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# Sunday Hikes April

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**MEET:** Outside old Irish Press Offices, Burgh Quay, down from Spar shop.

**DEPART** Sundays 10.00 A.M. (or when the bus is full)

**COST:** Private bus. Cost **€10.00**.

**NOTE: The leader has the right to refuse anyone who is not adequately equipped** (*i.e. without adequate rainwear, spare clothes, food, torch and hiking boots*). The leader has the right to extend, curtail or alter the route from that described in the program. The leader sets the pace of the hike and walkers are expected to obey his/her instructions at all times.

During winter months it is essential to bring a (head) torch on all Sunday hikes and weekends away. Don't forget to check your batteries and bulb.

Your club membership card **MUST** be carried and produced, if requested on all Sunday hikes. Numbered tickets will be given out on the quays by a committee member. People with a valid membership card and ticket will be given preference on the bus.

## MOUNTAIN SAFETY NOTE

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. The Committee requests that anyone who is on medication or with a medical condition inform the leader before the start of the hike.

## 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 feet into the scruff where the ground is untrodden, walking parallel to but not on the track.

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

Jim has asked us to include his email for queries regarding the walking schedule including **offers to lead** and weekend away queries.

Hike co-ordinator email address: [jamesab@gofree.indigo.ie](mailto:jamesab@gofree.indigo.ie)

Date	Route Description	Leader

<b>6<sup>th</sup> April</b>	<u>Introductory Hard Hike</u>  Route: Road Junction (G.R. 993 124) – Road/Track – Lugnagun – Sorrel Hill – Ballynultagh Gap – Black Hill – Mullaghcleevaun Mtn – Carrignagunneen Mtn – Gowlan Brook – Forest Track – Ballinagee Bridge.  [18km/900m Ascent]	<b>Gerry Walsh</b>
<b>13<sup>th</sup> April</b>	Route: Trooperstown Forest Entrance( G.R.156 972) – Avonmore River – Trooperstown Hill – Clara Vale Bridge – Kirikee Mtn– Shay Elliot Memorial — Ragman’s Path - Laragh.  [18km /500Ascent]	<b>Pearse Foley</b>
<b>17<sup>th</sup>- 21<sup>st</sup> April</b>	<b>Easter Weekend Walking Trip English Lake District</b>  <b>Staying at Ambleside Youth Hostel</b>  <b>See Separate Itinerary</b>  <b>No Easter Sunday Dublin/Wicklow Hike</b>	<b>Jim Barry</b>
<b>27<sup>th</sup> April</b>	Route: Sally Gap – Carrigvore – Gravale – Duff Hill – East Top – Mullaghcleevaun Mtn – Billy Byrne’s Gap – Kilbeg – Lackan Lodge – Lackan.  [18km/800m Ascent]	<b>Proinnsias MacAnBheatha</b>
<b>4<sup>th</sup> May</b>	<u>Introductory Hard Hike</u>  Route:Glendalough Visitor Centre Car Park – Glendasan Vale- Camaderry – Turlough Hill – Lough Firrib – Art’s Cross – Glenreemore Brook – St Kevins Way King’s River Path – Ballinagee Bridge.  [17km/700m Ascent]	<b>Philip Roche</b>

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## Three Glens Challenge

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Saturday 10<sup>th</sup> and Sunday 11<sup>th</sup> May 2003

### Three Glens Challenge

**(Glendalough, Glenmalure, Glen of Imaal)**

This challenge is being organised to raise funds for the upgrading of Glenmalure Youth Hostel. Accommodation for 120 people will be provided in Glendalough International Hostel.

This is an opportunity for walkers of all levels to do something practical for this unique walkers hostel. Leaders are needed to take small groups of walkers on various routes. If you can help with this contact Marie McDonnell, tel 01 8377411 (H) or 8822560 (An Oige Head Office) or Pat Doyle, Tel (086) 3311345 or (045) 404986. Sponsor cards available from Marie McDonnell, Pat Doyle, or Jim Barry – Tel: 01-4556455 (evenings only)

**Remember, if for some reason you cannot take part in this challenge you can still help by sponsoring someone else. I look forward to hearing from you - Marie McDonnell**

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## Club Slideshows

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Please note the change of date for the Cuba slideshow from 8<sup>th</sup> to 15<sup>th</sup> April.

### **Cuba**

A Caribbean soujourn from Baracoa in the east through Havana to Pinar del Rio in the west

*by Barbara Sudrow*

Tuesday April 15th, 2003

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### **Aconcagua**

Expedition to scale the highest peak in South America

*by Philip Roche*

Tuesday May 13th, 2003

Venue: Upstairs Lounge, Palace Bar, Fleet Street  
Commencing 8.30pm on the given date

Meanwhile, if anyone would like to present a slide show, please contact Donal Finn (01-4530617).

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## Upcoming Events

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### Easter Lake District Trip

This trip is booked out. Details are repeated for those of you who are going. Please note requirement for balance of costs to be paid by April.

### Sunday 25<sup>th</sup> May 2003

Annual J. B. Malone Memorial Walk from Ballinastoe Carpark to Knockree Youth Hostel – Co-ordinator Martin Fagan. More details in May issue of the newsletter.

### Friday 30<sup>th</sup> May – Monday 2<sup>nd</sup> June 2003

June Bank Holiday Weekend Walking Trip to Wales - See Separate Itinerary

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## Young Hillwalkers

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### **Day Hike**

Saturday 12<sup>th</sup> April – Dublin Hills

Wear: Packed lunch, wet weather gear, boots, tracksuit bottoms (no jeans), hat and gloves.

Meet: Messrs Maguire Bar, O'Connell Bridge, Dublin at 8.45am.

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## The 2003 Committee

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Chairperson: Donal Finn  
Secretary: Frank Rooney  
Treasurer: Prionsias Mac an Bheatha  
Editor: Warren Lawless  
Sunday Hikes: Jim Barry  
Sunday Hikes Assistant: Tom Kenny  
Membership Secretary: Barbara Sudrow  
Training Officer: Joe Kellegher  
Training Assistant: Jimmy McCullagh  
Young Hillwalkers: Dave Rooney

Distribution: *Cyril McFeeney & Pearse Foley*  
Webmaster: *Matt Geraghty*

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## 2003 Membership Fees

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**The 2003 An Óige Hillwalkers Club membership fee is €17.**

The membership 2003 year will only run from January to September, so the cost is reduced accordingly. The club intends giving preference to members for places on the Sunday bus, so please be sure to renew your membership now. An application form is enclosed and should be sent to the Membership Secretary at the following address: Barbara Sudrow, 24 Glenmalure Park, South Circular Road, Dublin 8.

***Queries regarding change of address or non-receipt the Hillwalker should be directed to Barbara Sudrow (membership secretary).***

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## Photos & Articles

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Walking holiday articles must be in electronic form where possible or at least typed, and should be a maximum of 500 words. A **stamped addressed envelope** should accompany any photographs or printed articles to ensure their return. Articles will generally be published in order of receipt. A prize will be awarded for the best article and best cover photo featured in the newsletter at the annual club Christmas party.

**Articles for inclusion in the newsletter should be sent to *Warren Lawless***

**Email: [warren@gofree.indigo.ie](mailto:warren@gofree.indigo.ie)**

**Post: 19 Jervis Place, Upper Abbey Street, Dublin 1**

Current and back issues of the *Hillwalker* available at online at:

<http://homepage.eircom.net/~thehillwalker/index.htm>

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## Mountain Skills ~ Club Bursaries

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Since its founding in 1993, the Hillwalker's Club has organised a popular *Map and Compass* programme each year. The course aims to provide a comprehensive grounding in *Mountain Skills* and it typically involves three indoor evening sessions followed by three outdoor training weekends. The syllabus covered in the course is similar to the Mountain Skills courses (MS1 and MS2) prescribed by *Bord Oiliunt Sleibhe - Irish Mountain Training Board* and offered by the various Irish outdoor adventure centres (eg, Tiglin, Delphi, etc).

In order to further promote and develop mountain skills amongst club members, financial support in the form of bursaries will be made available to members who successfully complete a *Mountain Skills Assessment* in 2003.

The Mountain Skills Assessment (MSA) is based on a skills evaluation programme and is held over a weekend. It involves a number of stages as follows:

- A written (multiple choice type) assessment on general navigation issues.
- Practical assessment of day navigation skills.
- Practical assessment of night navigation skills.
- Near and far feature recognition.
- Steep ground awareness.

To undertake the Mountain Skills Assessment (MSA), it is necessary to fulfil the following requirements:

- to have completed at least 30 hill walks in Ireland or Britain over a period of 24 months,
- to present a Mountain Skills log book detailing the above walks,
- to hold a valid Rescue and Emergency Care (REC2) certificate or its equivalent (Basic First Aid Certificate).

The National Adventure Centre at Tiglin, Wicklow ([www.tiglin.com](http://www.tiglin.com)) amongst others, organises the MSA at a current cost of €170.

*In 2003, the Hillwalker's Club plans to make available at least five bursaries each of €150 to members of at least 24 months standing who successfully complete the MSA.*

The financial resources to support these bursaries will be made available from the surplus associated with the Club's annual *Map and Compass* training programme. Support in future years is contingent on sufficient funds being available from this source.

Further enquiries from Donal Finn or Joseph Kellegher.

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## Weekends Away

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April 18<sup>th</sup> to 20<sup>th</sup> Ballinclea-Glenmalure Backpack

May 2<sup>nd</sup> to 5<sup>th</sup> To be finalised.

For further details contact An Óige office 8304555.

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## Snowdonia - YR ERYRI

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### JUNE Holiday Weekend 2003

Friday, May 30<sup>th</sup> to Monday June 2<sup>nd</sup>, 2003

#### **Background**

*An extended walking weekend in some of the following Snowdonia ranges (Carnedd, Tryfan/Glyders, Snowdon, Cnicht/Moelwyns). Three grades of walk will be provided each day to cater for all interests (long, moderate and short).*

#### **Hostel**

Accommodation will be in Capel Curig YHA hostel. Capel Curig is located at the meeting of the Ogwev, Llugwy and Mymbyr valleys and is ideally situated with easy access from Holyhead (1 hour). The village also houses *Plas-y-Brenin: The National Mountaineering Centre*, two village hotels and a Joe Brown adventure store. Betws-y-Coed (10 km away) with its numerous outdoor retail outlets and museums, is accessible by a low level walking track or local bus for anyone wishing to take a rest day.

## Transport

*Transport will be provided by Stena HSS ferry on the Dun Laoghaire/Holyhead route and by a Welsh bus company over the weekend.*

## Cost

*Total cost for the weekend is €190 per person which includes:*

- *Stena HSS ferry to/from Dun Laoghaire /Holyhead.*
- *Bus connection between Holyhead and Capel Curig hostel.*
- *Bus to/from walks on Saturday, Sunday and Monday.*
- ***All catering will be provided by Capel Curig hostel to include, (i) breakfast, packed lunch and dinner on Saturday and Sunday and (ii) breakfast and packed lunch only on Monday.***

*Not included are evening meal outward on Friday, returning on Monday and transport to and from Dun Laoghaire.*

## Weekend Organiser

Donal Finn

## Walk Leaders

Donal Finn, Tom Kenny, Jimmy McCullagh.

## Itinerary

*Friday May 30th*

Meet at the entrance to the Stena Ferry Terminal, Dun Laoghaire by 15:00hrs, Friday, May 30th for the 16:05hrs HSS fast ferry departure to Holyhead. Arrive Holyhead



18:00hrs. Local bus transfer to Capel Curig hostel arriving approximately 20:30hrs. Stop on route at Tesco Store.

### *Saturday May 31st*

Three grades of walk in the Cnicht/Moelwyns mountain range.

### *Sunday June 1st*

Three grades of walk in one of Snowdon or Arrans ranges.

### *Monday June 2nd*

Three grades of walk in the Carneddws or Glyders mountain ranges.

*Return Journey: Depart Snowdonia by 16:30hrs to arrive in Holyhead by 18:00hrs for Stena HSS fast ferry 18:30 hrs service to Dun Laoghaire. Arrive Dun Laoghaire 20:30 hrs.*

## **Booking**

Book through Head Office. Deposit **€90**. Balance **€100** to be paid **before departure** to Head Office by Friday May 23rd.

*NB Remember to bring sufficient sterling spending money.*

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# Easter Weekend

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## **Easter Weekend**

**Friday 17th - Monday 21st April 2003**

## **Visit to the Beautiful Scenic Lake District County of Cumbria, Northwest England**

**Ambleside Youth Hostel, Waterhead, Cumbria, England**

**Moderate/Hard and Easy Walkers Welcome**

**Three grades of walk Daily except Monday**

**Leader: Jim Barry**

## *Strictly Bus Only Trip*

### **Walking Itinerary to include:**

- Northern Fells: Skiddaw and surrounding Peaks(G.R.260 291)
- Eastern Fells: Helvellyn and surrounding peaks(G.R.342 151)
- Southern Fells: Scafell Pike Area(G.R.216 072)
- Southern Fells: Old Man Of Coniston(G.R.272 978)
- Low Level walking facilitated at each of the above locations
- Social Events

**British Ordnance Survey Maps: 1:50.000 Landranger Series Sheet 90/97**

## *Notes*

**Hostel accommodation:** Ambleside Youth Hostel, Waterhead, Ambleside, Cumbria

**Booking:** EUR 120 NON REFUNDABLE deposit to An Óige Head Office by credit card or cash deposit (8304555). Balance EUR 140 to be paid before Monday 1<sup>st</sup> April as hostel has to be paid in full at this time. Booking facilities available from 1<sup>st</sup> January 2003.

**Cost:** EUR 260 (includes 4 bednights, Meals & Transport costs)

**Meals:** available at hostel (included in the price of the weekend)

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

**Bring:** Suitable Walking Boots, Rain Wear/Change of Warm Clothing/ Sheet Bag/Towels/ Toilet Gear/ Flask/Torch/ First Aid Kit/Camera/Binoculars/ valid An Óige membership card.

**Meeting place/time:** Stena Line Departure Terminal, Dunlaoghaire at 10.15am

**Departure:** Holy Thursday from Dunlaoghaire at 11am sharp on HSS Stena Line Ferry to Holyhead. Then onward by bus to Lake District.

**Return:** Monday evening from Holyhead on 6.30pm Ferry after bus journey from Lake District to arrive back in Dunlaoghaire at 8.20pm approx.

## **Welcome Aboard**