

HIKE PROGRAMME

April 2008

MEET: Burgh Quay

DEPART: Sundays 10.00
am

COST: Private bus. €12
(unless stated otherwise)

2nd pick-up point: The bus picks up walkers who are already at the designated point. It won't be waiting and places cannot be guaranteed as the bus may be full at Burgh Quay.

NEW 2nd drop-off point: Where indicated in the programme below, the bus will drop off hikers at the 2nd pick-up point on the return journey, unless circumstances dictate otherwise. We regret that this is not possible on all routes.

13 April 2008

--- Classic Glendalough Circuit

Leader: Pearse Foley

2nd pick-up & drop-off point: Bus stops before the roundabout at Loughlinstown.

Route: Kilafin * Trooperstown * Ballylug * Vale of Clara * Ballydowling * Kirrikee * Shay Elliott * Ragman's Path * Base of Derrybawn * Laragh.

Distance: 20km

Ascent: 700m

Maps: OS 56 and Harvey

20 April 2008

--- South West Wicklow

Leader: Brian Flynn

2nd pick-up & drop-off point: Bus stop near pond at Seán Moore Park on Tallaght By-Pass.

Route: Laneway (S983 871) * Cornan West * Carrig * Keadeen * Slievereagh * Ballinabarney Gap * Ballineddan * Rathgorragh * Toorboy.

Distance: 18km

Ascent: 750m

Maps: OS 62 and 56, Harvey, Army Glenmalure

27 April 2008

--- Enniskerry to Marley Park

NB: Minibus not available this weekend

Leader: Garry Byrne

Meeting Point: Burgh Quay at 10.30am

for the 10.50am 44 bus from Townsend Street to Enniskerry, or pick up bus en route

Route: Enniskerry * Bog Meadow * Knocksink * Ballybrew * Wicklow Way * Two and Three Rock Mountains to Marley Park.

Distance: 19km

Ascent: 720m

Maps: OS 50 and 56

4 May 2008

--- May Bank Holiday Introductory Hillwalker Hike

Cooley Mountains with stop for meal on the way home

Leader: Brendan Magee

Cost: €15.00

NB: 9.30am departure

Maps: OS 29 and 36

This hike is also advertised in the Outsider magazine

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. Any participant on these hikes must be a member of An Óige.

CO-ORDINATION If necessary, 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.

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.

EQUIPMENT It is essential to bring good rain gear (both jacket and over trousers) and to leave cotton t-shirts and jeans at home!

Boots must be sturdy with proper ankle support and a rigid non-slip sole such as Vibram.

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 AND RUCKSACKS Remember that walking sticks and rucksacks cannot be brought onto the bus and must be stowed away in the boot during the journey.

Any club member interested in leading a hike, please contact:
Garry Byrne: 01-8388812

WEEKENDS AWAY

**Yorkshire Dales National Park
Easter Weekend
20 – 24 March 2008**

It was a trip - much anticipated by so many - to the famous Dales. And we were not disappointed. The scenery is unmatched and totally unspoilt. All the towns and villages we visited and passed through were without exception kept in the old traditional style with not even a single intrusion of a modern style building. We wept tears for Ireland and the non-enforcement of planning laws, leading to our current architectural malaise.

Thursday 20 March

We gathered together at the Stena Line Departure Terminal in Dun Laoghaire and sped across on the HSS Ferry. The weather closed in and it became a miserably wet day as we drove across North Wales and along the M6. At least, it was a non-walking day. As we neared Ingleton, it started to clear and indeed, that was the end of the rain for the weekend.

Friday 21 March

Good Friday and the Spring Equinox: a unique combination. The Hillwalkers planned to do two hills, Ingleborough and Whernside whilst the Moderates aimed for Ingleborough and intended to finish at Ribbleshead Railway Station.

Both groups started from Clapham, some 4 miles from Ingleton, a classic Yorkshire hamlet. We paid 60p per head in a coin machine at the start; there were ruminations later that this may have been a charge for cars!

Still, the money was going to a good cause as the paths were very well maintained. We passed Clapdale and Ingleborough Cave en route (lots of caves here in this

limestone countryside, reminiscent of the Burren) and eventually climbed a steep staircase to Little Ingleborough. Remarkable, we arrived at the same time as the Moderates who had climbed from a different direction. It was bitterly cold here as the strong north winds swept down from the Arctic. A short distance then to the summit of Ingleborough (723m; 2472 ft): panoramic views but too cold to linger.

The Moderates took the easier (and correct) route along Simon Fell, leading to the Railway Station. The Hillwalkers took a more direct and difficult route heading for Whernside across a wide valley. We went along Humphrey Bottom on slabs and duckboards and found good shelter for lunch in a sheepfold. On through attractive karst country and past Braithwaite Wife Hole, a very deep grassy hollow, possibly caused by subsidence, we emerged onto the Ingleton-Ribblesdale Road and after that on a by-road to Winterscales Farm.

Here it was decided to abandon the climb of Whernside – it was very steep from this spot and time was against us, so we turned around heading for Ribblesdale Viaduct and the pub Station Inn beyond. This viaduct is the largest and most famous railway viaduct in Britain.

Saturday 22 March

Another raw, cold and windy day. Again, both groups tackled the same mountain, Pen y Ghent (694m; 2279ft), and started from Horton in Ribblesdale. It was a nice steady climb on a good grassy surface. Short of the main summit, we reached the Pennine Way, possibly the longest recognized walk in Britain. Up through rocky outcrops to the summit and a welcoming protective wall.

The Moderates kept to the Pennine Way as it headed down to Horton whilst the Hillwalkers kept on the ridge leading to Plover Hill, a non-descript summit. The descent began from here and at the bottom at Swarth Hill Gate, we headed west with the wind behind us for the first time in two days – at last! A lengthy snow shower pushed us along on our homeward journey to Horton.

Sunday 23 March

Coming home from the pub later on Saturday night, light snow began to fall but it was a complete surprise to find next morning that the entire countryside was covered in deep snow – just like a Christmas card scene. It was a most pleasant surprise for everyone and added greatly to the enjoyment of the walk.

Whernside (736m; 2414 ft) was the target for both groups. We started at the Station Inn, Ribblesdale, and passed the viaduct and soon Blear Moor Signal Box and the old railway house appeared – a bleak location. We passed an interesting aqueduct which carries the Force Gill stream over the Carlisle-Settle railway line. A steady but not difficult climb to the ridge of Whernside – there is no obvious summit, just a trig pillar. We encountered a remarkable wind drift near the summit as the wind blew the snow on the ground up across our faces.

A long descent then down to Chapel-le-Dale and a trek along the old Roman Road (unfortunately and unexpectedly on tarmac) to Ingleton. Many went by the Thornton Waterfalls – a fascinating section – the track leading almost directly to the Youth Hostel.

Perhaps the one disappointing feature of the weekend was the quality of the food in the hostel, which, it was generally agreed, left much to be desired.

Nonetheless, it didn't take away from the enjoyment of the sheer beauty of this part of England. Certainly, it's an area that is worth exploring at some future date.

Finally, a sincere thank-you on behalf of everyone to Jim Barry who put in so much work and effort before and during the weekend. It is much appreciated as always.

Pearse Foley

For the entire collection of Mark's photos and great comments logon to <http://www.facebook.com/album.php?aid=20938&l=bbc4f&id=527023363>

LOST & FOUND

I picked up a walking pole on the north-bound platform of the Dart in Dun Laoghaire after the Yorkshire trip as a crowd of us were running for the train (I missed). I would be happy to restore it to its owner. See you on the hills, Ken Moss.

DATES FOR YOUR DIARY

Friday, 25th April

Pub Quiz in the Gate Bar, Crumlin Road, in aid of Trust Project for Dublin Homeless. Mick Heneghan is organising the pub quiz on behalf of moderate hiker Des.

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### **Friday, 23rd May**

Please keep your diary free for an important event in the Teacher's Club, Parnell Square, Dublin 1 from 7.30pm.

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June Bank Holiday Weekend

Fri, 30th May – Mon, 2nd June 2008

Walking in Galway & Mayo

THIS TRIP IS FULLY BOOKED!

Anyone still interested can put their name down on the waiting list:

GLEN OF IMAAL NOTICE

Date: Saturday, 21st June

Distance: 35 km

Total Ascent: 1,800m.

The Circuit of Imaal takes an average of 8 hours to complete, the walk starts at the National School in Donard (S 931 977). The walk requires a good level of fitness, although there are a number of possible drop out points. Walkers are required to lead themselves.

Details and pre-entry registration forms are available from <http://www.anoige.ie/news>

**Jim Barry is also looking
for volunteers to assist
him on the day.**

Contact: Jim Barry at barryja@eircom.net

CLUB NEWS

For Sale - Size 9
Mens HiTec Boots
Only worn once
Price 50 euro
Contact Ruth @ 087 6615581

NOTE FROM THE EDITOR

We would like to hear from you!

Whether you ...

- wish to contribute an article ...
- have read an interesting book you'd like to recommend to club members ...
- would like to share your favourite hikes ...
- want to comment on any club matters ...

Why not get in touch? Write or email to:

Barbara Sudrow, 24 Glenmalure Park, S.C.R., Dublin 8, barbarasudrow@eircom.net

CLUB PROMOTION

A note from Deirdre Muldowney, Committee Member responsible for Club Promotion:

As some of you will know I been trying to promote the club over the last few months by doing a little advertising in some outdoor magazines and leaving flyers for distribution into some of the outdoor shops - all in the aim of increasing the numbers on the weekly hikes. If anyone has any other bright ideas on reasonably cheap but interesting ways to promote the club, I'd be delighted to hear them. You can find me out hiking on a reasonably regular basis or indeed feel free to pass any ideas to any of the other committee members that you meet out on a Sunday.

Thanks,
Deirdre Muldowney

HIKE PHOTOS WANTED

We have recently increased storage space on our website. This means we now have the capacity to include snap shots from Sunday hikes, social outings, trips away etc. on a regular basis. You can send your photos directly to info@hillwalkersclub.com bearing in mind the following:

- Please resize your photos to about 1000 pixels in width before emailing them; no point in sending huge files by email.
- Don't expect your photos to appear on the website the next day; we will update the website once a month only.

MCI Spring Meet 2008

Date: Sat 17th & Sun 18th May 2008

Venue: Glendalough International YH

Saturday Programme

Arrival (Glendalough International Youth Hostel) and Registration 9 to 10.30am

A range of all-day hillwalks departing 10.30am

Climbing (for experienced climbers only)

Dinner in Glendalough International Hostel from 6.30pm

Night Walk 9pm

Sunday Programme

Dawn Chorus in association with Wicklow Mountains National Park and Birdwatch Ireland 5 – 6.30 am

Leave No Trace Workshop 10am - 1pm

Introduction to Climbing 10am - 1pm

Closing date for registration 2nd May. For more details visit www.mountaineering.ie

GET WELL

An Óige Hillwalkers Club
would like to send

GET WELL Wishes to BRIAN MADDEN
following his recent accident in Wales

AN OIGE FORTHCOMING EVENTS

Saturday, 12th April 2008

K.I.O. (Keep Ireland Open) A.G.M.

Venue: Room 102, Dublin International Hostel, 61 Mountjoy Street, Dublin 7 @
11:30am

The meeting will be addressed by Eamon Ó Cuiv T.D., Minister for Community, Rural and Gaeltacht Affairs.

Those interested in access to the countryside are urged to attend this important meeting.

Saturday, 19th April 2008

National Spring Clean: Clean up along the Glencree River, which runs through our Conservation site at Knockree Youth Hostel, near Enniskerry, Co. Wicklow

Meet: Outside Poppy's Café in Enniskerry Village @ 12:15pm. (Bus No. 44 departs Townsend Street @ 11:00am).

Bring: Packed lunch, Gloves and bags provided.

Wear: Hiking Boots or Wellies

Organiser: Philip Hayden, t: 087-970 2483

Please come along and see our newly opened Knockree Youth Hostel and do your bit for the environment at the same time; families welcome.

Wednesday, 23rd April 2008

An Óige A.G.M.

Venue: Church Restaurant, Dublin International Hostel, 61 Mountjoy Street, Dublin 7 @ 8pm

Please bring your An Óige Membership Card.

COMMITTEE 2007 - 2008

Committee 2007 - 2008:

<i>Chairman</i>	Frank Rooney
<i>Secretary/Sunday Hikes</i>	Garry Byrne
<i>Treasurer</i>	Jim Barry
<i>Membership/Training</i>	Donal Finn
<i>Weekends</i>	Mark Campion
<i>Promotion</i>	Deirdre Muldowney
<i>Newsletter</i>	Barbara Sudrow

Special thanks to:

Webmaster
Distribution

Matt Geraghty
Pearse Foley & Cyril McFeeney

IRISH CHALLENGE WALKS

It's this time of year again: long-distance walks galore! The information comes from the website of the Walkers Association.

[Maam Turks Walk](#)

Date: Saturday, 12th April 2008

Distance: 24 km

Total Ascent: 2,336m

Held in the Maamturks mountains in Co. Galway, this is an extreme walk with a lot of climbing. We would like to draw special attention to the pre-registration facility provided this year.

<http://walkersassociation.ie/node/41>

[Knockmealdown Crossing](#)

Date: Saturday, 26th April 2008

This walk has not been held for almost twenty years. There will be three grades:

F The 'A' Walk will be self navigated and will run the length of the range.

Distance 26k, ascent 1250m, approx. 9hrs.

F The 'B' Walk will be a led walk but will still be challenging.

Distance 16k, ascent 900m, approx. 7hrs.

F The 'C' Walk will be a low level led walk.

Distance 13.5k, approx. 5hrs.

<http://walkersassociation.ie/node/152>

[Blackstairs](#)

Date: Saturday, 24th May 2008

Distance: 26km

Ascent: 1525m

The Blackstairs Walk is organised by the Wayfarers Association. The walk begins at Killanure (Grid Ref S 890 537) off the R746 from Bunclody to Kiltelaly. The walk ends at Byrne's Pub in Glynn (Grid Ref S 745 395). A certificate is awarded to all who participate in and/or complete the walk.

<http://walkersassociation.ie/node/40>

[Clare Burren Marathon Challenge](#)

Date: Saturday, 24th May 2008

26.2 miles; 13.1 miles; 6 miles.

The Ballyvaughan Fanore Walking Club are currently organising a walking/hiking marathon challenge in the Burren, North Clare.

www.clareburrenmarathonchallenge.com

Twelve Bens Mountain Challenge

Date: Sunday, 1st June 2008

Distance: 28km

Ascent: 2,530m

The most extreme of the challenges in the Republic, with 2,700m of climbing in Co. Galway.

Contact: Michael Gibbons, t: 095-21379;

e: walkwest@eircom.net

<http://walkersassociation.ie/node/42>

Galtee Walk

Date: Saturday, 7th June 2008

Distance: 21.5km

Ascent: 1,300m

A long-distance walk for experienced walkers, there is less climbing involved than with some of the other walks.

Organising Club: Tyndall MC/Tullow MC

Contact: Liam Rice, t: 056-7755640;

e: lrice07@eircom.net

<http://walkersassociation.ie/node/124>

SURVEY PARTICIPATION

Helen Lawless, Countryside Recreation Officer with the Wicklow Uplands Council, has asked walking clubs to participate in an online survey to help influence plans for the future development of outdoor recreation in Co. Wicklow.

The results of the survey which is located at <http://www.wicklowlider.ie/outdoorrecreation.php> will feed into the formulation of the **Wicklow Outdoor Recreation Strategy**. Completing the questionnaire will only take a few minutes and it would be great if as many club members as possible could take part in this.

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We also received a request from Eamon Corby, a student of Outdoor Education at GMIT@Castlebar. He is currently conducting a survey on how a person becomes environmentally conscious and would appreciate if club members were willing to fill in a short online questionnaire to help with his research. To take this survey, click on the link below:

<http://www.surveymshare.com/survey/take/?sid=68601>

FURTHER AFIELD

Mount Everest Revisted

As with Betty Kehoe two years ago, last October, I followed the well-trodden path to the base camp on the Nepalese, southern side of Mt Everest. Despite being one of the more popular treks in Nepal, this is nevertheless a trip worth taking if you have an interest in the Sherpa culture, want spectacular views of some of the Himalayan giants and yearn for a challenging hike.

The post monsoon, autumn trekking season (September to November) is the most popular period with clear views (at least until mid-afternoon) and relatively moderate temperatures - varying from t-shirt weather during the day to approx. -10°C at night at the higher altitudes.

It is impossible to predict how altitude will affect the individual trekker. From comparing notes with Betty, she got away with a mild headache on one of the evenings. I was not so fortunate, however, with pounding headaches in the morning, chills in the evening, breathlessness and loss of appetite all experienced above 4,500 metres! Although somewhat inconvenient, this did not stop me from enjoying the amazing scenery and friendly Sherpa hospitality on a truly memorable trip.

The photos from my trip hopefully give the reader a flavour of the vistas that one can encounter on this trek (more pictures on www.hillwalkersclub.com).

Paul Miney

2008 SUMMER BARBEQUE

Welcome to this year's
An Óige Hillwalkers Club
BBQ WEEKEND

Date: Sat, 14th June - Sun, 15th June
Venue: Ballinlea Hostel
Depart: Sat, 10 am from Burgh Quay
Cost: € 50.00

Cost of weekend includes:

- **One overnight in Ballinlea Hostel**
- **Transport by bus from and to Dublin**
- **Evening Meal**
- **Hikes on Saturday & Sunday;**
moderate and hard hikers welcome

Not included:

- **Breakfast & lunches**
- **Drinks**

Volunteers: **Anyone willing to give a helping hand with preparations
and/or clean up, please contact
Don Reilly @ 087-9706310**

Booking opens Monday, 14th April
Please contact An Óige Head Office, 01-8304555