



**An Oige Hillwalkers Club      October 1996**

**MEET:** Outside the Irish Press Offices, Burgh Quay.  
**TIME:** Sundays 10.00 am. **COST:** £5.00 return, (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.

**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 06th October      Introductory Hard Hike**

**Route:** Maulin, Tonduff, Djouce, War Hill.

**Leader:** John Guy

**SUNDAY 13th October**

**Route:** Hollywood Glen, Wooden Boleys, Church Mountain, Corriebracks,  
Lobawn, Donard.

**Leader:** Antoin Spain

**SUNDAY 20th October**

**Route:** Ballinlea Y.H., Sugar Loaf, Lobawn Ridge, Table Mtn., 3 Lakes,  
Conavalla, Glendalough. (Time permitting)

**Leader:** Joe Gilvarry

**SUNDAY 25th October      No hike due to Kerry weekend**

**SUNDAY 03rd November      INTRODUCTORY HARD HIKE**

**Route:** Ballynultagh Gap, Black Hill, Mullaghcleevaughan,  
Billy Byrnes Gap, Moanbane, Ballynultagh Gap

**Leader:** Joe Kelleher

**AN ÓIGE YOUNG HILLWALKERS CLUB**  
**AUTUMN 1996 MIDTERM BREAK**  
**WILD ADVENTURE WEEKEND TO KNOCKREE**

**Friday 1st to Sunday 3rd November 1996**

On the Friday night the weekend kicks off with an awesome *night hike* from Stepside to Knockree. Heavy packs will be brought by car to the Hostel. Bring a small day bag to carry your torch, flask, wet gear and emergency food. This hike will be led by Dave Rooney. Anybody 13-16 years of age can join this weekend. The leader's main concern will be the safety and well being of the young people. The leader's instructions must be followed at all times to ensure safe arrival at the Hostel.

**Torches will be checked at the start.**

**Remember - No Torch - No Hike**

**Arrive at Hostel at approximately midnight.**

Saturday     Hike in Djouce area  
Sunday       Hike in Knockree area

Meet:       Hawkins Street Friday 1st November 1996 at 18:00 hours  
to catch 18:10 number 44 bus to Stepside  
Arrive back in Dublin on Sunday 3rd November at 15:00

Wear:       Hiking boots and track suit or trousers. Waterproof coat  
and leggings. Wear plenty of warm clothes.

Bring:       -       Sheet bag or Sleeping bag  
-       Plenty of warm clothes to change into  
              Sheetbag or sleeping bag  
-       Shoes for indoor use  
-       Flask & Torch  
-       Food for -    2 x breakfasts, 2 x packed lunches,  
                          1 x evening meal

Cost:       £7 plus bus fares (£1.50 approx.)  
***Book now at An Óige Head Office on 830 4555.***

Leader:     Dave Rooney on 834 4811 (H) for more information.

**Czech Republic and Poland.**  
**(16th - 22nd March 1997)**

Have you ever wondered what these countries are like? The beautiful city of Prague?, or the historical cities of Krakow and Warsaw?

Well now's your chance to accompany Martin Fagan on a weeks holiday to the above places. The cost of £510 per person to include all flights, the use of a luxury coach throughout, 6 nights in 3 star hotel accommodation on a B&B basis, guided tours, insurance and U.K. airport tax. Also included are three evening meals.

Anyone interested should attend the preliminary meeting in An Oige Head Office, Mountjoy Street, on **Tuesday 15th October at 8pm.** A **non refundable deposit of £100** will be required at this stage to secure a place.

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**Navigation Training - Map and Compass course.**

Dates: 3 evening sessions 08 + 15 October, 05th November  
2 weekends 12 to 13th October - Glendalough  
09 to 10th November - Aghavannagh

Cost: £45.00 (non refundable deposit of £10 )  
Total amount payable before first weekend

Book: An Oige head office

**Weekend 1: 12th + 13th October 1996 - Glendalough**

**Depart** 10.00 am from Liberty Hall on Sat. 12th

**Bring:** An Oige membership card, 1 Dinner, 2 Breakfasts, 2 Lunches, also bring pen and paper, Map (sheet 56 Wicklow) silva type 4 compass (not the army type).

**Weekend 2: 09th + 10th November 1996 - Aghavannagh**

**Depart** 10.00 am from Liberty Hall on Sat. 09th

**Bring:** as for Weekend 1.

**This course is ideal as a refresher course, but is particularly aimed at encouraging budding leaders to improve their skills.**

## **The Joey Glover Marathon Walk**

Congratulations to the following people who completed this tough walk on Saturday 14th September.

Kevin Kelly, Don Reilly, Babara Sudrow, Lorraine Brady, Peter O'Toole, Martina Seifert, John Guy, Joe Kelleher, Deirdre McMahon, Hannah O'Donovan, Catherine Murphy, Deirdre Corrigan, Katherine Quinn, Carmel Delaney and Gerry (surname not given), not forgetting Dermot Egan and Prionnsias MacAnBheatha. Two couples did the walk in relay style:- Stephen Burke and Rosemary Stout walked from the base of Muckish to Altan Lough, and Tom Gubbins and Deirdre Ni Choilleain stepped in and walked from Altan Lough to the finish. Our club was well represented and many thanks to drivers on this weekend.

### **Pen Pal**

*Mr. Ishmael Makuni  
Makina Stare,  
Box 78,  
Nhedziwa,  
Zimbabwe.*

Mr. Makuni is interested in an Irish pen pal, he is aged 28 and his interests are:- T.V., Soccer, Music, Swimming, Reading. He lives near the mountains in Zimbabwe.

### **Mountain Log**

The Autumn/Winter edition of the Mountain Log was not ready for inclusion with this month's programme, and will be included with your November one.

### **November Programme**

We are looking for articles, stories, holiday experiences, etc. to include in future editions of the Hillwalker. If anybody would like to send us some material we would be grateful. Please send to:  
**Ger Walsh, 14 Londonbridge Drive, Sandymount, Dublin 4.**  
*Remember it is your programme, so get writing!!!*

## WINTER MOUNTAINEERING

Probably the most rewarding and challenging time of the year for us, also the most dangerous. Yes folks, it's time to dig out those Winter woollies again. Different reasons for entering an environment that can be a severe test of your motivation and judgement skills. My definition of hypothermia is that it can kill. Clear communication, Mountaineering, First Aid books/courses go into more detail if the interest is there. The ideal recipe for mountain hypothermia is to finish an exhausting strenuous hike in wet, cold, windy conditions with low morale just after recovering from illness or injury.

Good group awareness is the key to prevention of hypothermia I think of last February in the Comeraghs - armed with our Naismiths route cards, we set out for a 10k/5hr. hike. Five and a half hours later we had completed less than half the route, conditions were knee high snow drifts, at times near zero visibility and freezing cold! peoples faces communicated a realisation that 10k wasn't realistic in the conditions. A quick calculation realised we could reach the easy hike pick up point at 4.30 pm. The bus driver took one look at us and said "You're not getting on my bus looking like that", soaked but in good form we laughed about it in the pub later, - some people aren't as lucky.

Remembering an attempt on Scaffel Pike which was more like an ice skating performance - and that was before we got to the base of the mountain!!

Remembering (-20 centigrade) wind chill factor in the Lake District at 300 metres, one of our group went into shock, my spare ballaclava and scarf provided reassurance and treatment, the frozen Mars bar wasn't so good!.

Good judgement and common sense go a long way to ensure a challenging Winter walk doesn't turn into a disaster. The objective in Winter has to be to remain dry and warm in wet conditions. Each person to their own taste in Winter wear is fine, if the level of insulation matches the conditions. An enormous amount of heat can be lost through the head and thighs if not insulated.

Ask the questions where are you going and what do you plan to do before embarking on a Winter walk. Get the weather forecast, assess your fitness and then decide.

### *Hypothermia Recognition*

Irrational behaviour, uncontrollable shivering, failure or abnormal vision failure to respond to, or to understand questions or directions.

### *Hypothermia Treatment*

Seek shelter from the worst of the weather, prevent further heat loss, provide insulation from the ground, i.e. sit on your rucksack.

If you have a group shelter or a tent fly sheet, get into it with the casualty, do not proceed until you are sure recovery is complete. Ask the casualty to subtract 7 from 100 and then 7 from the remainder until 2 is reached. More than one minute suspect hypothermia. Now your dilemma is whether to proceed or remain where you are. This is a judgement decision based on several factors. personal experience says on steep ground a helicopter evacuation (if possible) is the desired option. Only if considerations of time, distance and bad weather clearly make it less of a risk to carry the patient towards safety than to stay put where insulation and care can be provided, should the risk of a long carry be accepted.

The lesson is obvious, don't get yourself into a situation where you have to make these decisions. So, be careful out there!

Weather dial: Wicklow. Ph:1550123851

The following is a list of typical equipment for a high level Winter walk Care should be taken not to overload your rucksack in order to avoid backache. Each person has there own preference and equipment carried comes with experience. So if in doubt ask the leaders for their advice on what to bring.

Map and Compass (and the ability to use them, see map and compass course article) watch, whistle, torch, day rations, emergency rations (mixed fruit/nuts, chocolate) boots, 2 pairs socks, raingear, underlayers, shirt, waterproofs, 2 sweaters, anorak or jacket, ballaclava, woolly hat, gloves/waterproof mittens, light scarf, first aid kit and a plastic survival bag.

KEVIN KELLY.