



Hillwalkers Club

July - September 2013

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

THE HILLWALKER



Don and Brendan, on Brendan's 85th birthday.

Photo: Don Reilly

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HIKE PROGRAMME

July - September 2013

MEET: Burgh Quay

DEPART: Sundays at 10.00 am (*unless stated otherwise*), or earlier if it is full.

TRANSPORT: Private bus (*unless stated otherwise*)

COST: €12.00 (*unless stated otherwise*)

2nd pick-up point: *On the outward journey, the bus will stop briefly to collect walkers at the pick-up point. Should the bus be full on departure from Burgh Quay, this facility cannot be offered.*

Return drop-off point: *On the return journey, where indicated, the bus will stop near the outward pick-up point to drop off any hikers. We regret this is not possible on all hikes.*

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.

CO-ORDINATION If necessary, 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.

EQUIPMENT It is essential to bring good rain gear (both jacket and over-trousers) and to leave cotton t-shirts and jeans at home! Boots must be sturdy with proper ankle support and a rigid non-slip sole such as Vibram.

WALKING STICKS AND RUCKSACKS Remember that walking sticks and rucksacks cannot be brought onto the bus and must be stowed away in the boot during the journey.

★★ Introductory hard hike ★★

This hike is tailored for non-members who are considering joining the *Hillwalkers Club*. It offers the opportunity to sample a typical club hike, as well as meeting club members.

Interested individuals should equip themselves appropriately for a day in the hills: adequate hiking boots, waterproof coat and leggings, hat, gloves, lunch and hot / cold drinks. *In order to enjoy the hike, you need a good level of fitness.*

Membership forms will be available, should you wish to join the club on completion of the introductory hike.
Enquiries: 086 356 3843

Please be advised that you should not undertake any club hiking activities: (i) if you have any known medical ailment which may impair your ability to participate in club activities, or (ii) if you are taking any form of medication that will put your health or safety of others at risk. Should you be in any doubt on these matters, a doctor should be consulted prior to undertaking any club hiking activity

Sunday 14 July 2013

Leader: Søren Stühr Mandrup

2nd pick-up point & return drop-off point:

Bus stop before the roundabout at Loughlinstown.

Route: Upper carpark at Leadmines in Glendasan * Carmaderry East * Camaderry * Footbridge at Glenealo river * Lugduff * Gap of Lugduff (*proposed lunch break*) * Mullacor * Slayfann * Cullentragh * Forest track to Shay Elliot * Shay Elliot * Glenmalure car park

Distance: 19km **Ascent:** 840m

Maps: OS 56, Harvey, EastWest Mapping

Sunday 21 July 2013

Leader: Dave McCann

2nd pick-up point & return drop-off point:

Bus stop before the roundabout at Loughlinstown.

Route: Military Road (T102893) * Fananierin Ridge * Croghanmoira * Ballinacor Mountain * Moneymeen crossroads * Ballyshane * Cushbawn/Cloneen * Three Wells * Sean Linehan Memorial Walk * Aughrim Lower

Distance: 19 km **Ascent:** 765m

Maps: OS 56, OS 62, Harvey, EastWest Mapping

Sunday 28 July 2013

Leader: Shauna O'Hara

2nd pick-up point:

Just beyond the Maldron Hotel on the N81 Tallaght By-pass.

****Different drop-off point on return****

Route: Coronation plantation * Gravale * Carrigvore * Luggala * Knocknacloghoge * Pier Gates

Distance: 19km **Ascent:** 800m

Maps: OS 56, Harvey, EastWest Mapping

Sundays 04 & 11 August 2013

--(no hike) --

Sunday 18 August 2013

Leader: Bill Fine

2nd pick-up point:

Rathfarnham Castle, before the Yellow House

Different drop-off point on return**

Route: Sally Gap * Carrigvore * Luggala * Wicklow Way * Djouce * Glasnamullen

Distance: 16 km **Ascent:** 890m

Maps: OS 56, Harvey, EastWest Mapping

Sunday 25 August 2013

**** Introductory Hard Hike ****

Leader: Warren Lawless

2nd pick-up point:

Bus stop before the roundabout at Loughlinstown.

**** Different drop-off point on return ****

Route: Pier Gates * Luggala Mtn. * Carrigvore * Coronation Plantation * Kippure * R155

Distance: 19km **Ascent:** 930m

Maps: OS 56, Harvey, EastWest Mapping

Sunday 01 September 2013

**Summer away hike
SOUTHERN BLACKSTAIRS**

Special Price of €15

Normal Starting Time of 10am

*A meal stop at the Lord Bagnall in Leighlinbridge
on the way home*

Back in Dublin about 9.30pm

Leader: Brian Madden (085 756 5490)

2nd pick-up point & return drop-off point:

Just beyond the Maldron Hotel on the N81 Tallaght By-pass.

Route: Scullogue Gap * Cullintra * Blackstairs Mountain * Caher Roes Den * Carrigalaghan * Branmore * Carrigvagh

Distance: 14km **Ascent:** 700m

Maps: OS 68, EastWest Mapping

Sunday 08 September 2013

**** Introductory Hard Hike ****

Leader: Michael Shiels

2nd pick-up point:

Just beyond the Maldron Hotel on the N81 Tallaght By-pass.

****Different drop-off point on return****

Route: Carrig (993 124) * Lugnagun * Sorrel Hill * Ballynultagh Gap * Black Hill -* Mullaghcleevaun * East Top *The Oasis.

Distance: 17km **Ascent:** 950m

Maps: OS 56, Harvey, EastWest Mapping

Committee 2012/13

Chairman

Dónal Finn

Secretary

Mel O'Hara

Treasurer

Jim Barry

Sunday Hikes Coordinator

Frank Rooney

Newsletter Editor

Simon More

Membership Secretary

Don Reilly

Club Promoter

Liz Carey

Training Officer

Dónal Finn

Club Social Coordinator

Liz Carey

Special thanks to:

Webmaster

Matt Geraghty

Important dates for your diary

Social programme

There are two club social events:

- A trip to Lambay Island, on **Saturday 10 August 2013**
- A tour of Glasnevin Cemetery and Museum, on **Saturday 07 September 2013**

Further details on the next page.

Annual General Meeting

The next Annual General Meeting of the An Óige Hillwalkers will be held in the Teachers Club (*Club na Múinteoirí*) on Friday 11 **October 2013**, starting at 8pm.

There will be further details in the next edition of the Hillwalker.

October long weekend

The club will be heading to Tralee for the long weekend in October (**Friday 25 to Monday 28 October 2013**).

Further details of the weekend, being organised by Frank Rooney, will be available in the next edition of the Hillwalker.



www.clubnamunteoiri.com

The Gerry Donnelly bequest

The committee is honoured to be able to announce that the late Gerry Donnelly has made a bequest to the Hillwalkers Club. On behalf of the club members, we would like to express our sincere gratitude for this very generous gift.

Club social programme

LAMBAY ISLAND

Saturday 10 August

Fancy a trip to Lambay?

The club has arranged a rare chance to visit this privately owned island 4 K off the coast of Dublin. We'll have a guided tour for up to 14 people of the largest island off the east coast where we'll be able to witness first hand; wallabies, wild deer, gannets and many other wild life. Also, we'll see the gardens and the Edwin Lutyens designed castle of Lord Revelstoke plus other architecture and historical remains.

DATE: Saturday 10th August

DEPARTURE POINT: Skerries Harbour

TIME: 11.45am sharp

COST: €75 per person.

If you want to avail of one of the very LIMITED places available, please contact me immediately at lizjcarey@gmail.com or phone 086 8170 182 for payment details. Full payment will secure booking. First come, first served - so don't delay if interested!

TOUR GLASNEVIN CEMETERY AND MUSEUM

Saturday 07 September

Glasnevin Cemetery and Museum

Led by Historian Shane MacThomais and his team of experienced guides, the historical tour gives a valuable insight into this unique Victorian burial place and into the final resting place of the men and women who have helped shape Ireland's past and present.

DATE: Saturday 7th September

TIME & DURATION: 3.15pm, 2 hours approximately

COST: €8 per person.

BOOKING ARRANGEMENTS: email lizjcarey@gmail.com to confirm your place & pay €8 cash direct to Liz before the event to secure your booking.

Optional meal in The Grave Diggers afterwards

Due to the success of our last visit to the Grave Diggers pub, we are making a return visit, after our tour of the Glasnevin Cemetery & Museum.

COST: €12.50 per person for a great selection of European Tapas.

NUMBERS: Tour and table in the Grave Diggers limited to 20, so please book in advance.

Brendan's 85th birthday



*Brendan with Marie
Catherine (left) and
Patricia (below)
Photo: Don Reilly*



*And a message from Brendan:
'Many thanks to ... all of those who made my birthday such a memorable one, I'll
remember it for a long time to come. If it is possible, through your monthly bulletin,
thank all those on the committee, who did such a wonderful job, not to mention all
my hiking friends. A big hug to you all, Love, Brendan.'*

Achill Island and the Nephin Beg Ranges

31 May – 03 June 2013

There were worries that Simon and Mel had used up the club's quota of sunshine on their recce for the June weekend to Achill, but in the build-up to the weekend there were whispers of good weather, talk of pina coladas and even potential wearing of shorts...until Mel poured cold water on this expectations (in more than one way it was to transpire).

was hiking, drinking and dancing done on the island, we feel the article's title is no more misleading than anything else I've written.

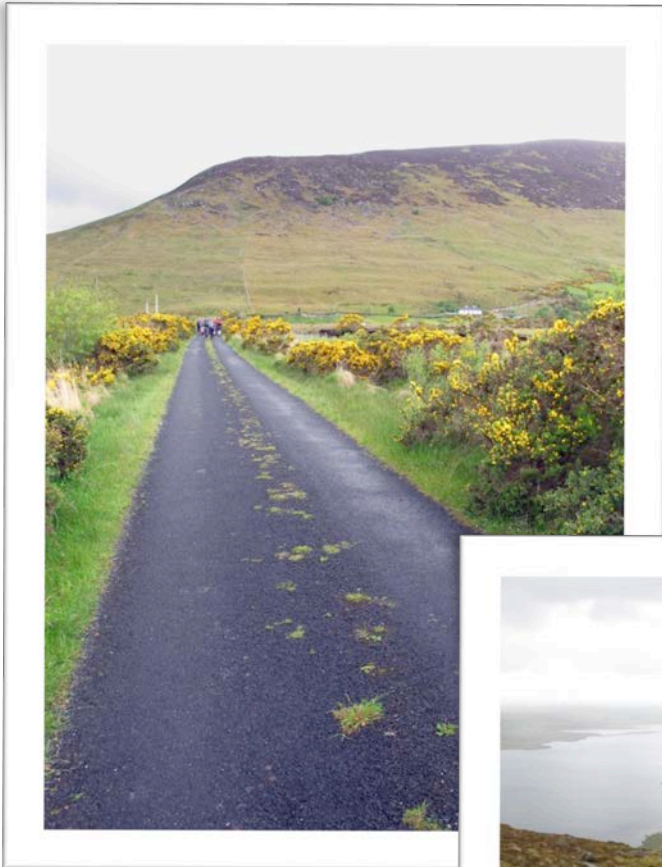
The first day's hikes took place in the impressive Nephin Beg range. Mel's hike was 18km and 1,080m, taking in Claggan Mountain (*Sliabh na Cloigne*, 383m), Claggan Mountain NE top (501m), Maumthomas SW top (477m), Maumthomas NE top (440m), Corranabinnia SW top (681m); Simon's was 22km and 1165m ascent, taking in Tirkslieve (*Toircsbliabh*, 401m), Glennamong (628m), Corranabinnia (*Coire na Binne*, 714m) and Corranabinnia SW top (681m). The hills were relatively small but as all walks started close to sea level, you got the full whack. Simon's hike included what he called an airy bit.



A group of MEL-iphores on the Nephin Beg range (above), Ally shows some leg while Ger captures the view (right). Photos: Tess Buckley

The bus left at its usual time: Carina Time, but everyone else made a good effort to be there to clap her arrival. We had dinner en route in Bally-de-middle-of-nowhere and reached *Óstán Oileán Acla* at Achill Sound around 10.30pm. It must be noted that our hotel was on the mainland at the start of the bridge that leads over to Achill Island, not on the island itself, but as there



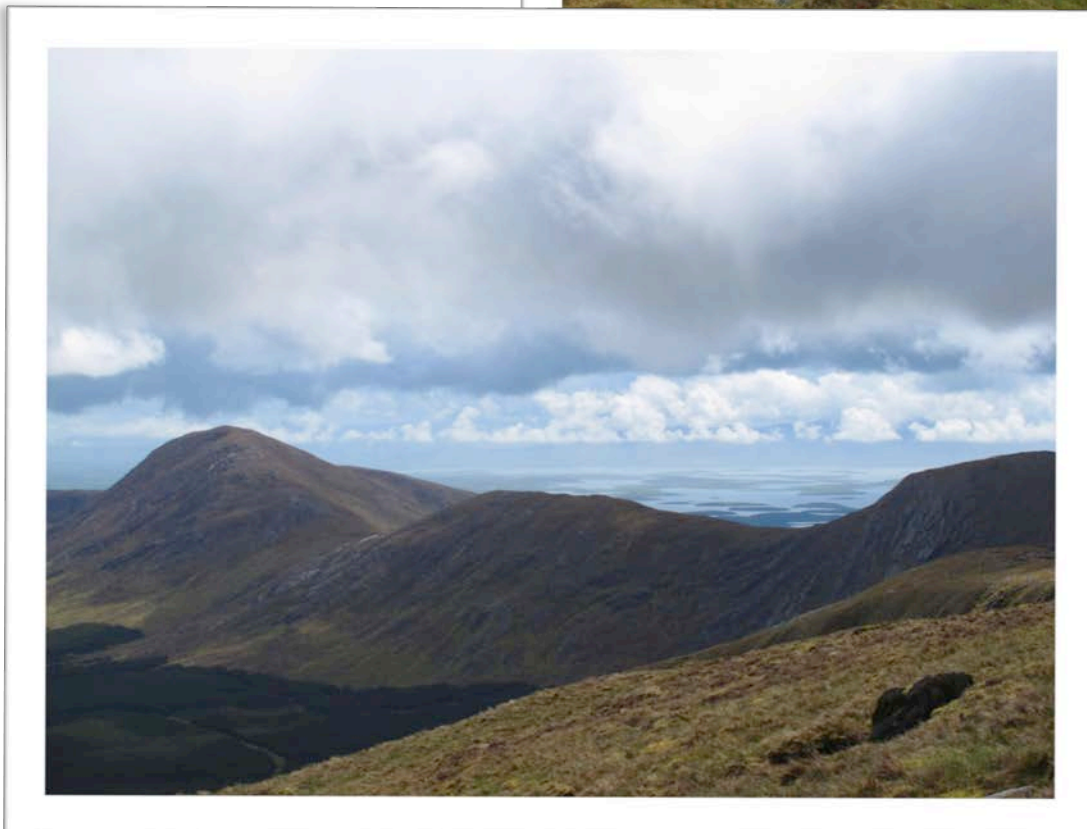
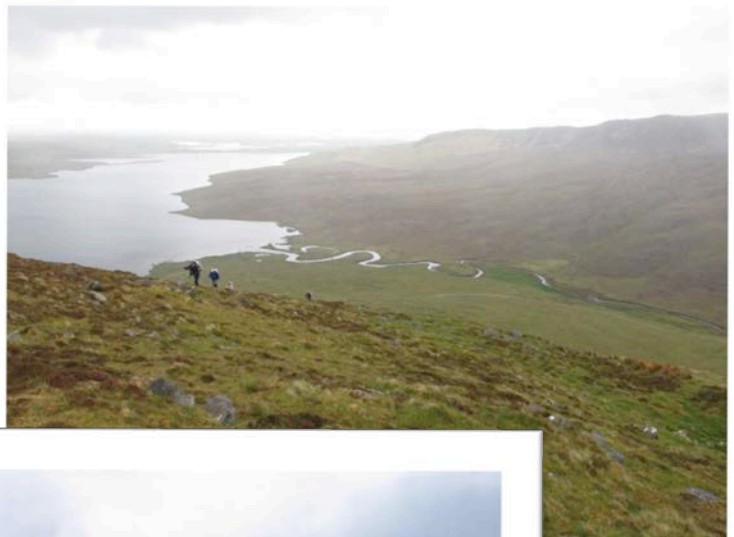


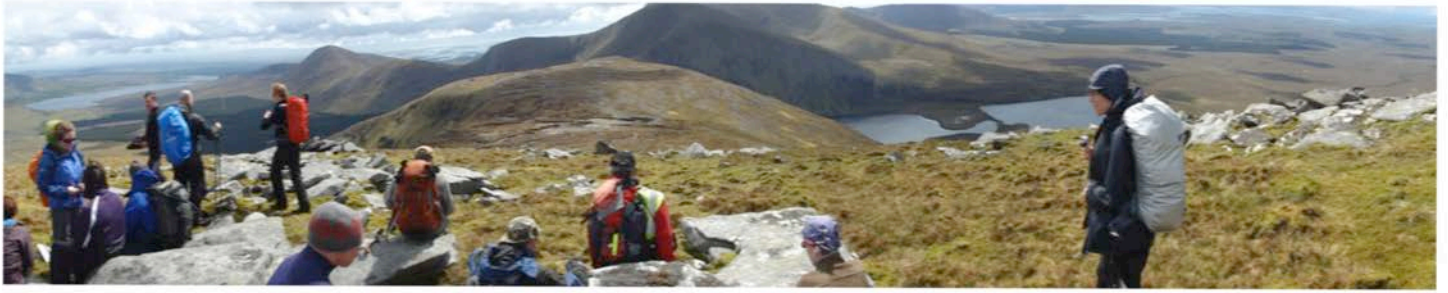
The walk in from Srahmore, near Lough Feeagh. And the first ridge to Tirkslieve (401m), straight ahead (top).

Looking down on the Glennamong River towards Lough Feeagh. Occasional showers blowing in followed ... (middle)

The Bengorm ridge and the first view of the drumlins in Clew Bay. Croagh Patrick is beyond, in the cloud on the right (bottom).

Photos: Gary Smith





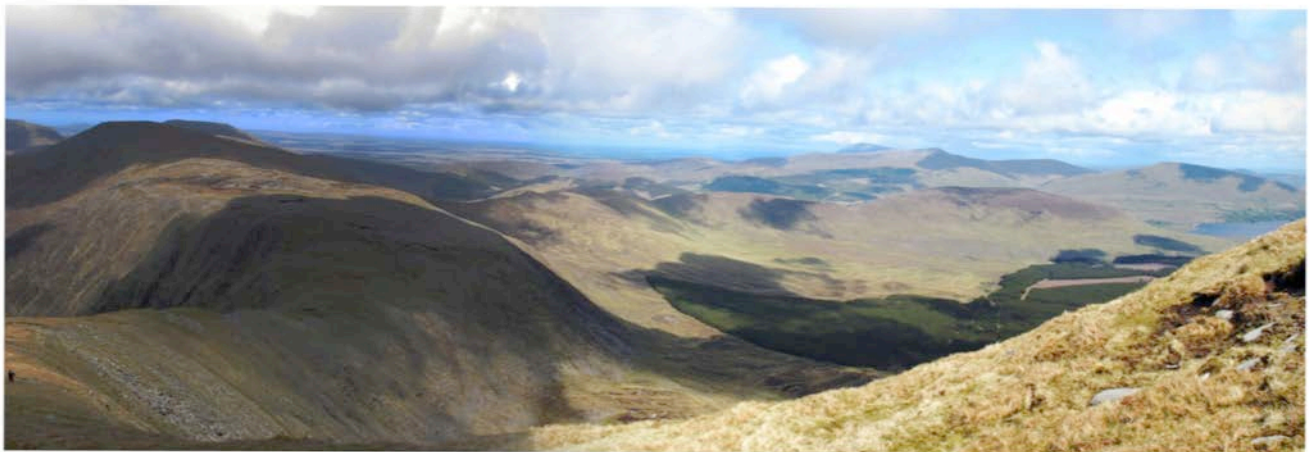
On the top of Glennamong. Photo: Don Reilly



*Looking from Glennamong (628m) towards Corranabinnia (714m) (above). Photo: Philip Hayden
As we climb to Corranabinnia, looking back over our route so far (below). Photo: Gary Smith*

Speculation was rife as to what this would involve and depending on how he said it, did he mean an eerie bit? An eagle's eyrie? A scary bit? Were we about to be assailed by ghostly winds, sheep and eagles??? Martin and Anna's earlier discussion of anthropomorphism was taking on a literal meaning for this craggy peak.

As the moment of truth approached on the airy/eerie/eyrie bit, I decided to add hairy and glary into the mix, by rolling up my combats, in the hope that the legs would distract from any fear or distress people were experiencing at the sheer drops and scrambling. Several people dug bravely into their reserves of courage to meet the challenge but all managed well and many were left eager for more (scrambling, not the sight of my legs)





Liz at lunch on Saturday. Photos: Mel O'Hara



On the top of Corranabinnia. Photos: Don Reilly



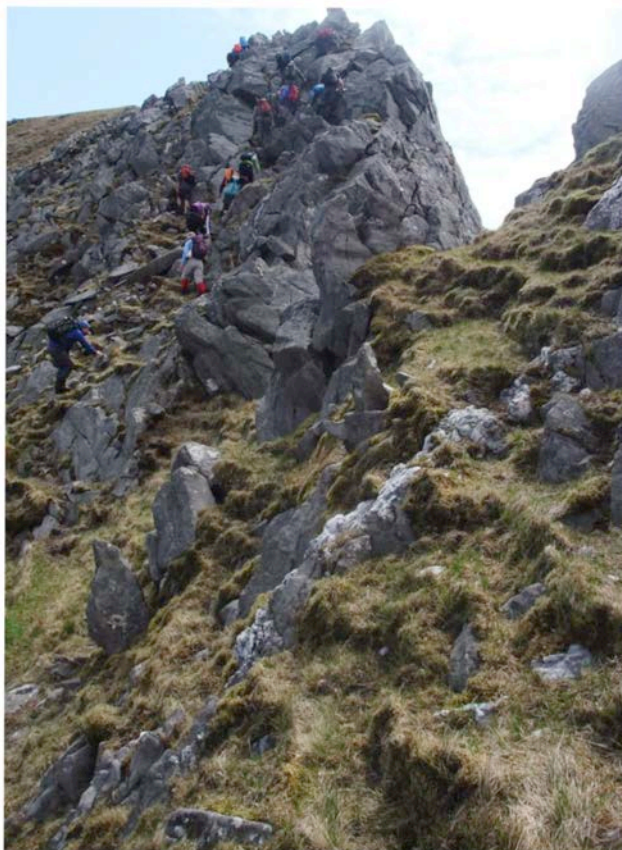


Lourdes, Murielle and Philip on the 'airy' ridge (left).

Photo: Don Reilly

Crossing the 'airy' ridge (below).

Photo: Philip Hayden



The hike had been hit by terrible heavy rain earlier, and the wet, cold and mist threatened to spoil the day. Amid the *merde*, Murielle shared the French sense of *Exigente*, being hard to please (she was not pleased with the rain). Thankfully before lunch things improved dramatically and we dried out and got fantastic views of Mayo. It was one of those great moments when the 360 degrees panorama is almost too beautiful for words: even Murielle was forced to admit a sense of satisfaction! Mel's hike faired similarly and enjoyed a

water-bottles, platypus and toilet cisterns were employed to ensure we scrubbed up well for dinner. But the prize for ingenuity goes to Sarah in her use of toothpaste as an alternative to moisturiser.

We were amused on Saturday morning to note the large-scale Irish Coastguard vehicles and personnel for what turned out to be a training exercise on Achill. They assured us this had nothing to do with advance warning they'd received that Don planned to walk there. Turns



Croaghan and Slievemore, from Nephin.
Photo: Mel O'Hara

challenging trek with extremely rewarding scenery. After our large ascents we had a mercifully gentle descent back to our bus, driven by the ever gracious Noel.

We all had great fun in the shower on the weekend...or rather with the lack of them, as due to water pressure issues, the showers were as erratic as Carina's timekeeping. An Óige ingenuity overcame the problem as baths,

out it was the main hikes on Sunday that were in greatest danger of drowning, in the deluge. Simon's hike went for Slievemore (*An Sliabh Mór*, 671m) while Mel 'Rainmaker' O'Hara led the harder hike up Croaghan (*Cruachán*, 688m), both in challenging conditions.

We got some tantalising glimpses of the sea waves crashing against the foot of cliffs we stood on, but we were soon rising into misty, pea-soup conditions. Such was the relentlessness of the rain, Philip decided to set up shop in his very own troll-cave and refused



*Achill Henge bikers.
Photo: Anne Mulligan*



to move on. We had to admire Patricia's hardiness as she battled through the elements in shorts and bare legs. Her stoic endurance was matched only by Liz's courage in the face of a chipped toe-nail. When will the Committee stop scoffing and add emergency nail repair to the list of vital skills taught in our annual Mountain Skills Course? Must we wait until someone is unable to wear sandals with their evening attire for this gap in our capabilities to be recognised? Action now, we say!!! One further casualty of the tough conditions was Sarah, who suffered a major "fringe malfunction". Emergency Hair & Nail Repair

courses will no doubt soon be mandatory for any aspiring leader.

We battled through and made our way back down, though such was one unidentified lady's haste to descend, she violated post-lunch protocols to the shock of all. As we emerged onto bog land Vinny sought to relive the thrill of recent Winter snow-ball fights by proposing a Turf-ball fight; however this was called off after several

mild concussions. Simon's hike was conditions and Paul did a turn as a style guru to clothe several of the wetter ladies: his male-leggings with soggy top has since become a big hit at the Paris fashion catwalks. All rendezvoused at Achill Head Hotel where we enjoyed drinks, hurling, and very tasty hot-chocolates. We were joined by several of our group who had decided to be bikers and beach-walkers for the day. Our spirits were all mightily revived by the warmth, drink and chat and we were in good form for dinner.

The big question of the weekend has to be: who spiked my dinner wine on Sunday? It had been announced that I would be writing an article and it seems suspicious that I should suddenly be overwhelmed with such deep tiredness. My after dinner 'power-nap' turned into a deep sleep, and it transpired that when the cat's away the mice will play, as a gang crossed over to Achill to party. Now, we all know that I am scrupulous in my writings to check facts and constantly guard against idle gossip being given the oxygen of publicity. As such, I am loath to report rumours and second-hand tit-bits in this



who jumped out of Deirdre's birthday cake or how little he was wearing. And it would be remiss of me to mention Lourdes getting a local lad drunk and ripping his clothes off, just to get her hands on his "Lourdies Pub" t-shirt! Apparently even Fiona was pleased with the level of mayhem. Next morning at breakfast I couldn't help wondering was there any truth to these wild stories as I ate my cornflakes and watched the islanders demolishing the bridge from Achill to the mainland and erecting a giant neon "No Hillwalkers" sign.

Special guest-stars on our weekend were Gerry and Mark, who did a mammoth cycle through Mayo and joined in the evening socialising. Mark also accompanied our Monday walk, to suss out the condition of candidates for his forthcoming Austrian trip. He left pale-faced and sweating.

Official Account. Therefore, no credence will be given to tales of epic dance-offs between Vinny and Paul, to 'air fiddle' power ballads by Philip or to a new 'Beetles' group, dancing on the floor with their legs in the air like dead insects. I won't mention

Lourdes outside 'her' pub at Dooagh (above).

Photo: Don Reilly

The alternative Monday hike: Greenway challenge at Mulranny (below).

Photo: Anne Mulligan





Relaxing at the summit of Nephin (above).

Photo: Philip Hayden.

Don caters to Warren's every need ... to Patricia's amusement (below).

Photo: Mel O'Hara

it also). It was back on the bus for a relatively fast trip back to Dublin, stopping only at Ballinalack to bump into old club member Brian O'Grainne and to overwhelm the local Supermacs.

Huge thanks are owed to the weekend leaders Simon and Mel, who as ever combined patience, excellent organisation and good leadership to ensure a wonderful foray into the wilds of Mayo and another memorable weekend for the club.

Text: Warren Lawless

While battling through Sunday's conditions, I had formulated a new theorem: [If hard-hike leader = Mel then weather = rotten x 10]. Thankfully my theory was to be disproved Monday, as Mel led us on a very enjoyably ascent of Nephin (*Néifinn*, 806m), with commanding views seaward to Achill, north to Sligo and a large stretch of inland Mayo. Simon led a lower level hike around Knockaffertagh (*Cnoc Eachmarcaigh*, 517m), while a small band enjoyed a lovely cycle along the Greenway (despite hideous bloated tubes). However, the most fun was had by several members who choose to do the tour of Newport town. Many described the Hop-on-Hop-Off bus tour as the best 5 minutes of their life. Their only complaint was that four hours was just not enough time to explore all the sights of this buzzing metropolis. So good was the experience that Fiona bought the author a lovely Newport souvenir t-shirt which I really liked (one or two ladies confessed they enjoyed



p.s. Mark was kind enough to show us photos of a hike he did on Achill Island two days after our ducking, showing the hills and cliffs in stunning beauty. Grrrrrr!!!



The Hillwalkers Club
2012-2013

Membership Application Form

Name (*Applicants must be over 18*)

Address

Were you a member before? ☐ Yes, last year ☐ Yes, some time ago ☐ No

New members: How did you hear about the club?

An Óige Membership Number (*Applicants must be a member of An Óige*)

[Further information at <http://www.anoige.ie/membership>]

Contact Telephone Numbers

(If possible, please give a mobile number, which may be used for notification of programme changes)

Mobile Evening Daytime

Email Address (*required*)

The club issues a regular newsletter by email. The newsletter is also available through the Club webpage [www.hillwalkersclub.com].

Please read and sign the following PERSONAL DECLARATION

PERSONAL DECLARATION

I am over 18 years of age and wish to apply for membership of the Hillwalkers Club. (*)

(*) *Please note that personal accident insurance is only available to members between 18 and 75 years of age.*

I accept that mountaineering is an activity with a danger of personal injury or even death.

I am aware of and shall accept these risks and wish to participate in these activities voluntarily and shall be responsible for my own actions and involvement.

I accept that the Hillwalkers Club establishes the bounds on its activities through the constitution and rules of the club [available at www.hillwalkersclub.com/constitution.htm] and I agree to abide by these.

Members should not undertake any club hiking activities if:

- (i) they have any known medical ailment which may impair their ability to participate in club activities, or,
- (ii) they are taking any form of medication that will put their health or safety of others at risk.

If a member is in any doubt on these matters, a doctor should be consulted prior to undertaking any club hiking activity.

If you agree and accept the terms of the PERSONAL DECLARATION, please sign and date here.

Signature Date

The 2012-2013 membership year runs from 01 October 2012 to 30 September 2013.

2012/2013 Membership Fee €35.00

Please send this form with the membership application fee (cheque or postal order *only*, payable to the *Hillwalkers Club*) to **Don Reilly, Dunany, Santry, Dublin 9**. Please allow two weeks for processing of the membership application.

NB: PLEASE DO NOT SEND YOUR APPLICATION BY REGISTERED POST!