

The Hillwalker

July - Programme

MEET	Outside the Irish Press Offices, Burgh Quay.
TIME	Sundays, 10.00am.
BRING	Rainwear, flask, sandwiches, torch, reflective armbands and a change of clothes.
WEAR	Hiking boots. RUNNERS NOT ALLOWED.
TRANSPORT	Private bus – Price £5 (unless otherwise stated)
NOTE	The leader has the right to refuse anyone who is not adequately equipped. On the day of the hike, the leader may extend, curtail or alter the route in any way from that described in the programme. The leader sets the pace of the hike and walkers are expected to obey his/her instructions at all times.

Sunday 3rd July

TONELAGEE AND SCARR - 12 miles

Route: Laragh, Brocaghs, Tonelagee, Glenmacnass, Scarr, Laragh.

Leader: Liam Reinhardt.

Sunday 10th July

WEST LEINSTER - 12 miles

Route: Lackan, Sorrell Hill, Black Hill, Tonelagee, Wicklow Gap.

Leader: Tony Crean.

Sunday 17th July

INTODUCTORY HARD HIKE - 9 miles

Route: Donard, Lowbawn, Table Mtn., Table Track, Stranahealy.

Leader: Martin Fagan

Sunday 24th July

CIRCUIT OF GLENDALOUGH - 12 miles

Route: Circuit of Glendalough

Leader: Jim Barry

Sunday 31st July

BANK HOLIDAY WEEKEND

NO SUNDAY HIKE DUE TO MOURNES WEEKEND

(See weekends away notes)

MEETING PLACE AT END OF HIKE: THE PALACE BAR, FLEET ST.

MOUNTAIN SAFETY NOTE

As hill walking can sometimes be a hazardous activity, it is requested that any walkers on medication or with a medical condition, inform the leader of their condition before the hike.

AUGUST PROGRAMME

MEET Local Busses. **TIMES AND MEETING PLACES LISTED BELOW**

BRING See details for July hikes

WEAR Hiking boots - **RUNNERS NOT ALLOWED**

TRANSPORT Dublin Bus - people may use commuter tickets

NOTE The leader has the right to refuse anyone who is not adequately equipped. On the day of the hike, the leader may extend, curtail, or alter the route in any way from that described in the programme. The leader sets the pace of the hike and walkers are expected to obey his / her instructions at all times.

Sunday 7th August DUBLIN MOUNTAINS

Route: Tibbradden, Two Rock, Glendoo, Enniskerry.

Leader: Kevin Parker

Meet: Hawkins Street. Bus 47. 10.24am.

Sunday 14th August DJOUSE

Route: Enniskerry, Maulin, Djouse, Enniskerry.

Leader: Dave Rooney, Sean Dunne.

Meet: Hawkins Street. Bus 44. 10.50am.

Sunday 21st August SUGARLOAF

Route: Delgany, Glen of the Downs, Sugarloaf, Bray.

Leader: Kevin Kelly.

Meet: Eden Quay. Bus 84. 10.10am.

Sunday 28th August INTRODUCTORY HARD HIKE - WICKLOW WAY

Route: Marley Park, Wicklow Way, Two Rock, Prince William Seat, Enniskerry.

Leader: Joe Gilvarry.

Meet: Hawkins Street. Bus 47. 10.24am.

PLEASE NOTE: THE HIKES FOR AUGUST WILL BE USING LOCAL BUSES. THE MEETING TIMES AND PLACES ARE LISTED ABOVE UNDER THE SUNDAY HIKE DETAILS

MEETING PLACE AT END OF HIKE: PALACE BAR, FLEET ST.

MOUNTAIN SAFETY NOTE

As hill walking can sometimes be a hazardous occupation, we request that anyone on medication or with a medical condition, inform the hike leader before the hike.

TRAINING

INTRODUCTION

During 1994, the Hillwalkers will run a programme aimed at people who have already completed a basic navigation course and who would like to gain additional navigational experience.

FORMAT

- Monthly Saturday training hikes with experienced leaders.
- Organised reconnaissance hikes with existing leaders.
- Co-leading of Sunday hikes with existing leaders.

The Saturday training sessions will be based on small groups of about six people and will be organised by one of the leaders listed below. The hikes will give members the opportunity to increase their navigational and observational skills and eventually will become competent enough to lead their own hikes

People interested in participating in this programme should contact directly the leader cited in the programme for that month to make arrangements.

LEADER TRAINING ORGANISERS

Donal Finn Ita O'Hanlon
Martin Fagan Deirdre Ni Choileain

JUNE TRAINING / RECONNAISSANCE HIKE

Leader: Ita O'Hanlon. Tel: 8310571 or Donal Finn 4530617

Arrangements: Contact leaders directly.

WEEKENDS AWAY

August Bank Holiday 1994.
29 July - 1 August

NEPHIN MOUNTAIN RANGE, CO. MAYO.

Staying in Traenlaur Lodge Youth Hostel. Meals provided in hostel. Bring 3 breakfasts, 3 lunches, hostelling card, sleeping bag/sheet bag, etc.

Walks: Saturday 30/7/94 - Achill Island
Sunday 31/7/94 - Nephin Peaks
Monday 1/8/94 - Croagh Patrick Pilgrimage

For further information including transport details contact: Deirdre Ni Choileain at 6792777 extn. 4630. PLACES LIMITED TO 10 PEOPLE.
DEPOSIT: £10 to be paid to An Oige Head Office.

LEADERS URGENTLY WANTED

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

*HILLWALKERS SATURDAY CLUB
JULY AND AUGUST*

This club is for young people aged 13 to 16 years and hikes take place on one Saturday of every month. Transport is by local bus / DART - depending on the area in Wicklow the hike is being organised in. The best value ticket to buy is the combined bus and train day ticket - price £2.25 for under 16's.

JULY PROGRAMME

Date: Saturday 9th July 1994.
Meet: Irish Press Office, Burgh Quay.
Time: 8.45am. for the 47Abus at 9.05am to Rockbrook.
Arrive back in Dublin at 6.00pm. approx.
Hike Route: Rockbrook - Cruagh - Glendoo - Three Rock - Marley Park.
Distance: 10 miles approx.

AUGUST PROGRAMME

Date: Saturday 13th August 1994.
Meet: Irish Press Office, Burgh Quay.
Time : 8.45a. for Dart to Bray.
Arrive back in Dublin at 6.00pm. approx.
Hike Route: Bray Head - Little Sugar Loaf.
Distance: 6 miles approx.
Arrive back in Dublin at 6.00pm. approx.

What to bring: map and compass (if you have them) as mountain navigation will be given. Waterproof jacket and pull-ups, cap and gloves, packed lunch, torch, change of clothes, rucksack, flask. **WEAR HIKING BOOTS.**
DO NOT WEAR JEANS - A TRACK SUIT WILL BE OK.

LONG WALKS UPDATE:

Mourne 7/7	6th August 1994
Galtees	20th August 1994
Burren	27th August 1994
Glover	10th September 1994

Anyone interested in taking part in these long distance walks should contact Dave Rooney for further information tel: 8311844 (h).

Congratulations to all those who took part and completed the Bangor Erris Trail, and the Ring of Inaal marathon walks.

SEPTEMBER PROGRAMME: Articles or notices for inclusion in the September Hillwalker should be sent to Maggie Greaney, 14 York Road, Rathmines, Dublin 6, by 15 August 1994.

Anything received after this date will not be included.

SOCIAL NEWS

Ceili and set dancing classes will be held in September on Wednesday nights between 7.30pm. and 8.30pm in Na Fianna, Mobhi Road. Anyone interested should leave their names in An Oige head office.

For further information on An Oige social events, contact An Oige head office.

SWIMMING: Every Tuesday evening in the ESB Sports-Co., South Lots Road, Ringsend
Between 9.00pm. and 10.00pm. Price: £1.50

HELP!

Do you have either one or two weeks free this summer and are interested in working with foreing groups visiting Ireland? If so, An Oige needs you. For further information contact Lisa or Marie in An Oige Head Office at 8304555.

THE RING OF IMAAL MARATHON WALK

An Oige wish to thank the Mountain Rescue, the radio operators, the people on check-point duty, the roll-up team, the people of the parish of Donard for the use of the parish hall, and everyone else who was involved in any way in the organising of the walk. Lastly but not least, we wish to thank everyone who took part in the walk itself - we hope you had a pleasant and enjoyable day.

P.S. The Hillwalkers wish to thank everyone who sponsored their members who took part in the walk.

P.P.S. Any members of The Hillwalkers who completed the walk and did not get A Hillwalkers cert from Martin Fagan, please contact him at 8743082 (H after 7.00pm).

WEEDEND AWAY

AUGUST BANK HOLIDAY WEEDNED - FRIDAY 29 JULY TO MONDAY 1 AUGUST
MOURNE MOUNTAINS, (NEWCASTLE, CO. ANTRIM)

Staying in Newcastle Youth Hostel, Co. Antrim where there is self catering facilities. There are plenty of pubs, restaurants, supermarkets and hotles within walking distance of the hostel. Two walks will be organised on the Saturday and Sunday for hard and moderate walkers. Hard hike will complete the Mourne Wall Walk over two days NIOS sheet 29 1:50,000 (available in main bookshops in Dublin) covers all walks. A walk will be arranged on Monday in the Rostrevor area. Bring: Hostelling card, 3 breakfasts, 3 drum ups and two dinners, sheet bag.

DONT FORGET TO BRING STERLING!

Cost: £40 - to include 3 overnights and transport.

Departure and return: The bus will leave Liberty Hall on Firday 29 July at 6.00pm - SHARP! and will arrive back in Dublin on Monday 1 August at 10.00pm approx.

Deposit: Send deposit of £20 directly to Martin Fagan, 23 Nottingham Street, North Strand, Dublin 3. Tel: 8743082 (home after 7.00pm.)

HOLIDAY AWAY - South Wales hostel to hostel backpack.

PENBROKESHIRE COASTAL PATH - WALKING TRIP

SUNDAY 2ND - SUNDAY 9TH OCTOBER, 1994

Pembrokeshire in south Wales contains some of the most spectacular coastal scenery in the British Isles, if not in Western Europe. The coastal area was designated a National Park in 1970 and the path is about 180 miles long. This trip will cover the area from Fishguard to Pembroke. It is proposed to backpack between hostels, though it will be possible to have luggage transferred by taxi if required. Hostels are of a very high standard, but are largely self catering. In most cases shops etc. are near the hostels.

The walks are generally short and would be suitable for any experienced walker.

SUNDAY (2) Travel by CIE bus and overnight in Rosslare YH.
MONDAY (3) Early morning ferry to Fishguard. Walk to Pwll Deri YH, c 5 miles
TUESDAY (4) Walk to Rrevine YH, c 9 miles — NO FOOD AVAILABLE
WEDNESDAY (5) Walk to St. David's YH, c 11 miles — NO FOOD AVAILABLE
THURSDAY (6) Walk to Solva YH, c 17 miles — NO FOOD AVAILABLE
FRIDAY (7) Walk to Broad Haven YH, c 8 miles ✓ FOOD AVAILABLE
SATURDAY (8) Walk to Marloes Sands YH, c 12 miles — NO FOOD AVAILABLE
SUNDAY (9) Taxi to Pembroke, afternoon sailing to Rosslare, CIE bus direct to Dublin

Mileages are approximate and based on direct information contained in the YHA handbook. The approximate cost, exclusive of meals etc is £110. Anyone interested should contact Garry Byrne, 8388812 (home) before 1st August.

DEPOSIT: Please send a deposit of £50 directly to: Mr.Garry Byrne, 50 Caragh Road, Dublin 7.

C O M M I T T E E M E M B E R S

COMMITTEE MEMBERS: You will be notified by telephone re the date of the next committee meeting.

Garry,
I have just heard that only one of the above hostels provide meals. The hostels were told by the YHA to stop providing food as of this year.
Rgds. Jaggi.