

Sunday Hikes October

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. £6.00 (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.



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 untrampled, 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.

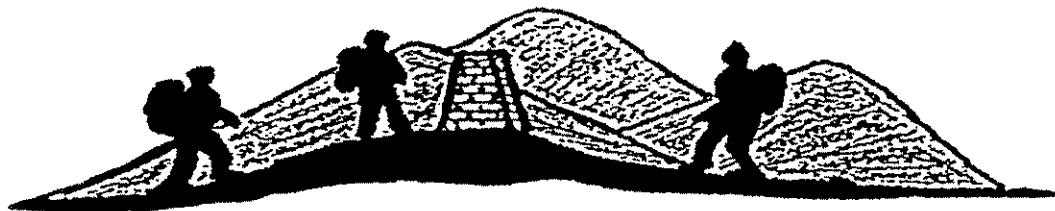
WALKING STICKS

In the interest of safety and comfort please keep the pointed end of your walking stick covered, especially when travelling on the bus.

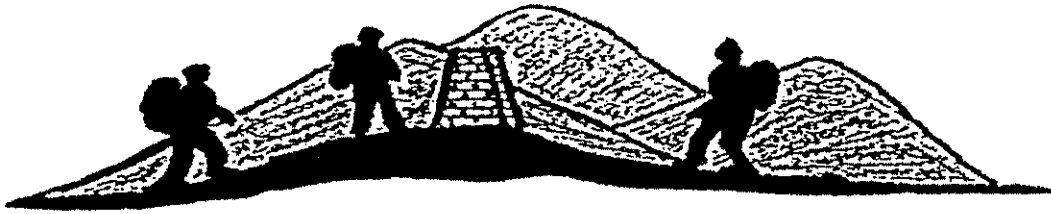
HIKE LEADER

Jim has asked us to include his email for queries regarding the walking schedule including **offers to lead** and weekend away queries.

Email address: jamesab@gofree.indigo.ie



<i>Date</i>	<i>Route Description</i>	<i>Leader</i>
7 th October	Route: Wicklow Gap Road Car Park (G.R.099982) – Brockagh Mtn – Tonelagee Mtn – Lough Ouler – Lough Brook – Spot Height 668m – Mall Hill – Forest Track - Lynam’s of Laragh [17km/750m Ascent]	Warren Lawless
14 th October	Route: Aghavannagh Forest Entrance(G.R.055862) – Forest Track to Doyle Street – Carrawaystick Mtn –Corrigasleggaun Mtn – Lugnaquillia Mtn – Slievemaan Mtn – Ballineddan Mtn – Camara Hill – Fenton’s Pub. [19km/900m Ascent]	Peter O’Toole
21 st October	Route:Ballinagee Bridge(G.R. 037024) – Kings River Track - Glenreemore Brook – Art’s Plaque – Art’s Cross – Conavalla Mtn – Three Lakes – Table Track / Mtn – Knocknadroose – Kings River – Ballinagee Bridge. [18km/750m Ascent]	Ita O’Hanlon
28 th October	Bank Holiday Weekend Trip to Burren Co. Clare See separate itinerary	Martin Fagan
4 th November	Route: Lackan – Kilbeg – Cock Brook – Maonbane Mtn – Billy Byrne’s Gap – Cleevaun Lough – Mullaghcleevaun Mtn – Black Hill - Ballynultagh Gap. [16km/900m Ascent]	Monica Cadden



Young Hillwalkers

Saturday Hikes – 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

Crone Woods & Djouce Hike Saturday October 13th

Knockree Weekend Away November 2nd-4th

For further details of all the above trips contact An Óige Head Office at 01-830455

Burren, Co. Clare Weekend Away

Booking is nearly closed on our October to Clare, but you might get the last seat if you ring now!:

Where: Exploring the Burren region of Co. Clare, based in Doorus Y.H, Co. Galway.

When: Friday 26th Monday 29th October Bank Holiday Weekend

Who: Martin Fagan

Cost: £70 (for transport and accommodation)

Full details elsewhere in the newsletter.

Higher Diploma in Hillwalking

That academic duo Joe Kellegher and Donal Finn are organising several events to improve our outdoor skills and knowledge. The Map & Compass and First Aid courses are detailed elsewhere in the newsletter; below are the details of the Weather course. Please note that October 26th is the last date for registration for the First Aid course.

Commencing Tuesday, Feb 5, 2002 and running for 6 weeks, the Club will be organising a short course on ***Weather Interpretation and Understanding*** which will be given by *Mr Gerry McDonald*, Meteorologist (retired, formerly of the Irish Meteorological Service). Further details in later programmes.

Club Slideshows

The following dates have been arranged for our regular slideshow venue at the Palace Bar:

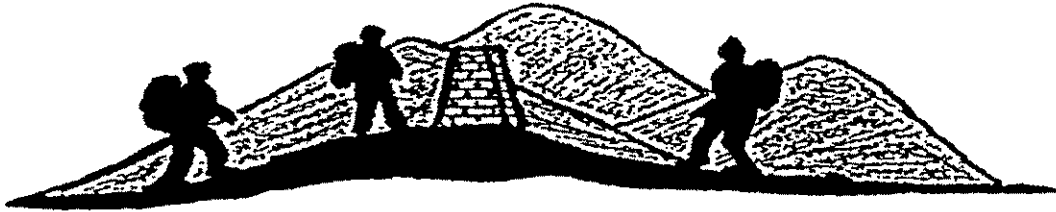
October 16, November 13 and December 4 (all Tuesday nights).

Travels in Russia: St Petersburg and Moscow
Presented by Prionsias MacAnBheatha

October 16th 8.30pm, Upstairs Lounge, Palace Bar

13th November Slide Show as Nov 13th - *Presenter to be confirmed*

Meanwhile, if anyone would like to show their slides please contact Donal Finn (01-4530617).



E-Walkers

The wonders of technology! Soon the web team will be offering you **Virtual Hiking** – No more mud or rain. Simply plug your visor and E-Boots into your PC and get that Almost-Real walking experience. Several of our brave test hamsters have suffered electrocution or gone mad, but the tests are continuing and you will be the first to enjoy the results. Meantime, starting with August 2001, back issues of the newsletter are available on-line, as well as the current issue and additional photos. Check it out at:

<http://homepage.eircom.net/~thehillwalker/index.htm>

Remember if you want to be subscribed to the newsletter by email, send us an e-mail. Do likewise if you are already receiving the newsletter by email and you wish to be removed from the postal list. warrenl@gofree.indigo.ie

Club Travel

High Atlas Trek, Morocco, Summer 2001

Saturday 12th May will be a day to remember. It was a trip of a lifetime for me. At the airport I met up with the other four Irish people who were to travel to London and meet there with the other eleven people on our trip. I did not know what was ahead of me – I tired not to read the guide book in case this gave me a shock, so I went into this feet first. In London we had to wait for the next flight to the city of Marrakesh. This was our last chance to turn back but we all decided to go ahead. We landed in Marrakesh at 12 midnight. Everyone was tired and went to bed. Next morning we went on a good tour of the city, though the weather was hot. That evening we all got postcards and sent them to our family and friends, just in case we did not return.

On the next day, Monday, we left our hotel to go trekking in the High Atlas Mountains. The journey there was rough. Each morning we would rise at 5.00 am. We had breakfast at 5.30 am and moved on at 6.15 am. This was the routine for the next few days - walk, lunch and dinner. There was no lights so head torches would be brought to dinner. The rooms we stayed in were very basic but nice. The Atlas mountains themselves were a very peaceful place.

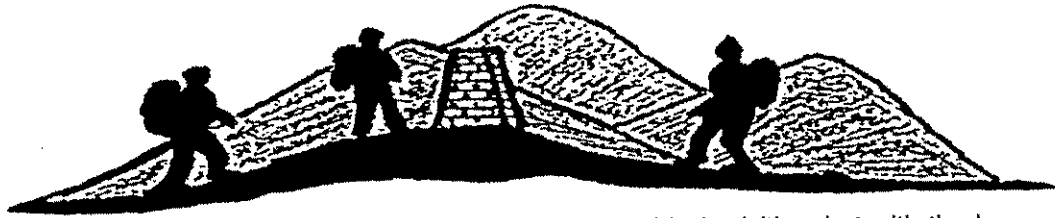
The highlight of the trip was going to Toubkal, which is 4165m high and is North Africa's highest peak. For this walk we got up at 4.30am. This early start was needed as we had to get up and down the same day. Getting to the top of Toubkal was hard but when we reached the top it was brilliant. All the group made it – everyone was happy. Everyone had talked and dreamed of this moment and our dreams had come true. The rest of the days were easy as we were going down hill and everyone was in good health.

The only thing I missed was my walking sticks: they got lost in London and when I rang up about them, they said they sent them to Marrakesh. So my walking sticks are walking around Marrakesh.

By Nellie Cullen

Club Notes

Wardens wanted – An Oíge is looking for volunteers to act as 'weekend wardens' for some of their hostels. If your interested in trying this out for a night, please contact Jim Barry for details.



Christmas Party – I know its too early to mention Yuletide festivities, but with the busy social calendars our members enjoy, we thought best to let you know in advance that our club party is booked in Glendalough for the 8th December.

2001 Membership Fees

The Hillwalkers Club annual membership fee is £15.

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	Proinsias Mac an Bheatha (01-8379897 h)
Editor:	Warren Lawless (01-8334694 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

Missing in Action?

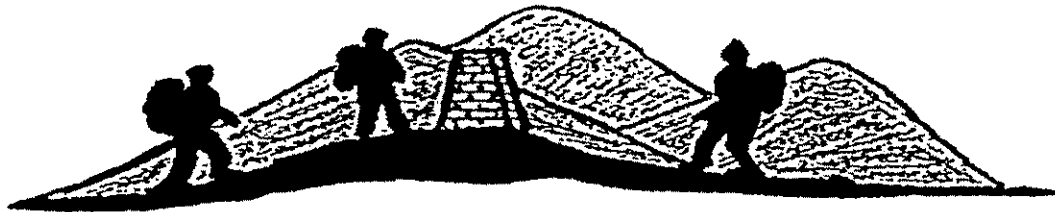
A certain P. Hayden was been conspicuous by his absence on September's Hillwalker outings. My spies inform me he has become quite enamoured of the Moderate Walk (or rather, members thereof). Sensing a good story I have taken it upon myself to conduct a thorough under-the-covers investigation. My findings will be posted in due course...

Adios Amigos

We wish to extend a fond *bon voyage* to two of our members. Maria-Luisa Mullins has departed our shores for a year and is pleasantly located by Lake Constance, Switzerland. Hmmm, walking country... Going far further afield, to warmer climes, is Shane Branigan and family, who are moving to Oz. Good luck to you both. And don't let the dust settle on your boots!

A Plea for Holiday Accounts

As I rummage through my inbox, I find the habitual pile of litigation and death threats, but **NO walking** holiday articles. Yet so many of you were away in beautiful walking landscapes over the Summer. Surely your holiday experience was not so scandalous that I, of all people, could not publish it? What is more, you have but two issues left to be in with a chance for the Christmas Party prizes for Best Article and Best Photo.



"But how (you cry) can we hope to surpass the wit and eloquence of the editor's articles or match the photogenic qualities of his legs, which graced last month's edition???" Fear not! By some ancient bye-law the editor is excluded from winning his own prizes - a travesty of justice I know, but that's the rules and its means your in with a chance, especially if your late entry is accompanied by a promise of drink on the night of the awards...

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.

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

C.L.A.W.S

Last month I made a mocking reference to Hillwalkers in relationships having difficulties escaping to the hills. Since then I have received strong representation from a newly-formed group of spouses and partners, called C.L.A.W.S (Concerned Loved-ones Against Walkers Straying). After several hours of a sauce pan being gently applied to his head, the editor saw the errors of his ways and now agrees to comply fully with the admirable aims of this group.

Forthwith, the following system will apply. All club members acknowledged as being in a relationship (and we all know who you are) must present the following form to the hike leader before boarding the bus for the hills.

We all know that its for the best. Remember hike leaders, any one spotted without the proper documentation should be reported to their loved one at once. Accept no excuses. You are liable to hear "I forgot my form but s\he is glad to get me out of the house" or "S\he does not mind me mixing with you lot", or the extremely dubious "I am free to do what I like". But have none of it.

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Application To Go Out (on the Hills)

Hillwalker's Name _____

The above name has been granted permission to go out with their club on a hill walk. But furthermore they (please circle the appropriate option):

They **may/may not** converse with members of the opposite sex whilst out.

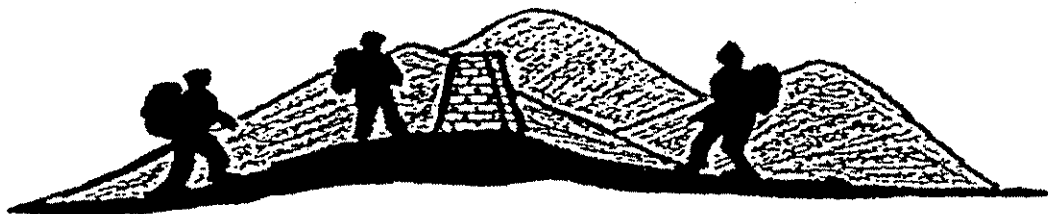
They **may/may not** go to the *Palace Bar* afterwards.

If allowed attend the pub, please record the number of drinks allowed to be consumed and latest time of departure:

Drinks Allowed (0-2): ____ Time to Leave By (up to 9 PM): ____ . ____ PM

Approving Partners Signature: _____ Date: ____ / ____ /2001

Phone Number (in case of misdemeanour or need of clarification): _____



Mountain Skills Assessment

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 fulfil 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).

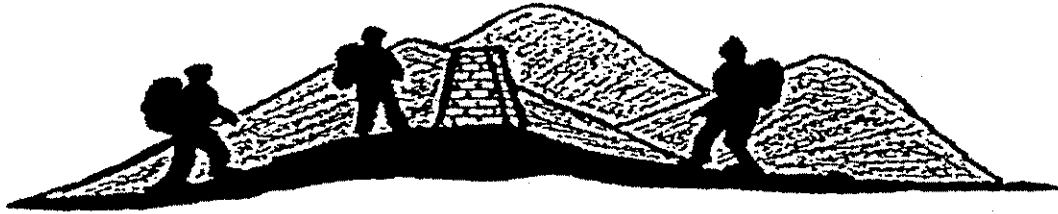
The National Adventure Centre at Tiglin, Wicklow (www.tiglin.com) amongst others, organises the MSA at a current cost of £125.

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.

Further details of MSA, including dates in 2002 and application procedures will be available in the next programme.

Further enquiries from Donal Finn or Joseph Kellegher.



Basic First aid Course

EVENING COURSE

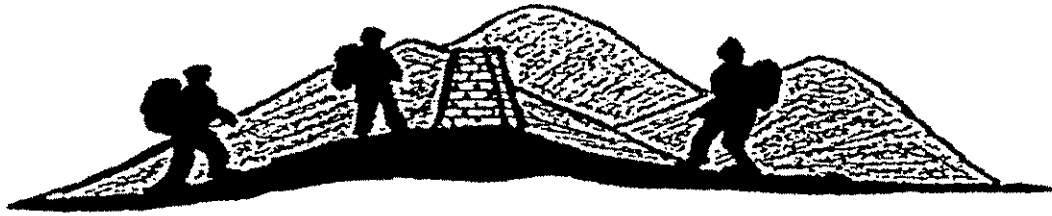
NOVEMBER 2001 – FEBRUARY 2002

***NB: LAST DATE FOR REGISTRATION
FRIDAY OCTOBER 26TH 2001***

The Club in conjunction with the Irish Red Cross Society (IRCS) is organising a basic first aid course with emphasis on hillwalking-related injuries (*Ed: Broken heads and broken hearts?*). The course will be given by IRCS personnel and will be of interest to members who want to increase their knowledge and skills in this area. Participants who successfully complete the course and assessment will be awarded a *Basic First Aid Certificate*.

<u>Time:</u>	Mondays from 7.30 pm to 9.30 pm
<u>Dates:</u>	November 12, 19, 26, December 3 and 10, 2001 and January 7, 14, 21, 28 and February 4, 2002.
<u>Venue:</u>	Irish Red Cross Society, 47 Mountjoy Street, Dublin 7
<u>Places:</u>	16 (If there is sufficient demand, a second course will be organised in 2002)
<u>Course Cost:</u>	£50 (non-refundable, full amount payable on booking)
<u>Booking:</u>	An Óige Head Office, Tel (01) 830 4555
<u>Course Co-ordinators:</u>	Donal Finn and Joseph Kellegher

Members who are interested in undertaking the Mountain Skills Assessment programme (see elsewhere in the Newsletter) should note that the *Basic First Aid Certificate* fulfils the *Bord Oiliunt Sleibhe - Irish Mountain Training Board* requirement in first aid.



Mountain Skills Course 2001-02

The Club is organising its annual Map and Compass course (Mountain Skills) commencing in October 2001. The course will include three Tuesday evening introductory sessions, each of duration 2 hours, to be held in the An Óige International Youth Hostel, Mountjoy Street. In addition, there will be two weekend training sessions as well as one night navigation session, all based in Wicklow. Accommodation for the two Wicklow weekends will be provided in the Glendalough International Hostel. An additional training session will be organised in the Commeragh Mountains, Co. Waterford, on the weekend of the 2nd & 3rd of February, 2002.

Evening Sessions (3): 7.30 pm, October 9th & 23rd, November 6th (Tuesday nights)

Evening Venue: An Óige Youth Hostel, 61 Mountjoy Street, Dublin 7.

Requirements: (1) *Ordnance Survey Map*, Sheet 56 - Wicklow (Scale 1:50,000)
Laminated version is highly recommended (approx.£12)
(2) *Compass, Silva Type 4* graduated into **360 degrees** (c £30)

NB: A 10% discount is available on all outdoor equipment in either *The Great Outdoors*, Chatham Street, off Grafton Street, or *The Outdoor Adventure Centre*, Liffey St. (opposite Arnotts) on production of a valid An Óige membership card.

First Weekend: October 13th & 14th, Wicklow Mountains
Accommodation in the Glendalough International Hostel (Saturday overnight) is included in the course cost.

Second Weekend: November 10th & 11th, Wicklow Mountains
Accommodation in the Glendalough International Hostel (Saturday overnight) is included in the course cost.

Night Hike: December 2nd, meet outside Lynam's Pub, Laragh at 5.00 pm

Course Cost: £40 - Price includes Course +
2 overnights in the Glendalough International Hostel
Price does not include
Transport costs to/from Wicklow for both weekends

Booking: It is essential that interested persons book in advance through the An Óige Head Office, Tel (01) 830 4555

Booking Deposit: £20 (non-refundable)

Refresher Weekend: February 2nd & 3rd, 2002, Commeragh Mountains, Co. Waterford.
(transport/accommodation to/in Waterford city is not included in overall course cost)

Course Organisers: Joseph Kellegher and Donal Finn.