

Sunday Hikes July/August 2004

<i>HIKE PROGRAMME</i>			
MEET: Burgh Quay		DEPART: Sundays 10.00 am	COST: Private bus. €10
Date	Route Description	Distance	Leader
July 4 th	Route: Oasis - Carrigshouk - Mullaghcleevaun East Top - Mullaghcleevaun - Barnacullin - Stoney Top - Tonelagee - Brockaghs - Glendasan Valley Car Park	18km/ 750m	Donal Finn
July 11 th	Route: Track (GR 104 130) - Kippure - Seefingan - Corrig Mountain, - Seahan, - Ballymorefinn, - Slievebanoge - Stone Cross	15km/ 700m	Tom McCarthy
July 18 th	Route: Snugborough Bridge - Sugarloaf - Lobawn - Cavenaghs Gap - Wexford Gap - Table Mountain - Cameenbologue - Cannow Mountain - Lugnaquilla - Camara Hill - Banana Road - Fentons	23km/ 1115m	Jimmy McCullagh
July 25 th	Route: Pier Gates - Cloghoge Brook - Inchavore Ford - Kanturk - Scarr - Paddock Hill - WW Track - Laragh	17km/ 525m	Kevin McGinley
July 30 th - Aug 2 nd	Weekend in Ben Lettery		Philip Hayden
Aug 8 th	There will be no 'Hillwalkers' Bus' hike this Sunday. A local hike, using public transport will be arranged. Interested participants should meet up at the usual place and time.		TBC
Aug 15 th	Introductory Hard Hike: Route: Ballynultagh Gap, - Black Hill, - Mullaghcleevaun, - East top, - Duff hill, - Gravale, - Carrigvore	15km/ 740m	Steve Buckney
Aug 22 nd	Route: Barravore car Park, - Fraughan Rock glen, - Lugnaquilla, - Cannow Mt. - Camenabologue, - Table Track, - Barravore Car Park	15.5km/ 920m	Ciarán King
Aug 29 th	Route: Carrig, - Lugnagun, - Sorrel Hill, - Ballynultagh gap, - Black Hill, - Mullaghcleevaun, - East Top, - Carrigshouk, - Oasis	17km/ 700m	Garry Byrne
Sep 5 th	Introductory Hard Hike: Route: Lacken - Kilbeg - Cock Brook - Moanbane Mtn - Billy Byrnes Gap - Cleevaun Lough - Mullaghcleevaun - Black Hill - Ballynultagh Gap	16km/ 900m	Proinsias Mac an Bhreatha

Summer Hike Notes

HAVE YOU PACKED YOUR SUN-FACTORS????

Hikers should be aware of the need for sun protection, particularly in the summer months. It is possible to be burned even on quite overcast days. Remember sun burn is not only very dangerous in the long term; it is also very **aging!**

WHAT ABOUT INSECT REPELLANT???

You don't need to be in the tropics to sustain quite nasty bites. It is possible to get environmentally friendly insect repellents.

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

Found!

Raincoat and Toiletries

Someone left a rain coat and bag of toiletries on the bus after the Cashel weekend. Jimmy McCullagh has these in safe keeping.

Map & Compass Course 2004/2005

The Club will be running its annual Map and Compass course commencing in October 2004. The course will include three Tuesday evening introductory sessions, each of duration of 2 hours, to be held in the An Óige Headquarters, Mountjoy Street. In addition, there will be two weekend training sessions as well as one night navigation session, all based in Wicklow. Accommodation for the two Wicklow weekends will be provided in the Glendalough Hostel. A separate consolidation session will be organised in the Commeragh Mountains, Co. Waterford, for the weekend of the 29th & 30th January 2005.

Evening Sessions (3):

Room 102, 7.15 pm for 7.30pm start, October 12th & 26th and November 9th (Tuesdays)

Evening Venue:

An Óige Headquarters, 61 Mountjoy Street, Dublin 7

Requirements:

(1) *Ordnance Survey Map*, Sheet 56 - Wicklow (Scale 1:50,000).

Laminated version is recommended (approx. €15).

(2) *Compass, Silva Expedition 4* graduated into **360 degrees** (approx. €40)

NB: A 10% discount is available on all outdoor equipment in either *The Great Outdoors*, Chatham Street, off Grafton Street, or *The Outdoor Adventure Centre*, Liffey St. (opposite Arnotts) on production of a valid An Óige or MCI membership card.

First Weekend:

October 16th & 17th, Wicklow Mountains, meet outside Lynam's Pub, Larragh at 9.45am
Accommodation in the Glendalough International Hostel (Saturday overnight) is included in the course cost.

Second Weekend:

November 13th & 14th, Wicklow Mountains, meet outside Lynam's Pub, Larragh at 9.45am
Accommodation in the Glendalough International Hostel (Saturday overnight) is included in the course cost.

Night Hike:

December 5th, meet outside Coach House Pub, Roundwood at 4.00pm

Course Cost:

€85

Cost includes:

- Course
- 2 overnights in the Glendalough Hostel

Cost excludes:

- Transport costs to/from Wicklow for both weekends
- Comeragh weekend January 2005

Booking:

It is essential that interested persons book in advance through the An Óige Head Office, Tel (01) 830 4555.

Consolidation Weekend:

January 29th & 30th January 2005, Rathgormack Mountaineering Hostel, Comeragh Mtns., Co. Waterford. (Costs associated with this weekend are not included in course cost)

Course Organiser:

Jimmy McCullagh

Weekend Away

An Óige Hillwalkers Club Trip to Connemara

August Bank Holiday Weekend 2004

Moderate & Hard Walkers Welcome

Leader: Philip Hayden

Walks in The Twelve Bens & Maumturks

Maps: O.S. Ireland Discovery Series Sheet 37. 1:50,000

Or Harvey's Superwalker Connemara 1:30,000

Accommodation : Ben Lettery Hostel Co. Galway

Cost: 120 euros

Cost includes bus transport from/to Dublin, bus transport for hikes and hostel accommodation only. Meals will not be provided.

Booking: One single non-refundable payment of 120 euros to An Oige Head Office (01-8304555) secures a place on the trip.

Meals: Please note that food will not be provided in the hostel. The hostel has a kitchen where hikers can prepare their meals, packed lunches etc.

There will be an opportunity to purchase provisions for breakfasts and lunches etc. on the journey down to Ben Lettery on Friday 30th July.

On Saturday and Sunday evening the bus will bring hikers to Clifden where meals can be purchased from a wide variety of restaurants, bars etc.

Bring: Suitable walking boots, plenty of changes of socks, rain gear, change of warm clothing , towels, sheet bag, toilet gear, flask, water bottle, torch, first aid kit , camera, binoculars (if desired)etc.

Meeting place & departure time :Meet at Custom House on Custom House Quay for 4p.m.(SHARP) bus departure on Friday 30th. July.

Return: Arrive back in Dublin Approx. 9p.m. on Monday 2nd. August.

The leader has the right to refuse anyone who is not adequately equipped/fit. The leader may alter the route from the described programme. The leader sets the pace of the hike and walkers are expected to obey his instructions at all times)

Club Notes

An Óige Hillwalkers Club AGM

8.00pm, Thursday Oct 7th, 2004

Meeting Room (2nd Floor)

Palace Bar, Fleet Street, Dublin 2

The 2004 AGM will be chaired by our chairperson Prionnsias MacAnBheatha and will follow the usual format with a brief report from each of the Club's officers (Secretary, Treasurer, Sunday Hike, Training, Membership, Weekend) to be followed by discussion.

Outgoing

The following members of the committee are happy to serve for one further year (Jim Barry, Tom Kenny, Prionnsias MacAnBheatha, Jimmy McCullagh, Philip Roche, Frank Rooney).

Deirdre McMahon who has been our acting editor since January will be proposed as Editor.

Donal Finn, Joe Kellegher and Barbara Sudrow will stand down from the Committee.

Incoming Committee

Nominations are invited from members for the following positions/tasks for the 2005 Committee; (i) Weekend Co-ordinator, (ii) Social Officer and (iii) Editor.

If you are interested in helping, please talk to a member of the committee or the chairperson to discuss what is involved in any of the above responsibilities.

Interested persons should complete the NOMINATION FORM to be found elsewhere in the programme and return it to our Secretary, Frank Rooney by mid August. The names of the nominees will be published in the September Hillwalker programme.

Off the Beaten Track

The Hillwalker would be glad to hear from members who have walked in the less frequented hills and mountains of Ireland.

Have you scaled the Sliabh Snaghts? Ascended the Aghlas?? Explored Erris??? Have you walked in the Ox Mountains?

Share your experience of scenic or interesting routes, particularly with regard to access and exit points. Articles/ notes to: mcmahond@eircom.net

Jane Carney Mountain Leader Training

Here are some dates for Mountain Leader Training Part 1:
17-18 or 24-26 July 2004 or 25-26 September 2004.

Please contact me if you have any questions about the course or would like to book a place.
Jane Carney M.I.A., W.M.LBOS Approved Course Provider.

An Óige Hillwalkers Club Committee Nomination Form

If you feel that you would like to contribute to the running of the Hillwalkers Club in 2005, why not talk to a few members of the outgoing committee so as to find out more about what is involved in being a committee member.

Having done so, if you think that you can contribute in a role that is of interest to you, please complete the NOMINATION FORM below and submit it the Club Secretary.

Interest would be particularly welcome from female members who are currently under-represented on the committee.

I, _____, would like to be considered for election to the Committee of An Óige Hillwalkers Club at the upcoming AGM to be held on October 7th, 2004.

My candidature is supported by the following members and committee members:

	Name	Signature
Member 1	_____	_____
Member 2	_____	_____
Committee Member 1	_____	_____
Committee Member 2	_____	_____

Signature: _____ Date: _____

This form should be posted before August 15th, 2004 to the Club Secretary, Mr. Frank Rooney

Mountain Skills Assessment

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

Ring of Imaal

Well done! & Míle Buíochas

The Biennial Ring of Imaal Challenge Walk, which was organised by An Óige with considerable input from The Hillwalkers' Club, was a great success. The walk took place on Saturday, June 19th. Encouraged by good weather, ninety-three walkers completed the challenging route. Thanks are due to all those who manned checkpoints on the day. Thanks also to Gemma O'Hanlon, Principal of donard National school, who made the school facilities available to walkers and organisers on the day. The work of the dedicated backroom staff - Ann Carpenter, Frank Rooney, Walter Meade, Cathal O'Higgins, Cyril McFeeney and Pearse Foley is particularly appreciated. Well done folks!

Ní neart go cur le chéile!

Photograph Competition 2

Question... Name the arrowed mountain in Wicklow.
Hint ..Dont be fooled by the aerial.

Name E-mail...photo quiz2,
[to.....proinsiasmac@eircom.net](mailto:photoquiz2@eircom.net)

Summer Reading

The Flame of Adventure by Simon Yates provides an interesting counterpoint to Joe Simpson's writings, particularly Storms of Silence. This is a mountaineering travelogue which takes us from Tien Shan to his experience on the North face of the Eiger to Asia and Australia. We are introduced to an interesting gallery of climbers including the above-mentioned Joe Simpson. The book begins with an interesting reflection contrasting the individualistic and well-equipped style of western climbers with the camaraderie and communal attitude of a group of Russian climbers with 'inferior' who could draw a variety of fresh produce from their packs to cook up a storm on the slopes of Tien Shan and who were to come to his rescue after he sustained a broken ankle on its slopes. Written in a lighter style than Joe Simpson's work, this is an extremely interesting and readable book. At just over 200pages it is not too heavy to pack into a rucksack for a trip (even worth jettisoning the fresh carrots and potatoes!).

The Flame of Adventure by Simon Yates, Vintage, 2001. ISBN 0-099-28386-7

Sperrins Walking Festival 2004

Monday 2nd August – Sunday 8th August 2004

Once again the time has come to polish your walking boots and join us for the Sperrins Walking Festival 2004. Now in its ninth year, the 2004 festival promises to be as challenging and enjoyable as ever with a new programme of walks offering a variety of treks and routes for all ages and abilities.

So come along and join us for fitness and fun in the beautiful
Sperrin Mountains.

Date	Walk	Duration	Grade	Meeting point
Monday 2 nd 10am	Altbritain hike	4.5 hours	1	Altbritain Bridge on Moneyneena/Feeny Road (B40)
	Altbritain forest walk	3 hours	3	
Tuesday 3 rd 10am	Glenshane Mountain	4.5 hours	1	Glenshane Forest Car Park
Tuesday 3 rd evening, 6.30pm	Lady's view walk	3 hours	3	Car Park at Gortin Glens Forest Park off the Omagh – Gortin Road
Wednesday	Binevenagh	4 hours	1	Car Park behind Limavady

4 th 10am				Bus Station
Thursday 5 th 10am	Mullaghclogha	5 hours	1	Sperrins Heritage Centre
Thursday 5 th evening, 6.30pm	Carntogher	3 hours	3	An Carn Centre, Tirkane, 4-5km NM of Maghera
Friday 6 th 10am	Benbradagh	5 hours	1	From Dungiven take Coleraine Road (B64), right at Grey Gables. Meet at access road to old American base.
Friday 6 th evening, 6.30pm	Moydamlaght forest	3 hours	3	Resource Centre in Moneyneena
Saturday 7 th 10am	Meenard Mountain	5 hours	1	Sperrins Heritage Centre
Sunday 8 th 10am	Slieve Gallion	5 hours	1	Lough Fea Car Park on Cookstown – Draperstown Road (B162)

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