



Sunday Hikes September

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.

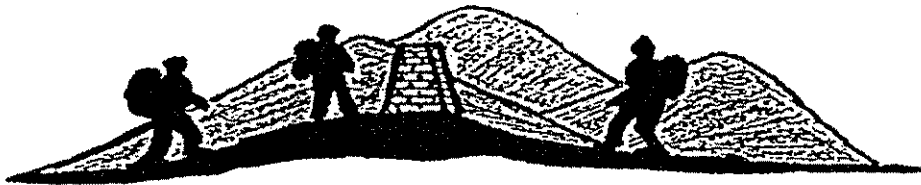
WALKING STICKS

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

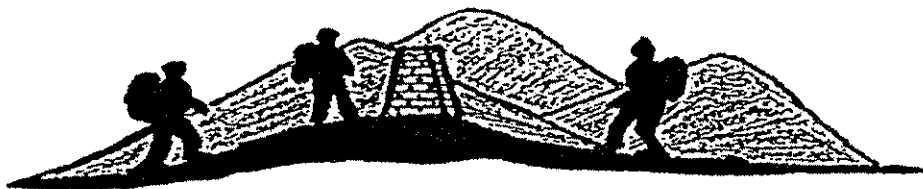
HIKE LEADER

Jim has asked us to include his email for queries regarding the walking schedule including, offers to lead for the September/October period, and weekend queries. Virus free correspondence please.

Email address: jamesab@gofree.indigo.ie



Date	Route Description	Leader
2 nd September	Route: Kippure Gates – Powerscourt Mtn - Grouse House – Tonduffs – Dargle River – War Hill – Djouce Mtn – White Hill – J.B. Malone Memorial – Ballinstoe – W.W. Way route - Ballinafunshoge – Oldbridge. [650m Ascent /19km]	John Barry-Lowe
9 th September	Route: Shay Elliot Memorial – Carriglineen Mtn – Glenmalure –Fananierin Ridge - Craoghanmoira Mtn – Ballinacor Mtn– Strand Bridge - Glenmalure Lodge. [750m Ascent/18km]	Don Reilly
16 th September	Route:Upper Lake Carpark – The Spink – Lugduffs – Spot Height (702 m) – Lough Firrib – Turlough Hill – Camaderry Mtn – Glendasan – Visitor Carpark [950m Ascent/19km]	Eoin Moroney
23 rd September	Introductory Hard Hike Route: Sally Gap area – Carrigvore – Gravale Mtn – Duff Hill – East Top – Mullaghcleevaun Mtn – Black Hill – Kilbeg – Lackan. [800m Ascent/18km]	Gerard Cooke
30 th September	Route: Barravore Car park – Fraughan Rock Glen – Lugnaquilla – Carrigasleggaun Mtn – Carrawaystick Mtn - Kelly’s Lough – Glenmalure. [900m Ascent/15km]	Joe Gilvarry
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 - Lynams of Laragh [750m Ascent/17km]	Warren Lawless



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

Knocksink Woods Saturday 8th September

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

Burren, Co. Clare Weekend Away

Booking is now open on the following expedition into the West:

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.

Weather Course

Ever wished you had looked out the window and stayed in bed before getting up to hike? Or packed the shorts instead of the woolly socks and soup? Now you can better judge how the day's weather will transpire!

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.

Return of the Slideshows

The Club's slide show series will be commencing again in September, and the following dates have been arranged for our regular venue at the Palace Bar:

September 25, October 16, November 13 and December 4 (all Tuesday nights).

September Slide Show

'Along the Ho Chi Minh Trail - Travels in Vietnam with Comrade Ho Chi Finn'

given by

Donal Finn

September 25, 8.30pm, Upstairs Lounge, Palace Bar.

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



Postal List

There are now some 40+ Hillwalkers on email, all with the option of getting the newsletter by email and viewing it on the web. In view of this we would like to compile a list of members who do not need to get the newsletter mailed out to them. This will save time, money and the environment. Please reply to this mail with your FULL NAME if you wish to be removed from the postal list. Furthermore, if you are not on the electronic mailing list and want to get the newsletter emailed to you, just drop a mail to the editor.

The above request was issued by email and was well received. However, it produced the following piece of correspondence, from that thorn in the editorial side, Mr. P. Hayden:

"Philip Hayden wishes to be removed from the postal list for *The Hillwalker* newsletter and further suggests that those who wish to continue to receive it through the post should, when finished reading it, play their part in saving the environment by using it as toilet paper, a fitting end indeed. In fact to encourage this laudable practice the newsletter should be printed on toilet paper but then again maybe its current content is encouragement enough for that..."

Yours, et cetera

Philip Hayden

In reply to which, the editorial team can only bide their time for revenge...

Walkers on the Web

The web site has proven a success. Starting with August, back issues will be kept on-line for viewing, as well as the current issue and additional photos. Check it out at:

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

Club Travel

My Adventures in Corsica - A True Confession

"El Warro's blade flashed through the air, slicing sharply and accurately. He stepped back to admire his sword work, the 'W' neatly carved in the bodice of the *señorita* opposite him. Suddenly there was movement behind him. El Warro whirled around to do battle...with a goat!" As I struggled awake, I groggily appraised the wild goat trying to chew his way through my backpack. Where was I? What was going on? Ah yes, I had fallen asleep on one of my little *siestas* as I trekked through the heart of Corsica. Yawning, I stretched and picked up my heavy backup. Feeling its weight on my shoulders I once again felt a moment of regret that I had not brought *Sherpa Hayden* with me on this expedition. But No! There had been too many incidents with the Greek and Majorcan authorities on previous treks and there was only so many times the Irish Embassy would bail us out. So alone it was that I tackled the rugged beauty of Corsica in early May 2001.

Corsica is situated in the Mediterranean, north of Sardinia, between France and Italy. Part of France since only the 18th Century, it still retains its own culture, though French is the chief language a visitor hears spoken. Physically it is a walker's paradise, with heights of up to 2700m, largely unspoilt, with



most of the island covered in sylvan woodland, clean rivers and rocky mountains. A particular feature of Corsica is the *Marquis*, the lovely (if thorny) covering of flowers and other plants that pervades the hills and culture of this land.

There were various options for travelling to Corsica, using France or Italy as a staging point, whether by plane or ferry. I ended up flying to the island via Paris. I could have started walking from the moment I landed in *Ajaccio*, so wild is the landscape.

There are at least five major marked walking routes on the island. Navigation was along paint-marked trails. After a few days one got use to the regularity of the markings and could sense when one had wandered too far without seeing a marker. To assist with navigation and allow greater appreciation of what you were witnessing, I would strongly recommend buying the French IGN Top 25 maps. These are a beautiful 1:25000 scale, with great accuracy, even along woodland trails. As an added bonus, the magnetic variance in central Corsica is currently less than 1 degree, making for easier compass work.

My plan (if I can be as bold in retrospect to call it that) was to do several consecutive stages of the epic GR20 walking route. I ended up having to change my plans because of the daunting prospect of having to carry lots of food to stay in unmanned mountain huts, and because of snow at 2000M+ on the GR20 between *Refuge de Magano* and *Pietra Piana*. I started with a short stay in lovely *Vizzavona* and did a walk toward *D'Oro* but could not reach the top because of the snow. I then took the train to *Corte* (which had the charm that *Ajaccio* lacked). After a day walk east to *U Tombono*, I set out westward on the *Mare a Mare Nord*, the northern coast to coast trail, along the *Tavignano* river to *Refuge de Segà*; There was torrential rain that day but I spent a cosy night by myself in the refuge.

There was drizzly rain for the next two days - I was getting very annoyed by the Sunday...but then the sun returned, and though there was no completely perfect day, the weather stayed fairly dry and bright. With the good weather, I could now do the REAL walking: Finally I got on the GR20 on the stage from *Col de Verghio* to *Refuge de Mangano*. That was a good walk. The next stage southward was blocked by snow so I went west down *Rue de Zociu*, a lovely valley, then on to a group of villages that did not have a loaf of bread between them. I went over to the next valley the next day and then headed up the *Cruzini River* to *Refuge de l'Onda*. Reaching the *Bocca d'Oreccia* was a beautiful moment - spectacular views all round. I had not met anyone that day but there were a Dutch couple in the refuge with who I was able to chat.

The next day I did the GR20 back to *Vizzavona*, my 'starting point' - this involved crossing a long stretch of snow which was tricky, but I was rewarded with constantly breathtaking views.

One feature of travelling this time of year was the very low density of people on the trails. I spent several nights as the sole occupant of dormitories, refuges and hostels. One night I even had my own personal hostel chef/warden cooking me a five course meal complete with wine. From June the trail becomes inundated with travellers, who may have to camp outdoors but I was always guaranteed a bed at the end of the day.

Wildlife encounters in Corsica consisted mainly of insects, various species of birds (no, no: just the winged variety) and quick little lizards basking on rocks. There were also domestic animals, including a very boar-like pig who escorted me with grunts of disapproval out of his field.

There was plenty of awkward moments on my trip I have to say - some arising from bad weather or my lack of the local language; I lost the trail twice, was under-equipped for prolonged rain, and got cut to pieces by thorns. I had to avoid a big horned bull that was blocking a river crossing and nearly stepped on a two-foot snake (the first I had ever seen, would you believe). Still, there were far more rewarding moments, friendly locals and fellow travellers, delicious food, perfect solitude, and a sense of achievement. Next time, I'll do the GR20 proper!



By Warren Lawless

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 (01-8334694 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*

Health Warning

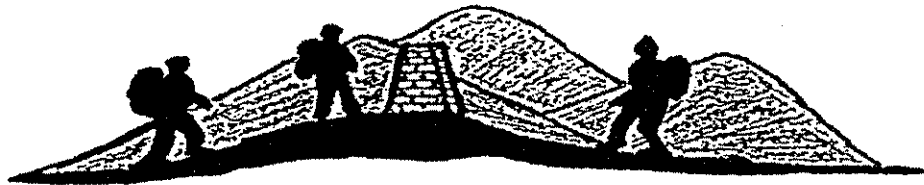
A number of hillwalkers have been lost in recent months, vanishing without trace. They were last seen exploring a "relationship". Be careful before you travel this route, lest you never be seen again!

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.

Articles for inclusion in the newsletter should be sent to Warren Lawless
Email: warrenl@gofree.indigo.ie



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

November 2001 – February 2002

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: hangovers?*). 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*.

Time: Mondays from 7.30 pm to 9.30 pm

Dates: November 12, 19, 26, December 3 and 10, 2001 and
January 7, 14, 21, 28 and February 4, 2002.

Venue: Irish Red Cross Society, 47 Mountjoy Street, Dublin 7

Places: 16 (If there is sufficient demand, a second course will be organised in 2002)

Course Cost: £50 (non-refundable, full amount payable on booking)

Booking: An Óige Head Office, Tel (01) 830 4555

Course Co-ordinators: 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 Comeragh 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 International Youth Hostel, 61 Mountjoy Street, Dublin 3

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** (approx £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, Comeragh Mountains, Co. Waterford.
(transport/accommodation to/in Waterford city is not included in overall course cost)

Course Organisers: Joseph Kellegher and Donal Finn.



October Bank Holiday Weekend 2001

Friday 26th October - Monday 29th October 2001

An Óige Hillwalkers Club

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

Doorús Y.H. Co Galway

Moderate/Hard Walkers Welcome

Leader: Martin Fagan

Weekend Walking venues to include:
Burren Limestone Plateau
Gleninagh Mountain/Slieve Elva
Cliffs of Moher

Also Social Events

Notes

Hostel accommodation: limited to 50 persons / Please book early

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

Cost: £70(includes 3 bed nights & Transport costs)

Meals: available locally – more details on bus.

Food: bring sufficient amount for at least one breakfast.

Bring: Winter 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.