



An Óige Hillwalkers Club

April & May 2010

<http://www.hillwalkersclub.com/>

THE HILLWALKER



Hillwalkers braving the snow while descending towards Jacob's Ladder, Peak District, Easter 2010. Photo: Annemarie Keoghan

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HIKE PROGRAMME

April & May 2010

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

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.*

Sunday, 25 April 2010 ---Djouce to Pier Gates

Leader: Bill Fine
2nd pick-up & drop-off points: Bus stop before Loughlinstown Roundabout.
Route: Forest Corner (GR 210 107) * Wicklow Way Track * Djouce * Coffin Stone * Sheepbank Bridge * Cloghoge River * Luggala Mtn * Cloghoge Brook * Knocknacloghoge * Green Road * Pier Gates.
Distance: 17km **Ascent:** 800m
Maps: OS 56, Harvey

Sunday, 2 May 2010 ---MAY BANK HOLIDAY

Local hike using public transport

Leader: Brendan Dempsey
Route: Kilmacanoge * Rocky Valley * Maulin * Crone Wood * Enniskerry.
Meet up at usual time (10am) at the usual location (Burgh Quay).

Sunday, 9 May 2010 ---Sally Gap to Lackan

★ **Introductory Hike** ★

Leader: John Barry
2nd pick-up point: Bus Stop at Rathfarnham Castle, before the Yellow House.
Route: Sally Gap * Carrigvore * Gravale * Duff Hill * East Top * Mullaghecleavaun * Billy Byrne's Gap * Black Hill * Kilbeg * Poulaphuca Shore * Lackan.
Distance: 18km **Ascent:** 800m
Maps: OS 56, Harvey

★ **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

**May Hike Programme
continued on page 3!**

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.



Sunday, 16 May 2010
---Annual J.B. Malone Memorial Walk

Leader: Ciaran King

2nd pick-up & drop-off points: Bus stop before Loughlinstown Roundabout.

Route: Ballinastoe Wood Lower (GR 194 078) * J.B.Malone Memorial * White Hill * Djouce * Coffin Stone * War Hill * Dargle River * Tonduff South * Maulin * Crone Wood * Knockree Y.H.

Distance: 16km **Ascent:** 750m

Maps: OS 56, Harvey

Sunday, 23 May 2010
---New Drumgoff Forest CP to Glenmalure

Leader: Pearse Foley

2nd pick-up & drop-off points: Bus stop before Loughlinstown Roundabout.

Route: Coillte CP at T 093 889 on the Military Road * New Mountain Access Route to Carrawaystick * Carrigasleggaun * Lugnaquilla * Clohernagh * Zig-zags * Glenmalure.

Distance: 17km **Ascent:** 720m

Maps: OS 56, Harvey

Sunday, 30 May 2010
--- Ballinagee Bridge to Glen of Imaal

Leader: Gerry Walsh

2nd pick-up & drop-off points: Beside the pond in Sean Walsh Park on the Tallaght By-pass.

Route: Balinagee Bridge * King's River * St. Kevin's Way * Gleenreemore Brook * Knocknadroose * Carrig * Three Lakes * Table Mountain * Wexford and Kavanagh Gaps * Lobawn * Captain Bolton's Yard * Road * Donard.

Distance: 18km **Ascent:** 620m

Maps: OS 56, Harvey, Army Warden's Service Map.

Please note: The section * *Table Mountain * Wexford and Kavanagh Gaps * Lobawn * Captain Bolton's Yard * Road * Donard* * of this hike will comprise part of this year's Ring of Imaal Marathon Walk which will take place on 19 June 2010.

Further details on this page.

Club members interested in leading a hike,
please contact Gerry Walsh:
hillwalking@hotmail.com

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 - Ballinboyle - 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 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.

EASTER TRIP 2010

Isle of Arran: 'Scotland in Miniature'

Arran is a beautiful island and regarded by many as 'Scotland in Miniature', with its mountainous northern half and more gentle and rolling southerly half.



Simon Craigie talks about the weekend adventure away to Lochranza on the Isle of Arran, between Ayrshire and Kintyre, Scotland.

Preface: I shouldn't even have been on the trip so you really are lucky to be reading my quality account! ☺ I booked my trip at the last minute and have a wise quote here for you to think about: "It's a great pleasure in life doing things people say you can't do".

Day 1: Thursday

On Thursday 1st April we left Dublin Airport at 8 a.m. and flew into Prestwick in South Ayrshire where I was amazed with the snow on the hills and the mountains.

The airport was full of people as usual, breathing in and out, managing the stress levels at such a busy airport. We finally got on board managing to escape any excess baggage or weight levies that Ryanair love to impose. This involved wearing an extra jumper plus wearing hillwalking boots on to the flight as well as stuffing the jacket pockets with the spare socks and rosary beads...

Flying

After doing our shopping we hopped on the ferry and while on the ferry I went out on deck for a quick photo shoot with a leading

(and persistent) photographer and a few gulps of fresh air.

Soon we arrived at Brodick Harbour, on the Isle of Arran and queued up and made our way directly to the 324 bus going to Lochranza on the North Coast of the Isle of Arran.

The bus was absolutely jammed full with people, dogs, chickens and baggage, the windows on the bus were so dirty we found it hard to see out at the amazing scenery. The bus took us out past Brodick Castle Gardens where I could see the beautiful world collection of colourful Rhododendrons. Then the road ran along the coast line for a few miles and we spotted sea lions, oystercatcher birds with beautiful red legs and red beaks plus the seagulls standing very peacefully on the rocks, and the amazing rock shapes and formations and the views out across the sea towards the Scottish mainland. The road left the sea and moved north inwards towards Lochranza where the countryside in some way seems similar to that in parts of Wicklow and the road ran right up into the valley, which brought us soon downhill on to the far side of the hill into Lochranza past the whiskey distillery. The bus finally stopped to let us all out at Lochranza Youth Hostel. The hostel has just been modernised and is now listed as a 4-star hostel. I have to say the accommodation was very comfortable and the kitchen was also like one you'd see in the latest episode of Celebrity Big Brother.

There was the internet downstairs which I used briefly but there was no way of printing "Seven Drunken Nights Lyrics" - a song I was planning on both singing and enacting later in the pub.

We had a short time to fight over bunks and over-burden the fridges with our spoils from Asda and then we were off on a three hour hike - a coastal route in the direction of the "Cock of Arran". The weather was very kind to us... It started to drizzle a little bit and then the rain eased off. We stopped for a few breaks in among the huge coastal boulders with the birdsong providing a relaxing backing track. We walked back to the hostel very quickly. I and Dot Fine decided, after being passed out, to leg it and we got back to the hostel nearly before everybody else. We saw some sheep in the lowlands on nearing the hostel and one of the ewes looked as if she had just come

back from getting a fleece shine. We also admired the red deer grazing in the field. We were already thinking of supper!

The food was very good - we ate it in the hostel and it was provided by outside catering. Most of us had lasagne or vegetarian lasagne with a very fresh side salad with parsley and garlic bread to go on the side, followed by a delicious meringue with cream and delicious bitter raspberry sauce.

Most of us contributed greatly to the huge scale of washing and drying up that some of us aren't used to! Did we go to the pub afterwards? We sure did! The first of four good nights out was enjoyed by most of the party. The pub has two guitars for their customers to use, one of which I started to play as soon as I arrived... I was merely the support act to Terry Cartin's fine playing and singing... Paul Farrell chipped in with some song about an anonymous pony. The hotel also had the finest whiskey menu I've ever seen, which seems to have about 100 different types of whiskeys to try. Prices ranged anywhere from £2 to £400 for a whiskey.

I tried drinking Lochranza Single Malt 10 year old with a drop of water; I also had a number of hot whiskeys with lemon, sugar and cloves.

We met some very interesting locals in the pub. To name but a few, two guys called Sharky and Swampy who like to kiss on the lips... both themselves and others! Swampy sang a song called "Hey Joe" while taking off most of his clothes at the same time showing off his tattoo of a Viking with horns and telling us about how he's working on the island for Scottish Heritage, building a new path on Cioch na h Oighe, meaning the Virgin's Breast!

Day 2: Friday

Both hikes were in the Lochranza region. We climbed Meall Mor, Beinn Bhiorach and Beinn Bhreac.

I was with the Hard Hike and this started off from Lochranza. I remember there was a lot of snow up in the mountains. It was an all-day hike of about 17 kilometres with a total climb of 1800 metres. At the end of the walk some of us had an ice cream at the distillery shop and mini museum. We then made our way back to the hostel where we prepared ourselves for going out

to a top restaurant in Brodick for drink and dinner. We all got the bus to Brodick. The food was excellent. I had mussels for starter, followed by sea bass with a blue cheese risotto, followed by sticky toffee pudding. We got taxis back to Lochranza and went up to the pub at the local hotel where we came across a new game which requires strong stomach muscles and three beer bottles... two things that don't always go together! Mark and I had a little competition!

Day 3: Saturday

Hikes were in Pimmill region. The mods climbed Meall nan Damh and the hards climbed Mullach Buidhe and Beinn Breac.

On the third day I got up and rather liked the idea of joining the group that were going off cycling in Brodick but I missed the deadline by about an hour! I also found out that Brodick Castle wasn't open until the following day either so the only option left after a serious hike on Friday was to join the mods with Mark as leader. This walk ended up being longer than the hard hike! I also learnt a few new tips on how to get down the slopes on my backside or, even better, on my chest like a penguin.

I did have one major accident that I can remember and that was, after a planned but precipitous snow slide, landing on top of a very delicate lady in a snowdrift and getting my walking pole entangled almost in the curls of her hair! She was (rightly) quite irate which stressed me out a bit as I tried to disentangle myself with as much decorum as possible! Anyway, after 10 minutes and lots of grunting I dug out my boot and the delicate lady's leg from the snow and before long we were both freed from the trap. Next time I'll have my gardening snow trowel!

Afterwards we walked straight to a bus that dropped us off at the Catacol Hotel where we basically didn't have time for a shower or nothing and ordered a drink and a main course of which I had steak pie with Red Squirrel Ale with chips and vegetables. And guess what? I think we went to the local Lochranza pub for a drink before going to bed. After a few drams I literally just took off my boots and waterproofs which did get wet earlier in the day and hit the hay.

One man was snoring in the early hours of the morning. I said aloud as I came back

from the washroom - "why do people have to snore?" and soon he shut up!

Day 4: Sunday

The mods climbed Goat Fell via the tourist track and the hards climbed it from Sannox via Cioch na h Oighe (aka The Virgin's Breast, 661m, 2,168 ft) and Goat Fell (874m, 2,867 ft).



This hike for me was the highlight of the trip and it was something I questioned the day before. I asked "are we going to be climbing the highest mountain on the Isle of Arran?" The answer was yes! An ascent of the highest peak on the island is one of Scotland's best known walks and provides a magnificent vantage point of the Firth of Clyde and surrounding countryside. This route explores some of the highlights for experienced hillwalkers.

I walked with the hard hike hillwalkers and have to say that it was pretty tough going from start to finish. The Cioch na h-Oighe ridge calls for a steady head and good scrambling skills.

Day 5: Monday

Walk cancelled due to exhaustion and poor weather. Ferry crossings put on high alert due to heavy winds and rain. We agreed amongst us that an earlier sailing would be the most sensible thing to do.

Prior to escaping from the isle some of us went on a walk around Brodick Castle and gardens. We really only had time for a quick browse around the interior of the Castle before descending to the cafe where I had a bowl of very wholesome vegetable soup and brown bread. We then got a bus back to Brodick Boat Terminal. Brodick Castle was handed over to the treasury as

part of paying off a huge inheritance tax bill. It's now part of the National Trust Properties and is one of a few properties that have fallen into the hands of the National Trust with full contents. Brodick Castle is home to the World's Greatest Rhododendron Collection with rhododendrons flowering each month of the year!

We got the 2 o'clock ferry to Ardrossan. We waited at Ardrossan until the evening where we all regrouped and got a coach finally to the airport around 6pm. We checked in our bags, I weighed myself with another person on the scales which was funny and nearly got into trouble!

The flight was fine at the start but near landing we had some turbulence. Getting out at Dublin Airport our hair was blowing in the wind. I said that we are on another planet.

Finally...

Thank you to everybody for making this Easter Weekend such a great one, to Mark for all his hard work, to Philip Hayden for his leadership with all the hikes. I'd like to thank everybody for all their fantastic photos and any contributions that were made towards making this trip a most memorable and valuable experience.

Simon Craigie

Links

<http://walking.visitscotland.com/walks/southscotland/214432>

<http://www.lochranza.co.uk/>

www.paddydillon.co.uk/guidebook/walking-on-the-isle-of-arran/

http://en.wikipedia.org/wiki/Brodick_Castle

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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

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.

24 April 2010 Knockmealdown Crossing

Three Walks: (a) 29.5km / 1606m;
(b) 17km / 1050m; (c) 8.5km / 300m.

Organised by the Peaks Mountaineering Club. See www.peaksmcclonmel.ie

<http://www.walkersassociation.ie/node/606>

30 April - 3 May 2010 Ballyhoura Intern'l Walking Festival

Marathon (42km), half-marathon and other walks available.

Organised by the Ballyhoura Bears Walking Club.

<http://www.walkersassociation.ie/node/122>

1 & 2 May 2010 Bluestacks Ramblers Walking Festival

Saturday: Highest Point and the Plane crash site. This is a 4-5 hour walk. There is also a shorter walk option. Leader: John Mc Groary, 086-6059220.

Sunday: Lough Belshade and The Buttress This is a two options walk: Lough Belshade 3-4 hours; Buttress 6-7 hours. Leaders: Anne and Michael Leonard, 087-7844803.

Meet: 10.00am at Donegal Town Tourist Office. Daily membership: €5.

<http://www.bluestackramblers.com/calnder.html>

22 May 2010 Blackstairs Walk

Distance: 26km **Ascent:** 1525m

A mountain walk along the Carlow-Wexford Border following the Blackstairs ridge.

Further information:

<http://www.walkersassociation.ie/node/577>

22 May 2010 Clare Burren Marathon Challenge

The Ballyvaughan Fanore walking club are currently organising their 3rd Clare Burren Marathon Challenge. This is a walking / jogging / running challenge across the Burren starting at 9am in Ballyvaughan.

Distances 6, 13.1 & 26.2miles

<http://www.walkersassociation.ie/node/610>

12 June 2010 Gus Tobin Galty Marathon

Long-distance walk for experienced walkers and a substantial route on high ground.

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

<http://www.walkersassociation.ie/node/124>

<http://tyndallmountainclub.blogspot.com/>

MOUNTAIN MEITHEAL



The next Mountain Meitheal work day will be Sunday, 25th April 2010, on our project repairing a well-worn track on Three Rock Mountain. The last

work day was hugely successful but we need more days like that to complete the project. We will continue the construction of the stone tread way.

Please meet at 10:30 am at Ticknock Car Park. From the entrance to Ticknock Forest (GR O 168 242) drive up to the upper car park. We will bring the cars up to site. As we will be locking the barrier behind us while we are on site, anybody wishing to bring their car to site should arrive early.

Come prepared for a day in the hills, be prepared for all weather, wear appropriate footwear. A pack lunch is advisable including a hot drink at this time of year. A change of clothes is recommended for the homeward journey. Mountain Meitheal will provide the tools and gloves. Why not bring a friend – newcomers are always welcome.

For more information on Mountain Meitheal check out our website www.pathsavers.org.

Where: Ticknock Car Park/Three Rock

When: Sunday, 25 April @ 10:30 am

Contact: Phil O'Neill, 086-6084465

Email: poneill31@hotmail.com

Mountain Skills Assessment (MSA)

Club Bursaries

Since its founding in 1993, the Hillwalker's Club has organised on a regular basis, its popular *Map and Compass* programme. The course aims to provide a comprehensive grounding in *personal navigation and self-care* on the mountains and it involves four evening tuition sessions accompanied by two outdoor training weekends. The syllabus covered is similar in content to the Mountain Skills courses (MS1 and MS2) prescribed by *Bord Oiliunt Sleibhe - Irish Mountain Training Board*. On completion of a Map and Compass course, members can consider undertaking a Mountain Skills assessment, which examines their navigation and personal skills in a mountain environment.

The Mountain Skills Assessment (MSA) is based on a skills evaluation programme and is normally conducted over a weekend. It involves a number of assessment stages as follows:

1. Written assessment (multiple choice type) on navigation.
2. Outdoor assessment of day navigation skills.
3. Outdoor assessment of night navigation skills.
4. Near and far feature recognition.
5. Self-care in broken and difficult terrain.

To undertake the Mountain Skills Assessment (MSA), the following requirements must be fulfilled:

1. To have completed at least 30 hill walks in Ireland or Britain over a period of 24 months,
2. To present a Mountain Skills log book detailing the above walks,
3. To hold a valid Rescue and Emergency Care (REC2) certificate or its equivalent (Basic First Aid Certificate).

Mountaineering Ireland (www.mountaineering.ie) provides a list of Mountain Skills assessors.

In order to promote and develop mountain skills amongst club members, financial support in the form of a number of bursaries will be made available to members who successfully complete a *Mountain Skills Assessment* in 2010. The financial resources to support these bursaries arise from the surplus associated with the Club's Map and Compass training programme.

Further enquiries from Donal Finn (email: finndonal@eircom.net).

Committee 2009-2010

| | |
|----------------------------------|-------------------------------|
| <i>Chairman</i> | Frank Rooney |
| <i>Secretary/Project Support</i> | Betty Kehoe |
| <i>Sunday Hikes</i> | Gerry Walsh |
| <i>Treasurer</i> | Jim Barry |
| <i>Training Officer</i> | Donal Finn |
| <i>Membership/Weekends</i> | Mark Campion |
| <i>Club Promoter</i> | Barbara Monaghan |
| <i>Newsletter Editor</i> | Barbara Sudrow |
| <i>Webmaster</i> | Matt Geraghty |
| <i>Distribution</i> | Pearse Foley & Cyril McFeeney |



Special thanks to:

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|---------------------|-------------------------------|
| <i>Webmaster</i> | Matt Geraghty |
| <i>Distribution</i> | Pearse Foley & Cyril McFeeney |

JUNE BANK HOLIDAY WEEKEND

Hard and Moderate Hikes

LEADERS: Mark Campion and Philip Hayden

This year we are heading to **Killarney** for the first time since 2006.

Staying in the 4-star Aghadoe Youth Hostel... dormitory accommodation.

<http://www.anoige.ie/hostels/killarney-international>

Bus trip only. Limited to 50 people.

We depart from GEORGE'S QUAY at 4 pm SHARP on Fri June 4th and return late on Monday June 7th.

We are aiming to do some hikes that the club hasn't done in a long time:

- Carrauntoohil from the Hag's Glen including some of the Eastern reeks ridge.
- Mullaghanattin from Broaghnabinnia
- Stoompa, Eskduff, Bennaunmore and Crohane
- Colly, Meenteog, Macklaun, Beenreagh
- The Paps and Knocknabro

Monday's hike will be a longer last-day hike than usual with a slightly later return to Dublin - 9pm-ish.

Ordinance Survey 1:50,000 maps 78 and 79. There's an excellent 1:25,000 map of the Macgillycuddy's Reeks produced by Harveys. OSI also produce a 1:25,000 map which is not as good.

Please note that the walking programme may be altered or curtailed at the discretion of the leader to take account of adverse weather conditions and walkers' capabilities.

The cost of the trip will be **€182** including all meals apart from Fri and Mon evening...we will be using 2 smaller buses to get closer to those areas that are inaccessible to the bigger coach.

The booking will open on **Monday April 12th** through An Óige Headquarters @ 01-8304555

A **non-refundable deposit of €100** will secure a place; balance payable by **May 14th**.

Phone Mark on 087 250 1401 or email markmjcampion@gmail.com for more info.

