

# HIKE PROGRAMME

## May 2006

**MEET:** Burgh Quay

**DEPART:** Sundays 10.00 am

**COST:** Private bus. €10

### 7 May: Jacksons Falls

**Leader:** Brian Madden

**Route:** Ballylusk (GR 245960) \* Carrick Mountain \* Ballinastraw \* Cronybyrne \* Glenwood \* Jacksons Falls \* Laragh (Lynams).

**Distance:** 17km **Ascent:** 600m

### 14 May: Ow Valley & Fraughan Glen

**Leader:** Philip Roche

**Route:** Aghavannagh Bridge (055862) \* Aghavannagh Mountain \* Lybagh \* Slievemaan \* Lugnaquilla \* Cloghernagh \* Arts Lough \* Baravore.

**Distance:** 18km **Ascent:** 960m

### 21 May: J.B. Malone

#### Wicklow Way 25<sup>th</sup> Anniversary

*The Wicklow Way which was founded by J.B. Malone celebrates its 25th Anniversary in 2006. Refreshments will be served at Knockree Youth Hostel courtesy of the An Óige Hillwalkers Club who organise this event annually.*

**Leader:** Brian Flynn

**Memorial Walk Route:** Pier Gates \* JB Malone Memorial \* White Hill \* Djouce \* Coffin Stone \* War Hill \* Tonduff South \* Maulin \* Crone Wood \* Knockree Hostel.

**Distance:** 18km **Ascent:** 580m

### 28 May: Glenmalure to Glendalough

**Leader:** Don Reilly

**Route:** Shay Elliot Memorial \* Coolalingo Bridge \* Drumgoff \* Carriglineen \* Memorial \* Cullentragh \* Mullacor \* Wicklow Way \* Glendalough.

**Distance:** 18km **Ascent:** 780m

### 2-5 June: Bank Holiday Weekend Hillwalkers' Trip to Killarney

**Leader:** Tom Kenny

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# GENERAL HIKE NOTES

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**PARTICIPATION** 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.

**INTRODUCTORY HIKES** An Introductory Hike is organised once per month for aspirant members. Participants on these hikes must be a member of An Óige.

**CO-ORDINATION** Tickets are given out on Sundays to ensure that participants reserve a bus place as they arrive.

**LEADER** The leader has the right to refuse anyone who is not adequately equipped (e.g., without appropriate boots, rainwear, food, torch, hat, gloves, etc). The leader may alter the route from that described in the program. The leader sets the pace of the hike and walkers are expected to obey the leader's instructions at all times.

**TORCH** During winter months it is essential to bring a (head) torch on all Sunday hikes. Check your batteries / bulb.

**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 meters into the scruff where the ground is untrodden, walking parallel to but not on the track.

**LITTER** 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 LEADERS** If any member is interested in leading a hike, please contact:  
Garry Byrne  
Mark Campion

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## HILLWALKERS AWAY

### Trip to Llanberis, Wales

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**SNOWDONIA**  
**Easter Weekend 2006**

It was going to be a hard act to follow last year's successful Easter trip to the Brecon Beacons, but the unanimous decision was that this year's surpasses it in every respect.

From an early date, the trip was booked out and 53 in all travelled. We gathered in Dun Laoghaire on Thursday morning (13th), caught the HSS Stena ferry to Holyhead and picked up our coach and driver there. A mere one hour's journey to Llanberis, where we had the hostel entirely to ourselves.

It turned out to be a superb choice. Fairly recently refurbished, it was very comfortable and supremely well run. Best of all was the food, which was of hotel standard and very well organised. Of course, one who shall remain nameless, managed to beat the system as I recall twice losing out on nominated desserts. No just desserts here! Still, no hard feelings towards the guilty party!

Day 1 The first day's hike was to Moel Siabod (872m), two groups taking separate routes. The "Hard Hikers" took on the difficult East Ridge (Daere Ddu), which involved some interesting scrambling and then had a very easy return. The "Mods" had a longer and more difficult return and, indeed, a longer walk on the day.

They had this boast again on the Glyders! The Moel Siabod trek ended back where we started at Tyn-y-Coed Hotel, providing a perfect ending, sitting out with drinks in the sun and basking in our success.

Day 2 Jim Barry took the Mods to the Glyders, starting at Pen-y-Pas and finishing at Pen-y-Gurig Hotel - a 7-hour marathon in rocky terrain but in glorious sunshine.

Rumours that the group were expelled from the hotel were wildly exaggerated. People love a good story like this. In fact, it transpired that patrons waiting outside were not noticed by the group who had enjoyed their drinks and were leisurely awaiting their bus, not realising they were occupying required space.

Tom Kenny and Philip Roche brought their group to Cadair Idris; it was a long 1.75 hour journey from Llanberis, but through beautiful scenic country, visiting Betws-y-Coed and Festiniog en route. We started near Minffordd and completed a circuit, taking in both Mynydd Pencoed (791m) and Penygadair (853m) (also known as, perhaps less correctly, as Cadair Idris, which really related to the mountain range in general). The climb was steep from the start but on a well constructed path. The weather threatened after lunch on Mynydd Pencoed and there was much donning and doffing of raingear for an hour but gratefully the rain never materialised. A nice ridge section followed after Penygadair to Mynydd Moel (863m) and then came a very long steep descent, which eventually re-joined the original track not far from the end. A curiosity just before that was a half-completed slate bridge - a very strange sight to see a bridge halfway across and then nothing! The Mods were amused to hear our walk lasted a mere 5 hours!

Day 3 The one many were eagerly awaiting - Snowdon (1085m), the highest mountain in England and Wales. There were three separate walks. Tom and Philip had hoped to take in the famous and very difficult ridge, Cryb Goch, Rangers advised it was closed due to mist. Instead, their party took the Pyg track to the summit, coming down the Snowdon Ranger path, turning into the Maesgym valley and arriving in at the back of the hostel. A group of six, led by Garry Byrne, took that route in reverse to the top and came down the Llanberis track (by the railway), joined on that descent by the largest party, led by Jim Barry, which had ascended on the Miners' Track. It was bitterly cold on the summit, but it was still a very suitable day weatherwise for this significant climb.

Day 4 A day of recuperation for many after all the energy and effort expended over the three previous tough days. Quite a few had a look at the mines (closed since 1969) and museum on the far side of Llyn Padarn, east of Llanberis. A party of 17 headed for Rhyd Ddu, just beyond Snowdon Ranger YH, and climbed Y Garn (633m). It had been hoped to do quite a bit of the

Nantlle Ridge, including Mynydd Drws y-Coed and possibly as far as the obelisk, but the mist closed in and the group turned back at Y Garn, so it was a short 2.75 hours excursion. However, there was an inn/restaurant at Rhyd Ddu, which brought the last walk to a delectable conclusion. The bus journey to Holyhead was marked by a stop at the town with the longest name in the UK - normally referred to as Llanfair P.G. - its full name contains no less than 58 letters.

In the evenings after each walk, many had enjoyable get-togethers in various hotels, including the elusive Prince of Wales, whose hotel sign lay forlornly inside in the foyer. A quiz night in another pub was also attended and enjoyed.

Finally, a sincere word of thanks on behalf of everyone to the trip organiser, Jim Barry, for doing such a wonderful job. Tom Kenny and he had gone over to Wales in advance to set things and their attention to detail paid off handsomely. Thanks too to the other leaders and all who helped in any way. So, a great weekend. The ultimate tribute is that the organisers are booking Llanberis YH for a repeat trip next Easter.

**Pearse Foley**

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## NOTE FROM THE EDITOR

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We would like to hear from you!

Whether you ...

- wish to contribute an article ...
- have read an interesting book you'd like to recommend to club members ...
- would like to share your favourite hikes ...
- want to comment on any club matters ...

Why not get in touch? Write or email to:

Barbara Sudrow, 24 Glenmalure Park, S.C.R., Dublin 8

**EMAIL ALERT:** in cases where the electronic newsletter bounces back, we will send the paper version by post. We would therefore ask any members who currently do not receive this newsletter in ELECTRONIC FORMAT but wish to do so in future, to send a short message to the above email address from a VALID EMAIL ACCOUNT.

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## FORTHCOMING EVENTS

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### JUNE BANK HOLIDAY 2006

ONLY A FEW PLACES LEFT

Balance due by Friday, 19th May

Departure: Friday, 2nd June from George's Quay (adjacent to Tara Street Railway Station) at 4pm (1600hrs) sharp.

## **NEW: AUGUST BANK HOLIDAY**

Six-day trip to English Lake District

Details of accommodation, cost, booking arrangements, etc. further down!

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# **LEAVE NO TRACE AWARENESS DAY**

## **Sunday, 28th May**

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A public awareness day for Leave No Trace (LNT) will take place in the Dublin/Wicklow Mountains on 28th May.

LNT attempts to spread an awareness of sensible outdoor ethics amongst outdoor recreational users and is internationally recognised. Leave No Trace Ireland is currently being established as an organisation to promote the message and is an exciting partnership of landowners and recreational users coming together to promote good practice.

Mountain Meitheal have produced small LNT banners which will be posted at selected upland access car parks on Sunday 28th May. They are targeting between ten and twenty access car parks and will need volunteers to hand out leaflets and introduce members of the public to the LNT message. Ideally, each venue will have two or more volunteers spending about 3 to 4 hours on site "meeting and greeting" and selling the idea of LNT.

Contact: Shay Walsh

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## **MCI Environmental Weekend**

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Date: 26th – 28th May 2006

Venue: Gartan Outdoor Education Centre, Church Hill, Letterkenny, Co. Donegal

Gartan OEC is located on the shore of Gartan Lough in the heart of Donegal. Glenveagh National Park is within walking distance. The Glebe Gallery, home to the Derek Hill collection is just across the lake and the Colmcille Heritage Centre is also on the Gartan estate.

Saturday, 27th May 2006, will concentrate on the Gartan and Glenveagh areas. Most of the day will be spent outdoors, including a visit to the Donegal Golden Eagle Reintroduction Programme. There will be a dinner and slide show / discussion in the evening at the Centre.

The programme also includes a free, MCI-sponsored Leave No Trace Awareness Session on Sunday morning, 28th May.

B&B accommodation is available at the Centre either in double, twin or triple rooms with full en-suite facilities, or in hostel style rooms.

All meals (dinner / packed lunch) are available at the Centre and should be booked in advance.

Contact: Gartan OEC, phone 074-9137032, email: office@gartan.com. Downloadable booking form available at [www.gartan.com](http://www.gartan.com).

Further information: From Gartan (above) or Helen Lawless at the MCI office

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## INSIDE THE COMMITTEE

### Sunday Hike Co-ordinator

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Howdy! Jimmy McCullagh talked me into joining the committee last October. Good man Jimmy! I was initially nervous but a few pints every now and then helped me get through the hard times. My job is to a) reduce the average age at committee level; b) try to come up with some hikes every second month with as much variety as possible...Garry is proving a hard act to follow...it's nearly time to introduce gimmicks; c) turn up at the odd social event...roll on the pub crawl...no tequila this time but thanks for the offer anyway Ali! and d) turn up on some quay or other the occasional Sunday morning for a swim or a walk or something. In all seriousness, it's great being involved; there is a good atmosphere; everyone on the committee makes a huge effort to keep the hiking and extra-curricular activities going and I think that because of their work and the support of club members we have an excellent club on the go. All we need now are a few more hikers on Sundays!

**Mark Campion**

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## CLUB NEWS

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**Membership 2005-2006:** Many thanks to the 118 hikers who have renewed their club membership for the current year (Oct 1st 2005 to Sept 30th 2006).

There's still time to rejoin, using the membership form located at the end of the printed newsletter and on our website.

### MEMBERS' SURVEY

April Hikes saw higher member participation. This is great, and thanks for your support! To keep up the momentum, we will continue to send Sunday Hike details by text message. And of course, we are still interested in your feedback on club activities. If you have any suggestions for questions to be included in the forthcoming members' survey, please contact Barbara Sudrow.

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## SOCIAL CORNER

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### STONEYBATTER PUB-CRAWL

The film night originally planned for May is being deferred to a later date. Instead, we will re-run the popular pub crawl for the next social event.

As before, anyone who wants to come along can meet at Kavanaghs Pub on Manor Street in Stoneybatter about 9 pm on Friday, 19 May.

Anyone coming later can phone Steve Buckney at 086-1591842 to find out where we have moved on to. Garry Byrne is also a contact person for this event

### **Other suggestions welcome!**

Please contact our Social Organiser Steve Buckney.

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## **WALKING ABROAD**

### **Scottish Highlands**

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Dates: Sat, 22 July – Sun, 30 July 2006

Leader: Mark Campion

Area: Glencoe / Fort William / Cairngorms

Possible hikes in Scotland:

Ben Macdui / Easains / Creag Meagaidh /

Ben Nevis via Carn Mor Dearg / Ring of Steall / Bidean Nam Bian and other routes.

Please note: Anyone interested in joining the group at this stage will have to book their own accommodation and flights.

Contact: Mark Campion

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## **LONG DISTANCE WALKS**

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A selection of dates for your diary! Further information can be found on Simon Stewart's website: [www.simonstewart.ie](http://www.simonstewart.ie)

**Blackstairs:** Sat, 13th May 2006

This medium challenge goes down the spine of the Blackstairs on Carlow-Wexford border.

**Debra, Irish Adventure Challenge, Kerry:**

Sat, 13th May 2006

Commercially organised charity challenge with several different types of stage.

**12 Bens Challenge, Sun, 4th June 2006**

The most extreme of the challenges in the Republic with 2700m of climbing in Co Galway. Read what the organisers say about being prepared because they are strict. The evening before the walk, there will be a talk by Michael Gibbons and another by Simon Stewart on Photography in the Irish Mountains.

**Galtees Walk, Sat, 10th June 2006**

A pleasant introductory challenge with 1300m of climbing in the Galtees (Limerick/Tipperary).

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# An Óige Ring of Imaal Marathon Walk 2006

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This event has been scheduled for **Saturday, 24th June 2006.**

**Base Venue:** Donard National School

**Registration:** 07.00hrs to 08.30hrs only  
(Pre-Registration details below)

**Entry Fee:** €12.00

The event, which can take from 8 to 11 hours to complete, is for experienced and fit walkers only.

**Route:** Donard Village - Davidstown - Brusselstown Ring - Keadeen Mtn - Ballinfoyle - Ballinabarney Gap - Ballineddan Mtn - Slieve Maan - Lugnaquilla Mtn - Camenabologue Mtn - Table Track - Table Mtn - Wexford Gap - Cavanagh's Gap - Lobawn - Track to Bolton's Yard - Road walk back to Donard National School.

Participants will be expected to have reached Table Track by no later than 1700hrs.

**Total Distance:** 35 km    Ascent: 1800 m

**Contact:** Jim Barry through An Óige Head Office (01-8304555) or at 085-1744186 / 01-4556455 (evenings only).

**Pre-Registration Option** from 1st May 2006. To request the Registration Form, email [marketing@anoige.ie](mailto:marketing@anoige.ie). Further details available from the An Óige website: [www.anoige.ie](http://www.anoige.ie)

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## BANK HOLIDAY WEEKEND 1

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**An Óige Hillwalkers Club**

**June Bank Holiday Weekend 2006**

**Friday 2<sup>nd</sup> June – Monday 5<sup>th</sup> June**

**Visit to the Wild and Beautiful County of Kerry**

**Aghadoe Y.H., Killarney, Co Kerry**

**Moderate/Hard Walkers Welcome**

**Two grades of walk each day on Saturday, Sunday & Monday**

**Leader: Tom Kenny**

**Strictly Bus Trip Only**

**Weekend Walking Itinerary**

- **Ridge Walk to Carrauntoohil Mountain**
- **Slieve Mish Mountains /Dingle Peninsula**
- **Paps of Dana**
- **Social Events**

**Ordnance Survey Maps: 1:50.000 Discovery Series Sheets 71, 78 and 79**

**Notes**

**Hostel accommodation:** 4 to 6 bed rooms/limited to 52 persons

**Booking:** €100 NON REFUNDABLE deposit to An Óige Head Office by credit card or cash deposit (8304555). Booking facilities available now.

**Total Cost:** €160 (includes 3 Bednights, 2 Dinners, 3 Continental Breakfasts, Packed Lunches & Transport costs). Balance payable to Head Office by 19th May.

**Extra Food etc:** Large local Supermarket

**Bring:** Mountain rain wear/change of warm clothing/towels/toilet gear/flask/torch/first aid kit/camera/binoculars/valid An Óige membership card.

**Departure:** Friday evening from **George's Quay** (adjacent to Tara Street Railway Station) at 4pm (1600hrs) sharp.

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

Please note that the walking programme may be altered or curtailed at the discretion of the leader to take account of adverse weather conditions and walkers capabilities.

**Welcome Aboard**

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## **BANK HOLIDAY WEEKEND 2**

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**An Óige Hillwalkers Club**

**August Bank Holiday Weekend 2006**

**Thursday 3<sup>rd</sup> – Tuesday 8<sup>th</sup> August**

**ENGLISH LAKE DISTRICT**

**Ambleside Youth Hostel**

**Leader: Frank Rooney**

**Boat and Train Trip**

- **Walking Itinerary to be decided**
- **Hostel accommodation in Ambleside Youth Hostel**
- **Limited to 15 places**
- **Six day trip, includes four walking days**

### **COST:**

Approximate cost € 300. Non-refundable Deposit is € 180. Price includes Boat and Train transport. Five nights bed and breakfast and evening meal.

Not included in price, local transport costs and packet lunches and any additional meals. Packed lunches can be ordered at reception of hostel.

### **TRAVEL:**

Departure: Thursday 3rd August. Meet at Dun Laoghaire Pier for 1000hrs (10.00 am) for Ferry to Holyhead

Return: Dublin on Tuesday 8th August approximately 2030hrs (8.30 pm)

### **TO BOOK:**

Contact Frank Rooney at email [rooneyf@eircom.ie](mailto:rooneyf@eircom.ie) or phone or text 085-1742119

Must pay deposit to be booked on trip.

**BRING:** Sterling Currency, Suitable Walking Boots, and Rain Wear/Change of Warm Clothing/Towels/Bathroom Gear/ Flask/Torch/ First Aid Kit/Camera/Binoculars / Means of identification, i.e. passport, driving license etc.

**Come along and enjoy the trip!**