

The Hillwalker

June 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 5th June	DUBLIN MOUNTAINS (12 miles) Route: Six Hills, Old Bog Road, Bohernabreena Waterworks. Leader: Prionnsias MacAn Bheatha.
Sunday 12th June	SOUTH LEINSTER (12 miles) Route: The Ow Valley Leader: Jim Barry
Sunday 19th June	SPECIAL HIKE - INTRODUCTORY HARD HIKE Route: The Cooley Mountains Leaders: Martin Fagan and Sean Dunne Cost: £7 approximately
Sunday 26th June	CIRCUIT OF GLENCULLEN (12 miles) Route: Raven's Rock Prince William Seat, Knocknagun, Glendoo, Cruach Mtn., Tirbradden, Two Rock, Three Rock, Stepside. Leader: Donal Finn.
Sunday 3rd July	TONELAGEE AND SCARR Route: Laragh, Brocaghs, Tonelagee, Glenmacnass, Scarr, Laragh. Leader: Liam Reinhardt.

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.

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.

ORIENTEERING NOTES

JUNE EVENTS: No events organised for Dublin/Wicklow/East Kildare

JULY EVENTS: No events organised for Dublin/Wicklow/East Kildare

For further information on orienteering contact: Deirdre Ni Choileain tel:842 3656 (h)

LEADERS URGENTLY WANTED

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

HOSTEL BACK-PACK

Back-pack the Wicklow Way from Marley Park to Auhavannagh Hostel.

Friday June 3 to Monday June 6, 1994.

Staying at Knockree, Glendalough and Auhavanagh Hostels.

Note: This is a tough hike requiring a high degree of commitment to see it through - 60 miles in three and a half days.

Friday 3 June: 17.30 - 48A bus from Hawkins St. or Marley Park (Grange Road Gate) at 18.00
Hike to Knockree - 24Km. - Arrive about 23.00

Saturday 4 June: Hike to Glendalough - 27km.

Sunday 5 June: Hike to Auhavannagh - 27km.

Monday 6 June: Ow Valley - Lugnaquilla - Cannow - Camenagulloge - Conavalla -
Glendalough - 24km. St. Kevin's Bus to Dublin at 18.00

What to bring: Food - snack for Friday night, breakfast + packed lunch for Saturday. There is a well stocked shop in Laragh for Saturday evening meal. Sunday - Breakfast + packed lunch, evening meal and Monday breakfast + packed lunch. Avoid carrying tinned food or glass jars, pasta shells or rice are the lightest to carry on a weight for food value basis.

Bring: ruck-sack, sheet bag (sleeping bag is bulky and heavy), torch, hat, gloves, rain gear, first-aid kit, map and compass, spare socks, complete change of clothing (to wear in evening), boots, flask, matches or lighter, ruck-sack liner, water container.

Remember: you will have to carry all your gear for about 60 miles - think carefully about the equipment you pack and about the weight you will have to carry.

Book in An Oige Head Office. Cost: 3 overnights £13.50. Bus fares: £7.50 approx.
You may pay by Access/Visa over the phone.

CAMPING WEEKEND

JUNE BANK HOLIDAY WEEKEND June 3 - June 6

Area: Dingle Peninsula

Deposit: £10 to Deirdre Ni Choileain

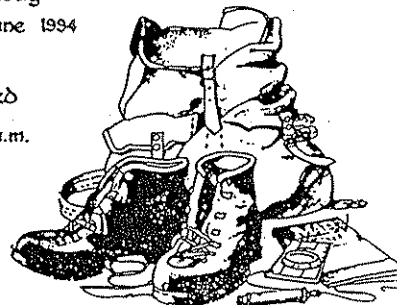
Anyone interested in taking part in this camp should contact Deirdre directly at 6792777 extn 4630



The Ring of Inaal,
a distance of 25 miles
with a total climb of 5,700 feet
on:

Saturday
25th June 1994

Donard
7:00 a.m.



*TO WICKLOW AND BEYOND
WITH THE AN OIGE HILLWALKERS*

By Muriel Barry

The Dublin Hills that verge the southern edge of our Capital City mark the beginning of a mountain landscape that stretches for miles down into the heart of Wicklow. The quiet narrow roads, leafy verges, stone walls and sheep and lambs galore make Wicklow a tranquil scene to behold in any season but it its mountains, which stand together in a friendly and intimate fashion and almost seem to hold hands with each other, that make Wicklow such an attraction for hill walker

For years now An Oige, the Irish Youth Hostelling association, has been one of the leading hill walking groups in the Capital, introducing Dublin residents to the pleasures of these mountains. Relying entirely on voluntary leaders, An Oige organises walks every Sunday in Wicklow, catering for all levels of fitness.

The Easier Hike follows paths through parks, forests and estates (sample walk - St. Enda's Park - Marley Park - Wicklow Way - Three Rock - Glenucllen - Stapaside). The Moderate Hike represents a group of fifty or so walkers and ascends a number of summits (sample walk - Ballinadden - Slieve Maan - Lugnaquilla - Camara Hill - Seskin). The Hard Hike represents a group of thirty-five or so walkers. This hike is for people with a good level of fitness, with ascents to a number of summits and distances of up to fifteen miles (sample walk - Sorrel Hill - Black Hill - Mullaghcleevaun West - Mullaghcleevaun East - Duff Hill - Military Road - Sally Gap).

All walks are lead by experienced leaders and every effort is made to make the walks as varied and appealing as possible. The emphasis is always on enjoyment and there is a great feeling of camaraderie on all the walks. The groups each Sunday are made up of regular walkers, occasional walkers, fair-weather walkers and of course, newcomers. Many lasting friendships have been struck up over time on these walks.

Aside from Sunday outings, An Oige also organise a busy calendar of events for their hill walkers and notify them by means of a monthly Newsletter. Subsidised First-Aid courses are organised as well as "Map and Compass" courses, teaching navigational skills to members. Social nights, such as trips to the theatre or cinema, are well supported. Once a month the Hard Hikers hold an introductory Hard Hike, to encourage moderate walkers to move up the ranks. Another feature of the An Oige calendar are long distance walks completed in stages over a year. For example, this year they will walk along the Grand Canal from Shannon to Dublin Bay in nine stages. For the very energetic, An Oige is always well represented on the Classic Long Distance Walks around the country and this year will be organising the Ring of Imaal walk (June 25th) which covers a distance of twenty-five miles in the Wicklow Hills. An Oige also offers holiday packages including walking trips away on all the Bank Holiday weekends, and foreign trips, such as a trip to Snowdonia in Wales, in June and a three week trip to the National Parks of the USA in August.

An Oige definitely has something for everyone and is always looking for new members and volunteers to help on work-parties. So whether you are somebody who likes to stretch yourself on Sunday with a long energetic hike or to amble along with fine views of Wicklow as a backdrop to your conversation An Oige has something to offer you. Why not give them a ring and find out more. The phone number of An Oige Head Office in Dublin is 01-830 4555. An Oige also have regional groups - Kilkenny Regional Group contact: Keith McCann tel. 056-65835 and Cork Regional Group contact: Michael McGloinn tel. 021-372552

THE BURRISHOOLE WALKING FESTIVAL, COUNTY MAYO

JUNE BANK HOLIDAY WEEKEND - 3RD JUNE TO 6TH JUNE 1994

Cost: £50 including 3 overnights in Traenlaur Lodge Hostel, 2 Evening meals and transport.
Deposit: £25 (non refundable)
Limit of 40 places

Organisers: Ann Carpenter and Jim Barry (tel. 455 6455).

The Burrishoole Walking Festival takes place every year in Co. Mayo. The aim of the festival is to walk the rights of way in the area. The *An Oige Hillwalkers* will this year be taking part in the walks and in the ceoil and craic in the evening.

Programme of events for weekend:

Saturday: choice of two walks (one ten mile walk and one fifteen mile walk).

Sunday: choice of two walks (one ten mile walk and one eighteen mile walk).
Sandwiches and drinks provided.

There will be a ceili on Saturday night and Sunday night at which tea and sandwiches will be provided.

Certs will be presented at the Sunday night ceili to those people who complete the walks.

JULY/AUGUST PROGRAMME: Articles for inclusion in the combined July/August Programme, send to: Maggie Greaney, 14 York Rd., Rathmines, Dublin 6, on or before Friday 17 June 1994.

HILLWALKERS SATURDAY CLUB

This club is for young people aged from 13 - 16 years. Parents are welcome.

Using the *Dublin Bus Travelwide Ticket* - cost £1.40 for under 16's.

There will be a monthly hike in the Dublin and Wicklow mountains.

Date: Saturday 11th June 1994.

Meet: Irish Press Office, Burgh Quay.

Time: 9.00am. for the 65B bus at 9.25am to Killinarden
Arrive back in Dublin at 6.00pm. approx.

Hike Route: Dublin Hills

Distance: 10 miles 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 HIKIG BOOTS.**

DO NOT WEAR JEANS - A TRACK SUIT WILL BE OK.

SOCIAL NEWS

Theatre Outing: Thursday 16 June - Lady Windermere's Fan in the Gaiety Theatre
For further information and to book, contact An Oige head office.

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

LONG WALKS PROGRAMME

BANGOR ERRIS TRAIL, CO. MAYO (NEPHIN MOUNTAIN RANGE)

DATE: 17 - 19 June

The Hillwalkers are organising a weekend away, staying in Traenlaur Lodge Hostel and taking in this walk as part of the weekends hiking activities.

The Bangor Erris Trail is a 24 mile walk from Bangor Erris to Newport, over an old 16th century road (green road) through the Nephin mountains. This annual event is organised by the Sceardagh Adventure Centre. The entrance fee is £5 and this includes certificate, ceili and free bar. The club will subsidise the entrance fee if enough people support the weekend.

Programme of events: Saturday - *Bangor-Erris Trail (24 miles, 2,000ft)*
Sunday - *8 - 10 mile hike in area (organised by Hillwalkers)*

Cost: £50. This includes 2 hostel overnights, 1 dinner, 2 packed lunches, 2 breakfasts and transport for weekend.

Deposit: £15 to be paid to An Oige Head Office or leaders.

Leaders: Dermot Egan and Ciaran Egan. Tel: 459 1530

Leaders Note: The Bangor Erris Trail is equivalent to a Moderate Sunday hike so don't feel that only hardened hikers would be capable of walking it!

