

An Óige Hillwalkers Club

December 2008 & January 2009

<http://www.hillwalkersclub.com/>

THE HILLWALKER



Arm in arm in Norway. Photo: Brendan Magee.



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HIKE PROGRAMME December 2008 & January 2009

MEET: Burgh Quay

DEPART: Sundays at 10.00 am

TRANSPORT: Private Bus

COST: €12.00 (unless stated otherwise)

2nd pick-up point: *The bus picks up walkers who are already at the designated point. It won't be waiting and places cannot be guaranteed as the bus may be full at Burgh Quay.*

2nd drop-off point: *Where indicated in the programme below, the bus will drop off hikers at the 2nd pick-up point on the return journey, unless circumstances dictate otherwise. We regret that this is not possible on all routes.*

Sunday, 14 December 2008

Hillwalkers Christmas Party

---NO SUNDAY HIKE---



Sunday, 21 December 2008

---Holly Hike

Leader: Don Reilly

2nd pick-up and return drop-off points: Bus Stops near the pond at Seán Moore Park on Tallaght By-Pass.

Route: Drumreagh (GR N937 032) * Church Mountain * Turf Cutters' Track * Toor * Scalp * St. Kevin's Way * Hollywood Village.

Distance: 12km **Ascent:** 780m

Map: OS 56



Friday, 26 December 2008

---Post-Christmas Walk

Leader: Frank Rooney

Route: Meet outside the Marine Hotel, Sutton Cross at 11.00 o'clock, for a walk around the Hill of Howth; public or own transport.



Thursday, 1 January 2009

---Lug at New Year

Leader: Jim Barry

Route: Meet outside Fenton's at 11.00 o'clock for the traditional New Year Hike up Lugnaquilla; own transport.



Sunday, 4 January 2009

---NO SUNDAY HIKE---

Sunday, 11 January 2009

---Introductory Hillwalkers Hike

Leader: Mark Campion

2nd pick-up points only: Bus Stops at Loughlinstown roundabout.

Route: Carragoona * Rocky Valley * Glencap * Great Sugar Loaf * Downs Hill * Kilpeddar.

Distance: 16 km **Ascent:** 650m

Map: OS 56

Sunday, 18 January 2009

---To Kippure and Beyond

Leader: Philip Roche

2nd pick-up point only: Rathfarnham Castle, before the Yellow House.

Route: Glencree * Lough Bray * Kippure * Seefingan * Seehan * Corrig * Ballymorefinn * Slievebawnoge * Stone Cross.

Distance: 16km **Ascent:** 600m

Maps: OS 50 and 56

Sunday, 25 January 2009

---County Dublin Rambles

Leader: Brian Madden

2nd pick-up point only: Rathfarnham Castle, before the Yellow House.

Route: Rockbrook Graveyard * Massey Estate * Killakee Mountain * Featherbed Road * Old Bog Road * Castlekelly Track * Bohernabreena Waterworks.

Distance: 17km **Ascent:** 600m

Map: OS 50

Sunday, 1 February 2009

---Introductory Hillwalkers Hike

Leader: Tom Milligan

2nd pick-up point & return drop-off points: Bus Stops at Loughlinstown roundabout.

Route: Derrylossery Church * Ballinacorbeg * Avonmore River * Oldbridge * Scarr * Wicklow Way * Annamoe.

Distance: 16.5 km **Ascent:** 630m

Map: OS 56

PLEASE NOTE: The leader has the right to refuse anyone who is not adequately equipped (without appropriate boots, rainwear, food, torch, gloves, etc). The leader may alter the route from that described in the program. The leader sets the pace of the hike; walkers are expected to obey the leader's instructions at all times.

Any club member interested in leading a hike, please contact *Gerry Walsh:*
hillwalking@hotmail.com

HILLWALKERS ABROAD

Negotiating Norway



Brendan in the Jostedalsbreen National Park

It took less than twenty-four hours in this country to appreciate why its renowned painter Edvard Munch produced his most famous work entitled *The Scream*. The high prices and the continuing wet weather were conducive to echoing Munch's call of despair. It took somewhat longer to negotiate our way from museum rich Oslo to the decorative port city of Aalesund. That journey took my wife and I through tunnels, across glaciers, under city streets, over mountain passes, across rivers, lakes and fjords, and to the highest point of this much geographically fragmented country. Apart from boats, busses, trains and planes it was our boots and backs that did the donkey work throughout that trip.

20,000 kilometres of trails

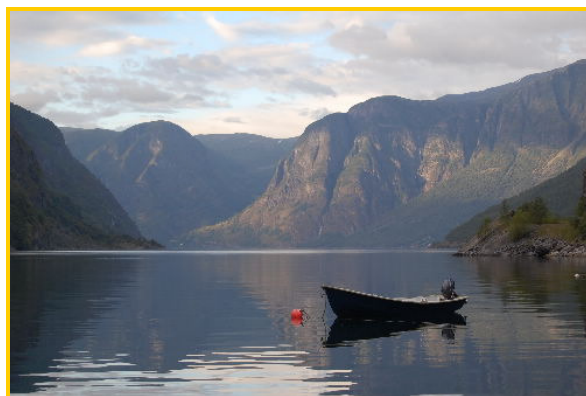
A glance at a physical relief map of the country reveals many mountainous regions. Trekkers are spoilt for choice especially knowing there is over 20,000 kilometres of trails to be trampled on and several natural parks to be explored. We concentrated our efforts on two areas - namely the Jotunheimen and Jostedalsbreen National Parks, both located in the south central area. The former is named the land of the giants and the latter contains Europe's second biggest permanent ice field.

For the first park we joined an organised hike with the country's official mountaineering and trekking association (DNT). Half of this group of sixteen were Norwegian with the rest of us ranging from

Belgium to the USA. So a chance not only to get to grips with the landscape but to interact on a wider social scale.

Our newly formed group arrived at its first destination - Juvashytta, a well-established mountain refuge at an altitude of 1800 metres - by special bus. As we got higher the clouds and temperature got lower. Scrub and boulders replaced fields and forests. Snatches of sunlight showed the snowfields we were to cross the next morning. Our target was the summit of Galdhopiggen which at 2469 metres is the highest mountain in the land. Before attaining such heights our group, together with countless others, were linked by rope and harness and guided across this kilometre long ice sheet. Surprisingly, crampons were not used as we steadily plodded our way avoiding crevasses and snow bridges.

This brought us on to a rock strewn terrain creating more difficulties both in concluding our ascent and particularly on our almost 1500 metre descent to the delights of Spiterstulen. Due to poor visibility the views at the summit were limited but as pointed out by the locals we reached it on a good day. The descent was a long hard slog not helped by the pressure of footsteps at your rear and the unsafe and indistinct trail to our front. Due to our cautiousness and lack of speed we arrived at our overnight hut wet, tired and somewhat deflated. A warm shower and a refreshing beer would do the trick - not so, as the water only flowed wet and cold and the beer didn't flow at all. Welcome relief came in the form of food. Lots of it and in retrospect the grub in the huts turned out to be the best we encountered on our entire trip.



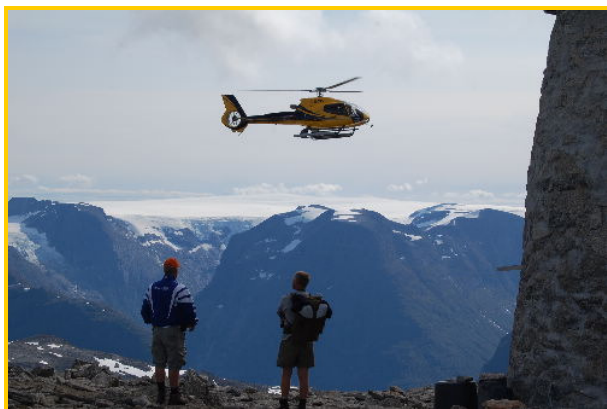
Peaceful Flam on the Sognefjorden

New day, but same weather as we set off to Glitterheim hut some 16 kilometres away. The original plan was to hike via Norway's

second highest summit. However, and in common with half the group, we opted to take the alternative route around that mist-covered mountain. At that stage we felt the effort of ascending it was not worth the hours of puffing and panting to reach a cloudy and wet peak. The route around proved scenic and on the unguarded moments when the sun broke through it was clear how the park got its name as the snow draped mountains glistened. The rocky terrain unfortunately took its toll as that day two of the group had to cry off due to feet problems.

Most varied topography

The trail to the next hut called Memurubu Lodge contained the most varied topography of our circuit. It entailed traversing small snowfields, a close encounter with a reindeer herd, tip toeing on swing bridges, having a very quick dip in a glacial lake and a wonderfully picturesque descent to our destination. And the sun actually shone for long periods that day as the park at last revealed its glory. Those conditions however deteriorated as the next depression made its presence felt in the form of low cloud and high perception. In those circumstances we took the short cut by boat to our final hut called Gjendesheim. Disappointingly that meant missing out on the Besseggan ridge walk but also avoiding a drenching and a zero visibility view – besides, the feet needed a rest to be ready for the next leg of the journey.



Hitching a lift

Following a few days rest and recuperation at Flam on the Sognefjorden we were up and at it again in the mountains and the snow. And this time crampons were placed on our boots and with ice picks in our arms we did the cowboy shuffle on one of the many glacial tongues of the Jostedalbreen. Reaching that area of "remote" Norway

required catching a rare bus followed by a kayak trip of six km on a glacial lake that was peppered with icebergs of all shapes and sizes. That outing necessitated the use of muscles I never knew I had. A less demanding trail over moraines, eskers, and erratics took us later to the more accessible glacier of Nigardsbreen in the same region.



Kayaking across an iceberg-peppered lake

Bearing in mind that the longest way around is the shortest way there we reached the other side of this ice cap by public transport and ended up in a hamlet called Loen. Not having enough of the highlands and snow and seizing the opportunity to actually walk in shorts, off we marched from sea level to the top of Skala Mountain 1848 metres above us. The walk was certainly uplifting in many ways as the views opened out, as did the sun cream. Despite our best efforts to take it easy on the way up we found ourselves at the top in less than the standard time of five hours (mountain runners reach the top in just over one hour). From the top it looked as if all of Norway was at our feet as we surveyed all below us. There was even a self-service hut there with ample supplies of booze and an honesty box for payment. In hindsight we should have taken a drop, as an injection of extra liquid would have diluted the demands on the knees and given us a much needed extra bounce on this never ending descent.

Ending the trip not with a scream, but a scramble did nicely on the city hills of Aalesund. The ferries heading in all directions from there told us that there is a whole lotta country out there waiting to be explored.

*Text and Photos:
Brendan Magee*

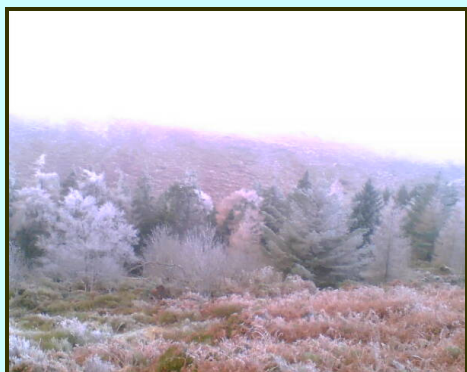
CLUB NEWS

Club member **Frances Gibney** has been a very regular Sunday Hiker with us recently because she is in training to climb Aconcagua (6,962m) in the Argentinean Andes which is the highest mountain in the world outside of the Himalayas.



Frances has already been up Kilimanjaro (5,895m) and Mt. Elbrus (5,642m). This is her second attempt to reach the top of Aconcagua as her first attempt in February 2007 had to be cancelled due to weather conditions. Frances hopes that the Hillwalkers will channel their positive thoughts in her direction on or about 11/12/13 January next when she hopes to be making the actual climb.

Club member **Leo Oman** has sent in a selection of photos taken during the Sunday Hike on 30 November.



More pictures from this series entitled **Dublin Below Zero** can be found on our website.

CHRISTMAS CONCERT



Dublin County Choir

Presents

Fauré Requiem

With popular favourites by Gershwin, Simon & Garfunkel, Verdi and Mascagni

Date: Sunday 14th December
Time: 8 pm
Venue: Helix Theatre DCU
Tickets: €15 (available at the door)



*Proceeds in Aid of
The Children's Sunshine Home*

DATES FOR YOUR DIARY

Christmas Party

13 & 14 December 2008
Knockree Hostel



The party is fully booked. Note that all Saturday hikes will now finish in Enniskerry around 4 pm; a shuttle bus will bring hikers back to the hostel in good time for dinner but there won't be a bus FROM Knockree Hostel to Enniskerry. Please see page 7 for details of the revised time-table.

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Holly Hike

21 December 2008

The Holly Hike has become part of the Hillwalkers Club History. Given that it gets dark early in the days before Christmas, we wanted to extend the social element of the Sunday Hike. So instead of returning home at 4 pm, hillwalkers gather in the HOLLYWOOD INN for free finger food, music and conversation.

Come along and join in!

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Easter Weekend 2009

Visit Scenic Northwest England

9 – 13 April 2009

Stay at Ambleside Youth Hostel

Leader: Jim Barry

Full details on page 8

Membership 2008/2009

The current membership year runs from 1st October 2008 to 30th September 2009. The fee for the year remains unchanged at €35. This covers MCI insurance, 4 editions of the Mountain Log and 10 club newsletters by post or email.

Many thanks to the 88 club members who have already renewed their membership; MCI cards and Mountain Log were posted recently.

Club members who have not renewed their annual membership for 2008/2009 will find an application form included with this edition of THE HILLWALKER.

From February onwards, we will circulate the newsletter, by post, email or both, to fully paid-up members only.

Any queries, please contact the Membership Secretary by email: finndonal@eircom.net.

STOCKING FILLERS

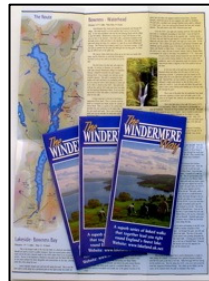
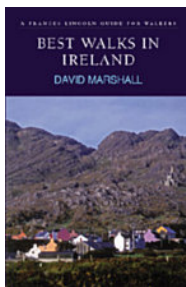


BOOKS

Best Walks in Ireland describes 5 walks in the north and 15 walks in the Republic of Ireland.

It takes in well-known areas such as the Antrim coast, the Mountains of Mourne and the Dingle peninsula and also remote, wild areas of Ireland still largely undiscovered by tourists. For this new edition of David Marshall's walking guide, the routes and sketch maps were checked by Rob Beighton, who also took the stunning colour photographs. Preview on www.amazon.co.uk.

ISBN 978-0-711224-20-9



MAPS

Lake Windermere is the largest lake in the Lake District and also the largest in England. At 10.5 miles long it has its head in the mountains and its foot almost on the coast and is surrounded by some stunning and very varied scenery.

The Windermere Way circumambulates Lake Windermere and includes just about all the accessible lake shore paths together with ascents of the high points around the lake. It thus offers an ever changing vista of the lake and visits both popular and out of the way places. The total length of the walk is about 45 miles and as it is circular, you can choose your own starting point.

Check it out on www.walking-books.com.

OUTDOOR GEAR

No Christmas stocking should be without hiking socks! But here's something different: Bridgedale are bringing out a new line of socks made from bamboo and other fibres: 35% Bamboo, 34% Coolmax®/polyester, 30% Nylon/polyamide and 1% Lycra®/elastane. The manufacturers claim that bamboo feels silky soft and very comfortable.

Bridgedale also support Plant A Boo™, a campaign to fight global warming through increased bamboo cultivation. Learn more about bamboo, a "Cool Solution for a Hot Planet™" at www.booshoot.com.



Did you know that there are now over 35 books and DVDs that you can purchase online from the MCI website at www.mountaineering.ie/shop ?

MCI Members can get an additional 10% discount off prices by entering the code promo1 at the checkout. Books and DVD's should be purchased no later than Wednesday 17 December to ensure delivery for Christmas.

NOTE FROM THE EDITOR

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 share your favourite hikes ...
- want to comment on any club matters ...

Why not get in touch? Write or email: Barbara Sudrow, 24 Glenmalure Park, Dublin 8, barbarasudrow@eircom.net

Don't forget to visit the club website www.hillwalkersclub.com for recent photos!

Committee 2008-2009

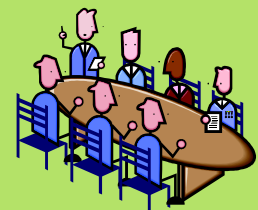
Chairman
Secretary
Sunday Hikes
Treasurer
Membership/Training
Weekends/Training
Promotion
Newsletter

Frank Rooney
Betty Kehoe
Gerry Walsh
Jim Barry
Donal Finn
Mark Campion
Deirdre Muldowney
Barbara Sudrow

Special thanks to:

Webmaster
Distribution

Matt Geraghty
Pearse Foley & Cyril McFeeney



An Óige Hillwalkers Club
Christmas Party 2008
13 – 14 December



Saturday, 13 December

10.00 am Depart from Burgh Quay, Dublin (club bus)
to Knockree Youth Hostel, Co. Wicklow

Moderate and Hard Hikes
starting from Knockree Hostel

4.30 pm End hikes in Enniskerry for
Social in local pub

6.15 pm 1st Bus departs for Knockree

6.45 pm 2nd Bus departs for Knockree

7.15 pm 3rd Bus departs for Knockree

8.15 pm Christmas Meal in Hostel

9.45 pm Live Entertainment

11.45 pm Draw for prizes

Midnight Disco until late

Sunday, 14 December

10.00 am Depart Hostel for Hike in
Knockree area (one hike only;
leader to be announced)

4.00 pm Depart Knockree Youth Hostel
Return to Dublin (club bus)

Christmas Buffet Menu

On Arrival

- Cocktail vol-au-vents
- Duck spring rolls

Entrée

- Zucchini and watercress soup
 - Potato and cauliflower soup
- All soup served with assorted bread rolls*

Main

- Turkey roll with a pancetta and herb stuffing
- Roast Beef
- Vegetarian chickpea balls

On the side

- Pommes noisettes
- Asparagus & beans with a hazelnut cranberry dressing
- Christmas coleslaw

Dessert

- Christmas Log
 - Traditional Christmas pudding with custard
- Served with tea and coffee*



Weekend Coordinator: Frank Rooney

Cost: €80 (making your own way) or €90 (using private bus from Burgh Quay)

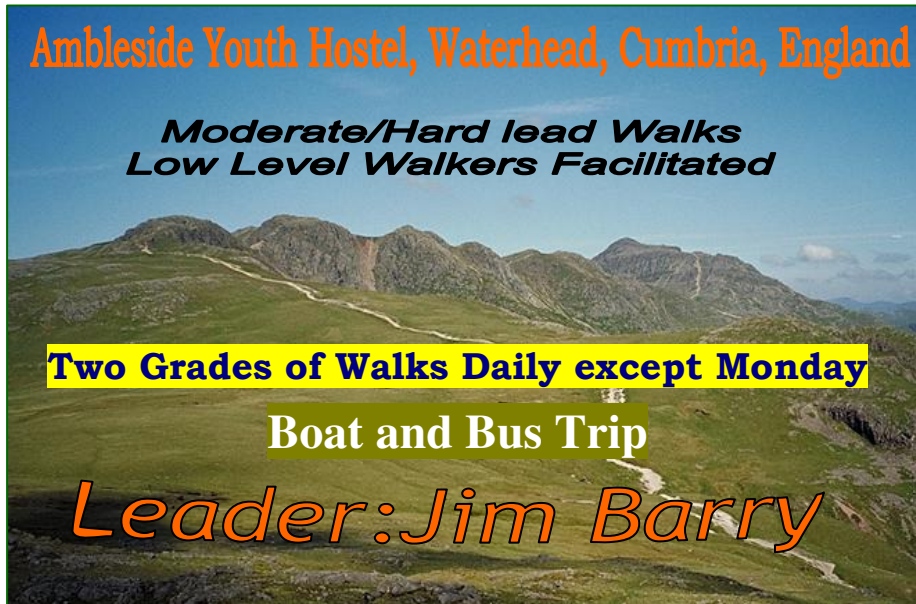
---FULLY BOOKED---

An Óige Hillwalkers Club

Easter Weekend 2009

Thursday 9th - Monday 13th April 2009

Visit to the Beautiful Scenic Lake District County of Cumbria, Northwest England



Proposed Weekend Itinerary

- ✓ **North Western Fells:** Cat Bells (GR 244 199) Dale Head (GR 223 153)
- ✓ **Western Fells:** Great Gable (GR 211 103)
- ✓ **Southern Fells:** Bow Fell (GR 245 064) / Crinkle Crag (GR 249 049)
- ✓ **Low level walkers facilitated at each of the above locations**
- ✓ **Social Events**

British Ordnance Survey Maps 1:50.000 Landranger Series, Sheet 90

Notes

- Accommodation:** Ambleside Youth Hostel, Waterhead, Ambleside, Cumbria
- Cost:** € 330 (Includes Bed Nights, Meals, Transport)
- Booking:** € 150 **NON REFUNDABLE deposit** to An Óige Head Office (01-8304555) by credit card or cash deposit. **Balance of € 180** to be paid before Friday 13th March, as hostel has to be paid in full at this time.
- Meals:** Hostel Breakfast, Dinner and Packed Lunch included in the price.
- Food:** As above - stopping at local shops for extras etc.
- Bring:** **Sterling Currency**, Suitable Walking Boots/Rainwear/Change of Warm Clothing/Towels/Toilet Gear/Flask/Torch/First Aid Kit/Camera/Binoculars etc.
- Meeting Place/Time:** Stena Line Departure Terminal, Dun Laoghaire at **10.15am**
- Departure:** Holy Thursday from **Dun Laoghaire to Holyhead at 11am sharp on HSS Stena Line**. *Please note: Ferry times are subject to alteration at short notice.*
- Return:** Monday evening from **Holyhead on 3.30pm Ferry** after bus journey from Lake District to arrive back in **Dun Laoghaire at 5.30pm** approx.

Welcome Aboard!