

An Óige Hillwalkers Club

December 2009 &
January 2010

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

THE HILLWALKER



Niall, Brian and Garry on Casamagna, Andorra. Photo: Brian Madden

*Merry
Christmas*

HAPPY NEW YEAR

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HIKE PROGRAMME December 2009

MEET: Burgh Quay

DEPART: Sundays at 10.00 am

TRANSPORT: Private Bus

COST: €12.00 (unless stated otherwise)

2nd pick-up point: *The bus picks up walkers who are already at the designated point. It won't be waiting and places cannot be guaranteed as the bus may be full at Burgh Quay.*

2nd drop-off point: *Where indicated in the programme below, the bus will drop off hikers at the 2nd pick-up point on the return journey, unless circumstances dictate otherwise. We regret that this is not possible on all routes.*

Sunday, 6 December 2009

**No Sunday Hike
due to
Hillwalkers Christmas Party**



Sunday, 13 December 2009
---Glenasmole Valley

Leader: Gerry Walsh

2nd pick-up & return drop-off points: Beside the pond at Seán Walsh Park on Tallaght By-Pass.

Route: Athdown Forest (O 069 152) * Seefin * Seefingan * Corrig * Seahan * Ballymorefinn * Glenasmole * CP at Fort Bridge.

Distance: 19km **Ascent:** 620m

Maps: OS 50, OS 56

20 December 2009
---Holly Hike

Leader: Don Reilly

2nd pick-up & return drop-off points: Beside the pond at Seán Walsh Park on Tallaght By-Pass.

Route: Hollywood Glen to Hollywood Inn, Hollywood

Extended social at the Hollywood Inn with free finger food, music and conversation.

Come along and join in!



Club members interested in leading a hike,
please contact Gerry Walsh:
hillwalking@hotmail.com

Saturday, 26 December 2009

---Post-Christmas Walk



Leader: Frank Rooney

Route: Meet outside the Marine Hotel, Sutton Cross at 11 o'clock, for a walk around the Hill of Howth; public or own transport.

Sunday, 27 December 2009

---NO SUNDAY HIKE---

HIKE PROGRAMME January 2010

Friday, 1 January 2010

---Lug at New Year

Leader: Jim Barry

Route: Meet outside Fenton's Pub (Glen of Imaal) at 11 o'clock for the traditional New Year Hike up Lugnaquilla Mountain. Own Transport.



Sunday, 3 January 2010

---NO SUNDAY HIKE---

Sunday, 10 January 2010

---Carrigoona to Kilpedder

Introductory Hillwalkers Hike

Leader: Mark Campion

2nd pick-up & return drop-off points: Bus Stop before Loughlinstown roundabout.

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

Distance: 16km **Ascent:** 650m

Map: OS 56

Sunday, 17 January 2010

---Glencullen Valley

Leader: Tom Milligan

2nd pick-up & return drop-off points: Bus Stop at Rathfarnham Castle, before the Yellow House Pub.

Route: Lamb Doyles (O 174 252) * Fairy Castle * Boranaraltry * Prince Williams's Seat * Knocknagun * Cruagh * Killakee Car Park (O 121 223).

Distance: 17km **Ascent:** 820m

Maps: OS 50, OS 56

Sunday, 24 January 2010

---Circuit of Glencree

Leader: Paul Miney

2nd pick-up point only: Bus Stop at Rathfarnham Castle, before the Yellow House Pub.

Route: Forest Entrance CP (GR 155 175) * Oldboleys * Lough Brays Lower and Upper * Track (GR 141 139) * Source of the Liffey * Tonduff North and South * Maulin * Crone Wood Car Park.

Distance: 19km **Ascent:** 550m

Map: OS 56

Sunday, 31 January 2010

---North Wicklow Moorings

Leader: Brendan Magee

2nd pick-up & return drop-off points: Beside the pond at Seán Walsh Park on Tallaght By-Pass

Route: Athdown Forest * Seefin * Seefingan * Kippure * Lough Brays * Liffey Valley * Kippure Bridge.

Distance: 19km **Ascent:** 670m

Map: OS 50, OS 56

Sunday, 7 February 2010

---Ballinastoe to Oldbridge

Introductory Hillwalkers Hike

Leader: Eoin Moroney

2nd pick-up & return drop-off points: Bus Stop before Loughlintowns roundabout.

Route: Ballinastoe (GR 202 091) * White Hill * Wicklow Way * Cloghoge River * Inchavore River * Kanturk * Lough Dan * Oldbridge.

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

Maps: OS 56, Harvey

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.

INTRODUCTORY HIKES An Introductory Hike is organised once per month for aspirant members. Any participant on these hikes must enter their name in our hike log on the bus.



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 overtrousers) 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.

Committee 2009-2010

<i>Chairman</i>	Frank Rooney
<i>Secretary/Project Support</i>	Betty Kehoe
<i>Sunday Hikes</i>	Gerry Walsh
<i>Treasurer</i>	Jim Barry
<i>Training Officer</i>	Donal Finn
<i>Membership/Weekends</i>	Mark Campion
<i>Club Promoter</i>	Barbara Monaghan
<i>Newsletter Editor</i>	Barbara Sudrow
<i>Webmaster</i>	Matt Geraghty
<i>Distribution</i>	Pearse Foley & Cyril McFeeny



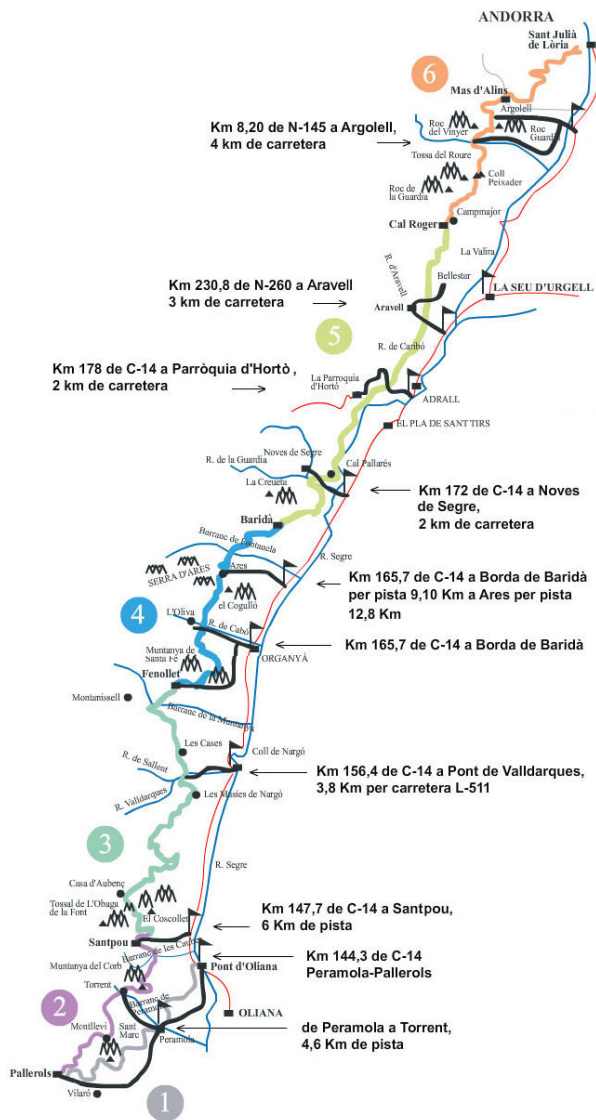
Special thanks to:

<i>Webmaster</i>	Matt Geraghty
<i>Distribution</i>	Pearse Foley & Cyril McFeeny

FURTHER AFIELD

The Andorra Trail

The Andorra Trail (or Camino Pallarols-Andorra to give it its full title) runs through the mountainous Alt Urgell region of Northern Catalunya. It starts near Oliana, and runs north to Andorra. The trail goes through or over the mountains. If you do the whole trail, you climb about 4650m, and travel about 90km (see map below).



This Camino (no connection with the Camino de Santiago network) is part of a very old route for fugitives and bootleggers, wishing to pass undetected over the Pyrenees between France and Spain. During the Spanish Civil

War (1936-39), thousands of refugees used it, at a risk of being shot dead if intercepted, to go from the Republican area to the Nationalist area. Later, during the Second World War (1939-45), the flow reversed, as people fleeing from Nazi-controlled France used this route to escape into quasi-neutral Spain.

Since then, the trail has been little used, and nature has taken it over, as nature does. In the last 10 years, a local heritage group has taken on the project of restoring this ancient path. Maps and guide books have been prepared, the trail has been cleared, and marked with yellow and blue signs. A website is in operation, giving very complete details (currently in Catalan and Spanish) of routes, access points, flora and fauna, support facilities, and events, including organised walks.

Probably the best known escape story in the history of the Andorra Trail took place at the end of November 1937. St Josemaria Escriva, who founded the international Catholic organisation Opus Dei, made this journey with a party of seven others. After an arduous and hazardous journey, with many near-death experiences, the group made it over the Pyrenees in mid-December at the 2400m Pas de la Casa.

"First expedition to the Andorra Trail from Ireland"

The walkers were Garry Byrne, Brian Madden and Niall Hughes (Niall is an AIB and third-Sunday hiker). We were hoping for a larger group, but limb problems and crises-at-work weeded out a few gallants at the last minute.

Day 1 - 23 Sept 2009

We arrived in Barcelona in the morning of 23 September, rented a car and navigated to Oliana. We interfaced with the locals for lunch in some nameless pueblo, and were amazed at the high quality and low prices. Wine arrived unbidden. In the afternoon, we had a taster-hike of a couple of hours, (it tasted hot!) and then drove around a bit to find the access points to the trail.

Our perfect plan was that we would drive to the start of each stage, and be collected at the end. This meant that the start and finish of each day had to be on a road, and that we needed lifts. We were going to cover about 60km of the 90km trail. We stayed most nights in Coll de Nargó, (in the Segre valley, and famous for its dinosaurs). Hotel del Llac is a simple, friendly, family-run 2-star, beside the main road, and boasting a swimming pool

and tennis court, which regrettably we didn't get to use. We took half-board. Breakfast & evening meal were everything that the hungry hiker could desire. Josep and Anna Finestres and their son Miguel looked after us very well, and the wine was very good. We all spoke Spanish of sorts, and this helped a lot. We were also very fortunate that Jordi Piferrer was in the area. Jordi is really the chief mover of the Andorra trail, and author of the guidebook. His advice on routes was invaluable, and he helped us out frequently with lifts. He was ecstatic about 'the first expedition to the Andorra trail from Ireland'. He took photos, and made a short webcam movie which chronicled our expedition, and included 'interviews'. You can look at this on the website www.pallerols-andorra.org; select 'noticias', and you will find us there.

Day 2 - 24 Sept 2009

We started from Torrent, and were quickly at Roca del Corb. This astounding rock formation took our breath away. Shortly after, we made an error, the first of many I might add. We had assumed that as experienced hillwalker-navigators, following a marked trail would be a doddle.

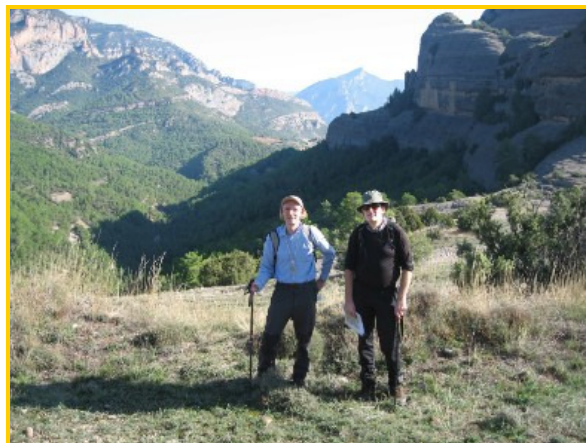


Niall and Garry near Roca de Corb



Erosion near Roca de Corb; any day now!

Unfortunately, the trail marking at some points was less than we needed, and once lost, the trail was hard to find again. The terrain we were passing through was rugged, rocky, with the trail frequently zigzagging up dry stream gullies. Occasionally we would come across an abandoned farm. The area seems to be seriously depopulated. Obviously, what had once been 'subsistence farming' is now unsustainable.



Brian and Garry on Monte Aubenz

Later that afternoon we were lost again, and 'home before dark' became an urgency. With huge joy we greeted a car coming down the forest track; the first Homo Sapiens we had seen all day. He was an original farmer from the area who since emigrated to the town, and was making a nostalgic visit to his old homestead to collect mushrooms. He was kind enough to give us a long and bumpy ride down to Coll de Nargo.

Day 3 - 25 Sept 2009

We started from Pont de Vallarques, with the plan of hiking to L'Oliva on the Rio de Cabo. About noon, we met Jordi for the first time. He was in a field, repainting some of the blue and yellow trail signs. He invited us to a glass of wine and a coffee in Rosa's house in Fenollet, and told us all about his involvement in the Andorra Trail. After this pleasant stop, we went over Santa Fe Mountain, and met Jordi again near l'Oliva.

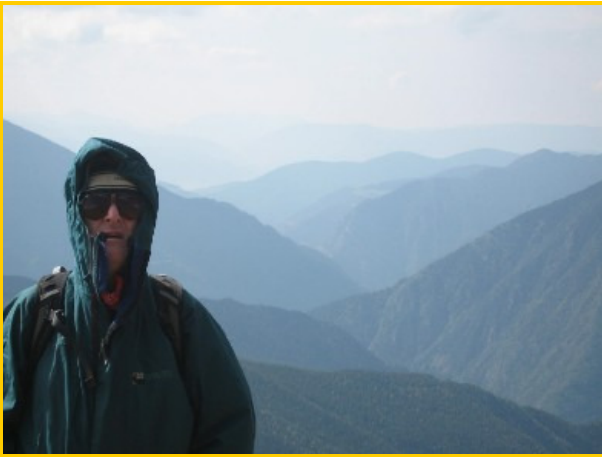
Day 4 - 25 Sept 2009

This was 'Ares day'. We started the long hot climb up about 900m to the deserted village of Ares. We all needed a good rest on the top before heading off to Cal Barida, following the blue and yellow markers. Passing Cal Barida we got lost for a while, but descended into the gorge of Torrent de Conorbau, and soon picked up the trail again. It was mostly downhill then until we reached the road close to Noves de Segre.

Day 5 - 27 Sept 2009

At this point, we were feeling that a rest day might be a good idea. By way of compromise, we asked Jordi to suggest a shorter hike route to finish off. He suggested starting at Rio de Civis and hiking over the Cabra Morta to Argollel. This turned out to be a most pleasant hike. The weather was cooler, and the views were fantastic. We finished the hike at about 1.30pm, said goodbye to Jordi and headed for the highlands of Andorra. We checked into the Eureka Hotel in Escaldes.

We spent a day and two nights in Andorra. The narrow gorge leading from Catalunya into Andorra la Vella, and the branch-gorges going in other directions, hint at Andorra's history of seclusion. It shuts out France with the wall of the high Pyrenees in the north, and offers its weakest southern flank to Catalunya.



Lesser-hooded Garry



On Casamagna, Andorran Pyrenees

In this land of canyons, we were on the look-out for real Andorrans. I don't think we found any. Lonely Planet told us what to expect, so we were well prepared. As we were not about to buy loads of duty-free goods, and there was no snow yet for the snow-sports, hiking remained the only option.

Day 6 - 28 Sept 2009

Casamagna (2760m) was our peak of the day. It is situated at the geographical centre of Andorra, and the views of the surrounding Pyrenees are magnificent. Hiking-wise, it was our most pleasant day, with nice 'Irish temperatures' (i.e. keep your coat on). There are two Casamagna peaks, North, and South. We bagged them both.

Day 7 - 29 Sept 2009

This was back-to-Ireland day, but since our flight from Barcelona was late evening, we treated ourselves to another Pyrenean experience. Nuria valley is located close to the French border, in the middle of the mountains. There are no roads. So you can hike for 4 hours up a very dramatic, vertigo-inducing trail; or you can take the rack-and-pinion railway, called the Cremaliera. The ride takes about 25 minutes, and the scenery is spectacular. We took the train. Nuria itself is an ancient shrine to the Virgin Mary, and the shrine is now housed in a modern chapel situated in a large accommodation block. The main business in Nuria is the ski industry. But in the Summer they run a very family-oriented holiday scene. We spent a very relaxing couple of hours there, chilling at about 2000m.

Overall we were very happy with our first visit to the Camino de Andorra. We met lots of very helpful and interesting people. We had some good hard mountain hiking and enjoyed the incredible views. We got particular insight into the historical and geographical context of the famous Paso de los Pineneos. We hope to go again and see more.

*Text and Photos:
Brian Madden*

Please visit www.hillwalkersclub.com for larger versions of the photos.

We would like to hear from you!

Whether you ...

- wish to contribute an article ...
- have read an interesting book you'd like to recommend to club members ...
- would share your favourite hikes ...
- want to comment on any club matters ...

Why not get in touch? Write or email:
Barbara Sudrow, 24 Glenmalure Park, Dublin 8,
barbarasudrow@eircom.net

DATES FOR YOUR DIARY

Christmas Party

5 - 6 December

Accommodation in YHA Glendalough
Optional bus transport
Christmas Dinner in Glendalough Hotel
Hikes on Saturday and Sunday
Entertainment till late

Time-table of events on p. 8



CLUB LEADER TRAINING

29 - 31 January 2010

The Club has been providing training for members through its annual Map and Compass course since its founding in 1993. This year, instead of the Map and Compass course, the Club will provide a new training course aimed at current or aspirant hike leaders.

Booking opens 1 December 2009

Course programme on p. 9

EASTER 2010

Please note that the club is organising two separate trips for Easter 2010, Thursday 1st to Monday 5th April.

Peak District NP

Walking in the Hartington, Edale, Ilam and Buxton regions of the National Park. Accommodation is booked in the **Illam Hall Manor Hostel**. Transport by boat and bus; three grades of hike every day.

Booking opens

Leaders: Jim Barry, Tom Kenny, Garry Byrne

Updated details on p. 10

Isle of Arran, Scotland

Walking will be on the rugged Scottish Isle of Arran. Accommodation is booked in the **Lochranza Youth Hostel**. Transport by plane, ferry and hire car; two grades of hike every day.

Leaders: Mark Campion, Philip Hayden

Updated details on p. 11

Club Trip to Switzerland 2010

I am putting together a hiking trip to Switzerland for 2010.

At the moment I am drawing up a list of names of those that are interested.

It will be from 3rd of July to 11th of July 2010.

Places are limited.

If you are interested, please contact me at 087 1742119 (text or phone).

Frank Rooney

Revision of Club Constitution

A copy of the original club constitution, adopted in 2003, was sent out to members with the November newsletter, together with an invitation to members to review and submit any observations for consideration to the committee.

We would like to take this opportunity to thank those members who have already submitted their comments. Closing date for receipt of observations and proposals (by letter or email) is **15 January 2010**.

Please send your observations to: *Donal Finn, 24 Glenmalure Park, South Circular Road, Dublin 8*, or by email to finndonal@eircom.net.

MEMBERSHIP 2010

The current membership year runs from 1st October 2009 to 30th September 2010. The fee for the year remains unchanged at €35. This covers MCI insurance, 4 editions of the Mountain Log and 10 club newsletters by post or email.

Many thanks to those club members who have already renewed their membership.

Club members who have not renewed their annual membership for 2009/2010 will find an application form included with this edition of THE HILLWALKER.

From February 2010 onwards, we will circulate the newsletter, by post, email or both, to fully paid-up members only.

If you have any queries in relation to membership, please contact the Membership Secretary, by email to markmjcampion@gmail.com.

An Óige Hillwalkers Club
Christmas Party 2009
Time-table of Events



Saturday, 5th December

- 10.00 am** Bus departs from Burgh Quay, Dublin (club bus)
- 11.00 am** Bus arrives at Glendalough Youth Hostel
- 11.30 am** Depart hostel for hikes in Glendalough Area
- Leaders:
Hard Hike: Tom Kenny
Moderate Hike: Jim Barry
- 4.30 pm** Refreshments at Glendalough Hostel
- 8.00 pm** Christmas Dinner and festivities in Function Room in Glendalough Hotel
- 8.30 pm** Live Music * Folk and Popular Music *
- 9.30 pm** * Novelty Act *
- 10.30 pm** Live Music * Folk and Popular Music *
- 11.45 pm** Disco to 1.30 am * Bar closes at 1 am



Sunday, 6th December

- 9.00 am** Breakfast in Glendalough Hostel (Cooked or Continental)
- 10.00 am** Depart hostel for hikes in Glendalough Area
- Leaders:
Hard Hike: Mark Campion
Moderate Hike: Frank Rooney
- 4.30 pm** Bus departs Glendalough Hostel, return to Dublin (club bus)



Any changes to the advertised times will be announced on the day
by Weekend Leader **Frank Rooney** ☎ **085-1742119**

Club Leader Training

Friday, Jan 29th to Sunday, Jan 31st 2010

The Club has been providing training for members through its annual Map and Compass course since its founding in 1993. This year, instead of the Map and Compass course, the Club will provide a new training course aimed at current or aspirant hike leaders. This training weekend follows on two previous leader training events held in 2004 and 2008.

Background This training weekend aims to provide a practical hands-on approach aimed at up-skilling existing hike leaders and aspirant members who hope to lead hikes in the future.

Format A combination of on-the-hills training sessions and targeted short workshops.

On-the-hills Training

Day 1 (Sat): Navigation Refresher Session, Advanced Navigation Techniques

Day 2 (Sun): Managing People on Difficult Terrain

Workshops

Leading Hikes: Issues and Perspectives

Planning a Hike: If you fail to plan – plan to fail!

On the Day: What to look out for – people, weather & terrain

Scenario Analysis: How to covert an unknown unknown into a known known

Accommodation Meelmore Lodge, Co. Down (see www.meelmorelodge.com).

Costs €40 per person. Covers 2 nights B&B (bunk & breakfast) and training.

Booking An Óige HQ (01-8304555). Booking opens Tuesday, 1st December 2009.

Meals Dinner will be available at Meelmore Lodge on Saturday evening (£10 extra). Please let us know if you do not wish to take dinner. Please bring packed lunches for Sat/Sun.

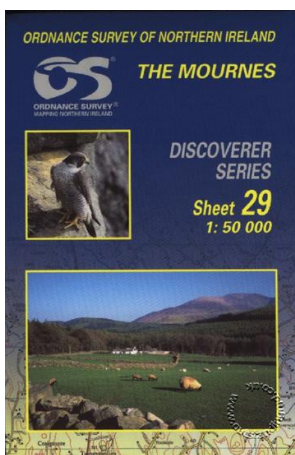
Transport By car pool, arriving Friday night. It is suggested that costs should be shared among occupants. Anyone without transport should contact Donal Finn.

Trainers Mark Campion, Donal Finn, Tom Kenny, Ita O'Hanlon.

Co-ordinator Donal Finn (finndonal@eircom.net) or 087 205 1255

Equipment Usual walking gear and equipment for a weekend.
Compass (Silva Type 4). Head torch + batteries.

Map Ordnance Survey Map 29 Mourne Mts (1:50,000), laminated version is recommended.



An Óige Hillwalkers Club

Easter Weekend 2010

Thursday 1st - Monday 5th April

Visit to the Picturesque Peak District, County of Derbyshire, in the Heart of England

Ilam Hall Manor Hostel

3 Grades of Walks Daily
except Monday



Plenty to do for hard, moderate and low level walkers

Leaders: Jim Barry - Tom Kenny - Garry Byrne



Boat and Bus Trip



Proposed Weekend Itinerary

<u>Vale of Edale:</u>	Kinder Scout Plateau, Jacobs Ladder, Pennine Way
<u>White Peak Area:</u>	Walking in Beres, Wolfscote and Dove Dales, 3 Shire Heads and Axe Edge Moor
<u>Dark Peak Area:</u>	Castleton and Mam Tor
<u>Towns/Villages on Routes:</u>	Buxton, Edale, Hartington, Ilam, Ashbourne

***** Low level walkers facilitated at each of the above locations *****

Other Activities: Social Evenings

British Ordnance Survey Maps: 1:50.000 Landranger Series Sheets 110/118/119.

- Cost:** EUR 330 (approx.) (Includes Bednights, Meals, Transport)
- Booking:** EUR 160 NON REFUNDABLE DEPOSIT to An Óige Head Office by credit card or cash deposit (01-8304555). **Booking open now.** Balance of money to be paid before **Friday 5th March**, as hostel has to be paid in full at this time.
- Meals:** Hostel Breakfast, Dinner and Packed Lunch included in the price
- Food:** As above - stopping at local shops for extras etc.
- Bring:** **Sterling Currency**, Suitable Walking Boots, Rain Wear / Change of Warm Clothing / Towels / Toilet Gear / Flask / Torch / First Aid Kit / Camera / Binoculars etc.
- Meeting:** Stena Line Departure Terminal, Dun Laoghaire at **10.15am**
- Departure:** Holy Thursday from **Dun Laoghaire to Holyhead** at **11am sharp** on **HSS Stena Line**.
- Return:** Monday evening from **Holyhead** on **3.30pm Ferry** after bus journey from Peak District to arrive back in **Dun Laoghaire** at **5.30pm** approx. **Please Note: Ferry times and Departure Venue are subject to alteration at short notice.**

[More up to date details in New Year](#)

Welcome Aboard!

SCOTLAND EASTER 2010

WHAT'S IT ALL ABOUT?	IT'S A 5-DAY HIKING TRIP FOR BOTH HILLWALKERS AND MODS
HOW MANY PLACES LEFT?	OF THE 32 PLACES ON THE TRIP, THERE ARE 8 LEFT.
WHERE IS IT?	IT'S OFF THE COAST OF SCOTLAND SOUTHWEST OF GLASGOW, BETWEEN AYRSHIRE AND KINTYRE.
WHEN ARE WE GOING?	EASTER 2010... WE LEAVE ON THE MORNING OF THE 1 ST APRIL AND RETURN LATE ON THE 5 TH .
HOW ARE WE GETTING THERE?	WE'RE FLYING TO PRESTWICK AND GETTING THE FERRY FROM ARDROSSAN. WE'LL HIRE CARS WHEN WE GET TO ARRAN.
WHERE WILL WE BE STAYING?	LOCHRANZA YOUTH HOSTEL ON THE NORTH COAST. THE HOSTEL IS CLOSED FOR REFURBISHMENT AT THE MOMENT SO IT SHOULD BE IN GOOD SHAPE BY THE TIME WE DESCEND ON IT!
WHAT'S THE STORY WITH FOOD?	WE'LL HAVE TO MAKE OUR OWN BREAKFAST AND LUNCH. WE'LL EAT OUT IN THE EVENINGS OR WE CAN COOK OUR OWN MEALS IN THE HOSTEL.
HOW MANY DAYS HIKING?	3 FULL DAYS AND 2 HALF DAYS WITH PLENTY OF SCOPE FOR ANYONE WHO WANTS A DAY OFF.
HOW MANY GRADES OF HIKES?	2, HARD AND MODERATE.
WHO'S LEADING THE TRIP?	MARK CAMPION...PHILIP HAYDEN WILL BE DOING ONE OF THE HIKES EACH DAY AND HOPEFULLY HE'LL GIMME A HAND WITH THE LOGISTICS.
HOW MUCH WILL IT COST ME?	EXCLUDING FOOD IT IS LIKELY TO SET YOU BACK IN THE REGION OF €250. THIS ASSUMES A FLIGHT COST OF €80. THE OTHER VARIABLE IS THE PRICE OF FUEL AND THE EXCHANGE RATE.
HOW DO I BOOK?	YOU CONTACT ME ON markmicampion@gmail.com AND WE'LL TAKE IT FROM THERE.
ANY NICE PHOTOS TO SHOW US?	YEAH, BUT I CAN'T GET THEM LEVEL!

