



An Oige

Hillwalkers Club

## July and August Programme

MEET	Outside the Irish Press Offices Burgh Quay.
TIME	10.15a.m.
BRING	Rainwear, flask, sandwiches, torch and reflective armbands
WEAR	Hiking boots. <b>RUNNERS NOT ALLOWED.</b>
TRANSPORT	Public transport – commuter tickets – no dogs.
NOTE	Leaders have the right to refuse anyone who is not adequately equipped or who does not follow their instructions.

### JULY PROGRAMME

#### JULY SUNDAY HIKE PROGRAMME

- Sunday 4th July** Calary and Djouse to Enniskerry.  
Leader: Joe Gilvarry  
Distance: 10 miles
- Sunday 11th July** NO HIKE  
**Combined Orienteering Event** with the Irish Ramblers Club.  
Meet outside Irish Press Office at 10.30am.  
or  
Laragh at 11.30am.  
Bring: Raingear, Lunch, Flask, Compass. Maps provided.  
Cost: £8 total (£5 transport and £3 event)  
Details: Further details from Deirdre Ni Choileain (842 3656 H).

**YOUR HELP IS NEEDED!**

**Sunday 18th July**    **INTRODUCTORY HARD HIKE**  
The Dublin Hills  
Leader: Tony Crean  
Distance: 10 miles

**Sunday 25th July**    The North East Fringe  
Leader: Tony Farrell  
Distance: 10 miles.

## **AUGUST PROGRAMME**

**Sunday 1st August**    **BANK HOLIDAY - NO HIKE**

**Sunday 8th August**    The Tallaght Hills and Seefingan  
Leader: Martin Fagan  
Distance: 13½ miles

**Sunday 15th August** **INTRODUCTORY HARD HIKE**  
Glencree to Djouse  
Leader: Sean Dunne

**Sunday 22nd August** Circuit of Glencree  
Leader: Proinnsias MacAnBeatha  
Distance: 12½ miles

**Sunday 29th August** **NO HIKE DUE TO BURREN WEEKEND TRIP**

## **WEEKENDS AWAY**

**Walking Weekend in Ben Lettry**                      **24th - 26th September**

Walks planned to include:

Gleann Chlóchan Horseshoe on Saturday

Bin Chuanna Horseshoe on Sunday

Cost:        £30 to include two overnights in Ben Lettry Hostel and transport

Leaders: Tony Crean and Martin Fagan.

Bookings: On Oige Office. Tel: 304555.

## LONG DISTANCE WALKS

### BENBULBIN CHALLENGE

#### Details of Walk

All walkers to gather at the Yeats Tavern, Drumcliff, Co. Sligo (G674423) between 07.30 and 08.30. They will then be transported by bus to the start of the walk at Gortendarragh Forest (G839358). The walk crosses over the Darty Hills, goes into Glenade Valley, ascends to Truskmore peak and over the Benbulbin plateau. It finishes at the road south west of Benbulbin Head (G683450).

Entrance Fee: £2

Bus: £2

For further information contact: Joe Gilvarry at 574636 (H).

Both Joe Gilvarry and Tony Crean are willing to lead groups wishing to do this walk.

### BURREN WALK

#### Details of Walk

Date of walk: **28th August**. This event is suitable to all walkers. There are walks of 8 or 15 miles and 3-4 different walks to choose from.

Sunday 29th August: Orienteering in Fanore.

Cost: £30 including 2 overnights in Dorus Hostel, transport and entry fees.

Deposit: £10

Organiser: Deirdre Ni Choileain (8423656 H).

Deirdre is willing to lead a group wishing to do this walk.

## RECONNAISSANCE / RECKY LIST

People on this list are keen and interested in gaining more experience on leadership. Hike leaders please invite the person or persons on this list on a reconnaissance of your hike. Or, if you are simply checking a route or practising your navigation, consider the assistance and leadership skills (route choice, group awareness, map & compass) that may be obtained from a reconnaissance and ask the following people along.

Tony Flynn 8479328

Kevin Kelly 2828195

## SPECIAL TRAINING WEEKEND

It is 6.30pm. Conditions are bad with mist and rain. Four hillwalkers are descending Lugnaquilla into the Ow Valley, when Big Tom puts his foot into a hole and twists his ankle. Tom is 18 stone in weight. What to you do? It is now 7 pm. You have no choice but to send two of your best people for help. You have also not other choice but to spend the night in the hills with Big Tom. Tom is not only big but he also sings Country & Western. Conditions are bad enough but then Tom becomes inspired and composes a depressing moan and groan, wash out, twisted ankle song and calls it "My two friends have deserted me because I'm too heavy to carry"

Maggie Greaney is organising a Bivi (sleeping in open hills with sleeping bag and plastic/bivi bag) and promises not to desert you or sing Country & Western. Be prepared. Could you spend a night in the hills if you had to? Could you cope? You can survive! Recommended to experience walkers, people who completed a map and compass course, people doing the M.L., and also highly recommended to all leaders.

Date: **7th-8th August Saturday Night and Sunday**

Meet: Saturday Irish Press Office Burgh Quay 5.15 pm  
or  
Bray Dart Station 6.15 pm

Organiser: Maggie Greaney Telephone 975063 (H)

Transport

& Accommodation: CIE and Dargle River View Bivi Centre



### square wheel CYCLEWORKS

At Square Wheel Cycles we offer an expert repair service to all makes of Bicycles from Old Roadsters, Tricycles, Tandems and Manumotives to Mountain Bikes, Racing Bikes and any form of Muscular Driven Kinetic Sculpture you care to bring our way.

#### Supervised Bicycle Park

A Safe Secure place to leave your Bike in the City Centre might seem like a bad joke, but that is exactly what we provide. 20p an Hour, 60p a Day and £2.50 a week.

Temple Lane South, Temple Bar,  
(Off Dame Street. Opposite Georges St.)  
Phone: 6790838  
Open Mon-Fri 8.30am - 6.30pm.

#### Good Quality Spare Parts

Michelin, Union, Weinmann, Shimano, Suntour, Sporthouse, Brooks, Winther, Sturmey Archer to name but a few.

#### And There's More...

We also organise Cycling Holidays in Ireland and Britain as well as other fun cycling events. For the true Cycling Buffs we stock those necessary Accessories, Magazines, Books, Baskets, Maps, Brooches, Calendars and more.

Why not drop in and see us. You never know we might just have what you're looking for.



**LEADERS URGENTLY WANTED**

**CONTACT MARTIN FAGAN AT 8743082 (H) AFTER 7PM.**