



Hillwalkers Club

**May – July 2018**

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

# THE HILLWALKER



*Lugnaquilla South Prison Ascent - Photo – Adam Narbudowicz*

## **In this edition**

Hike programme: May – July 2018	2
<i>The pick-up points</i>	3
Club news and events	8
<i>Adventure in the High Atlas - Easter Trip to Toubkal 2018</i>	12
Some hike photos	17

## Committee 2017/18

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

## HIKE PROGRAMME May 2018 – July 2018

---

**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 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.

---

## 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.

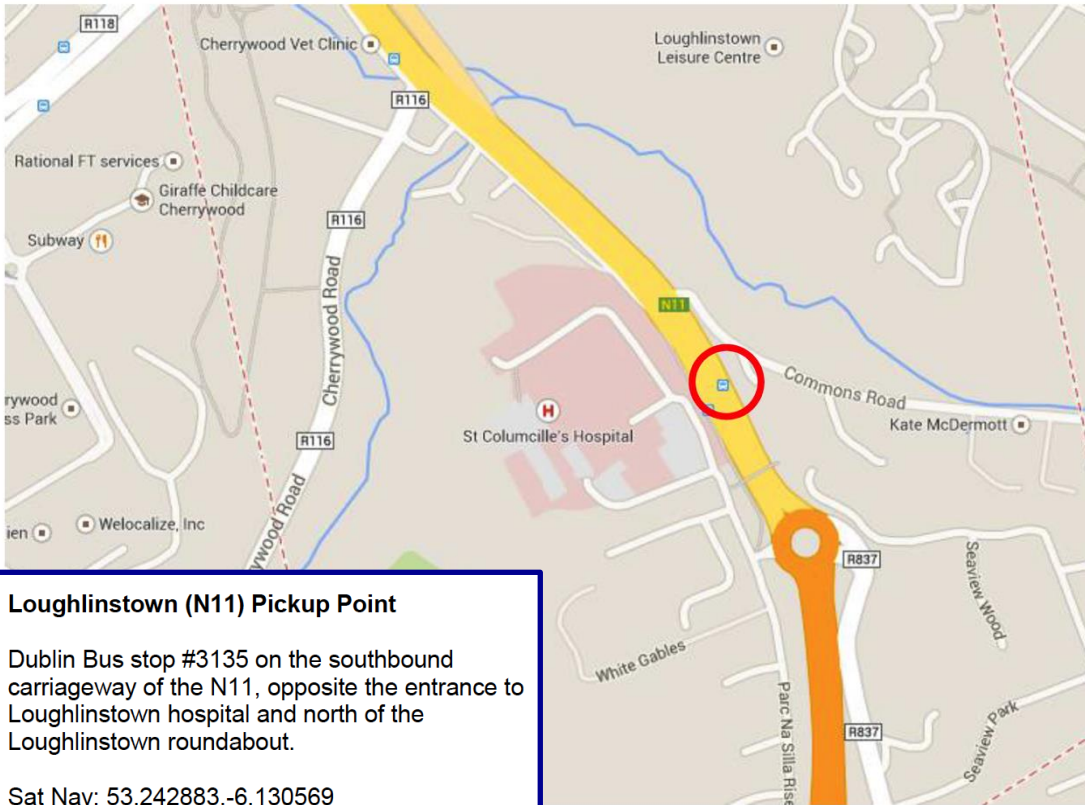
**CO-ORDINATION** If necessary, tickets are given out on Sundays to ensure that participants reserve a bus place as they arrive.

**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.

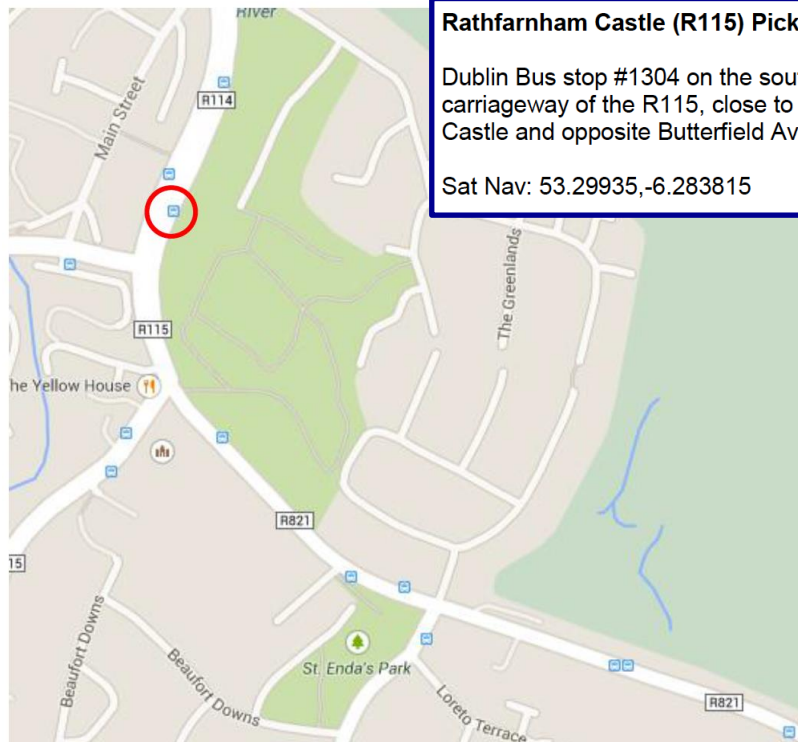
# The pick-up points



## 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

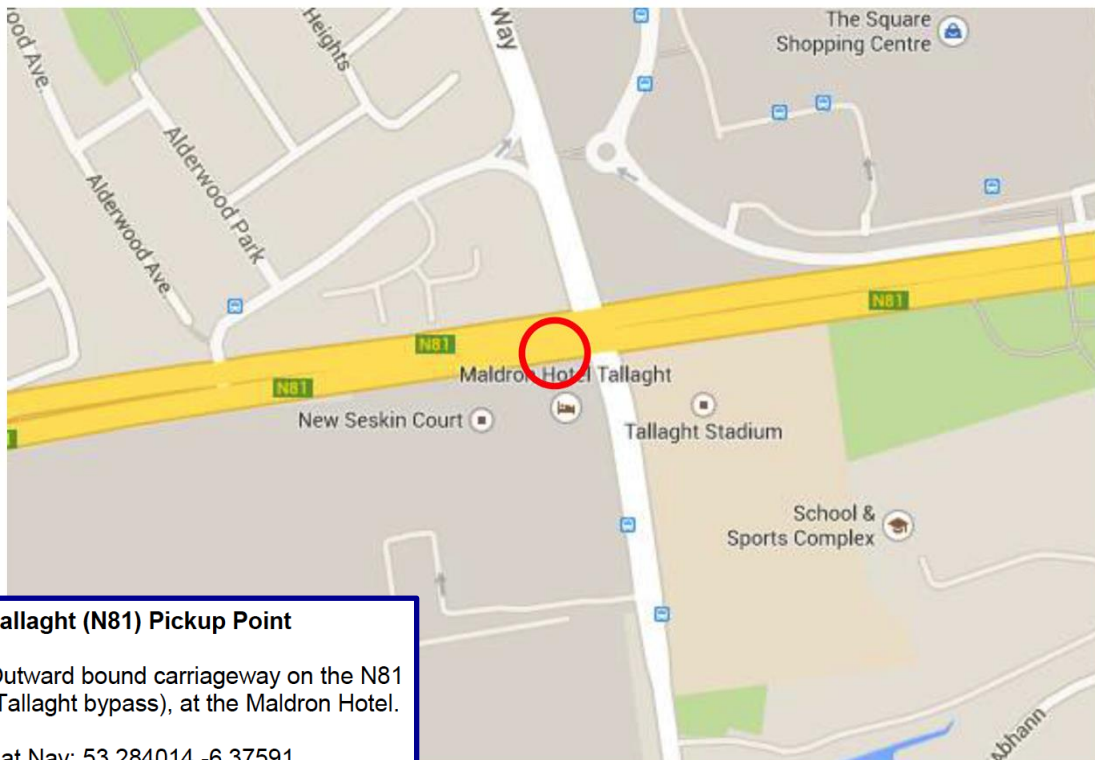
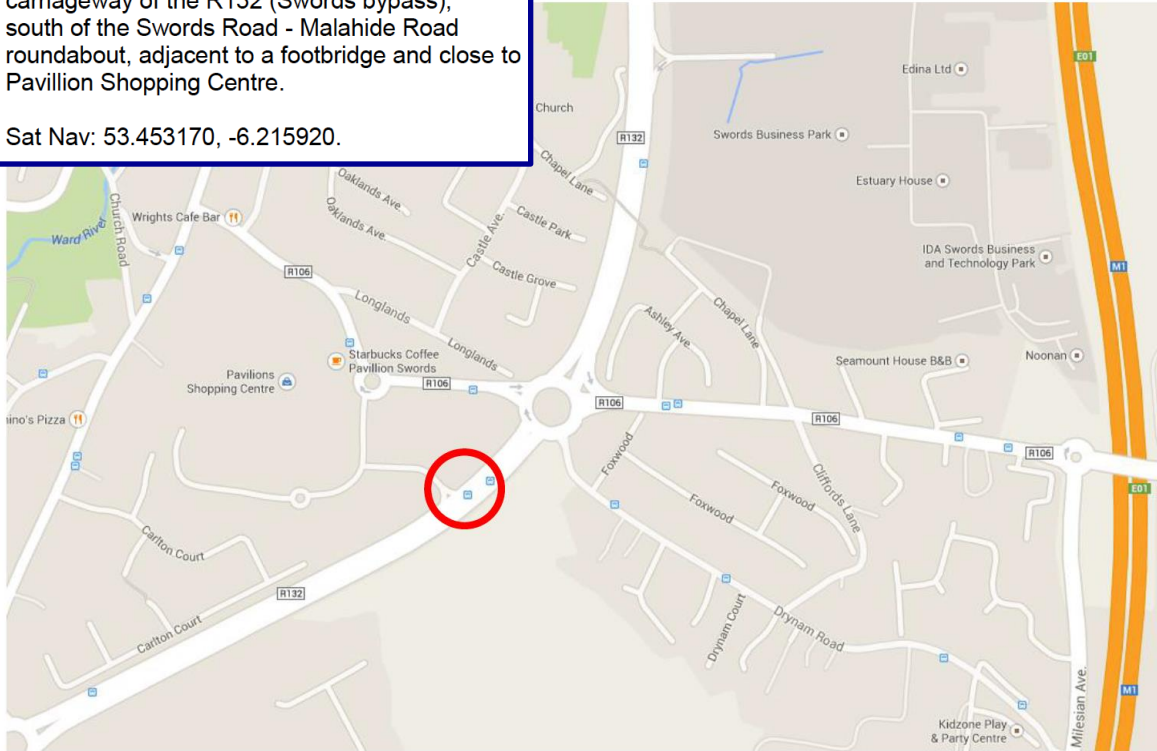
Dublin Bus stop #1304 on the southbound carriageway of the R115, close to Rathfarnham Castle and opposite Butterfield Ave.

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*

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

---

**Sunday 6<sup>th</sup> May**

**Leader : Mel O'Hara**

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

**Route:** Glenmacnass \* Lough Brook \* Lough Ouler \* Tonelagee \* Brockaghs \* Leadmines \* Camaderry East \* Glendalough

**Distance:** 17 kms **Ascent:** 900 m

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

---

**Sunday 20<sup>th</sup> May**

**Leader : Ruth Murphy**

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

**Route:** Pier Gates \* Lough Dan \* Kanturk,\* Scarr and back via Oldbridge and the Wicklow way \* Pier Gates

**Distance:** 18 kms **Ascent:** 650 m

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

---

**Saturday 12<sup>th</sup> May**

**\*\*Newcomers hard hike\*\***

**\*\*Cooley Mountains\*\***

**Followed by 4 course meal**

**Return to Dublin by 9.00 p.m.**

**Cost - €40 for bus and meal**

**\*\*\*SATURDAY HIKE\*\*\***

**Leaving Burgh Quay at 09.00 a.m.**

**Leader: Christopher Byrne**

**2nd pick-up & return drop-off point:** Pavilions Dublin Bus Stop on the by-pass (just before the turn for the Pavilions and footbridge on the city side)

**Route:** Windy Gap (J131 137) \* Foxes Rock \* Ravens Rock \* Split Rock \*Eagles Rock \* Slieve Foye \* Barnavave \* Famine Village \* Mollys Loop \* Irish Grange \* John Long's Bar and Restaurant

**Distance:** 15 km **Ascent:** 700m

**Map:** OSI 36

---

**Sunday 27<sup>th</sup> May**

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

**Finishing with refreshments at Knockree Hostel**

**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 \* Tonduff South \* Maulin \* Crone Woods \* Knockree Hostel

**Distance:** 16 km **Ascent:** 540 m

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

---

Sunday 3<sup>rd</sup> June

**NO SUNDAY HIKE**  
**Peak District Trip**  
**and**  
**Burrishoole Walking Festival**

---

Sunday 10<sup>th</sup> June

**\*\*Newcomers hard hike\*\***

**Leader : Tommy Lundy**

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

**Route:** Lugnagun.\* Sorrel hill\* Black Hill \*  
Hampton bomber memorial \* Pound Lane \*  
Lakeshore \* Zellers pub Lacken village

**Distance:** 17 kms **Ascent:** 700 m

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

---

Sunday 17<sup>th</sup> June

**Leader: Terry Curran**

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

**Route:** . Sally Gap Cross Roads \* Carrigvore  
\* Gravale \* Duff Hill \* Mullaghcleevaun East  
Top \* Mullaghcleevaun \* Billy Byrnes Gap \*  
Moanbane \* Silsean \* Ballyknockan

**Distance:** 17 km **Ascent:** 775 m

**Map:** East West Mapping  
( Wicklow Mountains West), OS1 56

---

**Saturday 23<sup>rd</sup> June**

**\*\*\* Ring of Imaal Walk \*\*\***

**\*\*\*SATURDAY HIKE\*\*\***  
**Leaving Burgh Quay at 09.00 a.m.**

**Leaders:** To be confirmed

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

**Route 1:**

**Distance:** 29 km **Ascent:** 1520 m  
Keadeen\* Slieveragh \* Ballinabarney Gap \*  
Ballinfoyle \* Ballineddan \* Slievemaan \*  
Lugnaquilla \* Camenabulogue \* Table \*  
Lobawn \* Donard

**Route 2 :**

**Distance:** 22 km **Ascent:** 1100 m  
Ballinfoyle \* Ballineddan \* Slieve Maan \*  
Lugnaquilla \* Camenabulogue \* Table \*  
Lobawn \* Donard

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

---

**Sunday 1<sup>st</sup> July**

**\*\*Newcomers hard hike\*\***

**Leader : Tom Milligan**

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

**Route:** . Ballinagee \* Glenreemore Brook \*  
Art's Cross \* 3 Lakes \* Table Mountain \*  
Conavalla \* Lough Firrib \* Turlough Hill \*  
Wicklow Gap.

**Distance:** 18 kms **Ascent:** 820 m

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

---

**Sunday 8<sup>th</sup> July**

**Leader : Dave McCann**

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

**Route:** Rosbane \* Garryhoe Lane \* Wicklow  
Way \* Kyle Loop \* Mangans Lane \*  
Tinahely

**Distance:** 17 kms **Ascent:** 560 m

**Map:** OSI 56 with 62, East West Mapping  
(Wicklow South )

---

---

**Saturday 14<sup>th</sup> July**

**\*\*\*SATURDAY HIKE\*\*\***

**Leaving Burgh Quay at 10.00 a.m**

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

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

**Leader: Tom Kenny**

**2nd pick-up & return drop off point:** bus  
stop near Rathfarnham Castle, Rathfarnham  
Road

**Route:**. Glencree Reconciliation Centre \*  
Oldboleys \* Prince Williams Seat \*  
Knocknagun, \* SH 525 \* SH. 586 \* Military  
Road \* Bog Road \* Oldboleys \* Glencree  
Reconciliation Centre

**Distance:** 15 km **Ascent:** 300 m

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

---

**Sunday 22nd July**

**Leader: Neville Ransome**

**2nd pick-up point:** bus stop near  
Rathfarnham Castle, Rathfarnham Road

**\*\*\*Different return - Loughlinstown\*\*\***

**Route:** Glenmacnass carpark \* Tonelagee \*  
Wicklow Gap \* Turlough hill \* Glenealo  
footbridge\* the Spink \* Glendalough visitor  
centre.

**Distance:** 20 km **Ascent:** 820 m

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

---

## Club news and events

---

### **Brendan Dempsey's Big Birthday**

**You are invited to join Brendan to  
celebrate his 90th birthday  
on**

**Friday May 25th  
at 8.00 pm in**

### **The Teachers Club**

**Event is being organised by Carina (087 793 5061)  
who would like to know in advance if you are attending  
to know numbers for nibbles**

**To help defray cost of room hire and nibbles  
there is a suggested donation of €10**

### **Club membership**

**For club membership 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*

**Membership of the Hillwalkers Club will soon include  
automatic membership of An Óige.  
This welcome development will be implemented in the  
2018 – 2019 membership year**

### **TRIPS AWAY 2018**

**James Cooke and Simon More are organising a trip to**

#### **The Peak District**

early in June

This trip is now full but there may be space for 2 additional people depending on hostel availability.

Please contact James Cooke for details

Fiona Byrne and Garry Sinnott are organising a trip to

#### **Burrishoole Walking Festival**

over the June Bank Holiday weekend.

Please contact Fiona or Garry for details

The club is also organising several day trips away including

#### **a day trip to the Cooleys on**

**Saturday 12<sup>th</sup> May**

**Bus leaving Burgh Quay at 09.00**

See Hike Programme, page 5 for details

## **Club news and events continued**

---

### **Ring of Imaal 2018**

### **Saturday June 23rd**

To celebrate the 25<sup>th</sup> Anniversary of the club there will be two special Ring of Imaal club walks on Saturday 23<sup>rd</sup> June.

The walks will follow the traditional challenge walk route and will finish in Donard but the initial road walk from Donard to the foot of Keadeen will not be included.

The walks will have two start points – one will be at the foot of Keadeen, 29 kms with 1520 m ascent, and one will be at Ballinfoyle at the foot of Ballinadden, 22kms with 1100 m ascent.

Both walks will be lead by hike leaders to enable weaker navigators participate.

**There will no checkpoints.**

The committee hope that this format will allow many more club members participate. In previous years many club members were occupied with registration, checkpoint and other duties and were unable to participate in the challenge walk.

There will be a bus from Burgh Quay to the start points leaving at **09.00 a.m.**

Following the hikes refreshments will be served in Toomey's Bar Donard.

The bus will then return to Dublin.

There will be a charge of €20 to cover the bus fare and the refreshments in Toomey's.

People with their own transport are welcome to start earlier from Donard and include the road walk.

**All intending participants must contact Jim Barry, 087 273 7338, [barryja@eircom.net](mailto:barryja@eircom.net) to ensure seat on bus, compatible leaders and refreshments at Toomey's**

# **HILLWALKERS CLUB ANNUAL SUMMER BBQ**

**SATURDAY 14<sup>th</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 Sarah Jackson  
at [sarah.jackson217@gmail.com](mailto:sarah.jackson217@gmail.com)  
and let her know if you intend taking the club  
bus or are using private transport**

# Adventure in the High Atlas - Easter Trip to Toubkal 2018

*By Patricia Ging*

---

Michael Shiels and I went to Toubkal in Morocco at Easter 2016 and really enjoyed our trip. Toubkal is a doable peak of 4,167m in the Atlas Mts. Easter is a great time to go to get winter conditions and coincidentally that is when Ryanair start their direct flights from Dublin to Marrakesh.

We thought that it would make a great trip for the Hillwalkers and suggested it to the club. There was a lot of initial interest, but eventually, in order to get enough suitable hikers, we opened it to members of Michael's Meetup group, some of whom happened to be An Oige members. Finally, 12 hikers signed up, including Peter Gillett, making a grand total of 14 for the trip

Even though Toubkal is not a "technical" 4,000m mountain, doing it in winter conditions is a serious undertaking and requires a very good level of fitness, ability to walk with crampons and to use an ice axe. So the first thing that we got started with was the fitness training. Everyone took to the training regimen with good will and in between training sessions there was plenty of hiking gear to be priced, bought and tested. The big snowfalls in March gave great scope to get winter ready.

## **Day 1: Fourteen happy hiking friends**

Our first lovely surprise was in Dublin airport on Holy Thursday, where Ryanair had laid on tea and buns and beverages at the gate, obviously knowing that a large group of hikers were coming through. We lashed into these with good will. The novelty of getting something free from Ryanair definitely added to our appetites. Unfortunately, the next surprise Ryanair had for us was not so good, with just one functioning toilet for the three hour flight. Panic spread and it seemed like everyone was queueing for the toilet. This continued until the pilots wanted a comfort break and to prevent a riot in mid-air the rear toilets were reopened.

We were very glad to land in Marrakesh and after the lengthy passport formalities, we arrived at our hotel in time to have a walk to the Menara Gardens. Sadly, the iconic views of the Atlas Mountains were obscured by cloud. I spent a long time explaining to the hotel staff about the dietary requirements of the hiker on a gluten free diet, unfortunately the staff did take this on board which ruined Michael's plan to get a second dessert for himself. We headed off to our rooms, the known snorers having been allocated single rooms to try to ensure that everyone got a good rest.

## **Day 2. Number of hikers harbouring murderous thoughts about their snoring roommates - two.**

The next morning we discovered that two more snorers had been unmasked and we needed to review the room allocation. After breakfast we piled all of the gear in taxis and set off for Imlil (1740m). This is a pleasant Berber settlement in the Mizane valley with lovely terracing, irrigation systems and lodges allowing them to cultivate walnuts and hikers. That afternoon we went for a short acclimatisation hike up through a newish pine forest to the village of Around. Later that evening, after a great dinner, we fitted everyone with their crampons. We imprisoned the known snorers into one room and hoped for the best.

## **Day 3. Saturday morning March 31, number of hikers who slept well - fourteen.**

With peace restored and full stomachs we set out with our muleteer and mules for the refuge Les Mouflons. A third of the way up, we stopped for mint tea at the Muslim shrine of Sidi Chamharouch. At about 3,000m we reached the snow line and the mules could not climb higher. For the last hour everyone was on foot, all the time we were being passed by porters scurrying up and down between the mules and the refuges carrying everything you could imagine on their shoulders, gas canisters, eggs, water, more eggs, and vegetables. We were very happy, after five and a half hours on the go, when we reached Les Mouflons refuge at 3,200m. We went out for a practice with crampons and ice axes in the steep valley behind the refuge in the afternoon. There was a really nice steep icy section which gave everyone a good idea if they were using the equipment correctly or not. The guardians in the refuge were quite friendly and they gave us our own private room for the group rather split us up into the big dorms. We were delighted, as we were planning to leave for the summit much later than most groups so we could "sleep in". It was notable that some of the worst snorers had brought the more high tech ear plugs. The arms race had begun.

## **Day 4. Easter Sunday morning -summit day.**

### **Number of hikers who had fantasised about suffocating snoring hikers- eight.**

So it turns out that knowing the person who is snoring in your room does not help with acceptance. Conversation at the breakfast table was limited and evil looks and digs were being exchanged. We set out from the refuge at 8.30am with our crampons on. We headed slowly up the steep ground to the first col. At that time of the morning we were already meeting hikers coming down the valley, some of whom had not made the summit due to wind. Many seemed under equipped without ice axes and some were being short roped by their guides. The wind was noticeable and it was getting stronger as we climbed higher but we decided to persevere as it wasn't worse than a normal day in Wicklow.

When we got to the top of the Tizi n Toubkal Pass at 3,800m where the snow ended, we sat down to take off the crampons and we noticed that the wind had dropped completely. It was also much less steep from here so we changed over to using trekking poles, it was a bit of a job getting everyone's axe safely stowed away. Considering all the murderous thoughts it was vital to disarm everyone.

We decided to follow the summer route from there as that was the way everybody was going up as there was practically no wind. From here it was just a steep slog to the top but when we finally arrived at the roof of North Africa, we were ecstatic!



*At the summit – Photo – Patricia Ging*

As we were alone at the summit and everyone was in good spirits and feeling well we decided to enjoy the summit views, take selfies and munch lunch and our Easter eggs for about an hour. One hiker even produced one of the Ryanair boarding gate buns with the icing still intact. It really was a rare day, seeing the High Atlas spread out around us. Sadly all fun lunches come to an end and we had to go back down the way we had come up. At Tizi n Toubkal Pass, we put our crampons back on and we used our ice axes to help us get down safely.

Everything was going very well until Michael managed to drop one of Peter's poles which literally flew down the steep slope like a torpedo and was never seen again. Peter tried to get his own back by accidentally slipping and bumping into me no doubt to see if I'd go down and retrieve the valuable article. I was well anchored in so I didn't get a chance to try out my ice axe arrest technique. As we go to press the small claims court are still deliberating about compensation for Peter's pole.



*Peter's Pole, Peter, Michael & Patricia at the summit– Photo - Patricia Ging*

That evening we were delighted as the staff in Les Mouflons refuge brought us a mountain of food for our evening meal, with several tagines and two big trays of spaghetti. When we had devoured all of this we begged for the remains of another tagine from the next table (No reason to let potatoes go to waste :) and of course more mint tea and the remains of our Easter eggs. One of the hikers managed to get into the kitchen to have a look at the cooking set up, and it was really amazing to see what the team were able to make considering that everything including the gas had to be carried up the valley on foot or hoof and that it was men doing all the cooking.

### **Day 5 –Number of hikers at breaking point due to snorers- eight.**

Breakfast was a muted affair with some hikers expounding the benefits of particular brands of ear plugs, remarkably these were the ones who would have been voted out of the refuge if we'd had a "weakest link" style elimination round.

Considering how tired most people were and the wind being higher we decided to simply descend the valley. The sky clouded over quickly at one point and it even started to snow so we realised that we had been very lucky to have had such good conditions for the summit day. We had our traditional mint tea and lunch stop in Sidi, and then continued downhill to Around, and finally to Imlil. We lashed into the tea and nibbles and then got off to the showers.

It is a tribute to the solar power panels in the lodge that everyone had a hot shower. After two nights in the refuge, the lodge was like 9 star luxury and we made the most of it. That night Peter regaled us with a song after dinner, the first time he ever sang in Africa. This was also the last time he sang in Africa as despite huge pressure he couldn't be persuaded to keep the entertainment going.



*At Les Mouflons refuge - 3,200m Photo – Patricia Ging*

## **Days 6 and 7-**

We went back to Marrakesh the next day and due to the Ryanair schedule we had a day and a half to enjoy the sights, relax and make friends with our snoring tormenters. There is plenty to see and do in Marrakesh and it's also a nice place to do nothing at all and just relax in the pleasant heat. We visited the Saadian Tombs which have long queues to get to a doorway to catch a glimpse of the nicest room and also the El Badi Palace which is really spectacular and not really on the tourist radar as it has just reopened after renovations and is a bit tricky to find.

I'd strongly recommend Morocco and the Atlas mountains. I think the country is really welcoming to tourists and the hiking is great, just be careful of snorers.

## Photos from some recent hikes

---



*Tom Lundy's Hike and poster 8<sup>th</sup> April*



*Tom Lundy's Hike and poster 8<sup>th</sup> April*



*Heading off on the Galtys Hike Easter Saturday – Photo – Tess Buckley*



*Galtymore Summit Easter Saturday – Photo – Tess Buckley*