



Hillwalkers Club

## October-December 2013

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

**\*\*AGM\*\***  
Teachers Club  
Friday 18 October



Slieve Foye at 08.45.

*Photo: Mel O'Hara*

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THE HILLWALKER

## HIKE PROGRAMME

### October – December 2013

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**MEET:** Corner of Burgh Quay and Hawkins St

**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*)

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**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.*

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### 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.

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### ★★ 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

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### Sunday 13 October 2013

**Leader:** Gerry Walsh (ph 087 245 0688)

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

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

**Route:** Drumreagh \* Lobawn \* Wexford and Kavanagh Gaps \* Table Mountain \* Art's Cross \* Oakwood \* Ballinagee Bridge

**Distance:** 19 km **Ascent:** 750m

**Maps:** OS 56, Harvey, East and West Mapping

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### Sunday 20 October 2013

**Leader:** Dave McCann

**2nd pick-up point:**

Bus stop before the roundabout at Loughlinstown

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

**Route:** Baravore \* Fraughan Rock Glen \* Ballinaskea \* Lugnaquilla \* Camenabologue \* Table Track \* Knickeen Ford

**Distance:** 18 km **Ascent:** 850m

**Maps:** OS 56, Harvey, East and West Mapping

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### Friday 25 - Monday 28 October 2013

**\*\* Weekend away\*\***

Tralee and the Dingle Peninsula

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### Sunday 03 November 2013

**\*\*Introductory hard hike\*\***

**\*\*Special cost of €15\*\***

**Leader:** Frank Rooney (ph 087 988 6520)

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

Bus stop on bypass before roundabout for the Pavilions Shopping Centre

**Route:** Barnavave \* Slieve Foye \* Carlingford Mtn \* Eagles Rock \* The Ravens Rock \* Slí na Tána \* Carlingford

**Distance:** 14 km **Ascent:** 650m

**Maps:** OS 36

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### Sunday 10 November 2013

**Leader:** Tom Kenny

**2nd pick-up point:**

Bus stop before the roundabout at Loughlinstown

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

**Route:** Wicklow Gap \* Tonelagee \* Stoney Top \* Mullaghcleevaun \* East Top \* Carrigshouk \* Oasis

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

**Maps:** OS 56, Harvey, East and West Mapping

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### Sunday 17 November 2013

**\*\* Introductory hard hike\*\***

**Leader:** Tom Milligan

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

Rathfarnham Castle bus stop, Rathfarnham, before the Yellow House.

**Route:** Tibbradden car park \* Cruagh \* Killakee \* Glendoo \* Knocknagun \* Glanduff Brook \* Boranaraltry \* Two Rock \* Fairy Castle \* Tibbradden \* Car park

**Distance:** 18 km **Ascent:** 725m

**Maps:** OS 50 and 56, Harvey, East West Mapping

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**Sunday 24 November 2013**

**Leader:** Mel O'Hara (ph 085 198 1248)

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

Bus stop before the roundabout at Loughlinstown

**Route:** Wicklow Gap \* Tonelagee \* Brockagh \*  
Luganure Brook \* Camaderry East Top \*  
Glendalough

**Distance:** 16 km **Ascent:** 700m

**Maps:** OS 56, Harvey, East and West Mapping

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**Sunday 01 December 2013**

**Leader:** Simon More

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

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

**Route:** Oasis \* Carrigshouk \* Mullaghcleevaun East  
Top \* Mullaghcleevan \* Barnacullian \* Stoney Top  
\* Tonelagee \* Glenmacnass Waterfall

**Distance:** 16 km **Ascent:** 670m

**Maps:** OS 56, Harvey, East and West Mapping

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## Lynam Lecture 2013 - Stephen Venables

*(text from the Mountaineering Ireland website, [www.mountaineering.ie](http://www.mountaineering.ie))*

**Date:** 12 December 2013

**Venue:** Edmund Burke Theatre, Trinity College, Dublin 2

The 'Lynam Lecture' is aimed at continuing the legacy of Joss Lynam (1924 - 2011), in recognition of his enormous contribution to mountaineering, walking and outdoor adventure activities in Ireland over some 60 years. He was the initiator of numerous developments in these areas, the strong advocate for a number of generations of Irish mountaineers and the representative of Irish mountaineering on a world stage through his involvement with the UIAA.

For 2013, Mountaineering Ireland has invited Stephen Venables. Stephen Venables, a renowned mountaineer, writer, broadcaster and public speaker, was the first Briton to climb Everest without supplementary oxygen. He reached the summit alone, after climbing with a small American-Canadian team, by a new route up the gigantic Kangshung Face.

Everest was a thrilling highlight in a career, which has taken Stephen right through the Himalaya, from Afghanistan to Tibet, making first ascents of many previously unknown mountains. His adventures have also taken him to the Rockies, the Andes, the Antarctic island South Georgia, East Africa, South Africa and of course the European Alps, where he has climbed and skied for over forty years.

The Lynam Lecture will be held Trinity College, Dublin. Joss was a civil engineering graduate of Trinity and on 14 Dec 2001, he was conferred with an honorary doctorate from the college.

**When:** 12th December 2013

**Where:** Edmund Burke Theatre, Trinity College, Dublin 2

**Start Time:** 8.00pm (doors open at 7.00pm)

**Tickets** (€5 each for Mountaineering Ireland members) available at [www.mountaineering.ie](http://www.mountaineering.ie).

# Club news

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## Annual General Meeting

The next Annual General Meeting of The Hillwalker Club will be held in the Teachers' Club (*Club na Múinteoirí*) on **Friday 18 October 2013**, starting at 8pm. *See you there.*

## 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 are available on page 17.*

*\*\*There are still a few places left\*\**

## Annual Christmas festive gala dinner, party and weekend

The annual festive gala dinner, party and weekend will be held in the Ormonde Hotel, Kilkenny on **Saturday 14 and Sunday 15 December 2013**. We'll be walking in the Slieve Blooms and Blackstairs Mountains. *Further details on page 18.*

*\*\*Bookings are now open\*\**

## Annual Holly Hike

The annual Holly Hike will be held on **Sunday 22 December 2013**.

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Thanks to our webmaster Matt Geraghty, a mobile phone friendly version of the hikes page is available at <http://m.hillwalkersclub.com/>

## Club membership

A membership form is included on page 19 of this Newsletter.

*\*\*Members are reminded that Club membership for 2013/14 is now due\*\**

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<b>Committee 2012/13</b>	<i>Chairman</i>	Dónal Finn
	<i>Secretary</i>	Mel O'Hara
	<i>Treasurer</i>	Jim Barry
	<i>Sunday Hikes Coordinator</i>	Frank Rooney
	<i>Newsletter Editor</i>	Simon More
	<i>Membership Secretary</i>	Don Reilly
	<i>Club Promoter</i>	Liz Carey
	<i>Training Officer</i>	Dónal Finn
	<i>Club Social Coordinator</i>	Liz Carey
	<i>Webmaster</i>	Matt Geraghty
<b>Special thanks to:</b>		

## Tour of the County High Points 2013

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Like most Hillwalkers, while visiting a bookshop, I always browse the section where books on hiking and walking are displayed, hoping to find something new or interesting. While on such a visit, in November 2012, I bought a book “Ireland’s County High Points”, a walking guide by Kieron Gribbon. A county high point is the point in a county that has the highest elevation above sea level. For example, the county high point (CHP) of County Dublin is Kippure while the CHP of Wicklow is Lugnaquilla. At the time, I had a vague intention to visit all of Ireland’s County High Points at some stage and I felt that the book might be a useful source of information.

The boundaries of Ireland’s 32 counties have ancient origins. Westmeath, for example, the county where I currently reside, was once part of the shire of Meath but was made a separate shire by decree of Henry VIII in 1543.

*‘For as much as the shire of Meath is great and large and the west part thereof is beset with divers of the King’s enemies and his writs have not been obeyed, in consideration thereof it is thought meet that the said shire should be divided.’*

Although the county boundaries were defined to facilitate administration by a foreign power, the GAA, that most nationalistic of sporting organisations, considers these borders to be sacrosanct for competition purposes. Likewise, the same 32 county boundaries are used when defining Ireland’s county high points. Newer administrative areas such as Fingal are not considered to be separate counties.

While Ireland has been divided into 32 counties only 26 locations need to be visited to reach all 32 CHPs. This is because some CHPs are located on or close to the border of an adjoining county. For example, the border between County Derry and County Tyrone passes through the trigonometrical (trig) pillar at the summit of Sawel so that Sawel is the CHP of both Tyrone & Derry. A similar situation applies between Carlow and Wexford on Mount Leinster, Cavan and Fermanagh on Cuilcagh while CHPs are quite close together on Arderin (Laois and Offaly), Truskmore (Sligo and Leitrim) and Galtymore (Tipperary and Limerick).

Examining the list of CHPs I realised had already visited 10 of the 32 CHPs. Also, living in Mullingar, quite a lot of them could be reached on day trips. Those that could not be reached on day trips I could group together in 2’s or 3’s and visit them with an overnight trip. Perhaps I could visit any CHPs I’d not previously visited during 2013? Perhaps I could even visit all of them in 2013?

There was no club hike on January 6<sup>th</sup> 2013 so I decided to walk in the Slieve Blooms that day as I had never hiked there before. I remembered the book I’d bought some 6 weeks before, consulted it, and decided to include Arderin on the route as Arderin was the county high point of both Laois and Offaly. I persuaded my daughter, Shauna, to come along and we had a reasonably good hike including Arderin, Farbreague and Garraunbaun. On a clear day we might have been able to see several counties but it was very misty and we could only see two – Laois & Offaly! It was great practice for my map and compass skills or lack of them though and I managed to lose and find myself several times during the hike.

I was scheduled to lead a hike via Lugnaquilla on 17<sup>th</sup> March and I did a recce of my walk on the 17<sup>th</sup> of February and again on the 14<sup>th</sup> of March, summiting Lugnaquilla on both days. We were enjoying an interesting cold spell during March and the hike on St Patrick’s Day, March 17<sup>th</sup> was particularly memorable. It was almost white out / blizzard conditions and we had a great day out. The refreshments and warmth in Fentons afterwards were very welcome.

## The County High Points (CHPs) of Ireland, listed in descending order of height

	County	Name	Height in Metres	OS Map Number	OS Grid Ref.
1	Kerry	Carrauntoohill	1039	78	V80363 84421
2	Wicklow	Lugnaquilla	925	56	T03217 91756
3	Limerick	Galtymore***	919	74	R87846 23788
	Tipperary	Galtymore***	919	74	R87846 23788
4	Down	Slieve Donard	850	29	J35796 27690
5	Mayo	Mweelrea	814	37	L78983 66810
6	Carlow	Mt. Leinster***	795	68	S82602 52608
	Wexford	Mt. Leinster***	795	68	S82602 52608
7	Waterford	Knockmealdown	794	74	S05797 08410
8	Dublin	Kippure	757	56	O11582 15455
9	Donegal	Errigal	751	1	B92826 20778
10	Galway	Benbaun	729	37	L78558 53903
11	Cork	Knockboy	706	85	W00480 62060
12	Derry	Sawel***	678	13	H61796 97305
	Tyrone	Sawel***	678	13	H61796 97305
13	Cavan	Slieve Cuilcagh***	665	26	H12356 28017
	Fermanagh	Slieve Cuilcagh***	665	26	H12356 28017
14	Sligo	Truskmore***	647	16	G75899 47348
	Leitrim	Truskmore***	631	16	G75899 47348
15	Louth	Slieve Foye	589	29 or 36	J16902 11934
16	Armagh	Slieve Gullion	573	29 or 36	J16902 11934
17	Antrim	Trostan	550	9	D17961 23599
18	Clare	Moylussa	532	58	R64844 75928
19	Laois	Arderin***	527	54	S23244 98902
	Offaly	Arderin***	527	54	S23244 98902
20	Kilkenny	Brandon Hill	515	68	S69702 40268
21	Roscommon	Seltannasaggart SE Slope	412	26	G90396 19542
22	Kildare	Cupidstown Hill	379	50	O00573 20595
23	Monaghan	Slieve Beagh	373	18 or 28A	H53184 43566
24	Longford	Corn Hill	278	34	N18766 84218
25	Meath	Carnbane East	276	42	N58617 77580
26	Westmeath	Mullaghmeen	258	41	N46924 79379

\*\*\* denotes a shared CHP

Grid references taken from Simon Stewart's Mountain Views website

Moylussa also has another 532m ummit at R65515 75573

On Sunday, April 7<sup>th</sup>, I was doing a recce for a Mod Hike in west Wicklow and on my way back to Dublin I realised I'd be travelling quite close to the county high point of County Kildare, Cupidstown Hill which is just off the Blessington – Tallaght Road. Although Cupidstown is 379 metres above sea level, the entrance to forest track leading to it is only about 30 metres lower and about 700 meters away from the CHP so I was easily able to reach it by walking 10 or 15 minutes in from the road.

On Sunday, April 21<sup>st</sup> I chalked off two CHPs on the same day - Slieve Beagh in County Monaghan and Slieve Gullion in County Armagh, neither of which I had visited before. Although I had chalked off two CHPs, I did not have a very satisfying day's hiking as the hikes were too short and did not involve much climbing. It made me begin to question the entire idea of visiting all the CHPs – was it a worthwhile endeavour at all?

I visited Mullaghmeen, the CHP of Westmeath on May 5<sup>th</sup>. Mullaghmeen is a pleasant walk along beech forest tracks and it was quite a nice day weather-wise. Mullaghmeen has the most extensive planted beech forest in Europe and is worth a visit, especially in Spring and Autumn when the foliage is emerging or changing colour.

The Sunday following the June weekend, June 9<sup>th</sup>, I made good progress on the CHPs when I chalked off 5 in one day. I travelled first to Cairn Hill, Longford's CHP and then on to Seltanasaggart, CHP of Roscommon. The CHP of Roscommon, on Seltanasaggart South East slope is located in the middle of a wind farm. The mountain has been transformed into a barren moonscape, crisscrossed by rough tracks, due to the installation of the wind turbines. It is more of a county low point than a county high point. The wind turbines are quite noisy and intimidating and the site provides depressing supporting evidence for anyone arguing against wind farm installations by reason of the damage done by insensitive development in mountain environments.

The trig pillar on the summit of Cuilcagh is on the Cavan – Fermanagh border and is the CHP for both counties. It's a pleasant round trip of around 11 kms from the Bellevally Gap, west of Swanlinbar, with an ascent of 390 metres.

I called to Loughcrew on my way back to Mullingar. The cairns and passage tombs at Loughcrew were built more than 5000 years ago by stone age farmers around the same time as the passage tombs at Newgrange. Cairn T is aligned so that the sun shines down a passage to illuminate a chamber in the centre of the cairn at dawn on the Equinox. The chamber has large stones decorated with carvings. On a clear day one can see 16 of Ireland's 32 counties from Cairn T. I can vouch for 15 - Westmeath, Cavan, Longford, Roscommon, Leitrim, Fermanagh, Armagh, Louth, Dublin, Wicklow, Laois, Offaly, Kildare, Down and, of course, Meath. I'm not sure which is the 16<sup>th</sup> – probably Monaghan.

So, by the evening of June 9<sup>th</sup> I had visited 12 of the 32 CHPs and it was time to take stock, re-evaluate and decide if it was worthwhile continuing my attempt to visit all of them in 2013. I reasoned that some of them, for example, Seltanasaggart and Slieve Beagh, would not hold any attraction apart from being a CHP. I had chalked off 5 CHPs that day but had missed an excellent club hike over Lugnaquilla led by Peter O'Toole. The visits to Cuilcagh and Loughcrew had been worthwhile but, in all honesty, I could not describe the visits to Seltannasaggart and Cairn Hill as being unmissable. Did it make sense to expend more effort and energy on chalking off CHPs?

On Sunday 30<sup>th</sup> June, I summited Kippure, the CHP of Dublin, while doing a recce for a mod hike. I hiked around 23 kms that day with an ascent of 960m. This rekindled my interest in completing the CHPs. I decided to continue attempting to visit all the CHPs during 2013 but to try and incorporate the CHP visits into worthwhile hikes so that I would achieve a little more out of the day and enjoy a more satisfying outing.



*The pile of stones in the foreground marks the CHP of Co Roscommon on Seltannasaggart South East Slope (top), 5000 year old Rock carvings on slabs within Loughcrew Cairn T (bottom)*



On the 4<sup>th</sup> of July I climbed Truskmore to visit the CHPs of Sligo and Leitrim on the same hike. Truskmore can be reached, as described in Kieron Gribbon's book by walking up an RTE access road to the summit. I felt that this route would be far too easy and not worth doing. Instead, I started from the north shore of Glencar Lake and approached Truskmore from the south. By including a mountain north of Truskmore, Tievebaun, and a ramble around the plateau, I was able to have a worthwhile hike of 19 kms with an ascent of about 800 metres. It's a hike I'd do again. Even on a bad day weatherwise, there were some lovely views. So I drove home satisfied that I had chalked off two more CHPs and had a good hike as well.

During the club's August break so I decided to visit a few more CHPs before I lost the fitness gained on the club trip to Austria. On August 6<sup>th</sup> I climbed Galtymore from the Glen of Aherlow. I started by climbing Cush, then Galtbeg followed by Galtymore. I then walked on to Slievecushnabinnia, Carrignabinnia and Lyracappul. Though tired at that stage, I couldn't resist continuing on to Temple Hill. I followed Temple Hill with Knockaterriff before ascending Lyracappul again and making my way back to the start via Carrignabinnia and the north easterly spur of Slievecushnabinnia. I'd walked more than 25 kms with an ascent of around 1650 metres. I had visited the CHPs of both Tipperary and Limerick on Galtymore and had a really good day in the mountains.

The following day, August 7<sup>th</sup>, I tackled Knockmealdown. I first ascended Sugarloaf Hill and then continued on to Knockmealdown, the CHP of Waterford. After enjoying the views from Knockmealdown to the Galtees and back towards Lismore and the coast I continued on to Knocknagauv and Knocknafallia. I returned to the car via Knockmoylan, SH 768 rather than returning via Knockmealdown itself. Another CHP, Waterford, visited and another good day in the mountains, around 17 kms with an ascent of around 1250 metres.

On August 14<sup>th</sup>, I first climbed Brandon Hill, the CHP of Kilkenny and a short drive from Brandon Hill brought me to Sculloge Gap from where I walked to Mount Leinster, CHP of both Carlow and Wexford. I climbed Knockroe first and then walked on up to Mount Leinster via SH 583. I then headed east into Wexford, along the ridge to Black Rock Mountain, before returning along the ridge to Mount Leinster and back to Sculloge Gap. Between the two hikes I'd covered around 25 kms with a total ascent of around 1150 metres. I headed for home content with my day and with three more CHPs visited.

I headed for the Mourne on Sunday 18<sup>th</sup> to visit Donard, CHP of Down, via a route that was new to me – up the Granite Trail and over Millstone Mountain. The Granite Trail follows the track of a disused funicular railway that was originally used to transport granite down to the port. I was on Donard at around 11.15 and then climbed Chimney Rock Mountain before ascending Rocky Mountain. I used the Brandy Pad then to nip over to climb Slievenagloagh and Slieve Corragh. I skirted across Slieve Commedagh before climbing Donard again. Back down to Millstone Mountain and down along the Granite Trail to the port, I had covered more than 20 kms and ascended around 1800 metres. I was tired but quite satisfied with my day. At that stage I had 17 of the 26 sites visited, 22 of the 32 CHPs chalked off.

The following Thursday, 22<sup>nd</sup> August, I climbed to the summit of Mweelrea, the highest point in County Mayo via Ben Lugmore and Ben Bury. I found a nice fossil in the shale rocks on the Ben Lugmore ridge. It was quite misty while I was climbing but, as I made my way down towards Derreenawinshin, SH 495, the cloud gradually lifted and I had marvellous views of Killary Harbour, Connemara and back towards Mweelrea itself. I dropped down to the road at around L841 640. I'd covered around 20 kms, including the road walk back to the car, with an ascent of around 1200 metres and had one of my most satisfying and enjoyable days in the mountains.



*Galtymore – some people run up it! Trig pillar is CHP of Tipperary, Cairn is CHP of Limerick (top), Granite Bogey used to transport granite from quarry under Millstone Mountain via funicular railway to Newcastle Port (right), Slieve Donard, CHP of Down from Millstone Mountain (bottom)*





*Mweelrea as the mist clears (top),  
Photo of fossil found in shale rocks on the Ben Lugmore ridge,  
Mweelrea ascent (bottom)*



The next day, Friday 23<sup>rd</sup>, while listening to the weather forecast on the radio at 07.55, the weatherman announced that the overnight rain had cleared the west and to expect a reasonably bright day. It was still raining quite heavily in Leenaun though, no matter what the weatherman in Glasnevin said. I intended climbing to the summit of Benbaun, at 729 metres, the highest point of County Galway, so had been hoping for a drier day. The rain had eased a little by the time I got to the start of my hike at L796 573 but I still had the waterproofs on for most of the day. I did a variation of the Glencorbet Horseshoe, Minnaumore and Loughermore then the first Benbaun, AKA Maolán, at 477m. This is not the “real” Benbaun, which is at 729 m. Benbrack and Muckanaght followed then Benfree before Benbaun itself. Down to Lugrevagh and then Knockpasheemore to complete the circuit. The weather had cleared by the time I started to descend from Benbaun and I had great views south to Bencollaghduff and Bencorr. I had walked almost 17 kms with an ascent of 1150 metres so I’d had a good hike.

The following Wednesday, 28<sup>th</sup> August, I left Cronin’s yard at 08.30 with Carrauntoohill as my target. I headed up the Zig Zags then east to Cnoc an Chuillinn. Next was Maolán Buí and Cnoc na Péiste. Having reached Cnoc na Péiste I couldn’t resist having a look at the arête between Cnoc na Péiste and the Big Gun. I decided that it was too good an opportunity to forego. So I went across to the Big Gun and Cruach Mhór, picking my way carefully over and back. It took me a little longer than I expected but I enjoyed the traverses and the concentration they demanded. Back via Maolán Buí then and west to Cnoc na Toinne. I passed the top of the Devils Ladder and then on to the clear track up Carrauntoohill. I met Gary Smyth, another member of the Hillwalkers Club, who was descending with some friends. After exchanging pleasantries I continued on to summit Carrauntoohill. I then nipped across the ridge to Caher before returning towards Carrauntoohill and heading for Beenkeragh. I enjoyed the traverse across the Beenkeragh arête. It was nice to be using my arms to scramble across, taking the weight off my legs which were beginning to tire at that stage! I descended to Cronin’s Yard via Knockbrinne. A long but a very satisfying day, I’d walked around 25 kms and ascended around 1400 metres.

The next day I had Knockboy, CHP of Cork, on my agenda. Kieron Gribbon’s book describes a route to Knockboy from the Priests Leap - a 5 km walk with an ascent of 230 metres. I intended hiking a little farther and higher than that – a route from the north starting with Birdhill. I parked on the side of the road at W027 685 and as I headed up Birdhill I flushed a pheasant out of the undergrowth. So Birdhill seems to be aptly named. Gullaba Hill, a tough climb through high heather, was next before Knocknahanagh and then Caoinkeen, SH 692. By the time I’d reached Knockboy the sun was out and I had quite good views of Bantry Bay, Glengarriff and I could also see Kenmare. I didn’t return to the car via Gullaba Hill but climbed onto a spur off Knocknahanagh and headed east to emerge on the road at around W 021 661. It’s not a route I’d recommend to access the road as the last section was down over quite steep, rough ground. I then had a pleasant roadwalk, which included passing through a rock tunnel, back to my car. Another enjoyable day in the mountains, 21 kms including the roadwalk with around 1200 metres of climbing.

Next day, 30<sup>th</sup> August, on my way home, I intended climbing Moylussa, the CHP of County Clare. Crossing the Shannon into Killaloe, one could not be in any doubt that you were entering County Clare. Yellow and blue banners and bunting hung from every available point to show support for the Clare hurlers in the impending All Ireland final against Cork.

I parked at Ballycuggaran car park and followed the directions in Kieron Gribbon’s book to reach both summits of Moylussa, which are approximately 500 metres apart. Both summits are 532 metres above sea level according to the OSI. I then I set off on a walk to Cragnamurragh and Glennvagalliagh before returning to Moylussa. I looked over at Ballykillea Mountain then and, as usual, surrendered to temptation. I was able to make my way across to it, although with some difficulty in places. I headed east then to meet the East Clare way and discovered that an area shown as clear of trees on the OSI map was an area of well-advanced forestry. Luckily I found a trail through it that led me down to the

road at R 674 738. I had a nice walk then up past Feenlea Mountain along the East Clare Way and returned to the car via Crag Wood Walk. I'd walked around 25 kms with an estimated ascent of 750 metres. Three nice days walking in a row and three CHPs visited.

On Thursday 5<sup>th</sup> September I set out for Slieve Foye, the CHP of County Louth. I parked in Carlingford and I was at the trig point on Slieve Foye an hour later. I walked along the ridge then, Eagles Rock, Split Rock, Ravens Rock and Foxes Rock before dropping down to the Windy Gap and the Long Womans Grave. Across the road and up Slieve Carnavaddy, SH 475, across to Black Mountain and Clermont Cairn before nipping down to Clermont Mountain and Anglesey Mountain. I headed back to Carlingford then along the Táin Way. For once the weather was on my side and I had lovely views throughout the day. It had been a long walk though, over 30 kms with an ascent of around 1250 metres.

Earlier in the year I had been discussing the CHP tour with Don Reilly and Don had asked me which CHP I intending visiting last. I hadn't thought about this issue until then and, having considered it, I had decided that I would climb Errigal, the CHP of Donegal last. The reason behind this choice is that Errigal was the first CHP I'd ever climbed – in July 1989! I hadn't climbed it since. 24 years later, it would be the ideal mountain to complete my tour of the CHPs.

On Tuesday, 17<sup>th</sup> September, having had a forecast for two days of reasonable weather, I set out for Trostan, CHP of Antrim. I used the directions given in Kieron Gribbon's book to reach the summit of Trostan. It's not a difficult walk, around 5 kms with a climb of 230 metres. I travelled to Sawel then, CHP of both Tyrone and Derry. Again, I followed Kieron Gribbon's directions to climb Sawel and then walked across to Dart Mountain before returning to Sawel and the car. Between the three mountains, Trostan, Sawel and Dart, I had walked around 14 kms with around 850 metres of an ascent. I needed to travel on to Dunlewy then in order to be ready for my walk to Errigal the following day. It was a nice drive west through the Sperrins and into Donegal. I reached the An Oige hostel under Errigal around 20.30 after stopping en route for a bite to eat.

The following morning I headed for Creeslough. I was going to finish off my tour of the CHPs by climbing Errigal and, to make for an interesting hike, I was going to loosely follow the route of the Joey Glover Highlander walk – Muckish to Errigal. There was a lovely double rainbow over Muckish as I made my way across to Creeslough. I started at the Miners Track, having parked close to the very end of the tarred road. It was quite windy with showers being blown in off the sea. The trig pillar on Muckish is quite close to the top of the Miners Track. The ground around it though is strewn with knee high rocks and care was needed to pick a way through them without being bowled over by the strong wind. The summit plateau of Muckish was also totally covered in thick mist at that stage resulting in minimal visibility. I made my way across the plateau and down to Gleennaneor and over Na Leargacha to Crocknalaragagh and down to where the stream flows out of Lough Aluig where I stopped for lunch. The lunch break revived me and I flew up Aghla Beg and then over to Ardloughnabrackbaddy (SH 603). Aghla More was next and then a steep, painful, descent to cross the stream flowing into Altan Lough. There are stepping stones across the stream near the "Folly" tower. I was tired but the end was in sight. The clouds had lifted and I could see Errigal at that stage.

I had a tiring ascent then to the foot of Mackoght. Mackoght itself wasn't too bad, steep, but the scarcity of vegetation made the going a little easier. I enjoyed the drop down into the col between Mackoght and Errigal and I savoured the ascent of Errigal. I didn't rush up. I took my time. I didn't want the experience to pass too quickly. On reaching the top, it wasn't as pleasant up there as it had been on the July evening in 1989, nor were the views quite as clear, but that didn't bother me too much.

I made my way down to the road then and, a little elated, walked along the road to the hostel at Dunlewy. I was pleased that I had accomplished the task that I had set myself, to visit all the CHPs in

2013. I was also pleased with the days hiking, which, according to my spanking new GPS, was 23.6 kms with an ascent of 2146 metres.

And now, having completed the tour, was it a worthwhile endeavour? Was it worth travelling all over Ireland to visit the highest point in each county? On balance, I think it was. While some of the county high points are relatively insignificant locations, and, apart from being CHPs, have little other attraction, the tour brought me to places I would not have otherwise visited. I had several truly great days in the mountains while completing the tour, Mweelrea and the last day in Donegal being especially memorable. It has also whetted my appetite for even more hiking. I want to go back to Donegal, Kerry, Mayo and Connemara and many other areas to climb all the mountains I had to leave unclimbed as I made my way onward to the next CHP.

*Text & photos: Mel O'Hara*



*Informative sign erected by farmers in Sperrins*

# Walkers Association of Ireland (WAI)

## Winter Talks Series 2013/14

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The WAI are delighted to present again their ever-popular Winter Talks Series. Following on from the great successes of previous years - this season promises to be just as engrossing!

Talks Venue: Raglan Room (downstairs behind The Den Bar), Lansdowne Hotel, 27 Pembroke Rd, Ballsbridge, Dublin 4 (4 minutes walk from Baggot St. bridge). With bar facilities at hand and excellent food available from the bar . . . a great evening is promised for all!

### 8 pm, Wednesday 30th October 2013

*"Picos de Europa, The Hidden Jewel"*

Nollaig O'Ceallaigh will give a presentation on walking in the Picos!



Hidden but near, jewel of Spanish hill-walking. Drawing on fresh and immediate experience Nollaig O'Ceallaigh (member of the Irish Ramblers Club and of the Walkers Association Committee) will present an illustrated talk on walking in Los Picos de Europas, Northwest Spain. Nollaig co-led a walking group there earlier this year and has first-hand and recent know-how about the area, which is just 3 hours from Dublin by air.

Following the talk there will be Q&A and an opportunity to meet others walkers!

### 8 pm, Wednesday 20th November 2013

*"Ordnance Survey of Ireland"*

A presentation will be given by Dominic Cronin (Ordnance Survey of Ireland)!



Further details will become available shortly, at [www.walkersassociation.ie](http://www.walkersassociation.ie).



## **October Bank Holiday weekend away** **Tralee and the Dingle Peninsula** **Friday 25 October - Monday 28 October 2013**

**Leaders:** Frank Rooney and Brian Flynn

There will be two organised walks each day, *aimed to suit members of the Hillwalkers and fit hard-moderate walkers.*

*A range of walks are planned on the Dingle peninsula*  
The relevant maps are OSI Discovery series 70 and 71.

**Hotel accommodation:**

*Tralee Central Hotel, Tralee, Co. Kerry*

**Cost:** €225, payable in full at the time of booking, which includes twin-share hotel accommodation, meals and bus transport

**Bookings are now open for existing Hillwalker members**

**Bookings will open for other An Óige members on 19 September**

Two payment methods are available:

- Cheque payable to 'Hillwalkers Club', posted to Mel O'Hara, Ardmore Rd, Mullingar, Co. Westmeath
- Electronic transfer to Hillwalker account at Bank of Ireland
  - *If paying in person at bank counter, please take note of the number of the lodgement docket and forward this number to Mel in a confirmatory email.*
  - *If paying electronically, you **must** include your full name and 'October' at the time of electronic transfer. Please send a confirmatory email to Mel O'Hara (melohara@eircom.net).*

*Bookings are not secure until payment in full has been made.*

Payment queries to Mel O'Hara (melohara@eircom.net)

**Meals:** Breakfasts (Saturday, Sunday, Monday), lunches (Saturday, Sunday and Monday) and dinners (Saturday and Sunday) are included in the price

**Bring:** Suitable walking boots, rain gear, walking gear, warm clothing, towels, toilet gear, flask, torch, first aid kit, camera, binoculars etc

**Meeting place/time:** Luke St (off George's Quay) at 1545h on Friday 25 October

**Return:** Arriving back into Dublin at approximately 2000h on Monday 28 October

# HILLWALKERS CLUB

## Annual Christmas Festive Gala Dinner, Party & Weekend Walking in the Slieve Blooms and Blackstairs Mtns.

### Gala Dinner in the Ormonde Hotel, Kilkenny City

### Sat-Sun, Dec 14-15, 2013



<b>Overview</b>	As we draw towards the end of the Club's 20 <sup>th</sup> anniversary, please join us to celebrate Christmas 2013 in historic Kilkenny. Enjoy two days of walking in the Slieve Blooms and Blackstairs Mountains, plus a convivial Saturday evening in the 4 star Ormonde Hotel, where you will be treated to a festive gala dinner, a members' slideshow followed by a disco, late into the night.
<b>Organisers</b>	Hillwalkers Committee Overall Co-ordinator: Donal Finn, <a href="mailto:finndonal@eircom.net">finndonal@eircom.net</a> , 087 205 1255 Booking Enquiries: Mel O'Hara, <a href="mailto:melohara@eircom.net">melohara@eircom.net</a> , 085 198 1248
<b>Transport</b>	Bus from Dublin on Sat. direct to the Slieve Blooms and then to Kilkenny Bus transport on Sunday to/from the Blackstairs, return to Dublin via Kilkenny
<b>Departure Details</b>	Sat, Dec 14 <sup>th</sup> , <b>9.30 am</b> , Luke Street, off George's Quay, Dublin 2 Second pickup: Red Cow Luas Stop (Luas Red Line), Clondalkin, Dublin 22
<b>Return</b>	Sunday, Dec 15 <sup>th</sup> , arrive in Dublin at 7.30 pm approx.
<b>Hiking</b>	Saturday: Slieve Blooms Two hikes to commence at 11.15 am and finish at approx. 4.00 pm Sunday: Blackstairs. Depart Kilkenny Castle. 11.00 am Two hikes to finish approx. 4.00 pm
<b>Saturday Evening</b>	Complimentary drinks in Ormonde Hotel from 7.30 pm Christmas gala dinner at 8.00 pm in the Ormonde Hotel Members slide show during dinner Late bar to 1:00 am. Disco until late
<b>Accommodation</b>	Hostel accommodation in Metropole/Lannigan's, continental-style Sunday breakfast
<b>Price</b>	<b>€80</b> (All inclusive price – Bus to/from Dublin, Local bus, Gala Dinner, B&B, DJ) <b>€65</b> (Without bus to/from Dublin – includes Local Bus, Gala Dinner, B&B, DJ)
<b>Booking</b>	Please inform us your intention to book by email to: <a href="mailto:melohara@eircom.net">melohara@eircom.net</a>  <u>Post:</u> Please post cheque, payable to the "Hillwalkers Club", stating your preference, to: <i>Mel O'Hara, Ardmore Road, Mullingar, Co. Westmeath</i>  <u>Electronic:</u> Electronic transfer to the Hillwalkers Club  If paying in person at bank counter please take note of the number of the lodgement docket and forward the number to Mel in confirmatory e-mail
<b>Notes</b>	<i>Bus places.</i> Although the hotel/hostel can cater for up to 80 people, a 53 seater bus will be used. You are advised to book early, if you wish to travel by bus. If all the bus places are taken, a car pool will be available



**The Hillwalkers Club  
2013-2014**

## 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](http://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](http://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 2013-2014 membership year runs from 01 October 2013 to 30 September 2014.

### 2013/14 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!**