



An Óige Hillwalkers Club

July & August 2010

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

THE HILLWALKER



June Bank Holiday Weekend: *Hikers relaxing during lunch before tackling O'Shea's Gully. Photo: Michael Shiels
More photos on www.hillwalkersclub.com*

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HIKE PROGRAMME July & August 2010

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.*

Sunday, 11 July 2010 ---Cleevaun Lough

Leader: Steve Buckney

2nd pick-up & return drop off points: Beside the pond in Sean Walsh Park on the Tallaght Bypass.

Route: Forest Entrance Ballylow Bridge (GR O 061 129) * Ballydonnell South * Duff Hill * Mullaghcleevaun East * Cleevaun Lough * tracks by Ballyhemushboy Brook * Ballynultagh * Ballynultagh Gap CP.

Distance: 18km **Ascent:** 750m

Maps: OS 56, Harvey

Sunday, 18 July 2010 ---Lugnaquilla & Zig-Zags

Leader: Ita O'Hanlon

2nd pick-up & drop-off points: Bus stop before Loughlinstown Roundabout.

Route: Barravore Car Park (GR 067 941) * Footbridge * Forest Track * Fraughan Rock Glen * Percy's Table * Lugnaquilla * Cloghernagh Ridge * Corrigasleggaun Mtn * Carrawaystick Mtn * Kelly's Lough * Brook Track * Zig-Zags (GR 087 921).

Distance: 16km **Ascent:** 850m

Map: OS 56, 62, Harvey

Sunday, 25 July 2010 ---The Mourne Mountains

Leader: Tom Kenny

2nd pick-up & drop-off points: Bus Stop on Swords Bypass GR 185 463 (located ON THE BYPASS just south of the footbridge which is adjacent to the R106 Swords to Malahide road roundabout and very near to the Pavilion Shopping Centre).

Route: Carrick Little Car Park (GR 345 219) * Mourne Wall * Slieve Binnian * Black Castles * North Tor (678m) * Slivelamagan Mtn * Cove Mtn * Slieve Beg * Brandy Path * Kilkeel River * Ben Crom Reservoir * Silent Valley Reservoir.

Distance: 18km **Ascent:** 900m

Map: OSNI Discoverer Sheet 29

Note: Cost will be **€15** for this trip and the bus will depart at the earlier time of **9.30am**.

Sunday, 1 August 2010: ★ NO HIKE ★

Sunday, 8 August 2010: ★ NO HIKE ★

Sunday, 15 August 2010: ★ NO HIKE ★

Sunday, 22 August 2010 ---Barravore Circuit

Leader: Bill Fine

2nd pick-up & drop-off points: Bus stop before Loughlinstown Roundabout.

Route: Barravore Car Park (GR 067 941) * Fraughan Rock Glen * Lugnaquilla * Cannow * Spot Height 712 * Camenabologue * Table Track * Glenmalure Y.H. * Barravore Car Park.

Distance: 16km **Ascent:** 920m

Map: OS 56, Harvey

Sunday, 29 August 2010 ---Sally Gap to Ballyknockan

Leader: Mick Heneghan

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

Route: Sally Gap * Carrigvore * Gravale * Duff Hill * East Top * Mullaghcleevaun * Billy Byrne's Gap * Monbane * Silsean * Ballyknockan.

Distance: 17km **Ascent:** 850m

Maps: OS 56, Harvey

Sunday, 5 September 2010 ---South West Wicklow

★ Introductory Hike ★

Leader: Brian Flynn

2nd pick-up & return drop off points: Beside the pond in Sean Walsh Park on the Tallaght Bypass.

Route: Laneway (S 983 871) * Cornan West * Carrig * Keadeen * Slieveragh * Ballinabarney Gap * Ballineddan * Rathgorragh * Toorboy.

Distance: 18km **Ascent:** 750m

Maps: OS 56, 62

GENERAL HIKE NOTES

★ 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 will 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: 086-3563843

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.

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



NEW WICKLOW MAPS

East West Mapping have followed the Dublin Mountains map, published in 2009, with two further maps, Wicklow Mountains West and Lugnaquilla. A fourth and final map, Wicklow Mountains East is planned for 2011. All maps are on a scale of 1:30,000 (same as the Harvey map). The 2009 map has proved to be very accurate and the same would appear to be the case with these new maps.

The appearance of the maps is very attractive and not too cluttered. They are printed on high quality paper, which is water and tear resistant, at least up to a point! Surveying was carried out on foot and by bike over the years 2008-2010 and the maps depict the network of tracks, paths, forests & hills of interest in detail. Many historical sites are plotted and named and a number of new place names not published on publicly available maps are included. Examples of this, some known to hillwalkers, are Three Cross Pass for Shay Elliott, Mottie Mountain for Croaghanmoira and perhaps less well known, Mweeleen for Trooperstown Hill.

Recent additions to the mountains such as the Drumgoff Recreation area off the Military Road are included. A particularly pleasing feature are the forest and mountain tracks, which can be quite hit and miss on the OS maps.

A minor quibble I would have is the substitution of unusual spellings for well established ones such as Carrigvoher for Carrigvore at Sally Gap, or Shileshawn for Silsean near Ballyknockan. These however are few and far between. All in all, welcome additions to the already impressive range of maps available for the Wicklow area and sure to supersede all of these, at least as far as the hillwalker is concerned.

The maps are available for purchase direct at www.eastwestmapping.ie and in booksellers in due course. Priced very reasonably, inc P&P, at €11.45 each, or €29 for all three maps.

Garry Byrne



It is with great sadness that we learned about the recent death of fellow hillwalker Ciaran King.

He will be greatly missed by all members of An Óige Hillwalkers Club.

We offer our deepest sympathy to Ciaran's family and friends.

May he rest in peace.

RING OF IMAAL

Report by Tom Milligan

The Circuit of Imaal happened on one of the more delightful days of the year. The sun was shining, the skies were blue, and this all added to the eagerness of the walkers who gathered at the Donard National School in Co. Wicklow on the morning of Saturday, 19th June. Busy about the place on the day was Jim Barry and his team of assistants who had spent the evening before marking out the route on the hills and by-roads to facilitate the passage of the walkers over a sometimes difficult terrain. One hundred and sixteen people registered for the event, so many An Óige hands were needed to ensure that all went well. For safety reasons also a Red Cross ambulance and Mountain Rescue was on hand in case of an emergency.

Initially the temperature of the day was cool and some found themselves shivering as they waited around before the start at 7am. However, after a kilometre or two on the road out to Keadeen mountain temperatures were very comfortable indeed. This year the usual ascent to Ireland's biggest hillfort, Brusselstown Ring, was not on the route so the nearest we got to it was a view from the nearby road. Keadeen, in accordance with tradition, was clothed in mist and the temperature there was very cool. However, a very pleasant new route from Ballinabarney Gap to Ballinfoyle added interest to the journey and before long Ballineddan, Slievemaan, and Lugnaquilla were reached in perfect visibility, despite the heavy cloud which was there before the first walkers arrived.



Karl McGovern and Tom Milligan were the first to finish in 6hrs 30mins.

After a skip and a hop across the very dry and soft peat of the ridge above the Glen of Imaal we found ourselves at Table Mountain and from there onwards to Lobawn, Captain Bolton's yard at Kilcoagh and down to the finish in sunny Donard. The Garmin GPS told us we had done 38.1 kilometres with a little less than 1800 metres of ascent, but with the beautiful conditions we had on the day, the soft peaty dry hills (and the refreshments provided before Keadeen and Ballineddan) it certainly seemed a lot less.



*Many thanks to Chief Organiser Jim Barry (above)
Fresh produce from the locality. Photos: Tom Milligan*

The large hall in the school at Donard was the scene of great feasting at the finish. The chief organiser, Jim Barry, had obviously raided the local tuck-shop because every sort of confectionary was laid out on large tables for the finishers to enjoy (a banana-boat must have docked in Dublin the night before because there were boxes of bananas everywhere). To add to the revelry, the local Donard ladies brought along fresh produce from the locality and whether you wanted vegetables or fruit-cake (I chose the fruit-cake) - no appetite was left unsatisfied.

All in all, this was an excellent and well-organised day which everyone enjoyed, thanks to the efforts of the organizers and the many helpers who gave of their time so that we all could have a great day. Which we did! If the knees hold out then we'll be back next year.

Tom Milligan

HILLWALKERS AWAY

June Bank Holiday Weekend 2010 in Kerry



Hillwalkers in Kerry. Photo: Dot Fine

As usual, Mark Campion and Philip Hayden put together a super hillwalking holiday away. The Killarney International Youth Hostel was conveniently located a 5-minute walk to the local pub. The staff at the hostel were very helpful and provided some wonderful meals for a large group. Although the rooms were small, the hallways with windows & radiators accommodated our sweaty and wet clothing.

Day 1

We all headed out to climb Carrantuohill, in two groups: Mod and Hard, via two different routes. I opted for the hard group and liked the type of terrain we were encountering; rocky, but with clear footpaths. We stopped frequently so people could catch up and we had many opportunities to take photos. It was a lovely sunny day.

Climbing up O'Shea's Gulley was a challenge for short legs, but putting away the walking sticks and using both hands, and an occasional boost up, made it not so tough.

As we ascended, we found ourselves in mist, so when we finally got to the top of Carrantuohill, it was raining and only the cross was visible.



Ascending O'Shea's Gully. Photo: Dot Fine

The Mods were nowhere in sight. Heading down was harder than going up and the rain slowed our progress. We stopped below for a late lunch and waited for the Mods. When the Mods arrived, the leaders developed a Plan B. Since it was getting late, but the Mods wanted to climb Carrantuohill, too, it was determined that some would, but some who had been very slow, needed to start down immediately and not climb further up in deteriorating weather and conditions. Warren became "the leader" of 13 from the Hard group to lead us down Devil's Ladder.

Several more from the Hard group with Philip would assist the slower Mods down Heaven's Gate, and Mark would lead the rest of the Mods up to the top of Carrantuohill and then down Heaven's Gate. So I was in the group going down Devil's Ladder. It was basically very loose scree. Despite the rain, it didn't seem to be particularly slippery, but it was loose. We hadn't gone very far, when I, along with others, screamed "Duck! OMG!" or something to that effect, as we looked in horror at a fairly large rock hurtling towards Frank's head. It missed him by inches and then headed for some other hikers further down.



Read on ... Photo: Dot Fine

No one was hit, hurt, or dead, but we all had a case of palpitations, and from then on, I was scared, not of slipping or falling, but of setting off a deadly avalanche that could kill someone. It was a very nerve-racking descent. At the bottom, we noticed a sign warning about the erosion danger, suggesting an alternative route!!

The way back at that point, was a gentle descent and we were headed back in the bus at 6 pm. Dinner was delayed that evening until 8 pm to accommodate the late return of the Mods, who did arrive in time for dinner.

Day 2

I opted to go with the Mods, hoping for an easier day. We bussed out to Kate Kearney's Cottage, and started our hike from there. It was a steady climb with beautiful views of the valley and lake. In a flat grassy area we had lunch and enjoyed the sunshine. Ali stretched out in the grass to spend the afternoon there and then head back to Kate Kearney's Cottage alone, while we headed further up from one mountain to another, stopping a lot to take pictures. We were running out of time with our laid-back attitude to hiking, so instead of heading up to a few more peaks, we headed down through the dreaded heather. I find nothing worse than descending through heather, and just think how the heather must feel?



Another photo opportunity!

We managed to scatter, so by the time Philip and a few of us made it back to the Cottage, mostly everyone was back having a beer, coffee or tea and scones. Carina and a few others were there, too, after a day spent at the beach. Another day back by around 6 pm for me, but not for the Hard group. Dinner was delayed until 8 pm to accommodate the Hard group, who

barely arrived in time for dinner. You'll have to ask them what they were up to.

Day 3

Alas, day 3, Monday started with rain, so most of us planned to head into town to walk in the park or shop. Mark led a group in the little bus (capacity 15, but perhaps not full) to a hike around Killarney Lake. In town, a large group of us headed for Killarney Park, too, and walked around enjoying the lake, flag irises, deer, and the many jaunting cars complete with horse poop collectors. It turned out to be a beautiful, sunny day. We finished with lunch in town and some browsing in the mall where the serious shoppers had spent their day.

We were off to Dublin in sunshine, but arrived there in rain, after a wonderful weekend in the Killarney Mountains.



Dot Fine

More photos from the Kerry Weekend by Michael Shiels, Annemarie Keoghan and Dot Fine can be found on our website www.hillwalkersclub.com.

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

CHALLENGE WALKS

The Walkers Association are posting regular updates on these walks on their website. Make sure to check!

17 July 2010 Joyce Country Challenge

A beautiful walk on a wonderful delightful day of mountain plateaus, arêtes and incredible views.

Distance: 30 km **Ascent:** 1900m

<http://www.walkersassociation.ie/node/607>

August 2010 Burren Walk

Spectacular views across Galway Bay to Connemara and the Aran Islands feature on lovely walks. Further information to follow.

<http://www.walkersassociation.ie/node/135>

7 August 2010 Mourne Seven Sevens

Climbing the seven higher summits above 700m and more, by any route desired by participants.

Distance: 28 km **Ascent:** 2495m

<http://www.walkersassociation.ie/node/246>

14 August 2010 Western Way Annual Marathon Walk

This walk journeys along the Western Way on both road and track taking in Killary Harbour and Máuméan Pass.

Distance: 42 km **Ascent:** 258m
(with half-marathon option)

<http://www.walkersassociation.ie/node/248>

11 September 2010 Glover Walk

The walk is held to commemorate J.B. Glover (Joey) a major figure of the club tragically killed in the troubles. Generally it is held in September each year. The route's first peak is Muckish and its last Errigal, taking in the intervening summits.

Distance: 19.5 km **Ascent:** 2020m

For Application Forms and other details contact Josephine Hegarty, Glover Secretary, at gloverwalk@googlemail.com

Pre-registration is essential.

Website: <http://www.nwmc.ie>

DATES FOR YOUR DIARIES

AGM 2010 =====

The **Annual General Meeting** will take place in the **week of 11th October**. Exact date, time and location will be announced in the September newsletter.

Please note that there will be **two or three vacancies** on the Committee 2010-2011. Anyone interested in serving on the committee, please contact **Frank Rooney** for further information: 085-1742119.

Map & Compass Course 2010 =====

The Map & Compass Course will be held in November / December 2010 and will comprise a number of evening sessions in Mountjoy Street, Dublin 7, and two weekends in the Glendalough area, one of which will include a practice session in night navigation. Further details will be announced in the September newsletter.

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 McFeeney

Special thanks to:



OCTOBER BANK HOLIDAY WEEKEND

Fri 22nd - Mon 25th Oct 2010

THE HILLWALKERS RETURN

Hotel Minella Clonmel

GALTEES, COMERAGHS & KNOCKMEALDOWNS

**Walks at all grades
Hillwalker, Moderate, Easy**

Weekend Leaders: Donal Finn & Paul Miney



www.minellahotel.ie

Cost: Approx. €290

Accommodation: Standard twin rooms in the well-appointed ★★★★★ Hotel Minella, Coleville Road, Clonmel, Co. Tipperary, situated on the banks of the River Suir.

Meals: Full breakfast & lunch sandwich* (Sat, Sun, Mon) and 4-course dinner (Sat, Sun) included.
* *The hotel will provide a sandwich per person for lunch each day. Please supplement your lunch with items of your choice (e.g. fruit, chocolate bar, crisps); shopping close-by or en-route.*

Departure: Friday, 22nd October, George's Quay (Tara Street) at 6.30 pm. Stop en-route.

Return: Monday, 25th October, arriving in Dublin City Centre at 9 pm approx. Stop en-route.

*Booking will open in early September;
further details in the September newsletter.*