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# Sunday Hikes October 2003

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**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.

## HIKE LEADERS

Jim has asked us to include his email for queries regarding the walking schedule including ***offers to lead*** and weekend away queries.

Hike co-ordinator email address: [jamesab@gofree.indigo.ie](mailto:jamesab@gofree.indigo.ie)

<b>Date</b>	<b>Route Description</b>	<b>Leader</b>
<b>5<sup>th</sup> Oct</b>	Route: Wicklow Gap Carpark - Tonelagee – Stoney Top – Barnacullian (Green Road) – Mullaghcleevaun Mtn – East Top – Duff Hill – Gravale – Carrigvore – Military Road Carpark(G.R.138008)  [17km/850m Ascent]	<b>Pearse Foley</b>
<b>9<sup>th</sup> Oct 7.30pm</b>	<b>CLUB AGM</b> – Arlington Hotel, Bachelors Walk -Walk to the Hotel Bar – Walk to Hotel Dance floor –Walk to Nitelink.  [100 metres, 000m Ascent]	<b>Warren Lawless</b>
<b>12<sup>th</sup> Oct</b>	Route: Glendalough Visitor Centre – Glendasan Road – Forest Track – Camaderry Mtn – Turlough Hill – Lough Firrib – Glenealo River – Miners Track – Upper Lake Car Park.  [18km/700m Ascent]	<b>Tom Kenny</b>
<b>19<sup>th</sup> Oct</b>	Route: Sally Gap – Carrigvore – Gravale – Military Road – Knocknacloghoge – Cloghoge Brook – Luggala – Military Road Car Park (G.R. 138 088).  [14km/800m Ascent]	<b>Eoin Moroney</b>
<b>24<sup>th</sup> –27<sup>th</sup> Oct</b>	<u>October Bank Holiday Weekend to Enniskillen</u>  <i>Book now for remaining places</i>  <u>See Separate Itinerary.</u>	<b>Frank Rooney</b>
<b>2<sup>nd</sup> Nov</b>	Route: Dwyer – McAllister Cottage Car Park (G.R.966 913) - Rostyduff – Keadeen Mtn – Ballinabarney – Ballinfoyle – Ballineddan Mtn – Slievemaan – Camara Hill - Banana Road – Fentons.  [17km/900m Ascent]	<b>Brendan O’Toole</b>

# Club 10<sup>th</sup> Anniversary Party

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## ***10<sup>th</sup> Anniversary PARTY Thursday 9<sup>th</sup> October***

The AGM will be immediately followed by the Club's 10<sup>th</sup> anniversary celebrations in the same venue, Arlington Hotel. The Club will be laying food, wine and ballad music in the Arlington Hotel, from 9.00 to 11.00, followed by a disco in the hotel. All members past and present are welcome!

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## October Weekend Away

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Details of the club's October weekend trip are included at the back of this newsletter. This will be led by Frank Rooney and be based in a comfortable hostel (with low density rooms) in Enniskillen, Co. Fermanagh. The walks will take in counties Sligo, Leitrim and Fermanagh. Cost is €160 including meals. Contact head office to see if there is any places. Please remember to pay the second instalment by Friday October 10<sup>th</sup>.

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## The 2003 Committee

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Chairperson: Donal Finn  
Secretary: Frank Rooney  
Treasurer: Prionsias Mac an Bheatha  
Editor: Warren Lawless  
Sunday Hikes: Jim Barry  
Sunday Hikes Assistant: Tom Kenny  
Membership Secretary: Barbara Sudrow  
Training Officer: Joe Kellegher  
Training Assistant: Jimmy McCullagh  
Young Hillwalkers: Dave Rooney

Distribution: *Cyril McFeeney & Pearse Foley*  
Webmaster: *Matt Geraghty*

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# Co-Leadership Scheme

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To address the perennial shortage of hike leaders the club has set up the Co-leadership scheme to encourage new volunteers to lead hikes. The scheme will consist of a contact list of experienced hikers (co-leaders), each willing to assist a new leader on a first led hike. The scheme is particularly intended for people with suitable navigation skills but limited experience or confidence. Ideally the co-leader would have a passive role on hikes allowing the new leader as much as possible to fulfil their own duties unassisted. However by having a co-leader on a hike a new leader would have the option of assistance should the need arise.

To avail of the scheme a prospective leader need only contact Jimmy McCullagh (contact details given elsewhere in Newsletter) for the names of willing co-leaders. The onus is then on the prospective leader to contact and organise a co-leader for their hike.

The scheme is intended as a natural means of encouraging and developing leadership skills in the club. Its aims are to encourage more people to lead hikes and also to share the wealth of experience within the club.

*Jimmy McCullagh*

Club Training Assistant

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## End of An Era Part II

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The Editor swivelled in his office chair, taking in the grand panoramic views of London's Fleet Street. "Well, what do you think. Could you be comfortable here?" a voice behind him asked. "Well Mr. Murdoch, it's a slight improvement on my previous position. I am use to very luxurious office surroundings and a highly rewarded lifestyle." (his mind momentarily drifted to the considerable perks he enjoyed as editor of *The Hillwalker*: the cars, jacuzzi, gym, penthouse apartments, and off-shore accounts).

"We been watching your previous publication with interest and feel you could be just the person to add a bit of bite to our leading titles: *The Hill*, *The News of the Hill*, *The Sunday Hill*, *The Hill Weekly*. The tone has gone flat and we need new blood to invigorate them, someone who's not afraid to print the outrageous and who can bend

an innocent remark into headlines that scream scandal. However, I was reading your list of ideas and I must remind you that we have very stringent laws here about what you can or cannot say...". "WHAT???", cried the Editor, "You have those stupid laws here too?!! Is there no end to this madness! Must my work be forever subject to the constraints of public notions of truth and decency!!!" Oh well, I am at least looking forward to working more in the visual/photographic medium – I was a bit restricted in what I could put in pictures in my previous role."

"By the way, who is taking over from you at your old publication?" asked Rupert. "Actually I don't know, though in truth I am irreplaceable", the Editor confessed modestly. "But I must find out who has been bold enough to try and fill my position".

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The next night found the (ex-)Editor prowling the darkened roads around Mountjoy Street. He entered an innocuous looking doorway in a large old building. Fortunately they had not yet changed the locks or access codes. Creeping quietly down a red carpeted corridor, the Editor climbed the stairwells to a curtained balcony that he knew would give him a good view of tonight's proceedings:

Some hours later, a clock struck midnight. The room below was shrouded in darkness except for a circle of light in the centre. A group of robed figures were hovered round the edge of the light. The strong smell of incense drifted up to him and he caught too the deep, dark words of ritual and incantation that were been recited below. Suddenly the chanting switched to modern language "Bring forth the Chosen One". With that another robed figure entered the centre of the light. "Do you take upon these appointed tasks? Will you keep secret the inner workings of the Committee? Will you exercise your power to advance the Committees influence? Will you desist from compiling incriminating records on your fellow Committee members (unlike the last miscreant who held your position)?" To all this the new appointee replied yes.

The Editor could not make out who it was that had been selected to replace him. It's a bloke, so its not Ali (thank goodness!), no beard, so its not Gerry (his prose might be a bit too sharp for some), could be Brian O (he would have to look the word 'subtlety' up in a dictionary). Suddenly the ceremony concluded and the figure below lifted his hands to his hood and drew it back. The Editor gasped in horror...it was...Philip Hayden. How could they! His nemesis, free to ruin his good name and repay him for years of printed abuse. Oh wicked cruel world!

The only one thing to do and that was take pre-emptive action. A quick call was made to his sub-editors on Fleet Street: "Cancel the front-page of all Irish editions. I want the following headlines: '*Cliquish Cabal Concoct Midnight Coup*'. Yes, you heard me, and I'll emailing you on some photos I've been saving for just this occasion." The War of the Words had begun.

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## Photos & Articles

This is my final issue of the Hillwalker as All-Powerful Editor and anyone wishing to send in any **Hillwalking** holiday articles and photos for inclusion in the newsletter should be sent to the new editor when their details are announced after this year's AGM or forward them to Jim at [jamesab@gofree.indigo.ie](mailto:jamesab@gofree.indigo.ie)

But don't worry, I may be tempted to write the odd article for the newsletter as a mere ordinary member (though I'll have to face the newsletter's stringent censorship rules – Luckily as Editor I did not have any).

Colour photos, current issue and back issues of the *Hillwalker* available at online courtesy of our webmaster Matt Geraghty at:  
<http://homepage.eircom.net/~thehillwalker>

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## Young Hillwalkers

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### Day Hike

Saturday 11<sup>th</sup> October Crone & Djouce

Wear: Packed lunch, wet weather gear, boots, tracksuit bottoms (no jeans), hat and gloves.

Meet: Messrs Maguire Bar, O'Connell Bridge, Dublin at 8.45am.

### Weekends Away

October 31<sup>st</sup> to November 2<sup>nd</sup> Stepside to Knockree Backpack.

For further details contact An Óige office 8304555.

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## Mountain Skills ~ Club Busaries

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Since its founding in 1993, the Hillwalker's Club has organised a popular *Map and Compass* programme each year. The course aims to provide a comprehensive grounding in *Mountain Skills* and it typically involves three indoor evening sessions followed by three outdoor training weekends. The syllabus covered in the course is

similar to the Mountain Skills courses (MS1 and MS2) prescribed by *Bord Oiliunt Sleibhe - Irish Mountain Training Board* and offered by the various Irish outdoor adventure centres (eg, Tiglin, Delphi, etc).

In order to further promote and develop mountain skills amongst club members, financial support in the form of bursaries will be made available to members who successfully complete a *Mountain Skills Assessment* in 2003.

The Mountain Skills Assessment (MSA) is based on a skills evaluation programme and is held over a weekend. It involves a number of stages as follows:

- A written (multiple choice type) assessment on general navigation issues.
- Practical assessment of day navigation skills.
- Practical assessment of night navigation skills.
- Near and far feature recognition.
- Steep ground awareness.

To undertake the Mountain Skills Assessment (MSA), it is necessary to fulfil the following requirements:

- to have completed at least 30 hill walks in Ireland or Britain over a period of 24 months,
- to present a Mountain Skills log book detailing the above walks,
- to hold a valid Rescue and Emergency Care (REC2) certificate or its equivalent (Basic First Aid Certificate).

The National Adventure Centre at Tiglin, Wicklow ([www.tiglin.com](http://www.tiglin.com)) amongst others, organises the MSA at a current cost of €170.

*In 2003, the Hillwalker's Club plans to make available at least five bursaries each of €150 to members of at least 24 months standing who successfully complete the MSA.*

The financial resources to support these bursaries will be made available from the surplus associated with the Club's annual *Map and Compass* training programme. Support in future years is contingent on sufficient funds being available from this source.

Further enquiries from Donal Finn or Joseph Kellegher.

# Weekend Trips: Payment and Cancellation

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In light of the upcoming weekends away, we would just like to repeat the Club's payment and cancellation policy. This policy is important to safeguard the Club's finances against the significant losses that even just one or two cancellations can cost, bearing in mind that hostels and transport may already have been paid in advance.

## **PAYMENT**

Payment for weekend trips organised by An Oige Hillwalkers Club is made in two instalments: PAYMENT 1 and PAYMENT 2, both to An Oige Head Office.

PAYMENT 1 secures a place on the trip.

PAYMENT 2 is due by the date stated in the programme (generally 10 days before departure).

## **CANCELLATION**

(1) Cancellation is possible up to 24 hours before departure, provided the vacant place can be filled from the waiting list. In this case, payments made to-date will be refunded in full.

(2) If the vacant place cannot be filled from the waiting list, a refund of PAYMENT 2 only may be possible in special circumstances (for example, family emergencies or medical reasons) and only upon applying in writing to the Committee.

*An Oige Hillwalkers Club is a voluntary organisation. Weekend organisers and hike leaders pay for their trip in full.*

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## *An Óige Hillwalkers Club 2003 AGM*

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**2003 AGM**

**7.30pm, Thursday Oct 9th, 2003**

**Arlington Hotel, Bachelors Walk, Dublin 1**

*to be followed by a*

*10<sup>th</sup> Anniversary PARTY*

*The 2003 will follow the usual format with a brief report from each of the Club's officers (Secretary, Treasurer, Sunday Hike, Training, Editor, Membership, Weekend) followed by discussion.*

### Outgoing Committee

*Donal Finn will stand down as Chairperson in October 2003 after three years in this position.*

*Warren Lawless, after three years as our editor, would like to stand down in October 2003.*

*The following members of the committee are happy to serve for one further year (Jim Barry, Tom Kenny, Prionnsias MacAnBheatha, Jimmy McCullagh, Frank Rooney, Barbara Sudrow).*

*Donal Finn and Joe Kellegher will act as Members-at-Large in 2004, thereby transferring their experience to new committee members, with the intention of standing down in October 2004.*

### Incoming Committee

*Nominations are invited from members for one or possibly two positions on the 2004 Committee. If you feel that you would like to contribute to the running of the Hillwalkers Club in 2004, why not talk to a few of the outgoing committee so as to find out more about what is involved in being a committee member. A nomination form is included that conforms to the nomination procedures in the Club's constitution, adopted at the last AGM.*

***We would particularly welcome participation from female members who are currently under-represented on the committee.***

***Interested persons should complete the NOMINATION FORM to be found elsewhere in the programme. The names of the nominees will be published in the September programme.***

***One member has already expressed a possible interest in helping the Club during 2004.***

### Membership Year 2004

*The membership year will run from October 2003 to September 2004. Membership will be available on the night of the AGM. The fee for 2004 will be €25 per member.*

### 10<sup>th</sup> Anniversary PARTY

*The AGM will be immediately followed by the Club's 10<sup>th</sup> anniversary celebrations. The Club will be laying food, wine and ballad music in the Arlington Hotel, from 9.00 to 11.30, followed by a disco in the hotel. All members are welcome!*

### AGM Schedule

7.30-9.00 AGM (please arrive by 7.15 as we plan a prompt start).

9.00-11.00 Food, drink and music

11.00 Disco till late

## Club Committee Nomination Form

***If you feel that you would like to contribute to the running of the Hillwalkers Club in 2004, why not talk to a few members of the outgoing committee so as to find out more about what is involved in being a committee member.***

***Having done so, if you think that you can contribute in a role that is of interest to you, please complete the NOMINATION FORM below and submit it the Club Secretary.***

***Interest would be particularly welcome from female members who are currently under-represented on the committee.***

***Please note that since adopting our new Constitution at our 2002 AGM, nominees should have the support of 2 members and 2 committee members for consideration at the AGM.***

*I, , would like to be considered for election to the Committee of An Óige Hillwalkers Club at the upcoming AGM to be held on October 9<sup>th</sup>, 2003.*

*My candidature is supported by the following members and committee members:*

### **Name Signature**

Member 1 \_\_\_\_\_

Member 2 \_\_\_\_\_

Committee Member 1 \_\_\_\_\_

Committee Member 2 \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

This form should be submitted before **August 17<sup>th</sup>, 2003** to the Club Secretary, Mr. Frank Rooney at the following address: 31 Carrickhill Walk, Portmarnock, Co. Dublin.

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## Map and Compass Course 2003/2004

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The Club will be running its annual Map and Compass course commencing in October 2003. The course will include three Tuesday evening introductory sessions, each of duration of 2 hours, to be held in the An Óige Headquarters, Mountjoy Street. In addition, there will be two weekend training sessions as well as one night navigation session, all based in Wicklow. Accommodation for the two Wicklow weekends will be provided in the Glendalough Hostel. A separate consolidation session will be organised in the Commeragh Mountains, Co. Waterford, for the weekend of Jan 30<sup>st</sup> to Feb 1<sup>st</sup> 2004.

Evening Sessions (3): **Room 102**, 7.15 pm for 7.30pm start, October 14<sup>th</sup> & 28<sup>th</sup> and November 11<sup>th</sup> (Tuesdays)

Evening Venue: An Óige Headquarters, 61 Mountjoy Street, Dublin 7

Requirements:

(1) Ordnance Survey Map, Sheet 56 - Wicklow (Scale 1:50,000)

**Laminated version is recommended** (€15)

(2) Compass, **Silva Expedition 4** graduated into **360 degrees** (€40)

NB: A 10% discount is available on all outdoor equipment in either The Great Outdoors, Chatham Street, off Grafton Street, or The Outdoor Adventure Centre, Liffey St. (opposite Arnotts) on production of a valid An Óige or MCI membership card.

First Weekend: October 18<sup>th</sup> & 19<sup>th</sup>, Wicklow Mountains, meet outside Lynam's Pub, Larragh at 9.45am

### *Accommodation in the Glendalough International Hostel*

*(Saturday overnight) is included in the course cost.*

*Second Weekend: November 15<sup>th</sup> & 16<sup>th</sup>, Wicklow Mountains, meet outside Lynam's Pub, Larragh at 9.45am*

### *Accommodation in the Glendalough International Hostel*

*(Saturday overnight) is included in the course cost.*

*Night Hike: December 7<sup>th</sup>, meet outside Coach House Pub, Roundwood at 4.00pm*

*Course Cost: €75*

*Cost includes:-*

- Course*
- 2 overnights in the Glendalough Hostel*

*Cost excludes:-*

- Transport costs to/from Wicklow for both weekends*
- Commeragh weekend Feb 2003*

*Booking: It is essential that interested persons book in advance through the An Óige Head Office, Tel (01) 830 4555.*

*Consolidation Weekend: January 30<sup>th</sup> – February 1<sup>st</sup>, 2004, Rathgormack Mountaineering Hostel, Commeragh Mtns., Co. Waterford.*

*(Costs associated with this weekend are not included in course cost)*

*Course Organiser: Jimmy McCullagh*