

JULY PROGRAMME

- MEET:** Outside the Irish Press Offices, Burgh Quay.
- TIME:** Sundays 10.00 am.
- 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 02nd July Oldbridge to Laragh

Route: Oldbridge, Scarr, Glenmacnass, Tonelagee, Brockaghs, Laragh

Leader: Linda Woolhead

Sunday 09th July Cloghernagh Brook to Shay Elliot Memorial

Route: Cloghernagh Brook, Carrawaystick, Corrigaslegaun, Lugnaquilla
Cloghernagh, Ballinfunshoge, Mullacor, Cullentrath, Memorial

Leader: Maggie Greaney

Sunday 16th July Sorrel Hill to Laragh

Route: Sorrel Hill, Black Hill, Mullacleavauan, Barnacullian, Tonelagee, Laragh

Leader: Antoin Spain

Sunday 23rd July Introductory Hard Hike: Slieve Blooms

There will be a Long hike and a shorter hike, both on the Slieve Bloom Way.

Special Bus: £6.00

Departure: 10.00am, Burgh Quay.

Leaders: Martin Fagan and Donal Finn

Sunday 30th July Seskin to Glendalough

Route: Seskin, Camara Hill, Lugnaquilla, Cloghernagh, Zig Zags, Glenmalure
Mullacor, Sphinx, Glendalough.

Leader: Sean Feeney

Sunday 06th August Holiday weekend hike using local transport

Route: Enniskerry, Maulin, Tonduffs, War Hill, Djouce, Enniskerry

Leader: Sean Dunne

Meeting Point: Hawkins street at 10:45am for 10:50 bus to Enniskerry.

MEETING PLACE AT END OF HIKES
THE PALACE BAR, FLEET STREET

An Oige
Hillwalkers Club

**NOTE TO LEADERS: THERE IS A FIRST AID KIT ON THE BUS.
WALKIE TALKIES MUST BE USED ON ALL HIKES, PLEASE BRING
THEM WITH YOU.**

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.

Hill walkers Saturday club

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 the hike is being organised in.

SATURDAY HIKES COMING UP

Saturday July 8th - Rockbrook Saturday August 12th Dublin Hills

SATURDAY CLUB WEEKENDS AWAY

July 21st to 23rd Glenmalure Youth Hostel
August 25th to 27th - Omeath Youth Hostel

Cost of each weekend is £8 + £5 for special bus. Bring hiking boots trousers or track suit bottoms (NO JEANS ON THE HILLS), rucksack sheethag or sleeping bag, food for 2 breakfasts, 2 lunches and 2 evening meals, torch, spare clothes.

Meet: Custom House steps on Friday evening at 6pm, back in Dublin on Sunday evening at approximately 6pm.

Book: Book now in head office ph 8304555, - £5 deposit for each weekend.

Do it now, don't be bored during the Summer holidays, come hiking with a great bunch and make new friends.

EVERYBODY IS WELCOME.

For information on any of the Saturday Club events, contact
Dave Rooney at 8344811(h) after 7pm

You don't have to be a teenager to hike with the Saturday Club - why not make up a party? Remember, two adults and up to four children can travel on a family ticket for £6.

LONG HIKES AND OTHER WALKS COMING UP

- 1) 5th August Benbulbin Challenge (Joe Gilvarry of the Hillwalkers is trying to get a few people together for this walk, interested?, phone Joe at 4574636 for information.
- 2) 5th August Mourne Seven Sevens (Spartan Red Socks Walking Club) for info write to Mrs R Clothworthy, 34 Glencregagh Park Belfast BT6ONT
- 3) 9th Sept. Glover Highlander (Northwest M.C.) for info contact Alan Tees (08) 01504 - 810834

BACKCHAT - The Hill walkers social column.

Any news or views, articles for sale, get well wishes, holiday ideas, give Dave Rooney a buzz, on 8344811(h) after 7p.m.

AN OIGE SOCIAL NEWS

SWIMMING: Every Tuesday evening, in the E.S.B. Sports Co.
South Lotts Road, Ringsend, between 9p.m. and 10p.m.

PRICE: £1.50

BOWLING NIGHT

Venue: Leisureplex Coolock
Date: Saturday 22nd July 8:30 pm
Cost: £3.20 per person, payable on the night.
Transport: Buses 42, 42c, or 43 from Gardiner Street
DART to Howth Junct. and bus 17a to Coolock.

HORSE RIDING

Venue: Ballycullen Equestrian Centre, Knocklyon, Dublin 16

Date: Saturday 15th July, (5 - 6 pm)
Cost: £10 for Lesson
Book: An Oige head office before 11th July
Buses 49, 49a or 75

HAPPY HEART WEEKEND 1995

Hannah O'Donovan of the Irish Heart Foundation has asked me to sincerely thank the An Oige Hill Walkers for their continued support of this event. In particular the members who bought hearts on the J.B.Malone memorial hike on 28th May. A donation of £50 has been lodged on behalf of the Hill Walkers.

In addition the committee of the Hill Walkers would like to thank everyone whose contributions helped make the J.B. walk a success. A special mention to Hannah O'Donovan, Eileen Francis, Marie Comerford, Tony Crean and Sean Dunne for their efforts in the Hostel. A thank you letter will be sent to Mountain Rescue.

INTRODUCTORY CAMPING WEEKEND

26th and 27th August 1995

Venue: Ox Valley, Wicklow
Leader: Deirdre Ni Choileain (8423656 h)
Transport: By car (please state if you are driving or need a lift)
Overnight: 26th August on the open mountain, 27th August camp by lake or stream.

Please say if you have or need any of the following

i)Tent ii)Cooking stove. Camping equipment will be arranged beforehand.

This weekend is open to all, and is an ideal opportunity to try camping with seasoned campers. Equipment and Hill walking gear normally used on Sunday hikes is essential.

AUGUST PROGRAMME

Articles or notices for inclusion in the *August Hillwalker* should be sent by Friday 14th July to :-

Ger Walsh
14 Londonbridge Drive,
Sandymount,
Dublin 4.

Anything received after this date will not be included.

DONEGAL / FERMANAGH



WALKING WEEKEND



SLIEVE LEAGUE / BLUE STACKS / CUILCAGH

PROGRAMME

Saturday
August

5th

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SLIEVE LEAGUE

Long Walk: Slieve League Cliff Walk (Map #10, 1:50,000 Ordnance Survey)

Teelin, Bunglass, Slieve League, Leahan, Trabane, Malin Beg. (14 km : 700 m)

Leader: Donal Finn

Short Walk: Slieve League Cliff Walk (IF NECESSARY) (Map #10, 1:50,000 Ordnance Survey)

Teelin, Bunglas, Slieve League, Saint's Road, Carrig. (12 km : 600 m)

Leader: Tony Crean

Sunday
August

6th

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BLUE STACKS

Long Walk: The Croaghgorm Ridge (Map #11, 1:50,000 Ordnance Survey)

Eglisish Bridge, 561, BlueStack, Binmore, Croaghbarnes, Lough Belshade, Lough Eske (16 km : 800 m)

Leader: Donal Finn

Short Walk: Belshade Horseshoe (Map #11, 1:50,000 Ordnance Survey)

Lough Eske, Corabber River, Binmore, 626, 642, 641, 627, Lough Belshade, Lough Eske (12 km : 700m)

Leader: Tony Crean

Monday
August

7th

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TILTINBANE & CUILCAGH / MARBLE ARCH CAVES

Long Walk: Tiltinbane and Cuilcagh (Map #26, 1:50,000 Northern Ireland Survey)

Marble Arch, Tiltinbane, Cuilcagh Gap, Cuilcagh, Ulster Way, Florence Court. (18 km : 550 m)

Leader: Donal Finn

Short Walk: Marble Arch Caves, Florence Court House, Ulster Way

Morning: Visit Marble Arch Caves (Entry cost ST£5.00 extra).

Afternoon: Ulster Way walk from caves to Florence Court Gardens (8 km)

Optional visit to Florence Court House (Entry cost ST£2.50 extra)

Leader: Tony Crean

NOTES

- Dates:** Friday, August 4th to Monday, August 7th
- Departure:** Custom House Quay, Fri. Aug 4th at 6.00 pm. Return Dublin, Mon. 7th at app. 9.30pm
- Hostel:** Ball Hill Hostel, (Donegal town, 3 km approx)
- Leaders:** Tony Crean and Donal Finn
- Cost:** £40.00 adults, £35.00 under 18's.
- Booking:** By a non-refundable deposit of **£20.00 only** to An Oige Head Office (Tel: 8304555).
- Notes:**
1. Self-catering weekend.
 2. Marble Arch Caves and Florence Court House are in Co. Fermanagh and entry costs are extra at ST£5.00 and ST£2.50 respectively. Remember to bring some sterling for these!
 3. The leaders reserve the right to alter the programme.
 4. There may be opportunities for some swimming!

Hiking Boots Repaired

Tom O'Conor
Ranelagh Shoe Repairs

100 Ranelagh
Opposite Humphreys Pub

NO FUSS ! NO GIMMICKS !
Friendly Expert Service

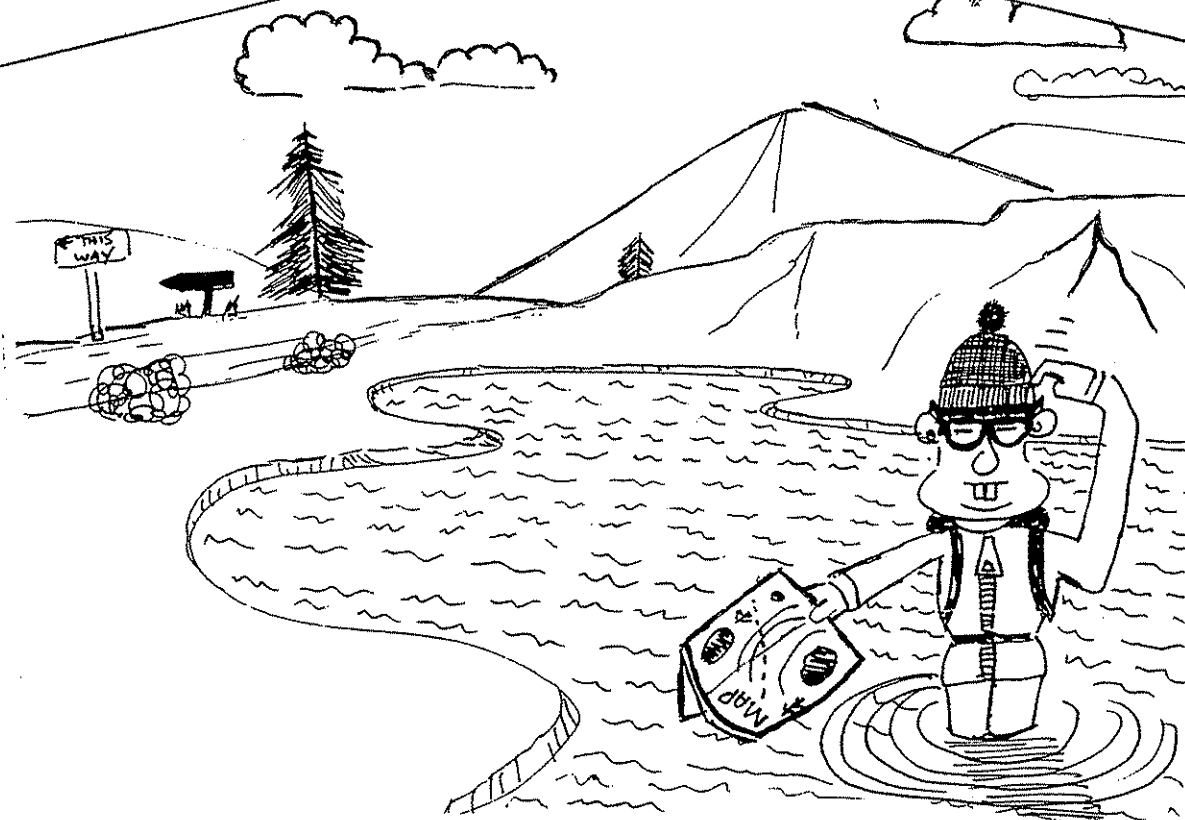
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Supplied and Engraved
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OPEN Mon—Fri 9.00am—7.00pm
OPEN Saturday 9.30am—6.00pm

OPEN DURING LUNCH HOUR



GERRY SAYS : " DON'T FORGET TO ADD YOUR 9 DEGREES . "

THE LAKE DISTRICT
from 4th. to 12th. JUNE

On 4th. June a group of twenty walkers under the leadership of Martin Fagan met at Dun Laoghaire and sailed to Holyhead. From there we went by train and coach to Patterdale. We stayed in Patterdale YH. There was a pleasant Inn five minutes walk from the Hostel.

The next day we walked ten miles to Grassmere, from Patterdale up Helvellyn by way of the striding ridge. This was exhilarating. It was like walking on the edge of the world next stop the Moon. Here we met a ranger who wanted to take a photo of our group coming down the gully. Wonderful sense of achievement with fantastic views. Not for the faint hearted. The ranger told us tales of foolhardy walkers, of those injured and those who died because they broke the hill walkers safety code.

We walked down to Grassmere, Thorney How where we stayed the night. The following day we split into two groups. One went on a twenty mile hike to scout the way ahead, while the second group tackled the Pikes towards Langdale. The weather closed in at the summit so this walk was aborted. We spent the remains of the day in Grassmere. Lovely spot with Wordsworth's cottage open to the public.

Tuesday brought us up the Pikes onto Great Gables. where the summit is covered in loose shale carried up by the people who are concerned by the erosion, hill walkers are doing to these mountains. This was hard to climb as each step forward slipped you backward on the loose stones. After that Green Gables was a dawdle, and we carried on to Honister Pass. This YH was in the country miles from the nearest Inn and a group of us had to get a taxi in order to get a pint.

Wednesday was a soft morning walk up Little Dale across High Crag past High Spy and home.. Three of us decided to take a different route and an even lighter walk to the lake. We met back at the YH at lunch time. Unfortunately Mary hurt her foot on this walk. We hope it has recovered completely. John lost the sole off his shoe and had to get it repaired. Alma hurt her heels and had to get them dressed in the hospital. But it didn't stop her walking. The remainder spent the afternoon in the local village browsing in the museum and having a cuppa or something stronger.

Thursday then and onto Derwent Water a beautiful old house on the lake shores. The walk held a fantastic view of the hills and lakes in the area. Lots and lots of photographs were taken. Up hill and down dale we went across the Derwent Fells.

Friday we went on an eight mile walk to Eel Crag and then we were suppose to return back but at this stage we were so seasoned to the territory that we have it covered in no time at all so Martin improvised and led us off further and further. Derwent Water YH was only ten minutes walk from a hotel on the lake so we didn't have too far to go for our pint. The hostel served bottles of wine. Excellent place.

Saturday bagged Skiddaw.

Two of us stayed in Keswick and went to the pencil museum and learned about the graphite mines. At one time they were the sole suppliers of graphite for the military to manufacture cannon balls. The King took control of course and this led to private enterprise with the local fell men smuggling to the continent.

That night we had our meal in a Keswick restaurant. Roseline and Dave shared a birthday cake and Dave got so excited at blowing out the candles that he lost the little Pressy we had for Martin. He'd only had it for all of ten minutes. However he recovered and found it instantly.

We returned home on Sunday via train and boat and landed in Dun Laoghaire on Monday morning at about 6.a.m.

This was a wonderful holiday with a group of people anyone would be proud to know.

Thanks Martin.

Nu. Lyons.