

# Sunday Hikes May 2004

<i>HIKE PROGRAMME</i>				
MEET: Burgh Quay		DEPART: Sundays 10.00 am	COST: Private bus. €10	
Date	Route Description	Distance.	Leader	
May 2 <sup>nd</sup>	<u>Hike in the Mourne Mountains</u> Meeting time 09.30 hours Cost €15	varying	Tom Kenny/Jim Barry	
May 9 <sup>th</sup>	<u>Introductory Hard Hike</u> Shea Elliot Memorial -Cullentragh Mountain - Mullacor - Lugduff East - The Spink – Derrybawn Mountain - Shea Elliot Memorial.	16km Ascent 750m	Philip Roche	
May 16 <sup>th</sup>	Route: Hell Kettle Bridge - Church Mountain - Corriebracks - Lobawn -Table Track - Knickeen Ford.	18km Ascent 500m	Noel Kerley	
May 23 <sup>rd</sup>	Route: Aughavanagh Bridge - South Prison - Lugnaquilla – Corrigasleggaun - Glenmalure.	18km Ascent 850m	Mark Campion	
May 30 <sup>th</sup>	<b><u>The J. B. Malone Memorial Walk Route</u></b> Route: J. B. Malone Memorial -White Hill - Djouce - Coffin Stone - War Hill - Tonduff - Maulin – Crone Wood - Knockree Hostel (where refreshments will be available).			
June 6 <sup>th</sup>	Weekend in Galtees and Knockmealdowns (staying in Cashel)		Jimmy McCullagh	
June 9 <sup>th</sup>	<u>Introductory Hard Hike</u> Route: Car Park Military Road G.R. 0137088, Luggala Mt. Knocknacloghoge, Inchivore River, scar, Paddock Hill, Wicklow Way, Laragh	16km./ ascent 900 M	Eoin Moroney	

## Hike Notes

Thank you to Pearse Foley for leading an additional local hike on Easter Sunday.

May 2<sup>nd</sup> is a Day Trip to the Mourne Mountains with Hard Hike to be led by Tom Kenny and Moderate Hike to be led by Jim Barry. Note earlier meeting time for this hike. Bus fare for this trip is €15.

## 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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# June Bank Holiday Weekend

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**Friday 4<sup>th</sup> June – Monday 7<sup>th</sup> June**

**Trip to the Galtees and Knockmealdowns**

**Moderate/Hard Walkers Welcome**

**Leaders: Jimmy McCullagh & Philip Roche**

**Walking Itinerary to include:**

- Galtymore:** A classic horseshoe route over the highest peak in the Galtees with magnificent panoramic views and awesome corries below.
- Lough Muskry:** A fine circular walk above a spectacular glacial lake on the northern face of the Galtees
- Eastern Knockmealdowns:** Over the high peaks east of the Vee with plenty of walking on amazingly bog-free clear paths.
- Western Knockmealdowns:** A relatively gentle ramble over two modest unassuming summits with lovely views far and wide.

**Ordnance Survey Maps: 1:50.000 Discovery Series Sheets 74**

**Hostel Accommodation:** Cashel Holiday Hostel, John Street, Cashel, Co. Tipperary (062)62330

**Cost:** EUR 110 (Includes bus transport from/to Dublin, bus transport for hikes and hostel accommodation only. Meals will not be provided).

**Booking:** EUR 60 non-refundable deposit to an Óige Head Office by credit card or cash deposit (01-8304555). Balance of EUR 50 to be paid before Friday 21<sup>st</sup> May.

**Meals:** Please note that food **will not** be provided in the hostel. The hostel has a fully equipped kitchen where hikers can prepare their meals, packed lunches etc. The hostel is based in the centre of Cashel Town with easy access to shops, restaurants, coffee houses etc.

**Bring:** Suitable walking boots, rain gear, change of warm clothing, towels, toilet gear, flask, torch, first aid kit etc.

**Meeting Place and Departure Time:** Meeting outside Custom House Quay at 4:30pm Friday 4<sup>th</sup> June. Bus will be leaving at 5 pm.

**Return:** Plan to return to Dublin for 7pm on Monday 7<sup>th</sup> June.

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## Dates for your Diary

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### Annual Blackstairs Walk 2004

The Blackstairs walk is a mountain walk along the Carlow-Wexford border. The walk begins at Killanure (Grid Ref. S 890 537) of the R746 (L32) road from Bunclody to Kiltealy, and ends at Byrne's Pub in Glynn (Grid Ref. S 745 395).

Date of walk:	Saturday 15 <sup>th</sup> May 2004
Length:	26 kilometres. (16.2 miles)
Ascent:	1525 metres. (5000 feet)
Duration:	Average of 9 hours.
Map:	Ordnance Survey Discovery Series No 68.
Entrance Fee:	€5 (payable on the bus)
Bus Fare:	€5 (payable on the bus)

Two buses will leave at 6.45am for the start of the walk. One bus will leave from St. Mullins (the campsite) the other from Glynn. Participants are advised NOT to drive to the start, as there is NO official transport from the finish back to the start. The bus should be used to get to the start.

A get-together meal at the hall in Drummond has been arranged for after the walk. The cost is €12 per person. As numbers are limited, you are advised to book early.

Payment for meal must be made at least one week in advance of the date of the walk.

It will not be possible to provide a choice of menu due to limited catering facilities. However, a small number of vegetarian meals can be provided, but it is absolutely essential for the vegetarian option to be ordered in advance, **as the caterer is unable to take orders for the vegetarian option after 9<sup>th</sup> May 2004.**

All enquiries/reservations to: Gerry Griffin and Gerri Skehan. Email: [ggriffin@indigo.ie](mailto:ggriffin@indigo.ie)

### Ring of Imaal Walk, Saturday June 19th 2004

Distance: 35 Kilometres/Ascent:1900metres Full details in April *Hillwalker*

**Volunteers are required for checkpoint, roll up and registration duties.  
Contact: Jim Barry or leave message at Head Office(01-8304555).**

## **Glenmalure Challenge 2004**

The Glenmalure Challenge is being run on the 15<sup>th</sup> & 16<sup>th</sup> May 2004 in order to raise much needed funds for the refurbishment of the Association's Youth Hostel in Glenmalure.

Glenmalure has been a refuge for walkers since 1955, when the property was acquired by An Óige.

Sponsorship cards are available through Pat Doyle (086-3311345) or Marie McDonnell (01-8377411(h) / 01-8822560(w)) or from An Óige's Head Office on 01-8304555. We hope you will again support us with this exciting project.

For further details see April *Hillwalker*

### **ADVANCE NOTICE: Blackstairs**

Hillwalkers' Club Day Trip to the Blackstairs on Sunday, June 27<sup>th</sup>  
Departure from usual spot on the Quay, but at **09.30hrs.**

This trip will be led by Philip Roche.  
Cost: **€15**

#### **Lost and Found: Walking Stick**

Denis Kenny found a blue walking stick with a brown plastic handle baggage terminal at Dunlaoghaire after the Easter trip. This has been handed into An Óige Headquarters, where it may be collected by its owner.

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## **Attention all Hike Leaders & Aspiring Leaders!!**

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Hike Leadership Workshop  
2-6p.m., Saturday, 22<sup>nd</sup> May,  
An Óige Headquarters, 61 Mountjoy St. Dublin 7  
Tel; 01-8304555

The Club is holding a Hike Leadership / Discussion Workshop to provide an opportunity for members to explore issues that relate to hike leadership by pooling and sharing the wealth of leadership experience that already exists within the Club. Everyone who currently leads or who hopes to lead hikes is cordially invited to come along on the day.

### **Workshop Programme**

Time	Topic	Speaker	Summary
<b>1330 1400</b>	<b>Tea / Coffee will be served between 1.30pm and 2.00pm</b>		
<b>1400 1415</b>	<b>Welcome</b>	<b>Prionnsias MacAnBeatha</b>	<b>General Welcome, Workshop Objectives Overall Programme</b>
<b>1415</b>	<b>Leadership Qualities &amp;</b>	<b>Philip Roche</b>	<b>The personal attributes that help in formulating good</b>

	Attributes		hike leaders
1455 1455 1535	Hike Preparation & Planning	Jimmy McCullagh	What to do to ensure that you undertake the best preparation possible
1535 1600	Break	—	Tea/Coffee will be served
1600 1640	Leading the Hike	Tom Kenny	What to do on the day to ensure everything runs smoothly
1640 1720	General Issues	Donal Finn	River hazards, Weather. 1 <sup>st</sup> Aid, MSA/ML, References, Resources
1720 1800	Mountain Rescue	Dublin/Wicklow Mountain Rescue	Invited Presentation
1800 2000	Closure and Adjournment	TBA	Closing comments/Adjournment to the Chapel Restaurant

In order to promote further discussion after the event, a complimentary light meal will be served provided at the hostel restaurant (6.30 - 8.00pm)

**To facilitate timely planning for the organisers, we would ask interested participants to register their attendance at An Óige Head Office by May 17<sup>th</sup>.**

A welcoming tea or coffee will be served to early arrivals on the day

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## Mountain Skills Assessment

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The club continues to support members who wish to undertake the Mountain Skills Assessment. Further details from Jimmy McCullagh.

The Challenge will take place over two days with graded walks available each day. Exact routes will be finalised at a later date.

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## Annual J.B. Malone Memorial Walk

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**Sunday May 30<sup>th</sup> 2004**

The annual J.B. Malone Memorial Walk will be held on Sunday May 30<sup>th</sup>. Usual meeting point. Light refreshments will be served in Knockree Hostel after the walk.

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## Hillwalkers Mini Marathon

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10K on Wicklow way  
in aid of

*Victims Support*

Sat 15<sup>th</sup> May 2004

**Depart:** Crone Forest Car Park - 10.30am sharp.

**Finish:** Roundwood - 4.00 pm approx.

Terrain reasonable.

**What you should do:**

- o Register with Sinead by Sat 8 May 2004
- o Subscription €10.00
- o Wear good footwear and clothing for all weathers
- o Pack a picnic
- o Bring funds for refreshments in Roundwood

For further information: Sinead Hannaway 01-2950359  
Gladys O'Connor 01-4943666

**You Participate At Your Own Risk!**

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## Oxfam Ireland Trailwalker

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Run by Oxfam and the Gurkha Welfare Trust, the challenge of Trailwalker is to get your team of four across 100km. In less than 30 hours, to help overcome poverty and suffering. Further information is available from website [www.oxfamireland.org](http://www.oxfamireland.org) or by email: [james@oxfam.ie](mailto:james@oxfam.ie)

While the official deadline is April 30<sup>th</sup>, we are reliably reassured by member and participant Stephanie Casey of Oxfam Ireland, that the deadline can be extended to the end of May to facilitate interested Hillwalker participants

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## A Road Less Travelled

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Kevin McGinley

With a view to practising navigational skills in a smallish area, we decided (Paul, Irene and myself) to try a low ridge just to the west of Blessington. After coffee in the hotel, we were attracted by the sound of the bells ringing from the little Church of Ireland church nearby. We were invited in by a parishioner to see the bell ringers at work. What a delight! Unfortunately, it turned out to be impracticable (something to do with a funeral) but our hearts were warmed by the kindness.

We parked the car on a track at grid reading 962137 (OS Map 56, of course) and set off soon meeting an old farmer and his grandchildren who were securing in some farm animals. He pointed out that the track, now a muddy boreen, was part of the old road to Naas; it would hardly take a four-wheel drive vehicle today! Further up the track, we passed horses and met the old man's son and some of the same children who were on holiday and obviously enjoying the animals and wearing wellington boots in the rough and muck around the farm. We received much advice about the location of a ring fort we were aiming at - despite protesting that we wanted to locate it using map and compass - and as we spoke a horse standing beside nearby showed uncommon interest in my backpack.

Further up the track, we encountered the first of a number of sheep carcasses and remains. No doubt, each farmer would be aware of the cause of each. Up then, into and across a farm 'yard' we had been directed to but, suddenly, we were challenged by the owner from his doorway. Paul's calming tones, however, resulted in a softening of attitude and we were shown, not only his bull, numerous dogs and lambing sheep but also directions to a neighbour ('over them fences and across that green field') to get information on the ringfort.

We passed from one dispensation into another: the neighbour's farm was impressive in its layout and order: reminiscent of the order one sees on the road from Omagh to Strabane on the way through the 'Wee North.' As we approached, we saw those things one used to see and hear on a farm but seldom does now: hens, the cock, ducks etc as well as, in this case, a splendid peacock and its hen. We spent a while talking to three people about location, direction, land use and even local matters, the visit to the neighbour. Mention was made of the funeral that had taken place in the church we had visited as well as the recent deaths of young Irish sportsmen.

Following directions, we arrived at the ring fort (at grid reference 956152), now just a grassy mound about 25' in diameter) and had our sandwiches with a beautiful view over Pollaphuca with the background of Lugnagun, Black Hill, Moanbane and Silsean with Mullaghcleevaun peeping up from behind. To our rear, the flat lands of Kildare encroached on the ridge. From there we navigated to the source of the stream north of Slievemore, then round a thickly-gorsed and securely-fenced hilltop but were unable to get access to the tower at the summit (grid reference 953142).

We then set out for the spot height 304' (at grid reference 952135) but had to pass along roads to get close to it. There we found, not another ring fort as we were led to expect, but what looked like two joined-up shallow scups of a wide hollow. Much speculation as to what it could have been!

We decided to return to the car taking in other navigational features. It was necessary to cross down through a field so we sought permission from a farmer working nearby. 'No problem at all!' Conversation followed naturally: where we were from; how difficult it was to get planning permission. When asked about the large hollow on his land, he told us that mortar for building used to be dug there. Mystery solved!

At the bottom of the field, we discovered a dead sheep and Paul went back to tell him. It transpired that it must have happened that previous night, the probably cause of death being pneumonia brought on by the recent chilly nights. But before taking his leave, he directed us to yet another fort or rath-like structure on our way back. Significantly, neither he nor the first farmer we met had any problem with our climbing over his fences - perhaps, assuming correctly, that we would take care. (Aren't we angels?)

So, a different kind of walk, different place and pacing, time to meet and talk with people and take in the beautiful views eastwards over Blessington and the man-made lake. My guess is that the small size of the group was important: making us seem less of a threatening phalanx of outdoor walking gear. We will return to Blessington (at least, I will) with a new appreciation of place and people and feel encouraged to take other roads less travelled. As Frost said in his lovely little poem *The Road Not Taken*, 'It makes all the difference.'

With Paul 'O Carroll and Irene Moran  
Just outside Blessington, Co Wicklow

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## 2004 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: Barbara Sudrow  
Training Officer: Jimmy McCullagh  
Editor: Deirdre McMahan  
Members-at-Large: Donal Finn, Joe Kellegher

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

Distribution: Cyril McFeeney & Pearse Foley  
Webmaster: Matt Geraghty  
MCI Environmental Officer: Patricia Goodman

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# Slideshow

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The Walker's Haute Route  
July 2003

A high-level trek through the Swiss Valais/Wallis region,  
from Chamonix, France to Zermatt, Switzerland  
normally undertaken over 14 days

by

Donal Finn

Tuesday May 18<sup>th</sup>, 8.30pm

**An Oige Headquarters Mountjoy St.**

This is a spectacular and demanding summer walk: a strenuous high-level traverse in the French and Swiss Alps, which commences in Chamonix, France and finishes in Zermatt, Switzerland and is normally undertaken over about 14 days. The route traverses below the summits of ten out of the twelve of the highest peaks in the Alps, and crosses several high passes, the highest being a shade under 3000m at 2964m (9,800ft).

Although walkers encounter at one level a world of glaciers and towering, snow-capped peaks, one also meanders through green alpine valleys with flower-covered meadows and picture-book villages. As the route progresses, walkers pass from France into the Swiss Valais or Wallis region, which consists of two distinct French and German speaking cultural regions with different architecture, rural environments and customs.

The early season from June to mid July is the quietest and most beautiful, however, hikers must be prepared for old snow on the higher paths which can be icy and in some cases even dangerous and makes an ice-axe an essential piece of equipment (which we did not bring!).

Barbara and I completed the route in early July 2003 over a two week period of almost unbroken sunshine and the slideshow will give our photographic impressions of the trek.

Websites:

<http://www.nbfenn.freemove.co.uk/pages/hols99.htm>

<http://website.lineone.net/~skennedy/haute1.htm>