



Hillwalkers Club

# June - August 2015

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

# THE HILLWALKER



*The Hills of Donegal*

*Photo – Patricia Ging*

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## HIKE PROGRAMME

### June 2015 – August 2015

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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.

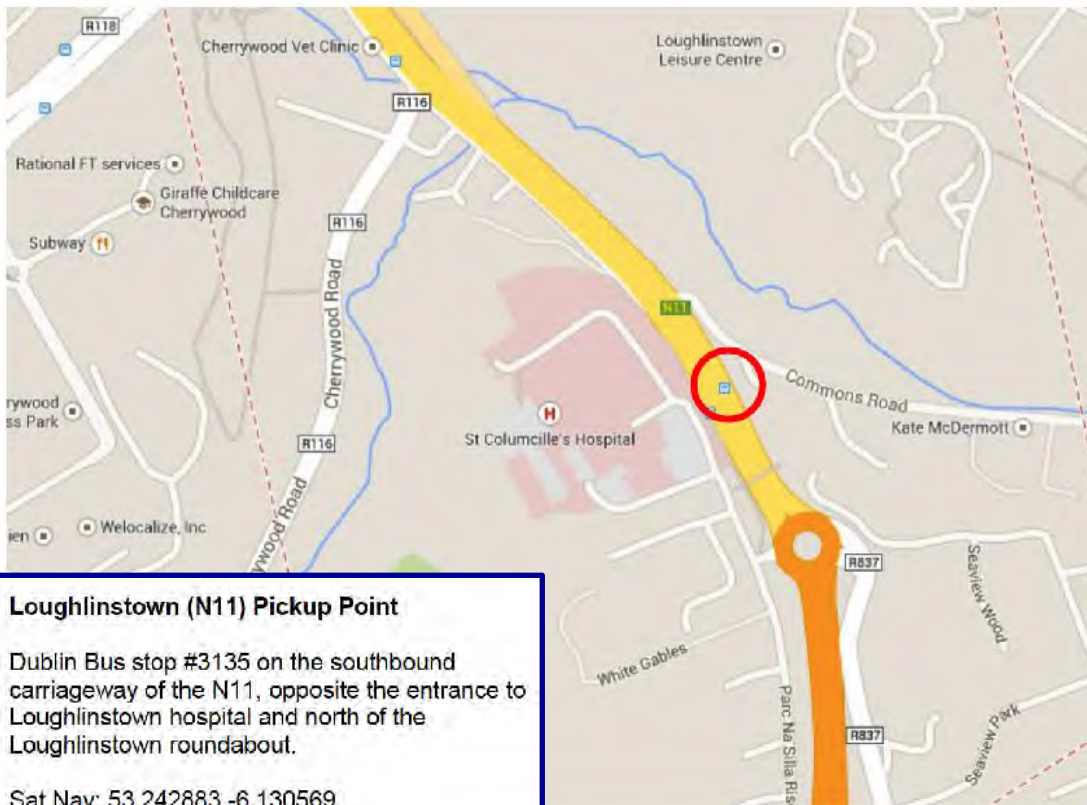
**CO-ORDINATION** If necessary, tickets are given out on Sundays to ensure that participants reserve a bus place as they arrive.

**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.

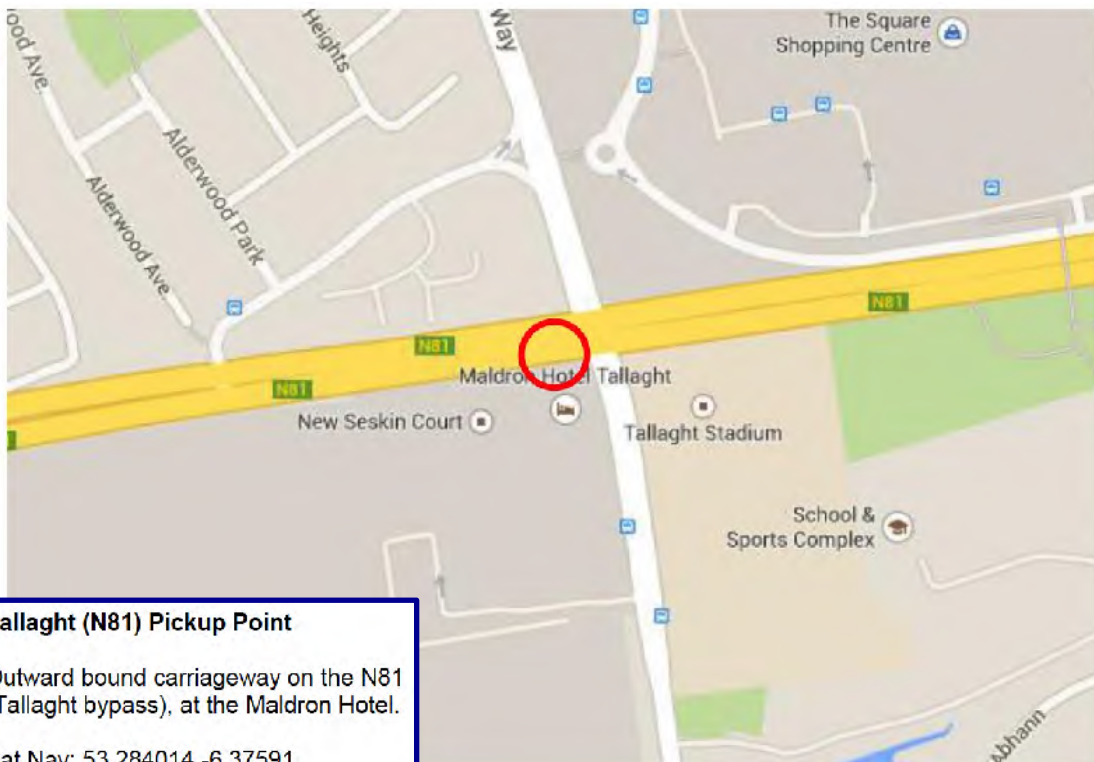
# The pick-up points



**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](http://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 21<sup>st</sup> June 2015

**Leader:** Tom Kenny

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

**Route:** Drumgoff wood car park - Carrawaystick – Corrigasleggaun - Lugnaquilla - Clohernagh - Arts Lough - Baravore car park

**Distance:** 18 km **Ascent:** 800 m

**Map:** OS 56 , East West Mapping

### Sunday 28<sup>th</sup> June 2015

**Leader:** Warren Lawless

**\* NO SECOND PICK-UP or RETURN DROP OFF POINT \***

**Route:** Glendalough \* Camaderry \* Turlough Hill \* Lough Firrib \* Glenealo \* Miners Track \* Glendalough

**Distance:** 17 km **Ascent:** 520 m

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

**Sunday 5<sup>th</sup> July 2015**

**Leader:** Frank Keoghan

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

**Route:** Benleagh \* White Rocks \* Lugnaquilla \* Drumgoff recreation area.  
*Note: If the weather is good, there might be two light scrambles available on this hike; on to Benleagh from Fraughan Rock Glen and from White Rocks on to Lug. Those who would prefer not to participate will be led to the top of the Glen where they will rendezvous with the scramblers.*

**Distance:** 17 km **Ascent:** 850 m

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

**Sunday 12<sup>th</sup> July 2015**

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

**\*\*\* Slieve Blooms \*\*\***

**\*\* A special price of €15 for the bus \*\***

**\*\* No 2<sup>nd</sup> pick-up or drop-off point \*\***

**Leader :** Mel O'Hara 085 198 1248

**Route:** Capard Wood \* Glenbarrow \* Ridge of Capard \* Capard Wood.

*Start and finish at N383 086, entrance to Capard Wood near Rosenallis, Co Laois*

**Distance:** 16.5 km **Ascent:** 600 m

**Map:** OS 54

**Sunday 19<sup>th</sup> July 2015**

**Leader:** Russ Mills

**2nd pick-up point:** Bus stop before roundabout at Loughlinstown \* **Different return \***

**Route:** Lead mines car park, Glendasan (T 100 982) \* Camaderry via Luganure Brook \* Turlough Hill - Lough Ferrib \* Art's Cross \* Three Lakes \* Black Banks \* Table Track \* Stranahely \* Tim's Crossroads (S 982 948)

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

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

**Sunday 26<sup>th</sup> July 2015**

**\*\*\* Mourne Mountains \*\*\***

**\*\* A special price of €15 for the bus \*\***

**Leader:** Simon More

**2nd pick-up & return drop-off point:**  
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 close to the Pavilion Shopping Centre.  
Drop off point is bus stop opposite on southbound carriageway

**Route:** Tollymore \* Pot of Legawherry \* Slieve Commedagh \* Slieve Corragh - Slievenagloagh \* Hare's Gap \* Slieve Bearnagh \* Tasse Track

**Distance:** 14 km **Ascent:** 1020 m

**Maps:** Mourne Country Outdoor Pursuits Map

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**Sunday 2<sup>nd</sup> August 2015**

**\*\* Local Hike using Dublin Bus \*\***

**Leader:** Garry Byrne

**Route:** Scalp \* Barnaslingan \* Ballycorus \* Lead Mines \* Killegar Church \* Knocksink Glen \* Bog Meadow \* Enniskerry \* Lover's Leap \* Enniskerry

Meet at 10:00 at the normal place. We'll be using Dublin Bus to travel to the Scalp (on bus 44), returning from Enniskerry on bus 44. Cost each way will be €2.05 with a leap card and €2.80 with coins.

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

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**Sunday 9<sup>th</sup> August 2015**

**\*\* Local Hike using Dublin Bus \*\***

**Leader:** Philip Hayden

**Route:** Marley park to Enniskerry via the Wicklow Way, Bally Brew and Knocksink woods

Meet at 10:00 at the normal place. We'll be using Dublin Bus to travel to Marley Park (on bus 16), returning from Enniskerry on bus 44. Cost each way will be €2.05 with a leap card and €2.80 with coins.

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

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**Sunday 16<sup>th</sup> August**

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

**Leader :** Tom Milligan

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

**Route:** Glenmalure Lodge (T: 106 909) \* Forest trails \* Kelly's Lough \* Cloghernagh \* Art's Lough \* Ballinafunshogue CP \* Wicklow Way \* Glenmalure

**Distance:** 19 km **Ascent:** 960 m

**Map:** OS 56, East West Mapping

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**SATURDAY 22<sup>nd</sup> August 2015**

*(The hike this week will be on a Saturday, not Sunday, in association with the Club BBQ at Glencree Peace and Reconciliation Centre)*

**Leader:** Jim Barry

**2nd pick-up & return drop-off point:** Tallaght (N81) pickup point

**Route:** Glencree Centre (G.R. O 141 178) \* Old Boleys Track to Barneskalare Bog Road \* Kippure \* Lough Brays (Eagles Crag) \* Upper Lough Bray Track to Military Road \* Lower Lough Bray Track to McQuirk's Cottage \* Short Road Walk to Glencree Centre

**Distance:** 12 km **Ascent:** 600 m

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

## Club news and events

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**The AGM will be held in The Teacher's Club, Parnell Square, at 20.00 on Friday, 16<sup>th</sup> October.**

The recent Birdwatching event with Niall Keogh of Birdwatch Ireland was a great success and a very enjoyable day out was had by all. Thanks to Russell Mills and Michael Quinn who organised the day. Michael deserves special thanks and praise as it was his idea and his initiative that bore fruit.

Congratulations and thanks to all the leaders who recently led hikes for the club for their first time, John, Patricia, Michael, Rúaidhrí, José and Eugene. The weather gods smiled on some of them and made very interesting days for others. All routes were navigated safely and without incident. Thanks also to all who supported and assisted on the hikes and who helped out with reki's etc.

The new hike programme has some trips away and Dublin Bus will provide the transport on the first two Sundays in August.

The club is organising a barbeque again this year. It will be held at Glencree on Saturday August 22<sup>nd</sup>, see page 22.

### **Club membership**

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

#### **NO CARD – NO HIKE**

Membership cards are checked before boarding the bus.

Thank you for your co-operation and support with the membership card checking.

*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*

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

Club membership for 2014/15 has been open since October 2014 and will be open for 2015 / 2016 from the start of September 2015.

*A membership form is included on final page of this Newsletter.*

Membership can now also be taken out and renewed on the club website see

<http://www.hillwalkersclub.com/membership-application-form.php>



## Environmental notes

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Hello Everyone,

Our birdwatching day on Sunday May 24<sup>th</sup> with Niall Keogh of Birdwatch Ireland went very well, with 17 of us enjoying an interesting introductory presentation in the morning at the Glenview Hotel, followed by a leisurely and informative 'amble' from Crone wood up to Maulin, looking out for the various birds that occupied the differing habitats en route.

Niall help us identify the various bird calls all around, and regaled us with 'birdy' tales, including the remarkable lifecycle of the cuckoo.

We then headed to Knockree Hostel for tea and cake and re-joined the rest of the Hillwalkers out that day on the J. B. Malone memorial hike.

Many thanks to Niall for his time, given freely, and his vast knowledge that he shared with us. The Hillwalkers Club will be making a small donation to Birdwatch Ireland by way of thanks.

Our next environmental event will be on Sunday September 6<sup>th</sup>, (subject to approval), when we have a club day helping out Mountain Meitheal re-route part of the Wicklow Way through the woods on Paddock Hill. This is important work, which is done entirely by MM volunteers.

If you feel you would like to help on the day, and give something back to the hills for all the great days we have had in the mountains, then please get in touch via email, [russ.mills@hotmail.co.uk](mailto:russ.mills@hotmail.co.uk), as they do need fairly firm numbers.

I think that Irish hikers in general and members of the Hillwalkers in particular, are very conscientious when out hiking in the mountains. We have a very good track record of cleaning up after our lunch stops and not leaving rubbish behind.

However, not everyone is so thoughtful.



On a recent hike up Lugnaquilla I was disturbed to see the amount of mess and rubbish left by folk at the summit cairn. As well as an errant beer bottle I found a lot of orange and banana peel, along with tea bags, tissues, plastic bottle tops and cigarette butts.

These items do not decompose readily on the hills, and especially at the cooler, higher altitude of Lugnaquilla.

I think most of this detritus was left out of ignorance, some walkers assuming it would rot down, and that the best way to reduce this mess is for all of us to pass the word on: 'It will not decompose so please take it home'.

Thanks.

See you out on the hills.

Russ Mills – environmental officer

## **Women With Altitude** *Text & Photos by Liz McWilliams & Fiona Byrne*

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Having had a taster for Killarney at Easter, Fiona and Liz set off again to the same hostel to participate in 'Women with altitude' organised by Mountaineering Ireland, 17-19 April.

It was great to meet the same welcoming staff at the hostel, as we did not know any of the other participants (from all parts of the country), and all seemed tall, fit and oozing confidence. After early evening soup and sandwiches at the hostel we progressed to Fossa Community Hall for a welcome presentation and three excellent short talks by women prominent in mountaineering, then to the familiarity of the Golden Nugget to discuss our various planned activities over a few scoops. Conversation then flowed more freely!

Fiona's incredible tracker system alerted us that Mark Campion was in Kerry. He regretted being unable to join us as he and Neville were hiking/camping but lamented the waste of seventy women.



*Fiona all kitted out - way above the road!*

On to the activities, we both elected to try rock scrambling and Nordic walking. Saturday - rock scrambling. We were issued with helmet and harness and about ten of us were driven to the Gap of Dunloe. We had only a hazy idea of what was involved but the best description seems to be something between rock climbing and hill walking.



*Liz on the ropes !*

First we walked to a suitable spot and practised walking up and down on various types of rocks and large boulders (without falling) and getting up and down small gullies - very useful. After that we donned helmet and harness and did some scrambling work on the rocks with ropes, two or three people roped together on an ascent. We also tried lowering a person down a short gully by means of a rope and being lowered ourselves. A really enjoyable day.

Back at the hostel late afternoon for tea and cakes, then another great talk by an accomplished mountain leader and all round outdoor sportswoman. After dinner in the hostel, once again to the delights of the Golden Nugget.

Sunday - Nordic walking in the Muckross and Torc area. We thought it would be easy after the scrambling, it proved more technical and difficult than anticipated but still enjoyable. The surprise was meeting Mark and Neville, supposedly on a stroll before lunch but mortified to be caught on flat terrain!

Finishing around 3.30 p.m., back to the hostel for a quick shower, tea and cakes then to Killarney station to catch the 5.45 p.m. train to Dublin.

As at Easter the weather was extremely kind. A great weekend largely so a big thanks to Mountaineering Ireland for the organisation and effort in ensuring it was such a success.



*You never know who you might meet !*



*Ready for a little Nordic technique*



*Slieve League Cliffs – Photo Don Reilly*

All across the quays 45 suitcases, some of which were fit for a transatlantic crossing, rolled towards our bus destined for Donegal. Wise and experienced hikers were bringing significant back up clothing given the strong likelihood of the poor weather forecast or maybe hoping for a good night out. Noel, our regular and trusted bank holiday driver was a comforting sight to greet us as we loaded up promptly for 4pm. Soon we learned that Frank Rooney, the dedicated trip leader, was unable to come with us but we were going to be under the supreme command of Jim Barry who recently led the Kerry campaign at Easter time.

After a scenic trip through Cavan and Fermanagh, we arrived at the Central Hotel situated in the heart of Donegal town. Unexpectedly and gladly, we were treated as ‘Friends of Frank Rooney’ to a three course dinner which did not appear to be part of the package. Afterwards, with bloated bellies, many of us toddled down to local bars for supplementary liquids. One of these bars, the Reel Inn, proved to have a fine traditional and ballad session. Although the music seems to cater for the many overseas tourists in Donegal, many locals around the area are still steeped in the tradition of bemoaning the past.

Each morning we were due to start on the bus at 9am. This meant an early start so this holiday break was no picnic. Drinking late and early rising are bad combinations. The French and German tourist groups were queuing up for their breakfast at 7.30am while we were still turning over in our sleep. The breakfast buffet had everything and lots of it. Weight management would prove challenging this weekend.

On Saturday morning, Fiona and Jude decided to partake in the easy option called the Famine Walk instead of joining us. The story behind this is interesting. In the famine times, a Native American tribe called the Choctaw collected and sent over today’s equivalent of €8,000 to the starving Irish. This is despite their own poverty.

A descendent of this tribe, Waylon Gary White Deer, led the commemoration walk which is also staged in other parts of the country. The ladies reported that they had a fine time and learned loads about the history of the famine and its impact on Donegal.



*On the Slieve League Trail – photo Tess Buckley*

The plan for rest of us was Slieve League for both hards and moderates. Jim Barry was leading the moderates along the Pilgrims Path up to the summit and finally ending up further up the north coast at Malin Beg. It turned out that a vacancy existed for hard hike leader and Jim nominated three elite leaders from the ranks. Brian Bright Star Flynn, Tom Great GPS Hennessy and John All Knowing Gordon had previous experience in Kerry and were duly appointed. The challenge was to climb directly to the peak along the coast and meet the moderate hike at the same place at Malin Beg.

We set off walking along a road for a couple of kilometres as the roads were too narrow for the bus to bring us all the way to the hike start. We sped away with turbo energy straight down towards a small port only to realise that we missed a turn sign posted for Slieve League. Sometimes signposts come in handy! As we approached the car park where the route to the hill started, some of us observed a young spaniel haplessly running around like a new born lamb. He appeared to be on a solo expedition and we speculated that he was lost or abandoned. Sheep and lambs scattered nervously as he scampered along. After failing to contact the phone number on his collar we decided to bring him to the car park in the hope of finding a solution. The solution arrived in a car and promptly snatched the dog away from us without acknowledgement. We didn't even have time to protest our innocence as perhaps the local owner though we were do-gooder busy bodies. We will never know.

As we progressed upwards along the coast, we were blessed with clear weather to survey the Atlantic Ocean stretching all around. We could imagine we could see clearly to Newfoundland. We were able to peer down on the magnificent cliffs right down to see blue patches of sea and tiny specks of sea birds skimming the sea surface. The Slieve League cliffs are (one of) the highest sea cliffs in Europe. All along the coast towards the summit of the hill, a new path is currently been constructed. Large bags of rocks and stones were dropped along the way ready for use.

Apparently, there is some conservation dispute about the quality of this path between Mountaineering Ireland and the local council.

See [http://www.mountaineering.ie/files/201492910497\\_ae043cee.pdf](http://www.mountaineering.ie/files/201492910497_ae043cee.pdf)



*On the Slieve League Trail – photo Tess Buckley*

The upland ground was wet, mucky and uneven in places so any kind of solid path would be a very welcome addition to the climbing experience. We lunched just before the summit of Slieve League (601m) and feasted on the clear views all around. I was the back marker but soon grew weary of waiting on casual strollers enjoying themselves chatting to catch up. Given that we had three leaders, I thought it would be o.k. to appoint multiple back markers and this helped alleviate some of the pressure and frustration I felt.

When we were approaching Malin Beg, the rain started and many hikers were fortunate to find refuge in a friendly community café. We were all delighted with the day which could not have been better. What made it sweeter was that it continued to rain all evening and into the night.

We had our second three course meal in the hotel later that evening and the quality of food was excellent. We were truly spoiled. Even the dessert was delicious. I had a Peach Melba which was invented in 1892 or 1893 by the French chef Auguste Escoffier at the Savoy Hotel, London, to honour the Australian soprano, Dame Nellie Melba. This information was conveyed by Noel (via his phone) who turns out to be not only a food connoisseur and bus driver but also a potential local politician. For me, this dessert was a perfect combination of lightness and fruitiness. It provides a healthy excuse for taking a dessert.

Donegal is the heartland of Country and Western music and Saturday night is when many of the locals converge on the town to deplete the alcohol reserves. The hotel staged a fine singer who serenaded residents late into the night. A group of us headed down to the Globe in the hope of something different. We were disappointed. This pub had decided to stage a karaoke session. We drank up and left as the singers were too good. The Reel Inn proved a reliable staging post for a few drinks, however it appeared that many of us were unwilling and unable for a late night. The day had taken its toll together with rich food and drink.



*James, Michael and Eugene – Photo Tess Buckley*

We anticipated some rain on Sunday. Jim and Brian had reced the Blue Stack Mountains prior to the trip. However, this was ruled out due to the amount of rain in the previous week and this terrain would be particularly sodden. I know from previous experience that a dry summer is the only time to hike there. Glenveagh National Park (<http://www.glenveaghnationalpark.ie>) was the chosen alternative destination instead. We headed on the bus up through the rolling hills, bogs and small sheep farms of central Donegal. Many old ruins of houses dotted along the road were accompanied by large mansion like houses which appeared to be void of life too. We went through Ballybofey and Finntown (avoiding Letterkenny) which are fine, well populated towns.

The hard hike leaders had to innovate a hike in Glenveagh on the spot which was no easy task. Brian, Tom and John eventually proved their worth and led us ably up a mountain and back down again arriving at Glenveagh Castle. GPS's and maps were frequently cross referenced to ensure that we were not inconvenienced in any way. The weather was incredibly changeable. One minute we were pelted by freezing wind and hail stones and then next we were in a blaze of sunshine. Up high the wind was very strong but presented us an opportunity to dry ourselves out. Up on top there was a high prevalence of rare old bog wood. When I say old, I mean over 6,000 years old (see [www.FrankKeogh.com](http://www.FrankKeogh.com)). I also learned that the glacial period left its distinctive mark in this region and even left some rare arctic alpine plants here (see [www.TessBuckley.com](http://www.TessBuckley.com)).

At Glenveagh Castle, we had an opportunity to try out the café's sweet produce which was very tasty indeed. The grounds surrounding the house were well worth exploring too. It contains many high quality gardens and walks. There are pleasant walks all around the estate as well.



*Tom, John and Frank Photo – Tess Buckley*

We got back to the hotel and many hikers headed immediately for the Jacuzzi and swimming pool to avail of the full facility. We had our final three course meal which maintained the high standard previously experienced. Jim gallantly arranged a collection for the staff and paid tribute to their efforts to serve up over the three days.

We trotted off back to the Reel Inn as it proved reliable enough as an entertainment option. This time some of our own boys displayed their talents to the local audience. The uncontrollable and irrepressible singing talents of Gerry and Paul were applauded by the crowd who enjoyed their wholehearted confident performances. In the pub, I talked to a woman who had moved from Dublin to Donegal. Surprisingly, she expressed dissatisfaction with the locals who failed to embrace her into the community. As in many parts of rural Ireland, there is no easy and immediate passport for Dubliners yet.

The promised rain arrived with vengeance and stayed all night long. We slept well satisfied given that we had covered significant ground already. Nevertheless, the next morning Jim was intent on giving us full satisfaction and with decisiveness planned an attempted ascent of Benbulbin in Sligo. We headed for Yeats's country as the rain belted the bus windows. Jim raised the necessary number of loyal followers to proceed with the hike. The other option was a shopping centre. On learning this I put my boots and gaiters on, ready for the challenge.

There was a particularly alarming moment on the bus as it transpired that Jim's extra-large size gaiters were missing. Jim walked down to the back seat of the bus with this breaking news. A tremor of terror ran through the hikers as each person looked accusingly at each other. No one spoke for a long time. One brave person voiced that he had sighted two unusually large black forms flapping around in the luggage compartment of the bus but had been too frightened to approach to investigate. Thankfully for all concerned the gaiters were captured and returned safely to Jim unharmed.



*Lunch with a view – Photo Tess Buckley*

I must have been suffering from a degree of temporary insanity as I made my way up towards Kings Mountain on the way to Benbulbin. Streams of rain met us from every angle. As we reached higher ground, the rain proved too heavy and we turned back without protest. The countryside here is much more lush and fertile compared to Donegal. We got a taster of the Sligo area and look forward to a return visit soon. We had a decent lunch in the Sligo Park hotel as the rain bucketed down. We then headed for home along the N/M4.

Overall, the trip was a resounding success. We had super hikes without rain for two days and the hotel had everything a person could want. We had a great and competent leader in Jim who worked hard to ensure we would never be left with an indecisive moment or in any doubt about the plan ahead. We also had a troika of senior leaders groomed for the future, Brian, Tom and John. No doubt we will hear more of them again. We arrived safely back in Dublin and Noel helped us climb stiffly down the stairs of the bus. Our stiff legs and full stomachs proved the value of the weekend. We had been challenged. Many thanks to everyone who made this trip to Donegal so enjoyable.

*Text – James Cooke*

## Photos from some recent hikes

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*Micheal and troops before his hike across Luqnaquillia – Photo Michael Quinn*



*José with his troops on Luqnaquillia – Photo Don Reilly*



*Eugene has a good day on Prince William's Seat – Photo M O'Hara*



*Smashing Day on the JB Malone Walk Photo – Pedro Menchen*



*Another photo from the JB Malone Walk taken by Pedro Menchen*

## **Always Welcome**

**Good photos for inclusion on Hillwalkers Club Facebook Page  
and / or in Newsletter**

**Please send photos to Eugene**

**[dudley@hotmail.com](mailto:dudley@hotmail.com)**

**or Mel**

**[melohara@eircom.net](mailto:melohara@eircom.net)**

### **Committee 2014/15**

<i>Chairman</i>	Frank Rooney
<i>Secretary</i>	Liz Carey
<i>Treasurer</i>	Lourdes Hernández
<i>Sunday Hikes Coordinator</i>	Simon More
<i>Membership Secretary</i>	Jim Barry
<i>Club Promoter</i>	Eugene Dudley
<i>Training Officer &amp; Administrator</i>	Ita O'Hanlon
<i>Club Social Coordinators</i>	Liz Carey / Eugene Dudley
<i>Environmental Officer</i>	Russell Mills
<i>Newsletter Editor</i>	Mel O'Hara

### **Special thanks to:**

<i>Webmaster</i>	Matt Geraghty
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# SAVE THE DATE

**HILLWALKERS CLUB ANNUAL SUMMER BBQ**

**SATURDAY 22<sup>nd</sup> AUGUST AT THE GLENCREE  
RECONCILIATION CENTRE.**



**BUS FROM BURGH QUAY AT 10AM,  
HIKE FIRST & BBQ LATER. (5.30PM)**

**BOOKING DETAILS TO FOLLOW.**

**For more information contact Eugene or Liz.  
[dudleye@hotmail.com](mailto:dudleye@hotmail.com) & [lizjcarey@gmail.com](mailto:lizjcarey@gmail.com)**



# 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](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 2014/15 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 Lourdes or Jim ( [lourdeshezmartin@hotmail.com](mailto:lourdeshezmartin@hotmail.com) or [barryja@eircom.net](mailto:barryja@eircom.net) ) 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.