

# Sunday Hikes January/February 2005

<i>HIKE PROGRAMME</i>			
<b>MEET: Burgh Quay</b>		<b>DEPART: Sundays 10.00 am</b>	<b>COST: Private bus. €10</b>
<b>Date</b>	<b>Route Description</b>	<b>Distance</b>	<b>Leader</b>
Jan 9 <sup>th</sup>	<b>Introductory Hard Hike</b> Route: Forest Corner (GR 067 187) - Seahan - Corrig - Seefingan - Kippure - Lough Brays – Glencree.	13km/ 500m	Philip Roche
Jan 16 <sup>th</sup>	Route: Glendalough Visitors Centre Carpark - Glendasan – Camaderry Mountain - Turlough Hill - Lough Firrib - Oakwood - St Kevins Way Track – Ballinagee Bridge.	14m/ 700m	Philip Hayden
Jan 23 <sup>rd</sup>	Route: Stepside - Fernhill Tunnel - Three Rock - Fairy Castle – WW Route - Boranaralty Bridge - Ravens Rock - Shop River Road.	14m/ 600m	Brendan O'Toole
Jan 30 <sup>th</sup>	Route: Circuit of Glenbride) Forest Entrance (GR 031 037) - Glenbride Hamlet - Silsean - Moanbane - Billy Byrne's Gap - Mullaghacleevaun - Glassnagollum Brook - Glenbride Hamlet.	14km/ 700m	Frank Rooney
Feb 6 <sup>th</sup>	<b>Introductory Hard Hike</b> Route: Oasis - Carrigshouk - East Top - Duff Hill - Gravale - Carrigvore - Sally Gap	14km/ 800m	Pat Drew
Feb 13 <sup>th</sup>	Route: Ballinagee Bridge - Glenreemore Brook - Oakwood - Lough Firrib - Arts Cross - Three lakes - Carrig Knockna drooce, Aslawn Brook, Glenreemore Brook, - Ballinagee Bridge.	16km/ 460m	Jim Barry
Feb 20 <sup>th</sup>	Route: Shay Elliot Memorial - Cullentragh - Mullacor -Lugduffs - Lough Firrib - Turlough Hill - Wicklow Gap Car Park.	16km/ 450m	Steve Buckney
Feb 27 <sup>th</sup>	Route: Stranahely Wood, - Table Track, - Camenabologue, - Cannow Mtn., - Lugnaquilla, - Camara Hill, - Banana road, - Fentons Pub.	18km/ 900m	Paul Carroll
Mar 5 <sup>th</sup>	<b>Introductory Hard Hike</b> Route: Circuit of Glenbride - Route: Forest Entrance (GR 031 037) – Glenbride Hamlet - Silsean - Moanbane - Billy Byrnes Gap - Mullaghcleevaun -Glassnagollum Brook - Glenbride Hamlet.	14km/ 600m	Philip Roche

## 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.

**SUNDAY HIKES** Participants on Sunday Hikes must be a member of An Óige Hillwalkers Club. If you are not a member of the Club, but are considering joining, we invite you to participate on our monthly Introductory Hikes.

**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 either:

Tom Kenny Email: [tomk2003@yahoo.ie](mailto:tomk2003@yahoo.ie)

Philip Roche Email: [philip.roche@boimail.com](mailto:philip.roche@boimail.com)

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## Winter Checklist

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### Does your rucksack include the following items for winter hikes?

- o Torch
- o Spare gloves and socks
- o Emergency rations
- o Spare headgear
- o Scarf
- o Bivi bag
- o First Aid kit

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## Easter Weekend 2005

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**An Óige Hillwalkers Club**

**Easter Weekend 2005**

Thursday 24<sup>th</sup> – Monday 28<sup>th</sup> March 2005

**Visit to the Beautiful Scenic Brecon Beacons National Park, South Wales**

**Brecon Youth Hostel, Groesfford, Brecon, Powys, Wales**

**Moderate/Hard and Easy Walkers Welcome!**

**Three grades of walk Daily except Monday**

**Leader: Jim Barry**

**Boat & Bus Trip**

### **Weekend Walking Itinerary to include:**

Black Mountains: Bannau Sir Gear(Picws Du), Fan Brycheiniog.

Brecon Beacons:Cribyn, Pen y Fan

Black Mountains(East Region):Waun Fach,Pen y Gadair Fawr

Brecon Beacons Waterfall Country

Low Level walking facilitated at each of the above locations

Social Events

**British Ordnance Survey Maps: 1:50.000 Landranger Series Sheet 160&161**

## Notes

**Hostel accommodation:** Victorian Country House Hostel near market town of Brecon

**Booking:** EUR 160 NON REFUNDABLE deposit to An Óige Head Office by credit card or cash deposit (8304555). Balance EUR 150 to be paid before Friday 25<sup>th</sup> Feb 05, as hostel has to be paid in full at this time.

Booking facilities available from 1<sup>st</sup> Jan

**Cost:** EUR 310 (includes 4 Bednights, Meals & Transport costs)

**Meals:** available at hostel (included in the price of the weekend)

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

*Bring: Suitable Walking Boots, Winter Rainwear & Clothing/Towels/Toilet Gear/ Flask/Torch/ First Aid Kit/Camera/Binoculars/ Valid An Óige Membership Card.*

**Meeting Place/Time:** Stena Line Departure Terminal, Dunlaoghaire at 10.15am

Departure: Holy Thursday from Dunlaoghaire at 11am sharp on HSS Stena Line Ferry to Holyhead. Then onward by bus to South Wales.

Return: Monday evening from Holyhead on 6.30pm Ferry after bus journey from Lake District to arrive back in Dunlaoghaire at 8.20pm approx.

More Details in Next Programme

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## Go to the Dogs with Steve Buckney!

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Date: Thursday February 3<sup>rd</sup>.

Venue: Shelbourne Park

First Race: 8p.m. Last race: 10.15p.m.

Bar Opens: 6p.m. Bar Closes: 11p.m.

### **COST:**

The cost is 10 Euro. This includes entry, a race card, sausages and chips, 2 Euro credit at the bar, 1 Euro towards a bet on the tote and other things too numerous to mention.

### **ACCESS:**

Shelbourne Park is accessible by the Dart, ( Grand Canal Station ), and by buses 2 and 3 from O'Connell Street. Parking on site is 2 Euro, but tends to be full by 7:30. Apparently if the car park is full there are not a lot of other parking options in the area.

Steve needs to book and pay for this 2 weeks in advance, so if you want to come, he will need to know. There is no refund for no-shows. There is a limited potential for a few add-ons later, but no guarantees.

Anyone interested, please let Steve know at his email address:

[sbuckney@ireland.com](mailto:sbuckney@ireland.com)

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## Pub Quiz in aid of Tsunami victims

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Venue: Gate Bar, Crumlin Road.

Date: Thurs Feb 10

Time: 9 p.m.

Helpers/Supporters Welcome

Phone Mick Heneghan

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## MCI News

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### Lectures

Jamie Andrew, who lost both his hands and legs to frostbite during a ferocious storm on Mont Blanc has returned to mountaineering again. His recent book *Life and Limb* was nominated for the 2004 Boardman Tasker award. Jamie is doing a series of lectures in Ireland in January (venue details to be confirmed).

**Tuesday, 18th January: Belfast**

**Wednesday 19th January: Dublin**

**Thursday 20th January: Cork**

Also, Young Tigers in the Alps - Darragh Curran and friends - Wednesday 16th February 2005. 8pm at Tara Hotel, Merrion Road, Dublin 4.

### **EXPAND YOUR HORIZONS - DUBLIN & LETTERKENNY**

Do you feel you could get a bit more out of your activities in the mountains? Doing a training course could be your key to unlocking exciting new experiences. Tiglin and the MCI are organising two more 'Expand Your Horizons' slide shows for early in the new year. Come along, hear about the training opportunities for walkers and climbers in Ireland, and more importantly, see where those training opportunities can take you.

**Letterkenny, Letterkenny IT, Port Road, Tuesday 25th January 2005** in conjunction with Wet & Wild

**Dublin, Tara Hotel, Merrion Road, Wednesday 2nd February 2005** in conjunction with Great Outdoors and the Alpine Shop

Admission is free, both shows start at 8pm and finish at 10pm.

Mountaineering Council of Ireland

Sport HQ, 13 Joyce Way, Park West Business Park, Dublin 12

Ph: +353 1 6251115, fax: +353 1 6251116

Web: [www.mountaineering.ie](http://www.mountaineering.ie)

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## Mile Buíochas

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James Cooke, Brian O'Gráinne and David McCann would like to thank all the An Oige members who helped raise money for the De Paul Trust Homeless Shelter. Between the quiz night and donations received at the X-mas party weekend, Over €300 was raised for a very worthy cause.

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## Insider Tip

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### **Accommodation in the Mourne Mountains**

I went hillwalking in the Mourne Mountains recently with some friends, and we stayed at a new hostel which the Hillwalkers Club might find useful as a base for exploring the Mournes. Its called the Cnocnafeola Centre and is located in Attical, which is inland, about 10 minutes drive up a side road near Kilkeel on the coast. The buildings

are newly renovated and quite comfortable, being fully heated with loads of space and good beds, and they have a self catering kitchen and a restaurant (i.e. the restaurant is for the hostel, not open to the public). The website is <http://www.cnocnafeolacentre.com/> .

I hope this might be useful to the club and members.

- Erik Bates

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## Club Committee

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Club President and Chairperson: Prionnsias MacAnBheatha

Secretary: Frank Rooney

Treasurer: Jim Barry

Sunday Hikes: Tom Kenny and Philip Roche

Membership Secretary: Anne Russell

Training Officer: Jimmy McCullagh

Editor: Deirdre McMahon

Social Officer: Steven Buckney

In addition, four club members work behind the scenes as follows:

Distribution: Cyril McFeeney & Pearse Foley

Webmaster: Matt Geraghty

MCI Environmental Officer: Patricia Goodman