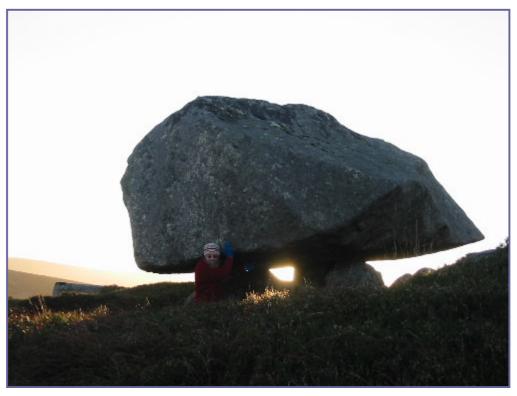
December 2005 & January 2006

http://www.hillwalkersclub.com/



Tom Kenny holding up a large rock on Mall Hill. Photo: Mark Campion

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HIKE PROGRAMME December 2005

MEET: Burgh Quay

DEPART: Sundays 10.00 am **TRANSPORT:** Private Bus (unless

stated otherwise) **COST:** €10.00

3rd & 4th December - Various

Leaders:

Saturday: Tom Kenny (Hard Hike);

Jim Barry (Moderate Hike)
Sunday: Garry Byrne

Route: Christmas Party Hikes in the Glendalough Area, starting from YH.

REMINDER: Club Bus departs on Saturday morning at 9.30am from Burgh Quay

11th December - Brown Mountain

Leader: Martin Fagan

Route: Oldbridge - Kanturk - Scarr -

Paddock Hill - Laragh.

Distance: 13km **Ascent:** 500m

18th December - Holly Hike

Leader: Don Reilly

Route: Drumreagh Forest Entrance (GR 937 032) - Drumreagh Forest Park - Church Mountain - Turf Cutters' Track

- Hollywood Village.

Distance: 12km Ascent: 600m

26th December - Christmas Hike

Leader: Frank Rooney

Route: Bens of Howth and Coastal Path. Meet at the Marine Hotel, Sutton

Cross, at 11 am.

Own TRANSPORT

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 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.

TORCH During winter months it is essential to bring a (head) torch on all Sunday hikes. Check your batteries / bulb.

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 In the interest of safety and comfort please keep the pointed end of your walking stick covered, especially when travelling on the bus.

HIKE PROGRAMME January 2006

1st January - New Year Hike

Leader: Jim Barry

Route: Traditional New Year Hike up Lugnaquilla. Meet at Fenton's Public House, Glen of Imaal, at 11 am.

OWN TRANSPORT

8th January - Introductory Hike

Leader: Brian Madden

Route: Carragoona - Rocky Valley - Glencap - Great Sugar Loaf - Downs Hill

- Kilpeddar.

Distance: 16km Ascent: 650m

15th January - Lake View

Leader: David McCann

Route: Woodend Forest – Woodend Brook – Ballinatona - Sorrell Hill – Ballynultagh Gap – Blackhill – Hampton

Bomber Crash Site – Kilbeg –
Blessington Reservoir – Lackan. **Distance:** 18km **Ascent:** 500m

22nd January - Circuit of Glencree

Leader: Garry Byrne

Route: Tonygarrow – Glencree River – Aurora – Lough Bray Lower and Upper – Eagle's Crag – Powerscourt Mountain – Tonduff North – Maulin – Crone Wood

Glencree Hostel.

Distance: 18km **Ascent:** 600m

29th January - West Wicklow

Leader: Mark Campion

Route: Hell Kettle Bridge – Church Mountain – Corriebracks – Lobawn – Cavanagh's Gap – Round Hill – Kings

River – Granabeg.

Distance: 19km Ascent: 850m

5th February - Introductory Hike

Leader: Dave Jackson

Route: Sally Car Park (GR 137 087) – Lugalla (Fancy) – Cloghoge River – Wicklow Way Track – Crone Wood. Distance: 19km Ascent: 650m

NOTES ON JANUARY HIKES

NB: Walks may be curtailed at the discretion of the Leader on the day, taking account of limited daylight hours, group safety etc.

January marks not just the start of the new walking year but also the start of the walk programme being put together by the new Hike Co-ordinators, Garry Byrne and Mark Campion. The aim is to try to walk in new areas or areas not frequently visited, as well as in well established areas. Where possible, new leaders will also be introduced and it is hoped that these two measures will encourage members to come out more frequently and ensure a fuller bus every Sunday.

As mentioned in the last Newsletter, the Sunday hikes are running at a considerable and unsustainable loss and the continued support of members is therefore essential for the continued success of the Club. You are asked therefore to give your support to the Sunday hikes and ensure a good turnout, especially for the new leaders. So make an early New Year resolution and join in a varied and interesting programme of walks!

Garry Byrne, Secretary

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

Garry Byrne: Telephone: 8388812 Email: garry_byrne@environ.ie

Mark Campion: Telephone: 087-2501401

Email: campion@ireland.com

NAVIGATION TRAINING Map and Compass Course 2005/2006

The annual Map and Compass Course started on 1st November 2005 with 21 participants. Feedback from participants after the three Tuesday evening sessions, held in An Óige Headquarters, and the two weekend training sessions in the Glendalough area, was very positive, as in this email from Symphorosa Watson:

Thank you for the Map and Compass Course that you organised and planned and supervised so well. And thanks to all the leaders and everyone else involved in putting the course together and supporting it with their time and energy. I really enjoyed the whole thing from many points of view... the clear and interesting classroom learning experience, the individual expertise, care and attention from the group leaders, the social aspects and the general fun and crack.

Hopefully, some of this year's course participants will feel encouraged to become hike

leaders themselves in the future. Additional practice sessions are available (see below) and anyone interested in expanding their Mountain Skills further can contact the Training Officer, Jimmy McCullagh, for information.

REMINDER OF FORTHCOMING DATES:

Night Hike: December 11th, meet outside Coach House Pub, Roundwood at 4.00pm

Consolidation Weekend: January 28th & 29th 2006, Rathgormack Mountaineering Hostel, Comeragh Mtns., Co. Waterford. (Costs associated with this weekend are NOT included in course cost.)

TWO NEW MOUNTAIN LEADERS FOR THE HILLWALKERS CLUB!

Tom Kenny and Mark Campion both recently passed their Mountain Leader Assessment.

CONGRATULATIONS FROM EVERYONE!

NEWS ITEMS OF INTEREST

According to recent press reports, the **Mourne Mountains** are due to become Northern
Ireland's first national park. The Mourne
Mountains were first designated as an Area of
Outstanding Natural Beauty in 1966. In 1986,
this designation was extended to include the
farmed foothills and the coastline between
Newcastle and Rostrevor. Unlike the rest of the
UK, the intention in Northern Ireland is that
most of the land in the Mournes will remain in
private ownership. More information on the
above and on heritage in Northern Ireland may
be obtained from the Environment and Heritage
Service at www.ehsni.gov.uk.

On 9 November 2005, the Environment Minister, Mr. Dick Roche, T.D., launched the Ordnance Survey of Ireland's first computer mapping programme **OSi Trail Master**. It combines maps, aerial photography and 3D models. Two products were launched, "Trail Master East" and "Trail Master South". "Trail Master West" and "Trail Master North" are due for release later this year or early 2006.

OSi Trail Master is a DVD, PC compatible, interactive mapping tool for the outdoor enthusiast. Trail Master allows people to plan itineraries from home. They can plan and print routes using OSi's Discovery Series mapping and even export their planned routes to a hand-held GPS device. Full details on the product, which costs €99 RRP, including sample 3D maps and photographs, can be found at www.osi.ie

Garry Byrne

HILLWALKERS WEBSITE Survey & Feedback

You may have noticed that the web address on the front cover of the newsletter has been changed to:

http://www.hillwalkersclub.com/

This is the new link to the club website - go and check it out and let us know what you think! We are interested in receiving your feedback.

Webmaster Matt Geraghty included a brief WEBSITE SURVEY in the October newsletter. Many thanks to everyone who has taken part in the survey so far!

If you haven't already done so, you can email your comments to: hillwalkerclub@eircom.net. It will only take a moment!

1. How often do you visit the website?

Once a week / Once a month / Just occasionally / Never

2. If you have visited the website before, which of the following would you tend to look at?

List of Sunday hikes / Club news / Travel articles / Photographs

3. Do you ever look through the archived Hillwalker programmes?

Yes / No

4. Is the layout of the website easy to use & to navigate around?

Yes / No

5. What kind of connection do you have when using the internet?

Dial-up (i.e. modem) / Broadband

6. What browser do you use?

Internet Explorer / Mozilla Firefox / Netscape / Opera / Other

A summary of the feedback and comments received will be published in the next newsletter!

EDITOR'S NOTE

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 like to 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, S.C.R., Dublin 8, barbarasudrow@eircom.net

OUT ON THE TRAILS Hiking the Pyrenees

Account of a Ramble in the Eastern Pyrenees

Aug 3rd: Dublin 0015 hours

I woke up 5 hours before my flight covered in beads of sweat and wishing I had been granted a few more meg of memory by the man above. For I had a sudden dawning that my passport was sitting in Kerry on my bedside table. Not just sitting but laughing too!

Aug 3rd: Kerry 0016 hours

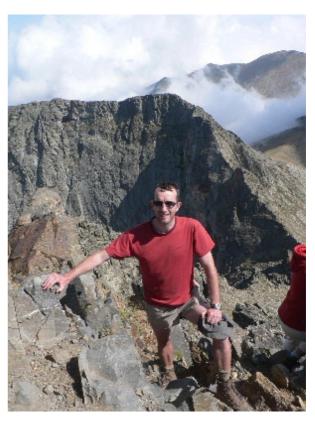
My brother wakes to a sudden noise from an object on his bedside table. He should have left his phone somewhere else; then he would not have had to drive my passport 200 miles while I caught up on my sleep! I only rang him to ask him to send it to me by Swiftpost the following morning! He was off the following day and decided he would courier it up himself that night! He's a good chap is our Declan.

Aug 5th: Just east of Andorra 1400 hours

I set off on what was intended to be an 8-day expedition. The weather was extremely hot and as I was dropped off at a col, I had a lot of uphill to do. 6 hours of slow-going got me to a lake where I set up camp. On the way I passed an elderly English lad called Fred who was knackered. He had spent 6 weeks walking from the Atlantic with 20 kilos on his back and wasn't stopping until either he dropped dead or reached the Med. Respect!



Aug 6th: A little further east of Andorra Climbed Pic Carlit (2921m) today. A very tough ascent whose difficulty was compounded by the fact that Fred sneaked about 4 tonnes of his muesli into my backpack in the middle of the night or at least that's what it felt like! Views were magnificent from the summit and the walk down to Lake Bouillouses was superb. Found



another lake to camp at this night. Got caught in a violent thunderstorm shortly after my dinner of pasta, tuna and Brie. This was my staple diet over the week. I have yet to touch tuna or Brie since and have only eaten pasta out of good manners. Anyway the thunderstorm was rather unnerving... I texted my brother Philip as planned to let him know that I probably wouldn't get through the night...he's the dramatic member of the family so I tend to feed his appetite. You can imagine his consternation when I couldn't get a mobile signal for 3 whole days afterwards and was unable to let him know that I had managed not to be exterminated in my tent! He rang my sister in Kerry who rang my 5 other brothers who then rang for pizza probably. They were mighty relieved when I finally made contact as I have yet to make out a will.

Aug 6th, 7th and 8th:

3 wonderful days walking through valleys, along ridges and in natural forests. The weather was primarily good although at times the winds were very high. The variety of flora was typically Alpine in the pastures and glades... the ridges were guite exposed and supported little vegetation. I was sticking in the main to the HRP (Pyrenean Haute Route). The tracks were excellent and very easy to follow with regular markings. A map was essential however for route planning and finding potential places to camp. I met quite a few people en route but in general the peace I sought was found. I didn't do much of the deep thinking I had planned though. Most thought went into coming up with good excuses for cutting the trip 2 days short and what I would eat when I finish.

Aug 9th:

This was one of the best days I have ever spent on the hills. For a start it was the last day of 6 tough days carrying about 15kg ... Secondly it was downhill, very hot and through some of the finest Alpine pastures I have seen since I was last in Kerry! I felt like St. Francis walking along with butterflies afluttering hither and thither, bees abuzzing fore and aft, birds aswooping to catch the sweat dribbling from my unshaven chin. The flowers and trees were up there with the best.

All in all I love the Pyrenees. They are much quieter than the Alps, are largely undeveloped and have bears that are afraid of YOU!





On the negative side there are Pyrenean Mountain Dogs which look like sheep when you are not wearing your glasses ... however, on closer inspection they are about twice the size of a sheep and twice as unlikely to enjoy a comradely cuddle!

Postscript: ... went with 5 members of my family up onto Le Canigou (circa 2800 metres) the following week. We had glorious weather during the ascent but by the end of the descent we had experienced sleet, snow, hail, rain and bitter cold. Bear this in mind when planning European walking trips!

Mark Campion

MOUNTAIN TRIVIA

Answer the following 10 questions or search for the answers in the word sleuth below (vertically, horizontally, diagonally, back-to-front). Either way, when you're ready to give up, the answers are printed on page 7.

- A mixed-up minor crag in Scotland (anagram, anyone?)
- Author (last name) of "Touching the Void"
- 3. Bird commonly found on Snowdon
- 4. Mountain range in Italy, at first impenetrable for the allied advance against Nazi Germany in 1944
- 5. Near which city do you find sea cliffs by the name of "Twelve Apostles"?
- 6. The feature called "Nido de Condores" can be found on which mountain?
- 7. What did Vitale Bramani invent in Italy in 1935?
- 8. Where in Ireland do the highest cliffs in Western Europe rise sheer from the sea?
- 9. Which provides more lasting energy fruit, nuts or chocolate?
- 10. With 7,600 km, this is the longest mountain range on earth

Ε	Ν	Α	R	1	0	М	U	0	1	L	Р	S
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Е	0	Т	W	Ν	Α	Q	Р	R	U	Ν	Е	L
R	L	М	Α	С	Р	М	0	Κ	D	0	L	С
Ε	В	S	Р	Е	Р	Υ	F	Ε	Р	I	K	Α
S	Н	Ε	R	Α	Ε	R	S	Ε	Н	Υ	Χ	I
Υ	S	Н	0	R	Ν	0	М	С	S	В	Z	R
М	С	I	L	L	I	Н	Α	Α	Т	L	I	Ν
Α	R	R	М	I	Ν	I	L	Р	U	Κ	Ε	G
R	Ε	С	Α	Р	Ε	Т	0	W	Ν	R	Т	0
В	Р	Н	Ε	Υ	S	L	Р	Т	0	Ν	0	R
-1	S	S	U	D	Н	Ο	W	Т	٧	В	Ε	М
V	U	L	Q	F	В	С	Ν	0	G	I	L	L
Α	М	Т	Р	Α	U	G	Α	С	Ν	0	С	Α
Χ	Ε	U	М	0	Ν	R	Υ	Т	0	Z	I	R

Questions adapted from: Ralph Storer, Mountain Trivia Challenge, published by Cordee, Leicester, ISBN 1 871890 67 5

MCI NEWS The Future of Tiglin

Contrary to what has been suggested in some quarters, the MCI is not trying to close Tiglin; we see a clear role for the centre and its services. On 23rd November the MCI's Executive Committee met with Mr. Jerry O'Dwyer (the consultant conducting the current review of Tiglin on behalf of the Irish Sports Council - ISC) to present our position. It's expected that Mr. O'Dwyer's report on Tiglin will be submitted to the Irish Sports Council not later than 7th December and an early decision is expected thereafter.

The MCI has a voice in the running of Tiglin, but it does not own or control it. Tiglin - the National Mountain and Whitewater Centre - is owned and run by the Irish Adventure Sports Training Trust Ltd (IASTT) which is composed of one director from each of the MCI, ICU, AFAS, and the City of Dublin VEC. On 16th November IASTT decided to continue Tiglin's operations for 3 to 6 months into 2006. The decision on whether or not the Tiglin building remains open for that period will depend on the outcome of the ISC review. It was also decided that Tiglin's Scottish winter courses should go ahead as planned. For further information see

> Declan O'Keeffe President

Mountaineering Council of Ireland Sport HQ, 13 Joyce Way, Park West Business Park, Dublin 12

www.mountaineering.ie.

Ph: +353 1 6251115, fax: +353 1 6251116

FORTHCOMING EVENTS **Lecture & Slide Show**

Camels, Opium, Princes and Gold

Over the last five years, Dave Lucas has developed numerous new climbing areas and established hundreds of new climbs in a total of 22 different countries, and travelled extensively in a further 29 countries. Achieving over 43 months of expedition experience. Dave will give a talk and short film show on his two most recent adventures. The first being in search of unclimbed rock in The Sinai desert and the other in the highlands of Ethiopia where in true Indiana Jones style the expedition went in search of a lost peak first written about in the 17th century by James Bruce.

Date: Wednesday, December 7 Venue: Tara Hotel, Merrion Road, 8pm **Admission:** €10 (€7 with MCI Card)

The images, film and tales of adventure will make this talk an inspirational listening that will have you packing your bags and exploring the world for similar epics.

The lectures in Dublin are organised by the MCI in association with The Great Outdoors.

Walking in Peru

Alma Hobson, a long-standing member of An Óige, is due to give a slideshow of her recent walking trip to Peru.

The slideshow will be held in An Óige's Youth Hostel in Mountjoy Street, Dublin 7 in January, at a date to be decided. Details should be available shortly and will be given in the moderate and easy hikes programme for January.

SOCIAL CORNER

The first social event of the New Year will take place on Tuesday, January 24th.

This is an "Orienteering by night" event in St. Anne's Park in Raheny, followed by a few pints in a local shebeen.

The format is as follows:

- Register in the park from 6.30 to 7.30 pm (the cost will be small).
- Get into groups of 2 or 3 including at least one person who knows what a compass looks like.
- There will be 2 courses on the night, one easy and one hard. Most groups should take between 60 and 90 minutes.
- Bring a head torch.

The recovery drinking venue will be announced at the event - it will be some pub in Fairview any recommendations?

Get your names to Mark Campion before January 15th: Contact 087-2501401 or email campion@ireland.com.

Try to organise your own teams; but if there are any individuals who don't have teams we can organise some on the night.

The Folk Night has been postponed to some time in February, mainly due to the search for a suitable venue. As soon as date, time and venue have been decided, we'll let you know.

Suggestions welcome! Please contact our Social Organiser Steve Buckney with proposals for future social outings - don't keep those brilliant ideas all to yourself!

Text messages to: 086-1591842

ANSWERS Mountain Trivia

- 1. Cairngorm, 2. Simpson, 3. Seagull,
- 4. Appenines, 5. Capetown, 6. Aconcagua,
- 7. Vibram, 8. Achill, 9. nuts, 10. Andes.

INSIDE THE COMMITTEE Membership Secretary

My name is Anne Russell. I have been a member of An Óige Hillwalkers for eight years and volunteered to act as membership secretary last year. The job involves processing the application forms which come to me by post or email and I send out receipts for the membership fee received and a membership card for the current year. The membership list is kept on a computer list and updated when needed. I also answer enquiries from prospective members which are addressed to me, mostly by email by people who find the Hillwalkers website address.

I also liaise with the MCI and post out the MCI cards to the An Óige Hillwalkers members when they are received by me.

I attend committee meetings which are held about every 4 weeks where the needs of the club are discussed.

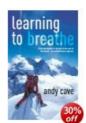
STOCKING FILLERS Reading Material



This is a major reference book for every walker as well as for those who wish to lead groups in the British hills. It's functional design with easy reference colour coded pages, striking illustrations that complement the text and accurate mapping make this book an

indispensable guide to the skills required for summer hill walking. The publisher (Mountain Leader Training) has been at the forefront in the development of walker's skills for forty years. Paperback 224 pages (April 2003)

Publisher: The Mountain Training Trust ISBN: 0954151100 www.amazon.co.uk



At age sixteen, Andy Cave followed in his father's and his grandfather's footsteps and became a miner - one of the last recruits into a dying world. Introduced to his local mountaineering club while a miner, he soon learned to cherish this new-found freedom, high above

the slag heaps of his home town. Living through the strikes of the mid-eighties, Andy continued to indulge his passion, and in 1986, after much soul-searching, he quit his job as a miner in order to take up mountaineering professionally. In the Himalaya in 1997 Andy achieved one of the hardest climbs ever recorded on one of the steepest and most difficult summits of the world - the north face of Changabang. Seventeen days later, he and two of his teammates - his best friend had already perished in an avalanche - crawled into basecamp, frostbitten and emaciated.

Hardcover 384 pages (May 2005)

Publisher: Hutchinson

ISBN: 009180034X www.amazon.co.uk

MEMBERSHIP 2005-2006

As in previous years, the **December/January programme is the last newsletter** we send to club members who have not renewed their membership for Oct 1st 2005 to Sept 30th 2006.

If you wish to receive the February newsletter, either electronically, by post or both, please complete the membership form (at the end of the newsletter) and return with payment to Anne Russell, Membership Secretary. **THANKS!**

CLUB GOSSIP WANTED!

We'd like to get a gossip column going: back chat, witty comments, a few interesting pieces of gossip from the Christmas Party, for example ...

SEND IN YOUR CONTRIBUTIONS!



An Óige Hillwalkers Club

Easter Weekend 2006

Thursday 13th - Monday 17th April 2006

Visit to the Wild and Scenic Snowdonia National Park, North Wales Llanberis Youth Hostel, Llanberis, Brecon, Caernarfon, Gwynedd

Moderate/Hard and Easy Walkers Welcome

Two grades of organised hikes Daily including Monday plus numerous short walk options for easy walkers

Leader: Jim Barry Boat & Bus Trip Only

Weekend Itinerary to include:

- ✓ Mt. Snowdon
- ✓ Moel Siabod from Pont Cyfyng near Capel Curig (G.R. 735572)
- ✓ Nantlle Ridge from Rhyd Ddu near Snowdon Ranger Y.H.
- ✓ Cadair Idris from Minffordd, Mid Wales (G.R. 731116)
- **✓** Low Level walking facilitated at each of the above locations
- ✓ Social Events

British Ordnance Survey Maps: 1:50.000 Landranger Series Sheet 115&124.

Notes

Hostel accommodation: Youth Hostel close to Llanberis Town

Cost: EUR 310 (approx.) (includes 4 Bednights, Meals & Transport costs)

Booking: EUR 160 NON REFUNDABLE deposit to An Oige Head Office by credit card or cash deposit (8304555). Balance EUR 150 to be paid before Friday 17th March 06, as hostel has to be paid in full at this time. Booking facilities available from 4th Jan 2006.

Meals: available at hostel (included in the price of the weekend)

Food: as above - stopping at local shops for extras (STERLING CURRENCY REQUIRED).

Bring: Suitable Walking Boots/Winter Rainwear & Clothing/Towels/Toilet Gear/ Flask/Torch/ First Aid Kit/Camera/Binoculars/valid An Óige Membership Card.

Meeting Place/Time: Stena Line Departure Terminal, Dunlaoghaire at 10.15am

Departure: Holy Thursday from Dunlaoghaire at **11am sharp** on **HSS Stena Line Ferry to Holyhead**. Then onward by bus to **Llanberis Youth Hostel**.

Return: Monday evening from Holyhead on **6.30pm Ferry** after bus journey from Llanberis to arrive back in Dunlaoghaire at **8.20pm** approx.

Welcome Aboard

An Óige Hillwalkers 2005/2006

Membership Application Form

Name (Applicants must be over 18 years of age)							
Address							
Were you a member la	ast year?	□ Yes	□ No				
An Óige Membership Number (Applicants must be a member of An Óige, the Irish Youth Hostelling Association)							
Contact Telephone Numbers (optional) Daytime Evening Mobile							
Email Address (options	Email Address (optional)						
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.							
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 a	and post				

The 2005/2006 membership year runs from Oct 1st 2005 to Sept 30th 2006.

2005/2006 Membership Fee €30.00

Please send this form with the membership application fee (cheque or postal order *only*, payable to *An Óige Hillwalkers Club*) to the Membership Secretary: **Anne Russell, 31 Castlecurragh Heath, Dublin 15.** Please allow two weeks for processing of the membership application.