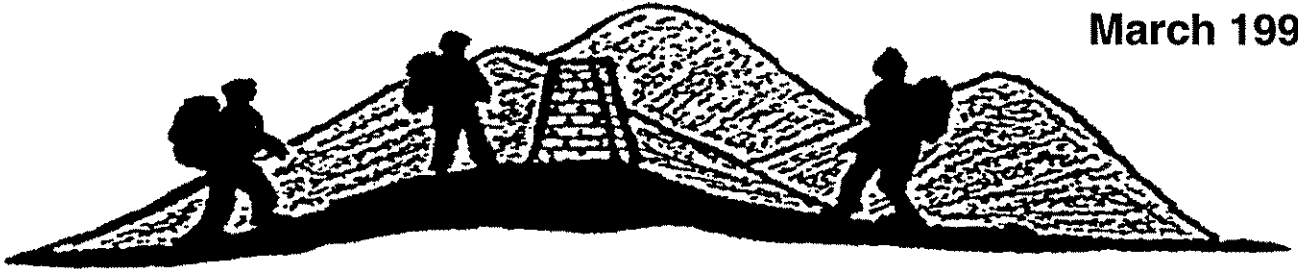


The Hillwalker

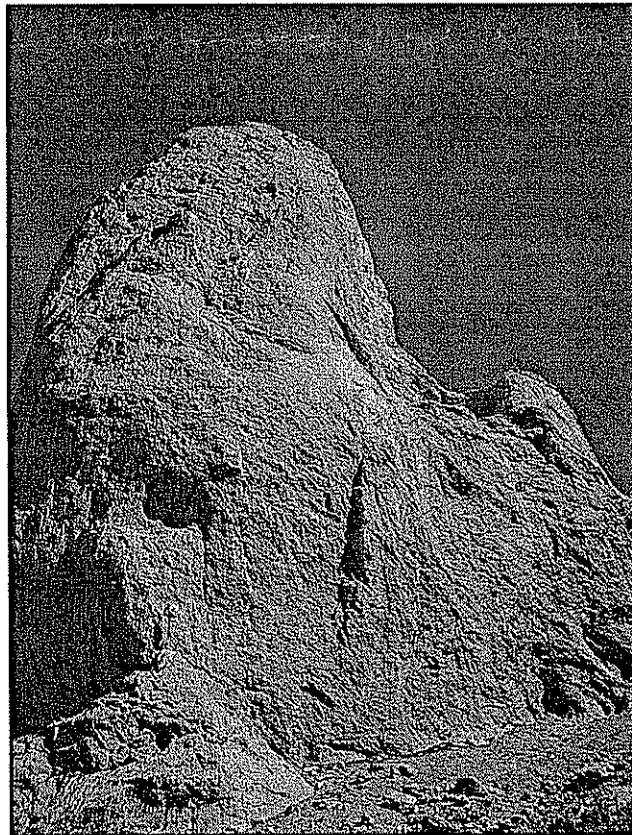
March 1998



The magazine of the An Óige Hillwalkers Club

The Hillwalker's innards this month include:

Sunday Hikes
Young Hillwalker's Club
Weekends Away
Holidays Away
Special Interest Hikes
Club Travel



Naranjo de Bulnes, Picos, Spain

Photo: Patricia Goodman

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.

BRING A TORCH

Date	Route Description	Leader
8th March	INTRODUCTORY HARD HIKE Trooperstown Wood Hill - Clara - Kirakee - Shay Elliot Memorial - Ragman's Path - Laragh.	Tom McCarthy
15th March	Crone Wood - Maulin - Tonduffs - Powerscourt Mtn. - Lough Brays - Glencree - Old Boleys - Knocknagun - Prince William Seat - Curtlestown Wood	Denis McMahon
22nd March	Laragh - Paddock Hill - Scarr - Glenmacnass - Tonlaguee - Brockaghs - Laragh	Dermot Egan
29th March	Balinagee Bridge - Oakwood - Fair Mtn. - Lough Firib - Art's Cross - Conavalla - Three Lakes - Table Mtn. Round Hill - Granabeg School House	Cyril McFeeney
5th April	Barravore - Fraughan Glen - Lugnaquilla - Kelly's Lough - Carrawaystick - Drumgoff	John Guy

The hiking programme is subject to alteration during periods of extreme weather conditions.

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 IN THE DUBLIN HILLS

Date: Saturday 14th March 1998.
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

Join the Young Hillwalkers Club for a backpack from Ballinclea to Glenmalure on the 17th and 18th of April. Full details from John Guy or Dave Rooney at the numbers below. For further information about our club phone the An Óige Head Office at 01-8304555 or either John Guy at 01-4524627 (h) or Dave Rooney at 01-8344811 (h).

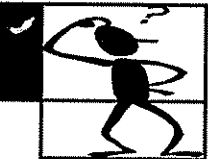
WALKING HOLIDAY IN SCOTLAND



Margaret Darcy and Ita O'Hanlon are organising a walking holiday in Scotland. A preliminary meeting will be held on the 5th march @ 8:30 in the An Óige Head Office at 61 Mountjoy Street, Dublin 7. The details are as follows:-

Dates: 11th - 25th July 1998.
Cost: £465/£495 (approx.),
Deposit: £150 (Non-refundable).
Price Includes: All transport, Overnights in Hostels, Full Board (Self Catering).
Insurance: Cost does not include holiday insurance which is mandatory for all participants,
Max No. people: 20.

HILLWALKERS NEWS



Hillwalkers Club T-shirts are now on sale. Sizes medium and large. Send £5 (cheque or postal order only - NO CASH) to cover post and packing to Maggie Greaney, stating the size required along with your name, address and telephone number, at the address on the back of the newsletter.

LEADERS URGENTLY WANTED

Contact Jim Barry at 4556455 (home between 7.00pm. and 10.00pm.) or Martin Fagan at 8553653 (h)

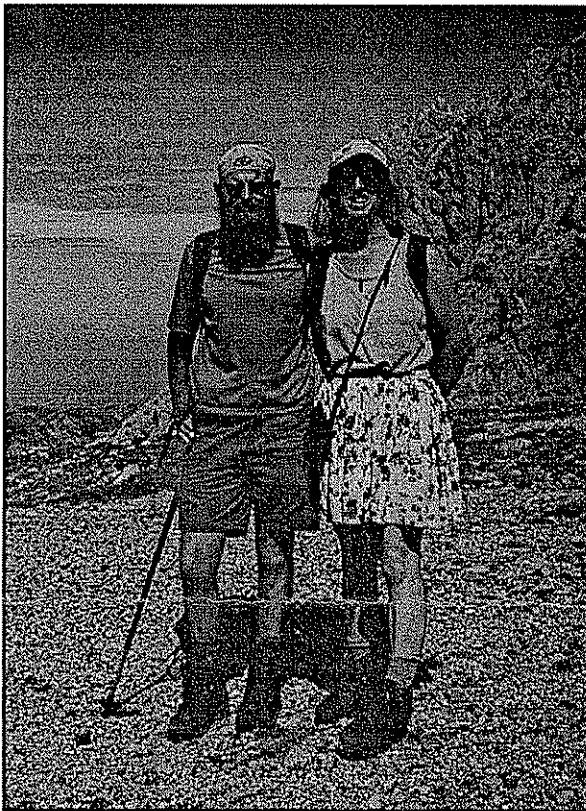
PATRICIA'S PICOS

Last August my partner, Tom Kenny, and I decided to make part of our holiday in Spain a Walking Holiday. I had been on a few hikes abroad, but neither of us had done any serious trekking outside of Ireland. We chose the Picos de Europa Mountains in the North of Spain. The plan was to spend four or five days walking, sticking to tracks and well marked trails. From Leon, we took a bus to Posada de Valdeon, one of the jumping off points in the Picos. There is only one bus a day at 6.30 p.m. It's a four hour trip. So we arrived quite late, but managed to find a room easily. Next morning we rose early, keen to get started. According to our Guide Book (Lonely Planet -- Trekking in Spain) and the guy that ran the Pension (an English man) jeep taxis line up outside at about 9 a.m. to take walkers the 8 km up to Cain, and the start of the Cares Gorge (Garganta de Cares). At 10 a.m. we were still waiting, no sign of any taxis or any other walkers. Tom, never renowned for his patience, Finally, we hitched a lift from we were off. From Cain to good track and not much the time lost earlier. The almost 100 meters deep in Gorge a trail turns to the right This was a steep climb at while. There is no road into out is on foot or by donkey. from cain. We spent the (Hostel) where we also had about E6.00 for a three had planned to stay two the Naranjo de Bulnes as a However, the Albergue was make a quick change of out for the village of Sotres.

An old cobbled trail climbs thick vegetation, crossing a Pass of Pandebano (1224 Pass and down into the Val-the road just outside Sotres The following day we re-the Pandebano Pass. Here trail up the Naranjo de highest mountain in the Pimous and a real landmark. It

took our time, stopping frequently to admire the fantastic views and take photos. 2 hours 40 minutes from the Pass we reached Urriello Meadow (1950m). This is as far as walkers go. The huge Sugar-Loaf of the Naranjo, a further 569m towers up behind the refuge. This is tackled by rock climbers only. We had a long lunch in the sunshine, filled out water bottles with ice cold spring water and set off on the long trek back to Sotres. We arrived back eight hours from the starting time, two tired but very happy campers.

At 7.30 a.m. the next morning, we set out on our last hike to Espinama, 20 Km. away. The dirt track follows the Rio Dujo through rocky terrain. About three hours out we reached the hamlet of Las Vegas de Sotres, reputed to have a seasonal bar. (The place was deserted when we passed through). We trudged on to the highest point of the hike at 1450 m. Shortly after this we exchanged the Rio Dujo for the Rio Nevandi, and the Valley opened up with wide green meadows either side of the river. It was level going for a while after that, with a final steep descent into Espinama. Here we connected with a bus to Potes. Potes is a lively town, with lots of accommodation, bars and shops selling local crafts and produce. It's a good place to spend a day or so after the quiet mountain villages. The following afternoon we left for Santander, our first trekking adventure abroad successfully and safely behind us. Let's hope it's the first of many.



Tom and Patricia at Urriello Meadow

was getting a bit anxious. a Spanish family and at last Poncebos is 12 km. With a climbing, we soon made up Gorge is quite spectacular, parts. Past the end of the (South) heading for Bulnes. first, but levelled out after a Bulnes -- the only way in or The full walk took us 5 hours night at the Albergue dinner -- very good value at course meal with wine!! We nights in Bulnes and climb round hike the next day. fully booked so we had to plans. Next morning we set

up from Bulnes, through few streams to the wide m). We continued over the ley, then up again, joining (1050m) four hours later. traced our steps back up to we joined the meandering Bulnes. This is not the cos, but it is the most fa-was a beautiful day and we

Patricia Goodman

WEEKENDS AWAY



CLUB WEEKENDS AWAY FOR THE COMING YEAR

MAY BANK HOLIDAY:

- ◆ The Burren, Co. Clare. Organisers: Martin Fagan & Frankie Comerford.

JUNE BANK HOLIDAY

- ◆ The Beara Peninsula, Co. Kerry. Organiser: Donal Finn.

AUGUST BANK HOLIDAY

- ◆ The Nephin Mountains, Co. Mayo. Organiser: to be decided.

OCTOBER BANK HOLIDAY

- ◆ The Galtee Mountains, Co. Tipperary. Organiser: to be decided.

DETAILS OF THE EASTER BANK HOLIDAY WEEKEND AWAY TO KERRY/WEST CORK

Date: Thursday 9 April to Monday 13 April 1998

This weekend is suitable for moderate and hard walkers only.

Staying: Aghadoe YH, Killarney. Cost: Adults £55 and under 18's £50.

Meals are £18 extra and, there is a delicatessen in the hostel. Deposit of £30 (non refundable) to An Óige Head Office (01-8304555, credit cards accepted).

Bring: Winter clothing/boots/spare clothing/sheet bag/rucksack/valid An Óige Card/receipts of all payments to Head Office.

The bus departs from Custom House Quay on Thursday 9th April at 6.00PM. SHARP.

ROUTES:

Friday - Caherconeree/Baurtregaum. Dingle Peninsula. Sheet 71.

Saturday - Carrauntoohil. Sheet 78.

Sunday - Gaugane Barra Circuit. West Cork. Sheet 85.

Monday - Paps of Dana or Caherbarnagh if time permits. Sheet 79.

SOCIAL SCENE



SLIDE SHOW SPECTACULAR

A slide show presented by Gerry Walshe on his Travels in Eastern Europe will take place on March 24th in the Palace Bar at 8:30PM.

AN ÓIGE NEWS



EASTER IN SCOTLAND 9th - 13th April 1998

Minnigaff Youth Hostel in the beautiful Galloway Hills, South Scotland

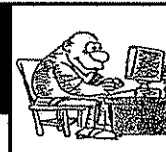
- ◆ Bus leaves An Óige Head Office, 61 Mountjoy Street, Dublin 7 at 5.00PM Sharp on Holy Thursday 9th April 1998
- ◆ Bus travels on Ferry arriving back in Dublin Monday 13th April at 8.00PM (approx.)
- ◆ Cost £90 - Hostel; £130 - Bed & Breakfast (includes all travel and 4 overnights)
- ◆ Hostel fee does not include meals; Shops & Restaurants nearby
- ◆ Hikes will be graded - Hard, Moderate and Easy
- ◆ There are many lovely gardens and forest parks in this area.
- ◆ Book at An Óige Head Office. Tel: 01-8304555
- ◆ Deposit £50

THE COMMITTEE



Chairperson:	Martin Fagan (01-8553653 h)
Secretary:	Donal Finn (01-4530617 h)
Treasurer	Proinnsias MacAnBheatha (01-8379897 h)
Editor:	Maggie Greaney (01-2834253 h)
Sunday Hikes:	Jim Barry (01-4556455 h)
Weekends Co-ordinator:	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)

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 April newsletter should be sent before Friday 13 March 1998 to:
Maggie Greaney, 68 Newtownpark Avenue, Blackrock, Co. Dublin.
(e-mail: maggieg@tinet.ie)