

Hillwalkers Club

April – June 2014

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

THE HILLWALKER



Moel Siabod tricolour on St Patrick's Day.

Photo: Mel O'Hara

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HIKE PROGRAMME

April – June 2014

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*)

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 ★★

The Hillwalkers Club offers an Introductory Hike, usually on one Sunday per month. Non-members are welcome to join us on this hike, as long as you provide your name, address and contact details for our records, which will be taken on the day of the hike. There is no need to book a place in advance, just turn up on the relevant Sunday morning. You can come on up to two more hikes without becoming a member of the club, but after that you must join the club.

Even though the name of these hikes is 'Introductory Hike', they should not be considered to be an introduction to hiking, but rather as an introduction to the Hillwalkers Club and its hillwalking activities. Therefore, participants need to have a good level of personal fitness and ideally have some prior experience of hillwalking.

All intending participants should be aware that hillwalking and mountaineering are activities with a danger of personal injury or even death. By walking with the club, they are aware of and shall accept these risks. Moreover, they acknowledge that they wish to participate in club activities in a voluntary capacity and that they shall be responsible for their own actions and involvement. Please note that as non-members of the club, they do not enjoy personal accident insurance, which is otherwise offered to club members through Mountaineering Ireland. Further details are available from Mountaineering Ireland (www.mountaineering.ie/membersandclubs/Insurance/default.aspx)

For further enquiries contact 086 356 3843

For Sunday hike leaders, the contact people for Mullaly Coaches are:

- Austin O'Hagan, 086 466 4680
- James Mullaly, 086 383 7495
- Micheál Martin, 085 102 2204

Sunday 13 April 2014

Leader: Søren Stuhr Mandrup

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

Route: Barravore carpark * Table Track * Three Shores * Conavalla * Cook's gap * Corrig * Lugduff * Mullacor * Derrybawn * Forest track * Laragh

Distance: 21 km **Ascent:** 630 m

Map: OS 56 and 62, Harvey, East and West Mapping

Sunday 27 April 2014

Leader: John Gordon

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

Route: Oldbridge * Scarr * Kanturk * Knocknacloghoge * Pier Gates * Ballinastoe Woods

Distance: 16 km **Ascent:** 850 m

Maps: OS 56, Harvey, East and West Mapping

17-21 April 2014

****No Sunday hike****

Easter trips to Wales and Scotland

Sunday 04 May 2014

Leader: Dave McCann

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

Route: R765 @ Kilmurry Forest Entrance * The Viking Road * Ballinasostia * Kilpeddar Rifle Range * Downhill * The Downs * Barry's Bridge * The Octagon * Ballydonagh * Foxborough & Bohilla Lanes * Little Sugarloaf * Kilfenora Lane * Kilmacanogue

Distance: 20 km **Ascent:** 610 m

Maps: OS 56, Harvey, East and West Mapping

Sunday 11 May 2014

****Introductory Hard Hike****
JB Malone Hike

Leader: Tom Kenny

2nd pick-up point: Rathfarnham Castle Bus Stop, Rathfarnham. Before the Yellow House

****Different return drop off point****
The return route will be via the N11

Route: Oldboleys * Kippure * Source of Liffey * Tonduffs * Maulin * Knockree Hostel

Distance: 18 km **Ascent:** 600 m

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

Sunday 18 May 2014

Leader: Rosaleen Clarke

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

Route: lead mines car park * Tonelagee * Wicklow Gap * Camaderry * Glendalough Visitor Centre Car park

Distance: 17 km **Ascent:** 800 m

Maps: OS 56, Harvey, East and West Mapping

Sunday 25 May 2014

Leader: Lourdes Hernandez

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

Route: Knocknagun * Prince William Seat * Knockree Hostel * Crone Woods * Ride Rock * Djouce * War Hill * Tonduff * Maulin * Crone Woods

Distance: 21 km **Ascent:** 900 m

Maps: OS 56, Harvey, East and West Mapping

30 May - 02 June 2014

****No Sunday hike****

Long weekend trip to Co. Antrim

Sunday 08 June 2014

Leader: Adam Narbudowicz

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

Route: Glenmalure footbridge * Camenabologue * Table Mountain * Three Lakes * Lugduff * Ballinafunshoge forest track

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

Maps: OS 56, Harvey, East and West Mapping

Club news and events

June Bank Holiday weekend

The club will be heading to Co. Antrim over the June long weekend, from **Friday 30 May to Monday 2 June**. We'll be staying in Cushendall and walking in the Glens of Antrim and along the Causeway coast.

Bookings are now open for Hillwalkers. Bookings open for other An Óige members on Tuesday 22 April. Further details on p13 of this Newsletter.

Ring of Inaal Challenge Walk

The Ring of Inaal Challenge Walk will be held on **Saturday 28 June**.

Further details on p14 of this Newsletter.

Hillwalkers Club BBQ

The Hillwalkers Club summer BBQ will be held in Glendalough Hotel on **Saturday 12 July**.

Further details on p15 of this Newsletter.

Next Hillwalker Club social event

The next social event will be held at Zippit (www.zippit.ie). *See p16 in this Newsletter.*

Further information will follow by email.

August Bank Holiday weekend

A trip over the August Bank Holiday weekend, to Ben Lettery, is currently being planned. Contact Mel if you are interested. *Further details on p15 of this Newsletter.*

Club membership

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

A membership form is included on p16 of this Newsletter.

Seven wonders in Snowdonia

14-17 March 2014

On Friday, 14 March, St Patrick's weekend, seven hillwalkers: Mel, Shauna **, Søren, Warren, Inés, Lourdes and Russell, the leader, headed to Dublin Port to catch the ferry to Holyhead. We left at 3.10 pm and the sailing was smooth and we entertained ourselves with views of Dublin Bay, dinner, drinks, shopping, chocolate, video games, books ...

We arrived at Holyhead at around seven and within the hour we reached our destination, *Llanberis* *, capital of the outdoor scene in North Wales.

Once we were all settled in the B&B we went next door to the local pub, "The Heights", for our dinner that Russell had booked in advance. Their policy to pay for the dinner before sitting at the table left us a little puzzled but the food turned out to be in the delicious side.

The following morning, bright and early, 9.30 am, we reloaded the car and we headed towards our first hike, *Yr Wyddfa* * (The Tomb), more commonly known as Snowdon and the highest mountain in Wales and England at 1085 meters. Unfortunately, the tram was not in operation so we had to get there in a more traditional way ok, ok, we didn't dare to suggest it out loud so ...

... We travelled by car through beautiful valleys to the sound of Star Wars (courtesy of Warren) to get to the hike's starting point, *Rhyd Ddu* *, and we followed the tracks of an abandoned tramway to the mouth of the valley. The slates dominated the scenery along the path and apparently, Darwin himself visited the area several times in the 1830's and 40's. Maybe, we were standing where he was!

Because we took a less popular route we didn't meet any other hikers until we got to the top of Snowdon and when we got there we nearly had to queue to reach the summit. We took some pictures before someone pushed us out of the way and we descended in orderly fashion back to Rhyd Ddu.

On the way back to Llanberis, we did a little tourism, bought postcards, did some hen whispering and had scones with clotted cream in the lovely village of *Beddgelert* *. And after all this, we still brought Mel, his jersey and Warren back in time to our local "The Heights" to watch the rugby, Ireland v France. At 8 pm the rest of the group joined them for our second pre paid dinner.

On Sunday, after breakfast, one by one we went to the spa***.

All together in the car, with Star Wars in the background, we headed to *Cwm Idwal* * car park. We started walking on the stepping stones along the *Llyn Idwal* *. Before getting to the Devil's Kitchen (steep way up towards the Glyders), we stopped to admire the climbers doing their stuff in wet conditions. By then, it was misty and started to rain but not for long.

Once we made it through the Devil's Kitchen we arrived to *Llyn Slabs* * where we had a snack. The rain already stopped before we headed up through the loose rocks and stones to *Glyder Fawr* *(999m). The fog was on top of us and we met four hikers that having lost their bearings asked for directions. Two of them were happy enough so they went on their own but the other two, a couple, weren't too sure and they followed us very closely to nearly the end of the walk.

Once we reached the top we could see the strange, sharp and beautiful rock formations all along the ridge. The fog was still with us making us believe we were travelling through a magical world. After Glyder Fawr we hiked to *Glyder Fach* *, then we stopped on the Cantilever Stone so Russell could take some pictures of us balancing on the huge slab, and when the fog kind of cleared we could see small groups of people scattered along the ridge. They all looked baffled. Soon, they realised that our Russell knew the way and rapidly we gained more fans for a while.

We descended north to the wall of *Cwm Tryfan* *. Inés and I had scrambled (eggs) early that morning so we left the other five to scramble up and down Tryfan in a flash time. After a quick break we headed towards the car practising our map and compass skills so that another group of baffled hiker s took advantage of following us at a discreet distance. A little later, Warren, Shauna, Mel, Søren and Russell took the same route down into *Cwm Bochlwyd* * to the car park.

That night we changed our local for another lovely dinner in the nearby *Capel Curig* * where we consumed traditional food and puddings.

St Patrick's day, our last day in Wales started in high spirits. We decided to honour St Patrick with our own parade. We had shamrocks tucked in the hiking hats, shamrock shaped glasses and hair clips and hair bands. That day, in the car, the Pogues were played (again, courtesy of Warren).

We made our way to Capel Curig to climb *Moel Siabod* *(872m). It was a little warmer than the other days and we had a lovely walk along lakes and old miners tracks. And then the scrambling, we were on all fours until we got to Moel Siabod. The summit was very foggy and windy, however, that didn't stop us to take out, with pride, the Irish flag and take some pictures. After taking the pictures a second time because the flag was upside down in the first take, we sheltered in a stone circle where we had lunch. A passing raven was quite jealous and nearly dived into our lunches.

We continued through the Daer Ddu ridge being very careful as it was very rocky and then we descended towards the river and we made our way to the car through the forest.

We had plenty of time before heading to Dublin so we stoped in *Tyn-y-Coed* * for some "refreshments" and to the sound of the Pogues, Thin Lizzy, Queen and others we made our way to Holyhead. This time, Inés thought the crossing was a tiny bit rockier, so to take our minds away and not to succumb to tiredness, Shauna, Inés, Warren and I played several superb card games that are still in the mind of some fellow ferry passengers. And in Dublin, our fantastic trip finished at 12 am, all safe and sound.

Comment from a happy hiker:

"We had a great trip. Russ gave a brilliant leadership display, routes, navigation, scrambling, local history, geology, flora, etc. etc. Hikes were memorable, weather kind, B&B was excellent, everything you could ask for on a weekend away." Mel

Secoded in alphabetical order by Inés, Lourdes, Shauna, Søren, Warren

* None of these names are fictitious!

** Congratulations to Shauna! In this trip she achieved "the Triple Crown plus 1" for hiking the highest peaks in England, Ireland, Scotland and Wales.

*** Due to a touch of Chinese whispers, one of the 7 brought the swimming suit because he/she heard that there was a spa across the road but for his/her disappointment and embarrassment it turn out to be the local Spar where we went every morning to buy lunch.

Text by Lourdes Hernández

Hike Summary:

Friday 14 March: *The Heights*, approx 200m return

Saturday 15 March: *Rhyd Ddu, Snowdon*, 12.8 km, ascent 931m

Sunday 16 March: *Cwm Idwal, Devil's Kitchen, Glyder Fawr, Glyder Fach, Tryfan*, 12.3 km, ascent 1,085m.

(Sunday 16 March: as above without *Tryfan*, 10.9 kms, ascent 897m)

Monday 17 March: *Capel Curig, Moel Siobad, Daer Ddu ridge*, 11.5 km, ascent 868m



*Snowdon descent (Photo: Mel O'Hara)
(above), Glass half full of the recommended
tipple (Photo: Mel O'Hara) (right),
The team on Glyder Fawr (Photos: Russ
Mills) (below)*





Scrambling on Daear Ddu ridge, Moel Siabod (photo: Russ Mills) (top), Gang on Moel Siabod ridge (photo: Warren Lawless) (middle), Soren on St Patrick's Day (photo: Mel O'Hara) (bottom)

The Art O'Neill Challenge Walk

28 March 2014

It is strange experience going through Temple Bar just before mid-night on a Friday evening with your rucksack on your back. You first have to endure the mass crowds and the chaotic sounds of Bars, Pubs and Nightclubs as another variety of Homo sapiens considers their options and opportunities. The religious are also out as they proclaim John 7:20 and look upon us all as deviants requiring salvation. For me it is much simpler. Have I trained enough for this challenge walk- that I am about to start? I have changed my boots – will they hold up? And ‘Oh god’ tomorrow, will I be able to stand up after it all? Other concerns - will Brian turn up tonight to bring our bags out to Kilbride Army Camp? Will Russ turn up the next day to get us back to Dublin – and be our salvation? Will Tom get cranky with me for not keep up with his pace or will he be his polite self.

I first meet up with Helen and Bob at Dublin Castle and like myself they are a little bit anxious to what we have signed up for. There is a certain camaraderie in feeling the same way. The big Dane in the form of Søren arrived. You know by his attitude that he is confident; his motto was– ‘let the walk begin’ .And so it did as the bells of Christ Church rang out - the walk started. The first part of the walk up to Kilbride Army Camp began. We quickly stepped onto St. Patrick Street, we already had a sense of leaving the city behind. And those other people that were out were quickly heading home to their bed. The rain came and then died away, all of us hoping that we would have a dry night! The pace was steady as we crossed Templeogue Bridge and continued up Firhouse Road and over the M50. The suburban street lights still illuminated along Botharnabreena Road. But the residents were quiet and indifferent to our struggle. Suddenly there was no more street lighting, it was gone, and we were left in the dark. The rain had returned and heavy dark clouds showed their fierceness as they sat in readiness on the mountains in front of us. It was ominous; they were going to get us. And so they did. As we climbed with the road up to Stone Cross a torrent of rain water came down the road mimicking the torrent of water in the Dodder River beside us. Undeterred, but faltering a little, we passed Stone Cross and continued up to Kilbride. Four young occupants in a car, parked at the side of the road said something to us; we ignored them but we were left wondering if we were going to see a scene from ‘Love Hate’ and even be part of it. The high elevation at this point had an impact on the weather - it turned the rain into snow and the snow on the ground turned into slush. At Kilbride army camp Brian was there with our bags and boots. Like an angel he divvied out cups of tea for the tired and bedraggled. Helen decided to call it day, or more appropriately a night, at 4am. She was cold and she took the wise decision to finish.

We others continued into the next stage that would get us to Ballynultagh Gap. We walked across a farm land and we came out of the field and immediately crossed the River Liffey at Ballysmuttan Bridge at 5.30am. Brightness began and the singing birds serenaded us into the morning dawn. The introduction by birds of a new day gave us hope that all would be good coupled with the cessation of rain. But it is a long hard climb up to Ballynultagh Gap and the only reward is good views of the River Liffey below, as it curls along the valley floor.

We took a sugar break for five minutes at Ballynultagh Gap. I needed to get glucose flowing in my veins. We contemplated the next stage. The next bit up to Black Hill would be okay - at least there would be a track - although stony. Then up onto the col of Billy Byrne’s Gap the underfoot surface would be uneven on rough heathery ground that is sodden wet. Still, there would be no respite as we contoured around into Manor Kilbride under the mournful look of the mighty Mullaghacleevan Mountain. Tom summoned us up to get going and to start the climb to Black Hill, the little triangle on his GPS showing the way - the pain would be everlasting to Manor Kilbride.



Manor Kilbride is what I would call a hamlet, with a number of houses perched at the side of the hill looking towards the Wicklow Gap. The building that was once used as an An Óige hostel was still there, the appearance is much the same as ever. Tom brought us over an old fence and along a grassy track between two forests that linked onto the way marked St. Kevin's Way that runs between Glendalough and Hollywood. We eventually reached Ballinagee Bridge.

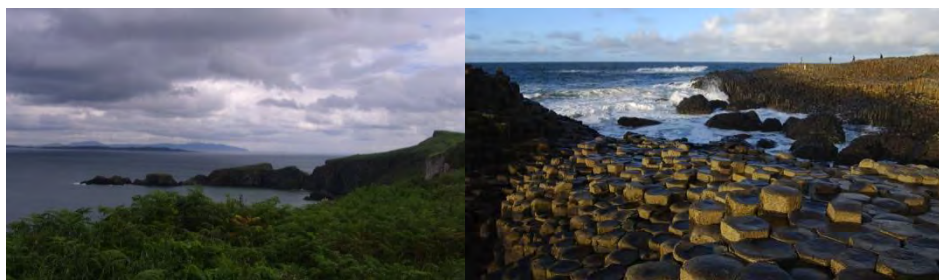
At the stones we took our break, at this stage my coffee was limpid but I drank it. The spirit in the group was high. I was feeling good and strong as we were going into the last leg to Glenmalure. Bob's feet felt sore but he was confident of finishing. Both Tom and Søren are resilient and are keen to get on and finish the walk. The early part of this walk was on forest track, which helped us nicely to get to the edge of Glenreemore River. The rain had now returned and it would be our constant companion to Baravore. We followed the river into the glen on soddy wet ground right up to the commemorative plate for Art O'Neill. The inscription on the plate is in the old Gaelic script - very beautiful - but it is very hard to read. We ascended to the right of the plate. A nimble body frame was needed here to allow you to delicately step through almost vertical boggy steps that were previously made by ambitious hikers like ourselves, who wanted to get to elusive Art O'Neill Cross. At the cross we took stock – and all was good. The mist had descended and navigation now would be difficult as Tom plotted a course that would lead us between the Three Lakes and Conavalla. This would eventually bring us out at a forest in the upper part of the Glenmalure Valley. On reaching the forest we crossed the Lough Brook River that had a worn track that would lead us down to the Table Mountain path. At that point we were nearly finished with less than hour's walk away. We ambled down the path taken in the powerful Ess Waterfall - the feeling was good.

This memorial walk to Art O'Neill is a monumental walk. It is 53km in distance and 1700m in height. It has two unique features – it is a genuine historical walk that commemorates an event that took place in 1592. It is also a night hike that starts at Dublin Castle at 12 midnight and walks through the night and finishes in the afternoon and in our case at 2.30 pm. In saying all that it is a walk that is within the compass of many Club members.

I would like to thank my four companions on the walk, Søren Stuhr Mandrup, Helen Sherlock and her husband Bob and also Tom Milligan – who lead us so well. I would also like to congratulate him on his thirty second time in completing this particular walk. Also a big thanks to our logistical back up men who were Brian Flynn and Russ Mills.

Text and photos: Frank Rooney





June Bank Holiday weekend away **Glens of Antrim and the Giant's Causeway**

Friday 30 May - Monday 02 June 2014

Leaders: Simon More and Frank Rooney

There will be two organised walks each day, *aimed to suit members of the Hillwalkers and fit hard-moderate walkers*. The relevant maps are OSNI Discovery series 5 & 9

Accommodation: *A range of B&Bs* in Cushendall, Co. Antrim

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

Bookings are now open for existing Hillwalker members

Bookings will open for other An Óige members on Tuesday 22 April

Two payment methods are available:

- Cheque payable to 'Hillwalkers Club', posted to Liz Carey, Newcastle, Enfield, Co. Meath
- 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 Liz in a confirmatory email.*
 - *If paying electronically, you **must** include your full name at the time of electronic transfer. Please also send a confirmatory email to Liz Carey (lizjcarey@gmail.com).*

Bookings are not secure until payment in full has been made. Payment queries to Liz Carey (lizjcarey@gmail.com)

Meals: Breakfasts (Saturday, Sunday, Monday) and dinners (Saturday and Sunday) are included in the price. *Please bring additional money (including sterling) to cover the Friday evening meal and the lunches on Saturday, Sunday and Monday*

Bring: Sterling, 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 1545 on Friday 30 May

Return: Arriving back into Dublin at approximately 2000 on Monday 02 June



Ring of Imaal Marathon Walk 2014



Ring of Imaal Marathon Walk, Saturday, 28 June, 2014

This event is being administered by the An Óige Youth Hostelling Association.

Intending participants are advised that the Ring of Imaal walk will take place on Saturday, 28 June, 2014.

The walk will commence from Donard National School, Donard Village, Glen of Imaal, Co. Wicklow.

Registration Times: 0700 hrs. to 08.15 hrs. only.

Entry Fee: €25.00

The event, which can take from 8 to 11 hours to complete, is for experienced and fit walkers with competent navigation skills.

Walk Details

Route: Donard Village - Davidstown - Keadeen Mtn - Ballinfoyle - Ballinabarney Gap - Ballineddan Mtn - Slieve Maan - Lugnaquilla Mtn - Camenabologue Mtn - Table Track - Table Mtn - Wexford Gap - Cavanagh's Gap - Lobawn - Track to Bolton's Yard - Road walk back to Donard National School.

Checkpoints: Donard National School - Base of Keadeen - Keadeen Mtn - Ballinabarney - Slievemaan - Lugnaquilla - Table Track - Lobawn - Donard National School.

PLEASE NOTE that the walk route may be altered without advance notice at the discretion of the organising committee.

Participants will be expected to have reached Table Track by no later than 1700 hrs.

Certificates of Participation will only be awarded to walkers who have had their checkpoint card signed by an authorised official at each of the designated checkpoints. The card must then be presented at Donard National School on completion of the walk before a certificate can be issued.

Total Distance: 35 kilometres. Ascent: 1800 meters

Both completed registration form and fees should be posted to: Ring of Imaal Marathon Walk 2014, C/O An Oige Head Office, 61 Mountjoy Street, Dublin 7. Payments by either Credit or Laser cards will be taken at An Oige Head Office (018304555) once completed registration form has been received by post.

Further Information: James Barry at: 087 2737338 (evenings only) or by email at: barryja@eircom.net

**YOU ARE INVITED TO ATTEND
THE HILLWALKERS CLUB BBQ
SATURDAY 12th JULY AT THE GLENDALOUGH HOTEL**



**BUS WILL DEPART BURGH QUAY AT 10AM.
2 HIKES, MODERATE & HARD. BBQ AT 5PM & BUS
WILL RETURN TO CITY CENTRE AT 9PM.**

**ALL MEMBERS WELCOME, PAST & PRESENT.
BOOKINGS WILL OPEN IN JUNE. MORE DETAILS IN
NEXT EDITION OF NEWSLETTER IN JUNE OR
CONTACT info@hillwalkersclub.com**

August Bank Holiday Weekend

Back to Basics in Ben Lettery

Fancy a weekend in An Óige's Ben Lettery Hostel, Connemara,
August 1st to 4th with, hopefully, some interesting hiking ?

If so, please contact Mel O'Hara at 085 198 1248 or
melohara@eircom.net.

Places limited and transport will be by car pooling.

NEXT HILLWALKERS CLUB SOCIAL EVENT

A TRIP TO ZIPIT
at TIBRADDEN WOOD

SWING IT, CLIMB IT, SURT IT AT ZIPIT
BUT ABOVE ALL
HAVE FUN & BE ADVENTUROUS.

*DETAILS THE OF TRIP TO ZIPIT COMING IN AN
EMAIL TO ALL MEMBERS SOON.*

NUMBERS WILL BE LIMITED, TRANSPORT
ARRANGED.

FOR MORE INFORMATION ON ZIPIT, CHECK OUT



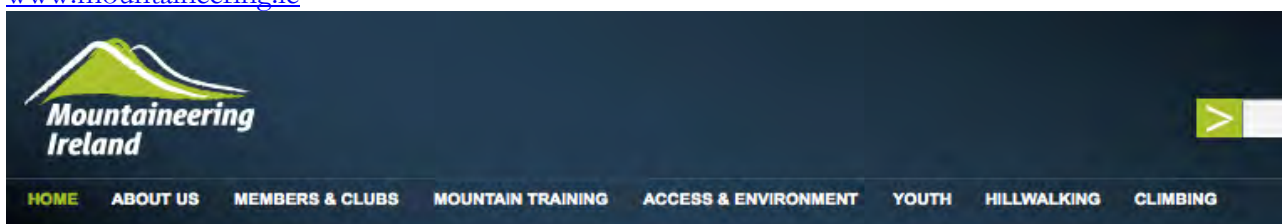
www.zipit.ie

Interesting websites

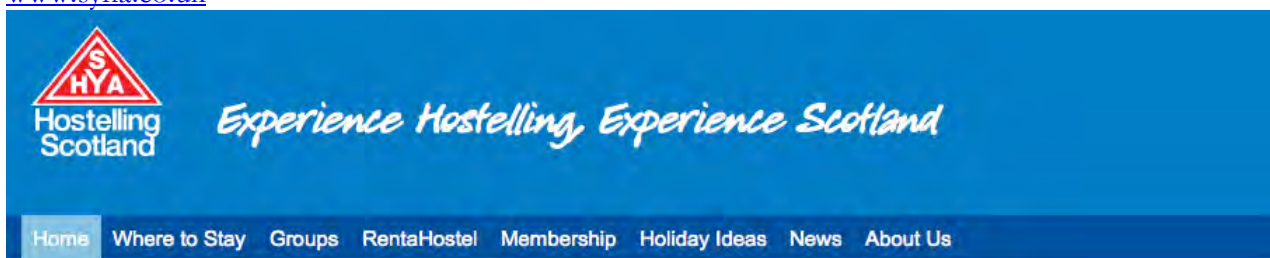
www.walkingbritain.co.uk



www.mountaineering.ie



www.syha.co.uk



www.walkni.com



Committee 2013/14	<i>Chairman</i>	Dónal Finn
	<i>Secretary</i>	Mel O'Hara
	<i>Administrator</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>	Lourdes Hernández
	<i>Club Promoter</i>	Liz Carey
	<i>Training Officer</i>	Dónal Finn
	<i>Club Social Coordinator</i>	Liz Carey
Special thanks to:	<i>Environmental Officer</i>	Russell Mills
	<i>Webmaster</i>	Matt Geraghty



Membership Application Form

The Hillwalkers Club
2013-2014

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 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 **Lourdes Hernández, 5 Elmfield Park, Clare Hall, Dublin 13**. Please allow two weeks for processing of the membership application.

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