

# Sunday Hikes June 2005

<i>HIKE PROGRAMME</i>				
<b>MEET: Burgh Quay</b>		<b>DEPART: Sundays 10.00 am</b>	<b>COST: Private bus. €10</b>	
<b>Date</b>	<b>Route Description</b>		<b>Distance</b>	<b>Leader</b>
Jun 3 <sup>rd</sup> – 6 <sup>th</sup>	<b>Bank Holiday weekend trip to Killarney</b>		Assorted	Tom Kenny
Jun 12 <sup>th</sup>	<b>Introductory Hike</b> Route: Shay Elliot Memorial - Cullentragh - Mullacor - Lugduff - The Spink - Derrybawn - Cullentragh - Shay Elliot Memorial.		17km/ 800m	Don Reilly
Jun 19 <sup>th</sup>	Route: Wicklow Gap carpark - Tonelagee - Stoney Top - Barnacullian – Mullaghcleevaun - East Top - Dugff Hill - Gravale - Carrigvore - SallyGap.		17km/ 850m	Noel Kerley
June 26 <sup>th</sup>	Route: Carpark G.R. 137087 - Luggala - Cloghoge brook - Knocknacloghoge - Inchavore River - Kanturk - Scarr - Paddock Hill – Laragh.		16km/ 900m	Tom Kenny
July 3 <sup>rd</sup>	<b>Introductory Hike</b> Route: Road Junction (GR 159 996) - Wicklow Way Track - Paddock Hill - Scarr - Glenmacnass - Lough Ouler - Spot Height 668 - Tonelagee – Spot Height 526 - Spot Height 546 - Spot Height 546 - Brockagh Mountain – Lead Works Carpark.		17km/ 875m	Jimmy McCullagh

## 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.

## Club Travel

**Going Green on a weekend to Lovely Leitrim**

On Easter weekend a group of us descended on Manorhamilton in lovely Leitrim for the North Leitrim Glens Hill Walking festival which has been running for the last 10 years, and was this year sponsored by Green Box, an Environmental Conservation Company based in the area. Gerry Walsh was the first to mention this weekend although he was later heard to mutter 'why did I ever tell ye about this weekend'! Go, on Gerry, you really enjoyed our company... ! The weather was lovely, the hard hikes not too hard, staying in a B&B was luxurious, the Leitrim leaders were very relaxed (and good looking), and even Gerry was very impressed with the 'accommodating' female bus driver.

On arrival, being observant of Easter traditions on Good Friday, we did not seek out any local hostelry but rather made ourselves cosy in the sitting room of the B & B where dubious homemade elderflower from Roscommon was drunk. Much to the bemusement of a fellow guest, topics of conversation ranged from car hire prices, to massage techniques to the texture of silicone implants. For those of you who don't know, Masseur Mick was heard to state that he qualified at Trinity – on further probing he clarified that "she had a flat behind Trinity". There was no shortage of takers to validate just how much Mick learned at Trinity and we needed no further convincing when we heard from a bedroom later .... "Yes, Ooh that's brilliant, did you find that tight spot there?"

The Saturday hike was in counties Leitrim and Cavan, with superb views and nice weather. I was in shorts. The walk starting from Glangevlin Valley was initially rough and wet underfoot for a bit, taking in two river crossings with many hidden lakes discovered before we finally ascended 600feet at a mountain appropriately called "Playbank" which apparently got its name from the locals who many years ago met to play and hang out on its summit. Seemed liked an ideal place for the Puc Fada competition!! . This is a remote mountain with panoramic views of Sliabh an Iarainn, Cuilcagh Mountain and the Dowra Valley. Later that evening, courtesy of Green Bank, we joined fellow hikers for a wonderful organic meal -only €13 which included copious glasses of organic wine followed by lots of dancing and entertaining. Mick danced with every female and coped well when rejected by the most beautiful girl in the bar! Never mind Mick, you can't win 'em all. Peter O Toole had his dancing shoes on for the disco upstairs but alas, with thoughts of the clock going forward and a long hike on Sunday, no takers joined him on the night. Peter you didn't turn up for the hike next day .... I wonder why..

Next morning, we were pleasantly surprised when we were dished out Cadbury's crème eggs for breakfast with sighs of relief all round, when the regular fry-up was also produced. Sunday's hard hike involved more climbing than the previous day but the terrain was good with the route taking in Leean Mountain, and then across a steep valley to Fawnlion, Sramore, Hangman's Hill and Keelogyboy. This is beautiful walking country, green limestone hills and spectacular views of Lough Gill, Glencar Lough and Sligo Bay.

With aching limbs and weary feet, plans to go to the original Ballroom of Romance in Glenfarne on Sunday night to hear Declan Nerney were abandoned. For anyone visting Leitrim, it's worth a visit having featured in RTE's programme on Ballrooms some time back. After a meal, Manorhamilton was explored by night and the group enjoyed the local bands following by a discotheque. On Monday most of us departed after breakfast, though Mick and Gerry went on a cycle to Glencar and I went for a wonderful seaweed bath in Strandhill, highly recommended as great for those muscles tired from hiking, jiving and waltzing.

For those of you interested, a further weekend of walking will be held in September next in the lovely Leitrim.

As for scandal from the weekend, I'll leave that to the imagination but here are a few quotes to keep you guessing...

"I think there's something peculiar about him, am I safe in the room with him at all?"

"I climb in a guy's window and all he does is turns over and grunts – how's that for rejection"

"how about a standby uppy?"

"Gerry is really enjoying this"

"licking ice cream off a woman – now that's what I call a sundae special"

"I aspire to be a slapper"

**Carina Fitzgerald**

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## Treasure Hunt: Fun & Fundraising

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After a successful and enjoyable night out last friday, Mark Campion is repeating the Treasure Hunt around city area pubs. The next event takes place on Friday, 10 June, meeting at The Old Stand pub on Exchequer Street between 8 and 9 pm. Teams of 3 or 4 people head off with their list of clues to find city area pubs and other landmarks, finally all meeting at the final watering hole.

Mark is raising money for the Aids Orphans of Zambia. One hundred percent of the money raised is going to building a class room and toilet block, as well as providing a meal per day for children at a school in Zambia. There will be a small fee of 5 to 10 Euro for each participant.

All interested parties are urged to take part.

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## Next Social Event

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### **Evening Horse Racing and Barbeque Dinner At Fairy House Race Track**

*Organised by Enid Gallagher*

Saturday , 9 July

Cost 40 Euro per person, includes  
Admission and Race Card, BBQ, Reserved Table, Live Music and Night Club

Bus to and from venue for An Oige members included ( 10 Euro for non members )

Schedule of Events :

4:30 Venue Opens

5:30 Barbeque

5:45 First Race

8:45 Last Race

9:00 Live Music

11:00 Night Club

The bus would likely leave for the city about 11:30 pm. Those with other transport can stay till the bar closes at 2:00 am.

This event will need to be booked and a deposit paid. Enid will need to know the number of people planning to attend by 15 June at the latest in order to organise a booking and a bus.

Please contact Enid by email at [enid@utvinternet.com](mailto:enid@utvinternet.com)

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## Next Weekend Away

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### **August Weekend in Sligo North Leitrim Area**

Staying in Sligo Town

Leader: Philip Hayden

Numbers strictly limited

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## Walking Challenge

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**SEE ARGENTINA AND HELP BREAST CANCER RESEARCH**

**'NBCRI WALKING CHALLENGE 2005'**

### **What's The Challenge?**

We challenge you to fundraise for breast cancer research by walking 10km, at your own pace on each of five walking days in Argentina from 26th Oct. - 6th Nov. Your flights, hotel and meals will be provided for on the ten-day trip.

The **National Breast Cancer Research Institute (NBCRI)** is based in the Clinical Science Building, National University of Ireland Galway

The Institute which is led by Professor Michael Kerin, is doing great work in the fight against breast cancer, a disease which claims the lives of over 660 women a year in Ireland.

One in eleven women will be affected by this disease in their lifetime but with early detection and the correct treatment the chances of a full recovery are excellent.

One of the Institutes main aims is to fast-track breast screening in Ireland to help in the early detection of the disease. In the last five years the Institute's fundraising committee has successfully raised substantial funds towards much needed research, but more is needed.

By taking part in our walking challenge you can help fund the ongoing research of the Institute, raise awareness of the disease and help fast-track the breast screening service.

**If would like to visit Argentina and help breast cancer research contact:**

**Joe Duffy**

**Email:** [events@breastcancerresearch.ie](mailto:events@breastcancerresearch.ie)

**Or**

**National Breast Cancer Research Institute**

Clinical Science Building

National University of Ireland

Galway

**Email:** [info@nbcri.ie](mailto:info@nbcri.ie)

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## Club Committee

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Club President and Chairperson: Prionnsias MacAnBheatha

Secretary: Frank Rooney

Treasurer: Jim Barry

Sunday Hikes: Tom Kenny and Philip Roche

Membership Secretary: Anne Russell

Training Officer: Jimmy McCullagh

Editor: Deirdre McMahan

Social Officer: Steven Buckney

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

Distribution: Cyril McFeeney & Pearse Foley

Webmaster: Matt Geraghty

MCI Environmental Officer: Patricia Goodman