

HIKE PROGRAMME

November 2007

MEET: Burgh Quay

DEPART: Sundays 10.00 am

COST: Private bus. €12
(unless stated otherwise)

2nd pick-up point: The bus picks up walkers who are already at the designated point. It won't be waiting and places cannot be guaranteed as the bus may be full at Burgh Quay.

NEW 2nd drop-off point: Where indicated in the programme below, the bus will drop off hikers at the 2nd pick-up point on the return journey, unless circumstances dictate otherwise. We regret that this is not possible on all routes.

11 November 2007

---Wild West Wicklow

Leader: Chris Byrne

2nd pick-up & drop-off point: Bus stop near pond at Sean Moore Park on Tallaght By-Pass.

Route: Ballyknockan CP (GR O 010 073) * Silsean * Moanbane * Billy Byrne's Gap * Spot Height 702m * Black Hill * Ballynultagh Gap * Sorrell * Ballinatona Forest Tracks to CP (GR O 055 138).

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

18 November 2007

---Dargle and Glencree Valleys

Leader: Philip Hayden

2nd pick-up point: Bus stop before the roundabout at Loughlinstown.

Route: CP Ballinastoe Upper (GR O 203 091) * Glasnamullen * Djouce * Wicklow Way * Maulin * Ballyreagh * Crone * Ballyross * Ballycoyle (GR O 161 156).

Distance: 17km **Ascent:** 680m

25 November 2007

---Eastern St. Kevin's Way

Maps: OS Map 56, Healy or Harvey

Leader: Brian Flynn

2nd pick-up point: Bus stop near pond at Sean Moore Park on Tallaght By-Pass

Route: Granabeg Schoolhouse (GR O 007 021) to Glendalough and Laragh.

Distance: 18km **Ascent:** 150m

2 December 2007

---Introductory Hike: Glenmalure in Winter

Maps: OS Sheets 56 & 62, Healy, Harvey and Army Warden Service maps

Leader: Gerry Walsh

2nd pick-up & drop-off point: Bus stop before the roundabout at Loughlinstown.

Route: Drumgoff Forest Tracks * Kelly's Lough * Cloghernagh * Art's Lough * Second Zigzags Glenmalure.

Distance: 17km **Ascent:** 730m

9 December 2007:

---HOLLY HIKE 2007

Leader: Don Reilly

Route: Drumreagh Forest Entrance

(GR 937 032) * Drumreagh Forest Park * Church Mountain * Turf Cutters' Track * Hollywood Village.

Distance: 12km **Ascent:** 600m

GENERAL HIKE NOTES

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. Any participant on these hikes must be a member of An Óige.

CO-ORDINATION If necessary, 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.

EQUIPMENT It is essential to bring good rain gear (both jacket and over trousers) and to leave cotton t-shirts and jeans at home!

Boots must be sturdy with proper ankle support and a rigid non-slip sole such as Vibram.

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 AND RUCKSACKS Remember that walking sticks and rucksacks cannot be brought onto the bus and must be stowed away in the boot during the journey.

OUT ON THE TRAILS

Hohe Tauern National Park

Summiting the Roof of Austria

The Großglockner is not only Austria's highest peak at 3798 metres but also the jewel in the crown of its finest national park, the Hohe Tauern. That park is home to around thirty 3000 metre plus mountains, several glaciers and abundant flora and fauna. On paper, summiting the Großglockner seemed feasible. After all it was not my first attempt to scale an alpine peak. A trek to the top of Triglav in the Julian Alps came to mind, not to mention successful ascents to the tops of Cuba, the Czech Republic, Spain, Mozambique, Germany, Scotland, South Africa, Tasmania, Zimbabwe, as well as reaching the roof of Africa in the shape of Kilimanjaro and Mount Toubkal in the Atlas mountains. My stamina and fitness had also been enough to reach high into the Andes, Himalayas and several ranges in between.

With such a background I took a relaxed and casual approach to this latest endeavour. That attitude was to dramatically change when I got up close and personal as I soon realised why it had "Groß" in its name.

From a distance

A couple of days prior to that face-to-face meeting and while out hiking in the park the cloud lifted and lifted to eventually reveal this dominating peak. This was the beginning of my changed attitude as its pyramidal peak and jagged edges came sharply into view. It simply looked impossible to penetrate and so it almost proved for this aging walker.

The good weather was forecast to continue for the next few days and so the time to get up and at it had arrived. Our hosts eased my wife and I into this trek by transporting us in comfort to the starting point at Lucknerhaus at 1920 metres - just less than two vertical kilometres to the top. From there we opted to take a narrow stepper path through fresh snow to Lucknerhütte some 300 metres higher. From that well-equipped hut it was a further 600 metres to Stüdlhütte. As we meandered our way there and out of the tree line the ground became steeper, the air thinner, the snow thicker and the panting louder and more frequent.

Setting out from Stüdlhütte

There a local guide with rock-hugging hands and canyon-deep non-blinking eyes greeted us. His face mirrored the outlines of the mountain. Accompanying him were two solidly built Dutchmen and together we formed a team with one aim - to safely return to this hut the next day via the top of Austria. Despite the afore mentioned experience we soon discovered we were the weakest link in that all our new companions had extensive climbing accomplishments and were better versed in the skill of ropes, crampons, and harnesses - all essential requirements for the task ahead. Despite our shortcomings we gave a good account of ourselves on our way over a glacier and up the first of many vertical climbs to our next destination, the Erzherzog-Johann-Hütte (Adlersruhe) - at 3454 metres the country's highest, coldest and most sparse mountain hut.

Sleeping at 3454 metres

There we bedded down for the night. The low temperature and high altitude affects people in different ways. In my case the bladder was the main victim as it either contracted to fill up fast or expanded to absorb all the remaining liquid in my body. The result however was the same in that its inner working had to be outwardly attended to and now let it not be said that socks and plastic bags have only one function. On one occasion I opened the window to our room to yet again

empty that demanding bladder and in doing so let in more liquid in the form of snowflakes than let out in the process of peeing.

Such exertions together with the looming mountain still unmovingly lording over us were not conducive to a much needed but deprived sleep. By dawn the next morning that mountain still hadn't gone away unlike my appetite and a desire to be somewhere else - like a beach or a five star hotel. After all, this was our honeymoon trip and we still had that mountain to climb. And climb it we did.

Sunrise over the roof of Austria revealed a sea of ice, snow, glaciers and waves of mountains in all directions. It was an inspiring sight. However it also showed every curve, twist and rock on the face of the mountain.

Off we prodded like five penguins over the ice and onto the knife-edge ridges and the more we moved the less likely it looked I would make it to the top. Not only did I have to battle tiredness, I had to overcome an increasing fear of the exposure those ridges presented. However pride and determination proved stronger than fear as I slowly, very slowly, crawled, hopped and jumped from one foothold to the next to reach the pin-sized peak.

The relief and joy of being here was short-lived however, as the thought of going down outweighed the achievement of getting up.

On the descent

Descending the 300 metres from that pinnacle onto the relative safety and stability of the glacier below stretched me to and beyond my limits. Apart from the technical difficulty of negotiating every outcrop, nook and cranny there was that ever-present exposure. At times it felt I was stepping into space with the nearest landfall a kilometre or two below. Both legs and nerves were stretched to places I did not know even existed. Without the assistance of my fellow climbers and guide I could still be there suspended on the mountain face unable to go up or down. Down I went but not always in an orthodox or professional manner until the level ground of the glacier was reached.

Upon returning in a safe and unsound state to the Erzherzog-Johann-Hütte (Adlersruhe), I looked with amazement at the task my mind and body just recently completed. Following a hearty breakfast we continued our descent through further but less exposed rock faces and ice fields to arrive back to Stüdlhütte (2801m). The longer now we spent on those arêtes the more adept I became at handling them. There we bid farewell to our climbing companions. The Dutchmen commented that it was one of their hardest climbs to-date and certainly the most technical of them.

All the panting, peeing and finally peaking was over ... for now.

Brendan Magee

See Brendan's amazing photos by selecting the [New Photos](#) link on the main menu.

I was delighted to again take part in this year's Dublin City Marathon.

I ran a PB of 3 hours 46 mins and 34 secs. It was my 13th Dublin City Marathon so naturally I was a bit apprehensive.

Although I had trained hard all year, I had not completed the recommended 20 mile runs, partly due to the fact that I was out on the hills most Sundays!

It was great to take part and I raised €408 for "Friends of the elderly". Many thanks to those who I caught on the Sunday I came out with my sponsorship card! Another friend of mine raised €2000 and is still raising money, but he is likely to benefit himself as he is 72 years old. He also ran the marathon this year.

There was a post-race pasta party for €15 but like my usual likelihood at turning up at Hillwalkers' socials I missed that. I went last year and I was the only Irish person there apart from some of the organizers.

I got a lovely black tee-shirt with long sleeves, great for the colder winter evenings, a better material than usual. I also obtained a lovely red finisher's medal so I was able to go trick-or-treating dressed as a marathon runner for Halloween!

The first woman home got a prize of €15,000 but I couldn't quite make the standard of 2:29:30 - perhaps next year! First Irish woman was Pauline Curley from Tullamore Harriers in a time of 2:42:30; she was ninth woman home. The event was won by a Russian in both the male and female races. The winning man, Aleksey Sokolov, finished in 2:09:07; the first Irish man, Michael O'Connor finished in 2:25:48.

The course started and finished in the city centre, from Fitzwilliam Square through O'Connell Street into the Phoenix Park, Chapelizod, Inchicore, over to Terenure, Clonskeagh, Stillorgan Road, Nutley Lane, Merrion Road, Shelbourne Road, over by Pearse Street, round Trinity College, back along Nassau Street and finished in Merrion Square. I was in dire need of a few pints after that!

One Hillwalker (Brian Flynn) who wasn't in Armagh cheered me in the Phoenix Park.

Jennifer Lee

CLUB NEWS

Vacancy: SOCIAL ORGANISER

If you have a flair for organising events and getting people to turn up for them, you might like to follow in the footsteps of Steve Buckney who stepped down from the committee at the recent AGM (see p. 7).

Anyone interested in taking on the role of Social Organiser, please contact

Frank Rooney

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Full report and photos from Armagh in the December Newsletter!

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Membership 2007-2008

The current membership year runs from 1st October 2007 to 30th September 2008.

Hillwalkers who haven't yet renewed their membership will find an application form available to download by clicking on the **Membership Form** link on the menu on the left.

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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, barbarasudrow@eircom.net

Julian Alps, Slovenia: Triglav National Park

The Triglav National Park (TNP) is named after Triglav, the highest summit in Slovenia. The origin of the name Triglav is rather uncertain. Triglav («three-headed») owes its name to its characteristic shape as seen from the south-east side or to the highest Slavic deity who was supposed to have its throne on the top of the mountain. The mountain is a national symbol and is featured on the national coat of arms, the flag and on Slovenian Euro coins.

The National Park extends along the Italian border and close to the Austrian border in the north-west of Slovenia. Triglav is situated approx. 70 kilometres from the Slovenian capital Ljubljana; the nearest railway station is at Bled, an alpine lake resort, 50 kilometres from Ljubljana.

For more photos of Triglav by Don Reilly see the **New Photos** link from the main menu.

MCI Winter Lectures

Des Clark Living in the high mountains

When not working professionally as an International Mountain Leader, Des explores remote areas and meets people who live at high altitudes. His slideshow will cover the Peruvian Andes, Iceland, Pyrenees and the High Atlas in Morocco.

Date 7th November, 8pm to 10pm
Venue Park Inn Dublin, Smithfield Village, Dublin 7
Tickets: 10 Euro for MCI members,
15 Euro for non-members

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**Chris Bonington**

In 1985, Bonington achieved a lifetime's ambition when, at the age of 50, he reached the summit of Everest as a member of a Norwegian Everest expedition. Now at 72, Sir Chris Bonington has no intention of hanging up his climbing boots. His vast experience and knowledge of the outdoors should make a riveting evening's entertainment.

**Date:** 29th November, 8pm  
**Venue:** 53° North, Blanchardstown Centre, Dublin 15  
**Tickets:** 10 Euro for MCI members, available to purchase from the MCI office  
**Contact:** Call (+353) 1 625 1115 or email [memberssupport@mountaineering.ie](mailto:memberssupport@mountaineering.ie) to order your tickets.

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For further information on forthcoming MCI events, please visit www.mountaineering.ie

An Óige Photography Course

Digital Masterclasses for Beginners

The Course will include six Tuesday evening sessions of two hours each to be held in the Dublin International Youth Hostel, 61, Mountjoy Street, Dublin 7. On November 6th, 13th, 20th and 27th and December 4th, 11th plus a field trip.

The subjects that will be covered include:

- Making sense out of your instruction manual.
- Understanding the settings on your camera and what they do.

- Field work using your own camera.
- Downloading images.
- Adjusting your image for printing.

Evening sessions (6): 7:15pm for 7:30pm start.

Venue: The sessions will be held in Room 102 at the Dublin International Youth Hostel, 61 Mountjoy Street, Dublin 7.

Requirements: Digital Camera and instruction book.

Field Trip: Sunday, 25th November 2007. Details will be given at the sessions.

Course Cost: €100. Cost includes 6 evening sessions and field trip.

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

Course Given By: Peter Gallagher L.I.P.P.A.

Annual General Meeting

The AGM 2007 was held on Thursday, 11 October, in Cassidy's Hotel, Westmoreland Street, Dublin 2. Sixteen members attended the meeting and the previous year's minutes were read, proposed, seconded and agreed.

Outgoing & Incoming Committee Members

Both Steve Buckney, Social Organiser, and Eoin Moroney, Officer-at-Large, stepped down from the Committee. Deirdre Muldowney joined the Committee as Club Promoter. The meeting approved the new Committee and a vote of thanks was passed to the outgoing Committee members for their service to the Club.

A vote of thanks was also passed to Matt Geraghty who maintains the club website and to Cyril McFeeney and Pearse Foley for distribution of the newsletter.

Chairman's & Treasurer's Report

Frank Rooney presented a report detailing activity and expenditure for the year ending 30 September, 2007. He outlined measures taken to increase membership and awareness of the Club, with publicity being given particular attention.

Membership

Donal Finn reported on membership which was 122 for 2006-07, compared with 113 the previous year. Of the 122, some 52 were not members in the last or previous years and most heard of the Club through the Internet or adverts. The male:female balance is roughly 60:40. The membership fee for the coming year will remain at the current €35, which is subsidised by around €2 from Club funds.

Organised Weekends and Holidays

The club organised Bank Holiday weekends in Wales, Ben Lettery and Derry & Donegal. Longer trips were organised by Mark Campion to Kenmare and by Frank Rooney to Austria during the summer. For the first time, a successful BBQ weekend was organised in Ballinclea YH, with great credit due to Mark Campion.

Holly Hike & Christmas Party

These events were held again with around 100 and 120 respectively in attendance.

Social Events

Steve Buckney organised a number of successful events during the year and efforts will be made to organise further events on an ad-hoc basis, failing attempts to recruit a replacement.

Training

The map and compass course was attended by 16 trainees in 2006-07. This year, 24 people are signed up for the course.

The Hillwalker

10 issues of the newsletter were distributed during 2006-07 with a wide range of articles contributed by club members. Barbara Sudrow reminded the meeting that the newsletter is the Club's main forum for information. She asked that any articles, matters of interest etc be forwarded to her for inclusion in the newsletter.

Members' Discussion

Among other issues, the possibility of the bus charge being raised in small increments was discussed, as was the suggestion that a free bus be used for the monthly introductory hike, rather than giving contributions to An Óige. It was agreed that where the bus would likely be returning by way of the second meeting point, this would be indicated on the hike programme.

COMMITTEE 2007 - 2008

Committee 2007 - 2008:

<i>Chairman</i>	Frank Rooney
<i>Secretary/Sunday Hikes</i>	Garry Byrne
<i>Treasurer</i>	Jim Barry

Membership/Training
Weekends
Promotion
Newsletter

Donal Finn
Mark Campion
Deirdre Muldowney
Barbara Sudrow

Special thanks to:

Webmaster
Distribution

Matt Geraghty
Pearse Foley & Cyril McFeeney

CHRISTMAS PARTY 2007

An Óige Hillwalkers Club

CHRISTMAS PARTY 2007

**Cost: €75 (making your own way) or
€85 (using private bus from Burgh Quay)**

Saturday, 15 December

- 9.30 am** Depart from Burgh Quay, Dublin (club bus)
- 11.00 am** Arrive at Glendalough Youth Hostel
- 11.30 am** Depart Hostel for Hikes in Glendalough Area
Hard Hike: Tom Kenny
Moderate Hike: Jim Barry
- 4.30 pm** Welcome Back Hikers' Soup
at Glendalough Hostel
- Opportunity to renew club membership and/or
book optional breakfast for Sunday morning (approx. € 7.50)
- 6.45 pm** Depart Hostel for Lynam's Pub in Laragh
(club bus)
- 8.30 pm** Christmas Dinner
Wicklow Heather Restaurant, Laragh
- 11.30 pm** Depart Wicklow Heather (club bus),
return to Glendalough Hostel
- 12.00 am** Christmas Raffle
Music & Party till late

Sunday, 16 December

10.30 am **Depart Hostel for Hike in Glendalough Area**
Hike Leader: Garry Byrne

3.30 pm **Depart Hostel, return to Dublin (club bus)**

Weekend Leader: FRANK ROONEY

Any changes to advertised leaders or times will be announced on the day.
All queries and payments to An Óige Head Office (01-8304555) – booking now open!