the strength and the tools ... and the intelligence to cross this river."

And God turned him into a woman. She looked at the map, hiked upstream a couple of hundred yards, and then walked across the bridge.

#### **Mount Everest has been seriously polluted by climbers**

Despite the stories, the summit itself is not littered with discarded oxygen bottles and other trash. The place that has been dubbed the world's highest rubbish tip is the South Col, at 7,920 metres, from where climbers on the Nepalese side of the mountain make their final push for the summit. Here, abandoned tents have been battered by winds that twist and break the aluminium poles, ripping the nylon sheaths as they flail incessantly. Oxygen canisters and other detritus scar the area, along with piles of human faeces, frozen into the rock and ice.

But other, more sinister memorials of man's determination to reach the highest point on earth lie up there. Bodies of fallen climbers have become part of the mountain's landscape, even to the extent that they have taken on the role of trail markers. Scott Fischer, the American leader who died in the famous storm of 1996 that claimed seven other lives on the same day, is still to be seen at the Balcony at 8,350 metres.

Of around 300 climbers that have died on Everest, 150 have never been officially accounted for and the Nepalese are keen that Sagarmatha, Goddess of the Sky, should not become a giant burial ground.

The staunchly religious and highly superstitious Sherpa people are not comfortable in the presence of death. Despite that, as part of the 2010 Eco Everest Expedition which is aiming to clear the mountain of rubbish, 10 high-altitude Sherpas will be bidding to bring down everything they can, including bodies. It is hoped that the team can retrieve Fischer's remains and those of Swiss climber Gianni Goltz, who perished in 2008, and bring them down to Base Camp.

### Where do you go to my lovely ...?



### NOT a Hiking Story: the HHGTTG

*The Hitchhiker's Guide to the Galaxy* is a science fiction comedy series created by English writer, dramatist and musician Douglas Adams. Originally a radio comedy broadcast on BBC Radio 4 in 1978, it was later adapted to other formats, and over several years it gradually became an international multi-media phenomenon.

Adaptations have included stage shows, a "trilogy" of six books with the first five published between 1979 and 1992 and the sixth by Eoin Colfer published in 2009, a 1981 TV series, a 1984 computer game,

and three series of three-part comic book adaptations of the first three novels published by DC Comics between 1993 and 1996. There were also two series of towels, produced by Beer-Davies, that are considered by some fans to be an "official version" of *The Hitchhiker's Guide to the Galaxy*, as they include text from the first novel.

### Walking is good for you...

Walking can add minutes to your life. This enables you at 85 years old to spend an additional 5 months in a nursing home at €3000 per month.

My grandmother started walking five miles a day when she was 60. Now she's 97 years old and we don't know where the hell she is.

I joined a health club last year, spent about 400 euro but haven't lost a pound. Apparently you have to go there.

I have to exercise early in the morning before my brain figures out what I'm doing.

I like long walks, especially when they are taken by people who annoy me.

I have flabby thighs, but fortunately my stomach covers them.

The advantage of exercising every day is that you die healthier.

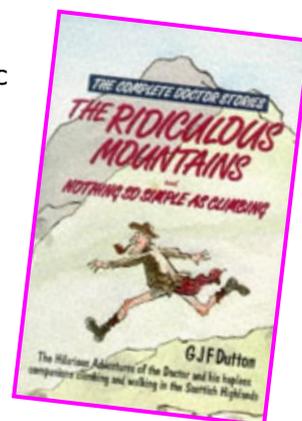
If you are going to try cross-country skiing, start with a small country.

And last but not least: I don't exercise because it makes the ice jump right out of my glass.

### The Ridiculous Mountains

By GJF Dutton

"This book is almost unknown but it's very amusing and a fantastic book if you're even remotely considering going hill walking in Scotland. It's a series of very funny stories about the narrator and his friends, including an eccentric character known as 'the doctor'. Their walking expeditions invariably begin and end in the pub."



## UPCOMING TRIPS

**JUNE / JULY 2010**

### Northern Scotland

Flights to Scotland; hostel accommodation; hiking in the area of Ullapool and Cape Wrath. Trip limited to 16 people.

**Organiser: Mark Campion**

**Due to a recent cancellation, there is still one female space available on this trip!**

More details on page 8.

## SOCIAL CORNER

### Night at The Dogs

**Date:** Thursday, 24 June 2010

**Venue:** Shelbourne Park

**Cost:** 15 Euro p.p.

#### What You Get

- Reserved Seating
- Finger Food
- A good laugh



#### **Bookings are Final**

#### **Money Paid at Time of Booking**

People deciding late can come independently and take your chance on seating.

It's being organised by Steve Buckney but, as he'll be away a lot, send your text to **Don Reilly** on **087 9706310** and be prepared to get the money to him straight away.

## NEW WICKLOW MAPS

East West Mapping have followed the Dublin Mountains map, published in 2009, with two further maps, Wicklow Mountains West and Lugnaquilla. A fourth and final map, Wicklow Mountains East is planned for 2011. All maps are on a scale of 1:30,000 (same as the Harvey map). The 2009 map has proved to be very accurate and the same would appear to be the case with these new maps.

The appearance of the maps is very attractive and not too cluttered. They are printed on high quality paper, which is water and tear resistant, at least up to a point!. Surveying was carried out on foot and by bike over the years 2008-2010 and the maps depict the network of tracks, paths, forests & hills of interest in detail. Many historical sites are plotted and named and a number of new place names not published on publicly available maps are included. Examples of this, some known to hillwalkers, are Three Cross Pass for Shay Elliott, Mottie Mountain for Croaghanmoira and perhaps less well known Mweeleen for Trooperstown Hill.

Recent additions to the mountains such as the Drumgoff Recreation area off the Military Road are included. A particularly pleasing feature are the forest and mountain tracks, which can be quite hit and miss on the OS maps.

A minor quibble I would have is the substitution of unusual spellings for well established ones such as Carrigvoher for Carrigvore at Sally Gap, or Shileshawn for Silsean near Ballyknockan. These however are few and far between. All in all, welcome additions to the already impressive range of maps available for the Wicklow area and sure to supersede all of these, at least as far as the hillwalker is concerned.

The maps are available for purchase direct at [www.eastwestmapping.ie](http://www.eastwestmapping.ie) and in booksellers in due course. Priced very reasonably, inc P&P, at €11.45 each, or €29 for all three maps.

*Garry Byrne*

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## CHALLENGE WALKS

The Walkers Association are posting regular updates on these walks on their website. Make sure to check for important new information there or follow the contact details given for each event.

**12 June 2010**

### Gus Tobin Galty Marathon

Register: Register at the Foot Pub from 7.30am to 8.15am. Entry Fee (including transport to start): €15 (over 18s only)

Route: Com Bán Wood (Start Checkpoint), Temple Hill (Checkpoint), Lyragappul, Galtymore (Checkpoint), O'Loughnan's Castle, Greenane (Checkpoint), Spot Height 597 (Checkpoint), The Foot Pub (Final Checkpoint).

Please use the bus transport to the start of the walk - where parking spaces are minimal. Refreshments will as usual be provided at the end.

For information please contact:

Seán Costello: 087-1230617  
[seancostello021@eircom.net](mailto:seancostello021@eircom.net);

**Distance:** 26 km **Ascent:** 1,400m

<http://www.walkersassociation.ie/node/124>  
<http://tyndallmountainclub.blogspot.com/>

**19 June 2010**

### Ring of Imaal

Commencing from Donard Village, Co. Wicklow, this event is for experienced and fit walkers with map and compass skills.

**Distance:** 35 km **Ascent:** 1,800m

**3 July 2010**

### Comeragh Crossing

A very popular walk in a lovely part of the country.

**Distance:** 35 km **Ascent:** 1,150m

<http://www.walkersassociation.ie/node/238>

**17 July 2010**

### Joyce Country Challenge

A beautiful walk on a wonderful delightful day of mountain plateaus, arêtes and incredible views.

**Distance:** 30 km **Ascent:** 1900m

<http://www.walkersassociation.ie/node/607>

**7 August 2010**

### Mourne Seven Sevens

Climbing the seven higher summits above 700m and more by any route desired by participants.

Spartan Red Sox Walking Club

<http://walkersassociation.ie/node/246>

**Distance:** 26 km **Ascent:** 1,400m

<http://www.walkersassociation.ie/node/246>

### We would like to hear from you!

Whether you ...

- wish to contribute an article ...
- have read an interesting book you'd like to recommend to club members ...
- would share your favourite hikes ...
- want to comment on any club matters ...

**Why not get in touch?** Write or email:

Barbara Sudrow, 24 Glenmalure Park, Dublin 8,  
[barbarasudrow@eircom.net](mailto:barbarasudrow@eircom.net)

### Committee 2009-2010

*Chairman*

Frank Rooney

*Secretary/Project Support*

Betty Kehoe

*Sunday Hikes*

Gerry Walsh

*Treasurer*

Jim Barry

*Training Officer*

Donal Finn

*Membership/Weekends*

Mark Campion

*Club Promoter*

Barbara Monaghan

*Newsletter Editor*

Barbara Sudrow

### Special thanks to:

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*Distribution*

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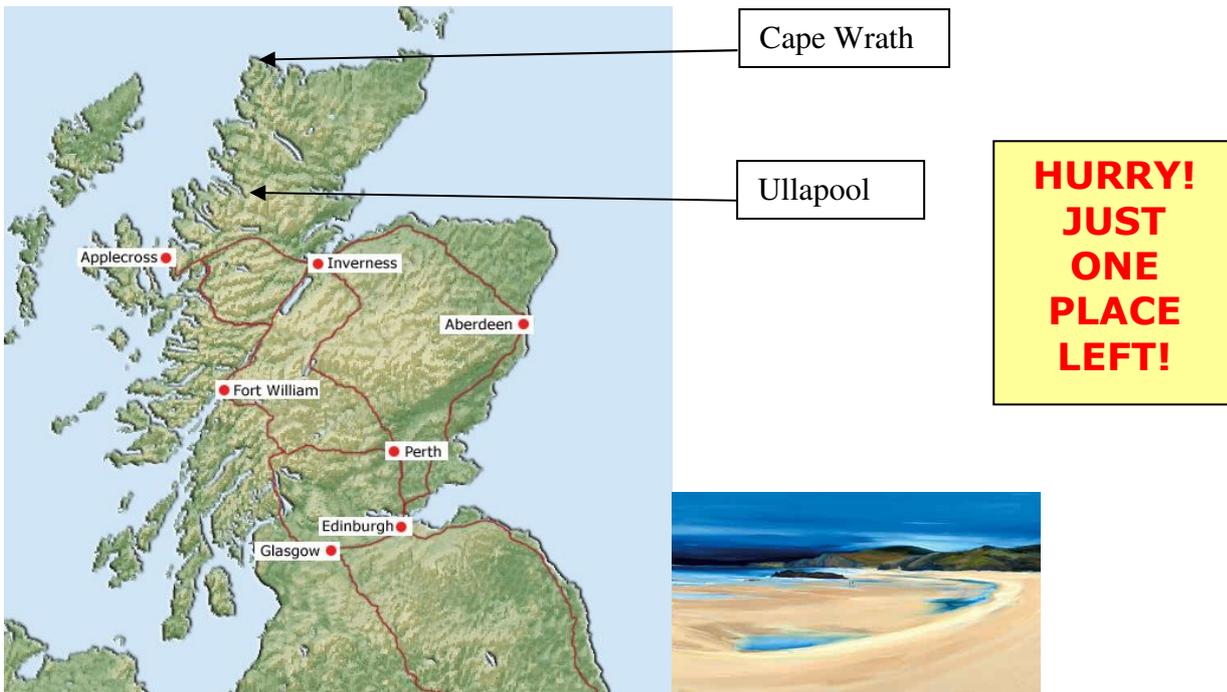
# Scotland's Far North

Mark Campion is organising a week in the far north of Scotland this summer.

The maximum number of people is 16 and the trip is open to hillwalkers and fit mods.

We will leave on Sunday June 27 and return on Sunday July 4. We will fly to Scotland and transport over there will be via hired cars.

We will be staying in hostels and hiking mainly in an area between Ullapool and Cape Wrath. This is an area of outstanding beauty and, by dint of its location, is relatively wild and quiet. The coastline is exceptionally rugged and the hills are breath-taking...many of them are literally huge rock structures suddenly thrust up from the lower moors. See the pics below.



The cost will be about €230 excluding flights and food. At the moment the flights are working out at about €80 without checking in a bag. Email me on [markmjcampion@gmail.com](mailto:markmjcampion@gmail.com) if you'd like to go and I'll give you flight details.

