



The newsletter of the An Óige Hillwalkers Club

SUNDAY HIKES



MEET: Outside Irish Press Offices, Burgh Quay
DEPART Sundays 10.00AM. (or when the bus is full)
COST: Private bus. £5.00 (unless otherwise stated)
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.

Date	Route Description	Leader
6 th April	Glenmalure - Carrawaystick - Lugnaquilla - Canno - Camenabologue - Table Track - Conavalla - Lugduff - Ballinafunshogue - Barravore	Gerry Walsh
13 th April	Crone Wood - Maulin - Tonduff South - Tonduff North - Powerscourt Mtn. - Lough Brays - Glencree - Knocknagun - Prince William Seat - Curtlestown Wood	Brendan Dempsey
20 th April	INTRODUCTORY HARD HIKE Ballinagee Bridge - Oakwood - Fair Mtn. - Turlough Hill - Lough Firrib - Lugduff - Mullacor - Derry Bawn Mtn. - Laragh	John Guy
27 th April	Barravore - Fraughan Glen - Lugnaquilla - Kelly's Lough - Carrawaystick Mtn. - Drumgoff Bridge	Don Reilly
4 th May	Transport: LOCAL BUS Rockbrook - Tibradden - Cruagh Mtn - Lemass Memorial - Kippure - Seefingan - Slade Brook - Bohernabreena Waterworks - Old Bawn	Jim Barry

IMPORTANT NOTICE

Enclosed with this months programme you will find your new membership card for 1997. This card **MUST** be carried and produced on all Sunday hikes. Members with a valid membership card will be given first preference on the bus in cases where there are more people for the hike than there are places

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 hike.

WEEKENDS AWAY FOR 1997



- ◆ **May Bank Holiday Weekend in Westport YH** (May 2nd to May 5th)
Organisers: Martin Fagan and Frankie Comerford.
Cost: £50.00. Deposit of £25.00 Booking now open in An Óige Head Office.
- ◆ **June Bank Holiday Weekend in Wales** (May 30th to June 3rd)
Cost: £120.00. Deposit: £60.00. There is still some availability on this weekend.
Organiser: Sean Dunne
- ◆ **August Bank Holiday Weekend in Galway** (August 1st to August 4th)
Organisers: Donal Finn and Dave Rooney.

Halloween Weekend in the Mournes (October 24th to October 27th), staying in Newcastle YH.
Organiser: Martin Fagan.

WESTPORT WEEKEND DETAILS

Saturday hard hike: Mweelrea Horse Shoe - 10 miles.
Saturday easier hike: The Western Way from Leenaun to Killary Harbour - 7 miles.
Sunday hard hike: Devils Mother Maumtrasna - Lough Nafaoey - 10 miles.
Sunday easier hike: A short hike of about five miles will be arranged.
Monday group hike: Kilsallagh - Ben Gorm - Croagh Patrick - Pilgrim Track - 6 miles.

PLEASE NOTE the bus for each of these weekends will leave the Custom House Quay at 6.00PM. SHARP for the outward journey and will arrive back in Dublin at approx. 9.00pm. on the return trip. An Oige Cards must be carried by each individual on these weekends. If you are not a member of An Oige, you can take out membership at head office.

SPECIAL SUNDAY HIKES IN 1997



- ◆ **MAY** Blackstairs Mountains
- ◆ **JUNE** Cooley Mountains
- ◆ **JULY** Slieve Bloom Mountains
- ◆ **SEPTEMBER** Slieve Gullian

Full details of these special hikes will be given in future newsletters

YOUNG HILLWALKERS CLUB

**SITE
FOR
SALE**

SATURDAY HIKE

Date: 12th April. Location: Little Sugarloaf & Bray Head.

YOUNG HILLWALKERS BACKPACK

Ballinaclea - Glenmalure - Glendalough

Date: Friday 4th April to Sunday 6th April

Contact: John Guy 4524627 (h)

For details see March newsletter.

PLEASE NOTE This is a backpacking weekend and the gear you wear and bring is what you will have to carry on your back for the following two days.

COMPETITION

How talented are you? We are looking for a logo for The Young Hillwalkers Club. Entries should be done in black on white paper and given to Dave Rooney or John Guy. Prize for winner. Good Luck!

LONG WALKS PROGRAMME FOR 1997



Walk	Date	Organising Club	Contact Person
Comeragh Bog Trot	12 th April	Peaks MC	Niall Carroll (Powers the Pot) 052-23085, John Morrissey 052-24208 (h)
Maam Turks Walk	3 rd May	UCG MC	Martin Butler 091-524411 ext. 3271, Coleen Parsons 091-553241 (h)
Barrow Walk	Not this year	HF Walking Club	Not this year
Blackstairs Walk	17 th May	Wayfarers Association	Maurice McLoughlin 01-8336295 (h) Maura O'Connor 056-63867
Galty Walk	14 th June	Tyndall MC	Caroline McNeelis 056-63654 (h)
Bangor Trail	21 st June	Nephin Beg MC	Colm Geraghty 098-41834
Lug Walk	21 st June	Ramblers Club	Catherine Fenton 01-2955648 (h)
Circuit of Imaal	Not this year		Not this year
Benbulbin Challenge	19 th July	Sligo MC	Michael Mulligan 071-41267 (h)
Mourne Seven Sevens	9 th August	Spartan Red Sox	Jim Browne 0801247-465121 (h)
Burren Walk	30 th August	Thomond Orienteers	Alan Shaw 061-343959
Glover Highlander	13 th Sept.	North West MC	Alan Tees 0801504-810834

MAAM TURKS WALK DETAILS

Date: 3rd May 1997.
Organising Club: UCG Mountaineering Club, Galway.
Map No: Discovery Sheet No. 45 and 37
Fee: £5.00 (payable on the day)
Opening checkpoint: The walk starts at the base of Corcóg Mtn. and finishes at Leenaun
Checkpoint opening time: 7.00AM. and closes at 8.00AM. sharp.
Checkpoint list: Start - Corcóg - Patrick's Well - Binn idir an Dá Log - Lough Mhám Ochoíge (first finish) - Letterbrackaun - Maumturkmore - 562m (spot height before Leenaun Hill) - finish at car park at old hotel in Leenaun
Distance: 15 miles/24km.
Height gain: 8,000ft./2430m.
Average time: 10 hours *in good weather and without breaks*. From the beginning of the walk to Patrick's Well should take 3 hrs. From Patrick's Well to Lough Mhám Ochoíge should take 3.5 hrs. This is the first finish of the walk. There is a walk-out route here back to the start of the walk. There is a cut off time at Maumturkmore at 3.30PM. From Lough Mhám Ochoíge to the finish in Leenaun should take 4.5 hrs.
 There will be a shuttle bus from Leenaun back to the beginning of the walk which will leave every hour (or when the bus is full). There will be some light refreshments at the closing checkpoint. The organising club will **not** be providing water along the route and since there is very little water along the way, participants are advised to carry enough water and food for the the entire walk.

PLEASE NOTE These walks are **NOT** led hikes. Participants need to know how to navigate and have a high level of fitness. You are responsible for yourself during these walks. A necessary amount of training should be undertaken before participating.

HOLIDAYS AWAY IN 1997



◆ Pyrenees Mountains

Leader: Martin Fagan

Date: 16th to 30th August 1997.

Contact Martin Fagan at 8553653 (h) re availability before sending a deposit

LEADERS URGENTLY WANTED

Contact Jim Barry at 4556455 (home between 7.00pm. and 10.00pm.) or Martin Fagan at 8553653 (h)

SOCIAL EVENTS



◆ Fundraising Social in aid of Our Lady's Hospice

Date: Friday 18th April.

Venue: Garda Club, Harrington Street.

Cost: £4.00

Time: 8.00PM. till late. Full bar.

Contact: For tickets contact Martin Fagan at 8553653 (h) or Jim Smith.

◆ Na Fianna Céile and Sets Spring Line Up

Location: Na Fianna, Mobhi Road, Glasnevin, Dublin 9

Time: 9.00PM. to 12.30AM

Dates: Saturday 12th April, Fodhla Ceili Band.

◆ After Hike Meeting Place: Palace Bar, Fleet Street

AND ANOTHER THING...



HOW SAFE IS YOUR TENT?

Fires in backpacking are fairly rare but the potential exists, given the flammable nature of many camping materials. Standard advice is not to cook in the tent, but in bad weather most people end up cooking in the porch. In the British Isles there is no legislation on the flame retardant properties of tent fabrics.

The following are examples of some commonly used fabrics:

Canvas. Pros: is robust and has a reduced tendency for condensation. Cons: it can burn, is heavy and is prone to mildew if stored damp.

Nylon. Pros: is lightweight, has a small pack size and the seams can be taped. Cons: is prone to condensation and the fabric which is coated only on one side sags when wet.

Silicone elastomer coated nylon. Pros: is the strongest waterproof flysheet fabric available. Cons: highly flammable and can't be taped.

Polyester. Pros: less saggy. Cons: condensation, strength for weight is not as good as nylon.

Conclusion: The problem with adding flame retardancy to a synthetic tent fabric is that the finished product is significantly weaker. The flame retardant additive will reduce its tear strength and resistance to UV. The general view among manufacturers is given the low incidence of tent fires, the consumer would rather have top performance than sacrifice it in favour of molly-coddling. Flame retardant fabrics still burn, they just burn less quickly or extinguish themselves once the source of ignition is removed.

Maggie Greaney

LETTERS TO THE EDITOR

From the Dublin/Wicklow Mountain Rescue

The Dublin/Wicklow Mountain Rescue Team wrote to thank the Club for their donation of £200, and to let us know how they are progressing. In 1995 they acquired a second vehicle - a Land Rover. They were able to do this with the assistance of the National Lottery and Rover Ireland.

The Mountain Rescue are the only emergency service, whose members are all volunteers and for which there is not monetary gain made by anyone. In 1996 they set themselves the task of providing each member with a suitable set of rain gear. A mountain rescue member could have up to £1,500 worth of personal gear with them while on call out. To assist the members, and as a way of acknowledging their efforts, last September the Mountain Rescue were in a position to provide the team with "RAB Pertex Jackets and Salopettes".

Their next project is to up-grade their Communications Systems and then replace their team van.

Last year the Dublin/Wicklow Team operated on a budget of almost £24,000. Items such as training, insurance, equipment, communications, transport and of course the RAB gear accounted for their major expenditure. Their income came from a £6,700 government grant, a golf day and two street collections - one in Dublin and one in Wicklow. Donations, particularly from walking clubs also help to keep the kitty topped up.

In 1996 the Team received 21 calls. This number was slightly down on the 1995 total of 25. Of the 21 calls attended to, they dealt with 9 casualties and were involved in 12 searches for 36 people missing or overdue in the hills. Two of the call-outs, sadly involved fatalities. Already, this year they have responded to three calls, all in the Glendalough area.

AN ÓIGE ANNOUNCEMENT

THE 66TH ANNUAL GENERAL MEETING OF AN ÓIGE
Will Take Place On Thursday 17th April 1997 at 8.00PM
DUBLIN INTERNATIONAL YOUTH HOSTEL
61 MOUNTJOY STREET, DUBLIN 7

Notices of motions to be sent to Marie McDonnell (Honorary National Secretary).

The election of four members to the National Council will take place at the meeting. Only life members and members who have paid their subscription for 1995, 1996 and 1997 shall be eligible to vote. Voting shall conclude forty-five minutes after the actual time of commencement of the Meeting. Voting shall be personal and not by proxy.

Members who wish to vote by post should apply to Marie McDonnell at the National Office of the Association for a Ballot Paper enclosing a stamped addressed envelope. The completed form must be returned in the envelope provided not later than 2PM on the 9th April 1997.

The full list of candidates is available from An Óige Head Office

TRAINING NOTES

ADVANCED TRAINING WEEKEND

Date: 26th - 27th April 1997

Organiser: Sean Feeney

Transport: Cars

This training weekend is geared towards people who lead hikes and will also be of interest to people who are doing the Mountain Leadership course.

The training will include steep ground work e.g. how to find a route and lead a group safely up an area of steep ground. The weekend will also cover night navigation.

Those interested in this weekend should phone Sean at 6774501 (h) to book on the course. Places are strictly limited.

BOOK REVIEW

"Storms of Silence" by Joe Simpson, Price £7.99 (Jonathan Cape UK) ISBN 0224042165

Joe Simpson in the few short years since publishing "Touching the Void" has gained a considerable presence in the world of mountaineering literature. This book is his fourth published book and deals geographically with trekking and climbing in both Nepal and Peru but stripping away the mountaineering content reveals a book devoted to considerations of life, death, fear and survival.

Despite the weight of the topics which are dealt with in the book, Joe Simpson manages to maintain a light momentum throughout leaping from the spectre of death to 'pints' in the local before the reader plummets into the depths of depression.

As a travelogue the book provides very attractive accounts of trekking and climbing in both Nepal and Peru with enough bait to lure the most committed Armchair Mountaineers from the safety of their sitting rooms.

In summary I would recommend the book to anyone who enjoys mixing an adventurous read with a brief dissertation on the timeless struggle of humanity!!

Don't miss next month's review of Alison Hargreaves *"A Hard Day's Summer"*

NEW BOOKS AND MAPS PUBLISHED

The following listing summarises the most recent new publications on hillwalking and related topics. If you are interested in obtaining any of these titles or other books/maps dealing with outdoor pursuits contact the An Oige Hillwalker editor (see details below).

- ◆ ON FOOT FROM COAST TO COAST - The North of England Way : Maughan. ISBN 0671884662. GB£9.99.
- ◆ MOUNTAINS OF CALIFORNIA - New Topographic Mapping (Tom Harrison). Scale 1:63,000
- ◆ AGAINST THE WALL: Simon Yates. ISBN 0224037587. GB£14.99.
- ◆ NEPAL - Panoramic Travel Map 1:250,000. ISBN 390659310X. GB£9.95.
- ◆ WESTCOUNTRY WAY - Mountain Bike Route ISBN 1859810632. GB£9.99.
- ◆ EXPLORING THE NORTH OF IRELAND: Paddy Dillon. ISBN 0706374711. GB£19.99.
- ◆ WILDERNESS WALKS - Twelve Great Walks in Scotland: McNeish & Else. ISBN 0563371765. GB£17.99.
- ◆ EXPLORERS OF THE WESTERN HIMALAYAS 1820 -1895. John Keay. ISBN 0719555760. GB£15.99.
- ◆ WESTERN ISLES - 25 WALKS. June Parker. ISBN 0114957401. GB£7.95.

A NOTE FROM THE EDITOR

Have you travelled anywhere abroad or indeed in Ireland that you think members would like to read about?

Please put pen to paper and send some articles or items of interest to the address below for inclusion in the newsletter.

Also, book reviews on hillwalking and related topics would be very welcome.

Articles for inclusion in the May newsletter should be sent before Friday 18th April to,
Maggie Greaney, 68 Newtownpark Avenue, Blackrock, Co. Dublin.

