



Hillwalkers Club

Nov 2016 - Feb 2017

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

THE HILLWALKER



Galtys temperature inversion – Photo – Lourdes Hernandez

In this edition

Hike programme November - February 2016	2
<i>The pick-up points</i>	3
Club news and events	10
<i>Mountain Training Report</i>	11
October Bank Holiday weekend report	13
<i>Christmas Party Weekend</i>	17

Committee 2016/17

The following members were chosen as committee members for 2016 / 17 at the recent AGM - Russell Mills, Ita O'Hanlon, Simon More, Jim Barry, Martin Keane, James Cooke, Gavin Gilvarry and Mel O'Hara. Committee roles will be agreed at the first formal meeting of the new committee which will be held on 24th November.

Special thanks to:

Webmaster

Matt Geraghty

HIKE PROGRAMME Nov 2016 – Feb 2017

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.

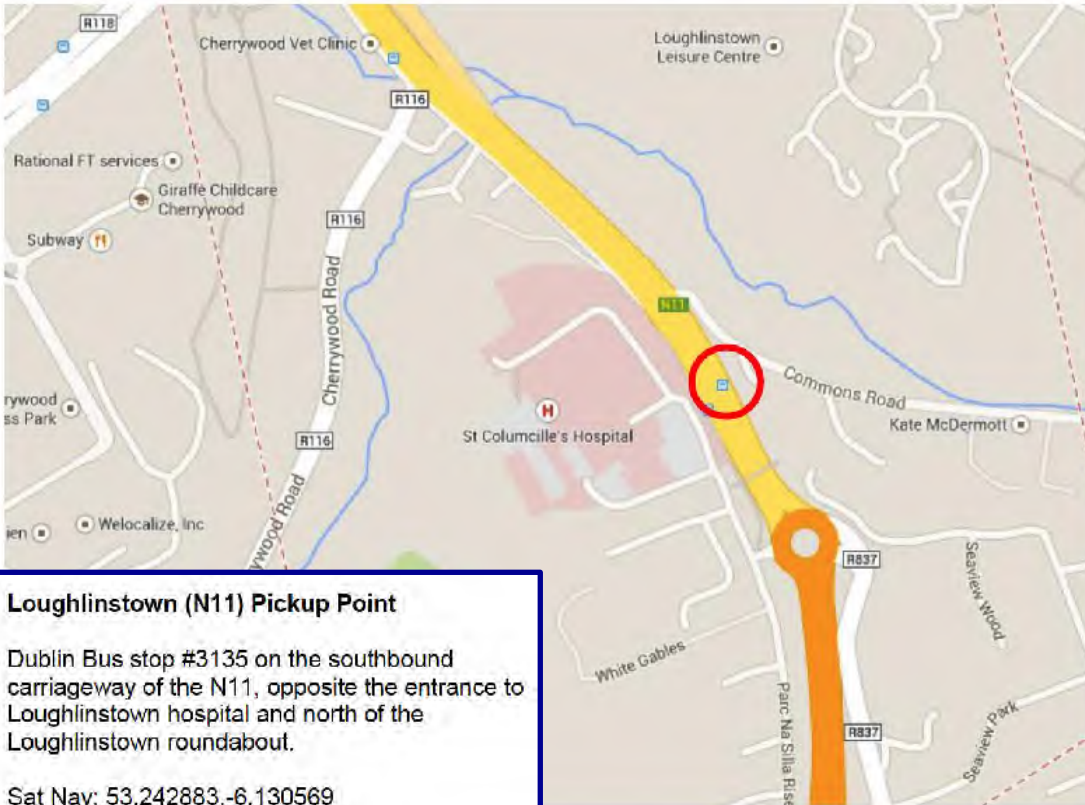
CO-ORDINATION If necessary, tickets are given out on Sundays to ensure that participants reserve a bus place as they arrive.

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.

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

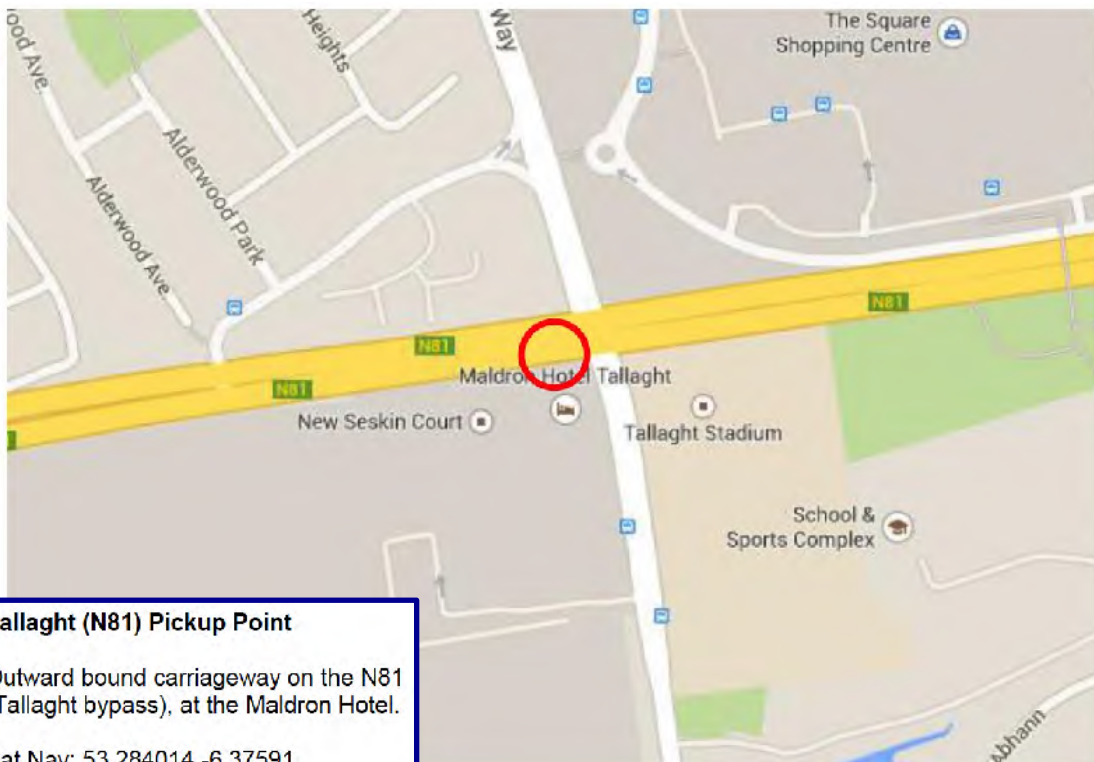
Dublin Bus stop #1304 on the southbound carriageway of the R115, close to Rathfarnham Castle and opposite Butterfield Ave.

Sat Nav: 53.29935,-6.283815

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

Sunday 20th November

Leader : Mark Campion

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

Route: Ballinastoe Woods * White Hill *
Sheepbank's Bridge * Fancy * Cloghogue
Brook * Knocknacloghogue * Pier Gates

Distance: 18 kms **Ascent:** 980 m

Map: OSI 56, Harvey, East West Mapping
(Wicklow Mountains East)

Sunday 27th November

****Introductory Hard Hike****

Leader: Brian Flynn

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

Route:
Oldbridge * Scarr * Paddock hill * Wicklow
way * Brockagh mountain * Lead mines

Distance: 16 km **Ascent:** 640 m

Map: OSI 56,
East West Mapping (Lugnaquilla &
Glendalough or Wicklow Mountains West)

Sunday 4th December

Leader: Neville Ransome

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

Route: Calary car park * Glensoulan *
Maulin * Mallaunsoo * Tonduff South &
North * Ravens Glen * Crone wood

Distance: 15km **Ascent:** 600 m

Maps: OSI 56,
East West Mapping (Dublin and North
Wicklow Mountains)

Saturday December 10th & Sunday December 11th



Christmas Party Glendalough

**Hikes followed by Dinner and Disco at
the Glendalough Hotel**

See Page 17 for additional details

2 grades of hike each day

Sunday 18th December



**** Traditional Christmas Holly Hike ****

This is the Annual Holly(wood) Hike that finishes around 15.30 at the Hollywood Inn. There will be finger food and music, with bus leaving Hollywood for Dublin around 18.00

Leader: Don Reilly

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

Route: Hollywood Glen * Church Mountain * Ballymooney * track via St Kevin's Way to Hollywood

Distance: 14 km **Ascent:** 350 m

Maps: OS 56, Wicklow Mountains West

St Stephen's Day Monday 26th December

1. Seasonal hike in the Howth Peninsula

Leader: Frank Rooney (085 174 2119)

Transport: your own or Dublin Bus.

No Darts trains. Dublin Bus 31A available from Lr. Abbey Street at 10.00

Starting at Sutton Cross at 11am and finishing in Howth Harbour at 16hrs approximately.

Refreshments in Howth afterwards

Hike suitable for Hard and Moderate walkers only
(It is not suitable for easy walkers)

2. Local hike in Kilmacanogue area

Leader: Brendan Dempsey

Transport: Dublin Bus

Meeting Point: 145 bus stop D'Olier St. at about 10 am

Route: Kilmacanogue * Little Sugarloaf * Big Sugarloaf * Kilmacanogue

Refreshments afterwards in Plucks Bar, Kilmacanogue.

Return to Dublin by Bus Eireann or Dublin Bus

New Year's Day Sunday 01 January 2017

**** Traditional hike to Lugnaquilla ****

Leader: Jim Barry (087 273 7338)

Subject to favourable weather conditions.
Check with Jim before travelling.

Transport: Private Cars. *Please make arrangements to share cars if you can.*
Meet outside Fenton's Pub in the Glen of Imaal at 10.45am

Route: Fenton's Pub Car park * Camara Hill * Lugnaquilla * Slievemaan * Ballinceddan * Little Slaney * Fenton's Pub *

Distance: 14 km **Ascent:** 900m

Maps: OS 56, Harvey, East West Mapping
Lugnaquilla and Glendalough

Sunday 8th January 2017

Leader: Gerry Walsh

2nd pick-up & return drop-off point:

Bus stop before roundabout at Loughlinstown

Route: Carrigoona to Kilpedder
Carrigoona * Rocky Valley * Glencap * Great Sugar Loaf * Downs Hill * Kilpedder

Distance: 16 km **Ascent:** 650 m

Maps: OS 56, East West Mapping – Wicklow East

Sunday 15th January

****Introductory Hard Hike****

Leader: Frank Rooney

2nd pick-up point:

Bus stop before roundabout at Loughlinstown
Different return

Route:

Crone Woods * Knockree Hill * Knocknagun
* Boranaraltry * Fairy Castle * Marley Park

Distance: 19 km **Ascent:** 670 m

Map: OS 50 & 56 East West Mapping
(Dublin & North Wicklow Mountains)

Sunday 22nd January 2017

Leader: Ronan Callinan

2nd pick-up & return drop-off point:

Bus stop before roundabout at Loughlinstown

Route: Lower lake visitors centre * Glenealo
Valley * Lugduff * Mullacor * Derrybawn
Ridge * Pollanass * Upper Glendalough

Distance: 19 km **Ascent:** 575 m

Maps: OS 56, East West Mapping
(Lugnaquilla and Glendalough)

Sunday 29th January

Leader : Eddie Redmond

2nd pick-up & return drop-off point:

Bus stop before roundabout at Loughlinstown

Route: Laragh * Wicklow Way * Paddock
Hill * Scarr * Kanturk/Brown Mountain *
Scout Camp, Oldbridge

Distance: 15 kms **Ascent:** 800 m

Map: OS 56 East West Mapping (Wicklow
Mountains West or Lugnaquilla and
Glendalough or Wicklow East)

Sunday 5th February

****Introductory Hard Hike****

Leader: Russell Mills

2nd pick-up & return drop-off point:

Bus stop at Loughlinstown roundabout

Route:

Glendalough Visitor Centre * Derrybawn
Ridge * Mullacor * Lugduff * Corrig *
Glenealo * Zig-zags * Miners village *
Glendalough

Distance: 18 km **Ascent:** 750 m

Map: OSI 56,
East West Mapping (Lugnaquilla &
Glendalough)

Sunday 12th February

Leader: Michael Quinn

A circuit of Glencullen

2nd pick-up point:

Bus stop before roundabout at Loughlinstown
Different return

Route:

Curtlestown * Wicklow Way * Knocknagun*
Glendoo* Cruagh* Tirbradden* Fairy Castle*
Glencullen* Johnnie Fox's Traditional Irish
Pub

Distance: 15 km **Ascent:** 60 m

Map: OS 50 & 56 East West Mapping
(Dublin & North Wicklow Mountains)

Sunday 19th February 2017

Leader: Garry Byrne

2nd pick-up & return drop-off point:

Bus stop before roundabout at Loughlinstown

Route: Laragh * Ragman's Path * Shay
Elliott * Kirikee * Ballinderry * Vale of Clara
* Trooperstown Hill * Avonmore River
Tracks * Annamoe

Distance: 19 km **Ascent:** 550 m

Maps: OS 56, East West Mapping
(Lugnaquilla and Glendalough)

Sunday 26th February

Leader : Søren Stuhr Mandrup

2nd pick-up point: Rathfarnham Castle
Different return

Route: Oasis * Carrigshouk *
Mullaghcleevaun East top (Stony hill) *
Mullaghcleevaun * Barnacullian * Stony top
* Tonelagee * Wicklow Gap car park *
Glendasan Valley * St. Kevin's Way *
Glendalough lower car park

Distance: 15 kms **Ascent:** 590 m

Map: OS 56 East West Mapping (Wicklow
Mountains West)

Club news and events

2016 AGM

The club AGM was held on Thursday 13th October. The meeting was well attended and the following members were chosen to form the committee for the coming year :-

Russell Mills, Ita O'Hanlon, Simon More, Jim Barry, Martin Keane, James Cooke, Gavin Gilvarry and Mel O'Hara. Committee roles will be agreed at the first formal meeting of the new committee which will be held on 24th November.

Club membership

Club membership for 2016 / 2017 opened on 1st October

Club membership can be taken out and renewed on the club website see

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

If you have any difficulty using this facility please contact

Membership Secretary, Jim Barry, barryja@eircom.net

A current BLUE Hillwalkers Club membership card is a requirement for participation in the
Sunday hikes **NO CARD – NO HIKE**

Guests may sample only one hike before taking out club membership

Christmas Party Weekend and Holly Hike

The Christmas Party Weekend will be held on Saturday and Sunday, December 10th and 11th in Glendalough see page 17

The Holly Hike will be on Sunday, December 18th

This year, as part of the Hillwalkers ongoing training ethos, members were able to take part in a subsidised Mountain Skills program. This is a training scheme overseen by Mountaineering Ireland and if followed through to assessment can lead to a mountaineering qualification. It is comprised of 2 full weekend courses in the mountain environment, Mountain Skills 1, and the follow up Mountain Skills 2.

Six members, (the total allowed under Mountaineering Ireland conditions), took part in the courses; Søren, Annemarie, Anne, Frank, Tess and Joe. There was also a short waiting list of hopefuls.

The first Mountain Skills 1 course was held over the weekend of 13/14 August, in Laragh, where a range of topics were covered, from essential equipment and hazard awareness to map reading and the basic building blocks of navigation (Grid references, contour interpretation, pacing and timing, distance estimation and map setting).

This was followed up by a Mountain Skills 2 weekend held on 5/6 November. In this second course the emphasis was on poor visibility navigation, and concentrated on walking on a compass bearing over open hillside to locate a feature. It included a night navigation exercise which gave some of the participants their first taste of hiking in complete darkness across the flanks of Tonelagee! It also covered the important skill of movement over steep ground, both in ascent and descent.

The 2 weekends were a great success and, with their Mountain Skills logbooks signed and certified, several of the group expressed an interest in going forward for MS Assessment at a future date.

As a lovely finale to the course, the team were each presented with the very comprehensive Mountain Training book 'Navigation in the Mountains', by Carlo Forte. This book, the official navigation training book for all Mountain Training Schemes, was provided thanks to the generosity of the Gerry Donnelly bequest to the Hillwalkers Club. .



Night navigation – Photo – Russell Mills



Søren, Anne, Tess, Joe, Frank and Annemarie – Photo Russell Mills



Looks like it wasn't all work and no play - photo AnneMarie Keoghan

October Bank Holiday weekend trip report

text - The Editor

The recent Hillwalkers trip to the Comeraghs, Galtys and Knockmealdowns was gifted with remarkably good weather. Not a drop of rain fell over the entire weekend. No hail, sleet, snow or drizzle either! Added to that, there were temperature inversions at times which left the tops of the hills above the clouds creating unusual vistas. Also, due to the preceding dry spell, the hills were quite dry making underfoot conditions excellent for walking.

The trip was based in the Cahir House Hotel, a family-run hotel in the centre of Cahir. The reception and bar areas of the hotel are located in a former 18th-century manor house and the hotel is short walk from Cahir Castle.

Officially listed as a 3 star hotel we received 5 star service from the hotel's friendly, helpful and professional staff.

After an excellent breakfast on Saturday morning we headed towards Rathgormack for hikes in the Comeraghs. Starting at Curraheen, one group, led by Simon, headed for the Comeragh Plateau via Coum Iarthar before later heading north along the Knockanaffrin Ridge. The other group headed for the Knockanaffrin Ridge along the ancient track which connects Rathgormack to the Nire Valley via "The Gap" between the Comeragh Plateau and the Knockanaffrin Ridge.

The Comeraghs are so called because of their many beautiful coums, steeply glaciated valleys, which were created during the last ice age. (From com = hollow or valley in Gaelic which is very similar to the Welsh - cwm)

Both groups had memorable hiking and worked up good appetites for a very satisfying dinner in the hotel later that evening..

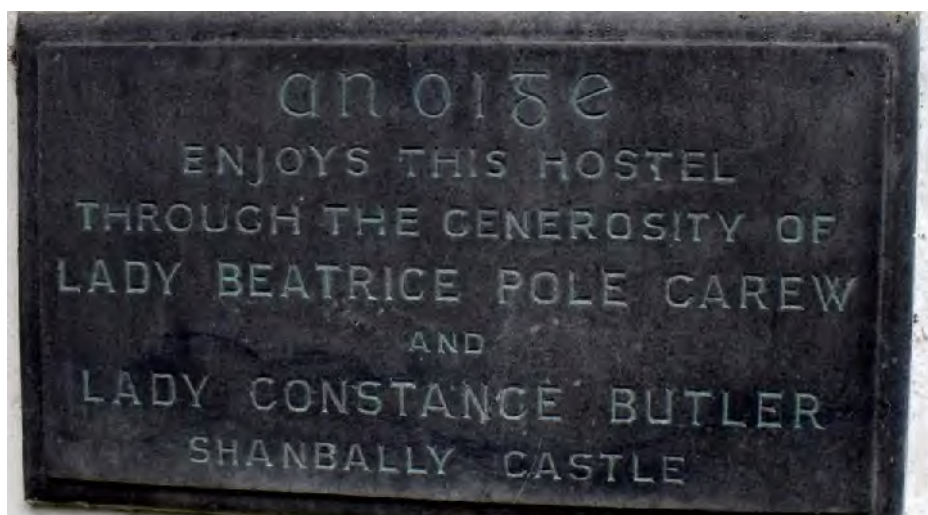


The Knockanaffrin Ridge

On Sunday, again in excellent weather, both groups headed for the Galtys. The bus left one group at the entrance to Glengarra Wood (An Ghleanna Ghairbh = The Rough Glen in Gaelic). This group walked up the beautiful, wooded glen past Mountain Lodge and over Greenane before descending to Rossadrehid. Mountain Lodge was built as a shooting lodge by O'Callaghan, Viscount Lismore, of Shanbally Castle in the 19th Century and was gifted by his heirs to An Óige who used it as a hostel for many years. It brought back happy memories for one of the group, John Cobbe, who had stayed there with his late wife when they were engaged to be married.



Group outside Mountain Lodge



Plaque on wall of Mountain Lodge

The other group, led by Søren, were dropped at Combaun, near Anglesborough, at the western end of the Galtys. They made their way through forest tracks to emerge onto Temple Hill. From there they had a truly memorable hike across the Galtys including Knockaterriff, Lyracappul, Carrignabinnia, Slievecushnabinnia, Galtymore and Galtybeg before descending to meet the bus at Clydagh Bridge.



Group on Galtymore – photo Lourdes Hernandez

On Monday, the bus took two groups to the Knockmealdowns. One group were dropped at the Vee and made their way past the Grubb Monument onto Sugarloaf Hill and Knockmoylan before they enjoyed a leisurely lunch on Knockmealdown's summit. The other group, led by Simon, hiked over the hills to the west of the Vee, Knocknalougha and Knochshanahullion.

The hikers then returned to the hotel in Cahir to change their clothes, have some light refreshments and collect those who had chosen to have a more leisurely day, visiting the Swiss Cottage and Cahir Castle.

It was thought that Noel, who drove the bus for us on many previous weekends away and was so impressively patient, helpful and obliging would be irreplaceable. I am pleased to report that this has not proved to be the case. Noel is a hard act to follow but his successor, Brian, is every bit as patient, helpful and obliging and proved, as Noel always did, to be an invaluable asset over a very enjoyable weekend.

Thanks to Simon and Søren who led their hikes so ably without the benefit of any reconnaissance. Thanks to all backmarkers and others who assisted in any way on the hikes. Thanks also to all the participants for their co-operation and cheerfulness as this all contributed to a very pleasant weekend trip away.



Mountain Lodge



Dozy geese at Cahir Castle disturbed by curious Hillwalkers



Hillwalkers Club



**Annual Christmas Festive Gala Dinner, Party & Weekend
Sat Dec 10th & Sun Dec 11th**



Walking in the Wicklow Mountains



Mulled Wine Reception



Christmas Dinner with Four Course Menu



D.J.

**In the Glendalough Hotel on Saturday December 10th
B&B (full Irish breakfast) Saturday Dec 10th, Glendalough Hostel
Hillwalkers have sole occupation of Hostel**

**Bus from Dublin (Burgh Quay): Saturday December 10th @ 10am
Return from Glendalough: Sunday December 11th @ 4pm
€110 on bus, €100 using own transport. Booking opens Nov 3rd on club website**