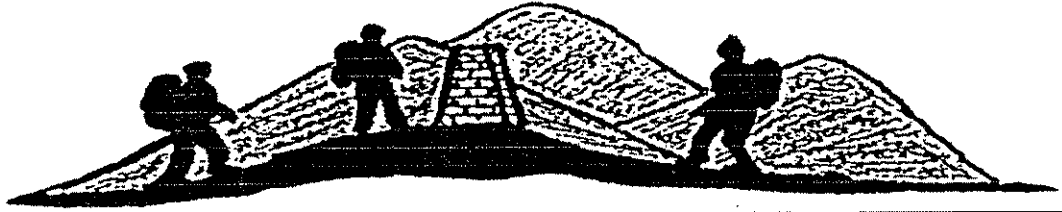
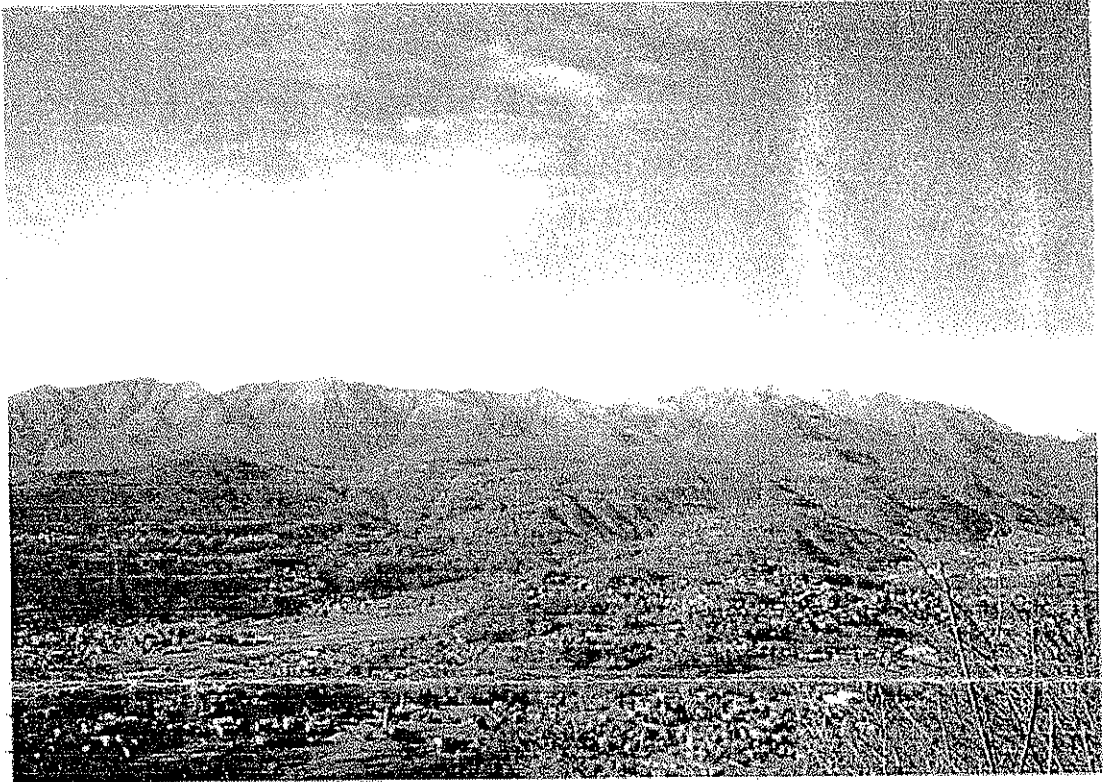


THE HILLWALKER
May 2001



The magazine of the An Óige Hillwalkers Club

The Hillwalker



From Monte Lema to Monte Tamaro, southern Switzerland

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Weekends Away

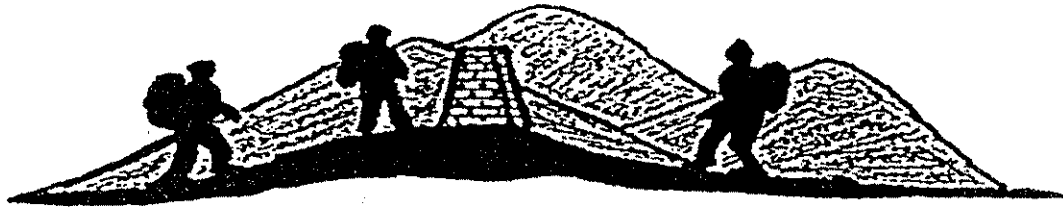
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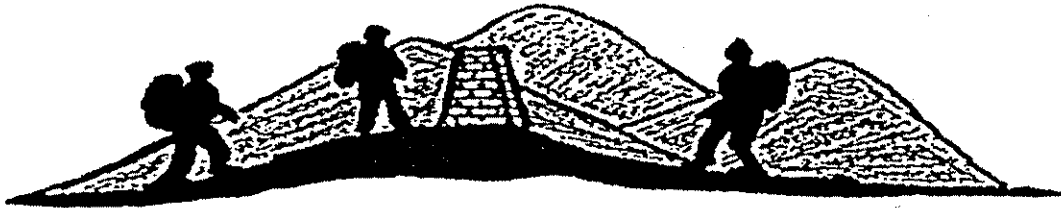
Sunday Hikes May/June

MEET: Outside old Irish Press Offices, Burgh Quay, down from Spar shop.
DEPART Sundays 10.00 A.M.

NOTE: See Important FMD Notice on next page!!

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.

Date	Route Description	Leader
13 th May	Introductory Hard Route: Sally Gap Road – Knocknacloghoge – Cloghoge Brook – Luggala – Cloghoge River – Sally Gap Road – Coffin Stone – Djouce – Wicklow Way Track – Paddock Carpark (G.R.210106). [700m Ascent over 16km]	Matt Geraghty
20 th May	Route: Oasis – Carrigshouk – East Top – Mullaghcleevaun – Barnacullian – Stonery Top – Lough Ouie – Toneiagee – Wicklow Gap Road. [700m Ascent over 15km]	Donal Finn
27 th May	Route: Wicklow Gap – Lough Nahanagan – Camaderry – Glenealo River – Lugduff – Mullacor – Derrybawn – Laragh. [700m Ascent over 16km]	Tom Kenny
1 st – 4 th June	Bank Holiday Weekend Trip to Ball Hill, Co Donegal (See separate programme) No Home Sunday Hike	Tony Crean
10 th June	Route: Forest Entrance(G.R.055862) – Forest Route – South Prison – Lugnaquilla – Clohernagh – Arts Lough – Bendoo – Forest Track – Footbridge – Road. [725m Ascent over 16km]	Jim Barry
17 th June	Introductory Hard Route: Kilbride Rifle Range – Seahan – Corrig – Seefingan – Kippure – Lough Brays – Glenree – Oldboleys – Knocknagun – Boranaltry – W.W. Track – Glencullen. [800m Ascent over 20km]	Frank Rooney
24 th June	Route: Snugborough Bridge (G.R. 964951) – Sugarloaf – Lobawn – Cavanagh’s Gap – Wexford Gap – Table Mountain/ Track – Camenabologue – Cannow Mtn – Lugnaquilla – Camara Hill – Banana Road – Fentons. [1115m Ascent over 23km]	Ita O’Hanlon
1 st July	Sunday Bus Trip to Blackstairs/Mount Leinster	Martin Fagan



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.

SAFETY NOTE

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

Bring all your litter home or bin it and try to include at least one extra item from each day out.

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.

Important FMD Notice

Although the ban on hill-walking has been lifted by the Minister for Agriculture, with effect from May 12th 2001, there are still a number of restrictions. It is important that all boots are disinfected **before** and **after** walks to minimise the risk of spreading FMD. Also, if anyone has recently returned from the UK or any area where there has been a FMD outbreak it is essential that they have cleaned and disinfected all their hillwalking gear before walking again in Ireland.

It is also important that people do not walk in or near farmland.

Please also note that the hikes listed above will continue as long as no further FMD cases are found in the State. All walks are in accordance with current guidelines.

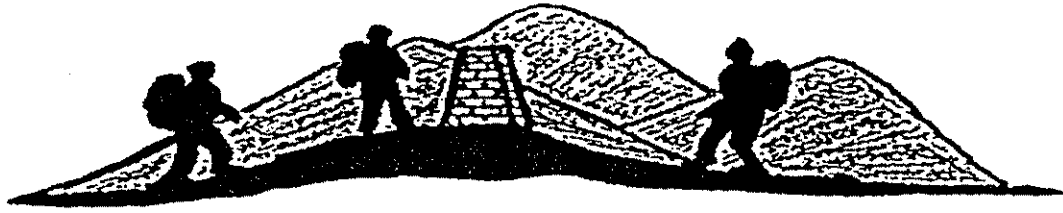
Dolomites Expedition

For those of you interested in (or already signed up for) Martin Fagan's trip to Italy, the final meeting is scheduled to be held in the *An Óige* head office on Tuesday, 19th June at 8pm sharp. Final payments are expected on the night. There are still a number of places available. This trip to the Dolomite mountains will take place 1st-15th September 2001 and is priced at £1200, with a deposit of £200 required.

Ball Hill, Co. Donegal, June

Booking has opened on this June bank holiday trip to the wilds of Donegal, Sligo and Leitrim (see detailed programme at back of Hillwalker):

Leader: Tony Crean
Dates: Friday 1st June – Monday 4th June 2001
Routes to include: Slieve Tooley (Co. Donegal), Clonegal Mtn (Co. Sligo), Slieve Anierin (Co. Leitrim)
Hostel accommodation: Ball Hill YH, near Donegal Town. Accommodation limited to 50 persons so please book early
Booking: An Óige Head Office. £35 non-refundable deposit.
Cost: £70. (meals extra).
Hikes levels: Moderate and harder



Ben Lettery, Co. Galway, August

Booking has opened on this August bank holiday trip to Galway (see detailed programme at back of Hillwalker):

Leader: Proinsias MacAnBheatha
Dates: Friday 3rd August – Monday 6th August 2001
Routes to include: Benlettery Horseshoe (Glencaughan Circuit), Benchoona Mts (incl Kylemore Abbey & Killary Harbour), Failmore Circuit (Maumturk Range)
Hostel accommodation: Ben Lettery YH, near Recess, Co. Galway. Accommodation limited to 50 persons so please book early
Booking : An Óige Head Office. £35 non-refundable deposit.
Cost: £70. (meals extra).
Hikes levels: Moderate and harder

Farewell

We'd like to take the opportunity to say farewell and good luck to Marleen Schiereck, our Dutch hiking ambassador who is returning to Holland this month to pursue her studies. We hope you enjoyed your stay in Ireland Marleen, and do return for a visit sometime (you know where to find us – in the Palace bar more than likely!).

In the News

Did you read that curious report that appeared in the Irish Times the other day? Apparently last weekend one of the local farmers around Enniskerry was observing his sheep through a pair of binoculars when he spotted one behaving in a rather strange manner. Fearing the worst he set out with his faithful sheepdog 'Shep' to round up and check out the wayward beast. After much toing and froing and great skill shown by both shepherd and dog he eventually caught the suspect animal by the Lugduffs (painful even for a healthy sheep). Immediately after the capture he set about looking for the symptoms of the dreaded Foot-And-Mouth disease.

Initial inspection drew tears from the farmer as he beheld the gross deformities the disease had cruelly inflicted on one of his beloved flock. However on closer examination other suspicions were aroused. Yes, the creature was woolly alright, especially about the head with tufts of white

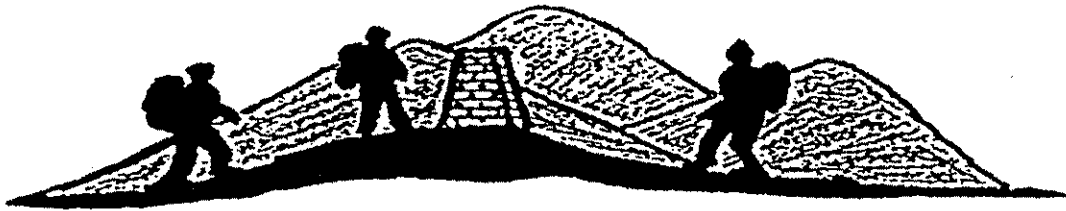
wool aplenty but the body, the body was unusual.

If he wasn't mistaken the fleece closely resembled an Aran sweater. This set the farmer thinking. He had heard about all those experiments in cloning and about Dolly the sheep and sure wasn't farmer Kelly near Knockree always doing funny things with his sheep. He wondered if perhaps what lay before him in the heather was something of this sort. At any rate the extra long hind

legs proved to him this was not one of his flock. Wanting to do the right thing he isolated the creature to prevent any spread of disease to the rest of his sheep. Following Department of Agriculture procedure he sent the relevant samples to Pairnbright laboratory in England for analysis. After a few days anxious wait the results came back.

Much to his relief the strange creature had nothing worse than ringworm. So after administering a good dose of Ringosporium from ICI he released the frisky beast. You will be pleased to hear that he has returned to the fold and you might see him in the Palace bar on Sunday!!

Anonymous



Club Travel

Travels in Italy and Switzerland, March 2001

It was blue skies and 18°C that greeted Lillian and I upon arriving at Milan on the first of a twelve-day visit to Italy and Switzerland. From the airport the snow-covered peaks of the Alps loomed on the horizon. Milan is more of an industrial than a tourist city, so is relatively quiet, so we spent the day strolling around the city centre.

The next day we took a train to Lugano in southern Switzerland where we intended to spend three days with some friends. Lugano is a large town located next to an even larger lake and surrounded by mountains. After getting familiar with the town we made our plans for a hiking trip the next day.

We decided to get a bus to a village called Miglieglia, about an hour's journey away, and to ascent Monte Lema (1620m). Miglieglia itself, at a height of about 720m is a small but pretty village. We started our ascent at about 11am, and reached the summit just over 2 hours later. The route was marked by a trail the whole way up, which initially wound up through a wood, then emerged into the open. On the top of the mountain we were surprised to see a large stretch of snow – in parts about half a metre deep. After lunch we made our way towards Monte Magno. There are two trails which skirt the mountain and we took the lower one, however after walking for about a half an hour we found that part of it had become washed away by a mudslide, so we had to turn-around and retrace our steps. At this stage we had little time left as the last bus back to Lugano left at 5:30pm, so we took another trail leading down from Monte Lema, which led down to a village called Breno. Overall we had a good hike, and although it became hazy in the afternoon it was dry and warm and the air was invigorating.

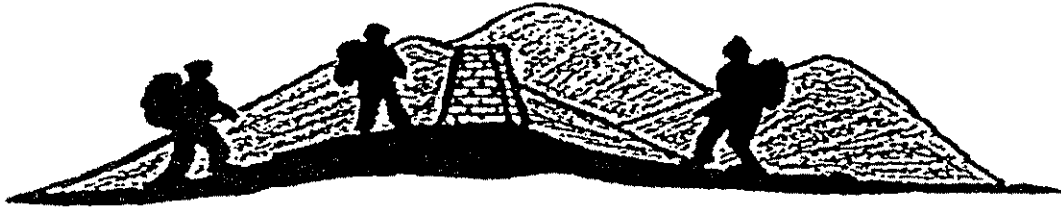
The next day we decided to do a local walk so we took a cable car to the top of Monte Salvatore (912m), located on the south of Lugano, and walked down from the top down along its southern end. This led down through a pleasant wood along some well-marked trails, which were covered in brown, dry leaves, making it feel more like autumn than spring.

On Friday we returned to Italy to the city of Venice. An amazing city, it almost appears to be floating on the sea. The streets are narrow and traffic-free so they are pleasant and intriguing to walk along, and are interspersed with numerous canals. The city does get a lot of tourists so there is a good buzz to the place.

On Saturday morning we headed for Florence, the art capital of Italy. We spent the next two days (armed with shades and sun-cream) exploring the city including the Accademia, where Michelangelo's famous statue of *David* is displayed, and the large Uffizzi gallery.

On Monday we decided to get away from the city for a few hours and took a bus to the Tuscan village of San Gimignano. On arriving there we ate a healthy lunch, then took a stroll around this wonderful medieval town. The main centre of the town is surrounded by large walls with several main gates, and contains 14 towers (originally there were over 70). The largest one, Torre Grossa (meaning *Large Tower*) is open to tourists so we climbed up its many steps to the top where we had a breathtaking view of the land (including some mountains in the far distance. After buying some gelatos (Italian ice-cream) we left this enchanting town to catch our bus back to Florence.

On Tuesday we caught the train to Rome. My first impression was that modern Rome was no different than any other major world city. However, what makes Rome impressive is the remains of its ancient civilisation. We paid a visit to the overwhelming Colosseum, and we walked through the Forum, the remains of the ancient city. Here we found what was left of great temples and buildings, and we saw the reputed burial sites of Julius Caesar and Romulus. Afterwards we found an Irish pub, so I tried a pint of their Guinness (not bad, but expensive!).



For the remainder of our time in Rome we visited the Vatican, the Sistine chapel, and the crypt of a 16th century Capuchin church where the bones of some 4000 monks are artfully arranged (quite gothic).

Overall, Italy is an impressive country and well worth a visit (or two).

By Matt Geraghty

[Assistant Eds. Note: I know this article isn't completely a hillwalking one, strictly speaking, but since the editor is away....]

A Taste of Italy

The food in Italy was just delectable, a haven for any food lover and a danger to any weight watcher. At every corner there was a pizzeria to greet us with plenty of cheesy and meaty temptations. We consumed copious amounts of Panini bread, sun-dried tomatoes, fresh mozzarella and basil. The Italian fruit oozed with sweet juices nurtured by the warm Mediterranean sun. Delving into the tasty oranges and peaches increased that "feel good factor" after the feed of cheeses.

That was only the lunch menu; the best was reserved for the evening dinner. Because everyday activities included walking streets, visiting castles, oooing and awing over paintings, climbing infinite staircases, converting Lira to Punts, and putting our pigeon Italian into practice we felt we well deserved a good hearty feed of food and wine every evening. So that's what we did.

After a quick freshen up it was back on to the street with a mission: finding that restaurant where the Italians dine. There were numerous eateries to choose from each with their inexpensive house wines, pastas and sauces. We weren't long adapting to their culture of dousing our bread and spaghetti with olive oil and eating late, although drinking a litre of house wine did not seem the done thing. Italy is also renowned for it's ice cream of which we ate plenty. Art in Italy shows its head in many forms, some that please the eye, others that please both the eye and the pallet. I was well pleased with both.

By Lillian Grandfield

The Club Slides

Walking in Maderia

Presented by

Tony Crean, Tuesday May 22nd 8.30pm

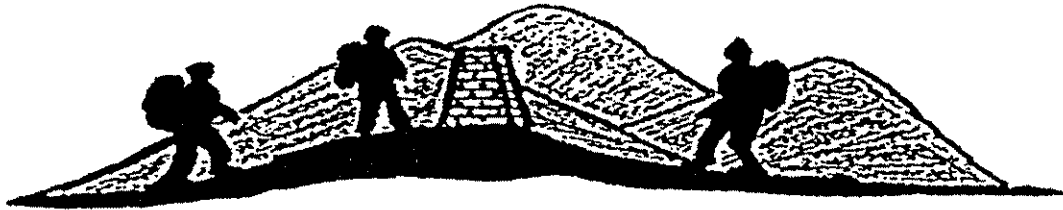
Regular venue:

Palace Bar, Upstairs Lounge, Fleet Street

Any person interested in giving a slideshow should contact Donal Finn at 01 – 4530617.

2001 Membership Fees

The Hillwalkers Club annual membership fee is £15.



Membership for the new year is due for all of us. 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 either Mr Ger Walsh (membership secretary) or Mr Joe Kellegher (telephone numbers below).

The 2001 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)
Weekends/Holidays:	Martin Fagan (01-8553653 h)
Membership Secretary:	Gerry Walshe (01-8225818 h)
Training Officer:	Joe Kellegher (01-8381973 h)
Young Hillwalkers:	Dave Rooney (01-8344811)

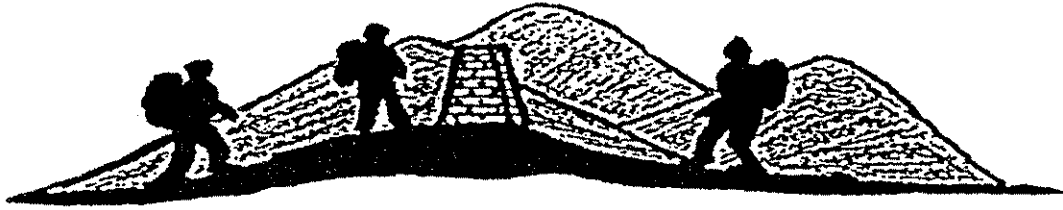
Distribution: *Cyril McFeeney & Pearse Foley*

A Note from the Editor

During 2001 all articles published in *The Hillwalker* will be entered in a competition under the categories of holidays/weekends abroad and holidays/weekends at home. Prizes will be awarded at the 2001 Christmas Party so please put fingers to keyboard and send your articles to the address below for inclusion in the newsletter. 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.

Also, the Editor will be running a subsidiary competition for the most scandalous piece of gossip published in *The Hillwalker*. All gossip must be 500 words or more and include ill-founded rumours, idle gossip and innuendo. Any basis in fact is purely optional. The judging will be done by a qualified panel of likeminded people. Accompanying pictures (doctored or original) may accompany each article but won't be returned by the editor.

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



An Óige Hillwalker Application Form

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

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 £15.00 membership fee (no cash) to the membership secretary at the following address : Mr. Ger Walsh, 15 Summerfield Avenue, Blanchardstown, Dublin 15

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

An Oige Hillwalkers Club

~~June Bank Holiday Weekend 2001~~
~~June Bank Holiday Weekend 2001~~

Friday 1st June - Monday 4th June

Friday 1st June - Monday 4th June

**Visit to Ireland's Wild and Beautiful North West
Ball Hill Y.H. Co Donegal**

~~Hill Walking in Donegal/Leitrim/Sligo~~
~~Hill Walking in Donegal/Leitrim/Sligo~~

Leader : Tony Crean

Strictly Bus Only Trip

Weekend Walking venues to include:

Slieve Tooley [Co. Donegal]

Clonegal Mtn [South of Glencar Lake Co. Sligo]

Slieve Anierin [Iron Mountains Co. Leitrim]

Also

Social Events

Notes

Hostel accommodation: limited to 50 persons /Please book early

Booking: £35 NON REFUNDABLE deposit to An Oige Head Office by credit card or cash deposit (8304555).

Cost: £70(includes 3 bednights & Transport costs)

Meals: available locally – more details on bus.

Food: bring sufficient amount for at least one breakfast.

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

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

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

An Oige Hillwalkers Club

~~August Bank Holiday Weekend 2001~~
~~August Bank Holiday Weekend 2001~~

Friday 3rd August- Monday 6th August

Friday 3rd August- Monday 6th August

Visit to the Wild and Beautiful West of Ireland

Ben Lettery Y.H. Co Galway

Moderate/Hard Walkers Welcome

Leader : Proinnsias Mac AnBheatha

Strictly Bus Only Trip

Weekend Walking venues to include:

Benlettery Horseshoe [Glencoaghan Circuit]

Benchoona Mts [incl Kylemore Abbey & Killary Harbour]

Failmore Circuit [Maumturk Reange]

Also

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