



Hillwalkers Club

October 2018

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

# THE HILLWALKER



*Matthieu and Brian on Lugnaquilla*

Hike programme: October 2018 – Dec 2018	1
<i>The pick-up points</i>	2
Club news and events	7
<i>AGM Agenda</i>	10
Kevin's latest Camino Adventure	11
<i>Some hike photos</i>	16

## 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	Vacant
Weekend Away Coordinator	Vacant
Club Social Coordinator	Sarah Jackson
Assistant	Gavin Gilvarry
Training Officer	Russell Mills
Newsletter Editor	Mel O'Hara
Webmaster	<i>Special thanks to:</i> Matt Geraghty

## HIKE PROGRAMME October 2018 – December 2018

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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 is advisable to contact the hike leader or someone else who will definitely be on the hike, to let them know.

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## GENERAL HIKE NOTES

**PARTICIPATION** Mountaineering is an activity with a danger of personal injury or death. Participants should be aware of and accept these risks. People who take part in our club activities do so at their own risk and are responsible for their own actions and involvement.

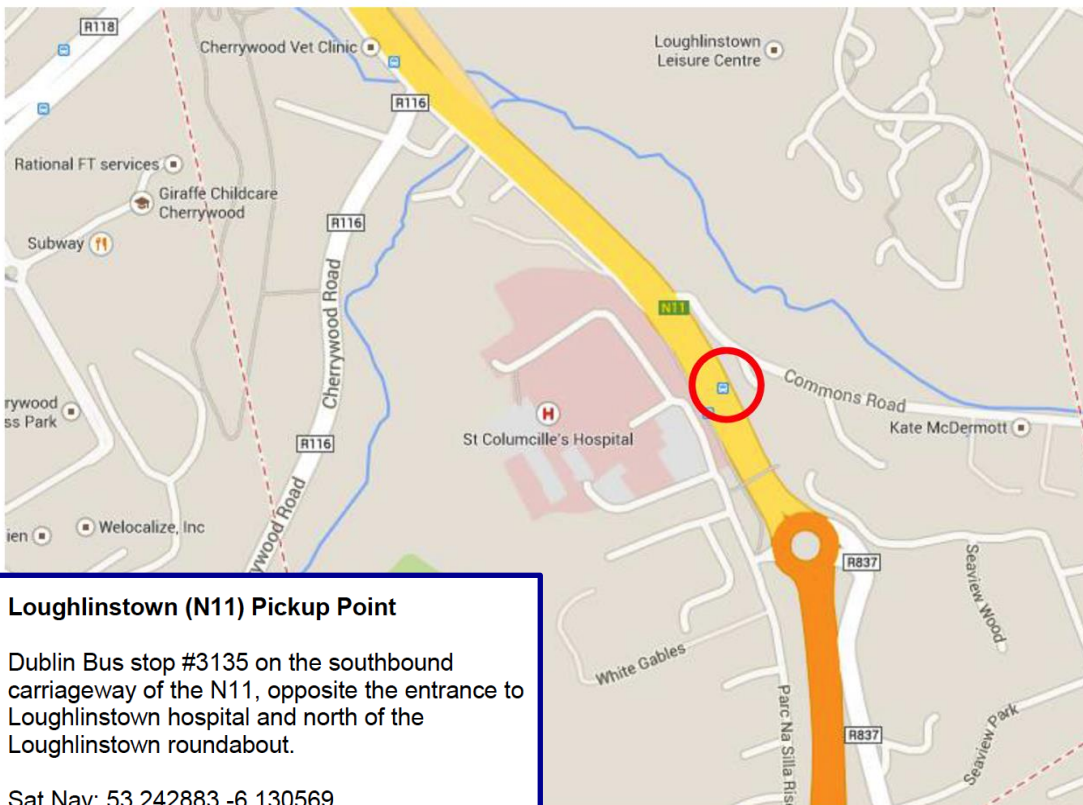
**CO-ORDINATION** If necessary, tickets are given out on Sundays to ensure that participants reserve a bus place as they arrive.

**LEADER** The leader has the right to refuse anyone who is not adequately equipped (e.g., without appropriate boots, rainwear, food, torch, hat, gloves, etc.). The leader may alter the route from that described in the program. The leader sets the pace of the hike and walkers are expected to obey the leader's instructions at all times.

**EQUIPMENT** It is essential to bring good rain gear (both jacket and over-trousers) and to leave cotton t-shirts and jeans at home! Boots must be sturdy with proper ankle support and a rigid non-slip sole such as Vibram.

**WALKING STICKS AND RUCKSACKS** Remember that walking sticks and rucksacks cannot be brought onto the bus and must be stowed away in the boot during the journey.

# The pick-up points



## 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

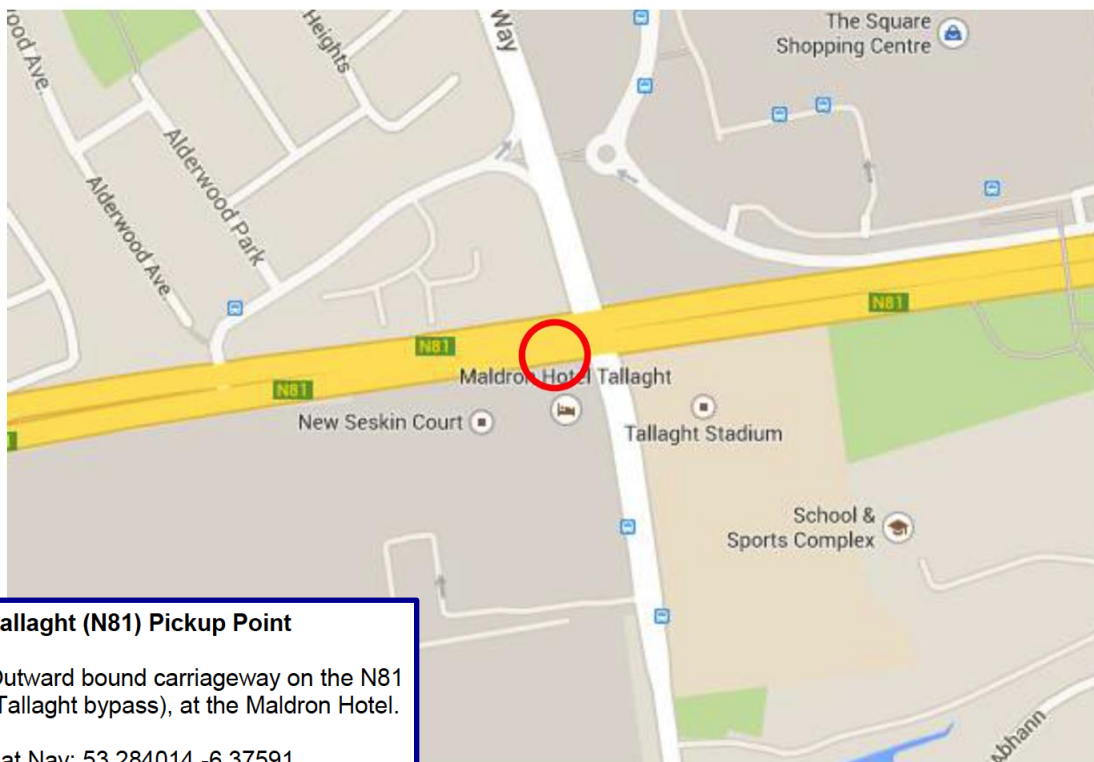
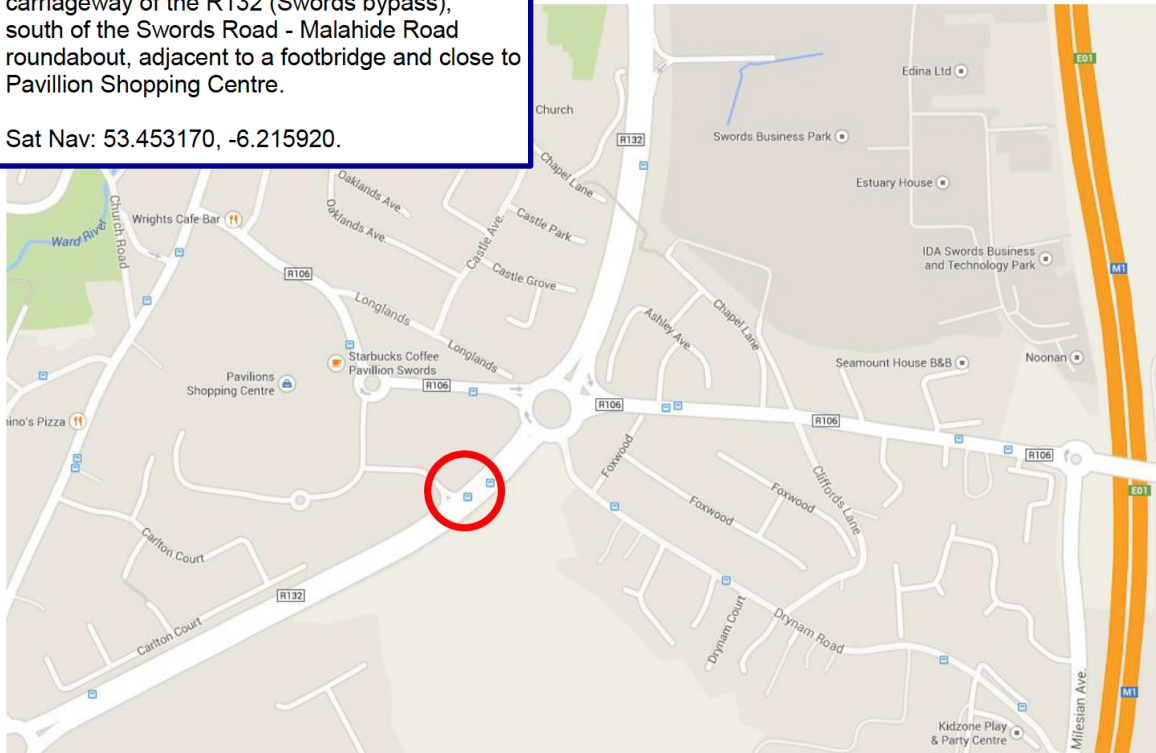
Dublin Bus stop #1304 on the southbound carriageway of the R115, close to Rathfarnham Castle and opposite Butterfield Ave.

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](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

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## Sunday October 7th

**Leader : Brian Madden**

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

Bus stop at Loughlinstown roundabout

**Route:** Oldbridge \* Inchavore River \* Military Road \* The Oasis \* Kanturk \* Scarr \* Forest Entrance GR 129 994.

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

**Map:** OSI 56; East-West Mapping (Wicklow Mountains West); Harveys

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## Sunday 14<sup>th</sup> October

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

**Leader: Terry Curran**

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

Bus stop at Loughlinstown roundabout

**Route:** Glendalough Visitor's Centre \* The Green Road \* Derrybawn \* Derrybawn Ridge \* Mullacor \* Top of the Bounds \* Van Diemen's Mines \* Glenealo Footbridge \* Zig Zags \* Miners Village \* Miners Road \* Upper Lake \* Glendalough Visitors Centre

**Distance:** 19 km **Ascent:** 600 m

**Maps:** OSI Sheet 56, East West Mapping (Lugnaquilla and Glendalough); Harveys Wicklow Mountains

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## Sunday 21st October

**Leader: Tommy Lundy**

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

Bus stop at Loughlinstown roundabout

**Route :** Oldbridge\* Kanturk\* Scarr\* Paddock Hill\* Wicklow Way\* Laragh

**Distance:** 15 km **Ascent:** 650 m

**Maps:** OSI 56. East West Mapping (Wicklow Mountains West); Harveys Wicklow Mountains

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## October Bank Holiday weekend

### Mournes Weekend Away

**Sat Oct 27<sup>th</sup> – Mon Oct 29<sup>th</sup>**

**Leader: Frank Keoghan**

**Saturday Bus to Mournes at 9am.**

**Long hike Saturday 27<sup>th</sup> and shorter hikes on Sunday 28<sup>th</sup> and Monday 29<sup>th</sup>.**

**Saturday & Sunday night in hotel in Newcastle**

**Return Monday evening**

**See Page 9 for additional details**

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**Sunday 4<sup>th</sup> November**

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

**Leader: Gerry Walsh**

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

**Route:** Stepside \* Fernhill Tunnel \* Three  
Rock \* Fairy Castle \* Tibbradden Mtn \* Pine  
Forest \* Cruagh Mtn \* Glendoo Mtn \*  
Knocknagun \* Boranaraltry Bridge \*  
Glencullen

**Distance:** 18 km  
**Ascent:** 700 m

**Maps:** OS 50 with 56, East-West Mapping  
(Dublin and North Wicklow Mountains)

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**Sunday 11<sup>th</sup> November**

**Leader: Tom Milligan**

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

**Route :** Wicklow Gap (O:076 001) \*  
Tonelegee \* Lough Ouler \* Stony Top \*  
Barnacullian \* Thorn Brook \* Gowlan  
Brook \* Annalecka Bridge \* St. Kevin's  
Road \* Wicklow Gap.

**Distance:** 16 km **Ascent:** 800 m

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

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**Sunday 18<sup>th</sup> November**

**No Sunday hike**

**Leaders Training Day on  
Saturday 17<sup>th</sup>.**

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**Sunday 25<sup>th</sup> November**

**Leader : Dónal Finn**

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

**Route:** Oasis, Carrigshouk,  
Mullaghcleauvaun East, Mullaghcleauvaun  
West, Billy Byrne's Gap, Moanbane, Silsean,  
Lacken

**Distance:** 18 kms **Ascent:** 900 m

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

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

**Leader : Garry Byrne**

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

**Route:** Shay Elliott – Ballyboy – Wicklow  
Way – Derrybawn - Monastery Brow – The  
Green Road – Laragh.

**Distance:** 17 kms **Ascent:** 475 m

**Maps:** OSI 56 , East West Mapping  
(Lugnaquilla & Glendalough), Harveys

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## Club news and events

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### AGM 2018

The 2018 club AGM will be held at The Teacher's Club, Parnell Square on Friday October 12th 2018 at 20.00  
Agenda is on page 10

### Christmas Party 2018

Sarah Jackson organising Christmas Party for Saturday December 8th

Save the date!

### Help Wanted

Outgoing Club Chairman Simon More recently e-mailed all members asking if they could please consider joining the Committee, as several people will be stepping down, creating quite a number of vacancies from October 2018. Roles on the Committee can easily be tailored to suit people's interests, skills and experience

The Committee is a small group of fellow walkers who quietly work in the background to ensure the smooth functioning of the Club. This includes organising the Sunday hike programme and associated bus transport, ensuring that Club funds are used wisely for the benefit of members, maintaining membership and insurance, producing and distributing the Newsletter, organising social events and weekends/weeks away etc. Quite simply, the Club could not operate without this background voluntary work.

## **Club news and events continued**

### **Combined Hillwalkers Club and An Óige Membership**

Committee members Jim Barry and Russell Mills have successfully negotiated an An Óige membership price reduction with An Óige management. Consequently, the Hillwalkers Club committee are now in a position to incorporate both Hillwalkers Club and An Óige memberships for an additional fee reduced from €25 to only €10.00.

Following this discount the new combined Hillwalker and An Óige membership cost will be €45.00, which compares to €60 in previous years.

**The cost of club membership to existing An Óige Life Members will remain unchanged at €35.00**

This welcome development will be implemented in the new 2019 membership year commencing for new members on 1 September 2018 and for existing members from renewal date on 1 November 2018

### **General Data Protection Regulation (GDPR) and Club Membership**

The General Data Protection Regulation came into force on 25<sup>th</sup> May 2018. The new regulation strengthens the provisions of the current Data Protection Acts 1988 and 2003 respectfully. However, GDPR introduces new elements and significant enhancements which will require detailed consideration by all membership based clubs involved in the processing of personal data.

#### **New online Membership Form**

The Hillwalkers Club committee is currently preparing a new membership form that will reflect the requirements of the new Regulation in accordance with Mountaineering Ireland Guidance Document : **GDPR for Clubs** to be circulated to all members.

The new membership form will be available soon both on line and by email if requested.

## Club news and events continued

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### October Weekend Away in Mourne

The Club is running a weekend trip to the Mourne mountains for the October bank holiday weekend, leaving Dublin by bus at 9am on the Saturday morning with hikes on Saturday, Sunday and Monday under the leadership of Frank Keoghan.

Trip will be based in the Donard Hotel in Newcastle, staying on both Saturday and Sunday night with all meals included. Returning to Dublin on Monday evening.

The provisional hiking routes (dependent on weather) are as follows:

**Saturday 27th:** Bloody Bridge – Slievnagarragh - Chimney Rock Mountain – Bog of Donard – Slieve Donard – Commendagh (Shan Slieve - Slievenamaddy) – Newcastle. 18Km. 1160m

**Sunday 28th:** Carrick Little - Hares Castle - Annalong Buttress – Brandy Pad - Slieve Beg – Cove Mountain – Slivelamagan – Carrick Little Cottage Cafe. 19Km. 750m.

**Monday 29th:** Spelga Dam Car Park – Slievenamiskan - Cock Mountain - Pigeon Rock Mountain - Slieve Muck - Carn Mountain - Ott Mountain – Slievenamuck - Butter Mountain - Spaltha - Spelga Mountain - Spelga Dam Car Park. 14km. 920m.

Food stop on the way back at Castlebellingham service station.

***Costs worked out at €170 per person to include transport together with 2 nights dinner and bed and breakfast in hotel.***

***The trip is now full with a waiting list in operation.***

***Please e-mail Ruaidhri O'Connor at [ruaidhri11@gmail.com](mailto:ruaidhri11@gmail.com) if you want your name added to the waiting list.***

**Hillwalkers Club AGM**  
**8.00 p.m. on Friday October 12<sup>th</sup> 2018**  
**The Teachers Club,**  
**Parnell Square West, Dublin 1**

**Agenda**

1. Welcome from the chair
2. Secretary's Report
3. Treasurer's Report
4. Sunday Hike Co-ordinators Report
5. Membership Secretary's report
6. Administrator's Report
7. Club Promoter's report
8. Training Officer's report
9. Environmental Officer's report
10. Newsletter Editor's report
11. Proposal re subsidised Mountain Skills training
12. Any other business / summary
13. 2018-2019 committee nominations and approval
14. Meeting close

**Nomination Form for 2018 - 2019 Hillwalkers Club Committee**

I nominate .....for a position on the committee of the Hillwalkers club for the 2018 – 2019 membership year

Signature of Proposer .....

Signature of the Seconder.....

I accept the nomination

Signature of the Nominee .....

All the above signatories must be current members of the Hillwalkers Club

# Camino del Interior

text and photos – Kevin Mc Ginley

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*Planned Route: Irun – Hernani (26.2 km) – Tolosa (19.3 km) – Zegama (34.3 km) – Salviatierra (22 km) – Vitoria (27.4 km) – La Puebla de Arganzón (22 km) – Briñas (27 km) – Santo Domingo de la Calzada (23.6 km) – Belorado (22.7 km) Total = 224.5 km*

I chose the Camino del Interior among the many others, partly because it is near to Bilbao and more because it was likely to be a good deal quieter than the Camino Francés in late June/early July. But quite so quiet I had not anticipated!

Because my starting point was Irun, a two-hour coach ride from Bilbao late in the evening, I booked into a *pensión* (a B&B) rather than take my chances in a *donativo* (donation) *albergue*. I wish I had not. The receptionist considered his paperwork more important than my presence and kept me waiting. The experience of the place overnight did little to enhance its reputation in my mind.

Up early and off to my starting point at the Puente de Santiago. I sought directions here and attracted a number of passersby. While doing so, I spotted the camino symbol on the ground just as a man was pointing in the very opposite direction. I thanked them all and followed a very determined looking *peregrino* complete with rucksack and poles. But, after about two hours, I sensed that the geography was all wrong, sought directions again and decided to backtrack and check. There are two routes leading out of Irun: one is the Camino del Norte going west and the other is the Camino del Interior heading south-west. I was on the wrong one!

I decided there and then, being hot and bothered, that I was going to cheat: make my way back to Irun and take the train to my end-of-day destination, **Hernani**. It's OK to cheat, isn't it, if you admit to it? Such was my reasoning anyway! On the way back, I took a wrong fork in the wood and ended up on a road. A honeymoon couple offered me a lift to their own destination, which happened to be Irun! I made my way to the train station. I attempted to disembark at the first stop (as I had been told) but persuaded to stay on by another passenger who ensured I got off at the right station – seven stops further on. Following instructions from the same person, I made my way to the centre. But it was heaving with crowds which moved occasionally in rhythm to fiesta music. Since accommodation was unlikely there, I took a taxi (cheating again) to **Urnieta** and with the help of my driver secured a place at a *pensión* there. I remember well the tastiness of a salad I got there – the result of vegetables actually seeing the sun as opposed to life under plastic tunnels. As you gather, food assumes greater importance on the Camino.

Having scouted access to the Camino that night, I was up on the path early. It was along or near a busy road, a pattern that was to be repeated again and again. The noise from the factories, the continual snarl of passing trucks, the lack of freshness in the air - I wondered why people put up with it!

And so up along the valley the floor of which is covered in factories and apartment blocks. Where nature is untrammelled, the valley sides are so beautiful. The countryside, where you get glimpses of it, is also very beautiful – spoiled as ever by insensitive development. Some apartment blocks are so soulless- the lack of freshness in the air doesn't help perception of their being so. I couldn't help wondering if there were an unconscious Faustian pact in this area: prosperity for disregard of the environment?

The sign to the beleaguered-looking *albergue* outside **Tolosa** was as vague as any I'd seen. However, I ate well in a little restaurant in a little *traversa* (a small passageway between bigger streets), recommended by the helpful *hospitalero* (warden). At one end, it had a view through an arch into a spacious square, evidence of the aesthetic eye of the Spanish planners which I saw more dramatically near the river. (See below.) Other things drew my attention: little English is spoken here; smoking is quite common; no beggars and a fair sprinkling of Moslems.



**Tolosa**

The *albergue* at **Beasnai** (an intermediate stop) was a part-restored old mill and surroundings. It was welcoming, spacious, well-run, clean and functional. And it was there, about 80 km into the walk, I met my first fellow *peregrinos*, or so I thought! Spanish, as it happened, but by no means *peregrinos*. Their practice was to drive and park, walk a stretch, then for one of them to retrieve the car. Oh dear, I thought, this is stretching things! But I was lucky to have their companionship the following day when I slipped on a wet, mossy concrete slope and cut my forehead. They whisked me to an *ambulatorio* (clinic) where I received prompt and excellent care. On my return to Ireland, my GP said, 'You were well stitched up!'

The route then took us up hill and through the San Andrián cave (see below) on an ancient route to Castille. It was such a beautiful place with horses grazing to the sound of their neck bells. Then coming down on the other side we passed through an oak forest – what a delight! I read somewhere that it takes a minimum of twenty years for oaks to produce acorns with optimum production being at fifty years or more. How long, one wonders, will it take Coillte here in Ireland to bring back any resemblance of past glories!

My '*peregrino*' companions finished at **Salvatierra** but I gained a new one: Spanish and, again, doing a bit of the route. In **Vitoria**, a beautiful and spacious city, we stayed at a state-sponsored *albergue* recently refurbished to high standards. The charming receptionist had spent time in Dublin, Cork and Galway. The exit from the city was via wide long stretches of tree-lined boulevards - such a pleasure to enjoy the cool quietness of the early morning with the intermittent twitter of early-rising birds. En route, we passed by groups of young people looking somewhat dishevelled. Up watching world cup matches - or doing something else? No doubt, we seemed sanctimonious to them: early risers, heavily laden and walking with purposeful gait!.



**Approaching San Adrián Pass**

At **La Puebla de Arganzón**, we were to pick up the *albergue* keys at the town hall – but it was a Sunday. We rounded a corner in the central square and the first person my companion, Ignacio, chatted to happened to be the key holder to the *albergue*. At which Ignacio said, 'St James is looking after us!' We were the only *peregrinos* (again!). We had met one *peregrino* at Vitoria but he was on his way back from a distant Santiago! The pace of life in this, and other villages, is 'dead slow to stop.'

No wonder young people seek action in the larger towns. But the older houses in the narrow streets are (to me) so attractive, especially in the early morning light. The churches look neglected and are usually dark having very few windows – perhaps, as in other places doubling as a redoubt in troubled times in the past.



**Looking back from the Rioja Region**

Next stop was **Haro**, centre of the Rioja wine industry and there are lots of *Bodegas* to store the produce. ‘You can’t get bad wine in Haro!’ declared Ignacio. To me, despite its reputation, it didn’t look particularly prosperous: as if the owners worked there but lived elsewhere, Then on to **Santo Domingo de la Calzada** where the Camino Francés meets with the Camino del Interior. There we saw our first ‘real’ *peregrinos*. For me there was a strange feeling of déjà vu having been there some years before. Perhaps because of the numbers, there was some lapse in the standards of courtesy I had come to expect. Even so, a lady stopped at my table to wish me ‘Buen Camino!’ Further along around outside tables, a group of *peregrinos* was watching a world cup match, among them a French *peregrino* and his donkey.

I decided I needed rest and recuperation at my destination point, **Belorado**, and lodged in a *pensión* (at modest cost but of a high standard). I scouted the place (street name and number) where I was to get my bus the following day to Bilbao: based on information provided by Ignacio who had worked in 'informatics', whatever that was. Then, by accident, I discovered an information office where I was told the service had been discontinued and replaced. The following morning, I was back at the original starting place. Being restless, I wandered around the corner, and bumped into Belfast Paul whom I had met the previous night and was waiting on a bus to Burgos. I chanced to look over his head and saw displayed the information sheet I had been given the previous day. The nearby hotel confirmed that my bus went from there and not from around the corner. And so it ensued. But for my restlessness, I'd have spend another day in Belorado - not an exciting prospect!

And thus to **Bilbao**, via a brief stop at Haro. The city grows on you. When you spend a little time there, you realise it has many fine buildings and vistas not least along the river. By the river, of course, is the Guggenheim Museum which you can't miss coming into the city on the airport bus. Since, I had a little time, I spend a couple of hours there and wondered if I was the only one wondering if I had really understood the ethos of its main exhibits.

### **To summarise:**

1 The Orrio river valley up which I walked is really a conurbation of industrial and apartment development with occasional less developed areas. As far as Tolosa, it has a lot of heavy traffic and is noisy, dusty and polluted. It has few yellow Camino arrows to guide you and they are often hard to spot.

2 Beyond this point it becomes what every Camino should be: small villages, open countryside with barely a soul in sight – in most cases, literally. My companion used to say of similar places elsewhere, 'It's all for me!'

3 The part over the mountains through the San Adrián pass has wonderful scenery.

4 Don't expect cafés between your end-of-day destinations!

5 I couldn't find a guide book in English. So, careful planning is necessary especially with regard to availability of *albergues*. You may find them closed and have to telephone a keyholder or go elsewhere to pick up the key. Always ask about them well in advance!

Was it worth it? Well, I am already planning my next trip. The most memorable thing about the trip was the kindness and gratuitous helpfulness of strangers. When you asked a passerby directions, other people often joined in to help. The ticket official in Haro left her office to ensure I got on the right bus. Her friends had been to Ireland, 'Different language but the same culture' she said. One man in Haro came to my aid twice: once when I'd overshot my *pensión* and later went out of his way to get information!

Part of the pleasure of this kind of travel is the unpredictability. You have to accept that things, with the best will in the world, can go wrong – that's often what interests people most. Perversely, in my opinion, it is integral to the pleasure of a Camino.

Kevin Mc Ginley

## Some photos from September 9th hike

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*Neville feeling the pace?- Photo M O'Hara*



*Revived - Un zip a banana ! - Photo M O'Hara*



*Laura on Lug – again! Photo M O'Hara*



*I think Gerry may be indicating how many Senior All Ireland Hurling Finals Limerick have won SO FAR this century???*  
*Photo – M O'Hara*