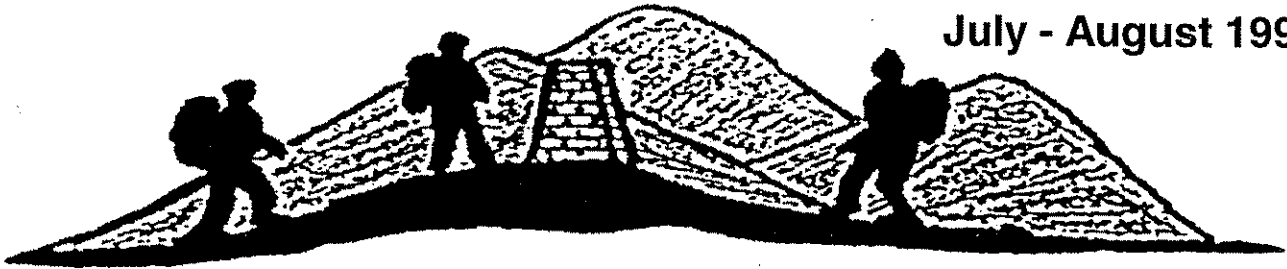


The Hillwalker

July - August 1998



The magazine of the An Óige Hillwalkers Club

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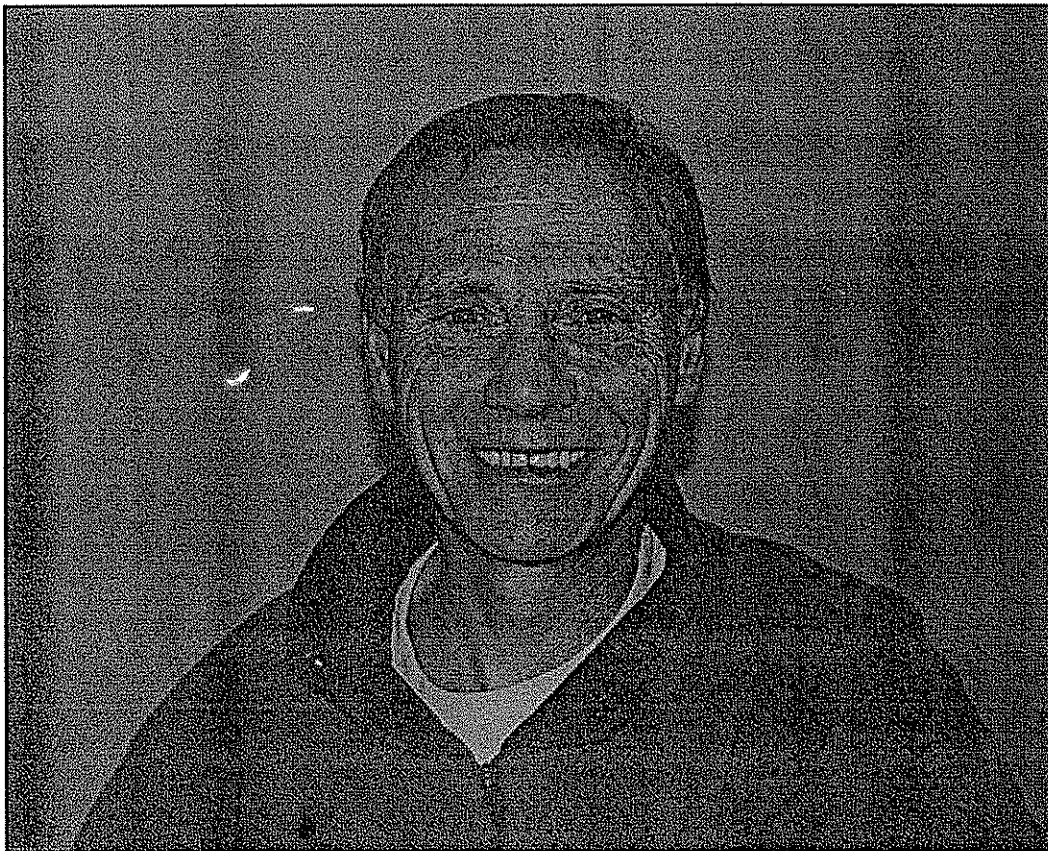
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Calvin Torrins, Leader of Irish K2 Expedition

Photo: Maggie Greaney

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 |
|-----------|--|------------------------------|
| 5th July | OPEN DAY AND BAR-B-Q AT KNOCKREE YH. Glencree - Lough Brays - Kippure - Powerscourt Mtn. - Raven's Rock - Raven's Glen - Knockree YH (arrive at bar-b-q at about 3.00pm). | Co-ordinator: Jim Barry |
| 12th July | INTRODUCTORY HARD HIKE Laragh - Brockaghs - Tonelagee - Turlough Hill - Glenealo River - Camaderry - Glendalough (upper lake). | Leo Mahon & & Erik Murray |
| 19th July | Derrybawn - Mullacor - Lugduffs - Connavalla - Lough Firrib - Glenealo River - Glendalough. | Tom McCarthy |
| 26th July | Laragh to Lacken. | Tom Milligan |

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



| Date | Route Description | Leader |
|-------------|---|---------------------------|
| 2nd August | NO SUNDAY HIKE DUE TO CLUB WEEKEND AWAY TO DONEGAL - see "Weekends Away" on page 3. | |
| 9th August | Local bus route. Usual meeting place. | Geraldine McVey |
| 16th August | Local bus route. Usual meeting place. | To be appointed |
| 23rd August | Oasis - Carrigshouk - Mullaghcleevaun - Barnacullian - Tonelagee - Lough Ouler. | Donal Finn |
| 30th August | INTRODUCTORY HARD HIKE Barravore - Frochan Glen - Lugnaquilla - Table Track - Barravore. | Prionsias MacAnBheatha |

WEEKENDS AWAY



AUGUST BANK HOLIDAY WEEKEND AWAY TO DONEGAL

Date: Friday 31st July - Monday 3rd August 1998.
Accommodation: Ball Hill YH, Donegal.
Cost: £50 for over 18's and £45 for under 18'
Deposit: Non refundable deposit of £30. Meals are *not* included in the cost.
Organiser: Prionsias MacAn Bheatha.
Bring: Hiking gear, swimming gear, An Óige Card, sheetbag, food for breakfasts and drum-up's. Evening meals can be had the local hotel, otherwise self-catering in hostel.

The bus will leave from the Custom House Quay at 6.00pm **SHARP** on Friday and be back in Dublin on Monday evening at 9.00pm. approx.

Routes

Saturday: Slieve League with a swim afterwards so bring your togs.
Sunday: Bluestacks - Barnesmore Gap - Croaghbane - Knockgorm - Ardanageer - Croaghgorm - Lough Gulladuff - Road.
Monday: Benbulbin circuit from the King's Gully.

THERE ARE STILL PLACES AVAILABLE.



SATURDAY HIKES FOR JULY AND AUGUST

Date: Saturday 11th July 1998.
Route: Stepside.
Date: Saturday 8th August 1988.
Route: Rockbrook to Marley Park.
Meet: Irish Press Office, Burgh Quay.
Time: 8.45AM.
Bring: Packed lunch, flask, water, hat, gloves, wet weather gear and torch.
Wear: Boots, tracksuit bottoms (no jeans), warm sweater.

ADVENTURE WEEKENDS AWAY

Date: 24th - 26th July staying in Mountain Lodge YH in the Galtee Mountains.
Date: 21st - 23rd August staying in Whitepark Bay, Co. Antrim.

For further information about our Saturday hikes, weekends and holidays away contact An Óige Head Office at 01-8304555 or either John Guy at 01-4524627 (h) or Dave Rooney at 01-8344811 (h).

A HELPFUL HINT...

Why waste money on insect repellent - Maureen Taylor swears by this home-made version (originally devised by J. Ashton Fremean for anglers, walkers etc.).

0.5oz. citronella oil
1oz. cedar oil
1oz oil of camphor
(all obtainable from chemists)

Stir all these ingredients together thoroughly and mix with one tablespoon of Vaseline. Warm this mixture, stir and put into a screw-top jar. For extra effect against midges add another 0.5oz. of camphor oil.

SPREAD IT AROUND

High energy spread for your sandwiches - try this very tasty bean sauce.

INGREDIENTS

4oz. cooked beans (any variety, broad, red kidney, black eyed etc.)
2 small cloves garlic
1 tsp. tomato purée
1 tsp. ground cumin
2 tablesps. lemon juice
salt and pepper

Blend all ingredients into a smooth paste - tastes terrific. (Recipe from *Trail Magazine*).

Thanks to Séan Dunne of the Young Hillwalkers Club for the midge cure and the recipe.

LONG WALKS PROGRAMME FOR 1998



| Walk | Date | Organising Club | Contact Person |
|---------------------|----------------|---------------------|--------------------------------|
| Lug Walk | | Irish Ramblers Club | Not this year. |
| Benbulbin Challenge | 18th July | Sligo MC | Michael Mulligan 071-41267 |
| Mourne Seven Sevens | 8th August | Spartan Red Sox | Jim Browne 08012332-647854 (h) |
| Burren Walk | 29th August | Thomond Orienteers | Alan Shaw 064-41121 |
| Glover Highlander | 12th September | North West MC | Alan Tees 0801504-810834 |

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.

THE CLUB SLIDES

This very popular series of slide shows has ended, but will return again after the summer. The committee would like to thank everyone who kindly showed their holiday shots and shared their experiences and information with eager audiences.

Anyone interested in putting on a slide show over the autumn/winter should contact Donal Finn at the number on the back of the magazine.

FOR SALE

Vango Marco Polo 350; 3 - 4 seasons sleeping bag, complete with compression sack. This bag, which is in excellent condition, has never been used without a liner.

First offer of £40 secures.

For further information contact Noel Kirley at 01-8323703 (9.00pm. - 11.00pm.)

K2 EXPEDITION UP-DATE



TUESDAY, 17th June...

The Irish K2 Expedition arrived on the 1st of June and left Islamabad on the 2nd of June for Base Camp. After 12 days (three on bus and jeep and eight walking) we reached Base Camp (for Broad Peak). On the 16th, after some bad weather, the six climbers started to do some climbing on some smaller local peaks to start their acclimatisation process and hope to be away from Base Camp for three to five days. On the 17th of June a Swiss expedition of seven joined us at Base Camp to climb Broad Peak also.

SUNDAY, 21st June...

All of the members of the climbing team were back to Base Camp on the 19th, a little battered from a lot of crevasses up at K2 advanced Base Camp. On the 20th, Eddie and Ian left Base Camp for Camp 1 at 5900m on Broad Peak. The next day (21st) the remaining four climbers Calvin, Martin, Paul and Donie also left for Camp 1 on Broad Peak, while Eddie and Ian went up to Camp 2 (6400m) and part of the way to Camp 3 (7000m), then back to Camp 2 to stay the night. Weather does not look like holding.

WEDNESDAY, 24th June....

All members of the team have now successfully spent a night at Camp 2 on Broad Peak (6400m). The terrain below Camp 1 involves a long snowy couloir with a short icy section (Scottish grade 2) and then an open snow slope to a perfect camp site perched on a rocky crest at 5900m. Here there is enough room for four or five tents. We are sharing this site with the Swiss expedition, some of whose members, just back from Shisa Pangma, are going like steam trains.

There are two ways to Camp 2, the original Austrian route which is purely on snow, or a slightly steeper mixed variant to its left. Members took both ways in ascent and descent, but found the former dangerously avalanche prone after a night's light snowfall and subsequent wind blown slab.

Two Bibler tents and some fuel and food have been left at our high point (6400m) which is an exposed wind blown site. All members are resting at Base Camp in the hope of a more stable weather pattern. Depending on its arrival and its duration we will either make an attempt to reach 7400m (Camp 4) or the summit. A summit attempt we believe will take between 6 or 7 days, spending nights at 5900m, 6600m, two nights at 7000m, one night at 7400m and then a long day to the summit.

An Italian team for K2 has just past through today with at least six attractive women, one of whom is a doctor. Our own doctor, the distinguished Mr D. O'Sullivan is in danger of obsolescence!!!!

MONDAY, 29th June...

Bad weather up till the 27th stopped any further progress on Broad Peak.

On the 28th all six members left for Camp 1 . Weather is now coming from the North so we are expecting a good few days of settled weather. On the 29th the team moved to their high point at Camp 2 (6400m) and arrived at 9.30am. All the members are moving a lot faster on the mountain and are feeling a lot stronger in themselves. They are now moving Camp 2 up another 200m so they can push Camp 3 on the 30th as high as possible. The Swiss team are just ahead and are moving 4 members to Camp 3 on the 29th.

THE CLUB COMMITTEE



| | |
|-----------------------|---|
| Chairperson: | Martin Fagan (01-8553653 h) |
| Secretary: | Donal Finn (01-4530617 h) |
| Treasurer: | Prionsias MacAnBheatha (01-8379897 h) |
| Editor: | Maggie Greaney (01-2834253 h) |
| Sunday Hikes: | Jim Barry (01-4556455 h) |
| Weekends/Holidays: | Martin Fagan |
| Membership Secretary: | Gerry Walshe/Pauline Morley (01-8225818 h) |
| Training Officer: | Joe Kellegher (01-8381973 h) |
| Social Events: | Donal Finn / Martin Fagan |
| Young Hillwalkers: | John Guy (01-4524627 h) or Dave Rooney (01-8344811) |
| Other members: | Frankie Comerford |
| Distribution: | Cyril McFeeney |

To facilitate quicker processing of membership, please send application forms and fees directly to membership secretary and not to An Óige Head Office.

Committee meeting on Wednesday 26th August 1998.

LEADERS URGENTLY WANTED

Contact Jim Barry at 4556455 (home between 7.00pm. and 10.00pm.)

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. If possible the articles should be typed or in electronic form and should be a maximum of *one A4 page of text*. A stamped and addressed envelope should accompany any photographs or article to ensure their return.

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

Articles for inclusion in the September newsletter should be sent before Monday 10th August 1998 to:

Maggie Greaney, 68 Newtownpark Avenue, Blackrock, Co. Dublin.
(e-mail: maggieg@tinet.ie)