



An Óige Hillwalkers Club

December 2010 & January 2011

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

THE HILLWALKER



Nollaig Shona agus



Athbhliain faoi Mhaise Daoibh!

Merry Christmas and a Happy New Year!



*Fairy Castle on Two Rock Mountain
[Sunday hike, 28 November 2010]
Photo: Tom Milligan*

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HIKE PROGRAMME December 2010 & January 2011

MEET: Burgh Quay
DEPART: Sundays at 10.00 am
TRANSPORT: Private Bus
COST: €12.00 (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.*

2nd 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.*

Saturday and Sunday, 11 & 12 December 2010

---Christmas party yime,
in Glendalough



Meet at Burgh Quay on Saturday 10am
and Return Sunday at 4.30pm

Saturday: two Types of Hikes, Hard and
Moderate

Leaders: Tom Kenny and Jim Barry.

Sunday: only one hike

Leader: to be decided.

Book now for the Weekend

Details later in the Newsletter

Sunday, 19 December 2010

---Traditional Christmas
Holly Hike



Early finish for Christmas Celebrations in the
Hollywood Inn

Le ceol, ól agus bia sa Hollywood Inn

Musicians and singers especially welcome!

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

Beside the pond in Sean Walsh Park on the
Tallaght By-pass.

Leader: Don Reilly

Route: Hollywood * Toor Brook * Church
Mountain * Ballymooney * St. Kevin's Way *
Hollywood

Distance: 14 km **Ascent:** 540 m

Maps: OS 56, Harvey



Sunday 26 December 2010

---Environs of Howth and Howth Hill

Public Bus and Cars: Bus 31b available from
Eden Quay at 10.15 am to Sutton Cross

Meet at Sutton Cross 11am

Leader: Frank Rooney

Route: Starting at Sutton Cross and Finishing at
Howth Village.

*At the end of Hike, Coffee and refreshments
available in the village of Howth*

Transport is available from Howth Village to
Sutton Cross after hike to pick up cars

Public Transport available in Howth after Hike To
City Centre

Hike Finishes at 16.00 approximately

Distance: 15 km **Ascent:** 250m

Maps: OS 50.

Saturday 1st of January 2011

---New Years Day Glen of Imaal Walk

Cars Only.

Weather permitting: Ring Jim if in doubt 087
273 7338.

Meet outside Fentons Pub in the Glen of Imaal at
10.45am

Leader: Jim Barry

Route: Fentons Pub * CamaraHill * Slievemaan
* Ballineddan * Fentons Pub

Distance: 12km **Ascent:** 900 m

Maps: OS 56, Harvey

2nd January 2011

--No Sunday hike--

9nd January 2011

--No Sunday hike--

Sunday 16 Jan 2011

---Military road to Laragh

2nd pick-up point: Beside the pond in Sean
Walsh Park on the Tallaght By-pass:

Leader: Mark Campion

Route: Start At GR 138088 on Military Road
Near Sally Gap * Fancy * Knocknaclochogue *
Kanturk * Scarr * Paddock Hill * Laragh

Distance: 17 km **Ascent:** 750 m

Maps: OS 56, Harvey

Sunday 23 January 2011

--- East Wicklow

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

Leader: Philip Hayden

Route: Kilmacanoge * Sugar Loaf * Ballyremon Commons * Djouce * White Hill * JB Malone memorial * Car Park overlooking Lough Tay (Grid Ref. 168078).

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

Maps: OS 56, Harvey

Castle * Glencullen Rd * Knocknagun * Prince William Seat * Knockree * Knockree Hostel

Distance: 17 km **Ascent:** 700 m

Maps: OS 56 and OS 50, Harvey

Sunday 30 January 2011

---The glen of the two lakes

(Introductory Hard Hike)

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

Leader: Deirdre Muldowney

Route: Glendalough Upper carpark * Spink * Lugduff * SP 702 * Lough Firrib * Turlough Path to Wicklow Gap Car Park

Distance: 16 km **Ascent:** 700 m

Maps: OS 56, Harvey

Sunday 6 February 2011

---Glencullen to Glencree

2nd pick-up point: Beside the pond in Sean Walsh Park on the Tallaght By-pass:

Leader: Frank Rooney

Route: Military Road * Kilakee Mountain * Cruagh Mountain * Tibbradden Mountain * Fairy

★ Introductory Hike ★

This hike is tailored for non-members who are considering joining the Hillwalkers Club. It offers the opportunity to sample a typical Hillwalkers hike, as well as meeting club members.

Interested individuals should equip themselves appropriately for a day in the hills: adequate hiking boots, waterproof coat and leggings, hat, gloves, lunch and hot / cold drinks. In order to enjoy the hike, you need a good level of fitness. Membership forms will be available, should you wish to join the club on completion of the introductory hike. Enquiries: 086-356 3843.

Please be advised that you should not undertake any club hiking activities: (i) if you have any known medical ailment which may impair your ability to participate in club activities or (ii) if you are taking any form of medication that will put your health or safety of others at risk. Should you be in any doubt on these matters, a doctor should be consulted prior to undertaking any club hiking activity.

Club members interested in leading a hike, contact Frank Rooney: rooneyf@eircom.ie

Our current photo archives go back as far as November 2008, so why not refresh your memories by visiting www.hillwalkersclub.com?

FURTHER AFIELD

Stubai short-circuited

Most guidebooks and statistically minded people describe the high Stubai trekking trail as taking between 8 to 10 days with a total distance of 120 kilometres and an ascent and descent of hundreds and thousands of metres. No numbers are ever published on the quantities of blood, sweat and tears one oozes out on this hike but it must run into the six figure sum. And that figure only relates to the portion of the trek I undertook on a recent visit to this very accessible region lying south west of Innsbruck and bordering Italy on its southern side.



Cloud cover

Planning a trip is one thing but the actual execution of it can be different as I again discovered when sipping on my second cappuccino in the local town of Neustift and constantly cursed the weather gods for having the cheek to bring low cloud, constant drizzle and poor visibility to this area. Fearing a complete washout and further hanging around, I hopped on the local bus which deposited me up at the trail head for the Nurnberger Hut which was situated some 900 metres higher up via Langental. The clue was in the name as this could be translated as lengthy valley and so it proved to be as not only was the gradient against me but so was the rain and wind. Some salvation and succour was found in a very pretty church with the message that

there are many ways to God, and one of them is over the mountains. Already the walk was taking on a religious theme—perhaps I should have gone bare foot then but by that stage my feet were the only dry part of my body as the sweat and rain merged and drowned out any further signs and slogans.

Nurnberger hut was a scary but very welcome sight as it stood solid and steady against the storm. The first sounds as I struggled and stumbled in were familiar in that the accents were unmistakably north of Ireland brogues. A retired couple rejoicing in the names of Joy and Jonathan gave me badly needed bearings and I was further blessed with a beefy beverage from this pair. In return I gave them a cold and occupied their living quarters for the next couple of days. By that stage this couple had been trekking for a few days and despite the conditions were determined to hike on regardless of hail, rain or snow. Those older Northerners were certainly of a different stock to this much depressed and washed out writer. So after a thorough drying out and an intake of a hot and hearty meal and instead of a knees-up it was lie down as body and bed become blissfully bonded.



On a wing and a prayer

Dawn slowly revealed her outline features as the veil over the landscape lifted from the surrounding area. The snowy summit of Wilder Freiger stood sparkling in the distant background and not to be undone even the nearby but smaller Mairspitze donned a white coating. The plan today was to march on to the dreaded Dresdner hut. The guide books indicated this was a feasible option but to achieve that it was a case of up and over a couple of ridges. Murphy's Law

kicked in as I choose the wrong option as following a couple of hours hard slog reached the prominent cross at Niederl. The onward path was nowhere to be found due to the snow and lack of fixed ropes but even more scary was the extreme exposure at that pass. The significance of the cross became clear. In searching for a way out I found a leaflet handed to me by my northern brethren. It carried the title the Seven Most important Questions-two of which read- Are you heading for Heaven? and What is the purpose of your Life? The immediate answers were: Well maybe as seldom get as close as this despite the hellish situation, and To get over this ridge in one piece and not in pieces.



The waters and the wild

A pair of wings would have been useful but alas had no room for them in my bulging pack. My prayers were, however, soon answered as guardian angels arrived in the form of two local mountain workers who sensing my shock took me under their wing and skilfully coaxed me down the cliff face and on to level ground. Good to know I had fulfilled my purpose in life as I pondered the next profound question- cheese and onion or salt and vinegar crisps as I munched on some comfort food. The continuing trek to Sulzenau hut was a relative doddle as it passed the blue icy waters of Grunaeusee overlooked by fractured glaciers, unsightly scree and greying skies. Couldn't resist an apple strudel upon arrival at that hut and a rendezvous with Joy and Jonathan. And the question this time was cream or custard!



Lifting the veil

The more I sat the less appealing the route to Dresdner hut became so instead legged it to the nearby clear green waters of Blaue Lacke. What a relief not to be lugging the kitchen sink on my shoulders-this trek at last took on the air of a holiday. The liberation from the rucksack continued the next day as I arranged for this back breaking load to be transported by a supply cable lift from the valley floor 1074 metres up to Neue Regensburgerger hut. So my escape down to the valley floor, and via the excellent bus service, to the trail head for Neue Regensburger hut on the north western side was a delight. And better was to come as the ascending trail passed through deep forest and out onto open alp for wide ranging views of this mountainous terrain. And as a bonus could answer the next question which was: Have you unburdened yourself today?

Well that holiday did not last long as next morning bag, baggage, and body booted off "on the most straightforward day's outing of the whole rucksack route"- standard walking time four hours. Not so! Grades and timing are of course subjective but seven hours and endless boulder fields later and still not a hut in sight. Easily found the answer to the question on following false prophets and misleading promises. The deteriorating conditions added to the unrelenting burden of dodging drop-offs, detecting and avoiding hidden holes and stepping over stony ground. Salvation was at hand as at last the elegant Franz-Senn hut came within touching distance.



Pointing the way

This turned out to be my last hut on this trek due to the continuing misty damp conditions and general mental and physical

fatigue, and what a pleasant place to end. It was warm, welcoming and most important of all provided a transport service for backpacks. Its food, beverages and bunks were a tonic for a weary walker. Next morning and with just with a hop, skip and jump descended to Oberbergtal sans rucksack and returned to Neustift by bus. My decision to terminate this short circuit was reinforced by the ongoing poor visibility and drizzle which the valley endured for the next couple of days as I contemplated with the aid of schnapps a possible return visit. Besides still have not answered the last question-What's life like after a hard hike?

*Text and Photos:
Brendan Magee*



Christmas Party 2010

Following last year's success, we will be returning to the Glendalough Hotel for Christmas Dinner, music, fun, chat and entertainment.

Details later in the Newsletter

Booking through An Óige Head Office.

Christmas Party Slide Show

Members are invited to submit approximately 10-20 of their favourite hillwalking photographs (JPEG format) for projection during a continuous slide show during the Hillwalkers Christmas Party at the Glendalough Hotel.

Please send your JPEG files to Dónal Finn at finndonal@eircom.net as soon as possible. To ensure high quality projection, please ensure, if possible, that each JPEG image is as high a resolution as possible.

Thank you!

A long overdue note to say a HUGE THANKS to The An Óige Hillwalkers for all their kindness and support during my recent illness. As most of you know I was diagnosed with leukaemia in November 2009 and spent almost 5 months in hospital. Thankfully I made a complete recovery and I hope to be back on the hills more regularly in 2011. Thanks to everyone who send cards and came to visit bringing warm wishes, laughter, news from the hills, goodies and gifts. It certainly helped to brighten up the days seeing so many friends and I was totally overwhelmed by all your kindness, prayers and good wishes. A special thanks to Brendan Dempsey who came almost every week, and to Mick Henegan and Philip Hayden who despite navigating St Vincents' Hospital, eventually found the Mater! Thanks to the Hillwalkers Club and committee for the very kind gift and lovely flowers. Looking forward to The Christmas Party and Holly Hike this year having missed both last year.! *Go Raibh Mile Maith Agaibh Go Leir!*

Carina Fitzgerald

facebook

Please note that you can also follow An Óige Hillwalkers Club on facebook <http://www.facebook.com/pages/An-Oige-Hillwalkers-club/153861187966138>

Thanks to our webmaster Matt Geraghty, a mobile phone friendly version of the hikes page is now available to download from <http://m.hillwalkersclub.com/>

Membership 2010-2011

This is just a gentle reminder that your membership fee for 2010-2011 is now due. The club has managed to keep the membership fee at € 35.00 for the last few years although the actual cost to the club increased during this time.

Included in the membership fee:

- *Mountaineering Ireland membership*
- *Mountaineering Ireland insurance cover*
- *Subscription to Mountain Log magazine*
- *10 newsletters per year by post or email*
- *Postage of magazine and newsletter*

Please note that your membership fee does not fund the work of the committee members, hike leaders and weekend organisers who have always and continue to give their time on a voluntary basis.

Committee 2010/11


<i>Chairman</i>	Frank Rooney
<i>Secretary/Project Support</i>	Betty Kehoe
<i>Treasurer</i>	Jim Barry
<i>Sunday Hikes Coordinator</i>	<i>Vacant</i>
<i>Weekend Coordinator</i>	<i>Vacant</i>
<i>Training Officer</i>	Dónal Finn
<i>Membership Secretary</i>	Don Reilly
<i>Club Promoter</i>	Barbara Monahan
<i>Newsletter Editor</i>	Simon More
<i>Webmaster</i>	Matt Geraghty
<i>Distribution</i>	Pearse Foley & Cyril McFeeney

Special thanks to:


An Óige Hillwalkers Club
Christmas Party 2010
Sat 11th & Sun 12th December





Transport Option Coach trip to Glendalough Hostel on Saturday and return Sunday. Return Fare €12. Meet at Burgh Quay at 10am; return departure Sunday at 4.30pm

Hike Programme  Hard & Moderate Hikes on Saturday
One hike on Sunday

Christmas Festivities  Christmas Meal, Function Room of Glendalough Hotel

Saturday Afternoon  Refreshments after Hike on Saturday in Hostel
Afternoon Music Session in Bar in Glendalough Hotel

Saturday Evening  Four Course Meal
Slide Show
Live Music after Meal
Disco Music to late
Late Bar to 1 o'clock

Accommodation  One overnight accommodation on Saturday, 11 December, YHA Glendalough Hostel; Sunday morning breakfast included



Weekend Coordinator: **Frank Rooney**

€69 (making your own way) or **€81** (using bus transport option)

All queries and payments to An Óige Head Office (01-8304555)

On booking please state preference for **continental or **cooked** breakfast; please let us know **any special meal** requirements (e.g. vegetarian).**



Membership Application Form

An Óige Hillwalkers 2010/2011

Name (*Applicants must be over 18*)

Address

Were you a member before? Yes, last year Yes, some time ago No

New members: How did you hear about the club?

An Óige Membership Number (*Applicants must be a member of An Óige*)

Contact Telephone Numbers (*optional*)

Daytime Evening Mobile

Email Address (*required for newsletter by email*)

Please read and sign the following PERSONAL DECLARATION

PERSONAL DECLARATION

I am over 18 years of age and wish to apply for membership of An Óige Hillwalkers Club. (*)

(*) *Please note that personal accident insurance is only available to members between 18 and 75 years of age.*

I accept that mountaineering is an activity with a danger of personal injury or even death.

I am aware of and shall accept these risks and wish to participate in these activities voluntarily and shall be responsible for my own actions and involvement.

I accept that An Óige Hillwalkers Club establishes the bounds on its activities through the constitution and rules of the club and I agree to abide by these.

Members should not undertake any club hiking activities: (i) if they have any known medical ailment which may impair their ability to participate in club activities or (ii) if they are taking any form of medication that will put their health or safety of others at risk. If a member is in any doubt on these matters, a doctor should be consulted prior to undertaking any club hiking activity.

If you agree and accept the terms of the PERSONAL DECLARATION, please sign and date here.

Signature Date

CLUB NEWSLETTER

The club issues a monthly newsletter and distributes it by email and post. It is also made available through the webpage of the Club (<http://www.hillwalkersclub.com>). Please tick one of the following boxes to indicate how you wish to receive the newsletter.

By email only By post only By email and post

The 2010/2011 membership year runs from Oct 1st 2010 to Sept 30th 2011.

2010/2011 Membership Fee €35.00

Please send this form with the membership application fee (cheque or postal order only, payable to *An Óige Hillwalkers Club*) to **Don Reilly, Dunany, Santry Road, Dublin 9**. Please allow two weeks for processing of the membership application.

NB: PLEASE DO NOT SEND YOUR APPLICATION BY REGISTERED POST!