

HIKE PROGRAMME

October 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 and won't be stopping and waiting. Walkers must ensure that they are there in good time for the bus. Places cannot be guaranteed as the bus may be full at Burgh Quay. In addition, the bus may be travelling back to town by a different route, so set down places on the return journey may differ from those of the outward journey.

14 October 2007

---Military Road to Wicklow Gap

Maps: Sheet 56

Leader: Tom Kenny

2nd pick-up point: Bus Stop at Rathfarnham Castle, before the Yellow House.

Route: Oasis * Carrigshouk * Mullaghcleevaun East * Mullaghcleevaun * Barnacullian * Stoney Top * Tonelagee * Wicklow Gap.

Distance: 17km **Ascent:** 760m

21 October 2007

---South Dublin – North Wicklow

Maps: Sheet 50 & 56

Leader: Tom Milligan

2nd pick-up point: Bus Stop at Rathfarnham Castle, before the Yellow House.

Route: Boranaraltry (O 174 252) * Wicklow Way * Prince William's Seat * Knocknagun * Glendoo * Cruagh Wood * Tibradden Mountain * Kilmashogue Mountain * Larch Hill.

Distance: 20km **Ascent:** 800m

28 October 2007

NO SUNDAY HIKE

October Weekend Trip to Armagh City Youth Hostel(see separate notice)

4 November 2007

--- Circuit of the Avonmore Valley

Maps: Sheet 56

Leader: David McCann

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

Route: Stump of the Castle * Avonmore River * Cronybyrne * Glenwood * Trooperstown Hill * Avonmore River * Annamoe.

Distance: 17km **Ascent:** 460m

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.

HIKE LEADERS Any club member interested in leading a hike, please contact:
Garry Byrne

OUT ON THE TRAILS

Austria, August 2007

WALKING IN THE SALZKAMMERGUT

The trip was to Bad Ischl, a spa town about 1.5 hours east of Salzburg in the Salzkammergut region, famous for its salt-mines, lakes and mountains. Salzburg was wet and miserable when we arrived in late evening, inducing a sense of déjà-vu. The hostel was very central and had a bar and hot food available. A supply of two towels for everyone was a nice touch.

Friday, August 3

Next day, it was still raining in Salzburg, and also in Bad Ischl, so a low walk was opted for. This was an easy pipe-opener along the Elisabethwaldweg initially, and later by the Ischl River and

back via the Bauernfeldweg. A nice interlude for coffee in the Schwarze Katz (Black Cat) bar en route - a good omen for Kilkenny on the following Sunday?

The evening meal in the hostel was a "steal" @ 6 euro - soup, salad, main course and a banana. The hostel was much more modern than that in Salzburg and was a satisfactory residence for the duration of the holiday, the en suite dorms being particularly welcome.

That evening we repaired to a hostelry called "k.u.k. Hofbeisl", which became the haunt for most of us for each of the four evenings. "k.u.k." stands for kaiserliche and koenigliche, i.e. emperor and king, which points up the extraordinary connection the town has with Franz Josef, the last Habsburg Austro-Hungarian emperor. He built a summer palace here in 1854 and came there almost every summer for 60 years until 1914. His presence and the entourage that came in tow brought huge prosperity to the town.

Saturday, August 4

First mountain of the trip - Schafberg (1783m). Initially, a half hour bus trip to St. Gilgen in the sunshine. This brought home to us the beauty of the Austrian countryside. There are no hedges hence an open vista of meadows, leading up to the mountains or lake shores.

Flowers predominate everywhere, be they in the gardens, in the vast array of window-boxes or in the wild. From St. Gilgen, a short road walk by Wolfgangsee (Lake Wolfgang) and then up through dense woods. A brief rest at Schafbergalm, a high open summer meadow; these summer pastures are a feature of all the mountains in the Alps. Further on, we encountered trains chugging up and down from the summit on a narrow gauge railway, similar to the Llanberis-Snowdon line.

There is a substantial restaurant at the summit, though we had our lunch outside at the picnic tables on the balcony, wrapped up in our fleece jackets, as the cloud cover still persisted. A colony of jackdaws begged at the tables - obviously permanent residents.

As we left, the skies cleared and the marvellous views opened up. We stopped on the way down at a train stop - Schafberg Alpe - for coffee in the sunshine. It was an easy drop down to St. Wolfgang on the lake-shore, where it was a glorious summer afternoon. It was thronged with tourists and there were many waterside activities. We had our evening meal here and later took a bus back to Bad Ischl, changing en route at Strobl.

Sunday, August 5

We walked directly from the hostel, heading for Leonsberg (1745m). There was an interesting stop at a tiny wayside church "Maria Heim Suchung" (The Visitation), which seated only 8 people and had a fine "Visitation" painting behind the altar. A 3-hour walk to the Leonsbergalm - more alpine pastures. There was an intermediate peak - Gspranggupf (1368m) - before taking on the final steep climb to Leonsberg.

This included a ladder and a couple of steel wire rope sections, but nothing daunting. A huge iron cross dominated the summit. Lakes were visible in every direction, and Schafberg lay to the west with its NE facing cliff now very evident.

The descent began relatively gently - an up-and-down ridge to Gartenzinken (1557m), and then a long steep drop via Walkerskogel (1243m). This stage was enlivened by the banter between David and Paul, which came to an abrupt end when our leader interposed himself between them. The ensuing silence was deafening! It still turned out to be a long 9-hour walk in the heat. The final section through the lower forest, even with easier gradients, was tedious due to many fallen trees, causing several detours.

We emerged at Pfandl, 3 km west of Bad Ischl, gasping for water and found a fine roadside restaurant, where we imbibed greedily and had a fine meal to boot. The desserts were the piece de resistance - apple strudel and Sachertorte (chocolate cake). A mad rush to catch the last bus was unsuccessful for some, who ended up re-walking the Elisabethwaldweg (this time in the opposite direction). Still fit enough though for another session in the k.u.k.Hofbeisl!

Monday, August 6

A day of much variety. An early train to Obertraun, dropping Rosemary and Jim off at the Hallstatt halt to catch the ferry to Hallstatt across Hallstaettersee. The rest of the group soon arrived at the cable-car station, only to discover that one of the two services was shut and there was an hour's delay. Eventually we made our way up in two 5-seater cabins as far as Gjaidalm (1805m). From there, we had a delightful walk across the meadows for 1.75 hours on a nature trail. It was a treasure of alpine flowers with wonderful views of the glaciers above us at 2600m. The end of the trail was at Wiesberghaus (1872m) where soup, coffee and desserts were available - quite a pleasant surprise. From here, an uncomplicated descent brought us down to the lakeside at Lahn and Hallstatt, passing some striking sheer precipices, gorges and mountain streams to our side on the way.

A welcome snack in Hallstatt at a cafe by the lake and then a taxi back to Obertraun (for the return train journey), as we were late for the last ferry.

Tuesday, August 7

No major walk so a variety of activities - some shopped, others toured the town, and some went swimming in the nearby Parkbad - a sensible option in the temperature of 30C.

A small group of five had a 4-hour hike up the Rettenbach Valley and eventually reached Kolowratshoehe (1109m) before completing a nice circuit.

A presentation was made to Frank Rooney at Salzburg Airport in appreciation of all the time-consuming work he put into both the organisation of the long week-end and his cheerful and successful leadership of all the hikes.

Nice one, Frank!

Pearse Foley

ANOTHER TALE OF AUSTRIA

Our first day was met by some heavy downpours reminiscent of the previous fifty days back in Ireland but fortunately that was to change the following day when the group were welcomed by extremely strong clear and warm sunrays which were to last for the remainder of the trip. In consideration of the somewhat earlier inclement conditions the group, on the first planned day of hiking, used the occasion to both settle in and partake in a local short walk around Bad Ischl itself which allowed them the opportunity of sampling the local atmosphere. The local buildings, waterways, mountains, forestry, overall tidiness and cleanliness of the village all seemed as if they were all deliberately, intelligently and naturally placed there by hand exactly in a way one would like their surroundings to appear.

On Saturday, the first day of serious hiking, the group set out from Bad Ischl by bus to St Gilgen to take in Schafberg Mountain and then finishing in the beautiful setting of the local village in St. Wolfgang. The hike was extremely enjoyable and much varied in so far as the group were sheltered from the sun by the trees for the early stages and thereafter walking in open mountain terrain. Any walker experiencing difficulties could have opted for the local steam train to the top and back down again if they so wished - which I thought was fictional when first told about - but not unlike St Thomas I totally believed when I seen and took some photos for the benefit of other likely doubters. More surprises were in store as we approached the top to discover there right on the summit a beautiful combined Guest House and Hotel. Sounds rather out of context but the Austrians seem to have this natural ability of blending their buildings with the local environment.

Saturday concluded at St Wolfgang where all hikers sat down for an extremely tasty meal and then enjoyed the local Austrian parachute jumps from helicopters. Five people in all jumped from various helicopters and each one of them getting closer and closer to the ground before pulling the cord. As the last one jumped an immediate debate commenced on the ground as to whether or not he was out of control. Most spectators initially agreed that he had indeed lost it at which juncture he calmly reached across his chest and quietly pulled the chord to the ensuing loud and rapturous cheers of the many spectators.

The hike on Sunday was local, taking in Leonsberg Mountain at a height of 1745m with a climb of 807m and overall distance of approximately 20km. The hike was extremely challenging from all angles with no let off at all in the climbing until the summit was well and truly conquered. Having got to the top and then enjoyed a very relaxing lunch in the basking sunshine the descent ahead appeared somewhat of a downward stroll but once underway it appeared as if the base was constantly moving away from us.

Having completed the walk I quietly meditated on the differences between the just finished hike and that encountered in various provinces in Ireland. I consider that the main differences would be generally walking in extreme heat, surrounded by a variety of tall mountains and lakes on most elevations, and even with glaciers in sight on one elevation in the distance. The said glacier was to be the challenge for the following day.

Monday morning arrived far too early for some hikers who decided to taste alternative means of entertainment for the day of which I may add there were plenty of, even if that meant only taking in the local swimming pool in the warm sunshine. On the day, and considering that the hikers were going to take in the Shadows of the Dachstein at the foot of permanent glaciers, the choice of the pool was tempting. At 7.00am the writer, along with Ray Gough, advised Jim Barry that we were

taking the day off to which he retorted "I cannot understand how anyone can not go to see the Shadows of the Dachstein and the Hallstatt River Crossing" ...

On the final day of the trip, six walkers headed out on a local hike, with the remainder of the party electing to enjoy the outdoor swimming pool and others taking on a cultural and shopping trip around the city of Salzburg itself. And before anyone realised it fully, it was once again time to make tracks for the airport.

If ever you would like to experience hillwalking in another country then I strongly recommend you give Austria some serious consideration.

The group at large would like to extend their very best wishes to trip member Brendan Magee who is getting married soon and who liked the trip so much that he is also honeymooning in Austria.

Eamonn Coyle

CLUB NEWS

October Bank Holiday Weekend

Dates: 26th - 29th October 2007

Accommodation: Armagh City Hostel

Meals: 3 nights B&B plus 2 evening meals

Leaders: Frank Rooney & Brendan Magee

A few places left! For full details see below!

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### **Membership 2007-2008**

The new membership year has just begun (1st October 2007 to 30th September 2008).

The new membership form is 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

TRAINING COURSE

Map & Compass 2007

This course is now fully booked!

Reminder for registered attendees:

The first evening session will take place on Tuesday, 16th October, in An Óige Headquarters, Mountjoy Street.

- Please arrive at 7.15 pm for a 7.30 pm start!
- Don't forget to bring a copy of Map 56 and Silva Compass No. 4.

Organisers: Donal Finn & Tom Kenny

Contact: An Óige Head Office, 01-8304555

Annual General Meeting

An Óige Hillwalkers Club will hold its **Annual General Meeting** on:

Thursday, 11th October 2007

Venue: Cassidy's Bar (upstairs), formerly Westmoreland Hotel
27 Westmoreland Street
Dublin 2, Tel. 01-6708604

Time: 8 pm

All club members are welcome to attend, whether you have been a member for years or joined the club just a few months ago.

This is your opportunity to get to know the club members who serve on the committee, to ask questions and to make suggestions in relation to Sunday Hikes or any other club business.

Anyone interested in getting information on what is involved in serving on the committee should talk to our Chairman, Frank Rooney, at 085-1742119.

We look forward to seeing you soon!

Social Events

WANTED – SOCIAL CO-ORDINATOR

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 will be stepping down from the committee at the AGM (see notice above).

Anyone interested in taking over Steve's role, please contact Frank Rooney @ 085-1742119 as soon as possible!

MCI Events

Autumn Meet in Donegal 12th - 14th October

The event is being hosted by the North West Mountaineering Club who have organised several successful and lively events for the MCI in the past.

On Friday evening you can enjoy a historical talk about Inishowen; Saturday choose between walking, bouldering and rockclimbing (all skill levels welcome) followed by MCI Members' Forum then dinner and a presentation that evening by the renowned Anindya Mukherjee (Rajah) on "Expeditioning in the Himalaya". On Sunday you can choose between a walk up Binnian or a talk on nutrition and exercise before heading off happier (and healthier!) on your journey home.

To obtain a booking form please email: mciocmeet@yahoo.co.uk or phone Josephine Hegarty at (028) 7134 8873 (048 from Rol) or contact the MCI office: memberssupport@mountaineering.ie, phone: 01-625 1115.

WINTER LECTURES

Robbie Fenlon

It's not the destination that counts, it's the path (Trekking in the Himalayas)

Date 24th October, 8pm to 10pm.

Venue Park Inn Dublin, Smithfield Village, Dublin 7

Robbie Fenlon is a Professional U.I.A.G.M mountain guide and is based in Chamonix.

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#### Des Clark Living in the high mountains

When not working professionally as an IML, Des relishes the challenge that winter traverses of long ridge routes in the High Atlas provides.

**Date** 7th November, 8pm to 10pm.

**Venue** Park Inn Dublin, Smithfield Village, Dublin 7

All MCI Lecture ticket prices: 10 euro for MCI members, 15 euro for non-members.

For further information on forthcoming MCI events, please visit [www.mountaineering.ie](http://www.mountaineering.ie)

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# An Óige Events

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## 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. Tel. 087-2469883.

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Wednesday, 24th October 2007 Presentation by Frank Nugent

Come join us for an audio visual presentation by Explorer Frank Nugent on Wednesday, 24th October 2007, at 8 pm.

Theme: In the Footsteps of Irish Polar Heroes - Crozier, McClure, McClintock, Shackleton, Crean

Location: Dublin International Youth Hostel, 61 Mountjoy Street, Dublin 7

Admission: €5.00

All the proceeds of this will go to the Glenmalure Restoration Fund

For your Diary

With the festive season not all that far away – yes, we've all noticed the "Christmas Shoppes" coming alive in various department stores and "Traditional Mince Pies" making a first appearance in supermarkets – you may want to enter the following dates in your Calendar of Important Events Not-to-be-missed-under-any-circumstances Special Diary:

9th December 2007

DON REILLY'S FAMOUS HOLLY HIKE will see moderate, hard, musical and hungry hikers come together at a secret location in Wicklow ...

15th December 2007

TIME AGAIN FOR THE ANNUAL CHRISTMAS PARTY with hikes, soup, Christmas Dinner, raffle prizes and lots of home-grown and canned music ...

GET WELL WISHES

AN OIGE HILLWALKERS CLUB

would like to send get well wishes for a speedy recovery to club member

Gerry Cooke

who injured his leg while climbing in the Cuillin Ridge on the Isle of Skye, Scotland, earlier this year.

We hope to see you soon, Gerry!

Very best wishes
from all your friends!

Mountain Meitheal

Last year Mountain Meitheal and the landowner, in conjunction with Wicklow Uplands Council, agreed to improve the deteriorating "Zig Zags" route up Carrawaystick leading on to Lugnaquilla. Mountain Meitheal volunteers carry out the work. Wicklow Uplands Council and the landowner provide the funds and materials. In return for this, the landowner provides permissive access across his farm for the public to enjoy the beautiful hills above Glenmalure.

The route, commonly referred to as the Zig Zags, is an old stalkers trail built by the Parnell family from Avondale in Rathdrum. Since November last year, Mountain Meitheal members and

volunteers have given over 1,333 volunteer hours of work to building new drains, surface work, and the now completed Carrawaystick Bridge. For the remainder of 2007, we will continue working on the drainage higher up the trail.

If any of your members feel like volunteering to join us working in the mountains on behalf of hill walkers, we would love to hear from them.

Chris Avison, Secretary

Contact: 01 2986085; website: www.pathsavers.org

COMMITTEE 2006 - 2007

Chairman	Frank Rooney
Secretary/Sunday Hikes	Garry Byrne
Treasurer	Jim Barry
Membership	Donal Finn
Social Events	Steve Buckney
Weekends	Mark Campion
Officer-at-large	Eoin Moroney
Newsletter	Barbara Sudrow

Special thanks to:

Webmaster	Matt Geraghty
Distribution	Pearse Foley & Cyril McFeeney

OCTOBER WEEKEND 2007

An Óige Hillwalkers Club

October Weekend 2007

Friday 26th – Monday 29th October 2007

Walking in South Armagh and the Mourne Mountains

Stay in Armagh City of the Two Cathedrals

Hard and Moderate Walkers Welcome

Two grades of walks on Saturday, Sunday and one grade on Monday

Leaders: Frank Rooney and Brendan Magee

Weekend Walking Itinerary to include:

Slieve Donard, Slieve Commedagh, Slievenaglogh, Slieve Bearnagh
Slievelamagan, North Tor, Slieve Binnian, Wee Binnian
Camlough Mountain and Slieve Gullion

Maps:

Ordnance Survey of Northern Ireland, Discover Series Sheet 29, 1:50,000 (for all walks)
Ordnance Survey of Northern Ireland, Activity Map 1:25,000 (Mournes only)
This is not essential but can be purchased to give greater detail.

Notes:

Coach Trip: Transport included, Return Dublin-Armagh and to and from all walks
Hostel Accommodation: Armagh City Hostel. Cost includes 3 nights B&B 26th, 27th and 28th, two

evening dinners on the 27th and 28th and three packed lunches.

Food: As above - stopping at local shops for extras etc.

Cost: **EUR 185**

Booking: EUR 110 NON REFUNDABLE DEPOSIT to An Óige Head Office by credit card or cash deposit (01-8304555).

Balance of EUR 75.00 to be paid before Friday 5th October.

Bring: **Sterling Currency** (!), Suitable Walking Boots/Rain Wear/
Change of Warm Clothing/Towels/Bathroom Gear/ Flask/Torch/
First Aid Kit/Camera/Binoculars etc.

Meeting Place/Time: Georges Quay (beside Tara Street Dart Station)
at 18.00 hrs. for non-stop bus journey to Armagh City.

Participants are advised to have their evening meals prior to departure.

Come along and enjoy the weekend!