



Hillwalkers Club

May – July 2013

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

THE HILLWALKER

20th birthday celebrations!
See page 5



On *Moel Eilio*, Easter trip to Wales.
Photo: Tom Kenny

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HIKE PROGRAMME

May-July 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.

In order to enjoy the hike, you need a very good level of fitness.

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.

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 19 May 2013

Leader: Tom Milligan

2nd pick-up point & return drop-off point:
Yellow House Pub, Rathfarnham

Route: Sally Gap * Grouse House * Tonduff Nth * O'Flynn Memorial * Lough Bray Upper * Military Rd * Turfcutters Rd * Kippure * Sally Gap

Distance: 20 km **Ascent:** 832 m

Maps: OS 56, Harvey, East and West Mapping

Sunday 26 May 2013

**** Introductory hard hike****

Leader: Ita O'Hanlon

2nd pick-up point & return drop-off point:
Bus stop before the roundabout at Loughlinstown

Route: Pier Gates * White Hill * Djouce Mtn * War Hill * Tonduffs * Maulin * Crone Woods * Wicklow Way * Knockree Hostel.

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

Maps: OS 56, Harvey, East and West Mapping

Friday 31 May – Monday 03 June 2013

**** Weekend away ****

Achill Island and the Nephin Beg Ranges

Sunday 09 June 2013

Leader: Peter O'Toole

2nd pick-up point & return drop-off point:
Just beyond the Maldron Hotel, the N81 Tallaght By-pass.

Route: Forest entrance (GR955956) Sugar Loaf * Lobawn * Cavanaghs Gap * Table Mtn * Camenabulogue * Lugnaquilla * Camara Hill * Fentons

Distance: 19 km **Ascent:** 850 m

Maps: OS 62, Harvey, East and West Mapping

Saturday 15 June 2013

20th birthday Club celebrations
**** Saturday walk ****

Leaders: Brian Flynn and Tom Kenny
Bus departs from Burgh Quay at 10am, returning from Glendalough at 9pm
BBQ at Glendalough Hotel at 6pm
(See p5 for further details)

Leader: Brian Flynn

Route: Shay Elliot * Cullentragh * Mullacor * Lugduff * Miners Track * Glendalough Hotel

Distance: 15 km **Ascent:** 400 m

Leader: Tom Kenny

Route: Glendalough Hotel car park * Brockagh Mountain * Lead Mines * Camaderry * Glencalo River * Miners Track * Glendalough Hotel

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

Maps: OS 56, Harvey, East and West Mapping

Sunday 23 June 2013

**** Introductory Hard Hike ****
Mt Leinster, Co. Carlow

Leader: Frank Keoghan

Bus leaving at 10.00am will return 10.00pm
Will stop in Gorey on way back for refreshments
Special price of €15

2nd pick-up point & return drop-off point:
Bus stop before the roundabout at Loughlinstown

Route: Scullogue Gap * Green Rd * Cloroge More
* Farmyard * Turfcutter * Black Rock * Mountain
Leinster * Knockroe * Scullogue Gap

Distance: 17 km **Ascent:** 1000 m

Maps: OS 68

Sunday 30 June 2013

Leader: James Cooke

2nd pick-up point & return drop-off point:
Bus stop before the roundabout at Loughlinstown

Route: Laragh * Brockagh * Tonelagee * Stoney
Top * Carrignagunneen * Ballinagee Bridge

Distance: 15 km **Ascent:** 800 m

Maps: OS 56, Harvey, East and West Mapping

Sunday 07 July 2013

**** Introductory Hard Hike ****

Leader: Tom Hennessy

2nd pick-up point & return drop-off point:
Bus stop before the roundabout at Loughlinstown

Route: Glendalough * Cullentragh * Mullacor *
Lugduff * Glendalough

Distance: 18 km **Ascent:** 700 m

Maps: OS 56, Harvey, East and West 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

20th Birthday Celebration

To mark the 20th Anniversary of the foundation of the club a

Celebratory Hike & Barbeque

is being held at

Glendalough

Saturday June 15th

Two grades of hike will be available followed by a barbeque at the Glendalough Hotel

Former members especially welcome

Bus leaves Dublin at 10.00 & Glendalough at 21.00 for return trip

Normal bus fare of €12 applies

Participants wishing to stay in Glendalough overnight to arrange their own transport and accommodation

There will be no formal club hike on Sunday 16th

Please mail Don Reilly reilly.don@gmail.com

or Mel O'Hara melohara@eircom.net if you intend participating

as numbers will be limited



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](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 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!