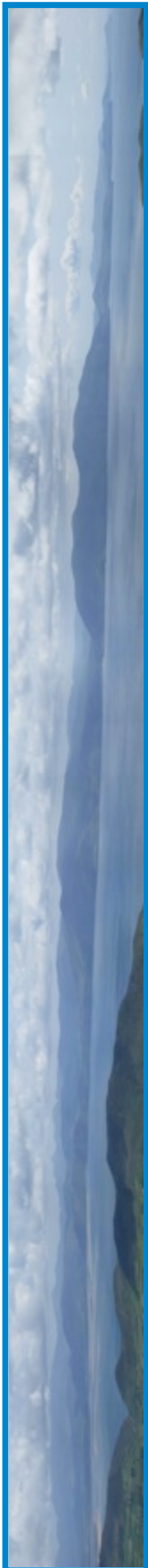




An Óige Hillwalkers Club

# June-August 2011

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



# THE HILLWALKER



*Blasket princesses (above). Photo: Liz Carey  
The Iveragh Peninsula viewed from Cnoc na Bánóige (left)  
Photo: Gary Smith*

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# HIKE PROGRAMME

## June-August 2011

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

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### Sunday 19 June 2011

---Find out how Stoney is Stoney Top!

**Leader:** Jim Barry

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

**Route:** Glenmacnass Carpark (GR 114 029) \*  
Glenmacnass River \* Barnacullian Ridge \*  
Stoney Top \* Tonelagee \* Brockagh Mtn \*  
Brockagh East \*Laragh

**Distance:** 16 km **Ascent:** 750 m  
**Maps:** OS 56, Harvey, East and West Mapping

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### Sunday 26 June 2011

---Take in the views of Lough Dan and Lough Tay

**Leader:** Michael Sheils

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

**Route:** Laragh \* Wicklow Way \* Paddock Hill \*  
Scarr \* Kanturk \* Inchavore River \*  
Knocknacloghoge \* Cloghoge Brook \* Luggala \*  
Military Road car park (137 087)

**Distance:** 17 km **Ascent:** 1100 m (*750 m descent and 2 river crossings*)  
**Maps:** OS 56, Harvey, East and West Mapping

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### Sunday 03 July 2011

---Regale in Don's Company!

**\*\*Introductory hard hike\*\***

**Leader:** Don Reilly

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

**Route:** GR 133 923 \* Cullentragh \* Mullacor  
\*Lugduff \* The Spink \* Derrybawn \* Shay Elliot  
Monument \*

**Distance:** 18 km **Ascent:** 750m  
**Maps:** OS 56, Harvey, East and West Mapping

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### Sunday 10 July 2011

---Absorb the vistas of the Dublin Mountains

**Leader:** Garry Byrne

**Public Transport will be used.** Meet at the Bus stop in Townsend Street for the 44 at 10.15 am (*10.30 bus departure; €2.30 one way [exact fare]*) or pick up bus on the way.

**Route:** Scalp \* Barnaslingan \* Lead Mines \*  
Kathy Gollagher \* Killegar Church \* Knocksink  
Wood \* Bog Meadow \* Enniskerry \* Lover's  
Leap \* Enniskerry

*Anyone wishing to do a shorter walk can finish at Killegar, Knocksink or Enniskerry, cutting out the remainder of the walk.*

**Distance:** 15 km **Ascent:** 450 m  
**Maps:** OS 50, Harvey, East and West Mapping

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**Sunday 17 July 2011**  
**---A Tom and Sally Hike!**

**Leader:** Tom Milligan

**2nd pick-up point & return drop-off point:**  
Beside the pond in Sean Walsh Park on the Tallaght By-pass.

**Route:** Car park south Sally Gap (GR 137 087) \* Luggala - Pier Gates (aerial) \* Wicklow Way \* White Hill - Djouce \* War Hill \* Grouse House - Crockan Pond \* Sally Gap - Carrigvore \* Car park south Sally Gap

**Distance:** 19.5 km **Ascent:** 950 m  
**Maps:** OS 56, OS 62, Harvey, East and West Mapping

**Sunday 24 July 2011**  
**---Hike around the Gap!**

**Leader:** Peter O' Toole

**2nd pick-up point & return drop-off point:**  
Beside the pond in Sean Walsh Park on the Tallaght By-pass.

**Route:** GR 066 016 \*Glashaboy bridge \* Stoney Top \* Tonelegee \* Wicklow Gap \* Kevins Rd \* Fair Mountain \* Oakwood \* Lough Firrib \* Arts Cross \* Glenremore Brook \* Kings River \* Ballinagee Bridge

**Distance:** 18 km **Ascent:** 800 m  
**Maps:** OS 56, OS 62, Harvey, East and West Mapping

**Sunday 31 July 2011**  
**---Go North to the Cooley Mountains**

**\*\*Introductory hard hike\*\***  
**A special price of €15 for the coach**

**Leader:** Chris Byrne

**2nd pick-up point & return drop-off point:**  
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:** Ballmakellett \* The Castle \* Foxes Rock \* Ravens Rock \* Split Rock \* Eagles Rock\* Slieve Foy\* Tain Trail \* Carlingford

**Distance:** 18 km **Ascent:** 750m  
**Maps:** OS 36

**Sunday 7 August 2011**  
**---Brendan will rock you in Rocky Valley**

**Leader:** Brendan Dempsey

**Public Transport will be used.** Meet at the Bus stop for the 145 at 10 am (10.15 bus departure, €2.30 one way [exact fare]) on D'Olier St. Bus stop outside the old Gas Company building. Or pick up bus on the way.

**Route:** Killmacanoge \* Rocky Valley \* Maulin \* Crone Woods \* Crone Car Park \* Glencree River\* Knockree Y.H. \* Enniskerry.

**Distance:** 17 km **Ascent:** 600 m  
**Maps:** OS 56, Harvey, East and West Mapping

**Sundays August 14 & August 21 2011**

---(No hike)---

Summer break

**Sunday 28 August 2011**  
**---Go for a Good Hike in Glenmalure**

**Leader:** Bill Fine

**2nd pick-up point & return drop-off point:**  
Bus stop before Loughlinstown Roundabout

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

**Distance:** 16 km **Ascent:** 920 m  
**Maps:** OS 56, OS 62, Harvey, East and West Mapping

**Sunday 04 Sept 2011**  
**---Keep in step with the Military Rd and Glenmacnass river**

**\*\*Introductory hard hike\*\***

**Leader:** Paul Miney

**2nd pick-up point & return drop-off point:**  
Beside the pond in Sean Walsh Park on the Tallaght By-pass.

**Route:** Laragh \* Brockagh Mountain \* Tonlegee \* Glenmacnass \* Kanturk Mountain \* Lough Dan track \* Oldbridge

**Distance:** 18 km **Ascent:** 750 m  
**Maps:** OS 56, OS 62, Harvey, East and West

## 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.

### ★★ *Introductory hard hike* ★★

This hike is tailored for non-members who are considering joining the *An Óige Hillwalkers Club*. It offers the opportunity to sample a typical club 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.

### 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>	<u>Vacant</u>
<i>Weekend Coordinator</i>	<u>Vacant</u>
<i>Training Officer</i>	Dónal Finn
<i>Membership Secretary</i>	Don Reilly
<i>Club Promoter</i>	Barbara Monahan
<i>Newsletter Editor</i>	Simon More
<b>Special thanks to:</b>	
<i>Webmaster</i>	Matt Geraghty
<i>Distribution</i>	Pearse Foley & Cyril McFeeney

# FUTURE TRIPS AWAY

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## **Summer 2011**

**\*\* These summer trips are now fully booked \*\***

The An Óige Hillwalkers are also organising two 'away' trips over summer:

- to *Gran Paradiso National Park in Italy* (with Mark Campion [1-10 July 2011]), and
- to *Bavaria and Tirol in Germany* (with Frank Rooney [11-18 July 2011]).

## **October long weekend**

**\*\*Date for your diary\*\***

The club will be heading to Donegal for the long weekend in October (29-31 October 2011). We'll be staying at the Central Hotel in Donegal Town, with walks to be organised in the local area. *There will be further details in the September edition of the Hillwalker.*

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### **AGM: date for your diary**

The next Annual General Meeting of the An Óige Hillwalkers will be held on Friday 21 October 2011, starting at 8pm. *Further details, including venue, will be available in the September newsletter.*

### **Cicerone discounts**

Club members are able to get discounts when purchasing products from [www.cicerone.co.uk](http://www.cicerone.co.uk). When you order, add the code ANOIGE to the shopping basket page of the website.

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### **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?

Email to Simon More at [simon.more@ucd.ie](mailto:simon.more@ucd.ie)

## PAST TRIPS AWAY

### Corca Dhuibhne (June 2011)

Our destination for the June bank-holiday was Corca Dhuibhne (Dingle Peninsula) with accommodation at the far end of the peninsula in Dún Chaoin hostel and a nearby B&B. We had a long, sizzling drive down, but luckily Krugers Pub was close by to wash the dust of the journey off. We thankfully awoke to good weather on Saturday and feasted our gaze on the local hills. The Moderate-Hard hike was led by Philip and the Hard hike by Mark. Both hikes started close to sea-level and climbed to Brandon Mountain (962m); Mark went straight up via *Cosán na Naomh* (Way of the Saints) in a dead heat that had us drinking and splashing on water from a tiny stream. Philip went via *Slí Chorca Dhuibhne* (Dingle Way) and then south along the ridge.

As Philip led his charges through the mist, suddenly a phantasmal figure appeared of Hill-master Obi-Jim-Kenobi. "Just a few announcements: You must go to Dagobah if your are to become wise in the way of the Hills; now onward there for Cnoc Bréanainn". And with that the phantom receded into the mist, like a dream. Confused, but with his resolve and confidence boosted, Philip trekked on.

Mark's gang meanwhile took the measure of the day, slapped on a few extra kilometres and struck south for Dingle town where they rewarded themselves with ice-cream and beer.



Dingle Town. Photo: Warren Lawless

One brave ex-Editor had his boots fail him on the first day and he stoically endured as his heels got sliced away. Finally the pain was too much and it was decided to operate. Gary gladly produced a knife to help with any amputation, while Dr. Simon pronounced that the animal was lame and should be put down. However, the patient pleaded that he could still walk and for his friends to stay their merciful efforts. With nurses Francesca and Jenny administering chocolate and whiskey our gallant hero survived (and was noticed to pick up speed later as they approached the pub). In Krugers Pub that night we marvelled at the skill of the barman as he conjured up fantabulous cocktails. Alas, Hot Port, Bulmers and Ice or Miwadi Orange were a trifle beyond his comfort zone. He didn't do exotic languages either, as a "*Guinness amháin lé do thoil*" met with a very blank response. His contribution to Steve's upcoming publication *Employment Patterns on the Dingle Peninsula* was also very muted.

Sunday dawned with bright, dry, windy weather. Down at the B&B, outside door

number #3, lay a length of string, useful perhaps for holding up baggy ill-fitting pyjamas? One should not have to see such sights first thing in the morning; while outside #5 lay a group of Bulmer cans in the shape of a love-heart! What mysteries did they portend? Even I have some discretion...

One of the many charms of the peninsula is the variety of walks to suit everyone. So even though we had a few walking wounded at the start, there were lovely coastal walks to be savoured by anyone not partaking in a high-level hike. Ali had such a wonderful time on her first day's coastal trek (including *Sliabh an Iolair*) that she attracted a couple of adherents for the next day as she led Mary and Ger in the conquest of *Cnoc Cafe Mocca, Sliabh An Luchéon* agus Mount Pamper.



*Help, I've lost my group.*  
Photo: Liz Carey

Sunday's walks started at Connor Pass and explored majestic scenery to the east. We were on fire to go. Literally! The smoke drifting down the aisles as the bus crawled up to the high pass had us gagging and we were like rats fleeing a sinking ship in our haste to get off. No fear of smoke outside as we were assailed by strong winds. Both hikes followed the same route initially across *Sliabh Mhacha Ré* and down to *Lough Iarthair* via a steep decent [insert your own expletive here if required]. Mark then led the Mod-Hard on a circuit back to the Pass, whilst Philip led the Hard hike to Anascaul village. The terrain was beautiful, with an evocative mixture of coums, lakes, mountains and distant golden beaches.



*Nesting.* Photo: Liz Carey



*Lough Anascaul.* Photo: Warren Lawless

The day had extreme wind chill, showing as ever that you can never underestimate what the Irish hills might throw at you. However, skilful choice of terrain by Philip meant we always enjoyed sun and shelter at our rests. With such magnificent views there was often cause to pause and take it all in. Late in the walk Philip offered individuals the choice to split off and take a gentle, nearby descent to Anascaul and the famed South Pole Inn once run by Tom Creane, or else climb and walk further. As we contemplated the choice, Ciaran uttered the immortal lines "What would Tom Creane do?" That settled the matter and by unspoken agreement we all pressed on.



*South Pole Inn. Photo: Warren Lawless*

The choice earned us more powerful views over Lough Anscaul and meant that our pints in the sun outside the South Pole Inn could be deeply enjoyed. That little rest was my personal highlight of the trip. Whilst in the pub admiring photos of the Antarctic expeditions, I was struck by the remarkable resemblance between Tom Creane and John, both men of quiet endurance. I half-expected the bar staff to hail the heroes return and shower us with free drink. John was too modest to accept such comparisons (though he is available for any Hollywood version of Tom's life-story).



*John and Tom Creane. Photo: Warren Lawless*

There was lovely wildlife to be enjoyed through-out the weekend, with Peregrine falcons, ravens, seals, gannets, guillemots, oystercatchers, razorbills, plus charming ponies and horses. By far the wildest life was the two-legged variety in Dingle town on Sunday night. We gathered for relaxing music and quiet chat...in the heaving fleshpot of stags and hens that was *An Droichead*. As night lengthened and self-

dignity lessened a small gang heeded Fiona's call to hit the dance floor (persuaded by strong-arm tactics). Hens scattered in all directions, no doubt encouraged by my natural post-hike cologne and mountain-man moves.

Our luck with the weather seemed to have run out on Monday, with lashing rain threatening to spoil our planned ferry trip to *An Blascaod Mór*. Luckily Mark held firm to his plans and by the time we were boarding MV Blasket Princess, the weather has changed and we enjoyed a lovely crossing and walk on the island. It was a great way to end the weekend, either exploring the village and beach or climbing to the summit and surveying the surrounding rocks and islands.



*All aboard the Blasket Princess. Photo: Warren Lawless*

Completing the Blasket Trip was our "Miss Blasket Princess 2011" competition, with many fine contenders. Francesca made imaginative use of sea weed in her entry, whilst Martin was disqualified for not having shaved sufficiently. The votes have been counted and discarded, as in typically corrupt An Óige fashion, someone not even on trip was found to have won. The accompanying calendar is available in all good stores, 10% discount with An Óige card.

On the way back, Steve stopped us at Anascaul to do more research on his upcoming book, *The Definitive Guide to Pubs with External Access Toilets*, a sure-buy for all. In so doing he unleashed a trickle that became a flood. Before that we all enjoyed our game of chicken with the oncoming tour bus. Eat our smoke!



Anyone for the last Mars bar.  
Photo: Liz Carey

The final drama was the attempted high-jacking of the bus by a drunken local in Nenagh. Paul manfully bared the way and after much persuasion the bowsie was persuaded by his friend that we weren't the 8.30 to Galway.

We got back late but happy from a trip that continued the fine traditions of our club. Now was the bittersweet time to scatter and go back to our regular routine. But each would hold the bright memory of a magical landscape and cheerful company as store against the weeks ahead.

### Epilogue

As the crowds dispersed from the quays, Liz and Shauna were left wondering how on earth they would get back to Enfield at this late hour. Suddenly there was a loud *Hoot, Hoot*, a cloud of black smoke and their Prince Charming appeared! They leapt aboard his mighty white wagon, each privately plotting to get rid of the other so they could claim him as their own.

And finally, what of our great leader Mark? His work done and worn out by his trials, he has sought a simpler life, retiring to the quiet of the Dingle Peninsula, where he now swims for a living, playing the role of Fungi

the Dolphin in a giant rubber suit. "Bí ag snámh go tréan! a fhear óg!"

### Hikers Suffer Pre-Traumatic Stress Injury

The medical world has been marvelling at new condition known as Pre-Traumatic Stress, a reaction to unbearable physical effort that affects its victims before they have even done anything! A group of hikers going on Mark's trip to Italy have diagnosed with the condition due to the sheer anticipation of pain and suffering they will endure on this Alpine epic. Experienced, fit club members have been found sobbing and crying "I won't be able for it!!!"; others have developed strange behaviour such as carrying extra-heavy bags or wooden blocks on the hills, obviously due to deep-seated fears about the upcoming demands on their very existence. A few are in denial about their condition ("Oh yeah, I'll be well able for the tough walking"), their self-delusion drawing pitying looks from their fellow club-members. We hold our breath, waiting to see how they will all cope with the real thing!

To facilitate the writing of future post-trip accounts we have prepared a handy form to help participants record "observations" they would like to share:

Enter name of friend you wish to rat on

\_\_\_\_\_

Highlight activity they were guilty of:  
Excessive drinking / Excessive snoring /  
Excessive moaning (please be specific) /  
Excessive walking / In-excessive Walking /  
Bag-rustling / Other \_\_\_\_\_

Leadership failings: Pillow too soft / No custard with desert / Abandoned on mountain / Tyrant.

Would you like to participate in the An Óige Snitch Protection Scheme? Y/N

Send to FREEPOST, Editorial Black Ops Section, An Óige Hillwalkers, Dublin.

*Text: Warren Lawless*

*Author not responsible for any factual statements that may have slipped in or any gossip that slipped out.*



A shaggy donkey (2)



On the Great Blasket Island (1)



Refreshments at the South Pole Inn (1)

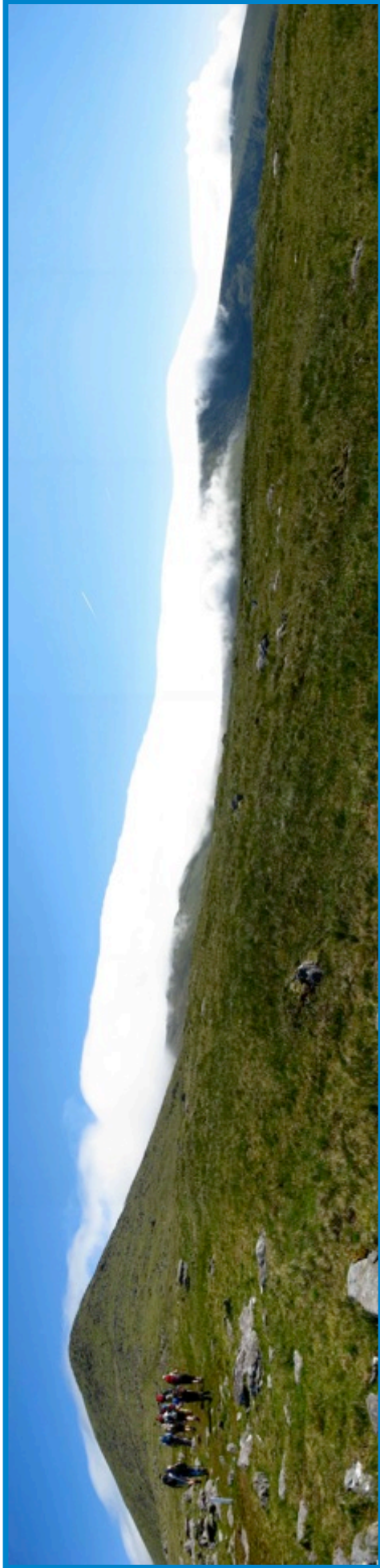


On the Blasket Princess (1)

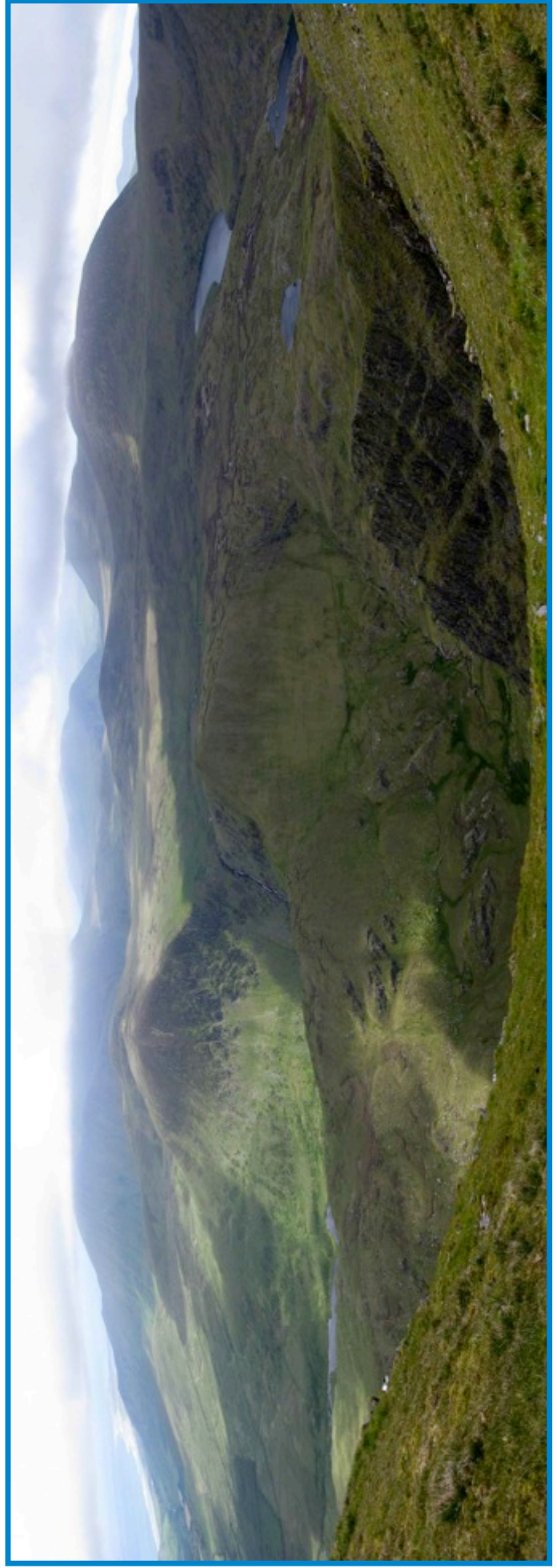


Tearagh Island from Blasket (2)

Photos: Simon More (1)  
and Gary Smith (2)

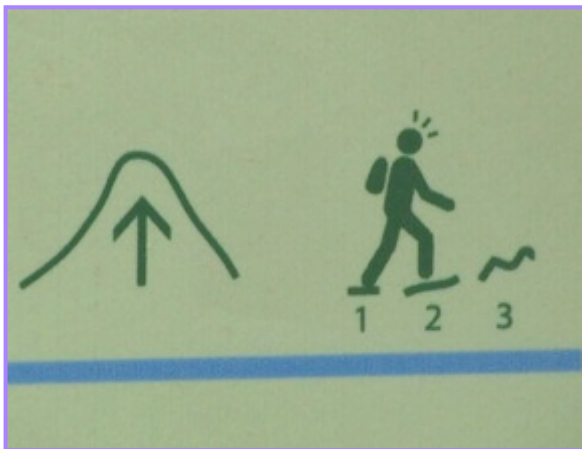


*Approaching Brandon & the Brandon Ridge (left)  
From Slievanea NE Top towards Beenoskee & Coumanare Lakes (right)  
Photos: Gary Smith*



# Lemons and Limbs

Better to lose time than limbs we concluded as the mist deepened, the path faded and the cliffs beckoned. Our detailed search for that elusive trail downwards led us to places where only eagles dared go. The only part of us that flapped was our map as the wind buffeted us this way and that. This was one of those times when we opted for retreat rather than rescue or indeed recovery. What started off as a bright sunny clear morning at Valldemossa in Mallorca turned into a dark dangerous day as my missus and her husband attempted to trek via the Salvador path to Déjà. Our retreat eventually ended in a back seat of a taxi which safely deposited us to that strategically placed and pretty village. On arrival, while our limbs ached and our timings were misplaced, we were still in shape to pick up the pace and go on to our next base.



Upwardly mobile

That experience, of course, was not part of the script for our six day hike through the *Serra De Tramuntana*. These predominant limestone mountains dominate the north western part of the largest Balearic Island. In several ways they are a higher and rockier version of the Burren landscape. Much progress has been made on constructing a walking trail called the *Ruta De Pedra En Sec*, aka as the Dry Stone Path (or even easier the GR221) to cover the entire eighty kilometre distance needed to fully link up the entire traverse of this region. However, as in Ireland private ownership of the land, access, insurance

and other legal issues are causing problems in finishing this trail.

From our hostel in Déjà we choose the inland route through oak, ash and lemon groves to the town of Soller. This turned out to be the most congested section of our walk as we arrived in double quick time to take the over priced light railway to its port where a dip in the cool waters of this bay proved to be more than refreshing. Soller with its busy bistro dominated square and narrow cobbled side streets is also the region's transport hub. Our second day there took us out and beyond Cap Gros along the lonely cliffs of this headland. This leisurely stroll was in contrast to what came next.



Tea time

Our distant target was *Santuari de Lluc* via one of the many refugi dotted along the way. This old pilgrimage path is now incorporated into the GR221 as it twisted and turned and turned and twisted its way up from a valley to a pass in the mountains at almost 900metres only to drop again to the reservoir at Cuber. Not contend with all the effort exerted on that section we decided to punish ourselves further by taking the rough, wild and cable assisted path to the *Tossall Verds* mountain hut. Its attraction lay in its isolation and its snore free rooms. As a bonus we were treated to the great power of nature in the form of a thunder and lightening show- no doubt a

reminder to show who was the boss around here



*In the grove*

A forest walk of ninety minutes the next morning brought us back onto the pilgrimage way. A more modern and apt name for this exposed section is probably the pink path as all the walkers we encountered were dressed in shorts and sun cream rather than sack cloths and ashes. The spooks too were in evidence as the tracking station on nearby *Puig Majer* recorded each foot step and sweat drop. All those steps and drops were rewarded at the *Col des Prat* where the views both near and far left us breathless. So re-energized with the leftovers of our breakfast and a tin of tuna we rambled along over the stony hard rock until we glimpsed way below and among the trees the monastery.

Holy place in name it may be but enterprising business it is in practice as the heathen and hoards swamped the shops, stalls and restaurants of this large cloister. What a contrast to the peace and quite of the nearby hills and after an uncomfortable night there in a dingy room we were only too glad to rejoin the GR221 again. The first section of our last day's trek was a delight as we left the masses and madness

behind and wandered through lush and lonely countryside northwards to the settlement of Pollenca. That delight however turned into danger as we approached the town where the trail and the road became one. And we all know who the boss is there.



*Yellow heads*

Upon arrival and mindful of the pilgrims we climbed all 365 steps of *Via Crucis* still bearing our full packs and lit a candle in honour of all who had passed this way. In celebrating the completion of this trek we decided to go on vacation and took the bus to the nearby port for a cleansing dip in the sparking waters of the Mediterranean.

*Text and photos: Brendan Magee*

**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/>

Club members interested in leading a hike, contact Frank Rooney: [rooneyf@eircom.ie](mailto:rooneyf@eircom.ie)

## New walking guides from Collins Press

[www.collinspress.ie](http://www.collinspress.ie)

### **CONNEMARA & MAYO A WALKING**

**GUIDE** *Mountain, Coastal & Island Walks*  
by Paul Phelan

Connemara and Mayo form an area known for stunning scenery and this guidebook describes some of the regions best and most spectacular walks. A wide variety of walks and terrains are covered: easy two-hour walks on surfaced paths; two- to three-hour flat island and coastal walks; two- to four-hour gentle hill and mountain hikes; and four- to seven-hour strenuous hill walks.

Detailed instructions, in an easy-to-use, practical format, are provided along with information regarding archaeology, history, landscape, flora and wildlife. Maps are included for each walk while photographs illustrate the routes and give a sense of the striking landscape. This is the most comprehensive walking guide to the area published for some time.

ISBN: 978-1848891029 14.99/12.99 160 pp Flexicover 198 x 128 mm Maps & colour photographs

### **THE DINGLE, IVERAGH & BEARA**

**PENINSULAS** *A Walking Guide* by Adrian Hendroff

The Dingle, Iveragh and Beara peninsulas dominate the spectacular landscape of southwest Ireland. Their rugged peaks, dramatic ridges, captivating valleys, glittering lakes and stunning Atlantic coastline form a treasure chest of walking options.

This guide describes exhilarating walks in each peninsula, accompanied by the authors photographs and specially drawn maps. These walks provide a range of options, both for those familiar with the region and for first-time visitors.

This region attracts thousands of walkers annually and, since most routes are not signposted or waymarked, an up-to-date guidebook is essential. The walk descriptions also include material on the fauna, flora, folklore, history, geology and place names of the area.

ISBN: 978-1-84889-103-6 14.99/12.99  
160 pp Flexicover 198 x 128 mm Colour maps and photos

### **SCENIC WALKS IN WEST CORK A**

**WALKING GUIDE** by Damien Enright

West Cork is a place apart, with its unique combination of flora, fauna, history and landscape, and is quietly explored by large numbers of visitors annually. This guide to some of the best low-level walks in the region has clear descriptions and engaging commentaries on natural and human history to enhance the walkers enjoyment and appreciation of the routes.

From the scenic interior to spectacular coastal scenery and islands, these cross-country, road and waterside excursions have something for everyone. Walks vary from 1.5km strolls to a 13km traverse of Sherkin Island.

The author has put his considerable experience and knowledge of the area to great use in this evocative guide, which introduces the best of the area. Each route has a sketch map and colour photographs to illustrate the beauty of the landscape, its wild creatures, wild flowers and built heritage. Ferry and cable-car timetables are included. This is a treasury of information to take readers on the ways less travelled.

ISBN: 978-1-84889-104-3 14.99 / 12.99 160 pp Flexicover 198 x 128 mm Colour maps & photographs

### **eBOOKS**

eBook editions of the following walking guides are now available:

- Carrauntoohil & MacGillycuddy's Reeks by Jim Ryan
- Northern Ireland by Helen Fairbairn
- The Burren & the Aran Islands by Tony Kirby

## Mountain Meitheal

(from the Mountain Meitheal website,  
[www.pathsavers.org](http://www.pathsavers.org))

Mountain Meitheal is a group of volunteers, people drawn from a wide range of outdoor backgrounds, who undertake hands on trail projects on our mountains and in our forests with the aim of protecting the environment and promoting sustainable outdoor recreation into the future.



Our objectives are simple, we are attempting to counteract some of the pressures that are evident on Ireland's mountains by working with the various landowners including, the National Park &

Wildlife Service, Coillte and private landowners. We also promote the concept of sustainable recreation through the LEAVE NO TRACE message and are members of the Leave No Trace Ireland group.

Mountain Meitheal are currently working on restoring part of the Wicklow Way on Knockree Hill, down the road from the hostel.

If you feel like giving something back to the mountains, they go out every couple of weeks on alternate Saturdays and Sundays. The following are the dates for the rest of the year:

*Sunday 26 June*

*Saturday 9 July*

*Sunday 24 July*

*Saturday 13 August*

*Sunday 28 August*

*Saturday 10 September*

*Sunday 25 September*

*Saturday 8 October*

*Sunday 23 October*

*Saturday 12 November*

*Sunday 27 November.*

## Dublin Mountaineer Bus Service

(from the website,  
[www.dublinmountains.ie/transport/transport/](http://www.dublinmountains.ie/transport/transport/))

The Dublin Mountaineer bus provides a direct gateway for walkers and hikers to enjoy the beauty of the Dublin Mountains on weekends and bank holidays. The service will run from Saturday 30th April until the end of June.

**Route:** The bus will depart Sandyford Luas and travel up to Glencullen, around the mountains, down to Tallaght (Sean Walsh

Park, behind Tallaght stadium) and back again.

**Timetable:** The service will run three times a day from each start/finish point on weekends and bank holidays only. Departure times from Sandyford Luas are: 10:00am, 12:30pm, 15:45pm  
Departure times from Tallaght are: 11:15am, 14:30pm, 16:55pm

**Fares:** Tickets available on the bus.

- Daily ticket (hop on, hop off): €5
- Family ticket (2 adults, 2 kids): €12

Sorry, no dogs allowed, except guide dogs

## Irish Challenge Walk Information 2011

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A selection are included here. Further information is available at:

<http://www.walkersassociation.ie/challenge/walk/calendar>

### **Galtee Challenge 2011**

Sunday 26 June 2011

Distance: 32 km, Total Ascent: 2,100m

Organised by the *Galtee Walking Club* and now in it's seventh year there is both a 'Challenge' and a 'Crossing' to the days walk which flows over the lovely Galty Mountain tops which gaze down on wonderous corries.

Further information: [www.walkersassociation.ie/node/35806](http://www.walkersassociation.ie/node/35806)

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### **Joyce Country Challenge**

Saturday 16 July 2011

Distance: 30 km, Total Ascent: 1,936m

Organising Club: *Lake District Hillwalking Club*. A beautiful walk which takes the walker on a wonderous, delightful day consisting of mountain plateaus, arêtes, incredible views and a lovely "Lake Loop".

The day has an "A", "B", "C" and "D" walk

Further information:

[www.walkersassociation.ie/node/607](http://www.walkersassociation.ie/node/607)

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### **Mourne Sevens**

Saturday 6 August 2011

Distance: 28 km, Total Ascent: 2,495m

Organising Club: *Spartan Red Sox*. The Mourne Seven Sevens Walk takes in amongst others the seven higher mountains of the Mourne Mountains. It allows walkers to choose their own routes, which for the most part will consist of summiting Slieve Donard 850 m first and then either a clockwise or anti-clockwise route that will have one meeting ones counterparts going the opposite way later in the day. An "unsupported" walk but definitely a nice clean walk which for the most part follows well worn trails and stone tracks that in places trace the incredible Mourne Wall. This walk also has a race which attracts a huge fell-running fraternity whose speed at times has to be seen to be believed.

Further information:

[www.walkersassociation.ie/node/133](http://www.walkersassociation.ie/node/133)

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### **Marathon Walk Western Way**

Saturday 13 August 2011

Distance: 42 km, Total Ascent: 258m

Organising Club: *Galway Walking Club*.

This delightful walk journeys along the Western Way on both road and track taking in the beautiful Killary Harbour and Máuméán Pass. A full day but with a gentle incline.

Further information:

[www.walkersassociation.ie/node/248](http://www.walkersassociation.ie/node/248)