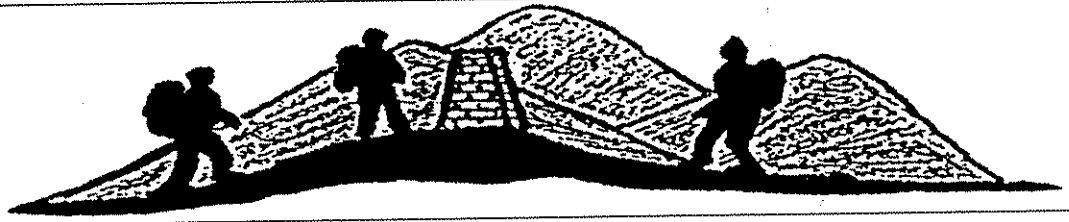


THE HILLWALKER  
June-July 2002



The magazine of the An Óige Hillwalkers Club

# The Hillwalker



Burren wild flowers (*gentian*)

By Prionsias MacAnBheatha

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## Sunday Hikes June - July

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**MEET:** Outside old Irish Press Offices, Burgh Quay, down from Spar shop.  
**DEPART** Sundays 10.00 A.M. (or when the bus is full)  
**COST:** Private bus. Cost €9.00.

**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.



During winter months it is essential to bring a (head) torch on all Sunday hikes and weekends away. Don't forget to check your batteries and bulb.

Your club membership card **MUST** be carried and produced, if requested 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 start of the hike.

### ENVIRONMENT

Try to reduce the erosion and widening of trails, e.g. do not walk on the edge of worn tracks; walk through the centre of the original track or go several feet into the scruff where the ground is untrodden, walking parallel to but not on the track.

Litter is unsightly and dangerous to animals. Even bio-degradable items like orange peels and banana skins take years to disappear. Bring all your litter home and try to include at least one extra item from each day out. Do not bury litter – animals will dig it up.

### WALKING STICKS

In the interest of safety and comfort please keep the pointed end of your walking stick covered, especially when travelling on the bus.

### HIKE LEADER

Jim has asked us to include his email for queries regarding the walking schedule including **offers to lead** and weekend away queries.

Hike co-ordinator email address: [jamesab@gofree.indigo.ie](mailto:jamesab@gofree.indigo.ie)

Date	Route Description	Leader
31 <sup>st</sup> May – 3 <sup>rd</sup> June	<p align="center"><b>June Bankholiday Weekend Walking in Mayo</b>  <b>See Separate Itinerary</b>  <b>No Dublin Sunday Hike</b></p>	Philip Hayden
9 <sup>th</sup> June  (Sunday)	<p align="center"><b>Mourne Mountains Co. Down</b></p> <p>Route: Road Junction(G.R.310 320) – Trassey Bridge – Cloncullion Hill – Brandy Pad – Slievenaclogh – Slievecommedagh – Slieve Donard – Mourne Wall – Bloody Bridge River Track to Coast Road.  Ordnance Survey of Northern Ireland Discovery Map Series 1:50 000 Sheet 29  <b>2 Hikes arranged to cater for both hard and moderate walkers.</b>  Hard Version[14km/900m Ascent]  Moderate Version[12km/700m Ascent]</p> <p>Early departure time of 0930hrs sharp from Burgh Quay  Please book your seat through An Óige Head Office Phone No. 01-8304555 Special Bus Fare 14 Euros</p>	Tom Kenny Frank Rooney
16 <sup>th</sup> June	<p>Route:Glenmalure Zig Zag Track (G.R.088 219) – Carrawaystick Brook – Kelly's Lough – Carrawaystick Mtn – Corrigasleggaun Mtn – Lugnaquilla Mtn - Cloghernagh Mtn – Zig Zag Track to finish(G.R.088 219).</p> <p>[16km/850 Ascent]  <b>See also separate itinerary for 70<sup>th</sup> Anniversary Members Weekend Trip to Killarney: Friday 14<sup>th</sup> - Monday 16<sup>th</sup> June</b></p>	Warren Lawless
23 <sup>rd</sup> June	<p>Route: Track Road(G.R. 052 858) – Farbreaga – Aghavannagh Mtn – Lybagh – Toorboy Mtn – Road Walk – Carrig Mtn – Keadeen Mtn – Rostyduff Forest Track – Dwyer McAllister Cottage Carpark.</p> <p>[18km/850m Ascent]</p>	Pearse Foley
30 <sup>th</sup> June <i>changed to 28 July</i>	<p align="center"><b>Introductory Hard Hike</b></p> <p>Route: Athdown Forest Track (G.R.068 144) – Firebreak – Seefin Mtn – Seefingan Mtn – Kippure – Lough Brays – Glencree – Oldboleys – Knocknagun – Wicklow Way Track – Glencullen.</p> <p>[18km/650 Ascent]</p>	John Barry - Low

7 <sup>th</sup> July	Route: Glendalough Y.H. – Glandasan – Camaderry Mtn – Turlough Hill – Wicklow Gap – Tonelagee Mtn – Lough Ouler – Glenmacnass – Kanturk Mtn – Oldbridge.  [20km/900m Ascent]	Pat Drew
14 <sup>th</sup> July	Route: Oldbridge – Wicklow Way Route – Ballinafunshoge Mtn – Ballinrush – Lough Dan Track - Knocknacloghoge Mtn – Cloghoge Brook – Luggala – Military Road Carpark (G.R.137 087).  [15km/900m Ascent]	Eoin Moroney
21 <sup>st</sup> July	<p style="text-align: center;"><b>Walking in the Blackstairs Mountains: Counties Carlow &amp; Wexford</b></p> Route: Track(G.R. 758 364) – T.V. Mast – Ballygrinnigan Rock – Carrigroe – Carrigalachan – Caher Roe's Den – Blackstairs Mtn – Spot Height 405m – Sculloge Bridge.  [16km/800m Ascent] <b>Special Bus Fare: 12 Euros/Usual Sunday Meeting Place and Time(10am)</b>	Jim Barry
28 <sup>th</sup> July <i>changed to 30 June</i>	<p style="text-align: center;"><b>Introductory Hard Hike</b></p> Route: Sally Gap – Carrigvore – Gravale – Duff Hill – East Top – Mullaghcleevaun Mtn – Billy Byrnes Gap - Moanbane Mtn – Ballyknockan.  [16km/650m Ascent]	Matt Geraghty
2 <sup>nd</sup> to 5 <sup>th</sup> August	<p style="text-align: center;"><b>Bankholiday Weekend Walking Trip to Connemara, Co Galway</b></p> <p style="text-align: center;">Staying at Benlattery Youth Hostel See Separate itinerary No Organised Dublin Sunday Walk</p>	Tom Kenny
11 <sup>th</sup> August	<u>No Organised Dublin Sunday Walk</u>	

## Circuit of Imaal

The Club is organising the annual Circuit of Imaal walk on **22nd June**. We would like to ask for your support to help make it a safe and successful event by volunteering to man checkpoints on the day. If your up for it, speak to Jim (01-4556455 h).

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## Bus Costs

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The Committee's credit card having put a dent in our club finances, we are forced to announce a rise in the cost of the Sunday bus from €8 to €9. Needless to say, your Editor was the 'Voice of the Common Hillwalker' when this was debated and bitterly opposed the increase. I was only placated after been assured that any surplus generated will be spent on wine at the Christmas party. In truth, the increase is necessary because we did not get a full bus on a regular basis in the earlier months of this year and increase now will prevent our club finances been eaten into by the fixed cost of the bus.

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## Club Notes

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- Please note the date of the next Mourne outing has changed from a Saturday to Sunday (9<sup>th</sup> June).
  - Several emails supplied to me are raising errors. If you have not received your email copy of the newsletter then mail me with your correct email address.
  - The club is looking for a member to coordinate the slideshow programme for next year. Anyone interested should contact Donal Finn or any member of the committee.
  - Congratulations to Jimmy McCullagh who has successfully completed his Mountain Skills Assessment. He now joins Tom Kenny in this esteemed rank and his skills were well to the fore in his premier hike last month. Those wishing to follow suit should read the details of the MSA bursaries the club is offering.
  - Philip Hayden would like to thank those who helped in the successful clean-up operation at Knockree Hostel last month. The final tally: 20 sacks, 2 tractors, and 10 cans of beer.
  - Bon voyage to Colette Nolan, an erstwhile regular Hillwalker who is embarking on world travels from June. We are sure she will be adding to her tally of major mountains conquered while on 'walk-about'.
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## Burren Weekend, May 2002

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### Things that go bump in the night. A Burren Weekend.

**As we headed west on Friday evening, there was a sunset facing us. This need not necessarily be a sign of a dry weekend, as other trips had proven. But lo and behold the sun was shining as we arose from our beds the next morning. In fact the sun shone on us for the rest of the weekend.**

On Saturday the hard hikers headed for Black Head, Gleninagh, and Cappanawalla, while the easy hike headed for Gleninagh. The easy hike was including as part of the hike, a flora study. People were soon dropping on their knees to inspect Spring Gentian and Mountain Avon. At times they looked like people at prayer. We heard the Cuckoo, and there were many impersonations of the sound from our avid bird watchers. Some went so far as to copy the the Cuckoo's habit of disturbing other birds nests. People found their beds disturbed at night by these human cuckoos, as you will read about in due course. As the day proceeded walkers began to glow red with the sunshine, and sun block was in great demand.

That evening Jim offered a bus ride to mass in Kinvara. He was pleasantly surprised by the large crowd boarding the bus. But on reaching the town, 'mass goers' scattered and disappeared into the flesh pots of the town. God punished them the following morning as they arose from their beds.



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Dennis showed his interest in older women, and e-mail addresses were exchanged. (Mr. Editor, please follow up on this affair).

The following day was again sunny and both walks headed for Turlough Hill. The views across the sea to Conamara were magnificent, and the Burren shimmered in the heat. That evening the pleasure seekers returned to the Cuckoo fleadh being held in Kinvara. Gerry French tried out his new regulator on the girls to great effect. Some highly intelligent girls withstood this, only to be hypnotised by his NLP method. Some may be cynical of these methods, but this author saw many females succumb to his hypnotic tricks.

A certain Derry man having escaped from the war zone, continued with his old ways by building an arms dump, in someone's bed. The decommissioning team has established that the dump consisted of chair parts, bottles, and wires. A cell of the Tasmanian Tigers, helped set up booby traps in the bedroom. One trap was sprung and a bottle fell on the target as he opened the bedroom door. He has reacted well to speech therapy and can already say, yes and no.

On Monday we stopped at Clonmacnoise monastery on our return journey to Dublin. Some of the group got very giddy and excited when the lights dimmed for the audio-visual show. Dennis swears that someone squeezed his leg and others got neck massages.

Later the hillwalkers searched desperately for mountains or hills to climb. All they could find were hillocks of esker. As these had never been climbed by the hillwalkers they were promptly claimed in the name of H.R.H El Warro. Gerry topped one and named it Frenchies Hill. Ron named another Carton's Hump, while Dennis bagged Kenny's Peak.

With everyone in a state of satisfaction, having had a great weekend we headed for Dublin. Once again it was matter of 'happy to meet and sad to part'.

Author's name in Editor's safe.

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## Young Hillwalkers

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### Saturday Hike

June 8<sup>th</sup> Great Sugarloaf

July 13<sup>th</sup> Stepside to Knockree

Meet at Messrs Maguire Bar, O'Connell Bridge, Dublin at 8.45 a.m.

Bring: Packed lunch, wet weather gear and torch

Wear: Boots, tracksuit bottoms (no jeans), hat and gloves

### Weekend Away

June 28<sup>th</sup> to 30<sup>th</sup> To be decided

July 19<sup>th</sup> to 23<sup>rd</sup> Keswick, Lake District

Ring An Óige office for details (01-8304555).

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## Weekends Away

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Please note the **early departure time** for both the June and August weekends away. These will depart at **4.00pm**, as advertised. Among weekends away currently planned for this year are:

- ❖ Westport, Co. Mayo, in June, to be led by Philip Hayden. My instincts tell me the full story of the scandalous events of this weekend shall be unveiled in the next newsletter.
- ❖ Ben Lettery, Co. Galway and the Twelve Pins. August 2<sup>nd</sup> to 6<sup>th</sup> August. To be led by Tom Kenny, MSa. See end of newsletter for full details.

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## The 2002 Committee

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Chairperson:	Donal Finn (01-4530617 h)
Secretary:	Frank Rooney (01-8038102 h)
Treasurer	Prionsias MacAnBheatha (01-8379897 h)
Editor	Warren Lawless (01-8786901 h)
Sunday Hikes:	Jim Barry (01-4556455 h)
Membership Secretary:	Gerry Walshe (01-8225818 h)
Training Officer:	Joe Kellegher (01-8381973 h)
Young Hillwalkers:	Dave Rooney (01-8344811)
Distribution:	<i>Cyril McFeeney &amp; Pearse Foley</i>
Webmaster:	<i>Matt Geraghty</i>

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## 2002 Membership Fees

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**The Hillwalkers Club annual membership fee is €19.**

The club intends giving preference to members for places on the Sunday bus, so please be sure to renew your membership now. An application form is enclosed and should be sent to the membership secretary at the following address: Mr. Ger Walsh, 15 Summerfield Avenue, Blanchardstown, Dublin 15.

*Queries regarding change of address or non-receipt the Hillwalker should be directed to Mr Ger Walsh (membership secretary).*

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## Note from the Editor

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Walking holiday articles and pictures must be in electronic form where possible or at least typed, and should be a maximum of 500 words. A **stamped addressed envelope** should accompany any photographs or printed articles to ensure their return. Articles will generally be published in order of receipt. A prize will be awarded for the best article and best cover photo featured in the newsletter at the annual club Christmas party.

**Articles for inclusion in the newsletter should be sent to Warren Lawless**  
**Email: [warrenl@gofree.indigo.ie](mailto:warrenl@gofree.indigo.ie)**  
**Post: 19 Jervis Place, Upper Abbey Street, Dublin 1**

Current and back issues of the *Hillwalker* available at online at:  
<http://homepage.eircom.net/~thehillwalker/index.htm>

If you want to be subscribed to the newsletter by email, send us an e-mail (and state if you wish to no longer have it posted). Do likewise if you are already receiving the newsletter by email and you wish to be removed from the postal list. Email: [warrenl@gofree.indigo.ie](mailto:warrenl@gofree.indigo.ie)

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## Sheep Attack Hike Leaders!

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As reported last month, hillwalking clubs in Ireland have been hit by industrial action following the formation of F.O.O.L – The Federation Of Outdoor Leaders. This malaise struck our own club in dramatic fashion when pickets were mounted on Burgh Quay by regular hike leaders Tom 'Red' Kenny and Pat 'The Picket' Drew, whose service in Dublin Bus has provided the novice union with much needed experience in urban-guerrilla tactics and strike warfare. Several very conscientious walkers respected the picket (and snuck off over to the Mods), but most hill-hungry walkers strode pass and onto the bus. However a shock was in store for

them when hike-leader John-Barry Lowe produced his union card on Stoney Top, announced he was on strike and abandoned his charges in the mist.

Such tactics have provoked a response and we can announce the formation of a new members union: S.H.E.E.P – the Society of Hillwalking and Environmentally Enraged People. A spokesperson for the union has spoken of their members sense of been led around like dumb animals and made a serious criticism of hike leaders who have joined F.O.O.L.. "It is our rights they should be thinking of, not themselves. S.H.E.E.P members will be vigorously campaigning for more breaks, longer lunches, drier paths, better weather and obligatory pub stops at the end of walks." When confronted with these demands, the F.O.O.L spokesperson would only say "Bah".

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## Hillwalkers Anonymous

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The investigative focus of this months issue turns to the harsh and much misunderstood problem of hill addiction. This disturbing phenomenon is taking its toll of our some of the fittest and brightest members of society. One victim I spoke with was 'Gerry'. He sits unshaven amid a room strewn with the signs of his addiction: the smelly, wet, gear, half-eaten sandwiches and bottles of water to combat the dehydration that comes with his habit. As I sit there I notice how his gaze keeps shifting between his worn boots and the blue sky visible through the window. It is 9.00 AM and already he is thinking of his next fix.

"How did you get caught up in this?", I ask softly. "It started innocently, a few friends convinced me to try it when I was younger – you know how it is then, young, afraid of nothing, wanting to show off. I tried it and liked it. I thought I could handle more. I only did the easy trips at first, but then I found it wasn't enough and took 'Moderates'. Before long I was onto the 'Hard' trips. I thought I could stop anytime, but I just couldn't. I *needed* to go out. My work suffered as I always felt tired afterwards, my hygiene got worse, my girl friend left me saying it was either her or the hills – I had to keep going, the need is indescribable...The summers are the worst time: the sun is shining, the days are long, a trip can last for hours". Gerry hangs his head, his hands shaking.

Gerry has been attending Hillwalkers Anonymous and with their help he has reduced his dependence to three walks a month; but it is doubtful if he will ever be free of the impulse to hill-walk. And there are many other less fortunate walkers, ones whose whole life revolves around their addiction. These hard-core victims can be seen hanging around in groups along the city quays on a Sunday morning, all edgy and restless for their next 'trip'. As I watch, a bus cruises up alongside the group of addicts who eagerly board it. There are protests from those unable to get on – for them this may be their only chance to get their fix. The unlucky ones stomp off, in search of other dealers on the far side of the quays, while the bus and its unfortunate crew drive off in search of their trip.

The 'trips' are usually administered by 'leaders', who are themselves addicted and use the ordinary sufferers to fund their habit. But standing in the murky shadows behind the leaders are a sinister group known as 'the Committee'. They are believed to be the chief suppliers of some of the most serious trips, and the money they have made from their activities is said to fund an extravagant lifestyle for its manipulative members. I approached one suspected member, Mr. J. Barry as he parked his flashy car and confronted him with the fruits of his diabolical dealings. He merely smiled and offered me the details of a trip to Galway; he even tried to recruit me as a trip leader.

The medical and justice bodies of our state are asleep to the dangers posed to its citizenry by hillwalking activities and until they act, hundreds of walkers will continue to live in the grip of the lure of wild sun-swept hills.



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## Volunteer Hosteliers

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There has been a successful response to the appeal for volunteers to act as wardens for Glenmalure hostel at weekends. If you are available to help out one Saturday night in the coming months, please contact Head Office with your details at 830 4555 or An Óige General Manager David Owens at 8822569. Other hostels are also been considered for this scheme (the details of which have been lost in the pile of papers on the Editor's desk).

While on the subject of hostels, the Editor cannot help highlighting the excellent visit he enjoyed recently to An Óige's Mountain Lodge hostel at the foot of the Galty Mountains. Bus Eireann will stop near the tree-lined path that leads to the hostel, an ex-hunting lodge, nestling in a wood beside the Burncourt River and surrounded by the Galty mountain range. And if you catch the early bus to Cashel/Cahir, you will arrive in time to do a good hike that day.

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## Mountain Skills ~ Club Bursaries

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Since its founding in 1993, the Hillwalker's Club has organised a popular *Map and Compass* programme each year. The course aims to provide a comprehensive grounding in *Mountain Skills* and it typically involves three indoor evening sessions followed by three outdoor training weekends. The syllabus covered in the course is similar to the Mountain Skills courses (MS1 and MS2) prescribed by *Bord Oiliunt Sleibhe - Irish Mountain Training Board* and offered by the various Irish outdoor adventure centres (eg, Tiglin, Delphi, etc).

In order to further promote and develop mountain skills amongst club members, financial support in the form of bursaries will be made available to members who successfully complete a *Mountain Skills Assessment* in 2002.

The Mountain Skills Assessment (MSA) is based on a skills evaluation programme and is held over a weekend. It involves a number of stages as follows:

- A written (multiple choice type) assessment on general navigation issues.
- Practical assessment of day navigation skills.
- Practical assessment of night navigation skills.
- Near and far feature recognition.
- Steep ground awareness.

To undertake the Mountain Skills Assessment (MSA), it is necessary to fulfil the following requirements:

- to have completed at least 30 hill walks in Ireland or Britain over a period of 24 months,
- to present a Mountain Skills log book detailing the above walks,
- to hold a valid Rescue and Emergency Care (REC2) certificate or its equivalent (Basic First Aid Certificate).

The National Adventure Centre at Tiglin, Wicklow ([www.tiglin.com](http://www.tiglin.com)) amongst others, organises the MSA at a current cost of £125.

*In 2002, the Hillwalker's Club plans to make available at least five bursaries each of £125 to members of at least 24 months standing who successfully complete the MSA.*

The financial resources to support these bursaries will be made available from the surplus associated with the Club's annual *Map and Compass* training programme. Support in future years is contingent on sufficient funds being available from this source.

Further enquiries from Donal Finn or Joseph Kellegher.



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# An Óige Hillwalkers Club

## August Bankholiday Weekend 2002

Friday 2nd - Monday 6th August 2002

Visit to the Wild and Beautiful Hillwalking Country of Connemara Co. Galway

Benlattery Youth Hostel, County Galway

Moderate/Hard Walkers Welcome

Two grades of walk on both Saturday and Sunday

*Leader: Tom Kenny*

*Strictly Bus Only Trip*

**Weekend Itinerary to include:**

- ✓ **Twelve Bens Mountains, Gleninagh Circuit**
  - ✓ Maumturks Mountains, Central Region
  - ✓ *Diamond Hill, Connemara National Park*
    - ✓ Social Events

**Ordnance Survey Maps: 1:50,000 Discovery Series Sheet 37.**

### Notes

Hostel accommodation: **limited to 50 persons**

**Booking:** EUR 50 NON REFUNDABLE deposit to An Óige Head Office by credit card or cash deposit (8304555). **Booking facilities available from 27<sup>th</sup> May 2002.**

**Cost:** EUR 90 (includes 3 bednights & Transport costs)

**Meals:** available locally (Cliften)

**Food:** bring sufficient amount for at least one breakfast.

**Bring:** Suitable Walking Boots, Rain Wear/Change of Warm Clothing/ Sheet Bag/Towels/Toilet Gear/ Flask/Torch/ First Aid Kit/Camera/Binoculars/ Valid An Óige Membership Card/Anti-Snorer Kit/Slippers/Kitchen Sink.

**Departure:** Friday evening from Custom House Quay at **4pm sharp.**

**Return:** Monday evening /arriving Dublin City centre at 8pm approx.

Please note that the walking programme may be altered or curtailed at the discretion of the leader to take account of adverse weather conditions and walkers capabilities.

## Welcome Aboard

# An Óige Hillwalker Application Form

<b>Name</b>
<b>Address</b>
<b>Date of Birth</b>
<b>Telephone Number (Home)</b>
<b>Telephone Number (Work)</b>
<b>Were you a member last year?</b>
<b>An Óige Membership Number</b>
<b>Email Address (to receive the newsletter by email)</b>

## Declaration

I accept that mountaineering is an activity with a danger of personal injury or death. I am aware of and shall accept these risks and wish to participate in these activities voluntarily and shall be responsible for my own actions and involvement. I agree to abide by the rules of the club as stated in the *Hillwalker* newsletter.

This fully completed membership application form should be sent together with €19.00 membership fee (no cash) to the membership secretary at the following address : Mr. Ger Walsh, 15 Summerfield Avenue, Blanchardstown, Dublin 15

<b>Signed</b>
<b>Date</b>
<b>Signature of Parent or Guardian</b> <i>(if under 18 years of age)</i>
<b>Date</b>
<b>Full Name and Address</b> <b>of Parent or Guardian</b>