



Hillwalkers Club

December 2018 – March 2019

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

THE HILLWALKER



Contemplating the long ascent – Photo -Ruth Murphy

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Committee 2018/19

Chairman	Ruaidhrí O' Connor
Treasurer	Ita O'Hanlon
Secretary	Sarah Jackson
Sunday Hikes Coordinator	Ruaidhrí O' Connor
Environmental Officer	Michael Quinn
Membership Secretary	Jim Barry
Club Promoter	Frank Carrick
Weekend Away Coordinator	Søren Stuhr Mandrup
Club Social Coordinator	Udo Sap
Assistant	Gavin Gilvarry
Training Officer	Russell Mills
Newsletter Editor	Mel O'Hara
Webmaster	<i>Special thanks to:</i> Matt Geraghty

HIKE PROGRAMME December 2018 – March 2019

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*)

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 is 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.

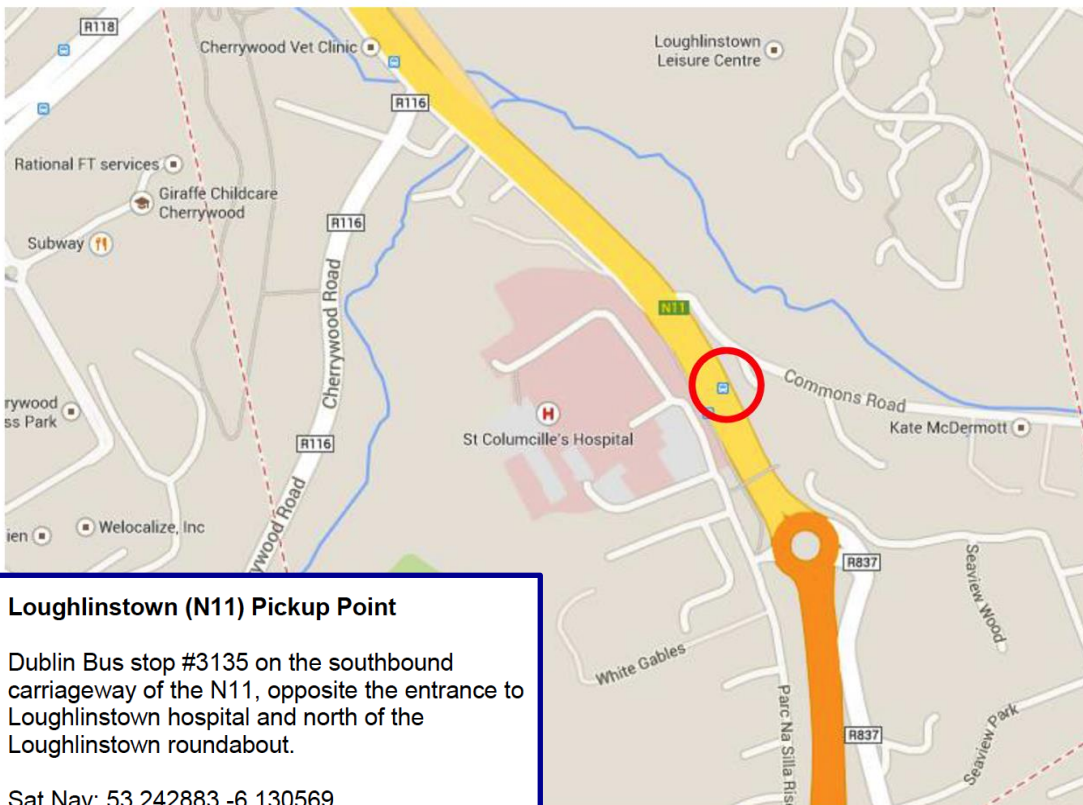
CO-ORDINATION If necessary, tickets are given out on Sundays to ensure that participants reserve a bus place as they arrive.

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

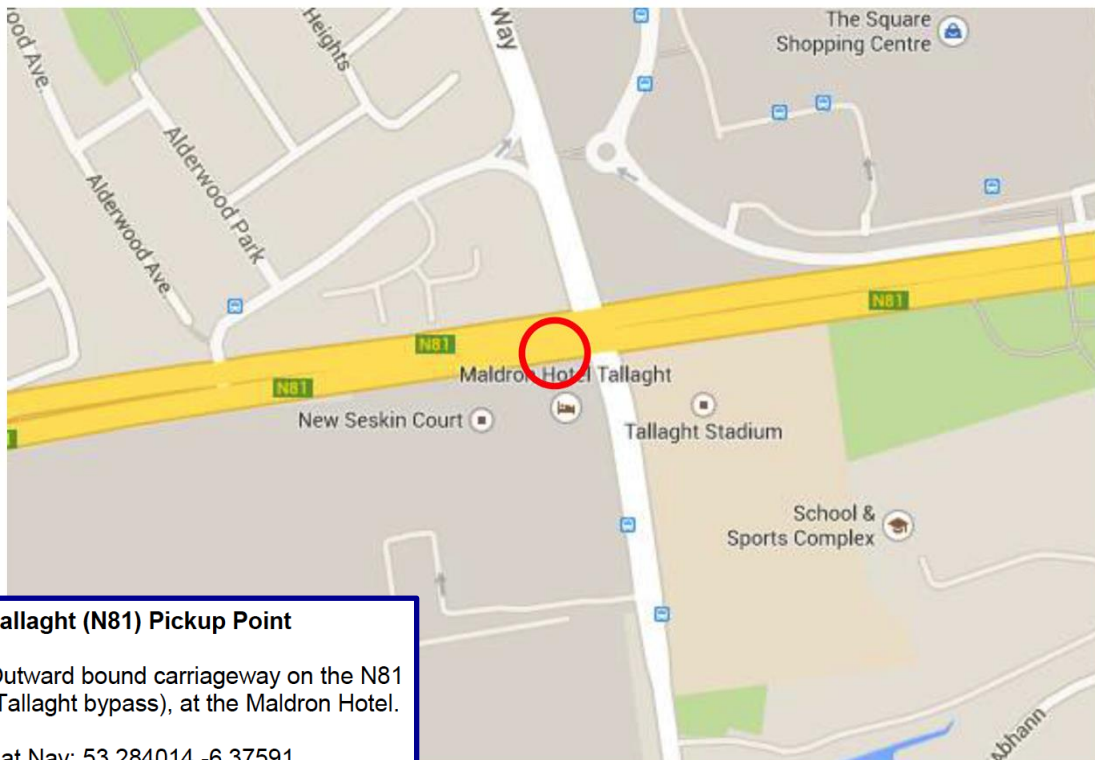
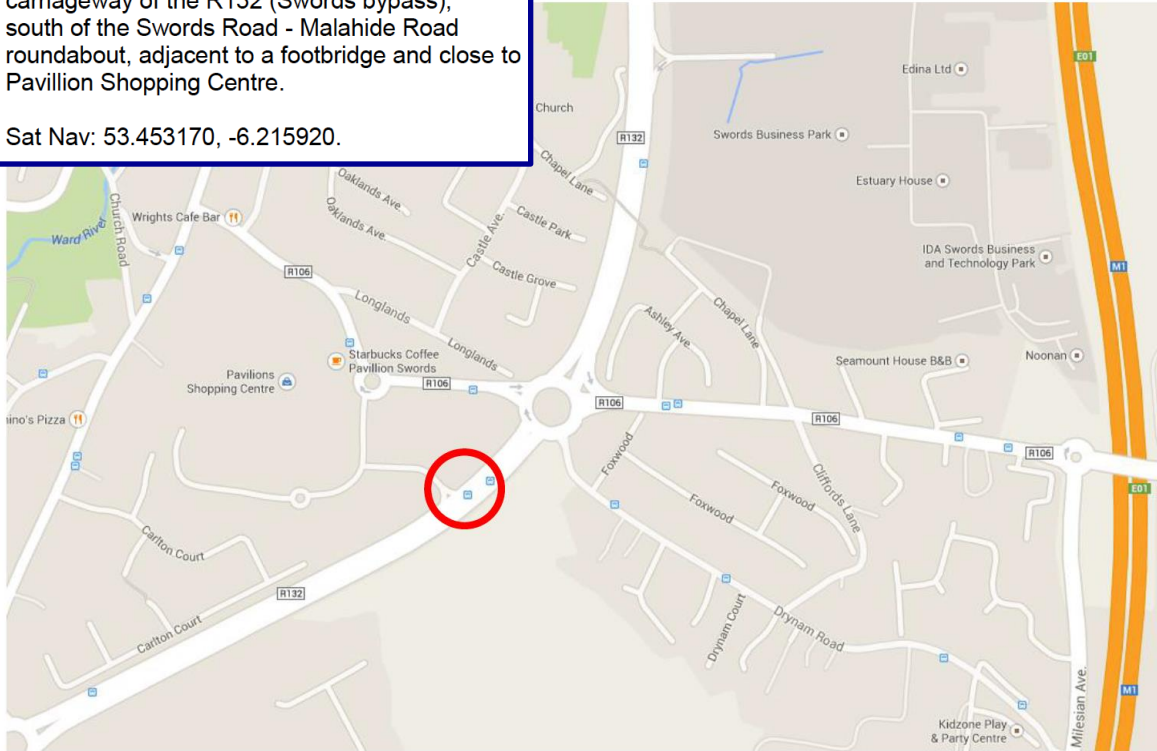
Dublin Bus stop #1304 on the southbound carriageway of the R115, close to Rathfarnham Castle and opposite Butterfield Ave.

Sat Nav: 53.29935,-6.28315

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

★★ Club Taster hard hike ★★

The Hillwalkers Club offers a Club Taster Hard 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.

Guests on these Club Taster hikes should not be newcomers to hiking. These hikes are to introduce experienced hillwalkers 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.

If you have recently walked more than 16km with more than 700m of ascent or if you are confident that you can walk for 6 hours over rough ground , ascending for 3 of those 6 hours, then you are likely to enjoy one of our hikes.

If this is not the case or if you are new to hillwalking then you can gain the required experience on the An Óige hikes.

See <https://anoige.ie/membership/hiking-programme/> for the An Óige hike programme.

People who have gained relevant experience and fitness on the An Óige hikes or elsewhere are very welcome on Hillwalkers Club hikes.

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



Saturday December 8th

****Club Christmas Party**
Kennedy's Station
Westland Row**



**No Hillwalkers Sunday Hike
On Sunday 9th December**

**Usual An Óige Moderate
Sunday Hike at 10.00am
from Eden Quay**

Route: Annamoe – Brushers Gap – Dry Hill
– Scarr – Paddock Hill – Laragh.

Leader: Geraldine McVey.



Sunday 16th 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 & 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: OSI 56, East West Mapping (Lugnaquilla & Glendalough)

Please bring a head torch on this and all winter and early spring hikes



St Stephen's Day Wed 26th December

1. Seasonal hike in the Howth Peninsula

Leader: Aidan Loftus

Please bring a head torch on this and all winter and early spring hikes

Transport: your own or Dublin Bus.

(No Dart trains).

31a available from Talbot Street at 10.15

Starting at **Howth DART Station** at 11am and finishing in Howth 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: Brian Madden

Please bring a head torch on this and all winter and early spring hikes

Transport: **BUS EIREANN**

Expressway 133 from Townsend Street at 10.00 (Bus Stop 340)

Route: Kilmacanogue Area – details to be confirmed

Refreshments afterwards in Plucks Bar, Kilmacanogue.

New Year's Day Tuesday 1st January 2019

**** 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 Luqnaquilla and Glendalough

Sunday 6th January

****Club Taster Hard Hike****

Leader: Mel O'Hara

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

Bus stop at Loughlinstown roundabout

Route : Laragh * Derrybawn * Cullentragh * Mullacor * Glendalough Visitor Centre

Distance: 16 kms **Ascent:** 800 m

Maps: OSI 56, Harvey, East West Mapping Luqnaquilla and Glendalough

Sunday 13th January

Leader: Warren Lawless

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

Route: Pier Gates * Luggala * Sheepbanks
Bridge * Djouce * Wicklow Way * Paddock
Pond

Distance: 14.5 kms **Ascent:** 720m

Maps: OSI 56, Harveys, East West Mapping
Wicklow East.

Sunday 20th January 2019

Leader: Terry Curran

2nd pick-up point: Bus stop at
Loughlinstown roundabout

Different Return

Route: Enniskerry - Knocksink Woods -
Raven's Rock - Prince Willian's Seat -
Knocknagun - Glendoo - Massy's Woods -
The Merry Ploughboy.

Distance: 19.5 km **Ascent:** 600 m

Maps: OSI 50 with 56, East West Mapping
Dublin and North Wicklow Mountains

Sunday 27th January

Leader : Peter Gillett

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

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

Distance: 16 kms **Ascent:** 650 m

Maps: OSI 56; East West Mapping Wicklow
East

Sunday 3rd February

****Club Taster Hard Hike****

Leader : Michael Quinn

2nd pick point:

Maldron Hotel, Tallaght

Different Return (via Loughlinstown)

Route: Sally Gap * Carrigvore * Gravale *
Duff Hill * Mullaghcleevaun East Top/ Stony
Hill * Carrigshouk * Military Road *
Carrigeenduff * Lough Dan * Oldbridge

Distance: 18 kms **Ascent:** 700 m

Maps: OSI 56 , East-West Mapping Wicklow
Mountains West

Sunday 10th February

Leader: Tom Milligan

2nd pick-up point:

Bus stop at Loughlinstown roundabout

One way only Bus fare €10

Return by public transport from Shankill
(Bus or DART)

Route: Tibbradden Car Park * Fairy Castle *
Three Rock * Glencullen * Kiltiernan Hotel *
The Scalp * Barnaslingan * Carrickgollagan
* Shankill

***** The route covers the second half of the
Dublin Mountain Way. It will be essential
that everyone wears a hi-vis vest on the last
12k section from the Glencullen Road to
Shankill.****

Distance: 22 kms **Ascent:** 580m

Map: OSI 50 with 56, East West Mapping
Dublin and North Wicklow Mountains

Sunday 17th February 2019

Leader: Brian Flynn

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

Bus stop at Loughlinstown roundabout

Route: Knockree youth hostel * Wicklow
way * Crone woods * Mullaunsoo * Tonduff
South * old deer fence * Lough Brays Upper
& Lower * Glenree Centre .

Distance: 15 km **Ascent:** 550 m

Maps: OSI 56, East West Mapping Dublin &
North Wicklow Mountains, Harvey's

Sunday 24th February

Leader Tom Kenny

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

Bus stop at Loughlinstown roundabout

Route: Lead mines car park * Brockagh
mountain, * Tonelagee, * Wicklow gap, -
Turlough hill * Camaderry * Glendalough
visitor centre car park.

Distance: 16 kms **Ascent:** 860 m

Maps: OSI56, Harveys, East West Mapping
Wicklow Mountains West

Sunday 3rd March

****Club Taster Hard Hike****

Leader : Søren Stuhr Mandrup

2nd pick-up point:

Maldron Hotel, Tallaght –

Different return

Route: Ballinagee Bridge * St. Kevin's Way
* Glanreemore Brook * Asbawn - Three
Lakes * Lough Ferrib * Gleneolo River *
Footbridge * zig-zags * Miner's road *
Glendalough Visitor Centre

Distance: 17 kms **Ascent:** 450 m

Maps: OSI 56, East West Mapping
Lugnaquilla & Glendalough, Harveys.



Christmas Party 2018

Sarah Jackson has organised a Christmas Party for Saturday December 8th in Kennedy's Station, Westland Row

Everyone is welcome but places are limited.

Please book and pay early to avoid disappointment

See Page 19 for details

AGM 2018

The 2018 club AGM was held at The Teacher's Club, Parnell Square on Friday October 12th 2018. The meeting was well attended and the following members were chosen to form the committee for the coming year :- Udo Sap, Søren Stuhr Mandrup, Michael Quinn, Jim Barry, Gavin Gilvarry, Ita O'Hanlon, Ruaidhri O'Connor, Russell Mills, Sarah Jackson, Frank Carrick and Mel O'Hara. The various committee roles were agreed following a committee meeting on November 7th and are as shown on Page 1

Social Events roundup

2018 was lively and memorable thanks to the various social events organised throughout the year. As well as the Club Barbeque there was Brendan Dempsey's Big Birthday Party, a sea kayaking trip, a trip to Awesome Walls and the 25th Anniversary Club Dinner. Thanks to all who participated and to those who organised and helped make these events run so successfully especially Sarah Jackson, Carina Fitzgerald and Garry Byrne. Some photographs from these events are available on the club Facebook page.



*Season's Greetings
and
Happy New Year
to All Hillwalkers*



October weekend in the Mournes –

text – Liz McWilliam

27th October - Saturday morning 9 a.m. eighteen hikers set off from Luke Street for the Mourne weekend organised by Frank and AnneMarie Keoghan with support from Ruaidhri O'Connor. Most of the group were old timers but for Laura Grealish and Marion Cummins it was their first away weekend injecting some new blood into the club.

After a speedy journey to Newcastle we dropped our luggage at the Donard Hotel collected Marion and boarded the bus again for the short distance to the first hike.

Day 1 - Bloody Bridge - Slievenagarragh - Chimney Rock Mountain - Bog of Donard - Slieve Donard - Commendagh - (Shan Slieve - Slievenamaddy) - Newcastle (18 km, 1160m)

Starting at Bloody Bridge carpark on a cold but sunny day and a little stiff from the journey we started around noon. First the fairly long steep ascent of Slievenagarragh then on to Chimney Mountain where we had lunch. We experienced a short but unpleasant snow shower as we finished lunch but thankfully that was the only precipitation on our hikes over the weekend.

Onwards and upwards in the afternoon to the summit of an extremely windy Donard which had a fine dusting of snow. There was no temptation to linger, so after descending as quickly as was safe we crossed the col to Commendagh (the second highest peak in the Mournes) then down Shan Slieve and Slievenamaddy and finally through the forest path back to Newcastle.

At the hotel we received the usual warm welcome from the now familiar and friendly staff, time for a quick shower and visit to the off licence next door for those who wished to purchase refreshments for dinner as the hotel has no licence.

After dinner we split according to individual inclination, some to the pub, some to hang around and chat and others straight to bed after a tough day.



Almost a Winter Wonderland – Photo – AnneMarie Keoghan



Donard in the snow – Photo – AnneMarie Keoghan

Day 2 - Carrick Little - Hares Castle - Annalong Buttress - Brandy Pad - Slievelamagan - Carrick Little Cottage Cafe (19km, 750m)

Sunday we enjoyed an extra lie in followed by a hearty Ulster breakfast leaving at 9 a.m. on a beautiful sunny day for the second hike of the trip. Starting at Carrick Little we made our way towards Hares Castle crossing the river then a short climb to Annalong Buttress. From this magnificent viewpoint we could see the spectacular U shaped Annalong Valley below with an oxbow lake which according to Frank is extremely rare in Ireland, possibly only one other example. From there to the Brandy Pad, an old route used to transport smuggled goods via Hares Gap to the other side of the mountains in previous centuries. Lunch in glorious sunshine right in the heart of the Mourne, even still we met the well known hillwalker in the person of Cyril McFeeney and friends.

After lunch a climb up Slievelamagan then the long walk back to the car park at Carrick Little and thence the bus to Newcastle.

We were somewhat earlier back as it was now 'winter' and there was time for some pre dinner activity. The options were jazz in the Donard pub or coffee in Maud's cafe. Sadly those who had wished to luxuriate in the seaweed baths were disappointed as they were fully booked.

Dinner at the earlier time of 7 p.m. leaving ample time for further entertainment. Simon, Michelle, Frank, Annemarie, Liz, James and Brian favoured the quieter Donard Bar while Peter, Soren, Gavin, Ruth, Marion and Laura made for the lively music of the Harbour Bar in town. There was a rumour that Peter even produced a song! Those not wishing to pub or club – Tess, Brian, John, Udo, Mary and Sean made for the altogether more luxurious Slieve Donard Hotel for coffee.



Ladies Only – Photo – AnneMarie Keoghan

Day 3 - Spelga Dam Car Park - Slievenamiskan - Cock Mountain - Pigeon Mountain - Slieve Muck - Carn Mountain - Ott Mountain - Slievenamuck - Butter Mountain - Spaltha - Spelga Mountain - Spelga Dam Car Park (14km, 920m)

Packed and ready for our final hike we set off from Spelga Dam where we were joined by Chris Byrne. It was a much colder, windier and less clement day. After a short road walk the first few climbs passed without incident. It was decided to tackle Slieve Muck before rather than after lunch but it seemed a cruel and relentless ascent. At the summit we were grateful for the respite, lunch and some shelter afforded by the wall. A few more little tester hills plus a slight delay as Dr Mary was called on to attend an injured hiker on the hills. Back to the bus at Spelga having cut out the last hill but no one was complaining! A short stop in Castlebellingham then back to Dublin arriving early evening.

A big thanks to Frank and Annemarie who put so much work into planning the hikes and making numerous trips to source new and interesting walks. Thanks to Ruaidhri who was unable to join us but helped with the organisation of the weekend. Also not least to the patient backmarkers for the weekend Annemarie, Ruth, Soren and Udo.

Finally thanks once again to the Donard Hotel who have welcomed us so warmly over the last number of years and work so hard to make our stay enjoyable.



Frank with his charges at The Castles – Photo – AnneMarie Keoghan



Mournes Stonewalling – Photo – AnneMarie Keoghan

Winter Rucksack Essentials - *Russell Mills Club Training Officer*

12 things you should definitely carry in your winter rucksack:

Hiking in the winter can be an exhilarating experience, with crisp clear air and stunning views.

However, it also carries inherent risks, reduced daylight hours, winter storms and biting cold temperatures are ever present problems.

To protect yourself from the worst that the winter may throw at you, and to help ensure a enjoyable and safe day in the hills, be prepared by carrying these essential items in your winter pack.

1. **Waterproof drybags.** Put those items that you want to ensure stay dry into drybags for extra protection from the winter weather. Use a rucksack liner too, to ensure all your kit stays well protected from the elements.
2. **Waterproof Jacket & Pants.** Invest in a good waterproof jacket and waterproof pants. These are essential items to ward off both rain and cold winds. Inadequate protection from either can make you uncomfortable at best, and at worst can lead to hypothermia, as the chilling effects of wet clothes and high winds are greatly increased in winter. Choose one with a breathable membrane to reduce moisture building up inside, and ensure it has either waterproof zips or storm flaps to cover the zip, this will prevent water ingress through the front. Make sure it has a good integral hood too, that is adjustable.
3. **Gloves & Hats.** Take several pairs. You will often see lost gloves and hats in the hills, so take spares to use in case you lose one. It's also great to change into dry gloves half way through a wet day. Fleece gloves are ideal for most conditions, but be prepared to upgrade to insulated and waterproof gloves when the weather dictates.
4. **Warm spare layer.** You may have an enforced stop in the mountains, maybe a colleague has an injury, or perhaps you are stopping for lunch in an exposed spot. In this scenario a spare warm layer is ideal. A synthetic (primaloft) insulated jacket is best, it can be put over your existing clothing, including wet waterproofs, and will warm you up straight away. A fleece jacket could be an alternative, but they are not windproof, so you would need to put it on under your windproof layer.
5. **Food and Drink.** Always ensure you have plenty of high calorie food available, and bring extra in case you are delayed and have to spend more time outdoors. There is no rule concerning how much liquid you should take, though 1.5 litres is a good guide. Take a hot drink in a flask when it is going to be cold.

6. **First Aid Kit.** A bare minimum would be an 'ouch-pouch', this could consist of sticking plaster, antiseptic wipes and blister plasters, such as Compeed. You may feel you want a more comprehensive kit, but do get training in this case, and do not carry what you are not competent to use.
7. **Survival bag.** This is rather like a plastic sleeping bag, bright orange, lightweight and cheap, and everyone should carry one in their pack. In emergency situations you can climb into this bag and it will protect you from the worst of the weather. They have often been attributed with saving lives in the mountains. You might consider upgrading this to a 'blizzard' bag, which has some added insulation.
8. **A group shelter.** Also known as an emergency or survival shelter, this is a plastic tent-like cover that a group of people can get into to give protection from the elements. They come in various sizes from 2 to 10 person, and would be used to protect a casualty or as a shelter on an exposed lunch stop. If you are hiking as part of a group then a larger one could be carried between you.
9. **Head Torch.** Essential in winter, and a good idea all year round, a head torch will provide you with light to get off the mountain should you be caught out in the dark, it can also be used for signalling for help. It's a good idea to carry extra batteries, or a spare torch in addition.
10. **Map and compass.** Essential items for all hillwalkers, do not rely on smartphone apps as they can get wet and cold and then fail. Carrying a map and compass is not enough on its' own, you need to be confident and competent in their use. If you are not sure how to navigate yourself around the mountains with a map and compass then go on a course to learn how to master these essential skills.
11. **Emergency whistle.** Many rucksacks now come with an integral whistle in the chest strap. Six one second blasts on the whistle, repeated after a short break, is the internationally recognised emergency signal. The reply from the rescuers is three blasts. It makes sense to carry one.
12. **Duct Tape.** This amazing versatile tape has a myriad of uses, from repairing torn waterproofs to temporary boot repairs. (Wrap some round your water bottle or walking pole).

Finally, a word of caution. If you want to experience hiking in snow conditions, then the higher mountains are the place to go, but unless you are equipped with ice axe and crampons, (and know how to use them), stay away from deeply frozen icy ground. Be prepared to back off if the conditions get very slippery with ice and consolidated frozen snow.

Leaders Navigation Refresher Day

The leaders Navigation Refresher Day organised and run recently by Club Training Officer Russell Mills was very successful.

It was an ideal day for navigation practice as thick fog enveloped the participants for most of the 7½ hours spent on the hills. Many aspects of navigation were covered including walking on a bearing, contour interpretation, timing and pacing, setting the map, relocation and route card creation.

The evening meal that followed at the Wicklow Heather was very good value and enjoyed by all.



Listening attentively – Photo – Patricia Ging

Thanks are due to Russell for organising this very useful learning opportunity. Thanks also to Tom Kenny who assisted Russell and contributed much to the success of the day.

The club also wishes to acknowledge with thanks the support of the Gerry Donnelly Bequest which made the day possible. The bequest sponsored the training element of the day.



Lunchtime discussion on Leaders Navigation Refresher Day - Photo – Patricia Ging



Perfect conditions on Leaders Navigation Refresher Day - Photo – Patricia Ging



The Hillwalkers Christmas Party 2018



Date: Saturday 8th December

Time: 19.30 Sharp

Venue: [Kennedy's Station](#), Westland Row,

Price: €30 for 2 course meal

RSVP: sarah.jackson217@gmail.com

BEFORE 12.00 on 5th December

Pre-payment is requested to confirm your place and is payable by bank transfer to the club account

*Bank account details available from Ita O'Hanlon,
Itaohdubs@gmail.com.*

If payment by cheque is preferred please contact Ita.



Some photos from hike November 25th



Donal gives a masterclass in leading



Tom in his winter regalia – he makes every Santa expecter do a double take



Home go the Hillwalkers, home from the hills