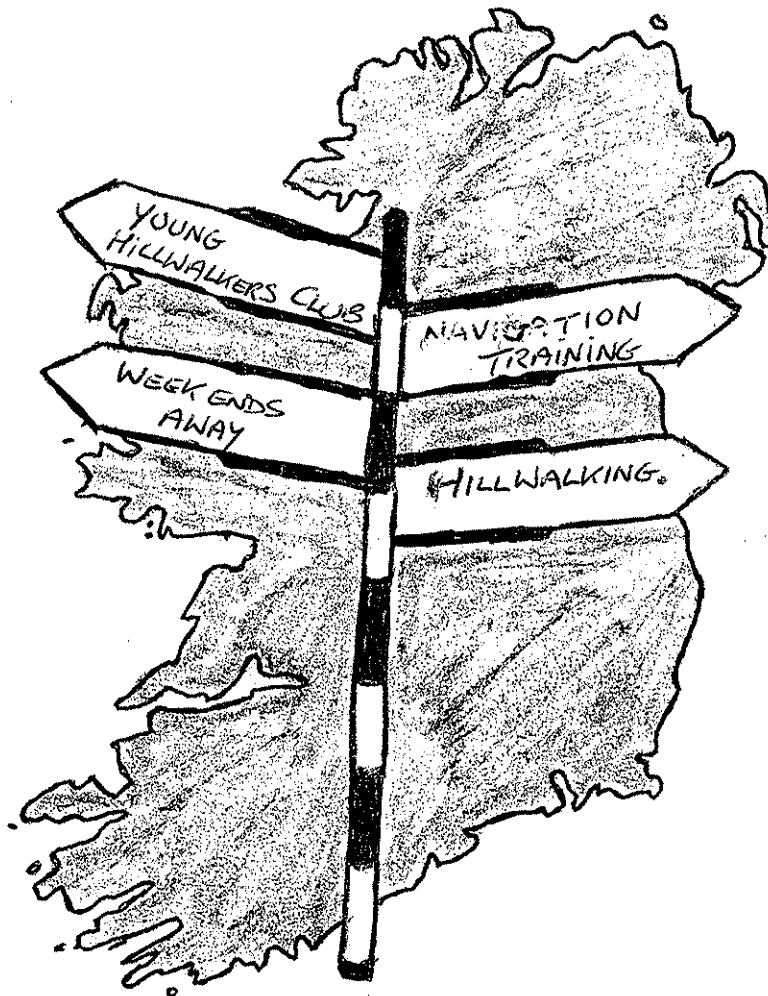




**An Oige Hillwalkers Club**



**MARCH PROGRAMME 1996**

# SUNDAY HIKES

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**MEET:** Outside the Irish Press Offices, Burgh Quay.

**TIME:** Sundays 10.00 am.

**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.**

**NOTE TO LEADERS:** THERE IS A FIRST AID KIT ON THE BUS.  
WALKIE TALKIES MUST BE USED ON ALL HIKES, PLEASE BRING THEM WITH YOU.

## SUNDAY 03RD MARCH

Sally Gap, Cleevaun, Ballinunty Gap

Leader: Dave Rooney

## SUNDAY 10TH MARCH

Laragh, The Brockaghs, Tonelagee, Scarr

Leader: Jim Barry

## SUNDAY 17TH MARCH

No Hike due to weekend in the Mourne.

## SUNDAY 24TH MARCH

Glenmalure, Carrawaystick, Lugnaquilla, Seskin

Leader: Liam Reinhardt

## SUNDAY 31ST MARCH      **Introductory hard hike**

Rathdown forest, Seefin, Seefingan, Kippure, Glencree

Leader: Deirdre Ni Choileain

## SUNDAY 07TH APRIL

No hike due to weekend in Westport.

## An Óige Young Hillwalkers Club Programme for 1996

All Saturday hikes meet at Irish Press Office, Burgh Quay at 8.45am.

**Bring:** Packed lunch, wet weather gear and torch.

**Wear:** Boots, track suit bottoms (Do not wear jeans), hat and gloves.

### Programme as follows:

Saturday 9th March 1996: Dublin Hills  
Saturday 13th April 1996: No Hikes (Ballinlecka Weekend)  
Saturday 11th May 1996: Maulin and Crone  
Saturday 8th June 1996: Great Sugarloaf  
Saturday 13th July 1996: Stepside to Shop River  
Saturday 10th Aug. 1996: Rockbrook to Marley Park  
Saturday 14th Sept. 1996: Knocksink to Glencullen  
Saturday 12th Oct. 1996: Dublin Hills  
Saturday 9th Nov. 1996: Circuit of Howth  
Saturday 14th Dec. 1996: Bray Head and Little Sugarloaf

### Adventure weekends away as follows:

12th - 14th April 1996: Ballinlecka  
21st - 23rd June 1996: Glenmalure  
26th - 28th July 1996; Mountain Lodge, Co. Tipperary.  
23rd - 25th Aug. 1996: Cushendall, Co. Antrim  
1st - 3rd Nov. 1996: Knockree

For further information about our club phone the An Óige office at 8304555 or Dave Rooney at 8344811 (Evenings Only)

Everybody Welcome

## **SOCIAL/WHATS HAPPENING**

**Swimming:** Every Tuesday evening in E.S.B. Sportsco, South Lotts Road Ringsend. Bus no.3 from city centre to Ringsend Bus Garage  
**Cost:** £2.00 per person. **Time:** 9 pm to 10 pm

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### **Easter Weekend**

**05th - 08th April 1996**

**Venue:** Westport Youth Hostel

**Walks:** Achill, Mweelrea, Croagh Patrick

**Cost:** £55 (£50 under 18's)

**Book:** An Oige Head Office

**Leaders:** Jim Barry/Dave Rooney

This is a self catering weekend, bring enough food for the first days breakfast, and Lunch

There are plenty of restaurants/shops in Westport.

A more detailed leaflet will be circulated on the Sunday walks, this is due to a very late change of venue.

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## **CONGRATULATIONS**

Congratulations to Ita O'Hanlon on her recent mountain leadership award from the mountain training board.

## Snowdon Ranger Youth Hostel



Drawing by Kathleen Greer

### An Óige Hillwalkers Club trip to Snowdonia - Fri. 31st May-Mon. 3rd June '96

Easy, moderate and hard hikes each day, something for everyone.  
Welsh 1000m race-Snowdon Horse Shoe-Tryfan and The Glyders-Nantlle Ridge-  
The Rhinogs-Visit Caernar Von Castle and the ancient walled town of Conwy.

Dave and Kath Woods welcome An Óige to their beautiful hostel every year.  
They provide lovely food with vegetarian menu available.

Cost £120.00 (Includes Everything)

All meals including substantial packed lunch, tea and coffee on tap.

All boat and coach transport

All bed linen

All you need to provide is your pocket money.

Deposit £60.00

Book now at the An Óige Head Office ph. 8304555 (Credit Cards Welcome)

*Remember, do not delay as this trip books out very quickly.*

## **Programme of official long walks for 1996**

<b>Comeragh Bog Trot</b>	<b>20th April</b>	<b>info Tom Kearney 052 26282</b>
<b>Maam Turks Walk</b>	<b>27th April</b>	
<b>Blackstairs Walk</b>	<b>18th May</b>	
<b>Galtees Walk</b>	<b>15th June</b>	
<b>Bangor Erris Trail</b>	<b>22 June</b>	
<b>Ring Of Imaal</b>	<b>03rd August</b>	
<b>Ben Bulbin Challenge</b>	<b>03rd August</b>	
<b>Mourne Seven Sevens</b>	<b>10th August</b>	
<b>Burren Walk</b>	<b>01st September</b>	
<b>Glover Highlander</b>	<b>14th September</b>	

**Full information on these walks and contact telephone numbers will be published in the next Mountain Log, which will be sent out to all our members.**

### **THANK YOU**

Thanks to all the walkers who were on the recent trip to the Yorkshire Dales for your very thoughtful gift.

**Ita O'Hanlon**

The An Oige Hillwalkers Club made a donation to purchase equipment for Hostels, Aghavannagh Hostel received a microwave, pots and pans and a new toaster, Glenree Hostel received a microwave, while Ballydavid Wood got a much needed fridge and Ballinlea some extra cooking utensils. Many thanks for these donations.

**Ann Prendergast, Hostel Supplies.**

**Wicklow Way backpacking weekend.**

3rd - 6th May 1996 to Glencree, Glendalough and Aghavannagh Hostels.

Meet: Craft shop, Marley Park on Friday 03rd May at 6pm

**Bring: Torch (essential for Friday night), food for breakfast and lunch on Saturday. (There is a well stocked shop in Laragh for food for Sunday and Monday). Sheet bag (a sleeping bag will be too bulky and heavy), gloves and hat, raingear, spare clothes and light shoes for hostel wear. Carry as little as you can, it will weigh twice as much after 40 miles!**

**Book now at Head Office. (Credit cards acceptable)  
Further information from Dave Rooney 8344811 (evenings).**

**APRIL PROGRAMME**

Articles or notices for inclusion in the March *Hillwalker*, should be sent to:-

*Ger Walsh,  
14 Londonbridge Drive,  
Sandymount,  
Dublin 4.*

on or before the 15th March 1996.

THE 65TH ANNUAL GENERAL MEETING OF

**AN ÓIGE**

Will Take Place On Tuesday 26th March 1996 at 8.00PM

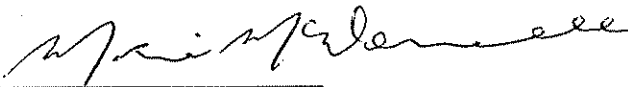
in

**DUBLIN INTERNATIONAL YOUTH HOSTEL  
61 MOUNTJOY STREET, DUBLIN 7**



Notices of Motions to be  
received by the undersigned  
not later than  
**TUESDAY 5TH MARCH 1996**

The Election of five members to the National Council will take place at the meeting. Only life members and members who have paid their subscription for 1994, 1995 & 1996 shall be eligible to vote. Members who wish to vote by post should apply to the undersigned at the National Office of the Association for a Ballot Paper enclosing a stamped addressed envelope. The completed form must be returned in the envelope provided not later than 2pm on the 19th March 1996

SIGNED: 

*Marie McDonnell*  
Honorary National Secretary



# AN ÓIGE

## COUNCIL ELECTION

The following candidates have been nominated to contest the Council Election at the Annual General Meeting.

<b>Candidate</b>	<b>Proposed By</b>
MICHAEL DOORLY	Patrick Carthy Caroline Moylan Val Duffy Margaret Doorly Martin Fagan
BRIAN GRAHAM	Ronnie Connolly Margaret D'Arcy Eileen McCaul Ann Prendergast Tony O'Sullivan
CYRIL McFEENEY	Eddie McGrane Jim Barry Jacinta Moore Kay O'Sullivan Frank Pearson
JACINTA MOORE	Myles Caulfield Cyril McFeeney James Barry Andrew Potter Walter Meade
TONY O'SULLIVAN	Vincent Thomas Maeve Zeni Murial O'Crowley Derry O'Crowley Ressa McGrane
ANN PRENDERGAST	Deirdre Wilson Martin Fagan Frankie Comerford Mary O'Flaherty Brigid Geraghty

2.00pm 5th January 1996

**Marie McDonnell**  
Honorary National Secretary

## NEPAL

Nepal is a Kingdom in the Himalaya Mountains. To the north of it is Tibet and to the south India. The influence of both these countries is to be seen in Nepal with Hindus praying at Temples that are also being used by Buddhists.

The south of Nepal consists of a low lying Tropical region known as the Terai. Here in the Chitwan National Park, one can see Tiger in the wild along with the Indian Rhino.

In the centre of Nepal is the Capitol City, KATHMANDU, which is surrounded by 5,000 foot peaks. Planes have to dip suddenly and ascend 1,000's of feet in a matter of seconds in order to land. It can be compared to trying to land in the crater of a volcano. Our fellow passengers cheered when we landed safely, but then we were flying with the Russian Airline Aeroflot. Six months prior to this Air Pakistan and Air Thailand had both lost planes landing at Kathmandu.

To the north of Nepal lie the Himalaya Mountains stretching like a wall of ice from east to west with peaks between 25,000 and 29,000 feet high jutting into the sky.

The people of Nepal are very friendly. They were never invaded by any country and therefore they feel no animosity towards anyone. Never did one feel any fear of being robbed while in Nepal, even when Kathmandu's electricity blacked out each evening because of over-demand. Most evenings we walked back to our Hotel in total darkness along narrow dusty streets in a scene that was almost medieval. The little shops would light candles or oil lanterns and continue with business as usual.

We went to Nepal in April as that is the Dry Season. The Monsoon Rains come in June and last until September. Not only are diseases more prevalent during the Wet Season and the Himalayas obscured, but blood sucking Leeches are also a major problem.

On arrival we spent a few days in Kathmandu visiting the Temples and nearby Towns. The Temple at Swayambunath is perched on a hill overlooking Kathmandu and here you will see Buddhists walking clockwise around the Temple turning prayer wheels also in a clockwise direction. Beware of the Monkeys here as they will swipe any piece of food which you might have in your hand and bite you into the bargain.

At the Hindu Temple of Pashupatinath early morning cremations of the dead take place with a viewing gallery for the public if one wishes. An early morning trip out to the ancient town of Bhaktapur was an unforgettable experience with the colourful market in full swing. Small shops were selling spices and food while men and boys gambled with cards in the streets. I wandered through the crowd in a trance while women in colourful saris did their shopping. At one stall a dissected Waterbuffalo with his head lying to one side was being sold along with plastic bags of its blood.

I was glad we had visited these places before our trek in the Mountains as we became very relaxed and used to quietness and towns and noise were not very attractive to us on our return.

TO BE CONTINUED.

## NEPAL (part 2)

After a few days around Kathmandu we set off for the town of Pokhara 100 miles away. From here we could begin our trek into the Himalayas. We intended doing a 9 day trek in the Annapurna region close by. We had spent a morning queueing for a Trekking Permit, in order to go to this region. The Police in the villages in the mountains will regularly check and stamp your Permit. Many parts of Nepal are closed to visitors in order to preserve the cultures and traditions of the Country

The 100 mile journey cost £2.50 in a crowded Bus and took 7 hours to complete. The road was narrow and pot-holed with a deep ravine down below. You could see overturned lorries down below you and this made you want to help the driver in your mind anyway. Near Pokhara a bridge was down so we just drove through the 3 foot deep river. As the Bus lurched at an angle in mid-stream I felt life was becoming a little risky. On arrival we were surrounded by a hundred locals offering us guides, treks, or accomadation. We got a Taxi to a Trekking Agency and hired two Porters for £3 each per day, and within two hours of arriving in Pokhara we were heading upwards towards the Himalayas. It was great not having to carry our full packs thus we were able to enjoy the scenery more and take some photographs.

Each days hike was like a Sunday Hike in the Wicklow Mountains exertion wise.

There were no more roads or traffic now only Mule Trains bringing provisions into the mountains and returning with Silver and Rugs from Tibet.

For nine days we stayed in the houses with the local people, with no electricity or running water. One got used to going to bed at 8 or 9 o'clock in the evening and rising at 5 or 6 o'clock at dawn.

We ordered our meals from the locals, and no matter what we ordered the meal always consisted of Rice and Vegetables, with some burnt wood from the fire in it for flavour.

In one house as we talked to a Tibetan Monk a Swallow kept flying into and out of its nest in the rafters of the kitchen. In another a hen with a lame leg balanced on our table as we ate our meal.

None of us were ill as a result of the food but it was very monotonous. The scenery on the other hand was spectacular, with Dhaulagiri 26,790 feet and Annapurna 26,540 feet towering above us each day as we walked along.

The highest point reached on our trek was 11,000 foot when we spent the night at the Ghorapani Pass. It was very cold and it snowed during the night. Ghorapani Village was like a frontier settlement in a Clint Eastwood Western, with Mules tied to posts and snow blowing through the pass. At 5 AM, the next morning we set off to climb Poon Hill, to see the sun rise over the Himalaya. It was a real adventure, climbing in semi darkness, thinking of Snakes and Leopards that lived in these hills while all the time the Mountains were brightening around us. The view from the top was worth the effort with colours of pink and peach illuminating the mountains.

To be continued.....

### NEPAL (part 3)

After 5 days trekking we reached our farthest point from civilisation. We had reached the Kali Gandaki Gorge. This is the deepest Gorge in the world being 5 miles deep (the Grand Canyon is only 1 mile deep). It cuts the Himalayas in half from north to south. The Kali Gandaki River was flowing from Tibet before the Himalayas were even in existence. But as India pushed into Asia and the Himalayas grew, the river maintained its course by cutting down into the Mountains faster than the rate at which the mountains were growing.

In the Village of Tatopani, in the Kali Gandaki Gorge were natural hot springs to bathe in, if you did not mind all the sick looking people that were bathing along with you. There were Orange Trees growing all around the area and the fruit was very juicy. Yes Tatopani was an Oasis in the middle of a wilderness. One night in our bedroom a shuffling under my bed turned out to be your local friendly Tatopani Rat. It was time to move on once again.

We returned to Pokhara over the next four days by a different route. We were racing along now as we had become very fit with all the walking we were doing.

Returning to Kathmandu it was sad to leave the simple stress free life of the mountains behind. All one had to do each day was ramble along from village to village enjoying the view and taking photographs. We still had three days left in Nepal and we regretted we had not spent more of our time in the mountains.

We had to confirm our flight tickets 48 hours prior to flying or we could have risked them becoming null and void. This had happened to a friend and he had ended up having to pay £400 for another seat on the same plane. You have been warned!!

Our holiday in Nepal was a fantastic experience. The people were very friendly. It cost very little to live there at around \$20 a day all inclusive in Kathmandu and \$5 a day in the mountains.

We flew with Aeroflot via Moscow from Shannon for \$550 return. I took £300 in Dollars with me to Nepal and I brought \$50 of that home with me again, having bought 5 woollen jumpers, a rug, loads of silver jewellery and several batic paintings along the way.

In the mountains you are a long way from medical assistance so bring some basic medicines with you including Iodine to put into the water if by chance you can't get bottled water on your trek.

You will need a number of inoculations, before going so contact The College of Surgeons, before going. They will arrange all your injections at a price.

Some dried fruit and orange powder to put in the water for flavour, are well worth bringing along with a packet or two of biscuits.

On your Trek you will meet loads of children looking for sweets. Bring lots of Bicos and postcards of Ireland with you to give to them. Don't give them sweets as there are no dentists there to pull out their rotten teeth.

Concluded.

Proinsias Mac an Bheatha.