

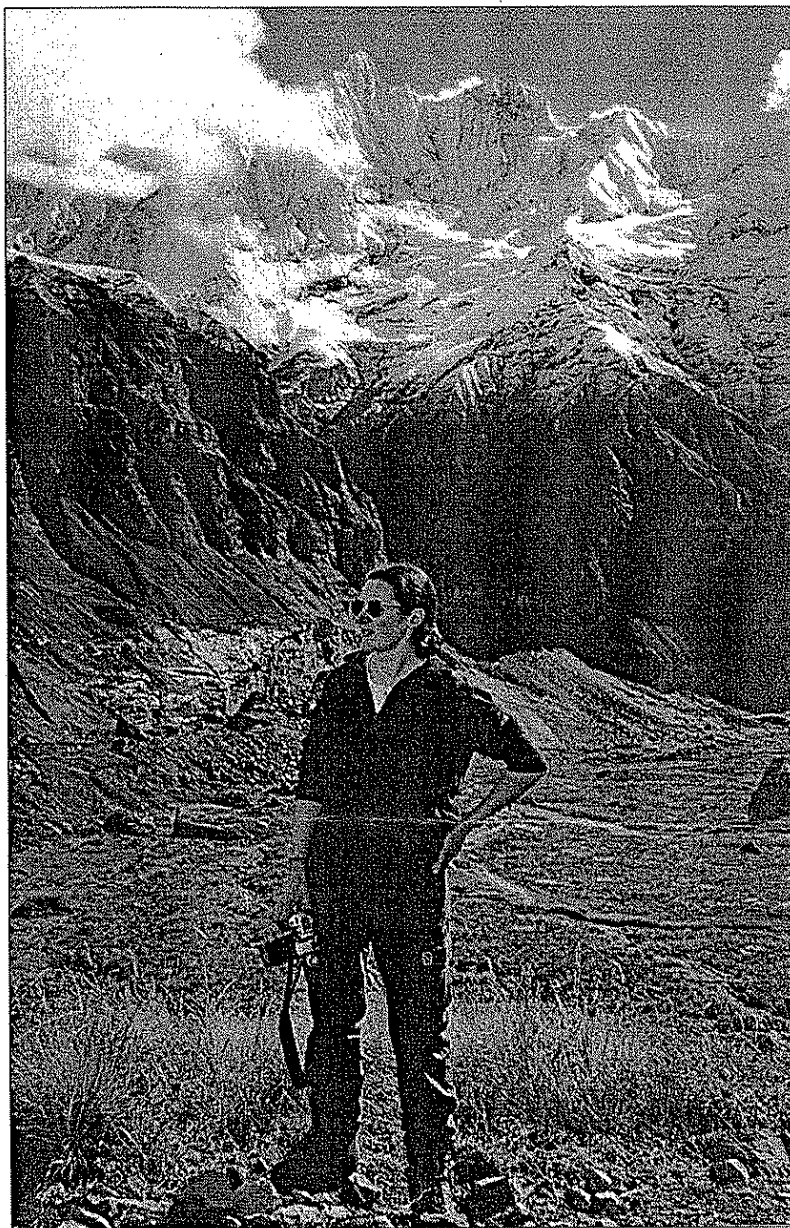
Hillwalker

April 1999



The magazine of the An Óige Hillwalkers Club

The Hillwalker



Colette Nolan in Nepal. Photo Colette Nolan collection.

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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.

 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.

Date	Route Description	Leader
4 April	No Sunday hike due to bank holiday weekend.	
11 April	INTRODUCTORY HARD HIKE Laragh - Ragman's Path - Shay Elliot Memorial - Kirikee Mountain - Clara Bridge - Trooperstown Hill - Laragh.	Tom McCarthy
18 April	Ballinastoe Wood - White Hill - Djouce - War Hill - Sheepbanks Bridge - Luggala - Knocknacloghoge - Ballinafunshoge - WW track to Sally Gap Road.	Tom Milligan
25 April	Glenmalure (Zig Zags) - Carrawaystick Brook - Clohernagh - Lug-naquillia - Slievemaan - Ow River - Aghavannagh.	Noel Kerley
2 May	No Sunday hike due to bank holiday weekend.	

Important Notice

Your club membership card **MUST** be carried and produced 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 hike.

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.

Leaders

People interested in leading a hike should contact Jim Barry at 01-4556555 (h).

The Young Hillwalkers Club

SATURDAY HIKE FOR FEBRUARY

Date: Saturday 10 April 1999.
Route: The Little Sugar Loaf and Bray Head.
Meet: Harp Bar, O'Connell Bridge, Dublin.
Time: 8.45 AM
Transport: Local bus (unless otherwise stated).
Bring: Packed lunch, wet weather gear and torch.
Wear: Boots, tracksuit bottoms (no jeans), hat and gloves.



ADVENTURE WEEKEND AWAY IN FEBRUARY

Date: 16 – 18 April 1999.
Location: Ballinaclea – Glenmalure Backpack.
Meet: Custom House on Friday 16 April 1999 at 6.00PM (and arrive back at Eason's Bookshop, O'Connell St. on Sunday 18 April before 6.00PM).
Cost: £18 for people under 18 years of age and £23 for people over 18 years of age. This cost included a special bus and two overnights.

Please note that this is a tough and demanding trek. Those who have been on this before will know that it takes a lot of determination to carry off your gear over the mountains from Ballinaclea to Glendalough. Keep your rucksack as light as possible – do not bring cans or bottles as they weigh too much. Minimum gear required.

NEWSFLASH

To avoid disappointment we have added an extra backpack to our programme. When the Ballinaclea trip is full we will take bookings for a Glenree-Knockree Backpack.

Meet: Harp Bar O'Connell Bridge on Good Friday 2 April 1999 at 8.45AM (and arrive back in Dublin before 6.00PM on Sunday 4 April 1999).

Cost: £9 for people under 18 years of age and £11 for people over 18 years of age, plus bus fares. This will be a tough 34 mile trek over three days. For further information ring Dave Rooney at 01-8344811

For further information about our monthly hike, weekends away or about the club in general, contact An Óige Head Office at 01-8304555

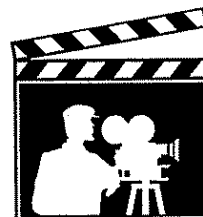
The Club Slides

“A Year in Zambia”

A video presentation by
Gerry Brady

On Tuesday 20 April 1999
at 8.00PM

Admission is free. Parking in Temple Bar Car Park.



Exciting future destinations include Chile presented by Tony Crean in May and Fiji presented by Steve Buckley in June.

An Óige Hillwalkers holiday to Majorca

Martin Fagan is organising a two week holiday in Majorca, for twenty-five to thirty people, for the second and third week of September 1999.

Those interested in joining Martin should attend a meeting in An Óige Youth Hostel, Mountjoy Street on Thursday 8 April at 8.00pm. A deposit of £60 will be collected on the night.

Club Travel – NAMASTE! - a trip to Nepal

Birthplace of the Buddha, roof of the world – Nepal contains the vast Himalayan peaks, sub-tropical countryside with snow-fed rivers racing through huge gorges and amazing people.

October 11 saw four of us landing in the valley of Katmandu and it was here that we got our first glimpse of the snow capped Himalayas. We were met by Hari, our friend and guide, who whisked into the hustle and bustle of Katmandu – the capital and also the largest city in Nepal. The next two days were spent exploring this amazing place with its narrow streets, wooden balconies and hole-in-the-wall shops. Avoiding a collision with the cars, mopeds, tuc-tucs and bikes that shared these tiny streets was all part of the fun! Visiting Square with its amazing stupas, temples and colourful markets and as the the food and shopping – paradise.

October 13 we rose at 5.00am in treacherous bus journey to Pokhara where porters and kitchen staff (twelve in total) trek. By 6.00am the following day we had eventually take us to our goal – Annapurna was a relatively easy day through forest trekked approximately seven hours each numerous suspension bridges. Along the meet to the local people. We camped spent time socialising therein.

Six days later (October 19) we left a very Camp (4000m) on our final leg to we were surrounded by the Annapurna couple of the spectacular snow capped

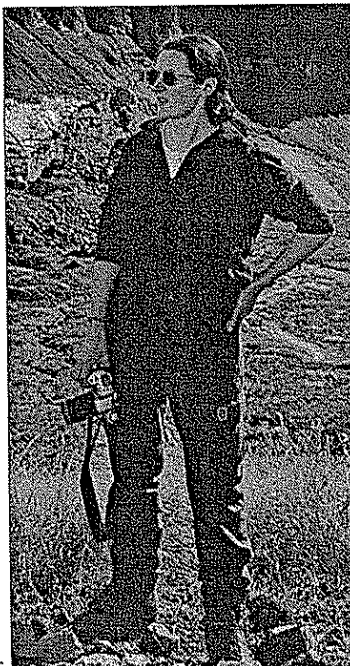
We reluctantly began our descent, but over treats in store for us when we visited such as Chomrong, Tadapani (a night to spectacular sunrise on Poon Hill. Eventually we arrived back at Pokhara where we had a well earned rest-day.

On 28 October we were back on the bus again after bidding a sad farewell to our exceptionally friendly, hard working team who surely provided us with some of the best food in Nepal. Thanks Tenging! We arrived at the Trisuli River for two days white water rafting (mostly swimming for myself) - great fun.

Next on to the Royal Chitwan National Park for three nights relaxation and by day elephant/ walking jungle safari, bird watching and a river cruise. The park has fifty species of mammal and four hundred types of birds. To be seen there are elephants, rhinos and the elusive Bengal tiger. We rounded off our trip back in Kathmandu with two days of shopping and socialising.

Our trip cost in the region of £1,400 (including all flights, activities and spending money) and was made all the more enjoyable by our guide Hari Neupane who looked after us so well. He can be contacted at P.O. Box 6610 Kathmandu, Nepal. Fax 977-1-260763 or e-mail Hari@kbc.wlink.com.np, or in the UK at Flat 8, South Good Win Court, 60 The Marina, Deal Kent CT146NR. Tel./fax 0044-1304-379647.

Colette Nolan



Colette Nolan

preparation for a seven hour we were introduced to our Sherpas, who would be with us for our fifteen day already set out on our trek which would Base Camp Lodge. Fortunately this and terraced fields of millet. We day through beautiful valleys and over way there were many opportunities to beside the tea houses at night and

wet and cold Machhapuchre Base Annapurna Base Camp (4200m). Here Machhapuchre, Hinchuli, to name but a peaks.

the next eight days there were some some hot springs and also such places remember!). From Ghorepani a

Glen of Imaal Mountain Rescue Team

Set Dance Ceili in aid of the Glen of Imaal Mountain Rescue Team will be held in the Glendalough Hotel, Wicklow on Saturday 15 May 1999 at 9.00pm. Price is £4.00 and the music is by The Eamon Bolger Ceili Band

June Weekend in the Black Valley, Kerry

Blackvalley (An Com Ui Dhuibh) takes its name from the inability of the sun to penetrate the lower reaches of the valley particularly during the winter months. Located in the middle of the Iveragh Peninsula, the valley stretches from east to west and is bounded by the MacGillycuddy Reeks to the north and the Broaghabinna Ridge to the south. The Kerry Way runs through the valley in its stage between Killarney and Glencar.

Date: Friday 4 June to Monday 9 June 1999
Cost: £65. This includes train, bus and overnights but excluding meals.
Deposit: £30. Non refundable and payable on booking.
Booking: Booking opens on Monday 12 April via An Óige Head Office tel. 01-8304555.
Hostel: Black Valley YH, Kenmare, Co. Kerry.
Organisers: Donal Finn and Joe Kellegher.
Capacity: Limited to 25 people.

Transport Details

Transport will be a combination of train and bus. Please note the times given below may be modified when Irish Rail publishes their timetable. Participants will be informed of any changes in a later newsletter or by phone. Special train tickets will be pre-purchased by the organisers and distributed to participants in the weeks prior to travelling.

Outbound:

Departure by train from Heuston Station at 1737 hrs to Killarney. Arrive Killarney 2104 hrs. Private bus from Killarney Station to Blackvalley Hostel. Journey time approx. 1.5 hrs. The bus will stop at a supermarket en-route to the hostel.

N/B Please arrive at Heuston Station by 1700 hrs on the Friday to ensure a seat on the train.

Return:

Bus to Killarney departing hostel 1600 hrs. Depart Killarney 1747 hrs. Arrive Dublin 2200 hrs.

Meals:

Please note that the services of the bus will NOT be available over the weekend. In addition, there are no restaurants/shops/pubs nearby, therefore participants should bring ALL food with them for the weekend. However, the hostel will provide a standard evening meal (approx. £8 per meal) on the Saturday and Sunday evenings. This facility is limited to the first fifteen people. Please indicate your preference on booking. The hostel has the usual self-catering facilities.

WALKS

Two walks will be organised each day. Easier walks will be based on shortened versions of the longer walks. Please note that the services of the bus will not be available over the weekend.

Longer Walk Day One

Ridge of the Reeks (Sheet 78)

Longer Walk Day Two

Circuit of Broaghabinna (Sheet 78)

Longer Walk Day Three

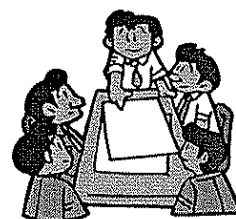
Purple Mountain, Tomies Mountain (Sheet 78)

June Weekend in Snowdonia, Wales

A hiking weekend for fifty people to Wales, staying in the Snowdon Ranger YH will be organised by Séan Dunne and Dave Rooney for the June Bank Holiday Weekend. Details from An Óige Head Office.

The Committee

Chairperson:	Martin Fagan (01-8553653 h)
Secretary:	Donal Finn (01-4530617 h)
Treasurer:	Prionsias MacAnBheatha (01-8379897 h)
Editor:	Maggie Greaney (01-2834253 h)
Sunday Hikes:	Jim Barry (01-4556455 h)
Weekends/Holidays:	Martin Fagan
Membership Secretary:	Gerry Walshe/Pauline Morley (01-8225818 h)
Training Officer:	Joe Kellegher (01-8381973 h)
Social Events:	Donal Finn / Martin Fagan
Young Hillwalkers:	John Guy (01-4524627 h) or Dave Rooney (01-8344811)
Distribution:	Cyril McFeeney & Pearse Foley



Membership

Annual membership fees of £15 include the monthly club programme, insurance and a copy of the Irish Mountain Log which is published four times a year. Fees should be sent to the membership secretary at the following address:

Mr. Ger Walsh, 15 Summerfield Avenue, Blanchardstown, Dublin 15.

Next Committee meeting

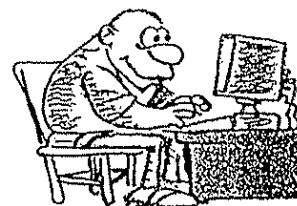
Next Committee meeting will take place on Tuesday 11 May 1999.

Walking Festivals

The Glen of Aherlow Walking Festival takes place on April 9 – 11 1999. For information and advance booking contact The Glen of Aherlow Fáilte Society, Coach Road, Aherlow, Co. Tipperary at 062-56331.

A Note from the Editor

During 1999 all articles published in *The Hillwalker* will be entered in a competition under the categories of holidays/weekends abroad and holidays/weekends at home. Prizes will be awarded at the 1999 Christmas Party so please put pen to paper and send your articles or items of interest to the address below for inclusion in the newsletter. If possible the articles should be typed or in electronic form and should be a maximum of 500 words. A stamped and addressed envelope should accompany any photographs or articles to ensure their return.



Articles for inclusion in the April newsletter should be sent before Friday 9 April to:
Maggie Greaney, 68 Newtownpark Avenue, Blackrock, Co. Dublin.
(e-mail: maggieg@tinet.ie)