
Sunday Hikes January 2004

MEET: Outside old Irish Press Offices, Burgh Quay, down from Spar shop.

DEPART Sundays 10.00 A.M. (or when the bus is full)

COST: Private bus. Cost **10.00 Euro**.

NOTE: The leader has the right to refuse anyone who is not adequately equipped (*i.e. without adequate rainwear, spare clothes, food, torch and hiking boots*). The leader has the right to extend, curtail or alter the route from that described in the program. The leader sets the pace of the hike and walkers are expected to obey his/her instructions at all times.

During winter months it is essential to bring a (head) torch on all Sunday hikes and weekends away. Don't forget to check your batteries and bulb.

Your club membership card **MUST** be carried and produced, if requested on all Sunday hikes. Numbered tickets will be given out on the quays by a committee member. People with a valid membership card and ticket will be given preference on the bus.

MOUNTAIN SAFETY NOTE

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. The Committee requests that anyone who is on medication or with a medical condition inform the leader before the start of the hike.

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 feet into the scruff where the ground is untrampled, walking parallel to but not on the track.

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.

Date	Route Description	Distance/ Ascent	Leader
Jan 1	<u>New Year's Day Hike – Join Jim Barry for the traditional ascent of Lug</u> Meet at Fenton's car park at 10.45am for 11.00am start. Participants should arrange their own transport to/from Wicklow on the day.	18km 500m	Jim Barry
Jan 4	<u>New Year's Sunday Hike – Join Philip & Tom for the 1st Sunday Hike of 2004</u> Military Rd. (GR 101040), Carrigshouk, East Top, Glenmacnass Brook, Barnacullan, Stoney Top, Lough Ouler, Tonelagee, Wicklow Gap Road	12km 600m	Tom Kenny/Philip Roche
Nov 16	Route: Ballinagee Bridge (G.R.037 024) – St Kevin's Way Track – Glenreemore Brook – Art's Plaque – Art's Cross – Three Lakes – Table Track – Table Mtn – Knocknadroose – St Kevin's Way Track – Ballinagee Bridge.	16km 650m	Ita O'Hanlon
Jan 11	<u>January Introductory Hillwalkers Hike</u> Ballinastoe Wood (GR 079 169), White Hill, Djouce Mtn., Coffin Stone, Warhill, Tonduff St., 593, Maulin, Crone Wood, Knockree Hostel	16km 700m	Frank O'Rourke
Jan 18	<u>Pier Gates to Kippure Gates</u> Pier Gates, Cloghoge River, Lough Dan, Knocknacloghoge, Luggala, Sally Gap, Liffey Head Bridge, Kippure Gates.	17km 600m	Pat Drew
Jan 25	<u>Circuit of Glenbride</u> Forest Entrance (GR 031037), Glenbride Hamlet, Silsean, Maonbane, Billy Barnes Gap, Mullaghcleavaun, Glassnagollum Brook, Glenbride Hamlet	14km 600m	Donal Finn
Feb 1	<u>Shay Elliot Memorial to Wicklow Gap</u> Shay Elliot Memorial, Cullentragh Mtn., Mullacor, Lugduffs, Lough Firrib, Turlough Hill, Wicklow Gap Car Park.	16km 450m	Tom Kenny
Feb 8	<u>February Introductory Hillwalkers Hike</u> Kippure Bridge, Athdown Wood, Seefinegan, Kippure, Lough Brays, Glenree.	16km 700m	Jim Barry

January Hike Notes

NEW YEAR'S DAY HIKE Join Jim Barry for the traditional New Year's hike on Thursday, Jan 1st to Lugnaquilla and make your New Year's hiking resolutions from the highest point in Wicklow.

HIKE CO-ORDINATORS 1st SUNDAY HIKE 2004 Please support our new Sunday Hike Co-ordinators Tom Kenny and Philip Roche as they lead by example on the first Sunday hike of 2004. Departure Burgh Quay, Jan 4th as usual.

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 - Mobile: 087-9705726, Email: tomk2003@yahoo.ie
Philip Roche - Telephone: 01-6043203, Email: philip.roche@boimail.com

Club Travel

THE GREAT GLEN WAY

Noel Kerley

I had a very pleasant trip to Scotland in early June 2003, to walk a new waymarked way called "The Great Glen Way" (GGW), which runs for 117Km between Fort William and Inverness. This was an undemanding but very scenic walk and covered most of the length of the famous Loch Ness.

For purely wacky personal reasons, I did not walk The Way in a logical order (starting at one end and finishing at the other) but covered the various stages out of order.

DAY 1: Having spend a day in London, I travelled to Scotland on the overnight "Caledonian Sleeper" train and arrived in Fort William about 09:45. A Citylink bus had me in Fort Augustus (at the western end of Loch Ness and roughly mid-way along The Way) in an hour, and here I based myself in a hostel for the duration. There is an excellent bus service (six per day) each way between Fort William and Inverness, so shuttling myself back and forth was easy. I soon had my trekking shoes on and was on my way by 12:00 noon, to walk the 35Km to Drumnadrochit, walking alongside Loch Ness all the way. In general the walking was easy, although some higher ground was covered towards the end. On arrival at Drumnadrochit (or Drum, as it is known locally) I had an hour to spare, so had an excellent evening meal right beside the bus-stop while I waited for the bus back to base.

DAY 2: An early bus to Drum had me 'on the ground' by 09:00, to cover the 29Km to Inverness. Much more open country and high ground today, with extensive views of the famous Loch, the mountains, etc. The Way soon swings away from Loch Ness and crosses some quite remote high ground, but all well-waymarked with no navigational problems. In due course Inverness appears in the distance, so my destination is now in sight. A bit of pleasant meandering along the Caledonian Canal and the River Ness brings me to Inverness Castle, which is the eastern terminus of the GGW. Citylink soon lands me back at base for a good clean-up and a meal. A good day.

DAY 3: I backtracked a bit and walked what I would regard as Stage 2 – Gairloch

(near Spean Bridge) to Fort Augustus, about 36Km. Bus to near Spean Bridge (the Commando Memorial) and I was on the Way (and Canal Bank) within an hour. The first half of today's walk was along the full length of Loch Lochy, a rather long but picturesque lake. In general the walking was easy, along forest roads or paths, some of the latter were obviously constructed to route the GGW over them. On reaching the eastern end of Loch Lochy at Laggan Locks, I stopped for a short break and had a Coke on a floating café/berge and a pleasant natter with a couple of other walkers resting between endeavours.

A few Km of canal bank and then its along the full length of Loch Oich, the summit level of the Caledonian Canal. On this stretch I saw the remains of an old railway, which once ran between Spean Bridge and Fort Augustus, and the GGW traverses some of the foundation of the line. Aberchalder is at the eastern end of Loch Oich and from here to Fort Augustus, its canal bank all the way.

This was a long tiring day in very warm, sunny conditions, and I was quite relieved when it ended. The comforts of civilisation (shower, shave, food) are all the more delightful after a day like this.

DAY 4: My final day on the GGW comprised what is really Stage 1 – from Fort William to Gairloch, an easy 17Km. A meander through the suburbs of Fort William and the canal is reached at Corpach, where it enters the sea. Today's walk is entirely along the canal bank and I observed quite a number of pleasure craft making their way westwards along the waterway. Easy walking with good views of the mountains of Lochaber (including the Ben) was the order of the day, and all too soon I reach Gairloch, which completes my traverse of the GGW. An hour or so to Spean Bridge, then a train to Fort William (to which I had transferred myself in the meantime) for my next overnight.

EPILOGUE: I would strongly suggest walking the GGW over six days instead of four, as I did. I succeeded in turning the whole traverse into hard work, whereas a six-day schedule would allow a more leisurely pace and greater enjoyment. With regard to logistics, one can move on each day or base in one centre, as I did, and use the excellent bus service to get back and forth. This means walking with a light pack and no tiresome packing/unpacking every day.

The GGW is well-waymarked and is a very scenic and enjoyable walk which I have absolutely no hesitation in recommending.

I'll finish by answering the obvious question... NO, I did not see the Monster. Come to think of it, I've never seen a leprechaun either.

Upcoming Articles

Pyrenees in Rainy September by Nellie Cullen

Andorra by Noel Kerley

Walker's High Route: Chamonix to Zermatt by Donal Finn

Mountain Meitheal

by Gay Needham, Hon. Secretary, Mountain Meitheal

Mountain Meitheal is a group of volunteers that undertake conservation and restoration projects on our mountain and forest tracks. In Mountain Meitheal, we are attempting to counteract some of the pressures that are evident on our mountains, by working with the various landowners including, The National Park & Wildlife Service, Coillte and private landowners. Mountain Meitheal offers the opportunity to give something back to the mountains by volunteering for work on our upland tracks, thereby protecting a fragile environment and in years to come and possibly improving access.

Mountain Meitheal Objectives

- To protect and conserve the mountain and forest environment by repairing, maintaining and building mountain and forest tracks while maintaining the challenge for recreational users, and striving to preserve a sense of solitude and a 'wilderness' experience;
- To spread an awareness of sustainable recreation;
- To promote the interests of the mountain environment and Mountain Meitheal volunteers.
- To provide enjoyable projects for its volunteers.

Over the last year or so, Mountain Meitheal volunteers have worked on the Djouce Summit path, Wicklow Path Survey, which gives a snapshot view of the most used mountain paths in Wicklow, a diversion on the Wicklow Way, Glensoulan Path and access route to the Inchavore Valley at Lough Dan and has commenced working on the track up Maulin.

Why do volunteers need to get involved?

In other countries, volunteers undertake path work – often supporting the work of professional crews – in National Parks and National Forests, National Trust land and on national trails such as the Appalachian Mountain Trail – and make a real contribution to conserving the environment. The reality is that the problems caused by the misuse and volume of usage far outstrips the resources currently available to deal with this serious conservation issue for mountain users. Added to this is the fact that volunteer work is a practical demonstration to users of the impact they are having and shows what walkers and other mountain users can do to help protect Ireland's mountains.

The One-in-Seven Concept

In the United States the path repairers suggest that for every six to seven days in the hills, walking, camping, climbing or biking, we should spend one day on conservation work. So if you walk once a week you should be giving about seven days a year to conservation or if you only walk one day a month, two days a year. Working on path restoration is also good fun, and finishing a project or seeing vegetation return which had been killed by trampling is very satisfying. You can go back time after time and

say 'I helped do this so that future generations of outdoor enthusiasts can enjoy it as I have'.

There are clubs like the Maine Appalachian Trail Club in the USA, which are solely dedicated to trail repair – they find this pursuit just as interesting as hillwalking or mountain biking – but many are members of other clubs and just take part on a more informal basis. The choice is yours but please do get involved!

Fancy joining us?

There are many parts to a Mountain Meitheal Work Day - meeting new people, working as a team, doing valuable work, helping disseminate good environmental practice to passers by and ENJOYING yourself, so please come and try it.

Recreational users of the mountains are welcome to come on any of our workdays. We usually meet at 10.30 am and we finish about 4.30pm. There may be additional days, depending on availability of leaders so please contact Gay Needham on (01) 490 3112 / 086-838 2292 or Email: mountainmeitheal@eircom.net to be put on our email list.

Website: www.geocities.com/trailvolunteers/home.html

Adopt-a-Path

Mountain Meitheal would particularly like to hear from clubs around the country who would be willing to set up their own path maintenance team. Mountain Meitheal will provide any training and technical assistance that is required.

What you need to bring

Be prepared for a day on the hills - rain gear, food, a change of clothing, working gloves, and if you have any useful equipment such as a spade or shovel etc. Don't worry if you don't have equipment. Mountain Meitheal has a pool.

Gay Needham writes... "there is an awful lot of work to be done - we need lots of willing hands and we would really like to get clubs to organise the odd day of path maintenance in their walking programmes. If a club wanted to do this, we would arrange technical supervision from Mountain Meitheal and provide the tools necessary on the day. Maybe the Hillwalkers might like to try this, sometime in the Spring when the weather gets better"?

MCI News

MCI Annual General Meeting 2004

Date: Saturday 7th February, 2.30pm
Venue: Ormond Quay Hotel, Dublin 7

Motions for inclusion on the agenda should be sent to the MCI Secretary, Rita Connell, Concra, Castleblayney, Co. Monaghan on or before the 2nd January 2004. Motions may be submitted by individual MCI members or club members acting on behalf of their club. The agenda and other AGM materials will be published on the MCI website www.mountaineering.ie as early as possible in January.

MCI Slide Shows during Spring 2004

Dublin-based MCI slide shows and lectures normally take place at the Tara Towers Hotel, Mount Merrion at 8 pm, unless otherwise stated. Check MCI website (www.mountaineering.ie) for further details. Admission charge is discounted for MCI members (bring membership card).

14 January.....“Knockin’ on Heavens Door”: Winter Mountain Safety (Boots Across Scotland)

18 February.....“Against the Sky”: Irish Everest Expedition 2003 (Pat Falvey)

10 March.....UCD, 7.30 pm: Doug Scott, Canadian Mountaineer

Environmental Officer

The MCI has requested that affiliated clubs nominate an Environmental Officer whose function is to pass information on environmental and access issues to club members and feedback to the MCI. We would like to thank Patricia Goodman for kindly agreeing to take on this role on behalf of the club.

Welcome to the new Editor

Beginning with the February edition, Deirdre McMahon will take up her new position as editor of The Hillwalker, thereby doubling in one fell swoop the number of female committee members !! The interim newsletter-assemblers who shall remain anonymous beat a hasty retreat of relief and wish Deirdre good luck in her new role!

Solutions: Crossword Puzzle

Here are the solutions to the first Mountain Trivia Crossword Puzzle as published in the Nov/Dec 2003 newsletter. How many answers did you get right?

Clues Across:

3. Irish name for MacGillycuddy's Reeks = NA CRUACHA DUBHA
4. Man-made structure on summit of Carrauntoohil = CROSS
5. Where in Snowdonia is the Pinnacle Ridge? = CRIB GOCH
8. Name of the summit plateau which divides North and South Prison = LUGNAQUILLA
10. On which Scottish island can the "Executioner's Tooth" (sometimes) be seen? = SKYE
14. Where in Ireland are the highest sea cliffs in Europe? = ACHILL
17. Common characteristic of the mountaineering group who summited Mount Logan, Canada, in 1993 = FEMALE
18. Name of the ridge on Glyder Fach, Wales = BRISTLY
19. Mountain close to Tom Kenny = SATO
20. Name of the first alpine hut = HÖRNLI
21. Famous alpine mecca near the 11-day loop that circum-navigates the highest peaks in the Alps = CHAMONIX.

Clues Down:

1. Which mountain peak can be leisurely reached by railway? = SNOWDON
2. Colour of the mountain overlooking the Gap of Dunloe = PURPLE
5. Name of the so-called "Welsh Matterhorn" = CNICHT
6. This Greek mountain has a peak called "Throne of Zeus" = OLYMPUS
7. Highest mountain in Poland = RYSI
9. Where in Scotland do you find the "Witch's Step"? = ARRAN
11. On which Swiss mountain was the first alpine hut established? = MATTERHORN
12. Whose party climbed the Matterhorn for the first time in 1865? = WHYMPER
13. Name of one of the pair who successfully climbed Everest in 1953 = HILLARY
15. This mountain is also known as Chomolungma and Sagarmatha = EVEREST
16. Name of first mountaineer to climb all 8000m peaks = MESSNER.

The 2004 Committee

Club President and Chairperson: Prionsias Mac an Bheatha

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

Glen of Aherlow Walking Festival

The annual Glen of Aherlow Walking Festival takes place from April 2nd to 4th. It is jointly organised by the Glen of Aherlow Fáilte Society and the Galtee Walking Club. For further details on the walks (14-20 km), slide show or accommodation, contact Helen Morrissey, Walking Festival Coordinator, call 062-56331 (office hours), 086-8314443 (mobile) or e-mail: tgoafs@eircom.net.

Mountain Story

A son and his father were walking on the mountains.
Suddenly, his son falls, hurts himself and screams: "AAAhhhhhhhhhhh!!!"
To his surprise, he hears the voice repeating, somewhere in the mountain:
"AAAhhhhhhhhhhh!!!"
Curious, he yells: "Who are you?"
He receives the answer: "Who are you?"
And then he screams to the mountain: "I admire you!"
The voice answers: "I admire you!"
Angered at the response, he screams: "Coward!"
He receives the answer: "Coward!"
He looks to his father and asks: "What's going on?"
The father smiles and says: "My son, pay attention."
Again the man screams: "You are a champion!"
The voice answers: "You are a champion!"
The boy is surprised, but does not understand.
Then the father explains: "People call this ECHO, but really this is LIFE.
It gives you back everything you say or do.
Our life is simply a reflection of our actions.
If you want more love in the world, create more love in your heart.
If you want more competence in your team, improve your competence.
This relationship applies to everything, in all aspects of life;
Life will give you back everything you have given to it."

Mountain Skills Assessment

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