



Hillwalkers Club

June 2019 – August 2019

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

THE HILLWALKER



Conor on rear leader duties 12th May

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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
Social Events Coordinator	Udo Sap
Social Events Assistant	Gavin Gilvarry
Weekend Away Coordinator	Søren Stuhr Mandrup
Training Officer	Russell Mills
Social Media Coordinator	Laura Grealish
Newsletter Editor	Mel O'Hara
Webmaster	<i>Special thanks to:</i> Matt Geraghty

HIKE PROGRAMME

June 2019 – Aug 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.

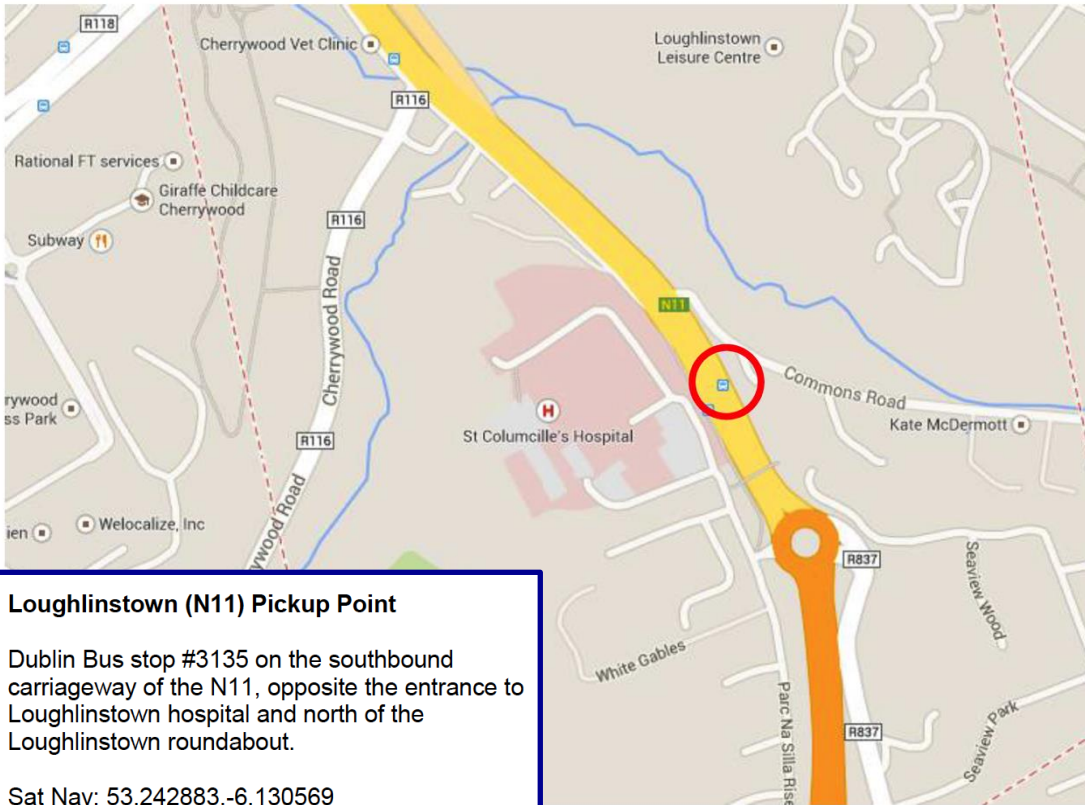
CO-ORDINATION If necessary, tickets are given out on Sundays to ensure that participants reserve a bus place as they arrive.

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.

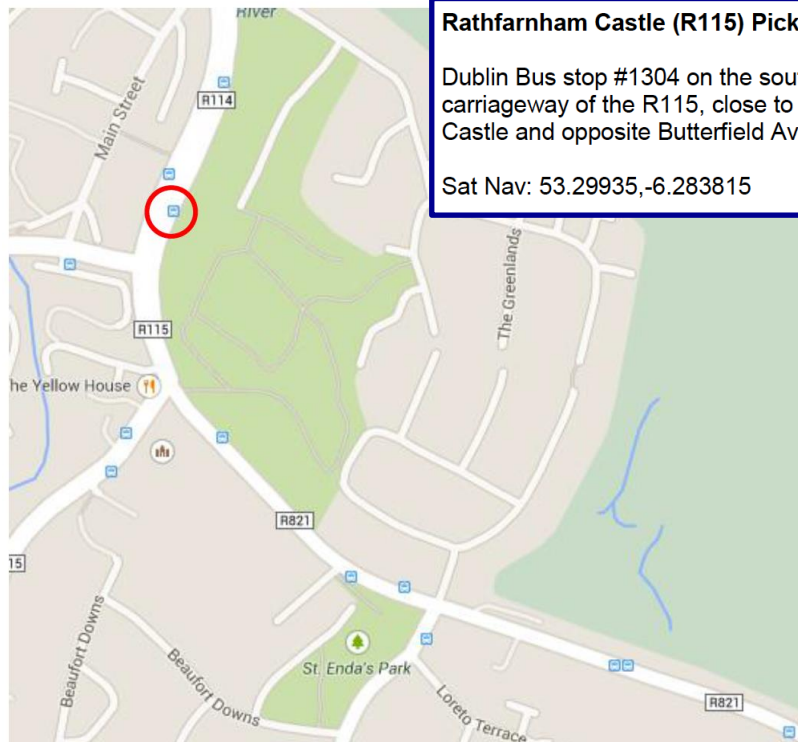
The pick-up points



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

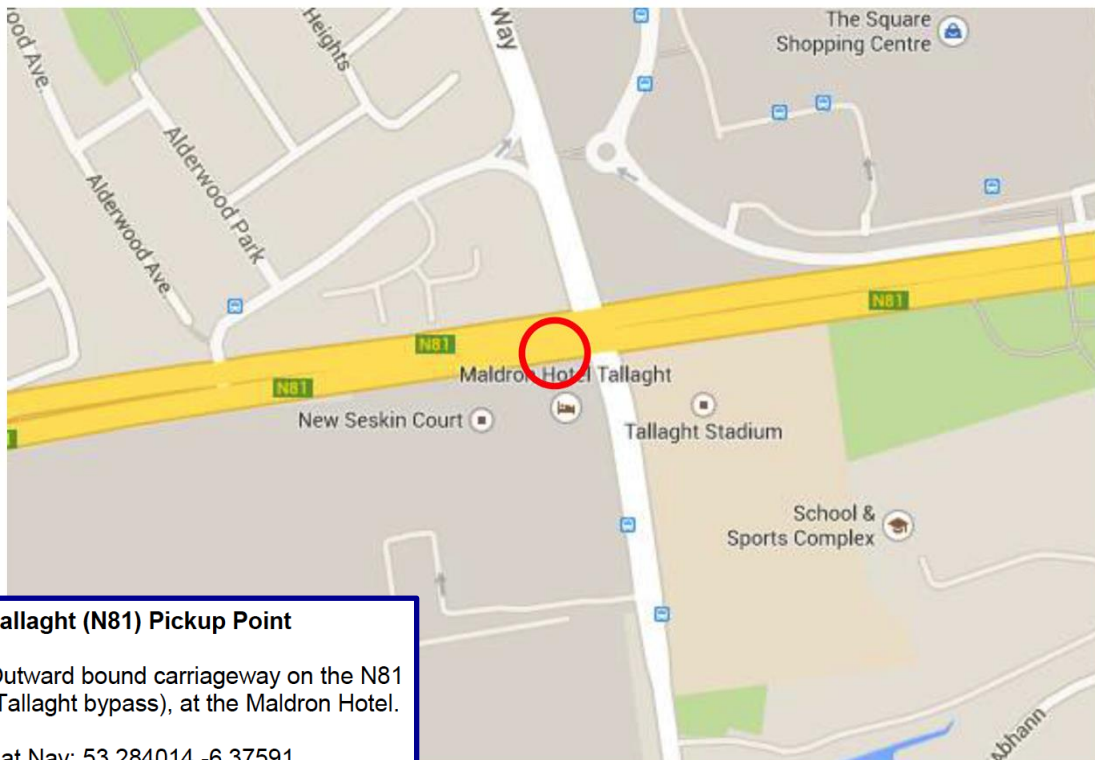
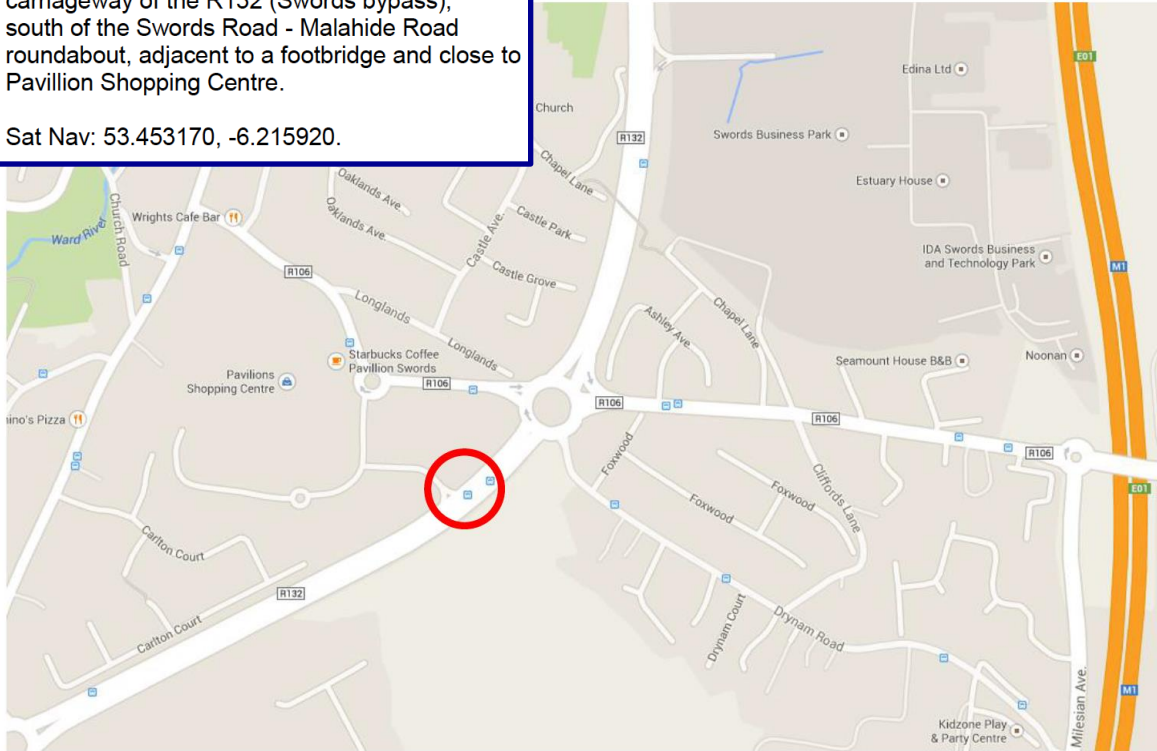
Dublin Bus stop #1304 on the southbound carriageway of the R115, close to Rathfarnham Castle and opposite Butterfield Ave.

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

1st June

Day trip to Comeraghs

9a.m. Sharp

departure from

Burgh Quay

Late Return to Dublin (around 10 pm)

Cost: €20 - Bus Fare only

* OPTIONAL 3 course dinner
available at €25
(bus plus dinner = €45) *

**Advanced booking and
payment of a €20 deposit is necessary
as a minimum of 20 members are required
to ensure that the trip is viable**

Please contact
itaohdubs@gmail.com
regarding booking and payments

Leader: Brian Madden

Route : Nire Valley CP * the Gap * Coum
Iactar * Crotty's Rock * Coumshingaun * Fas
Coum 792m * Spot height 750m * Sgilloge
Loughs * tracks to Nire Valley CP

Distance: 14.5 km

Ascent: 845m

Map: OSI 75 or New East West Mapping
1:25,000 Map of the Comeraghs

Sunday 9th June

Club Taster Hike

Leader: Ruth Murphy

2nd pick-up & return drop-off point:
Rathfarnham Castle, Rathfarnham Road.

Route: Johnny Fox's Glencullen *
Ballyedmonduff * Fairy Castle * Boranaraltry
bridge * Annacrivey wood * Glencullen
bridge * Johnny Fox's

Distance: 17 km

Ascent: 450 m

Map: OSI 50 & 56. East West Mapping
(The Dublin and North Wicklow Mountains)

Sunday 16th June

Leader: Udo Sap

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

Route: Oldbridge * Lough Dan * around
Carrigshouk * Stoney Hill (Mullaghcleevaun
East Top) * Mullaghcleevaun * Black hill *
Lacken

Distance: 20 km

Ascent: 580 m

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

Sunday 23rd June

Leader: Kevin O'Reilly

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

Route: Kilcommon Bridge * Railway Walk * Rosbane * Garryhoe Lane * Doctor's Cross (T043751) * Wicklow Way * Curravanish * Muskeagh Boreen * The Four Bounds * Hadden's Hill * Tinahely

Distance 20.8 km

Ascent 648m

Maps: OSI 62,
East West Mapping (Wicklow South 1:25k)
(also see maps on www.Tinahely.ie)

Sunday 30th June

Leader: Philip Hayden

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

Route: Pier Gates * Knocknaclohoghe * Kanturk-Scarr * Paddock Hill * Laragh

Distance 18 km

Ascent 670 m

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

Sunday 7th July

Leader : Laura Grealish

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

Route: Laragh - Paddock Hill - Scarr - Glenmacnass car park - Lough Ouler - Tonelagee - Brockagh - Glendalough

Distance: 21 km

Ascent: 1030 m

Maps: OSI 56; East West Mapping (Lugnaquilla & Glendalough); Harveys Wicklow Mountains

Sunday 14th July

Leader: Terry Curran

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

Route: Sally Gap (Grid Ref O130110) * Carrigvore * Gravale * Duff Hill * Mullaghcleevaun East Top * Mullaghcleevaun * Black Hill * Hampden Memorial * Lake Shore * Lacken (Grid Ref O012109)

Distance: 18 km

Ascent: 840m

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

Saturday 20th July

*****Club Barbeque Hike*****

Leader: Tom Milligan

2nd pick-up & return drop-off point:
Rathfarnham Castle, Rathfarnham Road.

Route: Glenree Peace and Reconciliation Centre * Oldboleys * Knocknagun * Boranaraltry Mountain * Pine Forest Centre * Wicklow Way * Tibradden Mountain * Cruagh Wood * Glendoo Mountain * Eskalaw Brook * Der Deutscher Soldatenfriedhof. (The German Military Cemetery)

.Distance: 18 km **Ascent:** 770 m

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

Sunday 28th July

Leader: Patricia Ging

2nd pick-up point: Rathfarnham Castle, Rathfarnham Road.

Different Return

Route : Glenree Peace and Reconciliation Centre * Lough Brays * Eagle's Crag * Kippure * Old Deer Fence * Tonduff South * Maulin * Wicklow Way * Ride Rock * Crone Wood Car park

Distance: 18 kms

Ascent: 650 m

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

August Bank Holiday Weekend

2nd to 5th August

Trip to Kerry

Leaders:

Gerry Walsh & Søren Stuhr Mandrup

**Limited to 12 people
for safety reasons**

Staying at An Óige Hostel,
Aghadoe House, Fossa, Killarney

**Planned routes involve steep scrambling
and exposure**

Sat 3 Aug: Carrauntoohil via Curved Gully
. Return by Heavenly Gates.

**Helmets required in Curved Gully
because of rockfall danger**

Sun 4 Aug: Eastern Reeks Ridge
(5 Munroe's) Cruach Mhor-Big Gun-Cnoc na Peiste-Maolan Bui-Cnoc an Chullinn.
Ascent via spur onto Cruach Mhor.
Descent via Zigzags

Transport by car pooling.

If interested please contact Gerry at
hillwalking@gmail.com & 089-46 91058
or Søren at ssmandrup@gmail.com
& 085 82 54563

Sunday 11th August

No Sunday Hike

Sunday 18th August

No Sunday Hike.

Club news and events

Mountain Skills Training

The club has always helped and encouraged members to participate in mountain skills training.

Members interested in taking part in mountains skills training are asked to contact club training officer, Russell Mills to discuss their training needs and ambitions.

Russell's contact details are as follows

086 446 6997 or info@mountaintrails.ie

Historic Dublin Walk 'n' Talk...

Thursday May 30th 6.45pm

Terry Cartin will lead another of his renowned city centre strolls, beginning at The Gresham Hotel, lasting about two hours, and finishing at the beautiful Victorian Swan Bar, on Aungier Street.

See Page 12 for more details

Day Trip to the Comeraghs...

Saturday June 1st

Brian Madden is leading a day trip to The Comeraghs.

Bus leaving Burgh Quay at 09.00 a.m. sharp

Returning late - approximately 10.00 p.m.

See Hike Programme, Page 5, for more details

Outing to Lambay Island

Club Social Events Coordinator, Udo Sap,
has arranged an outing to
Lambay Island
on Saturday 22nd June.

This is a great opportunity to access this
privately owned and very interesting island.

See Page 13 for event details

Club Barbeque

Annual Club Barbeque will be on
Saturday 20th July

To minimise depletion of club funds a charge for the
barbeque food has to be introduced this year

See page 14 for details

Trip to Kerry

August Bank Holiday Weekend

Leaders:

Gerry Walsh & Stuhr Søren Mandrup

Limited to 12 people for safety reasons

See Hike Programme Page 7 for more details

Dublin / Wicklow Mountain Meitheal **Remaining Workdays 2019**

Saturday 08/06/2019

Sunday 22/09/2019

Sunday 23/06/2019

Saturday 05/10/2019

Sunday 21/07/2019

Sunday 20/10/2019

Saturday 10/08/2019

Saturday 02/11/2019

Sunday 25/08/2019

Sunday 17/11/2019

Saturday 07/09/2019

See www.mountainmeitheal.ie or www.pathsavers.org

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 following page.

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

Don't get ticked off

The Tick is a member of the spider family, Arachnids, and ticks are responsible for the transmission of several dangerous blood borne diseases.

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.

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> ,

<https://www.cdc.gov/lyme/index.html> and

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

The Hart Walk

Hillwalkers who take part in the various Irish challenge walks, Maamturks Challenge, Lug Walk, Comeragh Crossing etc. often compare, contrast and debate the characteristics and merits of these various walks. In my opinion there can be little dispute about which is the absolute toughest though – The Hart Walk.

The Hart Walk takes its name from the originator of the walk, Henry Chichester Hart who was born in Raheny in 1847. His family owned an estate near Port Salon in Co Donegal and he was independently wealthy. This allowed him to pursue his many interests after completing his education at Trinity College Dublin. Hart was a polymath. As well as being a Shakespearean scholar he explored the Arctic and Palestine. He was an avid naturalist interested in both zoology and botany. He collected plant material in many regions of the world including North America North Africa and Eastern Asia and he published a Flora of Howth in 1887. Hart died in 1907. His most important work, A Flora of County Donegal, was published posthumously in 1916. Unfortunately, the entire stock of the then recently published book was lost in the fires that engulfed Dublin during the 1916 Insurrection.

Many of the late 19th and early 20th century Irish naturalists and plant collectors such as Hart and Robert Lloyd Praeger were prodigious hillwalkers. Praeger, for example, thought nothing of taking an early train on Saturday morning, walking 40 kms across the hills searching for plants and other items of interest, overnighting, and then walking another 40 kms across the hills again on Sunday before taking a late train back to Dublin.

In 1886, Hart and his friend and fellow naturalist, Richard Barrington must have been discussing their respective hillwalking abilities as they decided to have a wager regarding same. Barrington wagered 50 guineas with Hart that Hart would not be able to walk from Terenure to Lugnaquilla and back within 24 hours. 50 guineas in 1886 would be worth almost €8000 now so it was a substantial sum. Hart managed to complete the walk at 22.48 on 21st June 1886 with 10 minutes to spare. Hart was accompanied by Frederick. F. Cullinan (1845-1913), an Ennis born civil servant who was employed at Dublin Castle. The walk began and ended at the tram terminus at Terenure. Since then, many hillwalkers have attempted to follow in Hart's footsteps but not all have managed to complete the route or to complete it within 24 hours.

The Hart Walk is approximately 116 kms in length and 3,200m ascent (72 miles with 2 miles of ascent). From its start at Terenure the route is by road via the Sally Gap to Glenmalure and the Zig Zags. The route then takes to the open hillside – Cloghernagh followed by Lugnaquilla. After Lugnaquilla the route follows part of the Lug Walk route in reverse - Camenabologue, Conavalla, Lough Firrib, Wicklow Gap and Tonelagee - as far as Mullaghcleevaun. After Mullaghcleevaun Blackhill is next followed by a descent to Ballynultagh Gap and a return to road-walking via Ballysmutten Bridge to the R759. After reaching the R759 the route goes across country again to meet the road leading past Kilbride Camp to Stone Cross and from there, back along the road to Terenure.

There is a commemorative stone to Hart and his ultra-marathon walk located on the Dublin Mountain Way before entering Cruagh Wood beside the Glendoo Brook.



Tom Milligan pictured at the Hart Commemorative Stone on the Dublin Mountain Way close to Glendoo Brook.

The mental and physical strength required to complete this walk is remarkable. Tom Milligan has completed the Hart Walk four times.

An account of Tom's walk in 2006 is available by following the link directly below

<http://www.simonstewart.ie/Longwalk/HartWalk/hartwalkRecord2004.htm>

An account of Tom's walk in 2008 is available by following the link below, which leads to the September 2008 archived edition of The Hillwalker. The account of the walk is on Page 7.

http://www.hillwalkersclub.com/programmes/hw_sep_2008.pdf

The editor wishes to acknowledge and thank the following sources for information reproduced in this article – Tom Milligan, www.simonstewart.ie, www.mountainviews.ie, www.jstor.org, and Wikipedia.

Historic Dublin Walk 'n' Talk...

Hillwalkers Club Activity

Thursday May 30th 6.45pm

Terry Cartin will lead another city centre stroll, lasting about two hours and finishing at the beautiful Victorian Swan Bar, on Aungier Street, at about 9 bells. Feel free to join us there. He guarantees that you will discover lots of things about Dublin, some great, and not so great... a small city with a big past!...

Architecture, social history, sculpture, intrigue, art, torture, arson, invention, literature, sex, politics, religion, nature, superstitions, medicine, plagiarism, destruction, beauty, and lots more....

Meet outside the

Gresham Hotel, O'Connell Street,

at 6.45, Thursday May 30th,

for an evening Dublin saunter.

Missed the last one? Big mistake, Huge!...



*****LAMBAY ISLAND*****

Saturday 22nd of June

Fancy a trip to Lambay?

Due to the success of the trip in 2012, the club has arranged another rare chance to visit this privately owned island 4kms off the coast of Dublin.

We'll have a guided tour of the largest Island off the East coast for up to 14 people where they'll have the opportunity to see various farm animals, wallabies, wild deer, seals and a wide variety of maritime wildfowl including gannets.

Also we'll see the gardens and the Edwin Luytens designed castle of Lord Revelstoke plus other interesting architectural and historical remains.

Date: Saturday 22nd of June.

Time: 11.15 am

Departure Point – Harbour Marine Malahide

Cost: €85 p.p.

Full payment required to secure booking.

**ALL booking payments to be made before Thursday
12th of June 2019.**

To avail of one the very LIMITED places available please contact me immediately at udosap@gmail.com for information on how to make the booking payment.

ALWAYS include your name with electronic payments please

First come , first served- so don't delay if interested.

HILLWALKERS CLUB ANNUAL SUMMER BBQ

**SATURDAY 20th 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 Udo Sap at udosap@gmail.com
and let him know if you intend taking the club bus or are
using private transport**

To minimise depletion of club funds a charge has to be introduced for the
food this year and resulting costs are as follows

€10 for Hillwalkers Club members using private transport

€25 for Hillwalkers taking the club bus.

€20 for non-Hillwalker Club members using private transport

€35 for non-Hillwalker Club members taking the club bus

BBQ Menu

Home cooked spiced pulled pork with fresh barbecue sauce on ciabatta bap.

BBQ grilled fresh haddock fillet with lemon and coriander butter.

Selection of seasonal fresh salads. Baked potatoes. Tea or coffee

VEGETARIAN / COELIAC ? – BE SURE TO MENTION THIS IN E-MAIL TO UDO

Some photos from Michael Quinn's Hike May 12th



Mullaghcleevaun East Top - Group Photo



Three men at a gate



John - Peregrino returns to Gravale



Michael and Terry



Ruth – afternoon rear leader



In the shade of the old oak trees



Gerry - in vacant or in pensive mood?