



Hillwalkers Club

May - July 2017

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

# THE HILLWALKER



*Gavin and Damian on Brian Madden's Hike – Photo Ruth Murphy*

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## Committee 2016/17

Chairman	Russell Mills
Treasurer	Ita O'Hanlon
Secretary	Martin Keane
Sunday Hikes Coordinator	Simon More
Environmental Officer	Frank Carrick
Membership Secretary	Jim Barry
Club Promoter	James Cooke
Weekend Away Coordinator	Vacant
Club Social Coordinator	Vacant
Assistant Social Coordinator	Gavin Gilvarry
Training Officer	Russell Mills
Newsletter Editor	Mel O'Hara
Webmaster	<b>Special thanks to:</b> Matt Geraghty

## HIKE PROGRAMME

*March 2017 – April 2017*

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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:** €15.00 (*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 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.

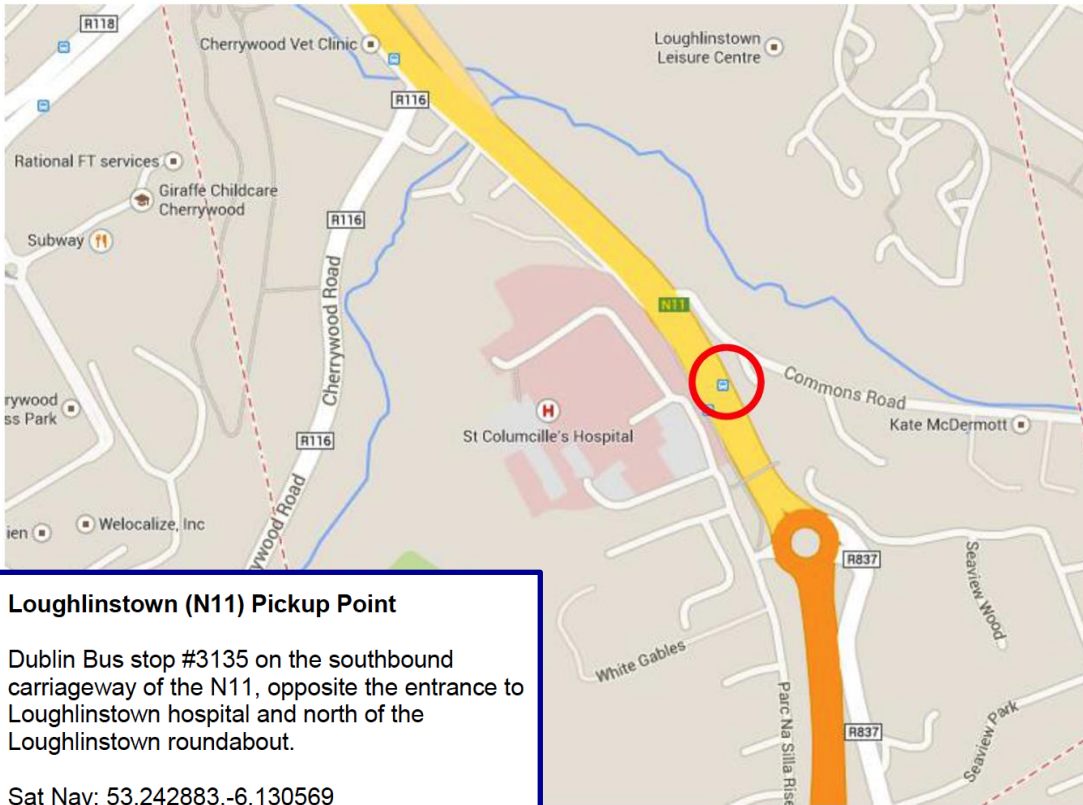
**CO-ORDINATION** If necessary, tickets are given out on Sundays to ensure that participants reserve a bus place as they arrive.

**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.

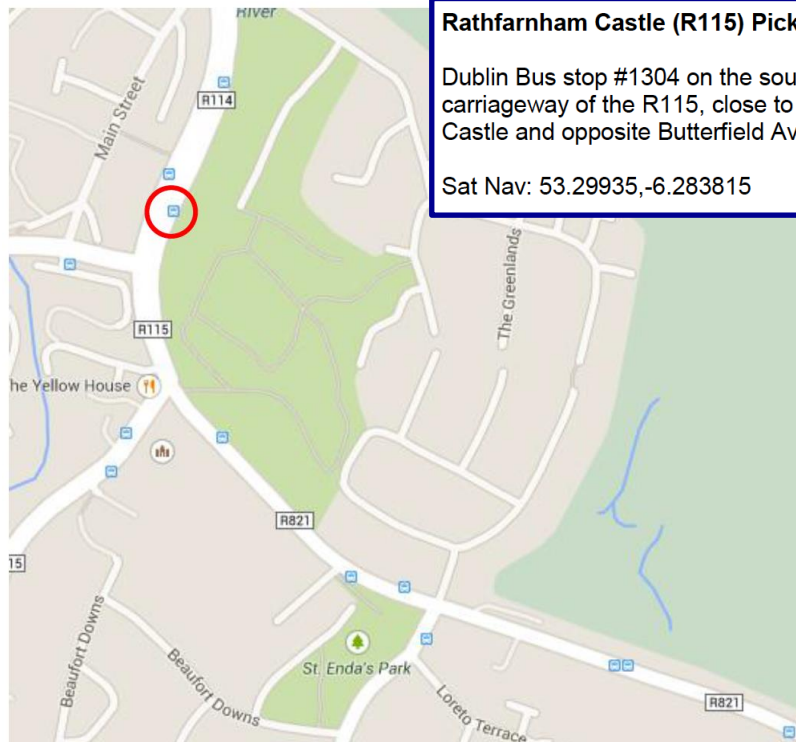
# The pick-up points



## 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

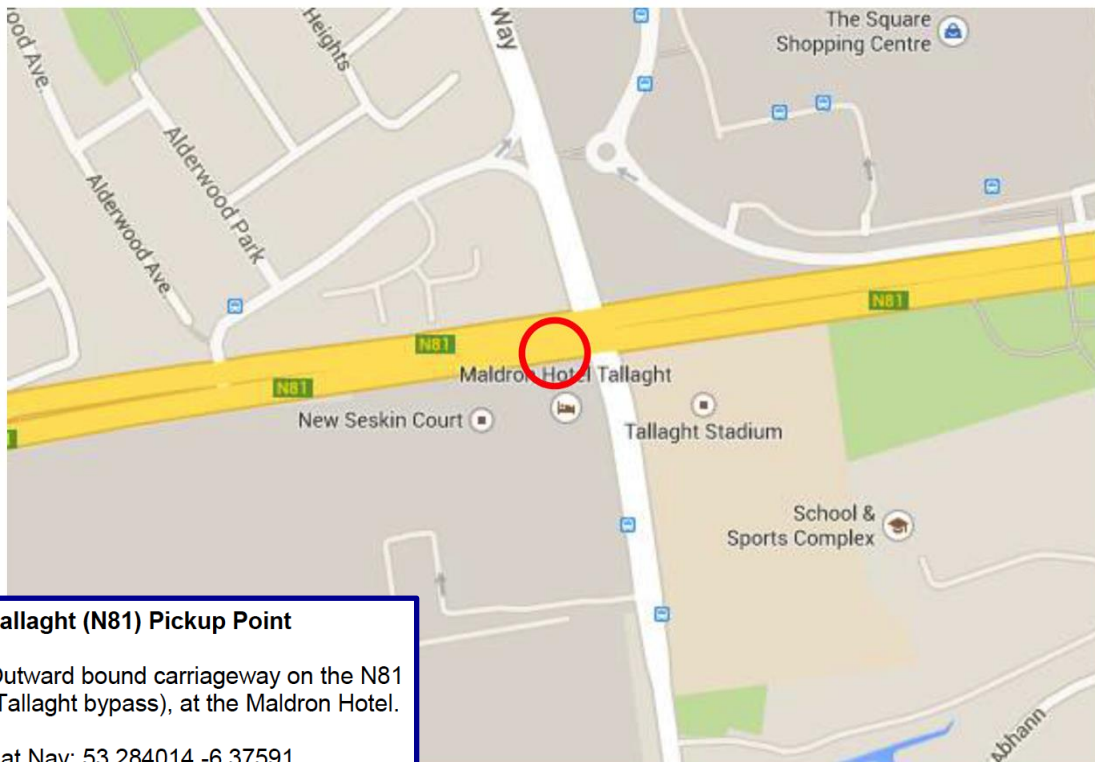
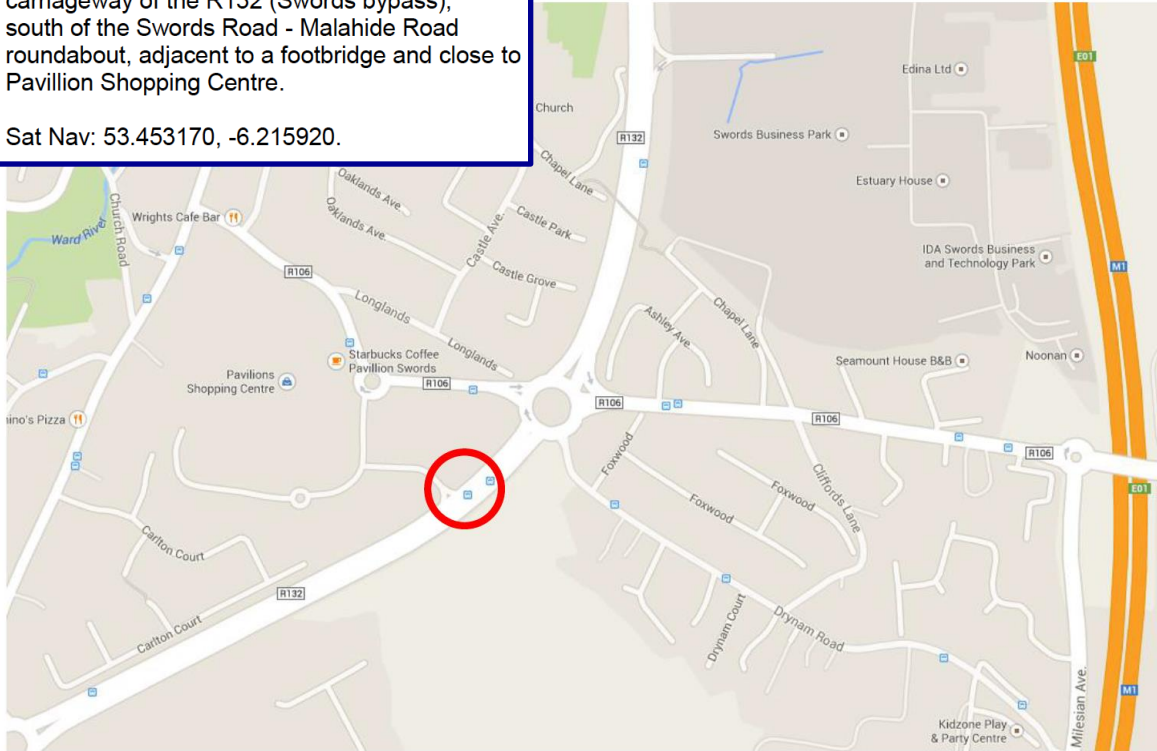
Dublin Bus stop #1304 on the southbound carriageway of the R115, close to Rathfarnham Castle and opposite Butterfield Ave.

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

## ★★ *Newcomers hard hike* ★★

The Hillwalkers Club offers a Newcomers 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 'Newcomers Hike', participants should not be newcomers to hiking. These hikes are to introduce non-members to the Hillwalkers Club and its hillwalking activities. Therefore, participants need to have a good level of personal fitness and, ideally, have some recent significant 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*

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**For Sunday hike leaders, the contact people for Mullally's Coaches are:**  
- Austin O'Hagan, 086 466 4680 - James Mullally, 086 383 7495

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**Sunday 7<sup>th</sup> May**

**\*\*\*Crone Loop \*\*\***

**Leader :** Peter Gillett

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

**Route:** Crone Car Park O192 143 \* Wicklow Way \* Djouce \* War Hill \* Tonduff North \* Maulin, \* Crone Car Park.

**Distance:** 17 kms **Ascent:** 930 m

**Map:** OSI 56, Harveys, East West Mapping (Dublin and North Wicklow Mountains )

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**Saturday 13<sup>th</sup> May**

**Leader:** Frank Keoghan

**Trip to the Mournes**

**\*\*\* Saturday Hike \*\*\***

**€35 including bus and 4 course meal**

**Departing from Burgh Quay at 09.00**

**\*\*No second pick-up and drop off point\*\***

**Dinner at the Donard Hotel**

**Newcastle Co Down**

**Late return to Dublin**

**Route:** Carrick Little \* Carrick Big \* Slieve Binnian \* North Tor \* Slievelamagan \* Upper Cove \* Lower Cove \* Annalong Valley

**Distance:** 15 km **Ascent:** 1000 m

**Map:** OSNI, The Mournes 1:25 000 Activity Map; Harvey, Mourne Mountains 1:25 000 or Sheet 29 OSNI 1:50 000

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**Sunday 21<sup>st</sup> May**

**\*\*\*JB Malone Memorial Walk\*\*\***

**Leader:** Brian Flynn

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

**Route:** Pier Gates \* J.P Malone Memorial Stone \* White hill \* Djouce \* Coffin Stone \* War hill \* Dargle river \* Tonduff South \* Maulin \* Crone car park \* Knockree Hostel

**Distance:** 17 km **Ascent:** 580 m

**Maps:** OSI 56, East West Mapping (Wicklow East )

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**Sunday 28<sup>th</sup> May**

**\*\*Newcomers Hard Hike\*\***

**Leader :** Kevin O'Reilly

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

**Route:** Tinahely \* Mangan's Lane \* Garryhoe \* Old School \* Kyle \* Ballycumber Hill \* Tinahely

**Distance:** 18 kms **Ascent:** 500 m

**Map:** OSI 62

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Sunday 4<sup>th</sup> June

**NO SUNDAY HIKE**

**Burrishoole Walking Festival**

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Sunday 11<sup>th</sup> June

**\*\*\*Circuit of Kilbride\*\*\***

**Leader:** Tommy Lundy

**2nd pick-up & return drop-off point:**  
Maldron Hotel, Tallaght

**Route:** Kilbride camp \* Seefin \* Seefinegan  
\* Corrig \* Seahan \* Ballymorfinn hill \* road  
at parking space \* Ballinascorney forest \*  
Brittas road \* Tallagh hill \* Toomoling pool \*  
Horan's lane \* Jobstown

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

**Map:** East West Mapping  
(Dublin and North Wicklow), OS1 50 & 56

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Sunday 18<sup>th</sup> June

**\*\*Sally Gap to Lacken\*\***

**Leader:** Terry Curran

**2nd pick-up point :** Rathfarnham  
**\*\*\*Different return route \*\*\***

**Route:** Sally Gap Cross Roads GR O 130110  
\* Carrigvore \* Gravale \* Duff Hill \*  
Mullaghcleevaun East Top \*  
Mullaghcleevaun \* Billy Byrnes Gap \*  
Moanbane \* Black Hill \* Hampden Bomber  
Memorial \*- Lacken "Holy Well"

**Distance:** 19.5 km **Ascent:** 990 m

**Maps:** OSI 56

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**Saturday 24<sup>th</sup> June**

**Leader:** Frank Keoghan

**Trip to the Mournes**

**\*\*\* Saturday Hike \*\*\***

**€35 including bus and 4 course meal**

**Departing from Burgh Quay at 09.00**

**\*\*\*No second pick-up and drop off points\*\*\***

**Dinner at the Donard Hotel**

**Newcastle Co Down**

**Late return to Dublin**

Rocky River Circuit Western Mournes

**Route:** Rocky Mountain (Eagle Mountain ...  
maybe, it will add 150 m) \* Windy Gap \*  
Slievemoughanmore \* Pigeon Rock Mountain  
\* Cock Mountain \* Hen Mountain

**Distance:** 12 km **Ascent:** 900 m

**Map:** OSNI, The Mournes 1:25 000 Activity  
Map; Harvey, Mourne Mountains 1:25 000 or  
Sheet 29 OSNI 1:50 000

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**Sunday 2<sup>nd</sup> July**

**\*\*Newcomers Hard Hike\*\***

**Leader :** Tom Kenny

**2nd pick-up point:** Maldron Hotel, Tallaght  
**\*\*\*Different return route \*\*\***

**Route:** Ballinagee bridge \* Glenreemore brook \* Oakwood \* Lough Firrib \* Spot height 702 \* Lugduff ridge \* The Spink \* Glendalough visitor centre car park.

**Distance:** 18.5 kms **Ascent:** 650 m

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

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

**\*\*Newcomers Hard Hike\*\***

**Leader:** Donal Finn

**2nd pick-up point:** Maldron Hotel, Tallaght  
**\*\*\*Different return route \*\*\***

**Route:** Aughavanagh \* Ow Valley \* Lugnaquilla \* Art's Lough \* Glenmalure Hotel

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

**Maps:** OSI 56 & 62  
East West Mapping (Lugnaquilla and Glendalough)

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**Sunday 9<sup>th</sup> July**

**Leader:** Neville Ransome

**Slieve Bloom Mountains**

**\*\*No second pick-up and drop off points\*\***

**Route:** Grid Ref 265 040 \* Wolftrap mountain \* the Cut \* River Barrow source \* Barna \* Baunreaghcong \* Ridge of Capard \* Capard \* Glenbarrow carpark

**Distance:** 19 km **Ascent:** 200 m

**Map:** OSI 54

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**Saturday 22<sup>nd</sup> July**

**\*\* Saturday hike \*\***

**10 am departure  
from Burgh Quay**

**\*\* Finishing at the Glencree Centre  
for the Club BBQ \*\***

**\*\* Back in Dublin about 9.30 pm \*\***

### Hike and dine

The JB Malone Memorial Walk, led this year by Brian Flynn, will be held on Sunday 21<sup>st</sup> May. As usual, refreshments will be provided by the club at Knockree Hostel following the hike.

Frank Keoghan is leading two hikes to the Mournes on Saturday 13<sup>th</sup> May and again on Saturday 24<sup>th</sup> June. The bus leaves at 09.00 to ensure the hikes can be completed in good time and the €35 charge includes bus fare and a four course dinner at the Donard Hotel, Newcastle, Co Down.

The Club Barbeque will be held at Glencree on 22<sup>nd</sup> July. As in previous years, all members and previous members, walking or not, are very welcome to attend. See page 15.

### First Aid Training

The club will facilitate members who want to participate in First Aid Training, Remote Emergency Care Level 2.

Provided there is sufficient level of interest, the training would take place over 2 days on a weekend in Autumn.

Interested members should contact club training officer, Russell Mills at

086 446 6997 or [info@mountaintrails.ie](mailto:info@mountaintrails.ie)

## **Club news and events continued**

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### **Survey of members**

Work is progressing on preparation of a survey of members which the club hopes to conduct over the coming weeks. It is hoped that the survey results will help the committee serve the membership better so, when the survey becomes available, please take the time to participate.

### **Mountain Skills Training 2017**

The club training officer, Russell Mills, will again be offering Mountain Skills training to club members at a very generous discount to usual commercial rates.

Provided there is sufficient level of interest, the training courses will run over the weekends of September 23<sup>rd</sup> & 24<sup>th</sup> (MS1) and December 2<sup>nd</sup> and 3<sup>rd</sup> (MS2)

Interested members should contact Russell directly at  
086 446 6997 or [info@mountaintrails.ie](mailto:info@mountaintrails.ie)

### **Charity Disco Friday 12<sup>th</sup> May**

Terry Cartin is running a disco at The Teacher's Club, Parnell Square on Friday 12<sup>th</sup> May in aid of the Capuchin Day Centre and the Mountain Lodge Restoration fund.

A great opportunity to bop till you drop to Terry's fabulous and fantastic music collection.

Additional details on Page 16

## **Club news and events continued**

### **Club membership**

**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](mailto:barryja@eircom.net)**

A current 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*

### **Summer Hiking**

Now that the weather has improved you need to consider modifying the contents of your rucksack. You are unlikely to die of thirst in the Irish hills but are you carrying enough water to ensure you have a comfortable day? A sunhat, midge protection and sunscreen can also make the difference between an enjoyable day on the hills and pure torture. It is also advisable to take precautions against ticks and more information regarding ticks can be found on Page 13.

Although the calendar may indicate Summer, always be prepared as conditions on the hills can quickly deteriorate and don't risk leaving waterproofs, warm hat, gloves, survival bag, whistle or your headlamp behind.



### Heard but rarely seen - The return of The Great Spotted Woodpecker



Photo © Dick Coombes, Birdwatch Ireland

The Great Spotted Woodpecker (*Dendrocopos major*) can be heard in woodland areas and is considered a “new” arrival to this country over the last decade or so. Fossil evidence suggests they were formerly in Ireland, but with the harvesting of forests, especially in the seventeenth century, they became extinct in Ireland.

Birds began to appear in Irish woodlands in the spring of 2006, and the first nests were found in Co Wicklow in 2009. Numbers have steadily increased, and in 2016, 39 nests were found, mostly in Wicklow. In recent years breeding has also been proven in other eastern counties including Wexford, Carlow, Dublin, Kilkenny and Louth.

It is believed that the main factor causing Great Spotted Woodpeckers to colonise Ireland is the massive rise in the species’ population in Britain – a 400% increase in the last forty years. Competition for territory seems to have prompted a trickle of birds to pioneer across the Irish Sea to pastures new.



*Photo © Dick Coombes, Birdwatch Ireland*

We also have more forestry here nowadays and it is possible that climate change has also had an influence. DNA research, carried out on feathers obtained from used nests, showed that these colonisers originated in various parts of Britain, so the expansion occurred on a broad front.

Woodpeckers spend most of their time high in the trees and they can be very elusive. The best way to locate their presence is by hearing the distinctive tapping sound, known as “drumming”, which both sexes make by striking the bill rapidly on a dead branch. This is their way of proclaiming territory and attracting a mate. Drumming is mostly carried out in spring, but even when you are close to the bird, it can be frustratingly hard to see. It is a wonderful sound and one which you would not have been heard in an Irish woodland a decade ago. If you search YouTube you will find videos and recordings of their drumming.

About every ten years, large southerly movements of Scandinavian Great Spotted Woodpeckers occur, prompted by a failure in the pine seed crop in northern Europe. This is called an eruption and a few of these woodpeckers make it to Ireland. In eruption years, perhaps five birds would be recorded here, but they always disappear by March, moving back north again. So to have this iconic woodland species now firmly established as a permanent resident is a very exciting development.

So when walking in County Wicklow be alert for the new sound of the woodlands.

Also, please note that International Dawn Chorus Day is on Sunday 7<sup>th</sup> May

***Frank Carrick Club Environmental Officer***

Editor's Note - The club wishes to acknowledge the assistance of Dick Coombes, Birdwatch Ireland's Countryside Bird Survey Coordinator, with compilation of this article

## Don't get ticked off

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The Tick is a member of the spider family, Arachnids, but, unlike the spider which justifies its existence by reducing the population of midges and other insects, the tick preys on birds & mammals, including us!

Ticks are tiny parasites, typically only 2 mm across but they can expand to multiples of that by engorging themselves on the blood of their hosts. They lie in wait in tall grass or other vegetation waiting for a host to pass by. They leap onto the host and attach themselves to the skin of their unwary victims and start sucking their victim's blood.

Ticks can infect their hosts with a range of nasty diseases such as Lyme Disease. Thankfully, these diseases are not as common in Ireland as they are in other countries but their incidence is increasing so we need to be vigilant regarding ticks, especially on hiking trips abroad.

There is a lot of useful information available on ticks on the Internet I have listed some anti - tick precautions below which I sourced from <http://www.ticktalkireland.org/>

- Wear long sleeved t-shirts and trousers when out.
- Tuck your trousers into socks or boots and tuck shirts into trousers to minimise the chance of ticks getting to exposed skin.
- Wear light coloured clothing to make any attached ticks easier to spot.
- Check yourself and children every couple of hours for attached ticks.
- Apply insect repellent with 20%-30% DEET to any exposed skin.
- Can also apply Permethrin to clothing (do not apply directly to skin) which can be bought in camping or hunting shops.
- Avoid wooded areas with tall grass and try to stay in the centre of trails to avoid tree branches, leaves and long grass where ticks usually lie in wait for an unsuspecting victim to brush past.
- Once home check your entire body for ticks. Important areas to check are behind the ears, inside the outer ear, under the arms, behind knees, the trunk of the body and the scalp.
- If you find any ticks remove them, ideally using a suitable tool such as that available in good outdoor shops

The BMC have a very informative video available at

<https://www.thebmc.co.uk/modules/video.aspx?id=58&s=3>

and there is also more useful information available at

<http://www.irishhealth.com/article.html?id=15732> &

<http://www.hpsc.ie/A-Z/Vectorborne/LymeDisease/>

The Ray Darcy Radio Show on RTE 1 Radio broadcast on 3<sup>rd</sup> May included a lengthy interview with a sufferer of Lyme's Disease, Martina Kelly, a young woman who had been an elite athlete but who is now wheelchair dependant as a result of Lyme Disease. The show is currently available from the RTE Radio Website

<http://www.rte.ie/radio1/ray/programmes/2017/0503/872236-ray-darcy-wednesday-3-may-2017/>

# HILLWALKERS CLUB ANNUAL SUMMER BBQ

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



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

**To book your place please e-mail Eugene Dudley  
at  
[dudley@hotmail.com](mailto:dudley@hotmail.com)  
and let him know if you intend taking the club  
bus or are using private transport**

# ***Walkers Charity Disco!***

Mountain Lodge Restoration & Capuchin Day Centre

Teachers Club 36 Parnell Sq.

Friday 12th May 8 pm

Tickets e15

*Or at the  
door.*

**THE Disco** **Yes!**  
Just when  
you thought it would  
never happen again, the  
*chance to rock an bop the night  
away, with sweet, wall-to-wall classics!*

**Club Bar Prices~Finger Food~Air-Guitar set  
Hand-Bags~Slow set~Raffle~All Welcome !!**

## **Always Welcome**

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

**Please send photos to James Cooke**

**[info@hillwalkersclub.com](mailto:info@hillwalkersclub.com)**

**or Mel O'Hara**

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