



The newsletter of the An Óige Hillwalkers Club

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
1st June	Transport: LOCAL BUS Rockbrook - Tibbradden - Cruagh Mtn. - Lemass Memorial - Kippure - Seefingan - Slade Brook - Bohernabreena Waterworks - Old Bawn	Paul Kavanagh
8th June	INTRODUCTORY HARD HIKE Circuit of Glenmacnass	Deirdre Ní Choileáin
15th June	SPECIAL SUNDAY HIKE TO THE COOLEY MOUNTAINS Price: £7. Ravensdale to Carlingford. (There will also be a moderately hard hike arranged on the day)	Sean Dunne
22nd June	Knicken Ford - Table Track - Table Mtn. - Conavalla - Lugduffs - Mullacor - Derry Bawn - Laragh.	Joe Kellegher
29th June	Lackan - Sorrel Hill - Ballynultagh Gap - Black Hill - Mullaghcleevaun - East Top - Duff Hill - Gravale - Sally Gap.	Ita O'Hanlon
6th July	Aghavannagh - Lybach - Slievemaan - South Prison - Lugnaquilla - Fraughan Glen - Lugduff - Mullacor - Ballinafunshoge - Drumgoff.	Martin Fagan

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.

WEEKENDS AWAY FOR 1997



- ◆ **August Bank Holiday Weekend to Ben Lettery YH, Galway.** (August 1st to August 4th)
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 Mourne** (October 24th to October 27th), 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



- ◆ **JUNE** Cooley Mountains 15th June - see Sunday Hikes section for details.
- ◆ **JULY** Slieve Bloom Mountains 27th July
- ◆ **AUGUST** South Leinster 24th August
- ◆ **SEPTEMBER** Rostrevor Hills 21st September

Full details of these special hikes will be given in future newsletters

YOUNG HILLWALKERS CLUB



SATURDAY HIKE TO THE GREAT SUGAR LOAF

Date: Saturday 14th June
Meet: Irish Press Office, Burgh Quay.
Time: 8.45AM.
Bring: Packed lunch, flask, hat, gloves, wet weather gear and torch.
Wear: Boots, tracksuit bottoms (no jeans), warm sweater.

ADVENTURE WEEKEND TO GLENCREE

Date: 20th to 22nd June. Booking now open in An Oige Head Office.
Meet: Custom House Quay at 6.30PM. on Friday 20th June to travel by bus to Glencree YH. The bus will arrive back in Dublin on Sunday 22nd June at 6.00pm. approx. and people will be dropped off at McDonalds on O'Connell St. (O'Connell Bridge branch).
Cost: £20 - over 18's and £15 - under 18's.
Food: Two breakfasts, two packed lunches and one dinner and some high energy food e.g. chocolate and nuts.
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
Galty Walk	14 th June	Tyndall MC	Caroline McNeelis 056-63654 (h)
Bangor Trail	21 st June	Nephin Beg MC	Colm Geraghty 098-41834
Lug Walk	21 st June	Ramblers Club	Catherine Fenton 01-2955648 (h)
Circuit of Imaal	Not this year	An Oige	Not this year
Benbulbin Challenge	19 th July	Sligo MC	Michael Mulligan 071-41267 (h)
Mourne Seven Sevens	9 th August	Spartan Red Sox	Jim Browne 0801247-465121 (h)
Burren Walk	30 th August	Thomond Orienteers	Alan Shaw 061-343959
Glover Highlander	13 th Sept.	North West MC	Alan Tees 0801504-810834

GALTY WALK 1997 DETAILS

GALTY WALK

Date: 14th June 1997.
Organising Club: Tyndall MC
Map No: Discovery Sheet no. 74 (1:50,000)
Fee: £5.00 (includes fee for bus to the start of the walk - payable on the day)
Opening checkpoint: The walk starts at Anglesborough GR R805 217 and finishes at Ballydavid Wood YH
Checkpoint opening time: 8.30AM.
Checkpoint list: Anglesborough - Temple Hill - (Lyragappul) - Galtymore - (Galtybeg - O'Loughnan's Castle) - Greenane - 597 - Ballydavid Wood YH
Distance: 15 miles.
Height gain: 5,000ft.
Average time: 8 hours in good weather and without breaks.

Note from the Organisers:

The Organisers recommend taking the bus from Ballydavid Wood YH to the start of the walk as there is very little parking at Anglesborough. The first bus will leave at 8.45AM. and the second and last bus will leave at 9.00AM. There will be refreshments at the YH and the end of the walk and participants also may use the hostel showers to freshen up.

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.

Details of the Lug Walk on the following page

LUG WALK 1997 DETAILS

LUG WALK DETAILS

- Date:** 21st June 1997.
Organising Club: Irish Ramblers Club.
Map No.: Discovery sheet no. 56.(1:50,000). The beginning of the walk is not on this map so you will need to use the OS sheet no. 16 (half inch map)
Fee: £7 if paid in advance or £10 on the day. Transport from Terenure to Stone Cross may be booked in advance by filling out and paying the entry form in advance.
Transport Transport from the Glen if Imaal back to Terenure is only guaranteed for those who have pre-booked. Entry forms are now available from the Ramblers (contact and tel. no. on page 3)
Opening checkpoint: The walk starts at Stone Cross (Grid Ref: O:075227) and finishes at Seskin/Glen of Imaal.
Checkpoint open time: 5.00AM. and closes at 6.30AM.
Checkpoint list: Stone Cross - (Ballymorefin Hill) - Seahan - (Corrig) - Seefingan - (Kippure) - Sally Gap by 10.30AM latest time - (Carrigvore) - Gravale - (Duff Hill) - (Mullaghcleevaun East Top) - Mullaghcleevaun - (Barnacullian) - Wicklow Gap by 3.30PM latest time - Lough Firrib - Conavalla - Table Track by 6.30PM latest time - (Camenabologue) - (Cannow) - Lugnaquilla - (Camarahill) - Seskin/Glen of Imaal: (Finish).
Distance: 50 Kilometres
Height Gain: 2,400 metres and covers 17 peaks.
Average time: ~ 15 hours.

Note from the Organisers:

Entrants must be over 18 years of age, know how to navigate, be in a fit physical condition and have considerable hill walking experience. It is advised to pre-enter. Transport will be provided from the Public car park at Terenure Road North (near Terenure crossroads) to the starting point at Stone Cross, between 4.30AM and 6.00AM (including a bus departing at 5.00AM), and from the finishing point in Seskin/Glen of Imaal back to Terenure car park.

LEADERS URGENTLY WANTED

Contact Jim Barry at 4556455 (home 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 p.m. to 10 p.m.

OUT OF AFRICA



I was invited to put pen to paper and give my Hill Walker and An Oige friends an insight into my temporary new home in Zambia.

Zambia, formerly Northern Rhodesia is located in Sub Southern Africa. and is roughly 14 times the size of Ireland with a population of 9 million people. The country has 73 different languages. Fortunately for me English is universally spoken due to the fact that Zambia was a former British Colony until 1964. Economically Zambia remains in the doldrums primarily to its dependence on the declining copper industry. The country has huge agricultural potential with vast tracts of uninhabited and under utilised land

It is against this backdrop that I decided to take a year out from my job and travelled to the village of Solwezi to work as a volunteer with the SMA Fathers in Financial Administration.

Solwezi diocese is located in the western province of Zambia. The area is very flat like the rest of the country and is totally covered by forest. There are three main tribes in this area and roughly 26 different churches in my village with the majority being Christian.

The hospitals are full of malaria cases though most of them are successfully treated. A number of people contract cerebral malaria which can kill if not treated quickly. Aids unfortunately is a huge problem with roughly 30% of the local people being HIV positive. It is particularly worrying that the groups with the highest incidence of HIV are teachers and nurses. As a result of these and other diseases the average life expectancy of a Zambian is 42 years.

I am located very close to the border with Zaire and as a result of the war we are getting a steady stream of refugees into the area. A lot of these people are badly traumatised from all they have experienced. Thankfully Zambia is a relatively friendly country and has given sanctuary to these people.

Despite its social and economic problems Zambia is a very beautiful country with a very strong tradition of music and dance. Zambia unfortunately is not viewed as a tourist destination due to its very poor infrastructure and its inability to provide basic facilities for tourists.

The country can be difficult to travel in but to the adventurous this can be both challenging and enjoyable. The biggest attraction to tourists is the mighty Victoria Falls with plenty of opportunities for white water rafting, bungee jumping and safaris.

My plans for 1997 and 1998 are to remain in Zambia and to travel to neighbouring Malawi, Tanzania and Zimbabwe. It is to Tanzania that I will return to my first love, hillwalking and will hopefully climb Kilimanjaro. I really miss the hills of Ireland and hope that Kilimanjaro will be a good substitute.

The very best of hiking in 1997 and I will see you all in 1998.

Gerry Brady

FOOD FOR BUSY BODIES

Exercise increases the need for a group of nutrients collectively known as antioxidants. As a normal by-product of energy metabolism, free radicals are produced. They are harmful molecules which are usually used to damage bacteria and prevent infection. But if the level of free radicals is allowed to accumulate to excess, the balance is tipped and they begin to destroy other, rather more essential, muscle, skin or blood cells. Fortunately the body has a supply of antioxidants which are able to neutralise free radicals and stop the rot.

More free radicals means you need to eat more of the antioxidant nutrients - vitamins A, C, and E. These along with another powerful antioxidant, beta carotene, are found in highly coloured fruits and vegetables such as red, green and yellow peppers, broccoli, peaches, plums, tomatoes and carrots. Vitamin E is found in hazelnuts, almonds, sunflower seeds, peanuts, muesli and olive oil.

The current advice from the World Health Organisation is to eat a total of five portions of fruits (including juices) and vegetables (potatoes don't count) every day.

BOOK REVIEW



"The White Spider" by Heinrich Harrer, Price £8.99 (Paladin) ISBN 0 586 08874 1

Heinrich Harrer was in the party which first ascended the notorious North Wall of the Eiger in 1938. The *White Spider* is a history of the attempts on the North Wall and provides a clear and unambiguous description of the complex and frequently misunderstood psychology of the modern rock climber.

Despite the harrowing images of man's conflict with nature, the book communicates the irresistible joy of climbing as an antidote to the idea that climbers are masochistically trying to prove something to themselves.

The *White Spider* set a precedent for much of the notable mountaineering literature which has followed in the years since its first publication (1959). Anybody who reads this book cannot fail to be inspired and thrilled by the story presented by Heinrich Harrer.

Don't miss next month's review of James Ballard's *"One and Two Halves to K2"*

Paul Kavanagh

IRISH MUNROS

The number of Irish Munros (peaks over 3,000ft) depends on what exactly you consider a peak. In the opinion of this writer, for what it's worth, there are eleven.

They can be covered in five hikes as follows:

1. Lugnaquilla in Co. Wicklow can be done as one hike.
2. Galtymore in Co. Tipperary can be done as one hike.
3. Cruach Mhór, The Big Gun, Cnoc na Peiste, Maolán Buí and Cnoc an Chuillinn all in the MacGillycuddy Reeks ridge, east of the Devil's Ladder, in Co. Kerry.
4. Caher, Carrauntuohill and Beenkeragh all in the MacGillycuddy Reeks ridge, west of the Devil's Ladder, in Co. Kerry.
5. Mount Brandon, in the Dingle Peninsula in Co. Kerry.

Hike 3 can be done as a circular hike from the car-park at Meallis (GR 836 873) to the north of the Reeks ridge. The ridges between Cruach Mhór and Big Gun, and between Big Gun and Cnoc na Péiste, require a head for heights, or alternatively careful planning of how to bypass these ridges.

Hike 4 can be done as a circular hike from Breanlee (GR 768 868) on the western (Coomloughra Lake) side of the Reeks. The ridge between Carrauntuohill and Beenkeragh requires a head for heights, and is dangerous in wet or windy weather.

Ireland has three peaks over 1,000 metres: Carrauntuohill, Beenkeragh and Caher, and all are covered in hike 4.

In 1994 all of the Munros were climbed by Mike Dagley, Gerry Hickey and Brian McCabe. They estimated that they climbed 12,200ft, walked 25 miles, took 15 hours and drove about 250 miles by road to complete the challenge.

Ciaran King

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 combined July/August newsletter should be sent before Wednesday 11th June to, **Maggie Greaney, 68 Newtownpark Avenue, Blackrock, Co. Dublin.**