

HIKE PROGRAMME

September 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.

9 September 2007

---SPECIAL HIKE

---Blackstairs Mount Leinster

Maps: Sheet 68

Leader: Paul Carroll

2nd pick-up point: Pond at Sean Moore Park on Tallaght By-Pass

Route: Scullogue Gap * Knockroe * Mount Leinster * Blackrock Mountain * Ballycrystal.

Distance: 19km **Ascent:** 780m

- NB:**
- Earlier meeting time of 9.30am sharp
 - There will be a stop on the return journey for a meal
 - Cost: €15

16 September 2007

---Classic Lugnaquilla

Maps: Sheet 56 and 62

Leader: Jimmy McCullagh

2nd pick-up point: Pond at Sean Moore Park on Tallaght By-Pass

Route: Aughavannagh Bridge * South Prison * Lugnaquilla * Fraughan Rock Glen * Barravore Car Park.

Distance: 18km **Ascent:** 750m

23 September 2007

---Reservoir Views

Maps: Sheet 56

Leader: Steve Buckney

2nd pick-up point: Pond at Sean Moore Park on Tallaght By-Pass

Route: CP (GR 995 129) * Carrig * Lugnagun * Sorrel Hill * Ballynultagh Gap * Forest * Black Hill (SH 541) * Mullaghcleevaun * Track by Ballyhemusboy Brook to Ballynultagh and Forest Entrance (GR 058 118).

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

30 September 2007

--- Circuit of the Avonmore Valley

Maps: Sheet 56

Leader: Garry Byrne

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

Route: Trooperstown * Ballylug * Vale of Clara * Kirikee * Shay Elliott * Tracks and Ragman's Path * Laragh.

Distance: 21km **Ascent:** 680m

7 October 2007

---Introductory Hillwalker Hike

Maps: Sheet 56

Leader: Brendan McGee

2nd pick-up point: Pond at Sean Moore Park on Tallaght By-Pass.

Route: Liffey Valley Road @ GR 098 135 * Coronation Plantation * Gravale * Carrigvore * Luggala * Knocknacloghoge * Pier Gates.

Distance: 19km **Ascent:** 800m

GENERAL HIKE NOTES

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.

LITTER Litter is unsightly and dangerous to animals. 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.

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.

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

Kenmare August 2007

17 HIKERS EXPLORE THE HILLS OF KERRY

I could summarise our trip to Kenmare in one phrase – work hard, play hard. We certainly did some long and rewarding hikes but sampled everything that Kenmare had to offer social wise as well. Pearse Foley had told me that he lost a half stone on the Wales trip at Easter and I headed off for the six day trip to Kenmare thinking that mightn't be a bad thing. One small difference was that Kenmare is bursting with restaurants and any good intentions ended after I discovered that they served scrambled egg and smoked salmon for breakfast in the Bistro beside the hostel.

Day 1

On the Thursday (day one), seven of the more enthusiastic of the group left Dublin bright and early and headed to Gougane Barra for the first hike of the trip. Half a circuit later (cut to half only because of thoughts of dinner) we decided to take the short cut down, which turned out to be rather exciting. This involved manoeuvring ourselves down a very steep gorge and we were all rather proud of ourselves when we got to the end, as we pretty much had to come down on our rears and this was done under a haze of midgets (I'm getting itchy again just thinking about them). The rest of our group arrived later that evening and we all settled in for a good night of hostel sleep; the usual ear plugs go a long way.

Day 2

Day two we hit Gleninchiquin, 10 miles south of Kenmare on the Beara Road and did a 20 km hike around there. One angry farmer later this hike was completed. This might have had something to do with the fact that said farmer had developed some walks around this area and was charging €5 a head to use these – we preferred the good old non-tracked and free version ourselves.

Day 3

On Saturday we were joined by Jimmy McCullagh who was holidaying in that part of the country and who's going to be moving there permanently in the near future (Good Luck with the move Jimmy and thanks for leading this hike). The weather let us down that day and not all of us made it to the top of Eagle Mountain. A few hardy members certainly did but I'm afraid to say the summer berry pancakes in Caherdaniel seemed like a better option for the afternoon to me (it's always good to support local businesses when in small, rural towns). Probably because of the short hike that day, there was no lack of energy that night and Brian (on guitar) entertained both us and the rest of Crowleys late into the night. He was of course helped out by a few others once the pints were flowing and we had a roaring sing song that I'm sure won't be forgotten in Kenmare for a while.

Day 4

Any thoughts of getting off lightly the next day were soon banished when we saw the glorious sunshine and stunning views around Broaghnaibinnia and Stumpa Dúlaigh. We were put through

our paces on an 8 hour hike that day which included a 1,200m ascent and finished with an optional swim in the waterfall. Personally I preferred looking at the waterfall but a brave few jumped underneath, which I'm sure cured any lingering fatigue from the night before.

Day 5

I think I'll remember Monday's hike for a while yet, four steep ascents and descents (I initially thought Mark was joking when he said this) which included Knocklomena and Boughil. More stunning scenery – Kerry is now top of my list of favourite counties in Ireland, it really has it all in terms of mountains, lakes and coastline. A few of our comrades departed for Dublin that evening, namely the French contingent and Aisling. I must give a special mention to the French group actually as we all agreed that their enthusiasm, energy and good spirit was infectious to the entire group. Every day they found something amazing about each walk and were not shy in showing their delight at this. Every trip needs such enthusiasm (Armand - we'll fly you to Ireland for the next trip). Barbara – I'll never be able to say your name again, it just has to be in song with a French accent (Bar-Bar-Am, Bar-Bar-Am).

Day 6

On Tuesday, the final day, the reduced group headed to Killarney and in particular Muckross Lake and Torc Mountain which we attacked from the west ridge. The group got smaller as the day went on and a small group of us completed this six hour hike. This meant a late trip back to Dublin but why would you have it any other way when it was once again a glorious day. I think I'll remember Ireland's 2007 summer as the six days I spent in Kenmare (it did rain one day but we've forgotten about that) as I'm sitting back in Dublin with my farmer's tan. We were very lucky with the weather as I'm not even sure the rest of the country got these few nice days.

I'll finish up with a quote from one of the others in the group who said to me at the end of the trip – 'I never thought I could have such a good time on a trip away without my friends'. Particular thanks to Mark for some stunning hikes around his home county and to Garry and Gerry for helping out. And a special mention to Con – the fittest though not the youngest of the group and certainly the most knowledgeable on many a subject but especially the mountains of Kerry.

Deirdre Muldowney

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

For full details see below!

Booking now open!

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Membership 2007-2008

The new membership year will begin on 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 will include three evening sessions, each of two hours duration, which will be held in An Óige Headquarters, Mountjoy Street. In addition, there are two weekend training sessions as well as one night navigation hike, all based in the Wicklow mountains. Accommodation for the two Wicklow weekends will be provided in the Glendalough Hostel.

Cost: €125

Organisers: Donal Finn & Tom Kenny

Contact: An Óige Head Office, 01-8304555

Full details of map & compass programme below.

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 in October!

Social Events

You will be glad to know that we are kicking off the new season with our hugely popular, tried and tested:

PUB CRAWL

Meet: Kavanagh's Pub, Manor Street
Stoneybatter, Dublin 7
Date: Friday, 5th October 2007
Time: 8.30 pm
Text: Steve Buckney

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**As always, your suggestions are welcome!**

Please contact our Social Organiser, Steve Buckney

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## HART WALK 2007

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Distance: 111km  
Ascent: 3000m

On Friday evening, 20th July 2007, eight men and two women met in heavy rain opposite the old tram station in Terenure, Dublin, for the 2007 Hart Walk. The men's record holder, Bob Lawlor (16hrs 21mins), was amongst them again while the first woman ever to complete the trek, Sandra Brady (27hrs 53mins in 2002) was confidently expecting to improve on her previous time. After a short warning from the organizer about the folly of not pacing oneself wisely during the event, the group set off at 8.10pm through the streets and puddles of this Dublin city suburb.

Within the first mile the fleet-footed Ms Brady had set a blistering pace, with the younger members of the group (who didn't know Sandra well) attempting to match her until reason and blisters made them think again. The older, faster and more experienced, people stayed at the back during these early stages, slowly warming themselves up for the long haul. Eamon Magan, who had learned from an unsuccessful attempt last year, when hallucinations and bloody blisters forced his withdrawal at Laragh, was the last man in in the train and wouldn't again meet his fellow walkers until six hours later when he caught up with them in their pain around Glenmacnass.

Between Laragh (41km) and Glenmalure at 4am (50k) four walkers withdrew due to blisters and sore knees. Bob Lawlor, Sandra Brady and the mighty Pam Coleman, continued on up towards Lugnaquilla, followed by Fred Hamond and Desi O'Hagan from Northern Ireland. Last away from the Glenmalure Lodge was Eamon Magan, supported by Tom Milligan on this mountain section. At this hour of the morning the body is not always pleased at being asked to do a continuous climb of 820 metres, so one or two were sorely tried by this task. As Lugnaquilla was reached, however, their bodies had woken up as the journey across the muddy Glen of Imaal was made. With the day turning out to be unexpectedly pleasant everyone could now look forward to a pleasant and navigationally easy course.

Wicklow Gap (72km) to Ballynultagh proved to be a testing time for some. Pam Coleman, who had been leap-frogging over peat hags around Barnacullian, found at Ballynultagh that her foot had become so sore that further progress was impossible. This was most disappointing not only for herself, but for her friends who knew that the old record would be surpassed by her. With a heavy heart she was transported back to Terenure by the back-up team of Pat Lynch and Maeve Carey (the women's record holder). When Eamon Magan reached this point much later on, he also had to withdraw due to sore knees and the excruciatingly sore and battered soles of his feet. Tom Milligan, his companion on this journey, had become concerned about him earlier on when last year's hallucinatory inclinations returned around Barnacullian. He had pointed out to Tom the unusual sight of a large white caravan in the middle of the bog on the floor of the Glenmacnass valley. Upon examining the situation closely, Tom saw that what Eamon was referring to was actually a bend in the Glenmacnass river below. The manic look in Eamon's face and the rapidly twitching right eye made Tom feel that he should stay behind Eamon from that point on.

The remaining four walkers performed wonderfully all the way to the finish. Sandra Brady crossed the finishing line with Bob Lawlor in a magnificent 21hrs 55mins, reducing the old women's record by 1hr 42mins, while Desi O'Hagan arrived in 23hrs 3mins with Fred Hamond doing 23hrs 7mins.

I'd like to say that a great time was had by all, but with a 60% casualty rate for the walk that might be going too far. However, I'd like to think that the experience was a great learning experience for all concerned and that lessons were learned which will inspire them to come back again next year (yeah, right!) and complete the challenge they set for themselves in 2007.

On behalf of many of the walkers who contacted me personally after the event, I would like to express appreciation for the life-line backup team of Pat Lynch and Maeve Carey (watch out Sandra Brady next year!) who provided such encouragement and essential support during this arduous event. Without them, and the bond they provided between the participants, the event would have been so much less enjoyable.

**Tom Milligan**

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# CHARITY WALK

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Club member Lisa Collins has send us details of a planned charity trek which is in aid of her 9 year old cousin.

## LUG IT for George Challenge

On Saturday, 6th October we are organizing a “Trek up Lugnaquilla” as a fundraising event for 9 year old George Yeomans. George has a very rare form of cancer, “Neuroblastoma”, and at the moment is in the Sloan Kittering Memorial Hospital in New York where the medical bills are soaring everyday. Visit George’s website at [www.georgeyeomansappeal.org](http://www.georgeyeomansappeal.org).

We would like as many trekkers as possible to join us on the 6th Oct on the “LUG IT for George Challenge”. All trekkers need to raise €100 to take part in the challenge. This money will go directly to George’s family to help pay the medical fees.

**Meeting Point:** Fenton’s Pub, The Glen of Imaal, at 10am sharp!

**Contact details:** Helen O’Malley, ACARA, Project Management for Charities, 20 Stephen Street Lower, Dublin 2. Email: [helen@acara.ie](mailto:helen@acara.ie)

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## COMMITTEE 2006 - 2007

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|                        |                |
|------------------------|----------------|
| 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 |

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## Map & Compass Course

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An Óige Hillwalkers Club

## Map & Compass Course

### PROGRAMME AUTUMN 2007 / SPRING 2008

**Date:** Tues 16th Oct 2007  
**Venue:** 7.30 pm in Room 102, An Óige Hostel, Mountjoy St  
**Topics:** Introduction and Mountain Skills I: Map, Scales, Legend, Grid references, Contours.

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### WEEKEND 1 - WICKLOW MOUNTAINS

**Dates:** 20th - 21st Oct 2007  
**Meet:** Sat, 9.45am, Laragh  
**Activity:** Practical exercise in the Glendalough area, navigation by map only. Overnight in the Glendalough Hostel.

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|------------------------|------------------------|
| 1. Map setting         | 2. Feature recognition |
| 3. Self-location       | 4. Route choice        |
| 5. Distance estimation | 6. Handrail features   |

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**Date:** Tues 23rd Oct 2007  
**Venue:** 7.30 pm in Room 102, An Óige Hostel, Mountjoy St  
**Topics:** *Mountain Skills II:* Distance, altitude, timing, Naismith's Rule  
Emergency procedures

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**Date:** Tues 30th Oct 2007  
**Venue:** 7.30 pm in Room 102, An Óige Hostel, Mountjoy St  
**Talk:** *Mountain Skills III:* Compass, bearings, route card  
Mountain hazards

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### WEEKEND 2 - WICKLOW MOUNTAINS

**Dates:** 3rd - 4th Nov 2007  
**Meet:** Sat, 9:45am Laragh  
**Activity:** Practical exercise in the Glendalough area, navigation by map & compass. Overnight in Glendalough Hostel.

1. Revision of 1st weekend
2. Walking on a bearing
3. Back-bearing
4. Sight-bearing
5. Pacing
6. Steep ground work

**Presentation:** Personal Equipment, Sunday 19th at 9.30am, IYHF Hostel, Glendalough.

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NIGHT HIKE - WICKLOW MOUNTAINS

Date: 17th Nov 2007
Meet: Sat @ 4.00pm, Coachhouse Pub, Roundwood.
Activity: Night exercise on Trooperstown Hill from 4.30pm to 8.30pm. Bring head-torch

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## **OPTIONAL WEEKEND - COMERAGH MOUNTAINS (COST NOT INCLUDED)**

**Dates:** Feb 1st-3rd 2008    **Meet:** Rathgormack Hiking Centre, Co. Waterford, Friday night  
**Activity:** Practical exercise in the Comeragh Mountains. Overnights Friday and Saturday in Rathgormack Hiking Centre, Rathgormack, Co. Waterford.

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# **OCTOBER BANK HOLIDAY WEEKEND**

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**An Óige Hillwalkers Club**

**October Weekend 2007**

**Friday 26<sup>th</sup> – Monday 29<sup>th</sup> 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  
Slivelamagan, 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!**