



An Óige Hillwalkers Club

April 2007

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

THE HILLWALKER



Pam Coleman en route to Mt. Aconcagua



Happy Easter!



In this edition

- April Hike Programme p. 2
- Out on the Trails: Climbing Aconcagua p. 3-7
- Social Corner / Club News p. 8
- J.B. Malone 2007 / Irish Challenge Walks p. 8
- Friends of Hillwalking Meeting / Mountain Meitheal p. 9
- Trip to Kerry, July 2007 p. 10

HIKE PROGRAMME

April 2007

MEET: Burgh Quay
DEPART: Sundays 10.00 am
TRANSPORT: Private Bus
COST: €12.00

This month's programme sees a return to more distant locations, with walks up Lugnaquilla and Croghaun Kinsella on the Wicklow-Wexford border. There is also a walk starting in the Tallaght hills, which has not been done by the Hillwalkers for some time.

Congratulations to Jim Dowling who recently took delivery of a new '07' 33-seater bus. This has added greatly to our comfort in getting to and from walks.

On a trial basis, there will be a 2nd pick-up point on the route. The bus will pick up walkers who are already at the designated point; it will not be stopping and waiting. The onus is on walkers therefore to ensure that they are there in good time for the bus. Places on the bus cannot of course be guaranteed, as the bus may be full at Eden Quay. In addition, the bus may be travelling back to town by a different route, so set down places on the return journey may differ from those of the outward journey.

9 April 2007

Easter (Trip to Wales)

---NO HIKE

15 April 2007

--- Sally Gap to Wicklow Gap Road

Maps: Sheet 56

Leader: Brian Flynn

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

Route: CP Sally Gap (GR 137 007) * Carrigvore * Gravale * Duff Hill * Mullaghcleavaun East Top * Mullaghcleavaun * Carrignaguneen * Annalecka Bridge.

Distance: 19km **Ascent:** 570m

22 April 2007

--- Circuit of Ow Valley

Maps: Sheets 56 and 62

Leader: Pearse Foley

2nd pick-up point: Pond at Sean Moore Park on Blessington By-Pass.

Route: (GR 052 858) * Farbreaga * Aghavannagh Mountain * Lybagh * Slievemaan * Lugnaquilla * Carrigasleggaun * Aghavanagh Bridge (GR 055 862).

Distance: 18km **Ascent:** 850m

29 April 2007

--- Croghaun Kinsella

Maps: Sheet 62

Leader: Frank Rooney

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

Route: Woodenbridge * Croghaun Kinsella * Wicklow Gap (County Wexford).

Distance: 17km **Ascent:** 570m

6 May 2007

Bank Holiday Weekend

---NO HIKE

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 be a member of An Óige.

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.

ENVIRONMENT Try to reduce the erosion and widening of trails, e.g. do not walk on the edge of worn tracks; walk through the centre of the original track or go several meters into the scruff where the ground is untrodden, walking parallel to but not on the track.

LITTER Litter is unsightly and dangerous to animals. Even bio-degradable items like orange peels and banana skins take years to disappear. Bring all your litter home and try to include at least one extra item from each day out. Do not bury litter – animals will dig it up.

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.

HIKE LEADERS Any club member interested in leading a hike, please contact:

Garry Byrne: 01-8388812

OUT ON THE TRAILS

Climbing Aconcagua

ACONCAGUA VIA THE POLISH GLACIER ROUTE



Pam getting ready to head off

After successfully summiting Kilimanjaro and Elbrus, I had it in my head that I wanted to climb Mt. Aconcagua in Argentina (6962m / 22,841ft) to complete the three 'do-able' and 'non-technical' mountains of the Seven Summits. Mt. Aconcagua is located on the border of Chile and Argentina in the Andes mountain range. It is the highest mountain in the Americas, the highest in the Southern Hemisphere, and the highest peak outside of Asia.

Mt. Aconcagua was first ever climbed by Brit Edward FitzGerald in the summer of 1897. In March 1934, the Polish V. Otrowski, K. Narkiewicz, S. Daszinski and S. Osiecki opened a new route to the summit along the Northeast Glacier, achieving at the same time the eighth absolute ascension of the mountain. Since then the glacier is called the Polish Glacier. It is the Polish Glacier route we would be attempting to climb.

Well, having left it until the last minute to book my trip, I ended up going with Pat Falvey. At least I knew I would have a great time as he is a fun guy. I would have the benefit of his expertise, his knowledge of the area (he's been there 12 times), and would be led by the best guides. What really clinched it was that I knew three other guys I met on the trip to Kilimanjaro, and we had got along well.

Although Pat had his team of 11 booked, he agreed to take me along as he knew me from Killi. The climb was from 2nd to 24th January. We all got together down in Kerry to meet the other team members, which I thought was a

good idea as we would be spending 23 days in each other's company. We climbed Carrantuohill and we had a chance to see each other's capabilities, and get to know each other at the same time. With Pat giving us a talk on the trip, the weather, the altitude (as some had not experienced altitude over 4,000m) and all about the gear required, it was a very worthwhile weekend, and it took the fear out of always fretting: 'Is my gear sufficient: crampons, ice axe, plastic boots, warm enough sleeping bag... etc.' By the way, I was the only girl on this trip, but that did not bother me.

So after all the training – and thanks to my friends Tom Milligan and Stephen James who came out hiking two days every weekend to get me fit – I was ready to go!

The group met up in Santiago Airport, got two minibuses and drove to Mendoza which is approx. eight hours away. There we stayed at a lovely hotel about 10 minutes outside the city. That evening we headed out for a nice meal and got to know each other and had a laugh. Mendoza is a bustling, vibrant city with tree lined avenues, and pavement cafés. Food and wine are superb, especially the beef (Argentina is renowned for its beef apparently and there is very little fat in it). We went to the Hyatt, a beautiful hotel where there was some gambling going on. Some of the guys gambled some money at the roulette tables and went on to a bar afterwards, while the rest of us hung around the gambling tables and went home to get some rest. The next morning we met our guide Mauricio Fernandez (Mauri, for short) and we all walked into Mendoza to purchase our permits for the mountain. You must go to the Mendoza Tourist Office in person to get your climbing permit, and they must hand it to you personally (they check it is you against your passport). We wandered around the city, some of the lads bought last minute gear, had lunch and just took it easy.

We met up that night again with Mauri and his wife Patricia (both Argentinean). Mauri is one of the top guides to take groups up Mt. Aconcagua, and his wife Patricia also guides with him. He has summited Aconcagua 32 times (his last time being December 2006), and Patricia 10 times. We all went to a nice restaurant and had a laugh, and tucked into a great meal which we relished, as we probably would not be eating this well up the mountain.

6 January: Penitentes (2600m)

We left Mendoza and drove about four hours to a village called Penitentes where we would spend the night at a hotel and sort out all our gear and get packed for the mountain. Mauri and Patricia had to pack the large blue drums which contained our food supplies, cooking utensils etc. It is a major operation, and they seem to have it down to a fine art. They work really well together and they go around singing while they

work. While we waited for the guys to finalise all their gear, some of our guys played 'Uppies' with a football - trying to keep the ball in the air.

We finally drove off to the Vacas Valley Entrance where we put on lots of sun block, took some photos and said farewell to Fernando Grajales, the guy who runs the company Mauri and Patricia work for. Our two bags (one with supplies, gear and other clothing etc.) and our main rucksack (I took an 80 litre for the climb) were packed on to the mules that carried them all to Base Camp (which will take us three days to get to). So for the three day "walk-in" to Base Camp we only carried our day pack.

Soon after we left Punta de Vacas (2408m) - the start of the expedition to Aconcagua and the entrance to the National Park - the muleteers came along behind us steering the mules along the way with all our gear, rucksacks and supplies. There must have been at least 40 to 50 mules in total. From the very start Mauri set the pace - not too fast and not too slow. We were told that we would not even get a glimpse of Aconcagua for another two days. The distance from Punta de Vacas is around 60 km and there is a difference of 2000m in height.

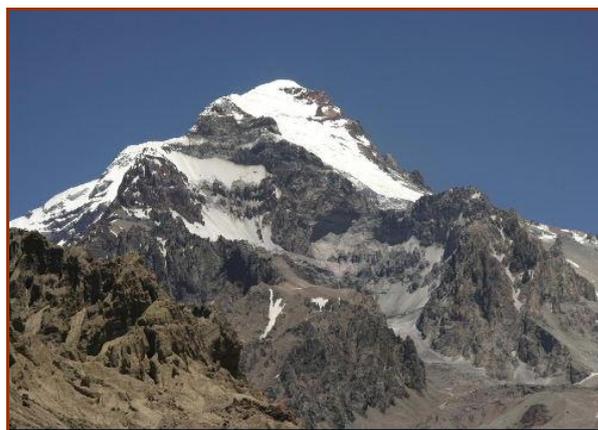


At the Vacas Valley Entrance

On Saturday we arrived at "Low Camp One", Pampa de Lenas (2867m). Mauri and Patricia carried our lunch for us all on the three days' hike to Base Camp. They took out a French stick of bread, sliced it with his pen knife, sliced some cheese, ham (from a pack), mayo, mustard, peanuts (my favourite), fruit and a drink. It was just delicious.

When we first arrived at our first camp site Pat gave us a lesson in how to set up the Mountain Hard Wear tents (he had brought his own tents with him). It was quite easy, and we had a lot of practice as each of us needed to be able to set up the tents quickly and without any hesitation when we got to go higher up the mountain, where it would be cold and windy.

On Sunday we arrived at Low Camp Two, Casa de Piedra (3245m). As we approached Low Camp Two we got our first glimpse of Aconcagua through a gap between two smaller mountains.



The Polish Glacier

It was stunning, and all the cameras came out to shoot some photos. Our hike was long that day and very hot too. The next morning, after the crew rounded up all the mules, we had to cross the "de los relinchos" river on the mules. This was a great laugh - so cool. With these obstacles overcome, the new terrain with its own challenges now lay ahead.

On Monday we arrived at Base Camp, which is called Plaza de Argentina (4203m). It was very crowded at Base Camp. There were groups of people from all parts of the world - a lot of Americans. We set up our tents, had an evening meal in our mess tent and had a lie-in the following morning as this was to be a Rest Day. A lie-in means getting up around 8:30 am, as it got very hot and stuffy in the tents when the sun came up. We got to do some laundry, and some had a luxurious shower which cost us \$10. It was heaven, although I got to wash my hair some days while the weather was warm - no reason not to!

I was sharing with Killian the first two nights, and then there were three - Tony, Killian and me. It was difficult at first to get used to sharing with two others. We kept our rucksacks and boots in the front porch of the tent. In the back porch of the tent we kept our other bags. As the bags were falling towards the centre of the tent, and me being the smallest, I was asked to sleep in the middle. I was told that the two boys were getting knee digs in their sides every night, but I think they were only kidding! Although one night I know I did get an elbow in the side, so maybe I was digging my knees into them after all. There were three tents with three sharing.

The three day walk-in had been hot and sticky, and it was nice to relax for a bit. The heat had been oppressive and energy-zapping for us all. We had a meeting to discuss whether to take porters or not. It was decided to take two porters to carry stoves, fuel and all the tents. This would ensure our trek would be more achievable with less altitude sickness and thus more hopeful of a summit bid. The cost of the two porters would be €220 for each of us. We would also be tipping Mauri and Patricia €100, as is normal and well deserved too.

The plan was for us to attempt a summit via the Polish Glacier Route. The previous year Pat and the team had traversed the mountain while summiting, rather than just a straight up and down summit attempt. This meant that we ascend by the Vacas Valley route, and descend by the Horcones Valley route (the Normal route) which would give us a full traverse of the mountain. We decided to go with the same plan this year.

On our Rest Day at Base Camp a few of us went on an acclimatisation hike for about 300m up the mountain when we came upon our first sighting of the amazing Penitentes. They take the form of tall thin blades of hardened snow or ice closely spaced with the blades oriented towards the general direction of the sun. Penitentes can be as tall as a person. These pinnacles of snow or ice grow over all glaciated and snow covered areas in the Dry Andes above 4,000m and range in size from a few centimetres to over five metres.



Some of the Penitentes

Most of us were feeling well, not too many headaches; we were eating healthy pasta and nice meals and desserts. I personally was suffering a lot with headaches, and I knew that it was because I was probably not drinking enough fluids. It is recommended to drink 4-6 litres of fluid each day.

We visited the doctor to check our oxygen saturation. All were fine. Oxygen saturation tests show whether you are coping well with the altitude. The test also shows your heart rate, so it is best taken in the morning when one's heart rate is usually low and there has been little stress on the heart. There is not a direct correlation between these numbers and the likelihood of summiting.

'Carry' from Base Camp to Camp 1

*4200m - 4900m (13,800 - 16,100ft);
700m elevation gain; 6 hours*

Today we do a 'carry' with our heavy gear, i.e. plastic boots, ice axes, crampons, rain gear and we will leave this gear in bags hidden by some rocks at Camp 1, and then return to Base Camp. So we loaded up our 80 litre rucksacks with the gear and our lunch. Our approximate carry weight was 18 kgs. The guides had these much

larger rucksacks and they seemed to weigh a ton. It was quite slow going, as this was really the start of the 'climbing' for us. There were a few who walked very slow, and Pat had one of them stay behind Mauri so he could pace the rest of us. This first climb was quite gruelling, and we had a couple of rest breaks along the way. When we reached a 'field of Penitentes' of about 250m we took a rest before starting into them. This was tiresome climbing up and over each Penitentes. But we finally got through them and reached Camp 1.

We were totally exhausted, and just slumped down, ate some chocolate and nuts and packed our gear away. It took 7½ hours to get here and we reached Camp 1 at 5:20 pm. A round of applause accompanied Denis O'Sullivan as he approached Camp 1, higher than he has been before. Last year he was forced back due to sickness. After a short rest we descended back to Base Camp. This was the best part, and it only took 60-90 minutes to get down as we went sliding and skiing down the scree slopes. Had lots of liquid in the mess tent and ate some food. Ate dinner at 7:30pm – stew and peaches! Marty sang some Northern songs we'd never heard before. He's a good singer. He also recited some poems, and we all went to bed around 9:30 pm

We had a Rest Day the following day and we read, wrote diaries or just hung around and chatted. Pat is a great storyteller, and likes to tell his 'Everest' stories.

'Move' from Base Camp to Camp 1

Second time to do this climb! Not as bad as the first time as we knew what to expect. Still tough though. When we got back down and rested some of the lads played a game of high altitude football at Camp 1 (yes, Red took a football up with him, but it was left there at this campsite). Mauri treated us to the most delicious meal ever that evening – peas and steak served on top of smash (remember that). Sooo good, and chocolates and Barry's tea for dessert.

On an environmental note we did our bit by depositing our No. 2s in newspaper wrapping and then flushed them into a heavy duty black bag. I believe it was taken back down the mountain by one of our porters – I never saw it again, thank God!!

Before we made a 'move' from each campsite two porters would go on ahead of us with our tents, cooking supplies, pots and stoves and made it look all too easy at the speed in which they went along.

'Carry' from Camp 1 to Camp 2

*4900m - 5850m (16,100 - 19,200ft); 950m
elevation gain; 5-6 hours (at this point we are at
60m lower than Kilimanjaro)*

Tough climb today! On arrival at Camp Two it was very cold and windy. We packed gear and

food into black bags quickly, covered them with large stones and descended back to Camp One.

'Move' from Camp 1 to Camp 2

Bad weather today; very windy and cold! Trying to find a dry patch to pitch the tents was not easy. There were frozen pools everywhere. We stayed in the tents for the rest of the day. Mauri brought us all around hot water and some supplies (i.e. powder milk, sugar, bars, sweets) that will keep us three going for the next two days. We only ventured out of the tent to go to the bathroom. Some visited and we played cards, chatted and generally tried to keep our spirits up while being stuck in all day. Wind chill -16°C; wind 25km/h. We hope to depart tomorrow to Camp Three (6200m) where the winds are supposed to increase to 30km/h and 35km/h. The team are in good form, have a few headaches but none are too bad and should pass.

The next day we woke to white-out conditions, and the winds were increasing. So for the time being we decided to stay put at Camp 2. We are trying to keep our spirits up and hope that conditions change in the next few hours so that we might make a push to Camp 3 at 6200m.

Wednesday 17 January

Snowed in all day! High winds and conditions are not improving. Again we could not leave the tent, except to go to the loo. Mauri and Patricia came by with our food and water. Some of us swapped tents and chatted, played cards etc. The wind speed is 35km/h and the wind chill -20°C.

'Move' from Camp 2 – Traverse to Camp 3 (White Rocks)

5850m - 6200m (19,200 - 20,350ft)

Though it is cold and windy, we decided to make a push to Camp Three to a campsite called White Rocks. This was to be our last campsite on the mountain before our summit attempt. It was a really tough day and not having hiked for nearly three days some are that bit slow and not feeling the best and were very fatigued with the altitude. We finally reached White Rocks in blizzard conditions and deep snow. We were told that some members of the group intend to go down tomorrow morning. Pat told us that in all the ten years he has been coming to Aconcagua, he has not encountered weather conditions as bad as this before.

All our gear has been traversed to the Plaza de Mulas side (Normal Route) of the mountain in an attempt to be closer to the traverse descent route. The mules have also been sent around to Plaza de Mulas for their walk out the Horcones Vally to Puente del Inca which is at 2,740m (8,990ft). We are hopeful that the sun will be strong enough today to melt and provide us with a window later today or early tomorrow in order to summit.

Friday, 19 January – Snowed In

The three Nordies and Seamus (who shared my tent) decided to go down as they had had enough of the camping, altitude, and bad weather. Pat had provided each tent with a walkie-talkie so we could communicate. Late in the evening Mauri had got the weather forecast and it was not looking good. Clouds coming in had dumped a further 25cm of snow on the mountain again making it impossible to go up. Pat was communicating with us to relay the news that we were not going to be able to summit tomorrow, or the next day – not for another five days at least. He offered whoever would like to stay on in order to summit an alternative which would involve: (1) changing the travel return ticket; (2) hiring another guide as Mauri's and Patricia's time with us was up and they needed to return; (3) paying a porter, if required, to take our tents, stoves, etc.; (4) to take the extra 5 days vacation required to summit. Of course none of us (apart from Pat) could avail of any of these options, as it is I am left with six days' holidays for the remainder of this year.

I was totally shattered and disappointed, but as Pat said, 'We have achieved so much – living at an altitude of 6,200m or thereabouts for five days, and have had such a great mountaineering experience.' So after five days living at over 20,000 feet with the conditions blasting in on top of us, we made the decision to abort our summit attempt. At least we were all safe and in good form, although cold and tired as our bodies deteriorate here at this height.



Thinking about descending

Descent from Camp 3 (White Rocks) to Plaza de Mulas

4,370m (14,340ft)

So after taking some photos and packing up our tents and gear, we headed down. It was very steep descending the Normal Route. We met lots of people who were still attempting to summit, and we met others who were coming down after already attempting to summit earlier that morning, without any success. We all were

sliding at times, and at other times were falling on our backsides with the weight and instability of our heavy rucksacks. It was all part of the fun. We stopped at one point for a break. Mauri produced crackers, cheese and we also had some nuts and sweets etc. and we shared them round.

It never ceased to amaze us all how many people Pat Falvey knows out there in Aconcagua. He met up with so many other leaders and guides and they would hug each other and talk about what they had been doing, and what other climbs they will be doing next. Some very interesting characters – and of course Pat would spill the dirt on all their funny stories and escapades from the past.

We reached Plaza de Mulas, 4,370m (14,340ft) which is the Base Camp on the Normal Route, and is claimed to be the second largest in the world (after Everest). There was a lovely surprise awaiting us in Fernando Grajales' mess tent: PIZZA – real thick crusts and hot too with lovely toppings. There was plenty to drink (non-alcoholic), and we hung around and chatted for some time. I was treated to a one-man tent all to myself. Bliss at last! Red and I decided we would treat ourselves to a nice hot shower. So we both headed up to the hotel nearby, which was modelled after some hotel in Austria. The showers were not great, but the water was hot, and boy, did it feel good to stand under it and feel fresh and clean afterwards. We then went into the bar where people were reading, using their computers, or sitting around just chatting. It was so relaxing and we stayed around a while before walking back to Base Camp. I slept like a baby in my own One Man Tent!



Leaving Plaza de Mulas Base Camp

After breakfast we packed up all our gear and started the long trek back through the Horcones Valley to the start of the trek. Fernando had jeeps waiting to pick us up and after reaching the hotel in Penitentes we rested and enjoyed another hot shower and a bed.

On arrival back at the hotel in Mendoza we enjoyed a 'celebratory dinner' with the team and Mauri and Patricia. The restaurant was just

outside of Mendoza and boy, this was the business – the best of food, wine and needless to say we all lived it up that night. The next and our last night in Mendoza we met up with an American guide Pat knew – a wild man – and we went to a restaurant that had some Tango dancing. We had a good laugh, and the two dancers got Killian and I to tango. Afterwards we all went to a night club. We only stayed a short while!

So the day came for us to leave Mendoza. Mauri, Patricia and Fernando stopped by our hotel to say goodbye. We made the trip to Santiago in two minibuses, and we encountered another two hour stopover at the Argentina-Chile border. What a complete nightmare! We spent the night at a hotel right in the centre of the city of Santiago and enjoyed a nice Italian meal, a few beers and reminisced about our trip. We talked about 'what's next' and 'would we come back to climb this mountain again', but of course no real decisions were made. This was a trip we would all look back at with pleasure, and although we did not summit this time, all of us had climbed higher than we had ever got to – 6200m, over 20,000 feet.

The next day we wandered around the city of Santiago. I thought I would do some shopping, but alas there is not much to buy in the line of clothing anyhow – very old-fashioned. Good job too, as I was slightly overweight (my luggage, that is) at the airport and had to pay for the excess. My flight was earlier that evening, and the others did not fly out until much later that night. So we said our goodbyes and went to the airport. I had offered my driveway to the three Northern guys so they could leave their car there until our return. So I drove to the airport later that night and picked them up. They then had a long drive back home to Omagh.

On any of these expeditions you see your team members as they really are – warts and all. You get to know the mood swings of people, how they react to certain situations and conditions, and you can bond (or not) really closely to people you have never known before, as we are all in this thing together, as a unit. We have each other's contact details and no doubt some of our paths will cross some time down the line or on some other expedition.

Pam Coleman

Pam Coleman will be giving a Slideshow Presentation on her climb to Mt. Aconcagua.

**Venue: An Oige Head Office
61 Mountjoy Square, Dublin 7**

**Date: Wednesday, 4th April
8:15 pm**

SOCIAL CORNER

INDIAN FOOD NIGHT

The Indian Food Night at Shan Restaurant, Crowe Street, once again turned out to be a very enjoyable evening!



25 hillwalkers and friends did justice to good food, followed by a few drinks in the Forum Bar.

Other **suggestions welcome!**
Please contact our Social Organiser,
Steve Buckney @ 086-1591842.

CLUB NEWS

Pub Quiz

Mick Heneghan is organising a Pub Quiz to raise funds for a 21-year-old local girl who is paralysed from the chest down as a result of a freak accident. All help and support will be appreciated.

Venue: Gate Bar, Crumlin, Dublin 12
Date: Friday, 13th April 2007
Time: 9 pm
Contact: Mick Heneghan, Tel: 01-6570244



Donation of prizes most welcome!

Donations for the Christmas '06 Party

We would like to thank the following shops who donated so generously to making our Christmas Party 2006 such a success, and would ask our members to continue to support these shops.

Shop	Address	Donation
Capel Camping	Capel Street	Day Pack
Army Bargains	Little Mary St.	Flask
Outdoor Adventure Store	Liffey St.	Shower proof coat and trousers
Millets	Mary St.	Travel pouch and walking poles
Ramblers' Way	Mary St.	Walking poles
Great Outdoors	Chatham St.	€75 gift certificate

Annual J.B. Malone Commemoration Walk 2007

The 2007 J.B. Malone event is scheduled for **Sunday, 20th May 2007.**

This year, the various walks will finish at **Glendalough Youth Hostel** instead of Knockree.

Light refreshments will be served at the hostel.

Irish Challenge Walk Information 2007

Maamturks Walk: Held in the Maamturk Mountains in Co. Galway, this is an extreme walk with 2300m of climbing.

Date: Saturday, 14th April 2007
Distance: 24.3km
Ascent: 2336m
Contact: Liam O'hAisibeil, Captain, NUIGMC, 087-7961039
Johnny Galway, Secretary, NUIGMC, 087-2681475.



Ballyhoura Marathon Challenge: This long, but not so steep, challenge is in the wooded Ballyhouras on the Cork-Limerick border.

Date: Saturday, 5th May 2007
Distance: 42km
Contact: 'Ballyhoura Failte'
Monday to Friday: 063-91300
info@ballyhoura.org
<http://www.ballyhourabears.com>



Blackstairs: This medium challenge goes down the spine of the Blackstairs on the Carlow-Wexford border.

Date: Saturday, 19th May 2007
Distance: 27.4km
Ascent: 1460m
Contact: Mary McInerney, 01-4544850
Bernie Conlon, 01-4902958



For more details please visit Simon Stewart's website 'Hillwalking in Ireland'
<http://www.simonstewart.ie/Longwalk/long.htm>

FRIENDS OF HILLWALKING



The Irish Ramblers Club invites friends of hillwalking in the Republic of Ireland to join with them in forming a hillwalkers' interest group, which will be a one stop shop for everything to do with hill

walking. The purposes of the group would be to give a sense of identity and purpose to hillwalking/walking/rambling in its own right as a national sport in Ireland, to provide services to hill walkers nationally and to provide a forum for hillwalkers' views on issues. While this new group does not set out to be a representative body, it would be similar in some ways to the Ulster Federation of Rambling Clubs (see its website www.ufrcl-online.co.uk).

Hillwalkers' Interest Group Meeting

Date: Saturday, 28th April 2007

Venue: Red Cow Inn (adjacent to M50)

Time: 2.30 pm

This exploratory meeting should last around two hours and aims to cover the following points:

- A short background presentation
- A presentation from the Ulster Federation of Rambling Clubs
- An introduction to the current proposal
- Discussion of special interests in groups
- Reporting about special interests to the main group
- Summary

There will be light refreshments.

Contact: Hill Walkers Interest Group,
17 Balally Drive, Dundrum, Dublin 16
or email HWGComment@yahoo.ie

MOUNTAIN MEITHEAL Glenmalure Zig Zags Route



Work is progressing on the Zig Zag route from Glenmalure to Carrawaystick.

Mountain Meitheal volunteers have clocked up a very impressive 488 hours so far on this project since November and have completed over 400 m of drainage repair and tread way improvement on this important route.

Materials are already arriving on site for the construction of a new foot bridge above the cottage to take hikers across the Carrawaystick Brook. Work on construction of the bridge will commence in the next few weeks. The project involves over 1400m of trail upgrading and new bridge construction and will run right through the spring and summer.

GET OUT, GET DIRTY, GIVE BACK

Anyone interested in joining the Mountain Meitheal volunteers, contact the coordinator (details on <http://www.pathsavers.org/>).

Next dates: 14th, 22nd and 28th April.

Committee 2006-2007

<i>Chairman</i>	Frank Rooney
<i>Secretary</i>	Garry Byrne
<i>Treasurer</i>	Jim Barry
<i>Membership</i>	Donal Finn
<i>Sunday Hikes</i>	Garry Byrne
<i>Social Events</i>	Steve Buckney
<i>Weekends</i>	Mark Campion
<i>Officer-at-large</i>	Eoin Moroney
<i>Newsletter</i>	Barbara Sudrow



Special thanks to:

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

* The 2006-2007 Membership Form can be downloaded from <http://www.hillwalkersclub.com/> *

An Óige Hillwalkers Club

KENMARE JULY 2007

Thur 26th - Tue 31st July

Visit the beautiful South Iveragh Peninsula, the Caha Mountains on the Kerry-Cork borders, Gougane Barra, and more...

Please note that we will NOT be doing any of the Reeks.

More details will be available in the next issue of the newsletter.

See below for possibilities!

HOSTEL ACCOMMODATION IN THE HEART
OF THE VERY PRETTY TOWN OF KENMARE

Moderate and Hard Walkers Welcome

Leader: Mark Champion

Transport to be arranged

Possible hikes: Mullaghanattin; Coomacallee; Glaninchiquin; Hungry Hill; Cumeengeara horseshoe; Eagle Hill; Broagh nabinnia / Stumpa Doolough; Knocklomena / Boughil; Dromderalough / Knockrower / Peicin

Notes

Hostel accommodation: Kenmare Lodge Hostel, 27 Main St, Kenmare, Co. Kerry. Two of the rooms are family rooms which can sleep 3 comfortably. One room is a twin and the other is a 6 bed dorm. ALL ROOMS ARE EN-SUITE. Cost includes hostel on the 26th, 27th, 28th, 29th and 30th.

Food: Not included in the price. There are cooking facilities in the hostel and lots of quality restaurants in the town. CHECK OUT www.neidin.net for more info.

Transport: Details will be posted in the next newsletter. Cost will depend on mode of transport, but is expected to be in the region of € 250, including 5 overnights at hostel.

Booking: € 150 NON REFUNDABLE deposit to Mark Champion, The Kings Hospital, Palmerstown, Dublin 20 (mobile: 087-250 1401).

***THERE ARE ONLY 15 PLACES AVAILABLE SO BOOK EARLY TO AVOID
DISAPPOINTMENT. THIS IS A PART OF THE COUNTRY THAT THE CLUB HASN'T
BEEN TO IN A LONG TIME SO MAKE SURE YOU DON'T MISS OUT!***