

Sunday Hikes October 2005

<i>HIKE PROGRAMME</i>			
MEET: Burgh Quay		DEPART: Sundays 10.00 am	COST: Private bus. €10
Date	Route Description	Distance	Leader
Oct 2nd	Circuit of Glendalough		Eoin Moroney
Oct 9 th	Route: Dwyer McAllister Cottage c.p., - Rorty Duff, Keadeen, - Ballinabarney, - Ballinfoyle, - Ballineddan, - Sliabh Meain, - Camara Hill, - Banana Road, - Fentons	16km/ 950m	Paul Carroll
Oct 16 th	Route: Ballynockan, - Silseán,- Moanbane, - Billy Byrne's Gap, - Mullaghcleevaun, - East Top, - Carrigshouk	18km/ 750m	Ita O'Hanlon
Oct 23rd	Route: Ballinagee Bridge – Kings River – Gleenreemore Brook – Lough Firrib – Art's Cross – Conavalla – Table Track – Carrig – Knocknadrooce – Aslaun Brook – Ballinagee Bridge.	18km / 700m	Jim Barry
Oct 28 th – 31 st	Club Trip to Derry and Donegal	Various	Frank Rooney / Eoin Moroney
Nov 5th	Route: Oldbridge - WW Track - Ballinafunshoge Mtn - Ballinrush - Lough Dan Track - Knocknacloghoge Mtn - Cloghoge Brook - Luggala - Military Road Carpark (GR 137 087)	15km / 900m	Philip Roche

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. 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

Travels in Bavaria

As I'd never been to Germany or Austria before, the lure of the white-peaked Bavarian Alps and the tasty local beer decided the matter of where to go on holiday in summer 2005.

Our trip began with a few days in Munich. When you emerge from your plane to be greeted by sunshine and temperatures in the early 20's you know straight away that you've picked the right week for your holiday. Munich is a nice city, famous for its beer and its good cuisine (both of which we sampled plenty). Notable sites include the Olympic station (impressive), Pinakothek Modern museum (weird) and the shopping district of Marienplatz (expensive).

Two days later we travelled on to Salzburg in Austria, which is a mere 2 hours by train (there are faster trains but these are more expensive – there's also the option of going by bus which is also faster). Salzburg impresses, with its castles, museums, beautiful architecture, and friendly people. People of all ages tend to cycle a lot here, and the city is suited to the bicycle with its pedestrian streets and numerous cycle lanes. Again, the beer was excellent and the food was not unlike that of Munich – plenty of pork and sauerkraut. We even managed to find an excellent Organic Vegetarian restaurant which provided a tasty alternative to the meaty dishes from the previous few days.

Although we came across a few Irish Pubs in both Munich and Salzburg we resisted the urge to go in, but opted instead to sample the local bars. Due to the good weather we were lucky enough to be able to sit outside to enjoy our drinks most evenings. One exception was in Munich on our first night when an almighty thunderstorm forced us to seek shelter in a bar, and of course being Irish we were the last to leave (11pm – people here have no problem leaving the pub early it seems).

With the weather so good we were hoping that our luck wouldn't change before heading for the mountains. And it didn't! We arrived in Berchtesgaden, which is just a few kilometres on the German side of the border with Austria, on an overcast evening. But next morning the sun was shining and the mountains loomed overhead, looking glorious under crowns of snow. From Berchtesgaden you can get buses to various walks and trails, so we headed off to a place called Kugelmühle. There is a nice walk here along a gorge on a well-maintained path, which includes 29 bridges and a tunnel.

Along the way we saw many alpine flowers which I hadn't seen before. After walking for about an hour we reached a dam where logs were once cut and tossed down the river. We then ventured off on another track, which led to a Gasthaus, where food and beer were served (a pleasant treat after a stroll).

The next day we embarked on a more serious walk (well, serious for us infrequent hill-walkers anyway!) up to the Schellenberg ice cave which is the largest ice cave in Germany, and is quite a popular tourist attraction. The weather that day was fantastic, and I was getting plenty of use out of my factor 30 sunscreen. A pleasant walk along a wooded path led up to a more open mountain trail, and after 2 hours of walking we reached a scenic spot high where the Tony-Lenz hut (which served delicious apple juice) is perched at a height of 1450m. The view from here was quite amazing. We were able to refresh our water bottles along the way in a mountain stream where the water was crystal clear, and really cool (after an hour's walking our bottled water was tepid). Another short walk of about 20 minutes brought us to the ice cave. The outdoor temperature that day was about 25 degrees, but inside the cave this dropped to 0 degrees (so our rain jackets came in handy – the only time we used them actually). Afterwards we explored another trail up to a shoulder leading to Salzburger Hochthron and here we had wonderful views of Salzburg, but with time catching up on us before the last bus back to Berchtesgaden (6:40 – a bit early for a

summer evening!) we made our descent back along the same path to the main road. Overall we had walked for 9 hours, which gave us a hearty appetite for that night's dinner.

For our final day in the mountains we decided to take a trip up to the Eagle's Nest (at a height of 1800m), Hitler's mountain fortress which overlooks Berchtesgaden. The trip from the base of the mountain is via a special bus which takes 20 minutes along a zig-zagging road. You then walk through a long tunnel to a lift which takes you the final 120 metres to the summit. From the top the views are breathtaking, and the Austria-German border is visible just a few kilometres away. Although a little eerie being up there, it's a worthwhile experience.

After a final evening in Munich we departed Bavaria with the satisfaction that we'd got the best out of our trip.

Matt Geraghty

October Bank Holiday Weekend

Friday October 28th to Monday October 31st

Club Trip to Derry and Donegal

Visit the Beautiful Glenveagh National Park, The Highlands of Donegal, the Sperrin Mountains and walk the walls of Derry City

Three grades of walks on Saturday, Sunday and Monday

Leaders: Frank Rooney and Eoin Moroney

Coach Trip.

Weekend Walking Itinerary to include:

Earrigal, Mackoght, Lough Altan Aghla More and Aghla Beg.

Ordnance Survey Maps 1:50000 Discovery Sheet No. 1,2 and 6

Glenveagh National Park, Crochscolabagh, Farscallop, Kinnaveagh, Glaghell Mountain, Dooish and the Derryveagh Mountains.

Ordnance Survey Maps 1:50000 Discovery Sheet No. 6

Mullaghacloga Horseshoe

Ordnance Survey of Northern Ireland. The Sperrins Sheet No. 13

Notes

Hotel accommodation: *Tower Hotel, Butcher Street, Derry City, Northern Ireland.*

Accommodation is 25 twin rooms and 1 triple room

All bedrooms are ensuite with multichannel T.V, ISDN lines, direct dial telephone, tea/ coffee tray, hairdryer and trouser press. Hotel also provides a Fitness suite and sauna.

Cost includes Bed and Breakfast on the 29nd, 30rd and 31^h, two evening dinners on the 29rd and 30th, and three packed lunches.

Transport cost included, Dublin to Derry and to and from all walks

Cost: EUR 250.Booking: EUR 180 NON REFUNDABLE **deposit to An Óige Head Office by credit card or cash deposit (01-8304555).**

Balance EUR 70 to be paid before Monday 14th October.

Food: as above - stopping at local shops for extras etc.

Bring: Sterling Currency, **Suitable Walking Boots, Rain Wear/Change of Warm Clothing/Towels/Bathroom Gear/ Flask/Torch/ First Aid Kit/Camera/Binoculars etc.**

Meeting Place/Date/Time:Friday 28th of October, Georges Quay (opp the Custom House) at 1530 .

THIS TRIP IS NOW BOOKED OUT!! A WAITING LIST HAS BEEN OPENED IN AN ÓIGE H.Q.

The Hillwalker Website Survey

In October 2005 *The Hillwalker* website is 4 years old. Although we have a counter on the main page to determine how many people visit it, I'm curious to hear from some members of the club who use it, and to get their opinion. If you've recently visited the website I'd appreciate any comments you may have, particularly your feedback on the following questions:

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 is 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. using a modem)
- Broadband

6. What browser do you use?

- Internet Explorer

- Mozilla Firefox
- Netscape
- Opera
- Other

Any feedback can be emailed to: hillwalkerclub@eircom.net

Thanks for your help!

Matt Geraghty.

Map and Compass Course 2005/2006

The Club will be running its annual Map and Compass course commencing in November 2005. 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 Comeragh Mountains, Co. Waterford, for the weekend of the 28th & 29th January 2006.

Evening Sessions (3): **Room 102**, 7.15 pm for 7.30pm start, November 1st and November 8th & 15th (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: November 5th & 6st, Wicklow Mountains, meet outside Lynam's Pub, Laragh at 9.45am
Accommodation in the Glendalough International Hostel (Saturday overnight) is included in the course cost.

Second Weekend: November 19th & 20th, Wicklow Mountains, meet outside Lynam's Pub, Laragh at 9.45am
Accommodation in the Glendalough International Hostel (Saturday overnight) is included in the course cost.

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

Course Cost: €100
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 28th & 29th January 2006, Rathgormack Mountaineering Hostel, Comeragh Co. Waterford.
(Costs associated with this weekend are not included in course cost)

Course Organiser: Jimmy McCullagh

AGM

An Óige Hillwalkers Club

AGM

8.00pm, Thursday Oct 6th, 2005

Westmoreland Bar

Westmoreland Street, Dublin 2

Please note change of venue

Double Congratulations

Double congratulations are offered to Jimmy McCullagh

On being awarded his Mountain Leadership

And

More importantly

To Jimmy and Ruth (O'Connell) on their marriage this month

Best wishes for your future happiness

From all the Hillwalkers

Go to the Dogs Again!

When? Thursday November 10th
Where? Shelbourne Park
Cost: E10 to include one drink voucher

If you're on for a night at the dogs contact Steve Buckney sbuckney@ireland.com

Club Membership 2005/6

Membership Cost for 2005-06

Due to increasing costs generally and an increase in Mountaineering Council of Ireland membership, we have raised our membership fee from €29 to €30 for the coming year.

Christmas Party 2005

Saturday December 3rd
Venue: Glendalough Y.H.

Cost: E65 for those travelling by Club Bus
E55 for those travelling independently

Price includes bus transport to and from Dublin, light refreshments after Saturday hike, Gala evening dinner in the Wicklow Heather and overnight accommodation in Glendalough Y.H.

Booking now open through An Óige Headquarters
Don't wait for the waiting list!!!

Club News

Annual Don Reilly Holly Guinness and Refreshments Hike

This cheery, annual hike will take place on Sunday, December 18th, finishing at the Hollywood Inn, Hollywood, Co. Wicklow

Folk Night

We hope to hold another folk music night in late January. Watch this space and get in tune!!