



An Óige Hillwalkers Club

November 2009

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

# THE HILLWALKER



*Entering the massif of the Picos de Europa. Photo: Brendan Magee*

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## HIKE PROGRAMME November 2009

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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:** *The bus picks up walkers who are already at the designated point. It won't be waiting and places cannot be guaranteed as the bus may be full at Burgh Quay.*

**2nd drop-off point:** *Where indicated in the programme below, the bus will drop off hikers at the 2<sup>nd</sup> pick-up point on the return journey, unless circumstances dictate otherwise. We regret that this is not possible on all routes.*

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### 8 November 2009

#### ---Djouce to Knockree

**Leader:** Joe Gilvarry

**2<sup>nd</sup> pick-up point:** Bus stop before the roundabout at Loughlinstown.

**Route:** Ballinastoe Lower (GR 194 078) \* White Hill \* Djouce \* Coffin Stone \* War Hill \* Tonduff South \* Maulin \* Crone Wood \* Knockree Y.H. \* Wicklow Way Track \* Curtlestown Car Park.

**Distance:** 16km **Ascent:** 700m

**Maps:** OS 56

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### 15 November 2009

#### ---South Dublin / North Wicklow

**Leader:** Frank Rooney

**2<sup>nd</sup> pick-up point:** Bus Stop Rathfarnham Castle before the Yellow House.

**Route:** Tibbradden \* Fairy Castle \* Two Rock \* Glencullen \* Knocknagun \* Prince William's Seat \* Ravens Rock \* Knockree \* Knockree Hostel.

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

**Maps:** OS 50, OS 56

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### 22 November 2009

#### ---South Wicklow Rambles

**2nd pick-up point:** Bus stop before the roundabout at Loughlinstown.

**Leader:** Jim Barry

**Route:** Ironbridge Carpark (GR S073 848) \* Rosahane Bridge \* Coolgarrow \* Ballyscreen Upper \* Ballinacor Mtn \* Craughanmoira Mtn \* Fananierin Mtn \* Wicklow Way \* Drumgoff \* Glenmalure Lodge.

**Distance:** 17km **Ascent:** 600m

**Maps:** OS 62

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### 29 November 2009

#### ---Source of the Dodder

*Introductory Hillwalkers Hike*

**Leader:** Brian Madden

**2<sup>nd</sup> pick-up point:** Bus Stop Rathfarnham Castle before the Yellow House.

**Route:** Glassnamucky Car Park \* Dodder Gorge \* Kippure \* Seefingan \* Seefin \* Kilbride Camp Entrance.

**Distance:** 14km **Ascent:** 530m

**Maps:** OS 50, OS 56

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## 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)

# Rambles among the Picos de Europa



*Dwarfed by a pico. Photo: Brendan Magee*

**I**n the popular mind and indeed in practice, a holiday in Spain generally consists of sessions of sand, sangrias, sea, siestas and, of course, sandwiches. Well, there was some of the latter together with surplus supplies of sun, sweat and swearing on the holiday my wife and I undertook as we rambled our way clockwise around and among the Picos de Europa. As the name suggests this area which straddles three provinces consists of numerous peaks in excess of 2000 metres. Considering that the main rock type of this rugged mountainous environment is limestone it is not surprising to find many Karst features dotted around this range. Just like the Burren, it generally lacks surface water, and its sharp rocky surface is hard on the boots, the bones and the bum.

This complete massif which stretches for approximately forty kilometres east to west and twenty kilometres south north/south is dissected, like the Trinity, into three separate but conjoining parts.

Facing northwards and on the left lies the Rio Sella, tempting and teasing motorists along the scary Desfiladero de los Beyos Gorge route. Yes – it's as scary as it sounds. On the right is the more benign but no boarder route alongside the Rio Deva. What a relief it was to arrive at Potes, the region's main tourist settlement still to find the car and all its contents in one piece. Little did we know at the time that this stretch was only a taster of what was to follow as regards the roads. They were built for donkeys and it showed.

The central area is further divided by the Cares Gorge and a twenty kilometre cleft running north/south from the village of Espinama at 877 metres up almost 200 metres to the attractive hamlet of Sortes.

Apart from the occasional bear, this national park also contains numerous vultures, elusive vipers and wandering wolves. More widespread are the chamois that the local authorities have adopted as the park's symbol. It's possible these agile creatures outnumber the local resident human population. However, with ever-increasing tourists the humans now score higher on a head-to-head if not a leg-to-leg count. The area's flora is as rich and diverse as its fauna. Mixed woodland where oak and beech families dominate are the most common trees. That greenery gives way to the greys and browns of shrub in higher altitudes which in turn fades away to the bare rock of the highest points.

Following a comfort stop at Potes (in more ways than one) we arrived at our destination of Cosgaya located close to the southern boundary of the park. Arriving before darkness, an achievement in itself, was a mixed blessing in that we could now not see what was around us in different shades of grey and greyer. Weatherwise it was not looking good as tales of mist, cloud and poor visibility that plague this area appeared borne out as we attempted to get to grips with our new surroundings. Like all sensible walkers we had however, in our packs, among other items, the best of rain gear that our budgets could bear.

First it was black with pinpricks of white, then pink merging into orange before changing to gold and finally the skies turned a permanent deep shade of blue as the sun burst through that first morning. Not missing this welcome sight we opted to take our first hike as an

opportunity and days like this had to be taken advantage of.



*Waiting for the uplift. Photo: Brendan Magee*

A short drive took us to Fuente De where we commenced an introductory circular walk. We hiked north-westwards and ever higher up a zigzag path to a surprisingly lush plateau some one thousand metres above our starting point. There we had the first of our sandwiches and almost the last of our liquids as, unlike us, the altimeter and thermometer rose hand-in-glove.

Above us soared an eagle-eyed vulture and around us were domestic cattle, the smelliest and ugliest goats imaginable and the ever-present chamois. Thankfully we had ample sun cream, hats, and sturdy walking poles. No less that half a dozen Picos towered over us beckoning us ever onwards and upwards. Our descent started around the 2000 metres mark and this is where those poles really came into their own as we negotiated sandy slopes, endless scree and talus and deep grikes back to base. In total this wonderful walk lasted seven sweaty hours - it was less an introduction and more an insight into how we could interact with this increasingly attractive area.

That interaction took the form of a cable car ride early the next day up 800 metres in less than eight minutes. From the top station called simply El Cable, we sauntered along a well-defined wide track north-easterly to visit one of the many mountain huts, Aliva, scattered around this region. Well, if this was a hut, what we wondered constituted a hotel, as Aliva had all the hallmarks of one including its price. In order to avoid the masses we beat our own way back among the boulders and onto the shoulders of the peaks.

From the cable car station to our next target at Cordinanes at the southern end of Cares Gorge was a mere fifteen kilometres by foot. Using our rented Picasso, and taking the shortest route this journey was no less than

six times that distance and the donkey roads made it more nerve-wrecking than any exposed mountain trail. Just as well we visited the monastery of Santo Toribio de Liebana en route where our lighted candles safely paved the way for us.

The Cares Gorge is highlighted and indeed hyped as the "must see" sight in this park. So of course this is what we did. To twist Mr Johnson's phrase about the Giants' Causeway, this gorge is hardly worth seeing and certainly worth fleeing from. Hundreds of visitors are funnelled into a narrow passageway for several kilometres so the most common sight and sound were the various shapes of peoples' rear ends and their not so sweet voices. In contrast our pension at Cordinanes was a delight, clean, comfortable and above all quiet and relaxing. The views from the room window surpassed those of that gorge.



*Room with a view. Photo: Brendan Magee*

Adhering to our clockwork we had now reached the six mark, time to wind on as we rocked and rolled through the frightening named Desfiladero de los Beyos route to the market town of Cangues D'Onis. We took the bus the next day to the twin glacial lakes of Enol and Ercina at 1106 metres on the north-western side of the park. Although this is a well-developed tourist site its atmosphere and layout was more open and inviting than Cares. While our short walk there was pleasant (the bus beckoned) several inviting mountain trails branch out into the higher reaches and beyond. Our return trip brought us to Covadonga, yet another monastery and pilgrim site where the candles are as big as the surrounding hills. No doubt ours is still burning.

As the clock ticked we treaded onwards on our trip as we reached Arenas De Cabrales in time for sangria and a sandwich. The temptation to take the underground train was resisted and the alternative steep, short hike to the village of Bulnes was irresistible. The surrounding scenery was a welcome reward for that hike. While that village still retains

some aspects of its mountain character the railway commuters are contributing to its more consumer side. It seems that (wo)man cannot live by the mountain alone any longer. We too engaged in some retail therapy back in our town, followed by a cool dip in the hotel's pool.

How I yearned for some of that coolness the next day as I bid adios to my good wife at Sortes and puffed and panted my way up under a relentless sun to the refuge of Vega de Urriello at 1960 metres. This hut lies at the base of the park's most prominent peak - Picu Urriellu aka Naranjo de Bulnes.



*Naranjo de Bules. Photo: Brendan Magee*

This vertical tower of rock challenges and entices climbers from near and far to scale its 500-metre sheer sides. A rescue operation was underway the evening I arrived and the injured party had to be airlifted to hospital. Not wanting the same fate this was one challenge too many for my liking. The 1700 metre descent the next morning had its own obstacles to overcome as the trail meandered its way through rough terrain and very steep slopes. At times the use of the sticks and the limbs were literally over stretched. That ordeal ended when upon arrival I was greeted by a friendly face where I could swap my sticks for a much-needed meal washed down by a refreshing beer.

Within a couple of hours the clock struck noon as we turned our backs on the Picos and our fronts to the coast. It was now time to experience that other Spain.

*Brendan Magee*

Please visit our website  
[www.hillwalkersclub.com](http://www.hillwalkersclub.com)  
for larger versions of the photos  
printed in the newsletter.

## DATES FOR YOUR DIARY

Please note that the club is organising **two separate trips** for Easter 2010, **Thursday 1st to Monday 5th April.**  
**Preliminary details as follows:**

### EASTER 2010

#### Peak District NP

Walking will be in the Hartingdon, Edale, Ilam and Buxton regions of the National Park. Accommodation is booked in the **Illam Hall Manor Hostel**. Transport by boat and bus; three grades of hike every day except Monday.

**Leaders: Jim Barry, Tom Kenny, Garry Byrne**

Further details on page 10

### EASTER 2010

#### Isle of Arran, Scotland

Walking will be on the rugged Scottish Isle of Arran. Accommodation is booked in the **Lochranza Youth Hostel**. Transport by plane, ferry and hire car; two grades of hike every day.

**Leaders: Mark Campion, Philip Hayden**

Further details on page 11

### Christmas Party

#### 5 - 6 December

Accommodation in YHA Glendalough  
Optional bus transport  
Christmas Dinner in Glendalough Hotel  
Hikes on Saturday and Sunday  
Entertainment till late  
Further details on page 12

### MEMBERSHIP 2009/2010 NOW DUE

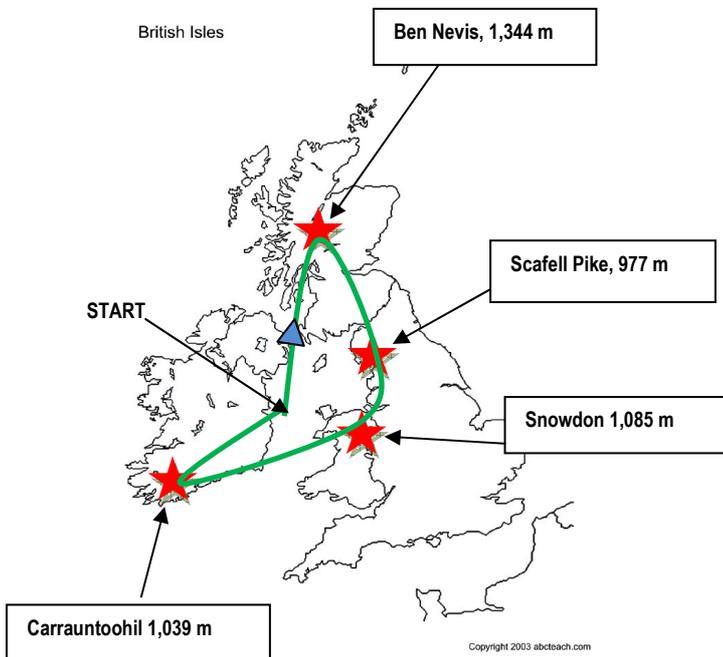
The new membership year started on 1<sup>st</sup> October 2009. Please remember to renew to avoid missing out on the next edition of the Mountain Log.

Send your completed application form 2009/2010 with cheque or postal order to **Mark Campion**, Membership Secretary.

Further details on page 13

## 4 PEAKS IN 48 HOURS

On the third weekend in September, 17 of us including 4 Hillwalkers (me, Louise Morrin, Paul Miney and Ed Hayes) set off on a mission to summit the 4 highest peaks in Ireland, England, Scotland and Wales within 48 hours.



We flew to Prestwick on Sat 19th Sept, picked up some hire cars and then drove to the foot of Ben Nevis with the haste of a Ceann Comhairle late for a race meeting. We were up on top in 2.5 hours (us and about 300 others) and then started the stopwatch. We legged it down the hill, jumped in the cars and sped Dukes-of-Hazard style towards the Lake District - only stopping for grub in Tyndrum.



We stayed in a small hostel in Cockermouth (would definitely recommend it especially for the access it provides to the quieter side of the Lakes) and after 5.5 hours sleep we drove to Wasdale Head from where Scafell Pike was ascended in no time at all...an hour and a half and a bit had us up there.



After a knee-jerking descent we then confronted the tortuous twists of the Southern Cumbrian highways before getting onto the motorway and dropping down to Wales as if gravity worked in a direction perpendicular to the reality. We got down to the Pen-y-Pass by 6 and were up top Snowdon via the Pyg Track by half 7 (in the dark).



We didn't hang around, took the Miner's Track down, hared up the A55 to Liverpool, stayed in the city hostel, got 4 hours sleep, found the airport with some difficulty, made the 6.30 am flight with minutes to spare, roared down the N7 faster than a receding polar glacier and summited Corrán Tuathail 47 hours after leaving the pinnacle of Scotland.

All in all it was a very enjoyable but exhausting experience. 9 of us completed our goal, 2 got detained indefinitely in Liverpool airport while 6 let down the name of studenthood by going to lectures on the Monday instead of climbing the 4th peak. There's hope for the future of the country!

*Mark Campion*

## Walkers Association

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**18 November:** John Shackleton, the current membership secretary of the Irish Ramblers, will give an illustrated talk on his recent visit to the Antarctic. John is a cousin of Ernest Shackleton, the explorer who was born in Kilkea in County Kildare. He is deeply interested in the Antarctic and his talk, while focusing on his own trip, will also touch on the four trips made by Ernest Shackleton.

**Time:** 8:15pm

**Venue:** St. Jude's GAA in Wellington Lane, Templeogue, Dublin 6W.

**21st November:** Course on Modern Navigation (Geolives and Trailmaster)

**Information:** [www.walkersassociation.ie](http://www.walkersassociation.ie)



## Mountain Meitheal

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The next Mountain Meitheal work day will be Saturday, 7 November 2009, on their new project repairing a well worn track on Three Rock Mountain. The work will be similar to the work carried out in Curtlestown Wood creating a stone pitched tread way. This will be their third work day on site with one more before the winter break. The work is progressing well and the feed back from passing walkers is very encouraging.

**Meet:** Saturday, 7 Nov, at 10:30 am

**Venue:** Ticknock Car Park / Three Rock

Come prepared for a day in the hills, be prepared for all weathers, wear appropriate footwear. A packed 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 – new comers are always welcome.

**Contact:** Shay Walsh, m: 087-2382581; email: [shaymw Walsh@eircom.net](mailto:shaymw Walsh@eircom.net)

For more information on Mountain Meitheal, check out website [www.pathsavers.org](http://www.pathsavers.org).



## News from Mountaineering Ireland

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### FREE Taster Weekend (Climbing & Hillwalking)

**Date:** 14 Nov 2009 **Venue:** Co. Kerry

**Saturday 14th** is a free rock-climbing taster session, 10am to 1pm. Based at Kate Kearney's Cottage, Gap of Dunloe, Co Kerry (all equipment supplied).

**Sunday 15th** is a free hillwalking taster session. Based at Kate Kearney's Cottage, Gap of Dunloe, Co Kerry, 10am to 4pm (bring own equipment e.g. boots, hill walking clothing, rucksack, etc).

Booking is essential. Contact **Mór Active:** Michael: 086-3890171 Office: 066-94748857

### International Mountain Day 2009

The UN General Assembly declared 11 December from 2003 onwards as 'International Mountain Day'.



This special UN Day serves to highlight the global importance of mountain ecosystems amongst a wide audience and to promote action at all levels for meaningful change in the world's mountains and highlands. Every International Mountain Day focuses on a specific theme that represents challenges and opportunities to mountain people and environments.

### An Óige Clean-up Day

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End of year clean up of our Woodland Conservation Site at Knockree Youth Hostel, near Enniskerry, Co. Wicklow

**Meet:** Sat, 7 November @ the Clocktower in Enniskerry Village @ 11.30am (Bus no 44 departs Townsend St @ 10.25am)

**Bring:** Rainwear and packed lunch. Gloves and refuse bags provided.

**Wear:** Hiking Boots or Wellies.

*Please volunteer your services and do your bit for the environment at the same time!*

**Contact:** Philip Hayden, mobile: 087-9702483.

## **AGM 2010 Report**

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### **The Annual General Meeting of An Óige Hillwalkers Club took place on the 8th October 2009 in Room 102 in An Óige Headquarters in Mountjoy Street.**

Before formal proceedings of the meeting began, a minute silence was held in memory of Noel Kerley, R.I.P. Noel was a long time member of the club who died last Easter.

The agenda of the meeting was similar to last year's in which each officer gave a report on his or her activities for the year.

#### **Secretary's Report**

The Secretary, Betty Keogh, reported that the committee had met ten times during the year – once a month with the exception of July and August. There was almost 100% representation at each meeting. The duration of each meeting was about two hours. Meetings are structured in a formal manner with an agenda of about 13 items.

#### **Treasurer's Report**

The Treasurer, Jim Barry, presented the financial accounts.

A new method of presenting the financial report of the Annual Statement of Accounts was presented to each member at the meeting. It clearly showed receipts and payments with the opening bank balance and final bank balance for the year ending 31/09/2009. This new method presented the accounts as more readable and aided understanding with greater clarity of each item recorded. Along with this, there was a letter handed out from the CEO of An Óige, Mr. Dave Owens, who had checked these accounts. He concluded that "in relation to a club of the Hillwalker's size, the amount of money involved and the number of transactions, the maintenance and presentation of accounts would seem to be adequate. Every item of income and expenditure is fully commented on in the monthly accounts and there is evidence that the cash position is reconciled with the bank statement on a monthly basis".

#### **Sunday Hikes**

Gerry Walsh, Sunday Hike Officer, stated a total of 45 Sunday hikes were planned during the year, of which 42 were organised with a Sunday Coach. This required planning in the year for hundreds of kilometres of track and hundreds of metres of climbing. The total number of hikers out this year on the Sunday hikes was 844. This was an average of 21 per week. However a loss of 237 euro was recorded on hiring the coach.

#### **Membership and Training**

Donal Finn, Membership Secretary and Training Officer, reported on membership that was 133 for 2008/2009, which was similar to last year's figure. Of the 133, 84 were male and 43 female

and 30% of the membership were new members. He indicated that the membership fee for the coming year would remain at the current rate of €35.

Donal also reported on training and outlined that a total of 18 participants had completed the map and compass course in 2008. Of the 18, three were members of the Hillwalkers' Club and 15 were non-members. He reviewed training activities and drew attention to the small number of fully trained leaders in the club. He indicated that the club did not intend to run the map and compass course this year but would organise a leader-training event in February or March 2010.

#### **Newsletter**

A note was received from Barbara Sudrow, Newsletter Editor, and read out at the meeting. In the note she said that the newsletter was very successful during last year, thanks to the many interesting contributions by club members: There were published articles on Kilimanjaro, Norway, Madeira, Lake District, Errigal, Camino de Santiago, Romania and the Pyrenees. Without these writers and their contributions, the newsletter would just be a couple of sheets of factual information.

#### **Weekends and Holidays**

Mark Campion, Weekend Organiser, reported on the number of club trips that had taken place during the year, namely, the Lake District at Easter, Donegal at the June Bank Holiday Weekend, Romania in July and the Pyrenees in August. He was satisfied that all these trips were successful. He mentioned that Enniskillen was planned for the October Bank Holiday Weekend and that two trips were planned for Easter 2010 - the Isle of Arran in Scotland and the Peak District in England.

#### **Club Promotion**

Deirdre Muldowney, Promotions Officer, outlined the work she did to promote the club. Her promotions included Walking World Ireland, Irish Times free ads, flyers and posters in different shops and other locations and advertising on the Internet. Also set up on the website is a contact mobile phone number and email address to handle enquiries about the club.

#### **Chairman's Summary**

As Chairman, I thanked the committee members for their enthusiasm and commitment to the club and in particular, Deirdre Muldowney who was stepping down from the committee. I also thanked Pearse Foley and Cyril McFeeney (Distribution of the Newsletter), leaders on weekends away and all leaders who gave their time for Sunday hikes and those who had contributed in many ways to the club during the year.

I was also happy to thank Matt Geraghty (Webmaster) who was responsible for changes

to the format of the website. It now has a more modern look, which has made it more interesting and easier for the viewer.

### Members' Discussion

The following points were discussed:

- increasing membership
- organisation and communication in relation to hikes
- training
- requirement for hike participants to be properly equipped

### Election of Incoming Officers

The outgoing officers were nominated as the committee for the coming year:

Chairman	Frank Rooney
Secretary/Project Support	Betty Kehoe
Treasurer	Jim Barry
Editor of the Newsletter	Barbara Sudrow
Training Officer	Donal Finn
Sunday Hike Officer	Gerry Walsh
Membership Secretary & Weekend Organiser	Mark Campion

Barbara Monahan was nominated as Club Promoter for the coming year.

### Proposed Changes to the Club Constitution

The proposed changes to the constitution were not voted upon by the meeting. However, a discussion took place around the proposed changes.

The meeting concluded that more time was required to consider these changes. The item was referred back to the incoming committee for further discussion and how best to liaise with the membership with a view to making necessary changes to bring the document up to date.

Finally, I would like to thank all members who turned up for the AGM and contributed to the meeting. One disappointment was that the attendance was low.

*Frank Rooney  
Chairman*

## Revision of Club Constitution

The club constitution was adopted by members at the 2003 AGM (Jan 2003) and has served the club since.

The committee is of the view that the constitution should be reviewed, so that it reflects more accurately the current needs and future requirements of the club.

Specifically, there are a number of items that require updating which relate to: An Óige, the Mountaineering Council of Ireland, nomination/election of committee members, etc.

A draft of possible changes was discussed at the 2009 AGM.

The committee invites members to review the constitution (see pages 14-15) and to submit any observations (by letter or email) before **15 January 2010**.

Please send your observations to: *Donal Finn, 24 Glenmalure Park, South Circular Road, Dublin 8*, or by email to [finndonal@eircom.net](mailto:finndonal@eircom.net).

On the basis of this input, the committee will draft a revised constitution, incorporating as far as is practicable, these observations. It is hoped that a draft of the revised constitution will be available in early 2010.

It is likely that a further process of consultation will take place, before the final revised constitution is presented to members for consideration, either at a specially convened club EGM or the next club AGM.

### 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:

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

# An Óige Hillwalkers Club

Easter Weekend 2010

Thursday 1st - Monday 5th April 2010

Visit to the Beautiful Scenic Peak District  
County of Derbyshire, Central England

**Ilam Hall Youth Hostel, Ashbourne, Derbyshire, England**



Ilam Hall Manor Hostel

***Hard, Moderate and Easy Walkers Welcome***

**Three Grades of Walks Daily except Monday**

***Leaders: Jim Barry, Tom Kenny, Garry Byrne***

**Boat and Bus Trip**

## Proposed Weekend Itinerary:

**Walking for all in the Hartington, Edale, Ilam and Buxton regions of the Peak District National Park**

**British Ordnance Survey Maps: 1:25.000 OL1 and OL24  
(not an essential purchase)**

Booking will open in early January  
**More Details in December Newsletter**

Welcome Aboard

# ISLE OF ARRAN

WHERE IS IT?	IT'S OFF THE COAST OF SCOTLAND SOUTHWEST OF GLASGOW, BETWEEN AYRSHIRE AND KINTYRE.
WHEN ARE WE GOING?	EASTER 2010...WE LEAVE ON THE MORNING OF THE 1 <sup>ST</sup> APRIL AND RETURN LATE ON THE 5 <sup>TH</sup> .
HOW ARE WE GETTING THERE?	WE'RE FLYING TO PRESTWICK AND GETTING THE FERRY FROM ARDROSSAN. WE'LL HIRE CARS WHEN WE GET TO ARRAN.
WHERE WILL WE BE STAYING?	LOCHRANZA YOUTH HOSTEL ON THE NORTH COAST. THE HOSTEL IS CLOSED FOR REFURBISHMENT AT THE MOMENT SO IT SHOULD BE IN GOOD SHAPE BY THE TIME WE DESCEND ON IT!
WHAT'S THE STORY WITH FOOD?	WE'LL HAVE TO MAKE OUR OWN BREAKFAST AND LUNCH. WE'LL EAT OUT IN THE EVENINGS OR WE CAN COOK OUR OWN MEALS IN THE HOSTEL.
HOW MANY DAYS HIKING?	3 FULL DAYS AND 2 HALF DAYS WITH PLENTY OF SCOPE FOR ANYONE WHO WANTS A DAY OFF.
HOW MANY GRADES OF HIKES?	2: HARD AND MODERATE.
WHO'S LEADING THE TRIP?	MARK CAMPION...PHILIP HAYDEN WILL BE DOING ONE OF THE HIKES EACH DAY AND HOPEFULLY HE'LL GIMME A HAND WITH THE LOGISTICS.
HOW MUCH WILL IT COST ME?	EXCLUDING FOOD IT IS LIKELY TO SET YOU BACK IN THE REGION OF €250. THIS ASSUMES A FLIGHT COST OF €80. THE OTHER VARIABLE IS THE PRICE OF FUEL AND THE EXCHANGE RATE.
HOW DO I BOOK?	YOU CONTACT ME ON <a href="mailto:markmjcampion@gmail.com">markmjcampion@gmail.com</a> AND WE'LL TAKE IT FROM THERE.
ANY NICE PHOTOS TO SHOW US?	YEAH, BUT I CAN'T GET THEM LEVEL!



**An Óige Hillwalkers Club**  
**Christmas Party 2009**

**5 - 6 December**



- Accommodation**  Saturday, 5 December, YHA Glendalough Hostel  
Sunday morning breakfast included
- Hike Programme**  Hard & moderate hikes on Saturday; one hike on Sunday
- Refreshments**  Refreshments provided in hostel after hike on Saturday
- Christmas Dinner**  Four course meal in the Function Room at Glendalough Hotel  
[www.glendaloughhotel.com](http://www.glendaloughhotel.com)
- Entertainment**  Glendalough Hotel \* Live Music \* Disco \* Late Bar to 1 am
- Transport Option**  Coach trip to Glendalough Hostel on Saturday and return  
Sunday. Return Fare €12. Meet at Burgh Quay at 10am;  
return departure Sunday at 4.30pm



Weekend Coordinator: **Frank Rooney**

**€85** (making your own way) or **€97** (using private bus from Burgh Quay)

**Booking opens Monday, 12 October**

All queries and payments to An Óige Head Office (01-8304555)  
On booking please state preference for continental or cooked breakfast;  
let us know any special meal requirements (e.g. vegetarian).



An Óige Hillwalkers 2009/2010

# Membership Application Form

Name (*Applicants must be over 18*) .....

Address

Were you a member before?  Yes, last year  Yes, some time ago  No

**New members:** How did you hear about the club?

.....

An Óige Membership Number (*Applicants must be a member of An Óige*) .....

Contact Telephone Numbers (*optional*)

Daytime ..... Evening ..... Mobile .....

Email Address (*required for newsletter by email*) .....

Please read and sign the following PERSONAL DECLARATION

## PERSONAL DECLARATION

I am over 18 years of age and wish to apply for membership of An Óige Hillwalkers Club. (\*)

(\*) Please note that personal accident insurance is only available to members between 18 and 75 years of age.

I accept that mountaineering is an activity with a danger of personal injury or even death.

I am aware of and shall accept these risks and wish to participate in these activities voluntarily and shall be responsible for my own actions and involvement.

I accept that An Óige Hillwalkers Club establishes the bounds on its activities through the constitution and rules of the club and I agree to abide by these.

*If you agree and accept the terms of the PERSONAL DECLARATION, please sign and date here.*

Signature ..... Date .....

## CLUB NEWSLETTER

The club issues a monthly newsletter and distributes it by email and post. It is also made available through the webpage of the Club (<http://www.hillwalkersclub.com>). Please tick one of the following boxes to indicate how you wish to receive the newsletter.

By email only       By post only       By email and post

The 2009/2010 membership year runs from Oct 1<sup>st</sup> 2009 to Sept 30<sup>th</sup> 2010.

**2009/2010 Membership Fee €35.00**

Please send this form with the membership application fee (cheque or postal order *only*, payable to *An Óige Hillwalkers Club*) to **Mark Campion, Membership Secretary, The King's Hospital, Palmerstown, Dublin 20**. Please allow two weeks for processing of the membership application.

**NB: PLEASE DO NOT SEND YOUR APPLICATION BY REGISTERED POST!**