

HIKE PROGRAMME

February 2008

MEET: Burgh Quay	DEPART: Sundays 10.00 am	COST: Private bus. €12 (unless stated otherwise)
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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.*

<p>10 February 2008 --- Glenmacnass Valley to Wicklow Gap Leader: Ciarán King 2nd pick-up & drop-off point: Bus Stop before the roundabout at Loughlinstown. Route: Laragh * Glenmacnass Valley * Mall Brook * Lough Ouler * Tonelagee * Wicklow Gap * St Kevins Way * Lead works CP. Distance: 16km Ascent: 760m Maps: OS 56 and Harvey</p>
<p>17 February 2008 --- Glenmalure Rambles Leader: Stephen James 2nd pick-up point: Bus stop before the roundabout at Loughlinstown. Route: Shay Elliott (GR T130 922) * Carriglineen * Glendorcha * Drumgoff * Coolalingo Bridge * Wicklow Way * Mullacor * Cullentrath * Shay Elliott * tracks to Drumgoff. Distance: 18km Ascent: 650m Maps: OS 56, Harvey and Healy</p>
<p>24 February 2008 --- Ballynultagh Gap to Sally Gap Leader: Steven Buckney 2nd pick-up point: Bus stop near pond at Seán Moore Park on Tallaght By-Pass Route: Ballynultagh Gap (GR O045 109) * Black Hill * Mullaghcleevaun * East Top * Duff Hill * Gravale * Carrigvore * CP Military Road (GR O137 088). Distance: 17km Ascent: 800m Maps: OS 56 and Harvey</p>
<p>2 March 2008 --- Introductory Hike East Wicklow Leader: David McCann 2nd pick-up & drop-off point: Bus Stop before the roundabout at Loughlinstown. Route: Deputy's Pass Nature Reserve (GR T233 902) * Ballinacoooley * Glenealy * Carrick Mountain * Ballylusk * Dairy Lane * Ballycullen * R763 (GR T232 977). Distance: 18km Ascent: 650m Map: OS 56</p>
<p>16 March 2008 --- Trip to Blackstairs Leader: Paul Carroll Further details in the March newsletter</p>

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 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, hat, gloves, etc). Don't forget your torch, spare batteries & bulb! 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.

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.

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.

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.

FURTHER AFIELD Hiking in Mallorca

Walking on Olives

While teachers' holidays are generally the envy of the world, one sad reality is that they usually are, by definition high season and usually expensive, particularly if southerly destinations are involved.

This year I managed to beat the seasonal price hike and secured a package to Mallorca departing from East Midlands with Thompson Holidays. The package offered us B&B in Port de Sóller in a hotel used by a variety of walking and hiking groups as well as transfers from the airport.

Port de Sóller is quite a small resort around a horse-shoe shaped bay with the central Serra de Transmuntana rising behind the hotel. The beach area bears no comparison with the beaches around Dublin but Port proved a very good base for walking. Armed with Paddy Dillon's Walking in Mallorca (Cicerone) and Walk! Mallorca (North & Mountains) - Charles Davis - Discovery Walking Guides and the accompanying Mallorca North & Mountains - Tour & Trail Map 1:40,000, we felt well set up to explore. The map had the additional advantage of being waterproof, a quality which served us well!!! Using a combination of both books and our map we managed to devise interesting walks averaging 10-12 miles most days.

For our discovery walk we followed a circuit from Port de Sóller via Cami de Castelló to Sóller. A steep mule track brought us uphill onto a plateau covered with ancient terraces planted with olives. The contorted asymmetry and irregularity of the olive trees contrasted strongly with the geometry and regularity of the stone terraces. Quiet and unspoilt, this tranquil landscape was a world away from the heaving resorts of the south of the island. Having gradually curved our way along tracks and paths we descended into Sóller between orange groves and vegetable plots. Saturday market was in full swing and we retreated hastily into quieter streets. We chanced into a local restaurant where we had a delightful lunch. Wine and water were included in the menu price and local colour came free. Considerably fortified we devised an alternative route to bring us back to base.

Walk! Mallorca described our Sunday sortie as 'the ultimate picnic walk'. Suitably equipped with the ultimate picnic we set off in a north-easterly direction. First destination was Torre Picada a large and imposing tower overlooking the port.

the imposing leaning tower of rock at Penyal Bernat. The ultimate picnic spot was a rocky ledge with spectacular views of the little island of Sa Illeta with its whirling colonies of seabirds. Rather than continuing further along this path which would have involved confronting a subsided and eroded path, we retraced our steps back the way we had come. The views were just as good on the return.

Monday saw us take a bus to Deia, a wonderfully preserved village perched on a hilltop west of Sóller. English poet Robert Graves lived and is buried here. Having explored the village and purchased the makings of a less than ultimate picnic, we took a path leading downhill to the Cala de Deia, a beautiful fishing harbour with spectacular views. Refreshed with a coffee we found the beginning of our cliff path and began our coastal trek back to Port de Sóller. Erratic signposting, erosion and fallen trees made route-finding on this route slightly challenging in parts. We learned that the fallen trees were victims of a disease, wreaking havoc on some of Mallorca's forests. As the day went on clouds thickened over our heads. We counted ourselves fortunate that the rain really only set in after we had turned inland for the final few kilometres of our trek. However it must be said that we squelched back to our hotel just as wet as after a bad Wicklow Sunday!!

Since the forecast for the following day was awful we cut our losses and headed for Palma on the famed orange train which snakes its way over and through the mountains. It's a feat of engineering and its twists and turns offer a succession of wonderful views – at least when it's not raining! Palma has much to recommend it – picturesque narrow streets, a wonderful cathedral, restored by Gaudi, some cosmopolitan shopping and an impressive history as a stopping off point for the Crusades. Unfortunately it also offered a variety of food-poisoning which felled one of the party for the following two days, leaving this intrepid explorer to crusade alone!!

With time in Mallorca running out and much to see I combined two routes to make for a long varied and interesting sortie. Having taken the tram into Sóller, I trudged uphill along the Cami de sa Capelleta heading for the Mirador de ses Barques a spectacular viewing point. This path is rugged and steep leading through olive terraces and up stone stairs at some points until the Mirador is reached. What a view!!! From here I retraced my steps until I came to the path for Fornalutx. Fornalutx must be the most beautiful village in Mallorca. Its steep winding and stepped streets are lined with beautifully restored buildings in the local sandstone. The village square provided welcome refreshment and a chance to watch the world go by. As I left the village I came on the local cemetery just as the locals were leaving after the annual All Saints graveyard ceremony. The graveyard and its little chapel were lit by candlelight and beautifully adorned with bunches of fresh flowers and bouquets. By now shadows were lengthening. After a short search I found the mule track leading to the next village of Biniaraix. This too seemed a beautifully restored village but as dusk was falling I found the path leading back to Sóller and hastened along, reaching the hotel as night fell in earnest.

Would I recommend Mallorca for a walking holiday?

Yes! Definitely!

Deirdre McMahon

MOUNTAIN VENTURES

Based in Ballinlea, Co. Wicklow, **Mountain Ventures** runs a hostel as well as various training courses such as Mountain Skills and a Wilderness First Aid Course.

For details visit www.mountainventures.ie, email info@mountainventures.ie or call 045-404657 (landline)

SOLUTIONS TO CHRISTMAS WORD SEARCH

Congratulations to **Dorothy Fine**, **Paul Farrell** and **Don Reilly** who devoted some of their time during the Christmas period to solving the word sleuth!

Their prizes will be dispatched in the next few days.

Below are the answers to the word search.

Z	R	E	X	Z	E	Y	M	P	Y	R	I	A
C	A	S	T	I	L	C	R	H	E	N	D	Y
A	N	W	R	A	T	A	M	O	S	E	R	G
S	O	G	Y	J	R	M	E	A	S	A	O	M
T	D	U	A	O	A	I	E	C	A	J	F	L
I	D	T	N	I	M	N	O	N	R	A	G	A
L	E	N	A	R	F	O	Z	A	T	R	N	P
L	Y	I	I	E	N	E	W	R	Y	D	I	K
A	U	O	R	S	H	E	F	F	I	E	L	D
Y	K	P	A	T	P	M	T	A	S	P	R	E
L	C	N	T	N	O	I	L	L	U	G	A	N
E	X	E	U	G	R	E	B	L	A	X	C	R
O	P	R	T	B	I	N	N	I	A	N	J	U
N	O	R	U	E	L	L	I	V	E	S	Z	O
O	C	A	M	L	Z	I	M	I	X	D	B	M
N	E	W	C	A	M	L	O	U	G	H	Q	U

2. Northern Irish town connected by ferry to Omeath, Co. Louth = **Warrenpoint**
3. Slieve B... = **Binnian**
4. Northern Irish seaside resort = **Newcastle**
5. Slieve D... = **Donard**
6. Lough on the border between Northern Ireland and the Republic of Ireland = **Carlingford**
7. One of the tracks through the mountains = **Trassey**
8. Slieve G... = **Gullion**
9. Village in Co. Armagh, near Bessbrook = **Camlough**
10. Northern Irish city on the main Dublin-Belfast route = **Newry**
11. Spanish for "Way" of St. James = **Camino**
12. Type of pilgrims' accommodation = **Albergue**
13. Spanish province where Frank started = **Rioja**
14. Where Frank met Elliot and Justine = **Azofra**
15. Elliot's final destination = **Seville**
16. Name of a river and mountain range = **Oca**
17. Largest region in Spain = **Castilla y Leon**
18. Frank's "home town" = **Villafranca**
19. At 1200m the highest peak en route = **Pedraja**
20. Home town of Nirvana impersonator = **Sheffield**
21. Airline suspected of planning flights to Burgos = **Ryanair**

LOST AND FOUND

A pair of **trekking poles** was left behind in Glendalough YH after the Christmas party. Contact Garry Byrne at 8388812 after 6pm.

A **Low Alpine rucksack** and some of its contents were recovered when thieves were surprised while breaking into a car (Toyota people carrier or similar) at Ticknock on Sat 5th Jan. The owner can recover the rucksack by contacting Jim Leonard on 087-9480634.

COMMITTEE 2007 - 2008

Chairman
Secretary/Sunday Hikes
Treasurer
Membership/Training
Weekends
Promotion
Newsletter

Frank Rooney
Garry Byrne
Jim Barry
Donal Finn
Mark Campion
Deirdre Muldowney
Barbara Sudrow

Special thanks to:
Webmaster
Distribution

Matt Geraghty
Pearse Foley & Cyril McFeeney

DATES FOR YOUR DIARY

The following events cover a variety of activities, from orienteering and pub quizzes to slide shows and spring cleaning. A good opportunity to meet up with club members and all events promise to be good fun as well!

Tuesday, 5 February 2008

www.hillwalkers.ie
Orienteering in Slieve Donard Woods, Saggart (Grid Reference O 023 242) Registration between 18:00 and 19:00 hrs.
For further information contact Mark Campion, 087-2501401, or Gerry Walsh, 01-4560336.

Wednesday, 13 February 2008**Slide show** on Alaska by Eugene Harrington**Venue:** Room 102, An Óige International Hostel, 61 Mountjoy Street, Dublin 7**Time:** 8:00pm**Admission:** €3 includes tea & biscuits**Saturday, 16 February 2008****Orienteering** in the Phoenix Park; signposted from Parkgate St entrance; registration between 18:00 and 19:00. For further information contact Mark Campion, 087-2501401, or Gerry Walsh, 01-4560336.**After-orienteeing social** for a few pints in the Cobblestone, from 20:30 hrs.**Saturday, 16 February 2008****Spring Cleaning** in Knocksink Wood Nature Reserve; contact: 01-2866609**Meet:** 11:00 am at the Education Centre in Knocksink Wood.

Tools, shovels, litter-pickers, wheelbarrows, bin-bags provided; no harm bringing your own as well. Activities from Leave No Trace; light refreshments will be provided.

Friday, 22 February 2008**Pub quiz** in aid of AIDS orphans in Zambia and rural housing schemes in Brazil**Venue:** The Gate Bar, Crumlin, Dublin 12**Time:** 9:00 pm**Contact:** Mick Heneghan, 01-6570244

Mark Campion, 087-2501401

Donation of prizes most welcome!

FORTHCOMING CLUB TRIPS

Easter Trip 2008

Jim Barry's Easter Trip is now

FULLY BOOKED.Anyone still interested can put their name down on the **WAITING LIST**.

Phone An Óige Head Office, 01-8304555.

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### June Bank Holiday Weekend

Friday, 30th May – Monday, 2nd June 2008

Walking in Galway &amp; Mayo

Sheefry Hills, Mweelrea,  
Devil's Mother and much more**Leaders:** Mark Campion & Philip Hayden**Cost:** approx. €280

This includes bus transport and hotel accommodation in Leenane, Co. Galway (3 nights B&amp;B, 2 dinners, 2 packed lunches)

Overlooking Killary Harbour, Ireland's only fjord, the Leenane Hotel enjoys one of the most scenic locations in Ireland. Originally established as a Coaching Inn, the earliest records show that there has been an establishment in existence here since the 1790's.

The village of Leenane is situated just a quarter of a mile from the Hotel. There are two bars in the Village, Hamilton's Bar and Gaynors "The Field" Bar.

Visit <http://www.leenanehotel.com>

### Hillwalkers Trip to Slovakia

Sat, 5th July to Sat, 12th July 2008

Walking in the Tatras Mountains

Small group

For information email [rooneyf@eircom.ie](mailto:rooneyf@eircom.ie)

### Hillwalking Trip to Scotland

Wed, 30th July to Tue, 5th Aug 2008

Walks in the Isle of Skye and Northern Scotland

Hillwalkers and strong Moderate walkers only; maximum size of group 15.

Email [campion@ireland.com](mailto:campion@ireland.com) for more details

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## THE HARD STUFF

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### The Art O'Neill Walk 2008

It was shortly after 11.30pm when I arrived at the entrance to Dublin Castle in Castle Street, Dublin, on Friday 4th January 2008. Small groups of walkers were gathering on the cobblestone street in front of the Main Gate, preparing themselves for another Art O'Neill Walk. The night was cool but dry and there was an air of subdued excitement. Greeting old familiar faces back for more punishment, I began to hurriedly hand out a small slip of paper to each participant. It read:

**PLEASE NOTE:**

THIS IS NOT AN ORGANISED WALK!  
 THERE WILL BE NO SUPPORT DURING THE WALK  
 THERE WILL BE NO TRANSPORT IF YOU WITHDRAW  
 THERE WILL BE NO FOOD OR DRINK ALONG THE WAY  
 YOU MUST FIND YOUR OWN WAY HOME AT THE FINISH  
 THERE IS NO OFFICIAL LEADER

**Special note:** If any food or transport of bags is provided by volunteers, please make a contribution to their costs.

**YOU HAVE BEEN WARNED BEFORE YOU START OUT!**

Very soon the midnight hour approached, and so with the blow of a whistle I headed off up Castle Street followed by 53 enthusiastic souls of varying shapes, sizes and abilities. Very soon two runners from Northern Ireland passed the group as they commenced their own plan to run the 33-mile distance to Glenmalure. The adrenalin in the walkers is always very evident during this road section out to the Kilbride Army Camp and on this occasion it was no different. I allowed every person to pass me by until I was at the very back and had gained a perspective on the strength and bearing of each one who had passed. Slowly but surely over the next 15k to the Stone Cross at Ballinascorney Gap, reached at 2:20am, I returned to the front and led the way out to our first stop at Kilbride. Unfortunately, it had become very cold, windy and wet, as we paused to change into our boots for the mountains ahead. Some found it almost impossible to tie their laces because of the cold-induced numbness in their hands. Four postmen (I was the fifth) arrived at this point wearing a strange array of Post Office boots and raingear, not to mention one of them arrayed in army combat clothes covered with a fulsome poncho. If the wind had been any stronger he would have been blown over the mountains to Glenmalure! Fortunately, however, his voluminous 1970's hair-style negated the necessity for any head-covering.

With 23k now reached, and five walkers calling it a day (or should that be a night?), it was time to leave the road and meander down through some dark fields on the way to Ballysmuttan bridge. What a lovely sight it was to look back at the long line of head-torches in the total darkness as we descended and made our way back onto the road! A further 7k now found us at Ballynultagh Gap where a short break was taken before ascending our first mountain, Black Hill. Slowly plodding upwards along its stony track, the tiredness of many now became evident as the group stretched out noticeably, requiring frequent pauses by those at the front to allow the group to stay together. Several wanted to simply forge ahead at a greater speed so as to stay warm in the bitterly cold and dark morning, but were not brave enough to make an attempt at navigating themselves. From the top of Black Hill, armed with a few bearings and an old fading

compass, we contoured our way through more than 2000 double-paces around to Billy Byrne's Gap just as the dawn was breaking.

At this point there were even more tired bodies and blistered feet (those cursed steel toe-capped Post Office boots!) as the weary group became a little quieter as each walker dealt with his own demons. Making our way through the rough heather on the side of the slope leading downwards, we arrived at the hamlet of Glenbride and made our way through some very old fields to Ballinagee Bridge at 40k, where a welcome break for food was made. Three walkers withdrew at this stage.

Eventually a group of fresher, faster walkers took off on their own. The day was clear and dry and the navigation would not now be a problem. Another smaller and slower group followed, while yet another group lingered longer at this point and refreshed themselves further with a variety of vittles supplied to all by the Knockadosan Dozen and the Bray Strollers walking clubs. The journey now for many was a tortuous one up along the Glenreemore brook to Art's Cross.

The visibility, unfortunately, was very poor, and careful navigation over the featureless and snow-laden landscape to the Avonbeg River was required at that point. Eventually each and every person arrived safely at Baravore car-park at 52k, some with bloodied and sore feet, some a little tired after wandering through the snowy bogs around Three Lakes, but all very content at accomplishing their own personal goal. Afterwards, the pint or two while socializing in the Glenmalure Lodge at Drumgoff gave a perfect ending to a satisfying achievement!

Special thanks and appreciation must be given to the highly-appreciated support and back-up provided by Pat Lynch of the Wayfarers, who transported backpacks for many to the first stop at Kilbride, and who was always available, if needed, for emergencies during the trek. Especially appreciated by some was the luxury he provided by bringing them home to their doors afterwards.

We also wish to express appreciation for the refreshments provided by the Knockadosan Dozen and the Bray Strollers walking clubs at Ballinagee Bridge when many were at a very low ebb indeed. The unofficial leader would particularly wish to thank Michael Neary who stayed at the back of the group and ensured that nobody was in distress or falling away during the course of the trek. He was the leader's right-hand man. Thank you, one and all!

***Tom Milligan***

Please note: This article has also been published on <http://www.walkersassociation.ie> Photos: Fred Hamond (2) and Michael Neary (2)

