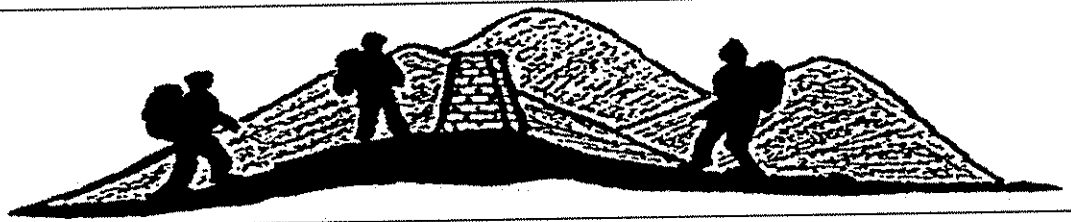
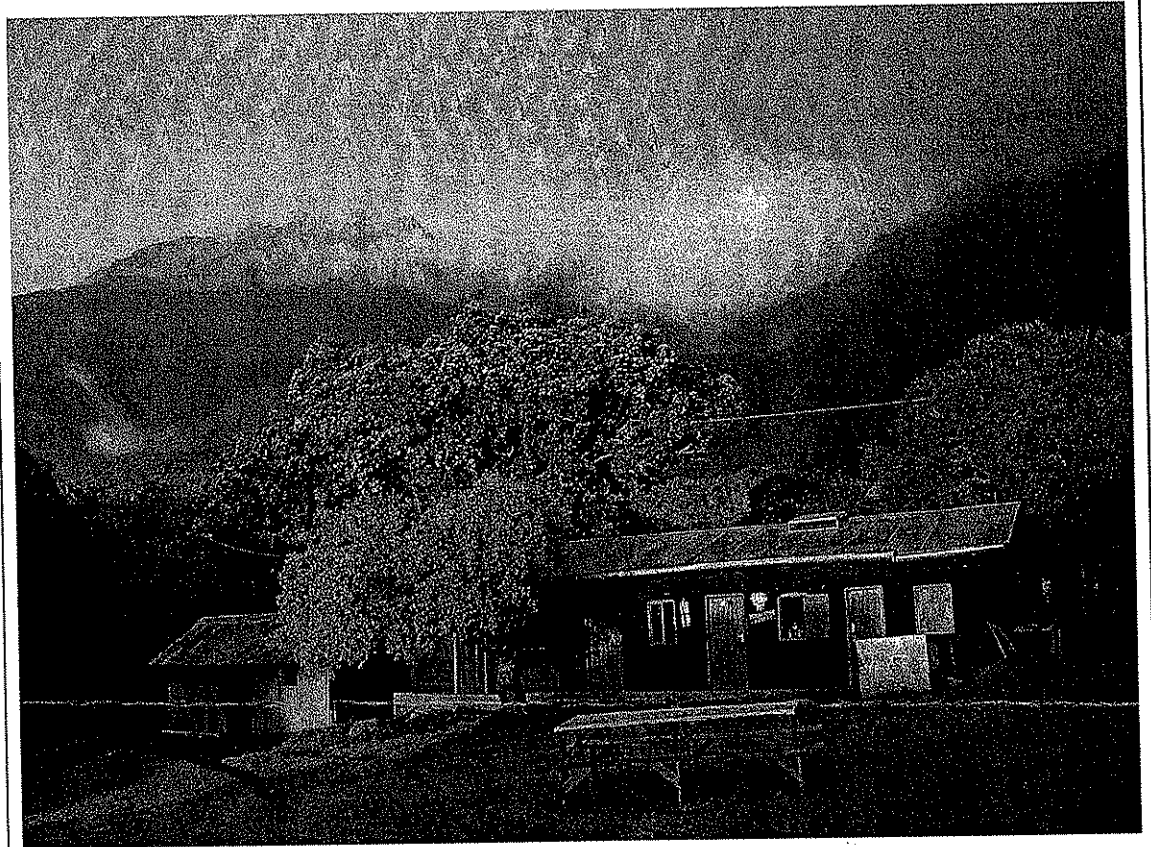


THE HILLWALKER
April 2002



THE MAGAZINE OF THE AMERICAN HILLWALKERS CLUB

The Hillwalkers



Mount Meru, Tanzania

Picture by Denis Costello, courtesy of Caroline Carswell



The Hillwalker April 2002

Sunday Hikes April

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 €8.00.

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 untrampled, 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 LEADER

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



Date	Route Description	Leader
7 th April	Route: Avonbeg River Bridge (G.R.080 929) – Forest Track – Art’s Lough – Clohernagh – Lugnaquilla Mtn – Cannow – Benleagh – Cliff Path – Forestry – Barravore Car Park. [16km/850m Ascent]	Brian Madigar
14 th April	Introductory Hard Hike Route: Ballinagee Forest Entrance (G.R 023 027) – Track – Gowlan Brook – Carrignagunneen – Barnacullian Ridge – Stoney Top – Tonelagee Mtn – Brockaghs - Laragh. [17km/650m Ascent]	Joe Kellegher
21 st April	Route: Road Start (G.R.978 010) – Douglas River – Leagh Brook Track – Round Hill – Table Mtn – Table Track – Wexford Gap – Cavanagh’s Gap – Lobawn – Corriebracks – Forest Track – Captain Bolton’s Yard – Donard. [20km/550m Ascent]	Noel Kerley
27 th April (Saturday)	Mourne Mountains Co. Down Route: Carrick Little Car Park (G.R. 345 219) – Mourne Wall – Slieve Binnian – Black Castles – North Tor (678m) – Slievelamagan Mtn – Cove Mtn – Slieve Beg – Brandy Path – Kilkeel River – Ben Crom Reservoir – Silent Valley Reservoir - Car Park (G.R.306 209). Ordnance Survey of Northern Ireland Discovery Map Series 1:50 000 Sheet 29. 2 Hikes arranged to cater for both hard and moderate walkers. Hard Version[18km/900m Ascent] Moderate Version[12km/900m Ascent] Early departure time of 0930hrs sharp from Burgh Quay Please book your seat through An Óige Head Office Phone No. 01-8304555 <i>Special Bus Fare 14 Euros</i>	Ita O’Hanlon
3 rd – 6 th May	Walking in the Burren Co. Clare See separate itinerary No Dublin Sunday Hike	Proinsias MacAnbheatha



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Circuit of Imaal

The Club is organising the annual Circuit of Imaal walk on 22 June. We would like to ask for your support to help make it a safe and successful event by volunteering to man checkpoints on the day. If your up for it, speak to Jim.

Club Notes

Congratulations to Fiona Moore who was married on March 15th to Derek. Yes, she kept it so secret we don't even have her husband's surname, but for a princely sum *The Hillwalker* has secured the rights to the weddings photos and next month's issue will be adorned with a six-page special spread.

Upon noticing the empty seat in the corner of the Palace, we were all concerned to hear of Don Reilly's recent tummy upset. A dodgy packet of crisp is the prime suspect.

A day-hike to the Slieveblooms - Ridge of Cappard is planned for Sunday 19th May.

The annual walk in honour of the founder of the Wicklow Way, J.B Malone, is scheduled for 26th May.

After April, the next Mournes outing is scheduled for 9th June.

We are having some problems co-ordinating the membership list and the postal label list with the list of those who want the newsletter by email only. So until we sort it out, apologies to anyone who gets *The Hillwalker* by post who wanted it solely by email.

The **An Óige AGM** is scheduled for 11th April. Please come and re-elect our own Jim Barry to the High Council. The Editor will be happy to give Jim the benefit of all his experience in vote-rigging, bribery and general seizures of power.

Not content with looking for votes, Jim is also looking for a leader for the August Bank Holiday Weekend. Also bodies for checkpoints on Ring of Imaal - 22nd June (see note elsewhere).

Young Hillwalkers

Saturday Hike – 13th April Wicklow Way

Meet at Messrs Maguire Bar, O'Connell Bridge, Dublin at 8.45 a.m.

Bring: Packed lunch, wet weather gear and torch

Wear: Boots, tracksuit bottoms (no jeans), hat and gloves

Weekend Away 19th to 21st Ballinclea-Glenmalure backpack.

Ring An Óige office for details (01-8304555).

Club Travel

Mount Meru, January 12 - 15, 2002

Climbing in Tanzania inevitably conjures up images of Mt Kilimanjaro, but Mt Meru, Africa's third highest mountain at 4,566m, has its own merits. Fewer people climb its volcanic cone, than Kili, 40km to the north-east, and large animals such as elephant, giraffe, zebra and water buffalo can be seen on its lower slopes. Just one hour into the first day's walk, a giraffe's head emerged from a tree, joined by two others as we neared. Five giraffes were in that clump of trees 6 metres away, seemingly unperturbed by the presence of our party, which included Denis, a friend from work, and an armed ranger.



The first day's walk was at a slow pace, given the ascent from 1,300m above sea level, to Miriakamba Hut, at 2,500 metres. As the trail merged into lush woodland, butterflies in vivid hues of orange, red, blue and turquoise, floated on the breeze. Bush bucks were an added extra, and three elephants were grazing in a clearing where the forest opened into the crater, "Little Ngorongoro". At this point, the sheer cliffs and topography of Meru were visible immediately ahead, serving as a reminder of the climb that lay ahead.

Unfortunately, at dinner that evening, my first symptoms of altitude appeared in the form of slight nausea, which prevented me eating much. That night, in the bunkhouse, shared with 8 others, I fell asleep twice, only to wake both times with a feeling that I was suffocating. Trying to catch my breath produced a wheezing noise, apparently sounding like an asthma attack. This scared me, so I took my sleeping bag to the common room and slept sitting upright, drinking water from time to time.

A complication of altitude is the need to urinate frequently, which is a by-product of increased fluid intake. During one of my trips to the latrine that night, a big animal (elephant or buffalo) crossed the path, leaving fresh dung everywhere. Needless to say, I flashed my torch all around before crossing the 15 metres back to the hut, where I found myself locked out. Surely not a punishment for wheezing? Eventually, after some soft tapping, a guy let me in, explaining that some monkeys had gotten into the hut while I was in the lat!

The next morning's sunrise over both Kilimanjaro & Meru, 40 km apart, was some recompense, as was that day's walk. Under the ranger's instructions, I ascended the 1,050m to Saddle Hut extremely slowly, drinking several litres of water on the way. Saddle Hut, at 3,550m, is the point from where Meru is summited, so, that afternoon, under the adage, "climb high, sleep low", we climbed Little Meru, at 3,800m. Strangely enough, my appetite had returned at lunchtime, and I managed dinner OK.

That evening, we went to bed early, to get up at 1am in preparation for summiting. However, at 10.30pm, I was woken by Denis' torchlight. A mouse was eating the food I'd brought as emergency rations. In response, I lifted my bags to the top bunk, as did Denis, some minutes later. Still, the rustling persisted. We didn't know it, but the mouse was in the pocket of my fleece, which was hanging at waist height. After I'd emptied my bags out, shaken the fleece and hung it on the top bunk, all was quiet for a while. About half an hour later, Denis poked me in the back. The mouse had run over his head, and he'd dropped his torch, so needed mine to see where it was. At this point, the mouse disappeared, but another 20 minutes later, it repeated its 90-minute cycle of disruption in running down my arm.

At 1am, due to thick mist and heavy rain, we agreed that Boniface, the ranger, should wake us at 4 am if he felt we could go for the summit. Everyone else left at 1am, but the other huts in the camp were barely visible, so what was the point? Since the bad weather continued, Boniface never called us at 4am, and early the next morning, one party returned, having abandoned their summit attempt to the conditions. However, at 11am, the rain started clearing, and we left at 12 noon. Rhino Point, at 3,800m, was no problem, after climbing Little Meru the previous day, but for the next 700-odd metres to the summit, I was battling nausea. Not much fun over a 4-hour period, which involved much scrambling.

Before reaching Socialist Point (4,566m), a series of jagged peaks has to be navigated, requiring the use of hands and feet to ascend and descend. Thick mist complicated the process, but occasionally the sun shone through. The ridge to the summit itself is extremely precarious, as I found on the descent, when my co-ordination was impaired due to mountain sickness. According to my guidelines, if one vomits, it's time to descend, but I staved that off by quaffing lots of water. We summited at 4.15 pm, took the photos and left quickly as the others could hear thunder approaching. My head was pounding, but I concentrated on descending slowly, and following the green rocks that mark the route.

One hour from camp, I turned to Denis and said, "don't let me go to sleep when we get back", as this would be risky in view of my pulse rate. He took my bag - at least the nausea was



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gone at this point - and we got back to base. Two hours later, long after everyone else had retired, and my pulse had slowed, I went to bed, and had a great sleep, losing the headache in the process. The next day, we descended 2000m in all, from Saddle Hut, stopping for lunch at Miriakamba Hut. After the torrential rain, traction in the mud was almost impossible on the steep descent from 3,500 m to 2,500 m. Consequently, the party slithered its way down the trail at this stage, some considerably more than others. However, the delay to allow 6 elephants to cross the trail in the crater, soon after lunch, was sufficient reward for any hardships.

Caroline Carswell

Weekends Away

Among weekends away currently planned for this year are:

- ❖ Burren, Co. Clare, in May, to be led by Prionsias MacAnBheatha. Full details at the end of the newsletter.
- ❖ Westport, Co. Mayo, in June, to be led by Philip Hayden. Already people are making up their excuses as to where else they have to be that weekend.

The 2002 Committee

Chairperson:	Donal Finn (01-4530617 h)
Secretary:	Frank Rooney (01-8038102 h)
Treasurer	Prionsias MacAnBheatha (01-8379897 h)
Editor	Warren Lawless (01-8786901 h)
Sunday Hikes:	Jim Barry (01-4556455 h)
Membership Secretary:	Gerry Walshe (01-8225818 h)
Training Officer:	Joe Kellegher (01-8381973 h)
Young Hillwalkers:	Dave Rooney (01-8344811)
Distribution:	<i>Cyril McFeeney & Pearse Foley</i>
Webmaster:	<i>Matt Geraghty</i>

2002 Membership Fees

The Hillwalkers Club annual membership fee is €19.

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

Queries regarding change of address or non-receipt the Hillwalker should be directed to Mr Ger Walsh (membership secretary).

Note from the Editor

Walking holiday articles and pictures 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.



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Articles for inclusion in the newsletter should be sent to **Warren Lawless**
Email: warrenl@gofree.indigo.ie
Post: 19 Jervis Place, Upper Abbey Street, Dublin 1

Current and back issues of the *Hillwalker* available online at:
<http://homepage.eircom.net/~thehillwalker/index.htm>

If you want to be subscribed to the newsletter by email, send us an e-mail (and state if you wish to no longer have it posted). Do likewise if you are already receiving the newsletter by email and you wish to be removed from the postal list. Email: warrenl@gofree.indigo.ie

Glenmalure Hostel- An Óige Notice

It is the smallest Youth Hostel in Ireland with just 16 beds. It is surely the most primitive hostel in Ireland and you would find it difficult to find its equal worldwide. The running water is the river that passes the front door, the toilets are the 'old fashion type' and you cook and eat your meals by magic gas light.

Will we close Glenmalure Hostel? Well, just now that this winter depends on you, the membership of An Óige? We need voluntary wardens immediately, only for weekends in the winter months! The hostel has operated that system for many years but fewer people are helping this 'spirit of An Óige' work.

If you are available to help out one Saturday night in the coming months, please contact Head Office with your details at 830 4555 or An Óige General Manager David Owens at 8822569.

Eddie McCrane

Mountain Skills ~ Club Bursaries

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 2002.

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,



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- 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) amongst others, organises the MSA at a current cost of £125.

In 2002, the Hillwalker's Club plans to make available at least five bursaries each of £125 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.

Peaks Mountaineering Club

We invite you and your fellow members to participate in our annual long distance walk in the Comeragh Mountains- "The Fred Carew Memorial Walk" (Bogtrot). The walk will take place on **Saturday 13th April 2002**. Please note the following.

This year there will be an A route, for experienced walkers only, taking from 9 to 11 hours, and a B route taking approx. 8 hours. Bus transport is provided to the start of the walk. Please note that there will be no transport back to the start of the walk.

Both routes will start at **Kilclooney Wood Car Park**, (NGR 341 103) and finish in **Hillview Sports Centre**, Mountain Road, Clonmel (NGR 207 221).

Find attached, copies of Control cards for both walks.

Map: OS Sheet 75, Discovery Series.

Buses: Will leave Hillview Sports complex at **6.30am, 7.00am and 7.20am sharp.**

Start: Opens at **7.00am**. Closes at **8.00 am**. No pre registration is necessary.

Fee: **€13.00** (Over 18's only)

Facilities: Showers, changing rooms, bar, car park and a buffet meal will be provided at the finish.

Accommodation: B & B, self-catering etc, facilities in Clonmel. Contact Clonmel Tourist Office for details. **Phone: 052-22960.**

Hillview Sports Complex: Phone 052-21805 (For use on Walk Day only)

Any Queries: Contact me by phone: **052 26434 (H); 087 2328968 (M)**; e-mail: gertreacy@eircom.net

Yours sincerely

Gerry Treacy
(Hon Secretary)

[Ed. Note: we will try and put the route cards on the Hillwalker website. Alternatively you can probably have them emailed to you by their club secretary gertreacy@eircom.net]



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An Óige Hillwalkers Club

May Bankholiday Weekend 2002

Friday 3rd May - Monday 6th May 2002

Visit to the Wild and Beautiful Burren Country of Co. Clare

Doorus Y.H., Kinvara, Co Galway

Moderate/Hard Walkers Welcome

Two grades of walk on both Saturday and Sunday

Leader: Proinnsias MacAnBheatha

Strictly Bus Only Trip

Weekend Itinerary to include:

- ✓ **Black Head, Gleninagh and Cappanawalla Mountains**
 - ✓ Turlough Hill
 - ✓ *Burren Flora Field Studies on both moderate walks*
- ✓ **Visit to Ancient Monastic Settlement of Clonmacnoise, Co Offaly**
 - ✓ Social Events

Ordnance Survey Maps: 1:50.000 Discovery Series Sheet 51

Notes

Hostel accommodation: **limited to 50 persons**

Booking: EUR 50 NON REFUNDABLE deposit to An Óige Head Office by credit card or cash deposit (8304555). Booking facilities available from 1st March 2002.

Cost: EUR 90 (includes 3 bednights & Transport costs)

Meals: available locally – more details March programme.

Food: bring sufficient amount for at least one breakfast.

Bring: Winter rain wear/change of warm clothing/ sheet bag/towels/toilet gear/ flask/torch/ first aid

kit/camera/binoculars/ valid An Óige membership card.

Departure: Friday evening from Custom House Quay at 6pm/ 1800hrs sharp.

Return: Monday evening /arriving Dublin City centre at 8pm(2000hrs) approx.

Please note that the walking programme may be altered or curtailed at the discretion of the leader to take account of adverse weather conditions and walkers capabilities.

Welcome Aboard



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An Óige Hillwalker Application Form

Name
Address
Date of Birth
Telephone Number (Home)
Telephone Number (Work)
Were you a member last year?
An Óige Membership Number
Email Address (to receive the newsletter by email)

Declaration

I accept that mountaineering is an activity with a danger of personal injury or death. I am aware of and shall accept these risks and wish to participate in these activities voluntarily and shall be responsible for my own actions and involvement. I agree to abide by the rules of the club as stated in the *Hillwalker* newsletter.

This fully completed membership application form should be sent together with €19.00 membership fee (no cash) to the membership secretary at the following address : Mr. Ger Walsh, 15 Summerfield Avenue, Blanchardstown, Dublin 15

Signed
Date
Signature of Parent or Guardian <i>(if under 18 years of age)</i>
Date
Full Name and Address of Parent or Guardian