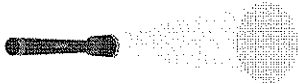




Sunday Hikes March

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 €8.00.

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



The Hillwalker March 2002

Date	Route Description	Leader
3 rd March	Route: Stepside - Fernhill Tunnel Three Rock – Fairy Castle – Tibbradden Mtn - Pine Forest - Cruagh Mtn - Glendoo Mtn - Knocknagun – Prince William Seat – Raven’s Rock – Shop River Bus to Enniskerry. [18km/700mAscent]	Philip Hayden
10 th March	Introductory Hard Hike Route: Track(G.R.076 933) – Lugduff – Conavalla – Three Lakes – Table Mtn – Table Track – Glenmalure Hostel – Barravore Car Park [16km/750m Ascent]	Pat Drew
17/18 th March	St Patrick’s Weekend No Organised Walks Members are free to organise their own walking itinerary	—
24 th March	Dublin Hills Circuit Route: Feather Bed Track (G.R.131 196) – Kippure Mtn – Seefingan – Corrig – Seahan Mtn – Glassavullaun – Glenasmole Reservoir. [18km/500m Ascent]	Proinnsias MacAnBheatha
28 th March-1 st April	Walking in Kerry see separate itinerary No Dublin Sunday Hike	Jim Barry/Tom Kenny
7 th April	Route: Avonbeg River Bridge (G.R.080 929) – Forest Track – Art’s Lough – Clohernagh – Lugnaquilla Mtn – Cannow – Benleagh – Cliff Path – Forestry – Barravore Car Park. [16km/850m Ascent]	Brian Madigan



Winter Season Notice

The hike co-ordinator has asked that we take note of the following points of safety for the Winter walks, especially hike leaders:

All hike participants should carry suitable waterproof torches, reflective armbands or strips and adequate winter attire from the end of October until the end of the winter period (March - April 2002). Leaders should insist that all participants are suitably attired and using torches when required. Leaders should plan to finish all hikes between 1700 and 1730hrs (earlier if severe adverse weather conditions prevail). Every effort should be made (without dragging or hurrying the group) to reach a recognised safe track or road way before the onset of darkness. Leaders should slow the pace down when encountering any type of awkward or difficult terrain, steep or slippery inclines etc. Extra vigilance should be exercised during the periods of dusk, darkness, dense fog or mist, snow and icy conditions etc. Walks should be altered or shortened to take account of adverse weather conditions e.g. possible flooding or icy roads.

Circuit of Imaal

The Club is organising the annual Circuit of Imaal walk on 22 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.

Young Hillwalkers

Saturday Hike – 9th March Dublin Hills

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 29th to 31st March Knockree/Glendalough backpack.

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

Club Slideshows

Slideshows are planned for the following dates: Mar 12, and Apr 16. Precise details will be emailed when available.

Weekends Away

Among weekends away currently planned for this year are:

- Killarney, Co. Kerry, on the Easter weekend, to be led by Jim Barry. This is almost full but you might be lucky and get a last-minute seat. See previous issues/web for details.
- Burren, Co. Clare, in May, to be led by Prionsias MacAnBheatha. Full details at the end of the newsletter.
- Westport, Co. Mayo, in June led by Philip Hayden. A disgraceful decision to put this man in charge of anything. The Editor will have to come along, if only to pick holes in his leadership.



The Hillwalker March 2002

The 2002 Committee

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 & Pearse Foley</i>
Webmaster:	<i>Matt Geraghty</i>

2002 Membership Fees

The Hillwalkers Club annual membership fee is €19.

Most of you will be due to renew your membership from this month onwards. 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).

Note from the Editor

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: warren@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: warren@gofree.indigo.ie

Glenmalure Hostel- An Óige Notice

It is the smallest Youth Hostel in Ireland with just 16 beds. It is surely the most primitive hostel in Ireland and you would find it difficult to find its equal worldwide. The running water is the



river that passes the front door, the toilets are the 'old fashion type' and you cook and eat your meals by magic gas light.

Will we close Glenmalure Hostel? Well, just now that this winter depends on you, the membership of An Óige? We need voluntary wardens immediately, only for weekends in the winter months! The hostel has operated that system for many years but fewer people are helping this 'spirit of An Óige' work.

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.

Eddie McCrane

Mountain Skills ~ Club Bursaries

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 fulfill 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) 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.



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 1st March 2002.

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

Meals: available locally – more details in April programme.

Food: bring sufficient amount for at least one breakfast.

Bring: rain wear/change of warm clothing/ sheet bag/towels/toilet gear/ flask/torch/ first aid kit/camera/binoculars/ valid An Óige membership card.

Departure: Friday evening from Custom House Quay at 6pm/ 1800hrs sharp.

Return: Monday evening /arriving Dublin City centre at 8pm(2000hrs) 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



The Hillwalker March 2002

An Óige Hillwalkers Club

May Bank Holiday Weekend 2002

Friday 3rd May - Monday 6th May 2002

Visit the Wild and Beautiful Burren Country of Co. Clare.

Doorus Y.H. Kinvara, Co. Galway

Moderate/Hard Walkers Welcome

Two grades of walk on both Saturday and Sunday

Leader: Proinnsias MacAnBheatha

Strictly Bus Only Trip

Weekend Itinerary to include:

- ✓ **Black Head, Gleninagh and Capanawalla Mountains**
 - ✓ Turlough Hill
- ✓ **Burren Flora Studies on both moderate walks**
 - ✓ Visit to the Ancient Monastic Settlement of Clonmacnoise, Co. Offaly
 - ✓ Social Events

Ordnance Survey Maps: 1:50,000 Discovery Series Sheet 51