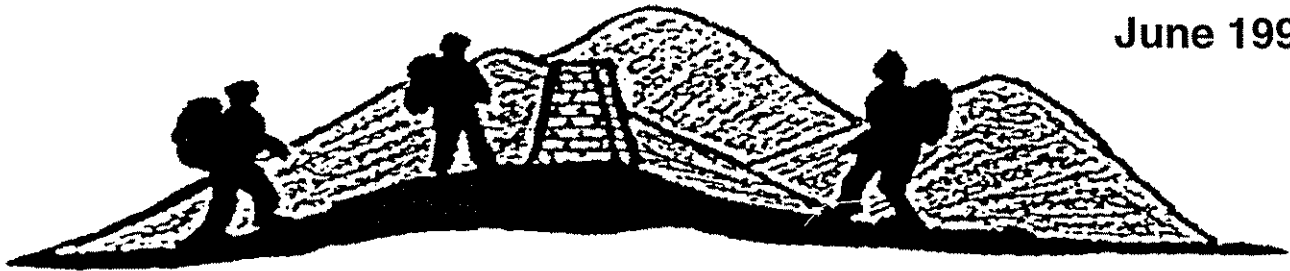


The Hillwalker

June 1998



The magazine of the An Óige Hillwalkers Club

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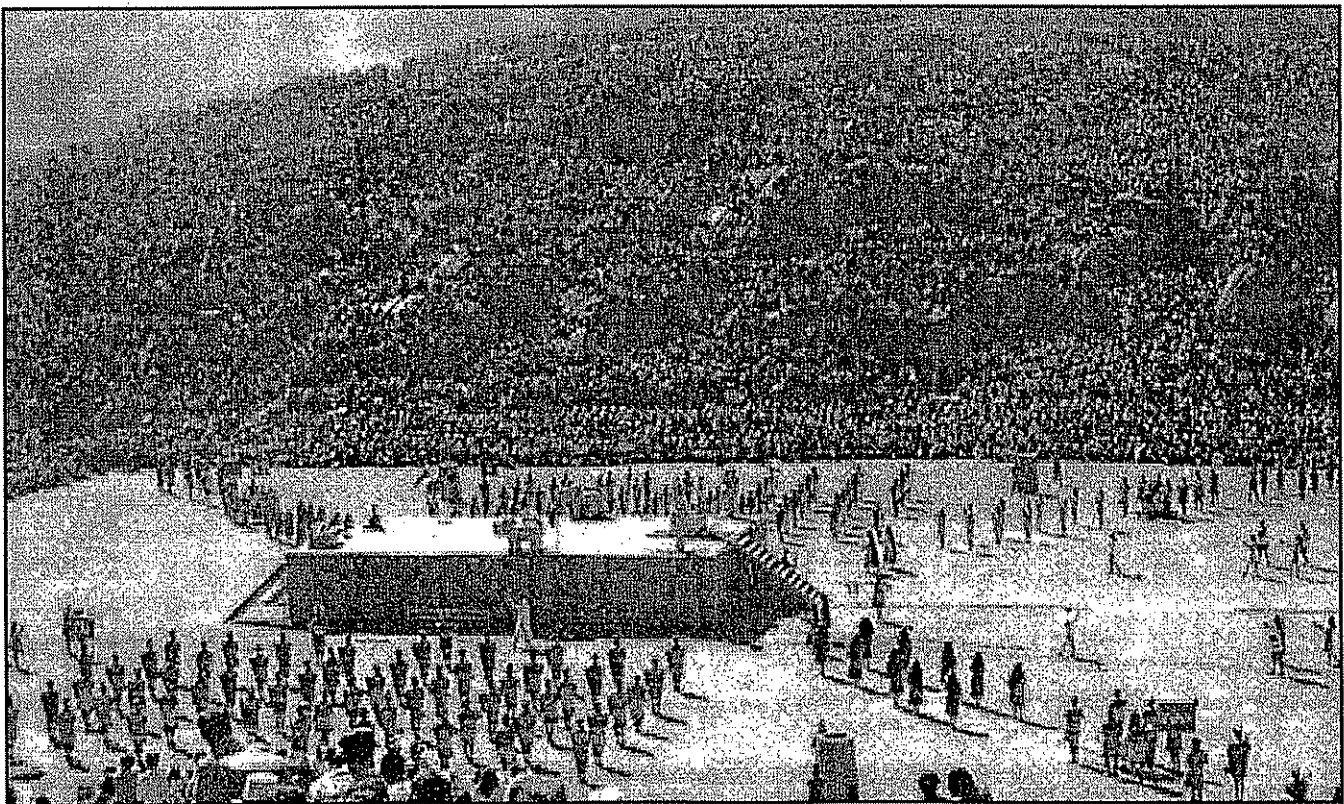
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Festival of Inti Raymi, Cuzco, Peru

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
29 May - 1 June	No Sunday hike due to Bank Holiday Weekend. Weekends away to the Beara Peninsula, Co. Kerry and Snowdonia, Wales.	Organisers: Donal Finn & Sean Dunne
7 June	INTRODUCTORY HARD HIKE Aghavannagh - Doyle St. - Carrawaystick - Corrigasleggaun - Lugnaquilla - Slievemaan - Lybagh - Aghavannagh.	Martin Fagan
14 June	SPECIAL SUNDAY HIKE TO THE COOLEY MOUNTAINS There will be choice of an easier and harder hike on the day. The bus costs £8 and leaves at the usual time.	Sean Dunne
21 June	Drumgoff - Kelly's Lough - Lugnaquilla - Table Mtn. - Lobawn Ridge - Donard.	Kevin Parker
28 June	Sally Gap - Luggala - Knocknacloghoge - Inchivore River - Scarr - Paddock Hill - Laragh.	Ita O'Hanlon
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).	Dave Rooney

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.

YOUNG HILLWALKERS CLUB



SATURDAY HIKE

Date: Saturday 13th June 1998.
Route: Great Sugar Loaf.
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 WEEKEND AWAY

Glencree Midsummer Backpack from 19th - 21st June 1998.

ADVENTURE WALKING HOLIDAY TO NORTH WALES

Snowdonia, Wales, from 2nd to 7th July 1998.

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).

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.

LONG WALKS PROGRAMME FOR 1998



Walk	Date	Organising Club	Contact Person
Galty Walk	13th June	Tyndall MC/Tullow MC	Ann Taylor, 26 Kells Road, Kilkenny
Bangor Trail	20th June	Nephin Beg MC	Colm Geraghty 098-41884
Circuit of Imaal	20th June	An Óige	01-8304555
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

The *Hillwalker's Club* continue their very popular series of slide shows on Tuesday 9th June, at 8.30PM, in The Palace Bar (Upstairs lounge), Fleet Street.

Peru and the Inca Trail (see *Club Travel* page 5)

presented by

Barbara Sudrow & Donal Finn

Admission is free.

Note: This is the last in the series until after the summer. Anyone interested in putting on a slide show over the winter should contact Donal Finn at the number on the back of the magazine.

CLUB TRAVEL

WALKING THE INCA TRAIL IN PERU

We landed in Cuzco at 7am greeted by brilliant sunshine and cold, crystal-clear air. The high altitude made our hearts beat like drums. This was remedied at our *Hostal San Blas*, where we relaxed with several cups of *mate de coca*, which is coca leaves in boiling water, the time-honoured recipe for preventing headaches and altitude sickness. Then we were on our way to the fortress of *Sacsayhuamán* 200m above the city where the festival of *Inti Raymi*, the colourful celebration of the winter solstice, was in progress. And what a sight it was, up to 30,000 people; cooking, eating, drinking and celebrating. The highlight of the day was the re-lighting of the sacred fire on the central stage and the (faked) sacrifice of a llama.

We spent a few days in Cuzco and explored the Sacred Valley of the Incas. Here ruins such as *Pisac* and *Ollantaytambo* bear witness to the importance of this fertile valley which still yields a large proportion of Peru's agricultural produce. Cuzco is the starting point of the four-day trek along the Inca trail which eventually leads to the Sacred City of *Machu Picchu*. We decided to go with a company called "United Mice" (no joke!) and united we were, all 23 of us. The first day's hiking was relatively easy and we camped near a village with a single water tap and cold beer for sale. The second day was the most challenging with 1200 metres to climb before lunch to the aptly named "Dead Woman's Pass" at 4200 metres, followed by a steep descent into the next valley with strange-looking vegetation and another climb up to 3800 metres. That night it started to rain and we had a rather wet morning's hike. By lunchtime, however, the rain stopped and after a moral-boosting cup of *mate de coca*, we started our descent down to the Inca ruin of *Wiñya-Wayna*. Next morning, we started walking at 5.30 am in order to get to *Intipunku*, the Sun Gate, just before the sun rises over the mountains and casts its rays over the city of Machu Picchu. As it turned out, the clouds of the previous day had not quite left yet, so there was no sunrise for us. But seeing Machu Picchu for the first time from this familiar picture-postcard angle is spectacular. Both the extraordinary location, perched on a steep wooded peak with the meandering river *Urubamba* almost turning it into an island, and surrounded by enormous wooded mountains on all sides with higher snow-capped mountains in the distance, the ancient city of the Incas catches everybody's imagination. The mystery of its construction in the mid-1400s and its abandonment less than 100 years later, the fact that the Spanish never got there and its rediscovery by Hiram Bingham in 1911 all add to the fascination. For us, the most impressive buildings were the temples smoothly carved out of bedrock, the water irrigation systems and ritual baths as well as the sacred rocks found in various parts of the city which were carved to resemble the shape of the mountain they are pointing at. After some exploration, we descended into the Urubamba valley and on to *Aguas Calientes* which consists mainly of a train track with an array of backpackers' hostels, hamburger joints and pizzerias built around it as well as, as the name implies, a hot spring in which the weary hiker can relax his limbs.

A three-week holiday is just long enough to visit most of the interesting sites in the southern half of Peru. Some places worth visiting are the Colca Canyon, supposedly even deeper than the Grand Canyon and a good spot for watching condors; the Convent of Santa Catalina in Arequipa; the islands of Tequile and Amantani on Lake Titicaca where you can stay with local families; the famous Nazca Lines which are best viewed from the air and the guano-covered *Islas Ballestas*, home to huge colonies of pelicans, boobies and sea lions. People are friendly, the telephone system works, you can buy good quality film and most tour guides speak English. You do have to watch your belongings in Peru, but there is no need to be paranoid; it's common sense to leave passports, tickets and extra cash in the hotel-safe. A return flight Dublin-Lima with Iberia or other airlines will cost from IRP600 to IRP750; you can fly Lima-Cuzco in an hour (IRP60 one-way) or avail of special air passes. As accommodation, food, transport and locally organised tours are quite reasonable, you can expect to spend approx. IRP1200 (in total) and have a very enjoyable holiday.

Barbara Sudrow

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 3rd June.

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 combined July-August newsletter should be sent before Tuesday 16th June 1998 to:

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