

Sunday Hikes September 2004

<i>HIKE PROGRAMME</i>			
MEET: Burgh Quay		DEPART: Sundays 10.00 am	COST: Private bus. €10
Date	Route Description	Distance	Leader
Sept 12 th	Day Trip to the Cooley Mountains *****Meeting Time 9.30***** Cost €15	Various	Tom Kenny
Sept 19 th	Route: Killybeg (GR 945910) - Keadeen Mountain - Ballinboyle - Ballineadden Mountain - Slievemann - Lybagh - Farbreaga - Aughvannagh Bridge.	18m/ 950m	Jimmy McCullagh
Sept 26 th	Route: Barravore Carpark - Fraughan Rock Glen - Art's Lough - Cloghernagh - Lugnaquilla - Corrigasleggaun - Carrawaystcik Mountain - Kellys Lough - Glenmalure.	17km/ 850m	Philip Roche
Oct 3 rd	<u>Introductory Hard Hike</u> Route: Ballynultagh Gap, - Black Hill, - Mullaghcleevaun, - East Top, - Duff Hill, - Gravale, - Carrigvore, - Sally Gap	15km/ 640m	Steve Buckney
Oct 10 th	Route: Laragh, - Brockaghs, - Tonelagee, - Stony Top, - Barnacullian, - Carrigna guneen, - Ballinagee Bridge	18km/ 750m	Donal Finn

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 **on production of Hillwalkers' Membership Card.**

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

Four Go to California

The plans were made, the dollars bought, and we were off to California in the morning. It was last June and Emmet, Frank, Máire and I, were off on trip that we had been planning for 6 months.

We flew with British Airways via London to San Francisco for €530 return. Security at the airports was not too painful, except when they heard that we were hill walkers. We were taken aside and asked to produce our climbing boots. They were being checked, not in this case for semtex, but for wicklow sheep droppings, because of their fears of foot and mouth disease! Let that be a warning to those who do not clean their boots after returning from the hills.

We collected our jeep and set off on a four hour drive to Yosemite National Park.

We entered the park through a deep gorge in the Sierra Nevada Mountains. Part of the gorge is the famous wall of El Capitan. People climb this sheer cliff which takes a number of days to complete.

We had booked a tent through the internet for our accommodation and we were warned not to leave any food or deodorants in the tent as bears would be roaming around at night. You could leave no food in your car either as bears would bend the door to gain access. I awoke next morning at five thirty and headed out to see the sun rise over the valley. Within 100 meters I saw a bear walking across my path. Later again a sign warned that a mountain lion had been seen in the area. The sign warned you, not to walk alone and to fight back if you were attacked. Give me a wicklow deer any day.

Over the next few days we climbed a number of mountains. The most exciting was Half Dome. This walk took us 11 hours and with the heat you needed plenty of water for the climb. The final ascent of Half Dome consisted of an almost sheer climb using two steel cables. Scary stuff especially when you had the added factor of people descending against you, and having to let go one cable while they passed you. Still they say that this is the best walk in Yosemite and I was glad to have completed it.

Before leaving Yosemite we visited Mariposa Grove, where the giant Sequoia trees grow. One had a tunnel cut through it for cars to drive through. Thankfully they have banned the cars and now they are left for walkers to enjoy.

We headed east over the Tioga Pass to desert area of California. We visited the ghost town of Bodie, the 3000 year old bristlecone pines, the oldest living things on the planet. Through Death Valley you were asked to turn off your air conditioning as your car might overheat. So we drove through a heat of 110f or 40°C.

The high point of our trip was our climb of Mt Whitney. At 14,484 foot high this is the highest mountain in the contiguous USA. It took us thirteen and a half hours to complete and we both suffered headaches on the final ascent, from the lack of oxygen.

You can get a permit to climb it over two days, and camp overnight. But I preferred the one day climb as you did not have to lug tents and food up the mountain for the two days.

After visiting a few more national parks we returned to San Francisco for a few days of sightseeing and shopping.

All in all it was a fantastic trip. Now I hear that there is a lot to be seen in northern California also.

Proinsias Mac an Bheatha.

Boots for Sale

One pair of men's mountain boots – Montrail, size 8 – as new. Were €130, sell €70. Contact Peter O'Toole.

October Weekend 2004

An Óige Hillwalkers Club

October Weekend 2004

Friday 22nd – Monday 25th October 2004

Visit the Beautiful Innisowen Peninsula, The Highlands of Donegal, and the Sperrin Mountains and walk the walls of Derry City

Four Star Hotel Accommodation in the Towers Hotel
Within the walls of the historic city of Derry

Moderate, Hard and Easy Walkers Welcome

Three grades of walks on Saturday, Sunday and one grade on Monday

Leaders: Frank Rooney and Eoin Moroney

Coach Trip

Weekend Walking Itinerary to include:

Urrishills, Raghtin More, and Memore Hill.

Slieve Snacht Innisowen Slieve Main and Crochnamaddy.

Doagh Isle.

Ordnance Survey Maps 1:50000 Discovery Sheet No. 5

DunLewey, Slieve Snacht, Slieve Snacht Loch and Poisoned Glen.

Loughnacuag Upper.

Ordnance Survey Maps 1:50000 Discovery Sheet No. 1

Sawel Mountain, Dart Mountain and Legclogfin.

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 22nd, 23rd and 24th, two evening dinners on the 23rd and 24th, and three packed lunches.

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

Cost: €240.

Booking: EUR 150 NON REFUNDABLE **deposit to An Óige Head Office by credit card or cash deposit (01-8304555)**. Balance EUR 90 to be paid before Monday 4th October.

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

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

Meeting Place/Time: Georges Quay (opp the Custom House) at 1530.

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 26th and November 2nd & 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 30th & 31st, 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

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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

Bob Lawler's Hart Walk

It was a beautiful summer's evening when I left my home in Mount Merrion, Dublin, making my way by foot over to the old tram station on Terenure Road, East, to meet up with Bob Lawlor as he made his solo attempt on the eighteen-year old Hart Walk record of Gaffney and Rice. I had already done this walk three times myself, the first time on my own (unsupported), later on with the grizzled Tommy Taylor and the gazelle-like Sandra Brady (the first successful attempt by a woman), and last year with Bob himself.

The origin of the Hart Walk was a fifty guinea wager allegedly by the naturalist R M Barrington (a fine walker himself) that Hart could not walk from Terenure tram terminus to the summit of Lugnaquilla and back in under 24 hours. It seems to have been specified that one way could be by road but the other had to be over the hills. Hart, accompanied by Sir Frederick Cullinan, left Terenure at 10.58pm on 20th June 1886 and arrived back at 10.48pm the next evening. Over the following years a few hardy souls followed in Hart's footsteps, but the fastest recorded time until now was 17 hours 39 minutes by Gaffney and Rice in 1976. To surpass this great achievement was now the goal of Bob as he prepared himself psychologically and physically on this glorious August bank-holiday evening. My function on this occasion was to support Bob with food, drink, clothes and encouragement, as he pursued his lonely course throughout the oncoming night and the following day.

With a firm handshake and best wishes for his journey, I saw Bob off at 10pm as he headed upwards through the busy traffic and on towards the Dublin Hills. I made my way in the same direction shortly

afterwards and eventually parked the car at the Hellfire Club forest entrance. At 10.48pm Bob arrived, took a brief drink and was on his way immediately. I then proceeded to the Oldboleys forest exit where Bob had a drink at 11.34pm, and then on to Lough Bray cottage. Eventually I began to see the reflective strips and flashing light on Bob's attire and at 11.47pm he paused at the cottage for a small snack and something to drink. Moving off sharply he headed into the night again and was on his way to Sally Gap. I paused at the Gap just to take his arrival time (12.38am) but the next scheduled pause would be at the car park about two miles further on, which was reached by Bob at 12.53am. Taking out two chairs, one to act as a table and the other to sit on, Bob paused for five minutes and took some food and drink. As he headed off again, I followed and paused at the forest entrance on the left before Carrigshouk. At 1.36am Bob arrived, took some fluids, and was on his way. At Glenmacnass the chair came out again, and when Bob arrived at 1.56am he sat down for five minutes, had some refreshments, and was on his way again. It was at this hour of the morning that midges began to pester me! At Laragh Mountain Lodge at 2.32am there was another pause for drink. The owners of the Lodge were returning home at this time and must have been startled by the strange sight of strangely-clad figures at the entrance to their premises. After assuring them that all was well, Bob floated off into the night and eventually reached Laragh at 2.49am. Sitting down for a few minutes as his body was re-stocked with food and drink, he then moved off in the direction of Drumgoff. Three miles along the Military road more fluids were taken on board and his progress continued. At a forest entrance after the descent from the Shay Elliott memorial another drink was taken, and the Glendalough hotel at Drumgoff was reached at 4.04am. Six hours and four minutes to Drumgoff. Excellent! It was raining lightly now but soon stopped. It was here that the longest break of the Walk took place (23 minutes). Rest, food and drink, and a change from road-running shoes into hill-running shoes took up all the time. Soon he was on his way again, down to the Carrawaystick waterfall and ready to face the Zig-zags. It was a slightly uninviting sight at this hour of the still-dark morning to be heading up into those high hills, but go he must and go he did. Bidding him all the best with a handshake, I left Bob to go where the car could not go, and told him that I'd meet him at the Wicklow Gap. He reached the cairn on Lugnaquilla at 6.24am.

At Wicklow Gap the weather was glorious, and the day ahead looked promising. There was a tourist caravan with two Alsatian dogs on board parked nearby, and I'm sure they were wondering why I was laying out a picnic at that hour of the morning. The midges were at their worst here, and had me changing the location of the car and food at least three times. At about 9am I saw a sprightly figure prancing down the side of Turlough Hill. Yes indeed, it was the man himself! Bob arrived at the Gap at 9.05am and took a well-earned ten-minute break with some refreshments. Then it was upwards and onwards again, up the side of Tonelegee and on towards Mullaghcleevaun. I whisked myself and the car down towards Ballynultagh Gap, and parked at the next forest exit on the right after the Gap. Feeling that I had some time to spare, I did a bit of jogging around the tracks leading into the valley alongside the Ballydonnell Brook. Here I looked up to Mullaghcleevaun and the descent that Bob would be taking down through Crockanoo and on to the various brooks and forest tracks leading to the forest exit and road above Ballynultagh. The time for daydreaming was now over, however, for I reckoned that Bob would soon be approaching our meeting place. I went back to the car and set up the chairs, food and the running gear which Bob was going to change into for his final assault on the record. At 11.55am a gentle patter was heard from the forest track below me as Bob made his way up to the car. Looking remarkably fresh for a man who had been running/walking since 10pm last night, he sat down for a moment, changed back into runners and shorts, and headed off at a steady pace towards Ballysmuttan Bridge. Along the way I gave him some liquid refreshment, until we reached the bridge at 12.15pm. As Bob now made his way up through the fields to Athdown, just below Seefin, I sped around to our rendezvous where I met him as he was now walking through a steep section of hillside before meeting the road. The plan now was to give him fluids every two miles until Stone Cross, after which he would do a solo performance all the way past Bohernabreena, Old Bawn, Templeogue, and finally into Terenure. As it happened, I gave him his final drink outside the Old Mill (Bridget Burke's) at Old Bawn, and then sped on before him to Terenure to capture the precise time at which he reached the old Terenure tram station. As I reached my destination, and parked the car outside the church opposite the tram station, it seemed that Bob was taking a longer time than I expected to arrive. He would tell me later that this section was the hardest for him, and that his body

complained most during this final leg. It was approaching 2.20pm when I saw a figure running through the people who were crowding the footpaths on this busy Saturday afternoon. Yes, it was the man himself! As he reached the car I stopped my watch at exactly 2.21pm. His time was a remarkable 16 hours and 21 minutes, smashing the twenty-eight year old record of Gaffney & Rice by one hour and eighteen minutes. He was, however, a very tired man (as one might expect) and took a few minutes to gather his strength before phoning his wife, Mary, to tell her that all was well. It was then that I popped the cork on a cold bottle of..... water and congratulated Bob on his great accomplishment. I then bid him farewell and headed back to my home, promising myself that I would be doing it with Bob next year (at a more leisurely hill walking pace, of course). Now, is there anyone else out there willing to join me in training for it? If so, then contact me at tomilligan@eircom.net And remember, ladies, only one of you has done this Walk before. Will you be the second?

Tom Milligan

Mountain Skills Assessment

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

Table Quiz

In aid of Glenmalure Hostel Restoration Fund

Monday 11th October 2004:

Venue: Fitzwilliam Lawn Tennis Club, Appian Way, Dublin 6 @ 8 p.m.

€50 for table of 4 includes light refreshments.

Tickets available from the following: --

An Óige Head Office, telephone 01-8304555

or

Marie McDonnell

Your support for this event would be greatly appreciated. Get your friends together and enjoy a good night out. If for any reason you are unable to attend your donation to the fund would also be very acceptable.

MCI: News/Updates

ACCESS & CONSERVATION GRANTS

As mentioned in the last Mountain Log, the MCI is offering grants to assist clubs undertaking work to improve access and the upland environment. The closing date for applications is 30th August; application form available on www.mountaineering.ie and from the MCI office.

ACCESS CONSULTATION

A questionnaire on Access was included with the July issue of Irish

Mountain Log (IML70). All clubs are asked to discuss this questionnaire and make a response on behalf of the club. Club members can also respond individually, and should be encouraged to do so, but the consensus views of our clubs are particularly important to this consultation. The questionnaire (and a background article on access) are both available on www.mountaineering.ie. Please note that the latest date for return of questionnaires is 15th September 2004.

CLIMBING MEET IN GLENDALOUGH

The Climbing Committee is hosting a climbing meet based at the IMC hut in Glendasan on 11-12 September 2004. The meet is open to all MCI clubs with an interest in rockclimbing. One of the ideas behind the meet is to develop links between climbers from different parts of the country. Space is limited, please contact Moira Creedon now if you're interested - moira.creedon@imi.

DEVELOP YOUR SKILLS & DISCOVER THE HILLS

Tiglin and the MCI are running a special weekend for members of MCI hillwalking clubs on the 25th/26th September 2004. Based in Wicklow, the weekend includes two full days on the hills, with an evening slide show and talk by Frank Nugent. Saturday's focus will be on learning, refreshing and developing navigation skills, while Sunday's activities will be run in conjunction with Wicklow Mountains National Park looking at, discovering and caring for the environment that we walk in. Cost 100 euro per person fully residential, for more information, or to book a space, please contact Tiglin on 0404 40169.

MCI AUTUMN GATHERING

This year's Autumn gathering takes place in Sligo from 1st - 3rd October 2004, based at the Beach Hotel in Mullaghmore. Activities include a lecture on the Golden Eagle reintroduction programme in Donegal, hiking and climbing, navigation and ropework training, plus a chance to meet special guest Clare O'Leary, the first Irish woman to reach the summit of Mt. Everest. The weekend is open to all MCI members, more information on www.mountaineering.ie and page 9 of IML70; closing date for bookings is 10th September.

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 Committee

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.

Club News

Keep this date free!!!!!!!

Saturday December 11th: Hillwalkers Club Christmas Party.
Details Later!

!!!!Wanted!!!!

Articles for The Hillwalker are most welcome. If possible articles should be in Word and sent by disc or email. However legible handwritten scripts will not be refused. Articles may be sent to mcmahond@eircom.net or by snailmail to Deirdre McMahon, 11 Aspen Rd. Kinsealy Court, Swords, Co. Dublin.

Bon Voyage!!!!

We wish Bon Voyage and a very successful year in the USA to Donal Finn and Barbara Sudrow, who have been stalwarts of the Hillwalkers Club for many years. To use the awful American cliché: *Folks, we miss you already!!!!*

Comhghairdeas!!!!

Congratulations are extended to Fiona Moore (Kirby) and husband Derek on the arrival of Daragh Gerard. How long before Daragh is ready for his first pair of hiking boots?!

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