

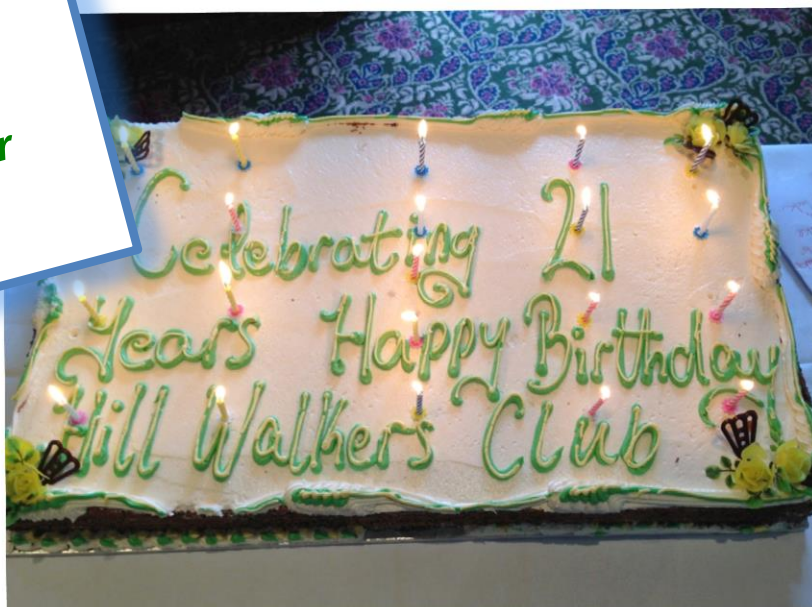


Hillwalkers Club

## September – November 2014

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

**\*\* AGM \*\***  
Teachers Club  
Friday 03 October  
See page 8



*Happy 21<sup>st</sup> birthday!  
Photo: Simon More*

**THE HILLWALKER**

### In this edition

Hike programme: September – November 2014	2
<i>The pick-up points</i>	3
Club news and events	7
<i>Hillwalkers Club AGM</i>	8
Environmental news	9
<i>Committee 2013/14, Club social event</i>	10
Club summer hike and BBQ	11
<i>Back to basics weekend</i>	12
Zippit Forest Adventures	17
<i>Map and Compass course programme 2014</i>	18
October Bank Holiday Weekend 2014	19
<i>Annual Christmas Festive Gala Dinner, Party and Weekend</i>	20
Celtic Cousins Dublin performance	21
<i>2014/15 membership application form</i>	22

## HIKE PROGRAMME

### September – November 2014

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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.*

*If you wish to avail of the 2<sup>nd</sup> pick-up point, it is advisable to contact the hike leader or someone else who will definitely be on the hike, to let them know.*

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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.

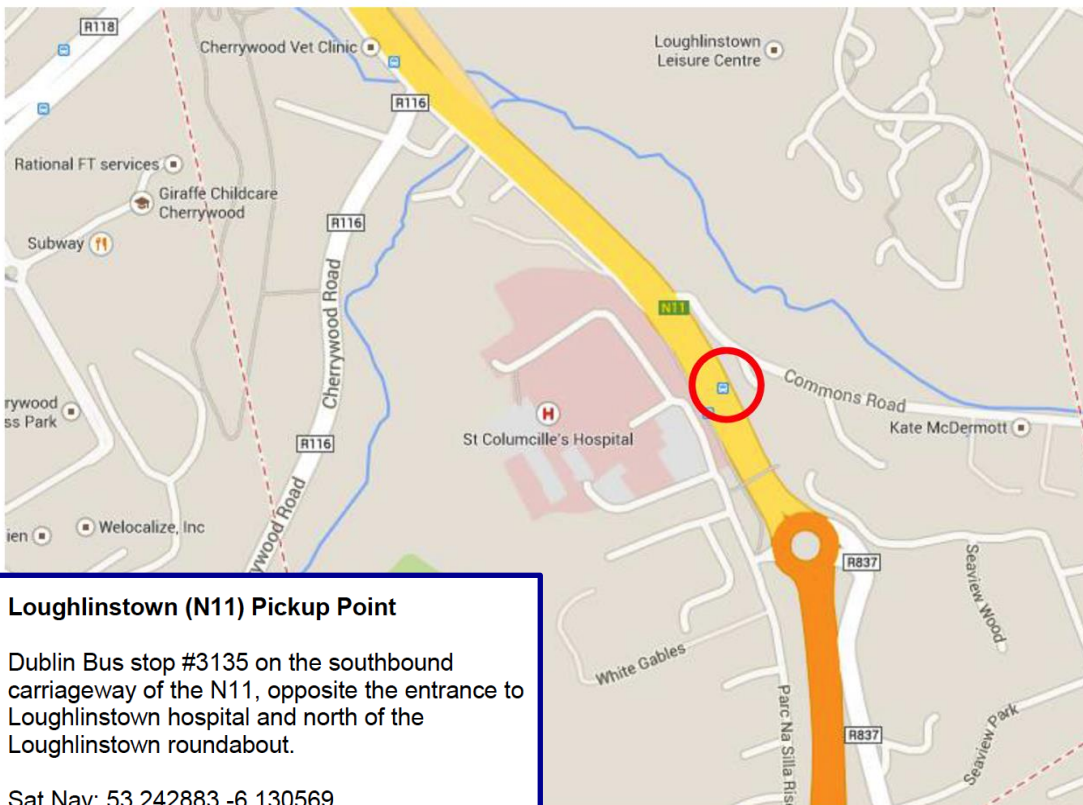
**CO-ORDINATION** If necessary, tickets are given out on Sundays to ensure that participants reserve a bus place as they arrive.

**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.

# The pick-up points



## Loughlinstown (N11) Pickup Point

Dublin Bus stop #3135 on the southbound carriageway of the N11, opposite the entrance to Loughlinstown hospital and north of the Loughlinstown roundabout.

Sat Nav: 53.242883,-6.130569



## Rathfarnham Castle (R115) Pickup Point

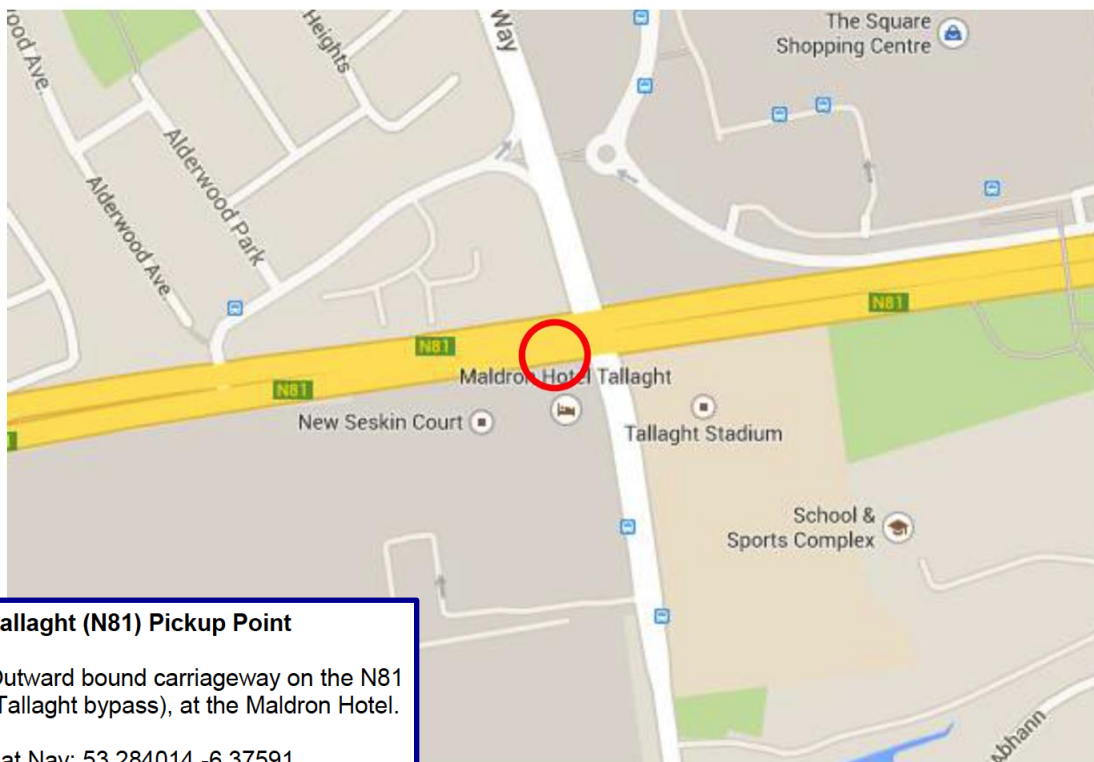
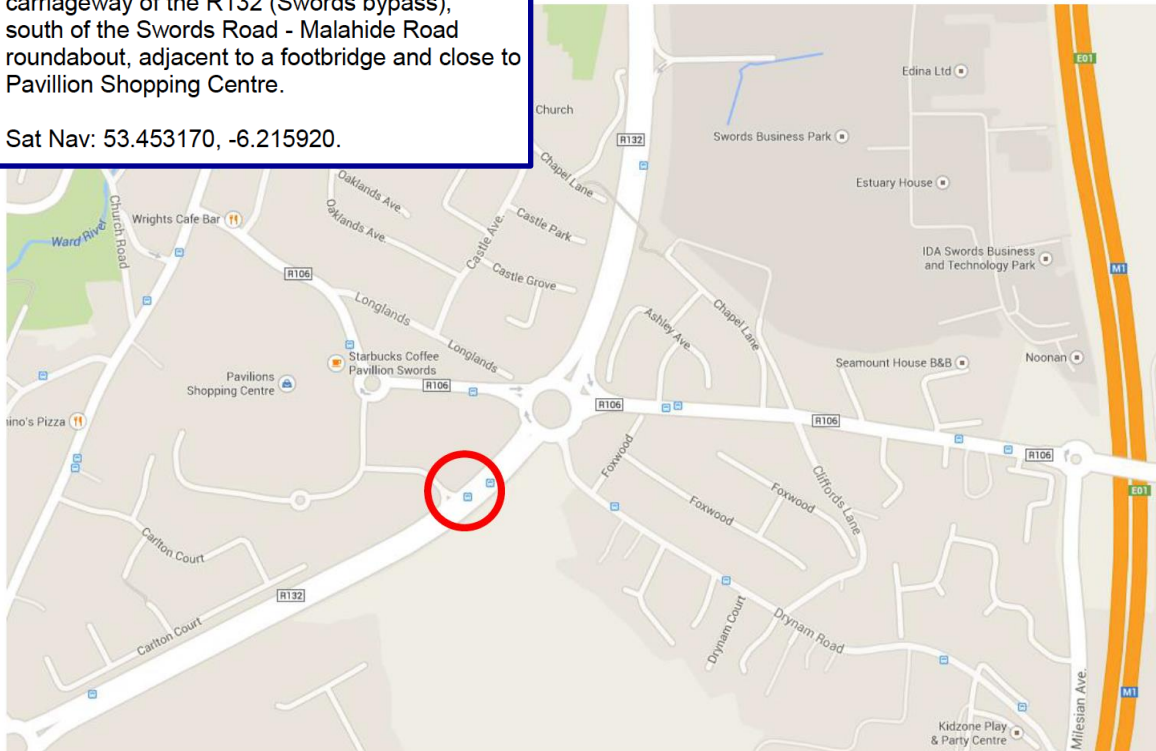
Dublin Bus stop #1304 on the southbound carriageway of the R115, close to Rathfarnham Castle and opposite Butterfield Ave.

Sat Nav: 53.29935,-6.28315

**Swords (R132) Pickup Point**

Dublin Bus stop #5074 on the northbound carriageway of the R132 (Swords bypass), south of the Swords Road - Malahide Road roundabout, adjacent to a footbridge and close to Pavillion Shopping Centre.

Sat Nav: 53.453170, -6.215920.



**Tallaght (N81) Pickup Point**

Outward bound carriageway on the N81 (Tallaght bypass), at the Maldron Hotel.

Sat Nav: 53.284014, -6.37591

## ★★ 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](http://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 14 September 2014

**Leader:** Tom Hennessy

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

**Route:** Glendalough Visitor Centre \* Military Road \* Cullentragh \* Mullacor \* Lugduff \* Miners' Track \* Glendalough

**Distance:** 19 km **Ascent:** 700 m

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

### Sunday 21 September 2014

**Leader:** Soren Stuhr Mandrup

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

**Route:** Marley park - Kilmashogue woods - Tiknock woods - Three Rock - Two Rock Mountain - Tibbradden forrest - Tibbradden Mountain - Cruagh Woods

**Distance:** 19 km **Ascent:** 830 m

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

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**Sunday 28 September 2014**

**\*\* Introductory Hard Hike \*\***

**Leader:** Tom Kenny

**2nd pick-up point:** Bus stop before the roundabout at Loughlinstown.

**\*\* Different return route\*\***

**Route:** Wicklow Gap \* Tonlegee \* Stoney Top \* Barncullian \* Mullaghcleevaun \* Mullaghcleevaun East Top \* Duff Hill \* Gravale

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

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

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**Sunday 05 October 2014**

**Leader:** Steve Buckney

**2nd pick-up & return drop-off point:** Just beyond the Maldron Hotel on the N81 Tallaght bypass

**Route:** Black Hill car park \* Black Hill \* Mullaghcleevaun \* East Top \* Duff Hill \* Cleevaun Lough \* Bolehemushboy Brook \* Track \* Ballynultagh

**Distance:** 18 km **Ascent:** 886 m

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

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**Saturday 12 October 2014**

**Leader:** Dave McCann

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

**Route:** Ballinafunshoge (T080930) \* Miners' Track \* Mountain Access Route \* Wicklow Way \* Top of the bounds \* Lugduff \* Cook's Gap \* Conavalla \* Three Shores \* Table Track \* Baravore Car Park

**Distance:** 16 km **Ascent:** 761 m

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

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**Sunday 19 October 2014**

**\*\* Introductory Hard Hike \*\***

**Leader:** Don Reilly

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

**Route:** Laragh \* Derrybawn Woods \* Derrybawn \* Mullacor \* S.H. 637 \* Lugduff \* The Spink \* Upper Car Park

**Distance:** 15 km **Ascent:** 750 m

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

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**Friday 24 – Monday 27 October 2014**

**\*\*No Sunday hike\*\***

October long weekend trip to Castlebar

For further details, see p 19

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**Sunday 02 November 2014**

**Leader:** Gerry Walsh

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

**Route:** Forest Entrance (grid reference 073 201) \* Seahan \* Corrig \* Seefingan \* Kippure \* Castlekelly \* Glenasmole Reservoir

**Distance:** 18 km **Ascent:** 680 m

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

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Sunday 09 November 2014

**\*\* Introductory Hard Hike \*\***

**Leader:** Donal Finn, 087 205 1255

**2nd pick-up point:** Just beyond the Maldron Hotel on the N81 Tallaght bypass

**Route:** *Circuit of Glenbride:* Ballinagee Bridge \* Gowlan Brook \* Mullaghacleavaun West \* Billy Byrne's Gap \* Moanbane \* Silsean \* Ballyknocken

**Distance:** 14 km **Ascent:** 600 m

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

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## Club news and events

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### Hillwalkers Club social event

The next Club social event, exploring Dublin's best-kept secret, will be held on **Saturday 27 September**. *Further details on p 10 of this Newsletter.*

### 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 03 October**, starting at 8pm.

*Further details on p 8 of this Newsletter.*

### Map and Compass Course

The 2014 programme for the Map and Compass Course is now available. *Further details on p 18 of this Newsletter.*

### October Bank Holiday weekend

The October Bank Holiday Weekend 2014 will be based in Castlebar. Bookings **are now open** for existing Hillwalkers Club members, and will open for other An Óige members on **17 September**.

*Further details on p 19 of this Newsletter.*

### Annual Christmas Festive Gala Dinner, Party and Weekend

Details of the Annual Club Christmas dinner, party and weekend are now available, Be sure to hold the date: **Friday 12 to Sunday 14 December**.

### Celtic Cousins

*Details of a forthcoming concert, by the Llanberis/Bangor Male Voice Choir is available on p 21 of this Newsletter*

### Club membership

Members are reminded that Club membership for 2014/15 is now due. *A membership form is included on p 22 of this Newsletter.*

**Hillwalkers Club  
AGM**

8.00 pm, Friday Oct 3rd, 2014  
The Teachers Club,  
36 Parnell Square West, Dublin 1

**AGENDA**

1. Welcome
2. Secretary's Report
3. Sunday Hike Co-ordinator's Report
4. Weekend Administrator's Report
5. Treasurer's Report
6. Club Promotion/Social Co-ordinator's Report
7. Membership Secretary's Report
8. Training Officer's Report
9. Editor's Report
10. The Gerry Donnelly Bequest
11. Any Other Business / Summary
12. 2015 Committee: Nominations and Approval
13. Meeting Close

**Committee 2015**

Nominations are invited from members to serve on the Hillwalkers Committee for 2015. Two committee positions are available. Anyone interested in helping is invited to contact Donal Finn (mobile: 087 205 1255 email: [finndonal@eircom.net](mailto:finndonal@eircom.net)) or any other committee member to discuss what is involved in being a committee member. Interested persons should complete the NOMINATION FORM below and return it to the club secretary by 19 September 2014.

**Nomination Form  
2014-2015 Committee**

I nominate .....  
for a position on the committee of the Hillwalkers Club for the 2014-2015  
membership year.

Signed Proposer .....

Signed Seconder .....

I accept the nomination

Signed Nominee .....

All of the above must be members of the Hillwalkers Club.



## Environmental notes

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Hi again,

In May this year I attended a Club Environmental Officers day held at the Glencree Reconciliation Centre and in the Wicklow hills.

The day was hosted by Helen Lawless from Mountaineering Ireland, (MI), with guest speaker Dr. Jenni Roche of BEC consultants.

Helen initially outlined the access and conservation policy of MI.

The MI policy is for unrestricted access to unenclosed land, with available routes to reach these areas. The intention is to achieve this through cooperation and consultation with land owners, and not through confrontation.

Ireland's uplands are a limited resource, with only 0.35% of its land surface above 600 metres. This inevitably means these areas see a lot of recreational use, and regrettably abuse too. To conserve and protect these uplands MI is encouraging clubs to appoint an environmental officer, holding environmental officer's days, promoting Leave No Trace and producing upland environment guides, (see below).

Dr. Jenni Roche outlined her role as a botanist within Botanical, Environmental and Conservation consultants, (BEC), and that they have been commissioned by the government to undertake surveys of the upland flora of Ireland to comply with the EU Habitat Directive.

Upland habitat is defined as unenclosed land over 150 metres, and covers 19% of Ireland's landmass, this includes blanket bog, heaths, flushes, natural grassland, rock, scree and lakes. Many rare and threatened species live in these areas and the survey is designed to record the distribution of these species.

We then headed out onto the Liffey Head bog to look at the formation of peat, which is believed to have begun in this area some 5,000 years ago after the climate became much wetter. We also looked at the flora to be found on raised bog, the effects of draining the bogs for turf harvesting, and the efforts being made to conserve the remaining bogs. (Liffey Head is the only remaining active bog in the east of Ireland).

Finally we made our way to the summit of Kippure Mountain to look at the montane heath habitat, and some of the rare arctic alpine plants to be found there, particularly the Alpine clubmoss. The day was very wet so we didn't linger, choosing instead to finish our discussions over tea and cake back at Glencree.

Overall a very worthwhile day.

Mountaineering Ireland recently produced a guide to the commonly seen flora and fauna of the uplands, it relates to Northern Ireland but is very relevant to the mountains of the Republic too. You can get a free copy by contacting Helen Lawless at MI, [helen@mountaineering.ie](mailto:helen@mountaineering.ie).

I also have a few copies myself, so if you would like one please let me know.

*Russ Mills, Club environmental officer*

<b>Committee 2013/14</b>	<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
	<i>Environmental Officer</i>	Russell Mills
<b>Special thanks to:</b>	<i>Webmaster</i>	Matt Geraghty

## HILLWALKERS CLUB SOCIAL EVENT

### DUBLIN'S BEST-KEPT SECRET! . . .

*"Following on from his very well received presentation at this year's 'Phizzfest' and subsequent talks"*

Terry Cartin, who lives locally, will give a talk and bring us on a wander around the wonderful Blessington Street Basin.

He will reveal its origins, its near downfall, controversial plans and total refurbishment in 1994. He will chat about the major buildings nearby, notable neighbours, wildlife, finer details and much more....

**Saturday 27<sup>th</sup> September @ 3 pm.**

Meet at the gates to the Basin, which are at the top of Blessington Street.  
(go north on O'Connell St and keep going straight up...)

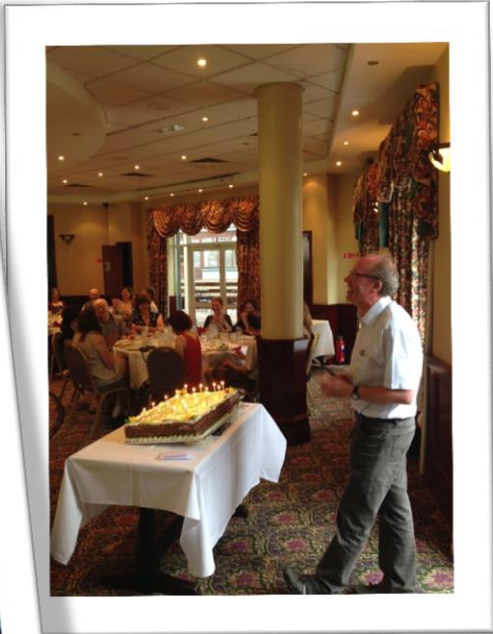
SO DO COME ALONG FOR AN AFTERNOON OF CULTURE,  
FUN AND PERHAPS, A FEW SURPRISES!.....

WE WILL BE ADJOURNING TO A LOCAL HOSTELRY FOR FOOD & DRINKS, VENUE TO BE CONFIRMED.

(email Liz if you wish to be included in a reservation for food, [lizjcarey@gmail.com](mailto:lizjcarey@gmail.com)).

# Club summer hike and BBQ

Glendalough Hotel  
12 July 2014



*Enjoying the birthday party! Photos: Simon More*



# Back to basics weekend

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*Ben Lettery youth hostel, Connemara  
01 – 04 August 2014*

## Friday 1<sup>st</sup> August

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23 of us headed down to Ben Lettery for the August Bank Holiday Weekend. It was named “Back to Basics” weekend as the hostel we were staying in was meant to be very basic. As you all know, us hill walkers are used to staying in hotels or B&B’s. We are getting far too cushy in our old age (22 years old this year). We are in fear of getting too soft. Ben Lettery is in Connemara, Connemara gets its name from a tribe called the Connmacne that lived by the sea.

We car pooled for the weekend. I travelled down in Don Reilly’s car with Philip Hayden. We left Dublin at about 6:45 and arrived down at about 10:30 which was not bad going. The party was in full swing by the time we got there, people were sitting around a camp fire drinking beer (kindly supplied by Catherine). I was shown to my dorm by Shauna, There were six of us in the dorm, myself, Shauna, Carina, Tara, Catherine and Liz. I was lucky to bags a bottom bunk even though I was second last to arrive. Joe the warden introduced himself and we all settled in. The hostel had much improved to what I can remember. Although the last time I was there was more than 10 years ago. Back then the ladies toilets and showers were in a separate building to the dorms. We sat around chatting outside for a while, it was a nice balmy evening. I retired early that night.

## Saturday 2<sup>nd</sup> August

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*Total Distance: 13kms, Total Ascent: 1030m*

We were up bright and early the next morning. The kitchen in the hostel was a hive of activity as 23 people made breakfast and a packed lunch for the days walk. I made porridge in a saucepan (not the usual microwave effort). It was very tasty I must admit, the only thing it stuck to the bottom of the pot and was a nightmare to wash. “Mark who was standing beside me said oh the old porridge pot and I said I’m not used to cooking porridge in a pot and he says it shows.”

We were hiking in the Maumturks that day. We set off at about 9:20. I went in Martin’s car with Paul and Brian. We stopped at Joyce’s shop in Recess for rather a long time to get lunch supplies and sweets which we never saw throughout the day, the sweets that is not the lunches. The drivers then dropped us off at the road between Maam Cross and Maum Bridge (R336) where we started the hike. The drivers then drove to Maumeen car park which was the finishing point of the hike to park there for the return journey back to the hostel. Mel then drove the drivers back to the start of the hike. Mark very kindly stepped in to lead the hike (at a nice gentle pace, so the drivers could catch up easily) rather than us waiting for Mel to come back to lead from the start. It was shorts and sunglasses weather. We went up Corcogemore, 609m where we had lunch. Don noticed he was without his camera which he had left someplace down the mountain where we had stopped for a breather so he legged it back down to retrieve it. During lunch a frog appeared at Carina’s feet, “Kiss the frog says paul” and see if it turns into a prince. After lunch we descended to the col at Crusicín, 386m, before the steep climb up to Mullach Glas, 622m. Then we went across to Binn Mhór, 661m, and Binn Ramhar, which was 596m. The views were breathtaking, rugged rock surrounded by the atlantic sea. We went down to a forest track at Illion West and finished at the Maumeem Car Park. We saw the typical Connemara scene of cattle in the middle of the road followed by a vehicle, followed by hill walkers. We got back into the cars and drove back to the hostel after a quick detour to Joyce’s for beers. I went into the kitchen to find Frank opening a can of frozen Guinness which had been in the fridge. Funny how the Guinness froze and not the Heineken.



*The Sunday hike: descending from Benbrack (top), Søren on Benfree (looking back towards Muckanaght) (right), a welcome break on Benbaun (below). Photos: Simon More*



A few of us then headed into Clifden for a meal while others cooked scrumptious delights in the hostel. Myself, Mel and Tara travelled in style with Carina in her soft top baby blue Volkswagen Beetle. I felt like Jackie O. We went to Mitchell's seafood restaurant on Mel's suggestion. We were lucky they could fit the 7 of us as it was about 7:30 on a Saturday night. The food was delicious and very well presented. We then just went for one drink in a bar around the corner and headed back to the hostel and sat outside for a while chatting.

### Sunday 3 August

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*Total Distance: 16km, Total Ascent: 1,240m*

Another bright and early start, we left for the hills at about 9:15. Most of us did the Glencorbet Horseshoe which is within the 12 bens mountain range. The 12 bens mountain range gets its name from the Irish for "peak" which is "binn". The 12 bens does not have 12 peaks but it is called this because it is supposed to be possible to hike 12 of them in one day. This of course depends on how much hiking you do, how fast a hiker you are and what direction you are coming from. There was no stopping and stalling at Joyce's, it was right down to business as it was a tougher and longer hike than Saturday's hike. Warren, Philip and Peter did the infamous Derryclare Horseshoe which consists of Ben Lettery, 516m, Glengower, 664m, Benbreen, 691m, Ben Dubh, 696m, Bencorr 711m and Derryclare, 650m. Mark and Paul did their own thing!!

We headed up Minnaumore and summated Maolan (Benbaun), at 447m. There was a few spots of rain but it was a nice cooler from the sun. Across then we went to Benbrack, 582m before descending to the col at Maumnascalpa, 320m. We climbed to the col at 475m, between Muckanaght and Benfree where we had lunch. After lunch, we climbed Benfree, 638m, with its three false summits, before reaching Benbaun, 729m. **Benbaun is the highest point in Co. Galway.** There was plenty of great views of wild Connemara mountain landscape. It was a tricky descent downhill through scree for a good while until we came to the broad ridge to Knockpasheemore (Binn Charrach), 412m. From there we headed back to the cars at the start point. We stopped at Joyces for a newspaper but it was closed. The people of Reecess were all next door in the pub including the gardai. When we got back to the hostel, Warren, Philip were outside the hostel telling everyone about their fine hike, that Philip was in the lead, then Peter had his tea and speeded ahead of the posse. We would all like to know what was in his tea. Then Adam said "you didn't get as high as all these people" meaning us which deflated their spirits no end.

We got washed and changed and most of us headed into Clifden that evening. We decided to do cheap and cheerful that evening. We decided on Marconi's which we thought to be Italian!. I travelled with Carina, Tara and Mel again. Warren, Liz, Catherine and the others went in other cars. We hoped we would all be able to eat in Marconi's. We got to Marconi's first and asked for a table and they asked us could we wait a couple of minutes. Carina rang Liz to see where she was and she said they were in Marconi's also but we could not see them. We got brought into a lounge area and there they all were. It was very posh and definitely not Italian. Warren had bought his cans on the way which he had in a Supervalu bag and told the waitress that he was not going to drink them in the restaurant that he was staying in a hostel and was going to drink them there. The waitress said she hadn't even noticed the cans. He also did a few cool down stretches in the lobby. I wouldn't say they get people like us in there very often. We had another delicious meal there. There was a mutual decision made to go straight back to the hostel and a good decision that was too.

We got back to the hostel where Warren and Peter being of the hunter gatherer type gathered firewood from around the hostel and built a camp fire. Thanks to Paul Farrell and Party Peter we got a singsong started. Mark came out with the laptop and looked up the words to various songs so we were not stuck for words. Party Peter was flabbergasted that some of the younger folk had gone to bed. He is of the opinion he has less time to party so he has to make the most of it. A great night had by all.

## Monday 4<sup>th</sup> August

*Total Distance: 13km, Total Ascent: 950m*

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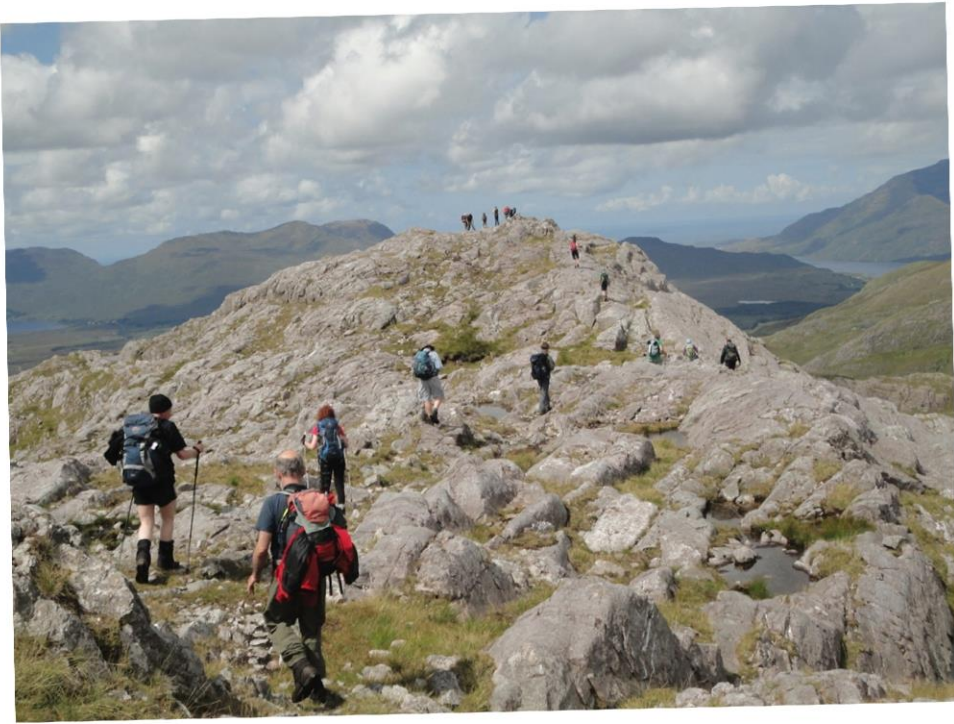
Mel had a harder time getting the herd going that morning and we left at about 9:30. Some people took the day off hiking and headed to some of the surrounding islands instead. We headed back to the Maumturks. Soren and Adam travelled in style with Carina that morning to the starting point of the hike and arrived with the sun roof down and the paparazzi were out with their cameras. The rest of us were so jealous! It was another scorcher of a day. We started by following a stream up Illion West to the col at Maumahogue, 347m Knocknabillion, 606m was next on the agenda before descending to the col at 499m. During the three days walking we could count the number of people we met on one hand. On the way up to the col we met a lady whom Peter said to “from up where we were I thought you were a tent oh but you are much more attractive than a tent”. Then we hiked up Barrlugrevagh at 558m before reaching the high point of the day which was Letterbreckaun at 667m. We had lunch then before descending to spot height 603m. We continued on then descending towards a track that led to the Western Way. Most of us sat down and basked in the sun while a few went on ahead who wanted to get back to Dublin earlier. Mel quipped that he had one more announcement to make that we could stay there as long as we liked. We then proceeded along the Western Way to Illion where Liz had parked her car. Liz whisked the drivers down the road to pick up their cars. We all got into the cars and it was goodbye to Connemara. I travelled back in Catherine’s car with Philip. We made very good time and got back to Dublin at about 8:30. A big thank you to Mel for a fantastic weekend, Mark and all the back markers and the drivers.

*Text: Catriona Burke*



*The Monday hike: at the top of Knocknabillion.*

*Photo: Warren Lawless*



*The Monday hike:  
the descent from  
Letterbreckau,  
with views from  
Ben Lettery to  
Benchoona.  
Photos: Warren  
Lawless*



# Zippit Forest Adventures

Hillwalkers Club social event  
23 August 2014



*Photos: Don Reilly*



## MAP AND COMPASS COURSE PROGRAMME 2014

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**Date:** Tues 21<sup>st</sup> Oct 2014      **Venue:** 7.00 - 9.30 pm, Rm 102, An Óige Hostel, Mountjoy St., D7.  
**Topics:** *Mountain Skills I:*      Map, Scales, Legend, Grid References, Contours, Mountain Hazards

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**Date:** Tues 28<sup>th</sup> Oct 2014      **Venue:** 7.00 - 9.30 pm, Rm 102, An Óige Hostel, Mountjoy St., D7.  
**Topics:** *Mountain Skills II:*      Features, Distance, altitude. Personal Equipment

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**Date:** Tues 11<sup>th</sup> Nov 2014      **Venue:** 7.00 - 9.30 pm, Rm 102, An Óige Hostel, Mountjoy St., D7.  
**Topics:** *Mountain Skills III:*      Timing, Emergency procedures.

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### WEEKEND 1 - MOUNTAIN SKILLS 1

**Dates:** 15<sup>th</sup>/16<sup>th</sup> Nov 2014      **Meet:** Sat, 09.45 am, Laragh, Wicklow.

**Activity:** Practical exercise in the Glendalough area, navigation by map only.  
Optional Saturday overnight in the Glendalough, not included in cost.

1. Map setting
  2. Feature recognition
  3. Self-location
  4. Route choice
  5. Distance estimation
  6. Handrail features
- 

**Date:** Tues 18<sup>th</sup> Nov 2014      **Venue:** 7.00 - 9.30 pm, Rm 102, An Óige Hostel, Mountjoy St., D7.  
**Topics:** *Mountain Skills IV:*      Compass, bearings,

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**Date:** Tues 25<sup>th</sup> Nov 2014      **Venue:** 7.00 - 9.30 pm, Rm 102, An Óige Hostel, Mountjoy St., D7.  
**Topics:** *Mountain Skills V:* Route cards, MSA. MSA preparation.

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### WEEKEND 2 MOUNTAIN SKILLS 2 & NIGHT NAVIGATION

**Dates:** 29<sup>th</sup>/30<sup>th</sup> Nov 2014      **Meet:** Sat, 10.00 am Carlingford, Co Louth

**Activity:** Practical exercise in the Cooley Mtns, navigation by map & compass.  
Optional Saturday overnight in Glendalough, not included in cost.

1. Revision of 1<sup>st</sup> weekend
2. Walking on a bearing
3. Back-bearing
4. Sight-bearing
5. Pacing
6. Steep ground work

### NIGHT NAVIGATION - COOLEY MOUNTAINS

**Date:** Saturday 30<sup>th</sup> Nov 2014  
Saturday activities on Weekend 2 to continue until approx 8 pm to include night navigation.

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### COST & ENQUIRIES

€150 PER PERSON (incl. Overnight in Carlingford, Nov 29<sup>th</sup>).

Enquiries to Donal Finn by email: [finndonal@eircom.net](mailto:finndonal@eircom.net)

PARTICIPANTS MUST BE A MEMBER OF AN OIGE OR THE HILLWALKERS CLUB.

## October Bank Holiday Weekend 2014

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# October Bank Holiday Weekend 2014 Based in Castlebar, Co Mayo

*Friday October 24th - Monday October 27th*

**Leaders:** Mel O'Hara and Russell Mills

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 in various areas of Mayo*

The relevant maps are OSI Discovery series 30, 31, 37 & 38.

**Hotel accommodation:**

***The Harlequin Hotel, Castlebar, Co Mayo.***

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

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

**Bookings are now open for existing Hillwalkers Club members**

**Bookings will open for other An Óige members on 17th September**

Two payment methods are available:

- Cheque payable to 'Hillwalkers Club', posted to Mel O'Hara, Ardmore Rd, Mullingar, Co. Westmeath
- Electronic transfer to Hillwalkers Club account at Bank of Ireland

***If paying in person at a bank counter, please take note of the number of the lodgement docket and forward this number to Mel in a confirmatory email or text.***

***If paying using the Internet, please include your name as a reference to identify your transfer and send a confirmatory email or text to Mel.***

Mel's contact details - [melohara@eircom.net](mailto:melohara@eircom.net) and 085 198 1248

**Meals:** Breakfasts (Saturday, Sunday, Monday), packed 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 15.45 on Friday 24<sup>th</sup> October for departure at 16.00 sharp.

**Return:** Arriving back into Dublin at approximately 20.00 on Monday 27th

# HILLWALKERS CLUB

## Annual Christmas Festive Gala Dinner, Party & Weekend Walking in the Galtee and Knockmealdowns Mtns.

### Gala Dinner in the Cahir House Hotel, Cahir



<b>Overview</b>	For Christmas 2014, please join us to celebrate the festive season in historic Cahir, Co. Tipperary. We will travel to Cahir on the Friday night, allowing for two relaxed days of walking in the Galtee and Knockmealdown mountains, plus a convivial Saturday evening in the well-known Cahir House Hotel, where you will be treated to a festive gala dinner followed by a disco.
<b>Organisers</b>	Hillwalkers Committee Booking Enquiries: Mel O'Hara, <a href="mailto:melohara@eircom.net">melohara@eircom.net</a> 085 198 1248
<b>Transport</b>	Bus from Dublin to Cahir on Friday, Dec 12 <sup>th</sup> at 7.30 pm. Local bus on Saturday/Sunday to/from the Galtees & Knockmealdowns. Return bus to Dublin via Cahir on Sunday.
<b>Departure Details</b>	<b>Friday, Dec 12<sup>th</sup>, 7.30 pm</b> , Luke Street, off George's Quay, Dublin 2. Second pick up: 7.50 pm., Red Cow Luas Stop (Luas Red Line), Clondalkin, Dublin 22.
<b>Return</b>	Sunday, Dec 14 <sup>th</sup> , arrive back in Dublin at 7.30 pm approx.
<b>Hiking</b>	Saturday, Galtees, depart Cahir House Hotel at 9.30 am. Two hikes to finish at 4.00 pm approx. Sunday, Knockmealdowns. Depart Cahir House Hotel at 10.30 am. Two hikes to finish approx. 4.00 pm.
<b>Friday Evening</b>	Arrive in Cahir at approx. 10.00 pm. Overnight B&B in Cahir House hotel.
<b>Saturday Evening</b>	Complimentary drinks in hotel from 8.00 pm. Christmas gala dinner at 8.30 pm. Late bar to 1:00 am. Disco until late.
<b>Accommodation</b>	Hotel accommodation in Cahir House hotel to include full breakfast on Sat & Sun.
<b>Packed Lunches</b>	Included in cost on both days (All inclusive price)
<b>Price</b>	<b>€145</b> (Bus departure Fri, return on Sunday) (All inclusive price – Bus to/from Dublin, Local bus, Dinner, 2xB&B, 2xP.Lunch, DJ) <b>€90</b> (make your own way on Saturday) (Without bus to/from Dublin, Local Bus, Dinner, 1xB&B, 1xP.Lunch, DJ)
<b>Booking &amp; Payment</b>	Please inform us of your intention to book by email to: <a href="mailto:melohara@eircom.net">melohara@eircom.net</a>  Please post cheque, payable to the "Hillwalkers Club", stating your preference, to: <i>Mel O'Hara, Ardmore Road, Mullingar, Co. Westmeath</i> If paying by bank transfer or by Internet electronic transfer please contact Mel  for details  of the Hillwalkers bank account to be used. <u>Please ensure you use your name as the reference if making an Internet payment.</u> If paying at bank counter, please note number of lodgement docket and text or e-mail this number to Mel to ensure your transfer is correctly identified.



## *CELTIC COUSINS*



On our hillwalking trips to Snowdonia in 2013 and 2014 we made contact with some local people from Llanberis who joined with us in a night (or was it nights!) of singing and general joint Celtic merrymaking and as they - our hosts - were members of the Llanberis/Bangor Welsh Male Voice Choir, expressed an interest in coming to Dublin to perform.



It is now our pleasure, The People's College Choir, to welcome the Llanberis/Bangor Male Voice Choir for their first Dublin performance.

So, come and join us and experience two genres of choral harmony. The concert will take place in Liberty Hall on Friday 10<sup>th</sup> October at 8.00pm. Tickets are €10 and all proceeds go to charity.

For tickets contact Peter O' Leary at 087 2706163 / 01 4670903.





# Membership Application Form

The Hillwalkers Club  
2014-2015

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 2014-2015 membership year runs from 01 October 2014 to 30 September 2015.

### 2014/15 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, 228 St Donagh's Road, Donaghmede, Dublin 13**. Please allow two weeks for processing of the membership application.

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