



An Óige Hillwalkers Club

July & August 2008

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

THE HILLWALKER



Walking on the famous Great Wall of China in rain and mist.

Photo: Barbara Sudrow

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HIKE PROGRAMME July & August 2008

MEET: Burgh Quay

DEPART: Sundays 10.00 am

TRANSPORT: Private Bus

COST: €12.00 (unless stated otherwise)

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 2nd pick-up point on the return journey, unless circumstances dictate otherwise. We regret that this is not possible on all routes.*

6 July 2008

**---Introductory Hillwalker Hike:
The Other Sugarloaf to Hollywood Glen**

Leader: Joe Gilvarry

2nd pick-up & drop-off point: Bus Stop near the pond at Seán Moore Park on Tallaght By-Pass.

Route: Snugborough Bridge * Sugarloaf * Lobawn * Corriebracks * Church Mountain * Drumreagh.

Distance: 17km **Ascent:** 620m

Maps: OS 56, Harvey and Healy

13 July 2008

---Upper Glenmalure

Leader: Tom Kenny

2nd pick-up and drop-off points: Bus Stops at Loughlinstown Roundabout.

Route: Glenmalure * Art's Lough * Clohernagh * Lug – Cannow * Ben Leagh Forest or Fraughan Rock Glen * Barravore carpark

Distance: 18km **Ascent:** 930m

Maps: OS 56, Army Glen map, Healy and Harvey.

20 July 2008

---North Wicklow Rambles

Leader: Deirdre Muldowney

2nd pick-up point: Bus Stops at Rathfarnham Castle.

Route: Coillte CP Tonygarrow (155 175) * Oldboleys * Lough Bray Lower * Kippure * Coronation Plantation * Carrigvore * CP Military Road (O138 088).

Distance: 19km **Ascent:** 825m

Maps: OS 56 and Harvey

27 July 2008

---Little and Large

Leader: Brian Madden

2nd pick-up & drop-off point: Bus Stops at Loughlinstown Roundabout

Route: Little Sugarloaf * Great Sugarloaf * Glencap South * Downs Hill * Kilpeddar.

Distance: 16km **Ascent:** 650m

Maps: OS 56.

**Please note:
NO SUNDAY HIKES
on 3, 10 and 17 August 2008**

24 August 2008

---Slieve Blooms

(with stop for meal on return)

Leader: Paul Carroll

Meet: 9.30am

Cost: €15

Distance: ca. 16km

Maps: Maps OS 54 and Slieve Bloom Way Map and Guide (with updates on www.eastwestmapping.ie)

31 August 2008

---Enniskerry Area (local bus)

Leader: Brendan Dempsey

Meet: 10.30 am for 10.50 am bus to Enniskerry (bus no. 44).

7 September 2008

---Introductory Hillwalker Hike: Cleevaun Lough

Leader: Steve Buckney

2nd pick-up and drop-off points: Bus Stop near the pond at Seán Moore Park on Tallaght By-Pass.

Route: Forest Entrance Ballylow Bridge (GR O061 129) * Ballydonnell South * Duff Hill * Mullaghcleevaun East * Cleevaun Lough * tracks by Ballyhemushboy Brook * Ballynultagh * Ballynultagh Gap CP.

Distance: 18km **Ascent:** 750m

Maps: OS 56 and Harvey.

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 untrampled, walking parallel to but not on the track.

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.

Any club member interested in leading a hike, please contact
Garry Byrne: 01-8388812

An Óige Ring of Imaal Marathon Walk 2008

This year's event was a great success and, once again, a good publicity exercise for the Hillwalkers Club and the association of An Óige.

95 eager souls turned out at Donard National School on a wet and murky June morning to brave the arduous 36 kilometres of road and hillside circling the infamous Glen of Imaal. The wind and rain persisted throughout the day. The event went off incident-free and all participants returned safely to base. The Mountain Rescue Service was not required.

The day never brightened up and participants and helpers were glad to get back to base where refreshments were offered. The President of the Association, Brian Graham, was on hand to sign and present certificates to the 79 joyous people who completed the circuit.

The event could not have been staged without the tremendous support of An Óige volunteers who offered their services to take charge of the registration administration and stewarding of the checkpoints. Their dedication and experience was invaluable as always and the event would not have succeeded without them. Six radio ham operator volunteers were on hand to provide a communications link between all of the checkpoints and the Donard base. Two members of the Red Cross ambulance service were on stand-by at base camp. In total, there were approximately 30 people assisting at various stages throughout the day.

The Association is also grateful to the following organisations and state bodies for providing assistance and granting access permission to An Óige:

- ❖ Department of Defence Property Section at Mobhi Road, Dublin.
- ❖ The Irish Army Ranger Service, Coolmooney Camp, Glen of Imaal
- ❖ Wicklow Mountain National Park, Administration Unit
- ❖ The local farmers and landowners who have granted us access through their properties without fail down through the years.
- ❖ The Coillte Administration at Carnew Enterprise Centre, Co. Wicklow.
- ❖ Donard National School Board of Management
- ❖ Members of the Mountain Rescue and Radio Ham Service
- ❖ Members of An Garda Síochána and Ambulance Service
- ❖ An Óige Head Office staff

I have received many phone calls, texts and emails from well-wisher participants praising our management of the event. Well done to everyone!

Jim Barry

FURTHER AFIELD Countdown to the Olympics

Sojourn in the Northern Capital



The beautifully restored Temple of Heaven in Beijing.

Okay, okay – so it wasn't exactly a walking holiday! Most walking was in fact done through beautiful temple complexes, museums, imperial cities and on top of ancient defensive walls including a reconstructed section of the famous Great Wall of China. Instead of rucksacks and walking boots, we had brought suitcases, sandals as well as umbrellas to protect us against the rain – and the sun!

In August 2007, we spent two weeks in Beijing, with excursions to Xi'an and Chengde. We had booked return flights with KLM via Amsterdam and the first three nights' accommodation in Beijing, planning to organise our travel itinerary locally. This proved to be perfectly feasible.

Exploring Beijing

Touching down in Beijing's *Capital Airport* was an odd experience as the plane seemed to be descending endlessly through thick brown fog when suddenly, the wheels of the plane made contact with the runway, still enveloped in fog. This was our first taste of Beijing's air pollution!

We took the air-conditioned Airport Express Bus into the centre to our pre-booked Novotel Xin Qiao Beijing. This 4-star hotel is located close to metro station Chongwenmen and several bus routes, approx. 800m from the main railway station and about a 20-minute walk from Tiananmen Square. At €44 per night for a double room without breakfast (internet booking rate) we had no complaints. Services included cashing of travellers' cheques, bike hire, travel arrangements and excursions. And the giant countdown display in the hotel lobby showed that we had arrived almost exactly one year before the opening of the Olympic Games.

The Great Wall at Badaling

Having spent the first afternoon getting a general feel for the city and exploring Tiananmen Square where preparations were underway for the official "Countdown-to-the-Olympics-Party", we decided to book a day excursion to the Great Wall and Ming Tombs, aware that we would probably be dragged into various factory show rooms along the way. Our tour did indeed stop at a jade factory, but we found the jewellery and intricate carvings in various greens and translucent whites fascinating. Unfortunately, by the time we arrived at the Great Wall at Badaling, 70km northwest of Beijing, it had started to rain heavily and we agreed to take a slide car up the mountain, as recommended by our guide. But first we stood in line together with hundreds of Chinese tourists from various parts of the country and a few Westerners dotted in between, most decked-out in the flimsy green, red or blue plastic ponchos sold by enterprising hawkers at every corner.

The slide car turned out to be a daisy-chain of plastic bases to sit on with legs stretched out in front. The slides were pulled up the hill on one side and then allowed to descend on the other side by their own weight, guided by a central rail on narrow tracks. Going up was not too bad although most of the short journey was through an open area with no protection from the rain. After all this, walking on the Great Wall was almost anti-climactic! It was misty, wet and at times, difficult to navigate the steepest sections on the polished wet stones, trying to avoid colliding with other tourists. Badaling is without doubt the most popular part of the Great Wall, visited daily during the peak season by thousands. Other accessible sections of the Great Wall are further away and therefore less frequented. Some tour operators organise 1-day to 5-day hiking excursions, at Jinshanling or Simatai. See www.greatwalladventure.com for more information.



Entrance to the Forbidden City at the northern end of Tiananmen Square.

Back in Beijing, we still had a number of important landmarks to visit: the Forbidden City where we spent an entire day, the Gate of

Heavenly Peace (Tiananmen), the Great Hall of the People (Seat of the National People's Congress), the Temple of Heaven Park and the Natural History Museum. Many more sights were actually closed for renovation, the Chairman Mao Mausoleum and several museums among them.

Culinary Delights

We tried various dishes on offer, mostly in the food courts in Beijing's large modern shopping centres on Wanfujing Street. Breakfast would typically consist of a bowl of noodle soup, a rice dish or dumplings; for lunch or dinner we would choose Japanese, Thai or spicy Szechuan dishes. Most restaurants display pictures of their dishes on the menu, which was just as well! Western style food is available from the bigger supermarkets, as well as bread rolls, cakes and even sandwiches for sale in bakeries.

Beer was widely available, inexpensive and of good quality, but we were surprised to discover that tea was relatively expensive. We paid between €3 and €5 for a pot of tea, while a simple meal for two with two beers cost no more than €5 or €6! And there are so many varieties of tea! Whether you choose Oolong, Jasmine or fragrant tea made by adding hot water to fresh flowers like chrysanthemums, there is something for everyone, including the complementary green tea served before you even order.

A visit to Beijing would not be complete without trying the city's signature dish, Peking Roast Duck. We decided to check out the famous Quan Ju De Restaurant, established in 1864, a huge operation on four floors of an opulent building stretching almost across an entire city block. It was incredibly busy and we had to wait 30 minutes before they could seat us. Despite the huge choice of dishes on the menu we ordered Peking Roast Duck, just to see chefs in high white hats rolling out our duck on a trolley and carving it up expertly in front of our eyes.



In the splendid dining hall of Quan Ju De Restaurant.

Ducks are bred specially for the dish, slaughtered and seasoned before being roasted in a hung oven. The duck meat and crispy skin is served with pancakes, spring onions, and plum

sauce. We were also presented with the neatly sliced tongue of the bird, considered a delicacy, but decided to pass on it.



Mushroom-filled dumplings with green vegetables.

Xi'an, Shaanxi Province

For some reason, train tickets in China can only be purchased at the departure station. This means that you can only buy single tickets which, coupled with trains booking up several days in advance during peak times, adds a degree of uncertainty to your travel arrangements! On the other hand, there are always long-distance buses and planes.

So for the trip to Xi'an, home of the Terracotta Warriors, located at the end of the ancient Silk Road approx. 930 km southwest of Beijing, we booked soft sleeper berths for the 11 hour overnight train journey and a 1.5 hour plane trip back to Beijing.



View of the Drum Tower in the centre of Xi'an.

Xi'an turned out to be a fascinating city with a rapidly growing commercial centre supporting over 8 million people. Xi'an, known as Chang'an, was one of the most important cities in Chinese history going back 3,000 years. The two Chinese characters in the name Xi'an literally mean Western Peace. The old part of the city is enclosed by a rectangular wall with imposing gates at all points of the compass through which traffic passes in and out of the city. The centre of town is defined by the enormous Bell Tower and its off-centre neighbour, the Drum Tower, with an underground modern shopping arcade

connecting the two, and four lane traffic circling the Towers above ground.

The majority of Xi'an residents are Han Chinese, but the presence of the 50,000 Muslim Hui minority is noticeable in Xi'an's cuisine (baked beef and mutton, buns with beef) and in the Muslim quarter with its lively market streets, food stalls and the ancient Xi'an Great Mosque.

Xi'an is also known for its artisan tradition in calligraphy with beautiful prints, paintings, carvings, brushes and bales of exquisite rice paper available for sale throughout the old part of town. The Forest of Steles Museum has an extensive collection of stone tablets engraved with ancient classic tales and historical records.



Calligraphy brushes in the artisan market, Xi'an.

Terracotta Warriors

The main attraction and what most tourists come for is, of course, a visit to the excavation site of the 2000-year-old Terracotta Army.

And it is an immensely impressive panorama: thousands of life-size clay soldiers lined up in brick-built corridors, with fragments of paint still showing on their uniforms; with individual facial expressions; with different hair styles denoting military rank; with hands that once held weapons or the reins of a horse. Some sections have not been fully excavated, so that you can see how the clay figures were found: broken into a multitude of pieces, with several figures collapsed on top of each other and covered with earth. These sections underscore the immensity of the restoration task already completed and the mind-boggling power of Emperor Qin Shi Huang who had this army built to be ready for battle in the after-life.

There are two further exhibition halls and a small museum which holds two bronze chariots unearthed in 1980. The chariots are behind glass, half life-size and incredibly beautiful, though difficult to appreciate fully on a very busy day.

We visited the Terracotta Army as part of a guided tour booked through our hotel but the World Heritage Site can also be reached by public bus from Xi'an.



Some of the 6,000 terracotta soldiers on display in the first of three exhibition halls built over the original site where the statues were uncovered in 1974.

Other attractions around Xi'an include: the Shaanxi History Museum (in the city), Banpo Neolithic Village (included in our tour) and for the adventurous, a hike up to the 2,160m granite peaks of Hua Shan. Hua Shan is located 120km east of Xi'an and is one of China's sacred Taoist mountain areas.

The Imperial Mountain Resort

Our second excursion brought us to a city less frequented by foreign tourists. Chengde (population 3.6 million) is located 250km north of Beijing, accessible by a 4-hour train journey through remote country side. Its main attraction is the cool clean air, which is why Chengde was chosen as the location for the Chinese Emperor's summer residence, now a UNESCO World Heritage Site since 1994.

We bought one-way hard sleeper tickets on the morning train which arrived in Chengde at midday. Hard sleeper means open compartments with six bunks each, with the top bunks impossibly close to the ceiling and a narrow ladder to climb up into it. One can sit semi-comfortably only on the bottom bunk and on the few fold-down seats in the corridor. But still, this is much better than the cheap hard seats in overcrowded carriages which are usually shared with market goods, livestock and accompanied by a cacophony of coughing and spitting. So the first thing we did on arrival in Chengde was to buy our return tickets to Beijing for the next day as we didn't want to stay more than one night, and we had already booked a room in the Novotel Xin Qiao Beijing. In the station, ticket lines were long with lots of people pushing to jump the queue and not a Western tourist in sight. We half expected to find only hard seats left - or none at all - but luckily got the last top bunks in the hard sleeper carriage.

With our return journey secured, we proceeded into the city centre to find a room for the night. We couldn't quite work out the bus routes and decided to take a taxi to one of the recommended hotels in the guide book, a

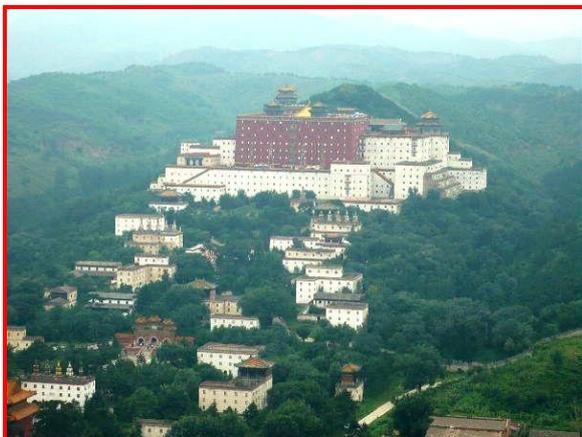
Chinese business hotel. Their cheaper rooms were apparently unavailable, but with the hotel location close to the Mountain Resort and only one day to explore it, we decided not to waste any time on trying to find a bargain.

We spent the afternoon exploring the Mountain Resort which was built in the early 18th century and features large parks with lakes, pagodas, and imperial summer palaces ringed by a defensive wall not unlike the Great Wall.

Outside this wall are the Eight Outer Temples. Since the seat of government followed the Emperor, Chengde was a political centre of the Chinese Empire for a few short months each summer, and the temples are said to have been built in different architectural styles to make the visiting delegations from different regions feel at home and welcome.

The best-known of these is the Putuo Zongcheng Temple, built to resemble the Potala Palace in Lhasa, Tibet. Nearby Puning Temple, built in 1755, houses Guanyin, the Buddhist Goddess of Mercy. This gilded wooden statue is 22m tall and has 42 arms; each hand holds instruments, skulls, lotuses and other Buddhist symbols.

We managed to visit both temples by using taxis to cover the distances between them and then back to the hotel and finally the railway station for the 1pm train to Beijing.



Putuo Zongcheng Temple, viewed from the enclosing wall of the Chengde Mountain Resort.



Entering the musicians' enclosure for a special prayer.



A cloud of incense adds a contemplative atmosphere.

Visiting the temples was hugely enjoyable; mostly because we were the only Western tourists there and therefore felt we were experiencing a genuine side of Chinese life. Devotion of the deities was expressed in interesting ways. In one temple, the railings of the staircase to an upper sanctuary were decorated with thousands of small padlocks for good luck. And the monks certainly had a thriving business going selling the padlocks!

There was the pervasive but pleasant smell of burning incense everywhere, which together with the glorious weather – sunny but not too hot – greatly added to the general festival atmosphere.

Apart from the Mountain Resort and the Eight Outer Temples, the city of Chengde didn't offer much to the visitor. The downtown district seemed quite run-down by comparison with Beijing and Xi'an. At the same time, there were recent developments such as a large public exercise area beside the river and a landscaped park with water features in the Main Square.

History, culture and language

Our two week sojourn in Beijing, Xi'an and Chengde was a very interesting introduction to China, a huge country steeped in ancient history and culture and developing at an amazing rate.

We found that independent travel is possible from and to bigger cities and main tourist attractions, but less so in smaller places where one of the first difficulties to contend with is the absence of Pinyin (Romanization of Chinese characters). Chinese people we met were very helpful and there often were a few students around willing to practise their English on foreign tourists.

It can also be nice to learn a few words in the language of the country you're planning to visit; the Confucius Institute in UCD offers 10-week taster courses several times per year. Visit their website www.confuciusinstitute.ie for details.

Text and photos: Barbara Sudrow

IRISH CHALLENGE WALKS

Hillwalkers interested in **group participation** in the long-distance walks below, please contact Mark Campion at campion@ireland.com or call Garry Byrne, 01-8388812.

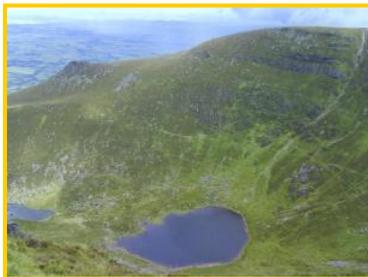
Comeragh Crossing

Date: Saturday, 5th July 2008

Distance: 35km

Ascent: 1,150m

Beautiful scenery on a good day but can be a difficult walk on an inclement day. The average time to cover the full route is approx. 10 hours.



There are 3 stages to the walk and it is possible to join the walk at the start of Stage 2 or Stage 3. Entrants can join a group led by experienced leaders. Experience is needed to complete the entire 3 stages.

Organised by Dungarvan Hillwalking Club
<http://www.dungarvanhillwalking.org>

The Joyce Country Challenge

Date: Saturday, 19th July 2008

Challenge: For the experienced fit and self sufficient walker. 30km, 1,936m Ascent. Finny, Maumtrasna, Devils Mother, Ail Dubh (road) Bunacunneen, Ben Beg, returning to Finny via the Southern Ridge.

There are two alternative, led walks for the less experienced hiker in the same area, following the shore line of Lough Nafooye.

The Lake District Hill-Walking Club in Galway/Mayo runs this challenge walk.

Hart Walk

Date: Friday, 1st August 2008

Distance: 111 km (Road 75km, Mountain 36km).

Total Ascent: 3,000m.

The Hart Walk commemorates the first completion of this challenge by H.C. Hart (1847-1908) in 1886. The starting place is the site of the old Terenure tram station, opposite the RC church on Terenure Rd., East, Dublin, where Hart commenced his trek. We leave at 8pm. Finishing times will be in the region of 20 - 24 hours.

Further information: Tom Milligan at 086-0826857 or 01-2883312.

Mourne Seven Sevens

Date: Saturday, 9th August 2008

Distance: 28km

Ascent: 2,530m

Start: Donard Park, Newcastle, Co. Down from 7-9am

Route: To climb the seven summits above 700m by any route desired by participants. This is one of the more extreme walks.

Entry fee: £10.00 Sterling.

Organising Club: Spartan Red Sox Walking Club. Contact: Sharon Stuart (028)92683878 (prefix 048 not 028 from Republic).

The Western Way

Date: Saturday, 9th August 2008

Distance: 26 miles

Registration fee: €25.00

Registration from 7.00 am at the Community Centre, Maum Bridge, Co. Galway.

Walkers will be transported by bus departing at 8.00am sharp to the starting point approx. 6 miles west of Leenane, Co. Galway at Our Lady of the Wayside Church.

Organising Club: Galway Walking Club

<http://walkersassociation.ie/node/248>

Burren Walk

Date: Saturday, 23rd August 2008

Distance: 14km, 25km, 27km

Registration is at the recreation area beside the entrance to Fanore Beach, Co. Clare (GR M 142 082) from 09:00 to 12:00hrs.

Cost: €10.

Where possible the route of the walks traverse green roads and limestone paving. Certificate of completion will be presented at the finish.

For any further information contact Steve Wright @ 087-2451218 or e-mail burrenwalk@eircom.net.

The Committee of
An Óige Hillwalkers Club
would like, on behalf of its members,
to convey their deepest sympathy
to Ali Mc Sorley
on the recent death of her sister Fiona.
Our thoughts are with Ali,
her family and friends.

AOHW Website Survey

Please continue to send interesting photos of club hikes or social outings directly to info@hillwalkersclub.com:

- Resize your photos to about 1000 pixels in width before emailing them.
- Club webmaster Matt Geraghty will upload photos once a month, so please be patient.

We are also planning a **revamp of the website** www.hillwalkersclub.com later in the year and would welcome suggestions from club members. Please structure your comments:

I like ...

I don't like ...

I suggest ...

Please send your comments to barbarasudrow@eircom.net by **Friday, August 29th 2008** to be in with a chance to win a €30 voucher for outdoor gear!

DATES FOR YOUR DIARY

Pre-Announcement AGM 2008

The AGM 2008 will be held at An Óige International Youth Hostel in Mountjoy Street.

Date: 9th October 2008

Time: 8 pm

Venue: An Óige, Mountjoy St., Room 102

Details will be published closer to the time.

Map & Compass 2008



The Club will be organising its annual Map & Compass Course once again this November.

Course organisers are Donal Finn and Tom Kenny with support from Mark Campion, Joe Kellegher, Ita O'Hanlon, Philip Roche and Jimmy McCullagh.

This is an excellent opportunity for An Oige members and Hillwalkers to increase their personal mountain skills in map reading, navigation and self-reliance on the hills.

The course will consist of 4 evening sessions (Tuesdays) and two weekends of active training, based in the Glendalough area. Accommodation in Glendalough YHA Hostel is included in the cost of the course.

Further details and the full training schedule are available on page 10 of the newsletter.

NOTE FROM THE EDITOR

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 to:

Barbara Sudrow, 24 Glenmalure Park, Dublin 8, barbarasudrow@eircom.net

Committee 2007-2008

Chairman

Secretary/Sunday Hikes

Treasurer

Membership/Training

Weekends

Promotion

Newsletter

Frank Rooney

Garry Byrne

Jim Barry

Donal Finn

Mark Campion

Deirdre Muldowney

Barbara Sudrow

Special thanks to:

Webmaster

Distribution

Matt Geraghty

Pearse Foley & Cyril McFeeny



MAP AND COMPASS COURSE PROGRAMME 2008

COURSE ORGANISERS: DONAL FINN & TOM KENNY

TRAINERS: MARK CAMPION, JOE KELLEGHER, ITA O'HANLON, PHILIP ROCHE AND JIMMY McCULLAGH

Date: Tue, 4th Nov 2008 **Venue:** 7.30 pm, Room 102, An Óige Hostel, Mountjoy St., D7.
Topics: *Mountain Skills I:* Map, Scales, Legend, Grid References, Personal Equipment

Date: Tue, 11th Nov 2008 **Venue:** 7.30 pm, Room 102, An Óige Hostel, Mountjoy St, D7.
Topics: *Mountain Skills II:* Contours, Features, Mountain Hazards.

WEEKEND 1 - MOUNTAIN SKILLS 1

Dates: 15th & 16th Nov 2008 **Meet:** Sat, 10.00 am, Laragh, Co. Wicklow.

Activity: Practical exercise in the Glendalough area, navigation by map only.
Overnight in the Glendalough Hostel (self-catering), included in cost.

- | | |
|------------------------|------------------------|
| 1. Map Setting | 2. Feature Recognition |
| 3. Self-location | 4. Route Choice |
| 5. Distance Estimation | 6. Handrail Features |
-

Date: Tue, 18th Nov 2008 **Venue:** 7.30 pm, Room 102, An Óige Hostel, Mountjoy St, D7.
Topics: *Mountain Skills III:* Distance, Altitude, Timing, Emergency Procedures.

Date: Tue, 25th Nov 2007 **Venue:** 7.30 pm, Room 102, An Óige Hostel, Mountjoy St, D7.
Talk: *Mountain Skills IV:* Compass, Bearings, Route card.

WEEKEND 2 MOUNTAIN SKILLS 2 & NIGHT NAVIGATION

Dates: 29th & 30th Nov 2008 **Meet:** Sat, 10.00 am, Laragh, Co. Wicklow.

Activity: Practical exercise in the Glendalough area, navigation by map & compass.
Overnight in Glendalough Hostel (self-catering), included in cost.

- | | |
|--|-------------------------|
| 1. Revision of 1 st weekend | 2. Walking on a Bearing |
| 3. Back-bearing | 4. Sight-bearing |
| 5. Pacing | 6. Steep Ground Work |
-

NIGHT NAVIGATION - WICKLOW MOUNTAINS

Date: Sunday, 30th Nov 2008
Sunday activities on Weekend 2 to continue until approx. 8pm to include night navigation.

COST

€170 PER PERSON

€150 WITH VALID PROOF OF CURRENT AN OIGE MEMBERSHIP

BOOKING OPENS 1ST SEPTEMBER 2008 THROUGH AN OIGE HEAD OFFICE 01-830 4555.

Laminated maps (approx €20) and compasses (approx €35) will be available for sale to participants on the 1st night of the course.

Enquiries to Donal Finn: please email finndonal@eircom.net

OCTOBER BANK HOLIDAY WEEKEND
GALTEES, COMERAGHS & KNOCKMEALDOWNS

Fri 24th - Mon 27th Oct 2008

3 MOUNTAIN RANGES IN 3 DAYS

**Walks at all grades
Hillwalker, Moderate, Easy**

Weekend Leader: Donal Finn

DAY 1: Galtee Mtns

Gus Tobin Challenge Hike, Hillwalker Hike, Moderate Hike, Suir River Walk
All hikes to finish at the Foot Pub.

DAY 2: Comeragh Mtns

3 hike grades (Hillwalker, Moderate, Easy) from the Nire Valley

DAY 3: Knockmealdown Mtns

3 hike grades (Hillwalker, Moderate, East Munster Way) to finish at the Vee.

Details of route, distance, ascent, etc. will be made available on the evening before the hikes.

Hike Leaders:

Mark Campion, Donal Finn, Tom Kenny, Brendan Magee, Deirdre Muldowney, Barbara Sudrow.



www.minellahotel.ie



Cost: €290

Accommodation: Standard twin rooms in the well-appointed ★★★★★ Hotel Minella, Coleville Road, Clonmel, Co. Tipperary, situated on the banks of the River Suir.

Meals: Full breakfast & lunch sandwich* (Sat, Sun, Mon) and 4-course dinner (Sat, Sun) included.
* *The hotel will provide a sandwich per person for lunch each day. Please supplement your lunch with items of your choice (e.g. fruit, chocolate bar, crisps); shopping close-by or en-route.*

Booking: €160 NON-REFUNDABLE to An Óige Head Office, t: 01-8304555.
Booking opens on Mon, August 25th; BALANCE of €130 to be paid by Fri, October 10th.

Departure: Friday, 24th October, George's Quay (Tara Street) at 6.30 pm. Stop en-route in Carlow.

Return: Monday, 27th October, arriving in Dublin City Centre at 9 pm approx. Stop in Carlow.