



The newsletter of the An Óige Hillwalkers Club

## JULY 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.

Date	Route Description	Leader
6th July	Aghavannagh - Lybagh - Slievemaan - South Prison - Luganquilla - Fraughan Glen - Lugduffs - Mullacor - Ballinafunshoge - Drumgoff.	Martin Fagan
13th July	INTRODUCTORY HARD HIKE Laragh - Brockaghs - Lough Ouler - Tonelagee - Tourlough Hill - Lough Firrib - Camaderry - Glendalough	Lorraine Brady
20th July	Seskin - Lugnaquilla - Clohernagh - Zig-Zags - Glenmalure - Mullacor - Spink - Glendalough.	Sean Feeney
27th July	SPECIAL SUNDAY HIKE TO THE SLIEVE BLOOM MOUNTAINS. Price £7. Depart at 10.00AM sharp. (There will also be a moderately hard hike arranged on the day).	Martin Fagan & Donal Finn
3rd August	NO SUNDAY HIKE DUE TO THE BEN LETTERY WEEKEND IN CONNEMARA	

## 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.

# AUGUST 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.

Date	Route Description	Leader
3rd August	NO SUNDAY HIKE DUE TO WEEKEND AWAY IN CONNEMARA	
10th August	LOCAL BUS Circuit of Glencree.	Brian Madigan
17th August	LOCAL BUS The Six Hills.	Joe Gilvarry
24th August	SPECIAL SUNDAY HIKE IN SOUTH LEINSTER	Liam Reinhardt
31st August	LOCAL BUS Enniskerry - Kilmalin - Ravens Rock - Prince William Seat - Two Rock - Three Rock - Fern Hill Tunnel.	Deirdre Corrigan

## LEADERS URGENTLY WANTED

Contact Jim Barry at 4556455 (h) between 7.00pm. and 10.00pm.) or Martin Fagan at 8553653 (h).

## SOCIAL NEWS



- ◆ **After Hike Meeting Place:** Palace Bar, Fleet Street.
- ◆ **Swimming:** Every Tuesday evening in E.S.B. Sportsco, South Lotts Road, Ringsend.  
Cost: £2 per person. Time: 9 PM to 10 PM.

# WEEKENDS AWAY FOR 1997



- ◆ **August Bank Holiday Weekend to Ben Lettery YH, Galway.** (August 1<sup>st</sup> to August 4<sup>th</sup>)  
Leaders: Donal Finn, Dave Rooney and Martin Fagan.  
Weekend details: £45 with a deposit of £20. Booking now open in An Oige Head Office tel. 01 8304555.  
Routes: Saturday - harder and moderate walk in the Bens.  
Sunday - Harder hike is the Derryclare Horseshoe and the easier hike will be in the Bens.  
Monday - Harder hike will be in the Maam Turks and the easier walk will be on the Western Way.
- ◆ **Halloween Weekend in the Mournes** (October 24<sup>th</sup> to October 27<sup>th</sup>), staying in Newcastle YH.

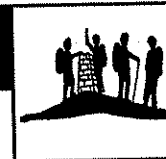
**PLEASE NOTE** the bus for each of these weekends will leave the Custom House Quay at 6.00PM. SHARP for the outward journey and will arrive back in Dublin at approx. 9.00pm. on the return trip. An Oige Cards must be carried by each individual on these weekends. If you are not a member of An Oige, you can take out membership at head office.

# SPECIAL SUNDAY HIKES IN 1997



- ◆ **JULY** Slieve Bloom Mountains 27th July
- ◆ **AUGUST** South Leinster 24th August
- ◆ **SEPTEMBER** Rostrevor Hills 21st September

# YOUNG HILLWALKERS CLUB



## SATURDAY DAY HIKES FOR JULY AND AUGUST IN THE STEPASIDE AND ROCKBROOK AREAS.

- Dates: Saturday 12th July. Hike in the Stepside area.  
Saturday 9th August. Hike from Rockbrook to Marley Park.
- Meet: Irish Press Office, Burgh Quay.
- Time: 8.45AM.
- Bring: Packed lunch, flask, drink of water, hat, gloves, wet weather gear, sunblock and torch.
- Wear: Boots, tracksuit bottoms (no jeans), warm sweater.

## ADVENTURE WEEKEND TO MOUNTAIN LODGE YH IN THE GALTEE MOUNTAINS

- Date: 25th to 27th July. Booking now open in An Oige Head Office.
- Meet: Custom House Quay at 6.30PM. on Friday 25th July to travel by bus to Mountain Lodge YH. The bus will arrive back in Dublin on Sunday 27th July at 8.30PM. approx. and people will be dropped off at McDonalds on O'Connell St. (O'Connell Bridge branch).
- Cost: £30 - over 18's and £20 - under 18's.

## ADVENTURE WEEKEND TO WHITEPARK BAY, CO. ANTRIM

- Date: 22nd to 24th August. Booking now open.
- Meet: Custom House Quay at 6.30PM on Friday 22nd August to travel by bus to Whitepark Bay YH. The bus will arrive back in Dublin on Sunday 27th July at 8.30PM approx. and people will be dropped off at McDonalds on O'Connell St. (O'Connell Bridge branch).
- Cost: £35 - over 18's and £25 - under 18's.
- Food: Two breakfasts, two packed lunches and one dinner and some high energy food e.g. chocolate and nuts. (This food list is the same for both weekends)
- Bring: Flask, lunch box, water container, hat, gloves, wet weather gear, warm top and track suit bottoms, warm sweater, boots and socks and sun cream as it may be sunny if we are lucky!

# LONG WALKS PROGRAMME FOR 1997



Walk	Date	Organising Club	Contact Person
<b>Benbulben Challenge</b>	19 <sup>th</sup> July	Sligo MC	Michael Mulligan 071-41267 (h)
<b>Mourne Seven Sevens</b>	9 <sup>th</sup> August	Spartan Red Sox	Jim Browne 0801247-465121 (h)
<b>Burren Walk</b>	30 <sup>th</sup> August	Thomond Orienteers	Alan Shaw 061-343959
<b>Glover Highlander</b>	13 <sup>th</sup> Sept.	North West MC	Alan Tees 0801504-810834

## BENBULBEN CHALLENGE

### BENBULBEN CHALLENGE WALK DETAILS

<b>Date:</b>	19th July 1997.
<b>Organising Club:</b>	Sligo MC
<b>Map No:</b>	Discovery Sheet no. 16 (1:50,000)
<b>Fee:</b>	£6
<b>Opening checkpoint:</b>	Gorteendarragh Wood (G839538)
<b>Checkpoint opening time:</b>	7.00AM.
<b>Checkpoint list:</b>	Gorteendarragh Wood - Arro Pig - Lough Aganny - Post Office - Largy Wood (12.30PM. latest time) - Gully - Gruskmore (3.00pm. latest time) - Track Junction G759441 - 438m. - 466m. - Benbulben Trig Point - Barnaribbon G683450 (finish).
<b>Distance:</b>	33km.
<b>Height gain:</b>	1,500m.
<b>Average time:</b>	10hrs.

#### Note from the Organisers:

Meet at Yeats Tavern (G674423) near the end of the walk where a bus will be provided to the start. The bus will leave at 6.30AM. To facilitate the organisers with the booking of the bus, please ring Michael Mulligan at the above number ASAP to let him know your intention to participate in the walk.

*PLEASE NOTE These walks are NOT led hikes. Participants need to know how to navigate and have a high level of fitness. You are responsible for yourself during these walks. A necessary amount of training should be undertaken before participating.*

## MOURNE SEVEN SEVENS

### MOURNE SEVEN SEVENS WALK DETAILS

<b>Date:</b>	9th August 1997
<b>Organisers:</b>	:Spartan Red Sox Walking Club
<b>Map No:</b>	The O.S. 1:25,000 is recommended by the Organisers.
<b>Fee:</b>	£5
<b>Route:</b>	This is at the walker's choice. The only rule is that each peak of the seven peaks must be visited once in whatever order is chosen by the walker.
<b>Summit list:</b>	Slieve Donard - Slieve Commedagh - Slieve Lamagan - Slieve Binnian - Slieve Meelbeg - Slieve Meelmore - Slieve Bearnagh.
<b>Checkpoints:</b>	All peaks except Meelmore will have manned checkpoints

#### Note from the Organisers:

The walk is open to people over 18 years. The start and finish points will be Donard Car Park.

# GPS - WHAT IS IT ANYWAY?

Global Positioning System (GPS) receivers are designed so that if you tap in your destination, they can point you in the right direction, give you an estimated time of arrival and indicate your average walking speed. This sounds like the answer to all our navigation nightmares but the reality is that you must know how to use a map and compass accurately to understand and make use of the information the GPS is telling you.

The GPS knows where it is thanks to 24 satellites up in space. By measuring the time for a satellite signal to arrive, your GPS receiver calculates its distance from the satellite. If it locks-on to three satellites, a GPS receiver can calculate latitude and longitude - a two-dimensional (2D) fix. If a fourth satellite is used, a receiver can also calculate your altitude, to give a 3D fix.

The system was originally designed for military use. The US department of defence provided two transmission codes. The most accurate, for military use is the 'P' code (precision code). The 'C/A code (civilian access code) turned out to be more accurate than intended, so the Pentagon introduced a variable error into the signal called selective availability (S/A).

With S/A turned on, civilian GPS accuracy is designed to be 100 metres or better 95% of the time. The other 5% of time the accuracy should be 300m or less. In theory, average accuracy is between 20 and 50m. You can see the effects of S/A: the GPS altitude and position readings alter, even when you are stationary. When the S/A is turned off, civilian GPS receivers are accurate down to 15m or less. Satellite reception is 'line of sight' so if your route places a crag, upper slopes of a hill or even thick woodland between your receiver and the satellites, you could have problems.

GPS is useful because it will indicate where you are at any time and place, but it is not a replacement for good navigation skills together with a map and compass - nor was it designed to be. You need to know how to read a map and use a compass to understand what a GPS receiver is telling you. It is useful to anyone heading abroad where the maps aren't as good, or for trekking through deserts and extreme wilderness areas where navigation is difficult because there are so few landmarks. It is also worth carrying a spare set of batteries with you at all times and don't forget that battery life will shorten in very cold temperatures.

## FURTHER WICKLOW WAY CHALLENGE

Having read Tom Milligan's exciting article on his Wicklow Way marathon how many of you were tempted by the idea? Well you now have a chance to test your stamina. Both Tom and Joe Gilvarry will be walking the 80 mile one stage Wicklow Way again and would like some company. The date for this challenge is Saturday 16 August. Anyone interested in this long distance walk should contact Joe Gilvarry at 01-4574636 (home after 7.00pm). A very high level of fitness is required for this 26 hour walk.

# ONE STAGE WICKLOW WAY



On the 5th of July, 1996, Arklow man Mick Rice set out from Marlay Park in Dublin in an attempt to complete the Wicklow Way in one stage. In 22 hours 42 minutes he completed the 130km. (81 miles) way-marked route which finished in Clonegal, Co. Carlow. He expressed a hope that perhaps others might try to emulate his success, and even improve on it, in the following years. It was this hope which inspired three other walkers to accompany Mick on the 23rd of May this year as he made the journey non-stop for the second time. This threesome was Joe Gilvarry of the Irish Ramblers, Tom Milligan of An Óige Hillwalkers, and sixteen-year-old Alex McKenna, a student from Skerries. The group left Marlay Park around 6.30PM. on Friday evening and with great resolve headed up towards Kilmashoge Wood. Before long a stomach bug which had

twenty-four hours was causing Crone Wood from Robert and Mountain Rescue Team, Joe Luggala was reached at twenty be pointless and wisely decided to Laragh where he spent the night. this stage although Alex was feet were sore, his legs were gait. Laragh, at twenty-nine miles, stop was made while Alex attended



ners. Mick and Tom realised that much further but hesitated to discourage him. After a chat he decided that he would go as far as Aughavanagh, so they all headed down the road hoping for the best. On the way up to Mullacor it was plain to three that the pace had slowed considerably and that Alex was having a difficult time. He pondered on the wisdom of this decision, taken at Laragh, to continue. Even Mick expressed concern at his own form. By the time Glenmalure and the Drumgoff crossroads were reached at forty miles Alex decided to call it a day, and at fourteen hours and seventeen minutes (8.40AM.) ended his walk. He shook hands with Mick and Tom and made his way to the Glenmalure Inn where he got a lift to Laragh. There he met Joe, who had pulled out at Luggala, and they both made their way back to Dublin. Mick and Tom were very much in admiration of Alex, who at sixteen years of age, managed to complete such a long walk for forty miles in one stage. Obviously a man to watch in the future! However, Mick and Tom still had forty miles to go. Stepping

out in a business-like manner Mick racks, Tom tagging behind. By emerged which was to continue till hills Tom would pull away leaving Mick jogged by on the downhill. efforts over the remainder of the ived by Bill Byrne of the Glen of supplied food and drink as required now found Tom jogging along in Mick, who had changed into his within sight. By Raheenakit Wood, ing unexpectedly good and once



appeared to be a decisive break. At seventy-three miles, however, the results of fobbing in hiking boots over the last ten miles was becoming evident as his heels became very sore from chaffing insoles. As guardian-angel Bill Byrne passed by in his four-wheel drive runners were exchanged for boots, all clothes were cast off except for hiking shorts and the end could almost be smelt. Tom now ran into Moylisha Wood, at seventy-five miles, but, unfortunately, after one kilometre, took a wrong turn downhill. The struggle back to the correct route, having spent a mile on the wrong one, followed by a slog up to Urelands Hill now had him at exhaustion point and every step was torture. Without the refreshments supplied by Bill Byrne as the exit was made back onto the main road to Clonegal who knows what might have happened. After a few minutes sitting on a grassy bank, head in hands, a final painful effort was made to get going again. Fleece-jacket, shirt, woolly hat and gloves were now donned as the body temperature dropped in a very fatigued body on what was otherwise warm and sunny day. Now travelling at a snail's pace, with only two miles to go, Tom was passed by Mick who invited him to jog into Clonegal, alongside him. Tom declined the offer, considering himself lucky to be able to move at all. After twenty-five hours and fifty minutes Mick arrived at the end of the Wicklow Way in Clonegal, followed nine minutes and thirty-four seconds by Tom.

Following the writing of this article information has come to hand the runners completed the route in twenty hours. Congratulations on a new record.

**Tom Milligan**

## BOOK REVIEW



*"One and Two Halves to K2"* by James Ballard, Price £15.99 ISBN 0 563 38745 9

In August, 1995, just three months after becoming the first woman to reach the summit of Everest alone, unsupported and without artificial oxygen, climber Alison Hargreaves was blown to her death on her descent from the summit of K2.

*"One and Two Halves to K2"* is the story of her husband James Ballard's trip to Pakistan shortly afterwards with their children to show them the mountain and to share with them some of Alison's experiences in the last days of her life. It is a story that is touching, adventurous and revealing, including as it does extracts from Alison's diaries, recovered after her death by the Pakistan government.

The book stands testament to the author's commitment to the welfare of his children and the memory of an exceptionally talented and courageous woman who was both mother to their children and one of the most successful British mountaineer.

Next month's review *"Sacred Summits"* by Peter Boardman.

Paul Kavanagh

## THE HILLWALKERS COMMITTEE

Chairperson & Sunday Hikes: Jim Barry (01-4554655 h)  
Secretary: Donal Finn (01-4530617 h)  
Treasurer: Proinsias Mac AnBheatha (01-8379897 h)  
Training Officer: Joe Kellegher (01-8381973 h)  
Weekends Co-ordinator: Martin Fagan (01-8553653 h)  
Membership Secretary: Pauline Morley/Ger Walsh (01-8225818 h)  
Editor: Maggie Greaney (01-2834253 h)  
Young Hillwalkers: John Guy (01-4524627 h)

## A NOTE FROM THE EDITOR

Have you travelled anywhere abroad or indeed in Ireland that you think members would like to read about?

Please put pen to paper and send some articles or items of interest to the address below for inclusion in the newsletter.

Also, book reviews on hillwalking and related topics would be very welcome.

Articles for inclusion in the September newsletter should be sent before Monday 11th August to:-  
**Maggie Greaney, 68 Newtownpark Avenue, Blackrock, Co. Dublin.**

