



Hillwalkers Club

February - April 2015

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

THE HILLWALKER



Fiona in Hollywood

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HIKE PROGRAMME

November 2014 – February 2015

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.*

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

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.

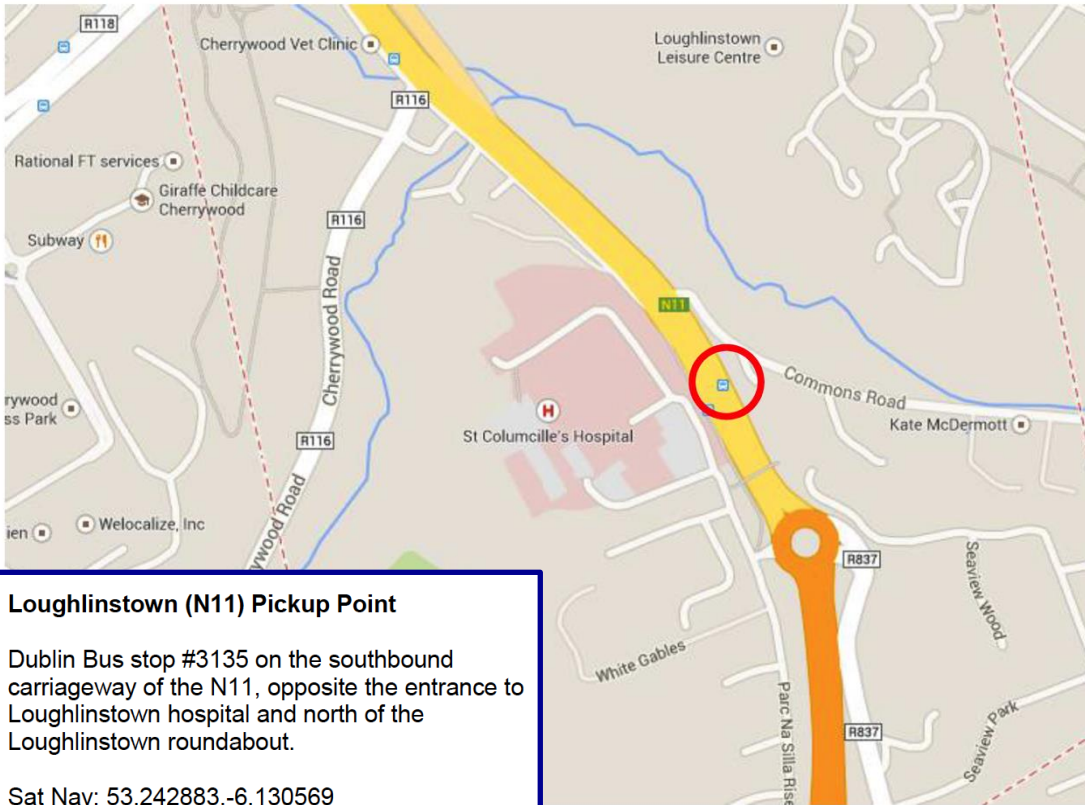
LEADER The leader has the right to refuse anyone who is not adequately equipped (e.g., without appropriate boots, rainwear, food, torch, hat, gloves, etc.). The leader may alter the route from that described in the program. The leader sets the pace of the hike and walkers are expected to obey the leader's 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.

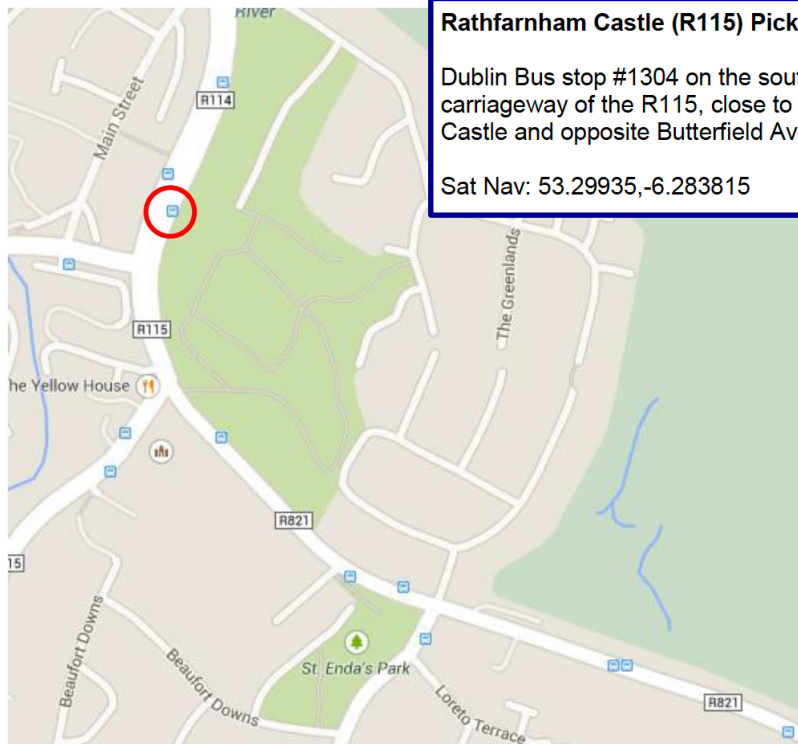
WALKING STICKS AND RUCKSACKS Remember that walking sticks and rucksacks cannot be brought onto the bus and must be stowed away in the boot during the journey.

IMPORTANT NOTE
PLEASE ENSURE YOU HAVE YOUR CURRENT
CLUB MEMBERSHIP CARD WITH YOU ON
ALL CLUB HIKES
See Club News on Page 7

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

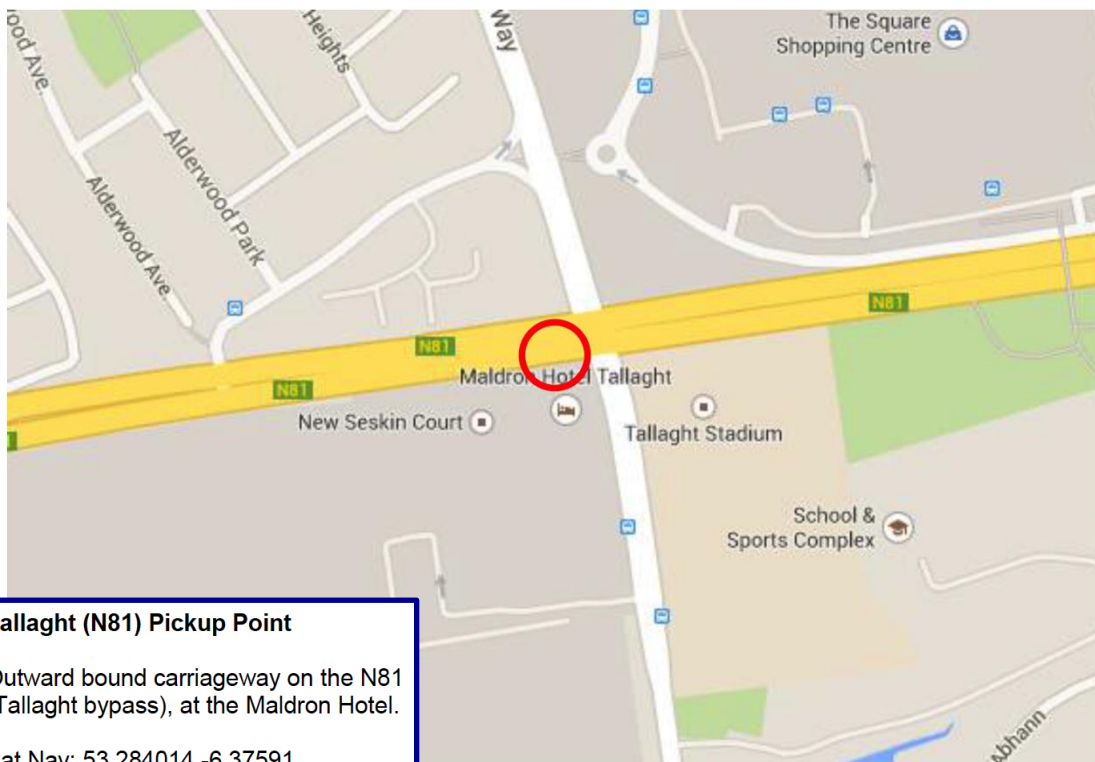
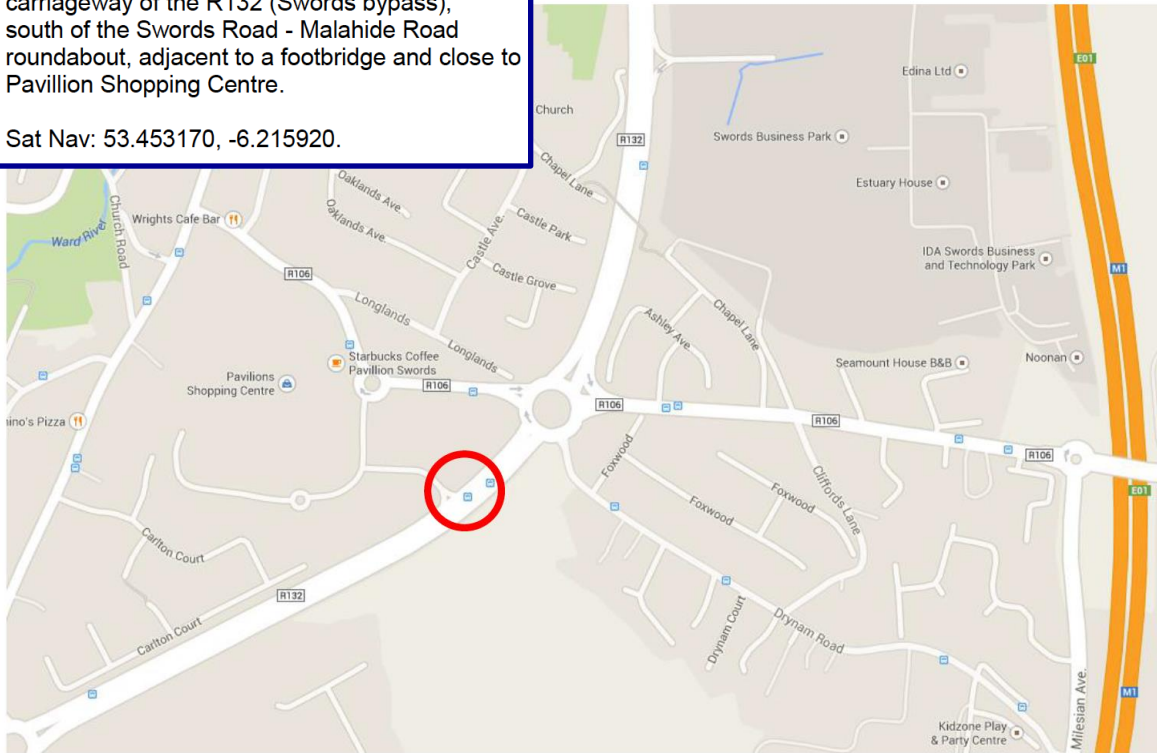


Rathfarnham Castle (R115) Pickup Point
Dublin Bus stop #1304 on the southbound carriageway of the R115, close to Rathfarnham Castle and opposite Butterfield Ave.
Sat Nav: 53.29935,-6.28315

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. Guests are welcome to join us on this hike, as long as they provide their name, address and contact details for our records, which will be taken on the day of the hike. Unless guests have their own personal hiking insurance, they are not insured. There is no need to book a place in advance, just turn up on the relevant Sunday morning. Guests can come on one hike without becoming a member of the club, but after that they 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 guests 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 Mullally's Coaches are:

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

Sunday 8th February 2015

Leader: Neville Ransome

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

Route: Knocknaboley * Corriebracks * Lobawn * SH 606 * Table Track * Knickens * Fentons

Distance: 19 km **Ascent:** 640 m

Map: OS 56, Harvey, East West Mapping

Sunday 15th February 2015

Leader: Søren Mandrup, 085 825 4563

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

Route: Ballinagee Bridge * St. Kevin's Way * Gleenreemore Brook * Art's O'Neil's Memorial plaque * Glanreebeg Brook (steep climb to the top) * Art's Cross * Glenealo Valley * Foot bridge * Miner's track * Glendalough Upper carpark

Distance: 15.5 km **Ascent:** 550 m

Maps: OS 56, Harvey, East West Mapping

Sunday 22nd February 2015

**** Introductory Hard Hike ****

Leader: Tom Hennessy

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

Route: Laragh * Wicklow Way * Derrybawn Ridge * Mullacor * Drumgoff

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

Maps: OS 56, Harvey, East West Mapping

Sunday 8th March 2015

Leader: Warren Lawless

2nd pick-up & return drop-off point: *No defined 2nd pick-up or drop off point, as it may change depending on the weather*

Route: Pier Gates * Lough Tay * Luggala * Clohoge River * Sheepshank Bridge * Djouce * Wicklow Way * Paddock Pound

Distance: 14.5 km **Ascent:** 720 m

Maps: OS 56, Harvey, East West Mapping

Sunday 1st March 2015

Leader: Frank Keoghan, 087 230 8330

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

Route: Drumgoff * Wicklow Way * Mullacor * Cullentragh * White Hill * Braig Mountain * Three Crosses * Carriglineen * Drumgoff

Distance: 17 km **Ascent:** 650 m

Maps: OS 56, Harvey, East West Mapping

Sunday 15th March 2015

**** Introductory Hard Hike ****

Leader: Bill Fine

2nd pick-up Yellow House Rathfarnham
Different return

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

Distance: 18 km **Ascent:** 890 m

Maps: OS 56, East West Mapping

IMPORTANT NOTE

To avoid possible embarrassment

PLEASE ENSURE YOU HAVE YOUR CURRENT CLUB MEMBERSHIP CARD WITH YOU ON ALL CLUB HIKES

See Club News on Page 7

Club news and events

Club membership

A current Hillwalkers Club membership card is now a requirement for participation in the Sunday hikes.

Membership Cards will be checked before boarding the bus

Guests may sample only one hike before taking out membership

Membership forms will be available for lapsed members as they cannot hike with the club without renewing their membership

Club membership for 2014/15 has been open since October 2014.
A membership form is included on page 21 of this Newsletter.

Members authorised to check membership cards include
Garry Byrne, Bill Fine, Tom Hennessy, AnneMarie Keoghan, Søren Mandrup,
Don Reilly and all members of the current committee

Trips Away in 2015

Russell Mills intends bringing a small group to Snowdonia over St Patricks Weekend, Friday March 13th to Tuesday 17th
Please contact Russell at mountaintrails.ie@gmail.com or 086 446 6997.
For trip details see Page 10

Jim Barry intends bringing a large group to Kerry over Easter.
Please contact Jim at barryja@eircom.net or 087 273 7338.
For trip details see Page 11

Mel O'Hara intends bringing a group to Scotland over Easter. This trip is now full with a waiting list in operation.
Please contact Mel at melohara@eircom.net or 085 198 1248.
For trip details see Page 12

Mark Champion intends bringing a group to Italy in July
Please contact Inés at inesmountain@gmail.com
For trip details see Page 13

Club news and events continued

Moving House ???

If changing your postal address please let Jim Barry know
barryja@eircom.net

Payments by members into Club Accounts

It is extremely important that members use their names as the reference when making internet payments into club accounts.

It is very difficult to identify and credit your payments otherwise.

Please contact Inés or Lourdes for the bank account details to be used when making payments directly to club accounts either over the internet or at bank counters.

inesmountain@gmail.com lourdeshdezmartin@hotmail.com

WANTED

**Good photos for inclusion on Hillwalkers Club
Facebook Page**

**Please send photos to Eugene
dudleye@hotmail.com**



HILLWALKERS CLUB SOCIAL EVENT

Friday 6th March Teachers Club
(36 Parnell Square West)

Céilí Mór

with live music by

The Brian Boru Céilí Band

Dancing starts @ 8.30pm

Light refreshments will be served

Tickets: €10 in advance, or at the door

Fáilte roimh gach éinne/All welcome!

Get your brógaí on & dance the night away.

Don't know the moves - don't worry,

we'll show you how!

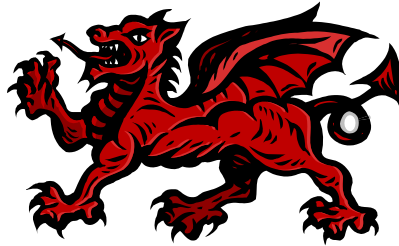
Master class by Sean Treanor at 8pm.

Contact Liz for more details: 086 817 0182 & Eugene on 085 736 3780



St. Patricks Weekend 13th-17th March 2015

SNOWDONIA, N. WALES



Four days of hikes in the wonderful and rugged mountains of Snowdonia, (or chill out at the house or in the local villages).

Hikes will be fairly tough and suitable for fit members of Hillwalkers only.

Leader: Russ Mills mountaintrails.ie@gmail.com or 086 4466997

Accommodation: Self-catering guesthouse in Llanberis village, staying in twin or triple rooms in house with large kitchen, lounge, drying room and free Wi-Fi.

Close to village centre, pubs and shops. (www.dolperis.co.uk)

Cost: €260, a €100 deposit is required to secure place. The €260 includes the accommodation, ferry and transport costs for the 4 days. You will need to supply your own food.

Kit: Bring the gear you would need for a winters day in the Wicklow Mountains, plus spares.

Meet: Luke St. (off Georges Quay) at 14.00 on Friday 13th to catch the 15.10 ferry from Dublin. We will return to Dublin around 23.45 on the 17th.

Payment Methods :

Please send €100 deposit either by cheque or Postal Order made out to 'The Hillwalkers Club' (NO CASH PLEASE),

to Inés Lopez, c/o Algar, The Slopes, Knapton Road, Dun Laoghaire Co Dublin.

If paying by bank transfer or by Internet electronic transfer please contact Inés, inesmountain@gmail.com for details of the Hillwalkers bank account to be used. Please ensure you use your name as the reference if making an internet payment.

If paying at bank counter, please note number of lodgement docket and text or e-mail this number to Inés to ensure your transfer is correctly identified.

Please advise Inés when you have made the payment.

Hillwalkers Club

Easter Weekend 2015

Thursday 2 - Monday 6 April 2015

Hillwalking in the Spectacular & Scenic Killarney National Park, Co Kerry

Staying at An Óige Aghadoe House Youth Hostel, Killarney

Moderate/Hard lead Walks

Leaders: Jim Barry & Ita O'Hanlon

PLEASE NOTE BUS ONLY TRIP

<u>Proposed Weekend Itinerary</u>	
<u>Carrauntoohil Mtn:</u>	from Breanlee (Hard Hike) Car park (G.R.772 872) & Leisleibane (Mod Hike) Path (G.R.830 892) Start points. Both Hikes to finish at Leisleibane
<u>Mangerton Mtn:</u>	from Gortacullane (G.R. 988 866) start/finish point for both Hard/Moderate Hikes
<u>Purple/Toomeys Mtns:</u>	From Kate Kearney's Cottage Car park, Gap of Dunloe.(G.R. 881 888) Start/Finish point both hikes
<u>Kerry Way Walk:</u>	From Galway's Bridge (G.R.915 802) towards Killarney Town
<u>Recommended Map(s):</u>	OS Discovery Series 78 (1:50,000) , Killarney (1:25,000) or Harvey's (1:30,000)

Cost: €255 (Includes Bednights, Meals, and Bus Transport)

Booking & Payment : Please post CHEQUE OR POSTAL ORDER ONLY (NO CASH) made out to the 'Hillwalkers Club' for €255 to Inés Lopez, c/o Algar, The Slopes, Knapton Road, Dun Laoghaire, Co Dublin, including your full contact details OR pay €255 by internet or bank transfer into club account after contacting Inés, inesmountain@gmail.com for details of Hillwalkers bank account to be used.

Please ensure you use your name as the reference if making an internet payment. If paying at bank counter, please note number of lodgement docket and text or e-mail this number to Inés to ensure your transfer is correctly identified. Please advise Inés when you have made the payment. Participants must be members of An Óige or the Hillwalkers Club

Bookings open from Monday 05 January 2015

Meals: Hostel Continental Breakfast, Dinner and Packed Lunch included

Bring: Suitable Walking Boots, Rain Wear/Change of Warm Clothing/Towels/Toilet Gear/ Flask/Torch/ First Aid Kit/Camera/, Mobile Phone etc.

Be prepared for winter conditions in the mountains

Meeting Time & Place – 1200hrs on THURSDAY 2nd at Luke Street (Side street off Georges Quay between Ulster Bank Bus Stops and Tara St. Dart Station)

Return: Monday evening to arrive back in Dublin at 2000hrs.

Welcome Aboard



Alba gu bráth

Easter 2015 in Scotland

Thursday April 2nd - Monday April 6th

**Based in Callander, Perthshire,
Gateway to the Highlands**

As announced at the AGM, a small group of Hillwalkers will be making a trip to Scotland over Easter 2015.

This trip may encounter difficult winter hillwalking conditions and is only suitable for fit members of the Hillwalkers Club.

This trip is now full with waiting list in operation

Please contact Mel O'Hara, 085 198 1248 or melohara@eircom.net for details.

Hillwalkers Summer Trip 2015

Where to ? Sibillini National Park, Italy

Where again ? It's a park in the Apennines about 2 hours northeast of Rome

When ? July 17th to 26th inclusive

How much ? Approximately €530 plus flights and 2 or 3 meals

How many going ? 16

Who's leading the trip ? Mark Campion

What's the vague itinerary ? We're doing an 8 day hut to hut walk which is called the Grande Anello di Sibillini...average distance per day about 17km and average height gain around 700 metres. Nothing too taxing involved but a new mountain range to get stuck into!

What do I do if I want to go ? Send an email as soon as possible to inesmountain@gmail.com

Where can I read more about the route we're taking ? There's a Cicerone guide by Gillian Price available either as an e-book or a paperback.

Here's a little taster. From the official website...

<http://www.parks.it/parco.nazionale.monti.sibillini/Eindex.php>

A Casket of Nature, Traditions, and Legends

A mountain chain rising in the heart of Italy and reaching its highest with Mt. Vettore at 2,476m. A territory where the magic of local nature, history, and culture has contributed in defining a unique and unrepeatable reality. Here, in the kingdom of the mythic Sibilla, Monti Sibillini National Park was established in 1993 (with over 70,000 ha), with the aim to safeguard the environment, promote a social and economic sustainable development, and favor the creation of a "Park for everyone". The Wolf, the Golden Eagle, the Peregrine, and a number of endemic species are the most evident elements of a biological richness which, along with the charm of the abbeys and the medieval historical town centers (lying in a crown at the foot of the mountains), have shaped an old and fascinating world where time has stopped to honor a reality of extraordinary beauty.





Environmental notes



Hello Hillwalkers,

At this time of year the hills are pretty bleak, and you might think devoid of interest, but you might still see, (or more likely hear), the Red Grouse (Cearc Fhraoigh) when out on your hikes.

A stocky red-brown bird, it is well camouflaged for the heather clad hillsides where it lives year round. This bird is in decline in Ireland, but it does have a foothold in the Wicklow mountains and other upland areas. It is a sub-species of the Willow Grouse and differs in the fact that it does not show white winter plumage.

It lives primarily on young heather shoots, but will eat insects and berries from time to time. Listen out for its' distinctive call, an accelerating rasping cry, and the sudden, explosive flight of rapid wing beats when disturbed..

If you are interested in finding out more about the birds that frequent the hills and valleys of the Wicklow Mountains we are planning a birdwatch day in conjunction with Birdwatch Ireland, to take place in late April. Watch out for more info in the next Newsletter.

The Dublin Mountains Partnership, who maintain the Dublin Mountains Way, have initiated an Adopt-A-Trail programme, whereby a small group of like-minded individuals maintain a section of the DMW by cutting back vegetation, clearing drainage channels and removing litter. You can find out more here: <http://www.dublinmountains.ie/home/>

If you would like to be involved in caring for this important and popular route then please contact Patricia Goodman (087 914 8980), who is organising a small group of helpers.

Mountain Meitheal, who do great work repairing erosion damage to the paths and trails in the mountains, will be starting their 2015 programme of repairs on Sunday 22nd February, meeting at 10.30 in Glendalough Visitor Centre. If you want to give something back to the hills, they always welcome new volunteers to help with this important work: <http://mountainmeitheal.ie/>

See you out on the hills.

Russ Mills, Club environmental officer

Christmas Party Weekend 2014 Cahir

7.00 p.m. Friday 12th December, Luke Street, Dublin, and our Christmas celebrations had already begun. Hillwalkers mingled with Christmas office parties and the usual Friday night revellers in O'Reilly's Bar, under Tara Street Station, while waiting for the bus to be loaded for the Christmas Party trip to Cahir. It may be a long way to Tipperary but Noel whisked us down to Cahir in no time at all. Noel parked the bus directly outside the Cahir House Hotel, our base for the weekend, so we were able to unload quickly, locate our bedrooms and adjourn to the cosy bar where we were entertained with live music. We all eventually drifted off to our beds, some sooner than others.

Next morning, after the hotel had given us an excellent breakfast, 50 Hillwalkers set off on the bus for the Glen of Aherlow and the Galtees. Tom Hennessy was leading the moderate hikers from Rossadrehid and this group left the bus first. The hard hikers were led by Søren Mandrup and they started from Clydagh Bridge. Tom's group, including the phenomenal, forever young, Brendan Dempsey, walked to Lough Muskry before ascending Greenane West, 786m. The group then walked to O' Loughlin's Castle where they had lunch. One walker's attempt to leave a half-eaten sandwich for the ravens was thwarted by a "Leave No Trace" convert who insisted that ravens should eat dead sheep, dead lambs or dead hikers but NOT sliced pan. It was a short walk then to the trig pillar at the summit of Greenane, 802m, the highest elevation achieved on any of the hikes over the weekend. Tom then led his group to Farbreaga, 724m and from there back to Rossadrehid on forest tracks, a hike of 18kms. Søren's group had first summited Cush, 639m, and then Galtybeg, 799m. By the time the group reached Galtybeg the cold wind and snow showers had taken their toll and it was decided to abandon the planned ascent of Galtymore and to return to Clydagh Bridge where Noel was waiting with the bus. Noel and Søren's group then waited at Rossadrehid for Tom's group and then all headed back to Cahir where several of us had hairdressing appointments.



Tom Hennessy's group at Lough Muskry

On Saturday night, after scrubbing up and dressing up we met in the bar and had some mulled wine before going to the function room where we had a tasty and well-presented meal. There were plenty of options on the seasonal menu - fish, beef, turkey and ham. Vegetarians were also catered for. The disco began and although the dancing was a little slow starting off, before the night was over everyone had been on the dancefloor. The disco ended at 02.00 but, for some, the party did not end until much later.



Heading for Greenane (802m)

The Sunday morning hikes were scheduled to leave an hour later than on Saturday morning. Hikers were not as plentiful on Sunday though. Only 31 hiked on Sunday. Noel brought them out to the Knockmealdowns, dropping Søren and 8 other hard hikers near the Vee while the remaining 22 were dropped at the parking spot near the Gap. Søren led his group of hard and hardy hikers through strong winds and driving rain up past the Grubb Monument to summit Sugarloaf Hill, 663m and then on to the trig pillar at Knockmealdown itself, at 794m the highest point in County Waterford. Mel led the other group on a lower level walk across the tracks and mountains to the west of the dropping off point. They first walked along the Avondhu Way before summiting Knockshanahullion, 652m, and Knocknalougha, 630m. They then returned along the Avondhu Way to meet the bus at the Gap. The weather had improved as the day progressed and the afternoon was dry and pleasant enough. Some of the group who had stayed in Cahir were able to do a little sightseeing around the town including a visit to the Swiss Cottage.

The hikers returned to Cahir where the hotel had provided a room for luggage storage and where the hikers were able to change out of their hiking gear into their normal clothes before boarding the bus for the journey back to Dublin. Thanks to all who helped organise such a great weekend away, to Donal Finn who sourced and dealt with the hotel, to Søren, Tom Hennessy and Mel who led the hikes and to their rear leaders, Tom Kenny, Mick Heneghan and Garry Sinnott. Thanks also to Noel, our patient and helpful bus driver and to the staff and management of the Cahir House Hotel.



Garry and AnneMarie, Lough Muskry and Galtybeg behind



Brian, Shauna Mick and Colette at the Christmas Party

The Christmas Hike (Holly Hike)

Dec 21st 2014



On December 21st, the shortest day of 2014, many people were disappointed at Newgrange, Co Meath, because the rays from the rising sun had not been able to penetrate the clouds to mark the winter solstice by lighting up the chamber of the passage tomb. At Hollywood, County Wicklow, however, there was no disappointment! It was ól, ceol agus craic because the Hillwalkers were having their annual Christmas / Holly Hike.



James, Don, Eddie, Steve, Simon, Brendan and Christina on Dec 21st

The Christmas / Holly Hike is the most popular and best attended event of the year. This year, after a very enjoyable hike in pleasant weather, led as usual by Don Reilly, there were up to 100 members of the “Hiking Community” in the Hollywood Inn having finger food and refreshments between bouts of Christmas music and song.

According to the Hillwalkers magazine archive, available on the club’s website, the first Hillwalkers Club Christmas Hike was on Sunday, 21st December 1997, another Winter Solstice. It was jointly led by Martina Siefert and Don Reilly and it took a route from Oldbridge to Laragh. The following year, 1998, the hike followed the same route, with festivities in the Laragh Inn. This followed a request from Don in The Hillwalker Magazine for musicians to bring their instruments along. The same pattern was followed in December 1999 and 2000. In 2001 the route was reversed, starting from Laragh and walking to Oldbridge with the music, song, general knees up and ruaille buaille in Roundwood and this was also the case in 2002.



Nativity pageant Hollywood 2015



Caitriona, Jenny and Lola on the Christmas / Holly Hike and a well known gentleman with white beard and red coat behind

The Christmas hike moved west in 2003, with a hike over Church Mountain that finished in Hollywood and the hike has remained in the Hollywood / Church Mountain area since then. In the newsletter, the hike is described as the Holly Hike for the first time in 2004. In recent years the hike has coincided with a Nativity pageant held in Hollywood village. The pageant is usually just starting as the hikers return to Hollywood, adding greatly to the atmosphere in the village.



Group of Holly Hikers 2015

Some of the musicians and singers have not missed a Christmas / Holly Hike since its inception. Among the usual suspects there again this year were Terry Cartin, Joe Kavanagh and Brian Madden while Sean Treanor did not shun the limelight as he led a well-supported rendition of the 12 Days of Christmas.

As has become customary in recent years, friends and fans of Mick Heneghan took up a collection in recognition and appreciation of Mick's generosity on hikes throughout the year. €115 was raised and Mick has donated this to the Capuchin Day Centre for the homeless in Bow Street.

And the party did not end in Hollywood - it continued on to The Palace Bar in Fleet St., where so many good stories begin...

Thanks Don for adding to our Christmas cheer every year !



If you were unfortunate enough to miss the last Christmas / Holly Hike the next one will be held on 20th December 2015 - that's only around 320 days away !



Membership Application Form

The Hillwalkers Club 2014-2015

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

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 2014/15 Membership Fee is €35.00

Please use **ordinary post** to send completed form to **Jim Barry, 156 Comeragh Road, Drimnagh, Dublin 12**. **Cheques** or **postal orders**, payable to the *Hillwalkers Club*, but **NO CASH**, can be included with the application form. Please allow 2 weeks for your application to be processed.

Please contact Inés or Lourdes for details of the bank account to be used when making membership payments directly into the club account either over the internet or at bank counter.

inesmountain@gmail.com or lourdeshdezmartin@hotmail.com