
Sunday Hikes April 2004

<i>HIKE PROGRAMME</i>				
MEET: Burgh Quay		DEPART: Sundays 10.00 am	COST: Private bus. €10	
Date	Route Description	Distance.	Leader	
Apr 4th	<u>Introductory Hillwalkers Hike</u> Route: Trooperstown Hill - Clara Bridge - Kirikee - Shay Elliot Memorial - Ragman's Path - Laragh.	18km/ 500m	Pearse Foley	
Apr 11th	Easter Weekend in the Lake District		Jim Barry	
Apr 11th	<u>Extra Local Hike on Easter Sunday – public bus</u> Route: Stepside, Fernhill Tunnel, Three Rock, Fairy Castle, Tibbradden Mountain, Cruagh Wood, Glendoo, Knocknagun, Prince Williams Seat, Ravens Rock, Pet Cemetary, Shop River Road.		Pearse Foley	
Apr 18th	Route: Ballinastoe Woods, White Hill, - Djouce, - Coffin Stone, - Sheepshanks bridge, - Luggala, - Knocknacloghoge, - Pier gates.	16km/ 800m	Martin Fagan	
Apr 25th	Route: Fentons, - Banana Road, - Camara Hill, - Lugna quillia, - Cannow Mt. – Caminabologue, - Table Track, Stranahely Woods Knickerea Ford	17km/ 900m	Brendan O'Toole	
May 2nd	Route: Hikes in the Mourne Mountains.		Tom Kenny / Jim Barry	

Hike Notes

Pearse Foley has kindly offered to lead an extra local hike on Easter Sunday. Meet up in time to catch the public bus.

May 2nd is a Day Trip to the Mourne Mountains with Hard Hike to be led by Tom Kenny and Moderate Hike to be led by Jim Barry.

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.

SUNDAY HIKES Participants on Sunday Hikes must be a member of An Óige Hillwalkers Club. If you are not a member of the Club, but are considering joining, we invite you to participate on our monthly Introductory Hikes.

INTRODUCTORY HIKES An Introductory Hike is organised once per month for aspirant members. Participants 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 LEADERS If any member is interested in leading a hike, please contact either:

Tom Kenny Email: tomk2003@yahoo.ie

Philip Roche Email: philip.roche@boimail.com

Winter Mountaineering 2004

Consumer Review

John Keogh

I've written this article for the *Hillwalker* in the hope that the information might be of use to any members wishing to do winter mountaineering in future.

I signed up for 3 X 1 week courses in winter mountaineering in Wales and Scotland.

Week 1. Plas Y Brennin, Snowdonia, Wales. 08-13 February 2004

Welsh Winter Mountaineering is a well run course set in PYB near Boets-y-coed in Wales. The accommodation was very comfortable and clean and the food was excellent. The tuition was informal but in-depth. A ratio of 1:4 instructors to student. The other student were English hill walkers and like me were looking to take that step up to full on winter conditions and tools etc. One problem; No Snow. We climbed up to about 800 meters to get what was available but by day 3 even this was gone. We continued to hike and scramble anyway and the level of exposure on Tryfan mountain and the Nantlly Ridge was still a new experience for me but I was left licking my lips in anticipation of Scotland.

Week 2. Glenmore Lodge, Cairngorm, Scotland.

15-21 February 2004.

Scottish Winter Mountaineering was the perfect follow on to Wales. Plenty of snow (I thought), excellent facilities and rooms. Great food and lectures in the evening. The week began a bit too slowly with a huge emphasis on safety and avalanche awareness. Like Wales you are in the hills every day but not necessarily moving any great distances. The one really big day was a ridge walk over Carn Mor Dearg to Ben Nevis but most of the week was spent in a couple of corries near the ski slopes. I came away straining at the leash for some really good hiking.

Week 3. Martin Moran's Lodge, Strathcarron, Scotland.

28 Feb-05 Mar 2004

Scottish Winter Mountaineering with Martin was the perfect end to my "British Expedition". There were long tough climbs, usually from sea level, through thigh-high soft snow, up to huge ridge walks like An Liatach and the Forkin Ridge. We were really pushed to the physical limit. Main emphasis is on covering ground up on high, sometimes solo, sometimes roped. The Torridan Mountains were exactly what I imagined high mountaineering to be like. The everyday

use of ice axe and crampons in situations that were not contrived is so much more enjoyable. Whilst the facilities are nothing like the other two national centers, I felt this course satisfied me the most and left me with a desire to return to the North-West Highlands and Skye again.

I should point out that I didn't use Tiglin and our own Scottish Winter Mountaineering course simply because I reserved these courses about 4 months earlier. My excitement and impatience wouldn't allow me wait for the Tiglin brochure. As it happens, Tiglin run their course close to Martin Moran's place so the mountaineering would be excellent and I'm already think of travelling with Tiglin next winter.

Dates for your Diary

An Óige A.G.M

The An Óige A.G.M will be held in Mountjoy St HQ. on Thursday 22nd April 2004 at 8pm sharp. All members are welcome but must present valid membership cards to gain admittance.

Annual Blackstairs Walk 2004

The Blackstairs walk is a mountain walk along the Carlow-Wexford border. The walk begins at Killanure (Grid Ref. S 890 537) of the R746 (L32) road from Bunclody to Killealy, and ends at Byrne's Pub in Glynn (Grid Ref. S 745 395).

Date of walk:	Saturday 15 th May 2004
Length:	26 kilometres. (16.2 miles)
Ascent:	1525 metres. (5000 feet)
Duration:	Average of 9 hours.
Map:	Ordnance Survey Discovery Series No 68.
Entrance Fee:	€5 (payable on the bus)
Bus Fare:	€5 (payable on the bus)

Two buses will leave at 6.45am for the start of the walk. One bus will leave from St. Mullins (the campsite) the other from Glynn. Participants are advised NOT to drive to the start, as there is NO official transport from the finish back to the start. The bus should be used to get to the start.

A get-together meal at the hall in Drummond has been arranged for after the walk. The cost is €12 per person. As numbers are limited, you are advised to book early.

Payment for meal must be made at least one week in advance of the date of the walk.

It will not be possible to provide a choice of menu due to limited catering facilities. However, a small number of vegetarian meals can be provided, but it is absolutely essential for the vegetarian option to be ordered in advance, **as the caterer is unable to take orders for the vegetarian option after 9th May 2004.**

All enquiries/reservations to: Gerry Griffin and Gerri Skehan, 29 Tudor Road, Ranelagh, Dublin 6.

Eemail: ggriffin@indigo.ie

Ring of Imaal Walk, Saturday June 19th 2004

This event is now being administered by the An Óige Hillwalkers Club.

Members are advised that the Ring of Imaal walk will take place on Saturday 19th June.

The walk will commence from Donard National School, Glen of Imaal, Co. Wicklow.

Registration : 0700hrs to 08.30hrs. only.

Entry Fee: €10

The event is for experienced and fit walkers only and can take from 8 to 11 hours to complete.

Walk Details

Route: Donard Village - Davidstown - Brusselstown Ring - Keadeen Mtn - Ballinfoyle - Ballinabarney Gap - Ballineddan Mtn - Slieve Maan - Lugnaquilla Mtn - Camenabologue Mtn - Table Track - Table Mtn - Wexford Gap - Cavanagh's Gap - Lobawn - Track to Bolton's Yard - Road walk back to Donard National School.

Checkpoints: Brusselstown Ring - Base of Keadeen - Keadeen - Ballinabarney - Slievemaan - Lugnaquilla - Table Track - Lobawn. Mountain Rescue personnel will also be on duty.

Participants will be expected to have reached Table Track by no later than 1700hrs.

Distance: 35 Kilometres/Ascent: 1900metres

Volunteers are required for checkpoint, roll up and registration duties.

Contact: Jim Barry at Head Office(01-8304555).

Mountain Skills Assessment

The club continues to support members who wish to undertake the Mountain Skills Assessment. Further details from Jimmy McCullagh.

Glenmalure Challenge 2004

The Glenmalure Challenge is being run on the 15th & 16th May 2004 in order to raise much needed funds for the refurbishment of the Association's Youth Hostel in Glenmalure.

Glenmalure has been a refuge for walkers since 1955, when the property was acquired by An Óige.

The amount of money raised by last year's Challenge enabled us to completely re-roof the hostel. After this year's Challenge it is hoped to have sufficient funds for the development of new sanitary facilities in an environmentally friendly way.

The Challenge will take place over two days with graded walks available each day. Exact routes will be finalised at a later date.

Itinerary

15th May Leave Dublin by bus at 8.45hrs
 Hike
 Dinner/Overnight in Glendalough

16th May Breakfast

Hike
Bus to Dublin arriving c. 18.00hrs

Participating

Each participant will have to raise a minimum of €180 of sponsorship.

This amount includes:

- Overnight accommodation in Glendalough Youth Hostel on the night of May 15th
- Transport to and from Dublin and in the Wicklow mountains
- Dinner on the night of 15th May
- Breakfast on 16th May
- Packed Lunch on 16th May

We will be asking for an advance payment of €50 on issue of each sponsorship card. This is to ensure that the cost of the booked accommodation is covered. Your co-operation in this will be very much appreciated.

Sponsorship cards are available through Pat Doyle or Marie McDonnell or from An Óige's Head Office on 01-8304555. We hope you will again support us with this exciting project.

Ballyhoura International Walking Festival

Dates: 30th April-3rd May (May Bank Holiday weekend)

Outline: 7 guided walking events held over three days. This year we will also hold workshops in establishing best practice in organising Walking Festivals.

SPECIAL INFO: 26 Mile mountain marathon challenge. Day on the Galtee Mts. Ireland's highest inland mountain. Special Family Nature walk.

LOCATION: Ballyhoura Country straddling the counties of Limerick, Cork and Tipperary

CONTACTS: Tel: 063 91300 email: info@ballyhoura.org Web: www.ballyhouracountry.com

Accommodation: Kilfinane Outdoor Education Hostel Tel: 063-91161

Attention all Hike Leaders & Aspiring Leaders!!

Hike Leadership Workshop
1.30-6p.m., Saturday, 22nd May,
An Óige Headquarters, 61 Mountjoy St. Dublin 7
Tel; 01-8304555

The Club plans to hold a Hike Leadership / Discussion Workshop on the afternoon of Saturday, May 22nd at An Óige Headquarters.

The workshop will consist of a number of presentations on basic key aspects of hike leadership as well as a presentation from the Dublin Wicklow Mountain Rescue Team. It is intended to keep all presentations short to facilitate audience participation through discussion, interaction and feedback. The overall aim of the workshop is to provide an opportunity for members to explore issues that relate to hike leadership by pooling and sharing the wealth of leadership

experience that already exists within the Club. Everyone who currently leads or who hopes to lead hikes is encouraged to come along on the day.

In order to promote further discussion after the event, a light meal will be provided at the hostel restaurant (6.30-8p.m.) To facilitate timely planning for the organisers, we would ask interested participants to register their attendance at An Óige Head Office by May 17th. Final details including programme will be posted in the May programme.

Mountain Meitheal 2004 – Fancy joining us?

Since March 14th the Mountain Meitheal group has been back on the mountains. The routine is a workday every second week, alternating Saturdays and Sundays

Fancy joining us?

There are many parts to a Mountain Meitheal Work day – meeting new people, working as a team, doing valuable work, helping to disseminate good environmental practice to passers by and ENJOYING yourself, so please come and try it.

Recreational users of the mountains (in fact anyone who is used to the outdoors) is welcome to come on any of our workdays. We usually meet at 10.30 a.m. and finish about 4.30p.m. These projects are subject to change, i.e. depending on weather conditions, finishing projects sooner than expected, midge situation etc. There may be additional days depending on availability of leaders so please contact Gay Needham on email: mountainmeitheal@eircom.net to be put on our email list.

What you need to bring

Be prepared for a day on the hills - rain gear, food, a change of clothing, working gloves, and if you have any useful equipment such as a spade or shovel etc. Don't worry if you don't have equipment. Mountain Meitheal has a pool.

Mountain Meitheal Contact information

Gay Needham (Hon. Sec): gneedham@indigo.ie

Mountain Meitheal South East:

Jimmy Barry: jimmycbarry@hotmail.com

Website: www.pathsavers.com email: mountainmeitheal@eircom.net

June Bank Holiday Weekend

Friday 4th June – Monday 7th June

Trip to the Galtees and Knockmealdowns

Moderate/Hard Walkers Welcome

Leaders: Jimmy McCullagh & Philip Roche

Walking Itinerary to include:

Galtymore: A classic horseshoe route over the highest peak in the Galtees with magnificent panoramic views and awesome corries below.

Lough Muskry: A fine circular walk above a spectacular glacial lake on the northern face of the Galtees

Eastern Knockmealdowns: Over the high peaks east of the Vee with plenty of

walking on amazingly bog-free clear paths.
Western Knockmealdowns: A relatively gentle ramble over two modest unassuming summits with lovely views far and wide.

Ordnance Survey Maps: 1:50.000 Discovery Series Sheets 74

Bookings (through Head Office) for this trip will open at the beginning of May. More details will be posted on the Club Website and included in the next issue of the Newsletter

2004 Committee

Club President and Chairperson: Prionnsias MacAnBheatha
Secretary: Frank Rooney
Treasurer: Jim Barry
Sunday Hikes: Tom Kenny and Philip Roche
Membership Secretary: Barbara Sudrow
Training Officer: Jimmy McCullagh
Editor: Deirdre McMahon
Members-at-Large: Donal Finn, Joe Kellegher

In addition, four club members work behind the scenes as follows:

Distribution: Cyril McFeeney & Pearse Foley
Webmaster: Matt Geraghty
MCI Environmental Officer: Patricia Goodman

Slideshow

The Walker's Haute Route
July 2003

A high-level trek through the Swiss Valais/Wallis region,
from Chamonix, France to Zermatt, Switzerland
normally undertaken over 14 days

by
Donal Finn

Tuesday May 18th, 8.30pm

An Oige Headquarters Mountjoy St.

This is a spectacular and demanding summer walk: a strenuous high-level traverse in the French and Swiss Alps, which commences in Chamonix, France and finishes in Zermatt, Switzerland and is normally undertaken over about 14 days. The route traverses below the summits of ten out of the twelve of the highest peaks in the Alps, and crosses several high passes, the highest being a shade under 3000m at 2964m (9,800ft).

Although walkers encounter at one level a world of glaciers and towering, snow-capped peaks, one also meanders through green alpine valleys with flower-covered meadows and picture-book villages. As the route progresses, walkers pass from France into the Swiss Valais or Wallis region, which consists of two distinct French and German speaking cultural regions with different architecture, rural environments and customs.

The early season from June to mid July is the quietest and most beautiful, however, hikers must be prepared for old snow on the higher paths which can be icy and in some cases even dangerous and makes an ice-axe an essential piece of equipment (which we did not bring!).

Barbara and I completed the route in early July 2003 over a two week period of almost unbroken sunshine and the slideshow will give our photographic impressions of the trek.

Websites:

<http://www.nbfenn.freemove.co.uk/pages/hols99.htm>

<http://website.lineone.net/~skennedy/haute1.htm>

Social and Personal

The Hillwalker is delighted to hear of the engagement of longtime members Deirdre Corrigan and Paul Smith. The question was popped on the summit of Lugnaquilla on Sunday, February 29th. We wish the happy couple happiness and health to enjoy the mountains together.

Collette Nolan weds French fiancé Etienne Planco on April 1st in Wexford. The couple will live in Paris.