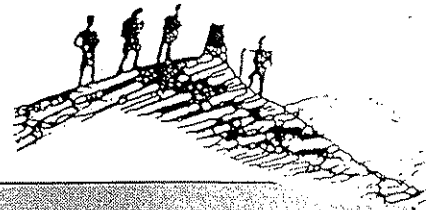


# The Hillwalker



## May Programme

MEET	Outside the Irish Press Offices. Burgh Quay.
TIME	Sundays, 10.00am.
BRING	Rainwear, flask, sandwiches, torch, reflective armbands and a change of clothes.
WEAR	Hiking boots. <b>RUNNERS NOT ALLOWED.</b>
TRANSPORT	Private bus – Price £5 (unless otherwise stated)
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. <b>The leader sets the pace of the hike and walkers are expected to obey his/her instructions at all times.</b>

**Sunday 1st May**  
Bank Holiday

**INTRODUCTORY HARD/SPECIAL HIKE**  
**Route: BLACKSTAIRS MOUNTAINS, CARLOW.**  
**Leaders: Martin Fagan and Jim Barry.**  
**Meet: Irish Press, Burgh Quay 10.00am.**  
**BUS: SPECIAL BUS - APPROX. COST £7.00**

*Sunday 8th May*

*Rockbrook, Glencree, Kippure, Seefingan, Corrig, Butter Mtn.,  
Kilbride, Brittas.*  
*Distance: 12 miles*  
*Leaders: Dave Rooney and Sean Dunne*

*Sunday 15th May*

*Second stage of Ring of Imaal Walk*  
*Lugnaquilla, Table Mtn., Lobawn, Donard.*  
*Distance: 14 miles.*  
*Leader: Martin Fagan*

*Sunday 22nd May*

*Glenmacnass, Tonelagee, Barnacullan, Mullaghcleevaun,  
Moanbane, Ballyknockan.*  
*Distance: 13 miles.*  
*Leader: Sean Feeney.*

*Sunday 29th May*

*J.B. Malone Memorial Walk . Leader: Jim Barry*  
*White Hill, Djouse, War Hill, Tonduffs, Maulin, Knockree YH.*

*Each of the An Oige Hikes will finish at the Knockree Youth Hostel*

**MEETING PLACE AT END OF HIKE: THE PALACE BAR, FLEET ST.**

### MOUNTAIN SAFETY NOTE

As hill walking can sometimes be a hazardous activity, it is requested that any walkers on medication or with a medical condition, inform the leader of their condition before the hike.

## TRAINING

### INTRODUCTION

During 1994, the Hillwalkers will run a programme aimed at people who have already completed a basic navigation course and who would like to gain additional navigational experience.

### FORMAT

Monthly Saturday training hikes with experienced leaders.  
Organised reconnaissance hikes with existing leaders.  
Co-leading of Sunday hikes with existing leaders.

The Saturday training sessions will be based on small groups of about six people and will be organised by one of the leaders listed below. The hikes will give members the opportunity to increase their navigational and observational skills and eventually will become competent enough to lead their own hikes

People interested in participating in this programme should contact directly the leader cited in the programme for that month to make arrangements.

### LEADER TRAINING ORGANISERS

Donal Finn Ita O'Hanlon  
Martin Fagan Deirdre Ni Choileain

### MAY TRAINING / RECONNAISSANCE HIKE

Leader: Ita O'Hanlon. Tel: 8310571 or Donal Finn 4530617  
May 21 - Glenmalure area  
Arrangements: Contact leaders directly.

## ORIENTEERING NOTES

- 8 May 1994 Ravens Rock, Curtelstown, Glencree, Co. Dublin. GR 08017  
Organisers: AJAX Orienteering Club.
- 10 May 1994 Donadea, Clane, Co. Kildare. *EVENING EVENT*. GR N8433  
Organisers: CNOC Orienteering Club.
- 22 May 1994 Trooperstown, Laragh, Co. Wicklow. GR T1697  
Organisers: GEN Orienteering Club.

Results of the event held at the Hellfire Wood on 13 February 1994:

Two members of the Hillwalkers took part in this event and they were placed in the first 30 out of 89.

*Muriel Barry: penalties 30*  
*score 190*  
*total 160*

*Liam McGuinness: penalties 30*  
*score 190*  
*total 160*

## LEADERS URGENTLY WANTED

CONTACT MARTIN FAGAN AT 8743082 (H) AFTER 7PM.

*THE BURRISHOOLE WALKING FESTIVAL, COUNTY MAYO*

**JUNE BANK HOLIDAY WEEKEND - 3RD JUNE TO 6TH JUNE 1994**

**Cost: £50 including 3 overnights in Traenlaur Lodge Hostel, 2 Evening meals and transport.**

**Deposit: £25 (non refundable)**

**Limit of 40 places**

**Organisers: Ann Carpenter and Jim Barry ( tel. 455 6455 ).**

The Burrishoole Walking Festival takes place every year in Co. Mayo. The aim of the festival is to walk the rights of way in the area. The *An Oige Hillwalkers* will this year be taking part in the walks and in the ceoil and craic in the evening.

*Programme of events for weekend:*

*Saturday: choice of two walks ( one ten mile walk and one fifteen mile walk ).*

*Sunday: choice of two walks ( one ten mile walk and one eighteen mile walk ).*

*Sandwiches and drinks provided.*

There will be a ceili on Saturday night and Sunday night at which tea and sandwiches will be provided.

Certs will be presented at the Sunday night ceili to those people who complete the walks.

*J.B. Malone Memorial Walk*

*An Oige has agreed to organise a special walk in memory of the late J.B. Malone who was responsible for opening up of Ireland's first long distance walk i.e. The Wicklow Way. A meeting will be held in An Oige International Yh on Thursday 5 May at 8.00pm. to formalise arrangements. Your support is needed.*

*HILLWALKERS SATURDAY CLUB*

This club is for young people aged from 13 - 16 years.

Using the *Dublin Bus Travelwide Ticket* - cost £1.40 for under 16's.

There will be a monthly hike in the Dublin and Wicklow mountains. The first hike take place in May.

**Date:** Saturday 21st May, 1994.

**Meet:** Irish Press Office, Burgh Quay.

**Time:** 8.45am for the 9.00am bus to Enniskerry. Arrive back in Dublin at 6.00pm. approx.

**Hike Route:** Shop River - Knockree - Maulin - War Hill - Djouse - Wicklow Way - Crone Wood - Shop River.

**Distance:** 10 miles approx.

**What to bring:** map and compass (if you have them) as mountain navigation will be given.

Waterproof jacket and pull-ups, cap and gloves, packed lunch, torch, change of clothes, rucksack, flask. WEAR HIKIG BOOTS.

**DO NOT WEAR JEANS - A TRACK SUIT WILL BE OK.**



DUBLIN/WICKLOW

## **MOUNTAIN RESCUE TEAM**

A Member of Irish Mountain Rescue Association (I.M.R.A.)

### **TABLE QUIZ**

**IN AID OF DUBLIN - WICKLOW MOUNTAIN RESCUE,**

**TUESDAY, MAY 17,**

**HOLLYBROOK HOTEL, HOWTH ROAD**

**8.30PM. SHARP.**

**TEAMS OF 4, AT £12 PER TABLE**

**PRIZES GALORE!**

**ALL ARE WELCOME!**

**TEL: MARTIN ROONEY, 8425395**

### **CAMPING WEEKEND**

**IN THE LOUGH NAFOOEY AREA, CLONBUR, CO. GALWAY**

**21 -22ND MAY, 1994.**

*(This camp is suitable for experienced campers/backpackers only)*

*For further information contact: Maggie Greaney 497 5063 (H - after 7.00pm.)  
(send £5 deposit to leader)*

One of our members - Hannah O'Donovan, has been assigned by The Heart Foundation, to the south of the city (Dublin) to co-ordinate volunteers working on the *Happy Heart Campaign Week-end* coming up on the 26th, 27th and 28th May.

This year it is hoped to involve more young people in the selling of Heart Pins (£1 each).

Heart is the number one killer in Ireland and in so many cases preventable. Awareness is the key to any improvement.

Hannah is hoping to allocate the St. Stephens Green Shopping Centre to the Hillwalkers Club for Saturday 28th May and she is appealing to our members for volunteers to sell *Heart Pins* on that day. If you feel you can donate a few hours or even a full day to this worthy cause, please contact Hannah at her Office 6609755 or Home 2837370 for further information. If you can't afford the time to sell Hearts, please go along anyway and support your fellow hikers and buy a *Happy Heart* pin.

As most of us know exercise is so beneficial. This lifestyle will stand to us for years to come as we enjoy our free time hiking/climbing in the countryside and therefore we can understand the importance of this cause.

**A HAPPY HEART IS THE KEY TO A HEALTHY AND LONG LIFE.**



**HAPPY  
HEART  
WEEKEND**

## CYCLING WEEKEND

**DUBLIN - AUGHAVANNAGH**  
(stay overnight in Aughavannagh Youth Hostel)

**21 - 22 MAY 1994**

For further information contact leaders:

**LEADERS: FRANK ROONEY** Tel: 833 3718    **MARTIN FAGAN** Tel: 874 3082

## SOCIAL NEWS

**SWIMMING:** Every Tuesday evening in the ESB Sports-Co., South Lots Road, Ringsend  
Between 9.00pm. and 10.00pm.    Price: £1.50

**BOWLING NIGHT:**    *UCI Coolock - Saturday 21 May*  
*Meet: UCI at 8.30pm.*

**FILM NIGHT:**    *Thursday 26 May.*

**Meet:** 19 O'Connell Pub (beside Gresham Hotel and Savoy cinema) at 7.00pm for a drink and to decide on film. Names of those wishing to go should be given in to an Oige Head Office before Friday 20 May.

**BRIDGE CLASSES;** Volunteers required to teach Bridge. Teachers and "pupils" should ring Britt O'Sullivan at 2831218 (h) for further details.

## LONG WALKS PROGRAMME

**BANGOR ERRIS TRAIL, CO: MAYO ( NEPHIN MOUNTAIN RANGE)**

**DATE:** 17 - 19 June

The Hillwalkers are organising a weekend away, staying in Traenlaur Lodge Hostel and taking in this walk as part of the weekends hiking activities.

The Bangor Erris Trail is a 24 mile walk from Bangor Erris to Newport , over an old 16th century road (green road) through the Nephin mountains. This annual event is organised by the Sceardagh Adventure Centre. The entrance fee is £7 and this includes certificate, ceili and free bar.

Programme of events: Saturday - *Bangor-Erris Trail (24 miles, 2,000ft)*  
Sunday - *8 - 10 mile hike in area (organised by Hillwalkers)*

**Cost:** £50. This includes 2 hostel overnights, 1 dinner, 2 packed lunches, 2 breakfasts and transport for weekend.

**Deposit:** £15 to be paid to An Oige Head Office or leaders.

**Leaders:** Dermot Egan and Ciaran Egan. Tel: 549 1530

## HOSTEL BACK-PACK

Back-pack the Wicklow Way from Marley Park to Aughavannagh Hostel.

Friday June 3 to Monday June 6, 1994.

Staying at Knockree, Glendalough and Aughavanagh Hostels.

*Note:* This is a tough hike requiring a high degree of commitment to see it through - 60 miles in three and a half days.

*Friday 3 June:* 17.30 - 48A bus from Hawkins St. or Marley Park (Grange Road Gate) at 18.00  
Hike to Knockree - 24Km. - Arrive about 23.00

*Saturday 4 June:* Hike to Glendalough - 27km.

*Sunday 5 June:* Hike to Aughavannagh - 27km.

*Monday 6 June:* Ow Valley - Lugnaquilla - Cannow - Camenagulloge - Conavalla -  
Glendalough - 24km. St. Kevin's Bus to Dublin at 18.00

**What to bring:** Food - snack for Friday night, breakfast + packed lunch for Saturday. There is a well stocked shop in Laragh for Saturday evening meal. Sunday - Breakfast + packed lunch, evening meal and Monday breakfast + packed lunch. Avoid carrying tinned food or glass jars, pasta shells or rice are the lightest to carry on a weight for food value basis.

**Bring:** ruck-sack, sheet bag (sleeping bag is bulky and heavy), torch, hat, gloves, rain gear, first-aid kit, map and compass, spare socks, complete change of clothing (to wear in evening), boots, flask, matches or lighter, ruck-sack liner, water container.

**Remember:** you will have to carry all your gear for about 60 miles - think carefully about the equipment you pack and about the weight you will have to carry.

Book in An Oige Head Office. Cost: 3 overnights £13.50. Bus fares: £7.50 approx.  
You may pay by Access/Visa over the phone.

## CAMPING WEEKEND

JUNE BANK HOLIDAY WEEKEND June 3 - June 6

Area: Dingle Peninsula

Deposit: £10 to Deirdre Ni Choileain

Anyone interested in taking part in this camp should contact Deirdre directly at 6792777 extn 4630

# OUTDOOR IRELAND

Mountain Skills  
Orienteering  
Rock Climbing  
Walking Guide

23 Grange Park Close, Raheny, Dublin 5.

Telephone: (01) 847 8291 · Michael Kellett

### English Lakes Walking Holiday - June 1994

Martin Fagan will be organising a walking holiday to the English Lake District from 4th to 12th June 1994. A meeting will be held on Monday, 21st February 1994 in the Dublin International Youth Hostel, Mountjoy Street at which a deposit of £60 will be taken from people interested to enable him to confirm the booking of the hostels.

The trip will cost approx £150 including boat, return train to Penrith, 8 overnights.

All hostels in the Lake District are of a very high standard with good quality drying rooms. People going on the holiday will have the option of self-catering or availing of the hostel meals. Heavy rucksacks will be carried by van between the hostels.

The proposed itinerary will be as follows:

**Sat, 4th June 1994**

9.00 am sailing Dun Laoghaire - Holyhead

Train Holyhead - Penrith

Bus Penrith - Patterdale YH (overnight)

**Sun, 5th June 1994**

Walk from Patterdale YH to Grasmere Thorney How (overnight)

**Mon, 6th June 1994**

Walk from Grasmere to Wastwater YH (overnight)

**Tues, 7th June 1994**

Local walk Wastwater YH (overnight)

**Wed, 8th June 1994**

Walk from Wastwater YH to Honnister Hause YH (overnight)

**Thurs, 9th June 1994**

Walk from Honnister Hause YH to Keswick YH (overnight)

**Fri, 10th June 1994**

Local walk Keswick YH (overnight)

**Sat, 11th June 1994**

Local walk Keswick YH (overnight)

**Sun, 12th June 1994**

Bus Keswick - Penrith

Train Penrith - Holyhead

Boat Holyhead - Dun Laoghaire (arrival 7.00 pm)