

An Óige Hillwalkers Club

March 2010

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

THE HILLWALKER



Raising the flag - Brendan Magee in South America.

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IN MEMORIAM
GERRY DONNELLY R.I.P.
1959 - 2010



It is with great sadness that we recall the recent death of fellow club member Gerard Donnelly.

Gerry lost his short battle with cancer and passed away peacefully, at St Francis Hospice, Raheny, on Thursday, 25 February 2010. The funeral services were well attended and practically all of the club membership paid their respects.

Gerry had developed friendships with many, both within the Hillwalkers Club and the broader membership of An Óige. He was never short of a kind word for everyone and always made time to stop for a chat. His welcoming smile and uplifting sense of humour received many words of praise.

Gerry was a teacher by profession and began his career at O'Connell School, Dublin before transferring to St Peter's Secondary School, Dunboyne, Co. Meath. He was highly respected and well liked by pupils, parents and colleagues. His extracurricular activities included organising trips for pupils abroad and promoting involvement in the Gaisce Awards.

Gerry loved Taekwondo, a martial arts sport, for which he earned a black belt. There was nearly always a passing mention when he was engaged in conversation.

Just before his death, Gerry was conferred with a Masters Degree in Education (M.Ed.). His chosen thesis was on Alcohol Abuse and Drug Addiction. The conferring took place at St Francis Hospice in the presence of the Trinity College Provost, Registrar and 10 graduates, all in full academic regalia. This was a very proud occasion for Gerry and thankfully, he lived long enough to cherish the day.

Our thoughts are also with his sorrowing girlfriend and fellow club member, Mary Diggins. Mary had spent every spare moment with Gerry over the last couple of years and was constantly by his side while he was bedridden.

Gerry will be sadly missed by all those who enjoyed the pleasure of his company.

May he rest in peace.

Jim Barry

HIKE PROGRAMME March 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, 14 March 2010

---West Wicklow

Leader: David McCann

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

Route: Woodend (GR N 013 144) * Woodend Brook * Sorrell Hill * Ballydonnell North * Ballynultagh Forest * Black Hill * Hampden Memorial * Whelp Rock * Kilbeg * Poulaphouca Shore * Lacken.

Distance: 17km **Ascent:** 620m

Maps: OS 56, Harvey

Sunday, 21 March 2010

---Glendalough Circuit

Leader: Deirdre Muldowney

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

Route: Glendalough Visitors Centre * St. Kevin's Way * Forest Track * Camaderry Mtn * Turlough Hill * Glenealo River * Miners Track * Glendalough Visitors Centre.

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

Maps: OS 56, Harvey

Sunday, 28 March 2010

---Glen of Imaal

Leader: Ita O'Hanlon

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

Route: Stranahely Wood * Table Track * Camenabologue * Cannow Mtn. * Lugnaquilla * Camara Hill * Banana road * Fenton's Pub.

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

Maps: OS 56

Note: The Table Track / Camenabologue / Cannow Mtn. / Lugnaquilla section of this hike will comprise part of this year's Circuit of Imaal Challenge Walk which will take place on 19 June 2010.

Sunday, 4 April 2010

---NO SUNDAY HIKE---

**Due to Easter trips to Scotland
and to the Peak District**

Sunday, 11 April 2010

---Shay Elliott to Wicklow Gap

★ Introductory Hike ★

Leader: Steve Buckney

2nd pick-up point: Bus stop before Loughlinstown Roundabout.

Route: Shay Elliot Memorial * Cullentragh * Mullacor * Lugduffs * Lough Firrib * Turlough Hill * Wicklow Gap Car Park.

Distance: 17km **Ascent:** 450m

Maps: OS 56, Harvey

Sunday, 18 April 2010

---Aghavannagh

Leader: Peter O'Toole

2nd pick-up point: Bus stop before Loughlinstown Roundabout.

Route: Track/Road GR 052 858 * Farbreaga * Aghavannagh Mountain * Lybagh * Toorboy Mountain * Road Walk * Carrig Mountain * Keadeen Mountain * Rostyduff Forest Track * Dwyer McAllister Cottage Car Park.

Distance: 18km **Ascent:** 850m

Maps: OS 56, 62, Harvey

★ 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

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

FURTHER AFIELD

Touching the Andes



Fitzroy and friends. Photo: Brendan Magee

It would likely take a fit determined walker a lifetime to hike the 7000 kilometre length of the Andes. Few of us have the time and energy for such an undertaking but I have been fortunate enough to have set foot on this highly imposing range on two previous occasions.

The first outing consisted of several delightful days and cold clear nights trekking the Inca Trail.

My second foray was more ambitious and arduous as I puffed and panted and finally completed a full circuit of the Torres de Paines massif.

My third and most recent trip while less focussed had more variety and presented greater opportunities "to smell the flowers". Indeed my wife and I pleasingly rounded off our Argentina adventure at the "jaw dropping and awesome" Iguazu Falls - yes, far from the Andes but one of nature's truly astonishing sights.

San Martin de los Andes

Our hilly odyssey kicked off in the town of San Martin de los Andes-two hours flying time from Buenos Aires. From there we travelled the seven lakes route south to Bariloche following in the footsteps and skid marks of the "mighty one" as that motor bike carried messers Grando and Guevara on their famous journey through South America. Their trip of course, unlike ours, was made famous by the book and film

titled The Motorcycle Diaries. Our journey, however, while less dramatic and far reaching was nevertheless worth recording on paper and digital camera.

In Bariloche we switched our mode of transport from bus to cable car as we ascended up to 1870 metres and began a lonely snowy walk along a ridge towards Cerro Catedral some 600 metres higher. It soon became clear why we had the trail to ourselves as we encountered troublesome snow drifts and a fading path.

Cerro Catedral

Since weather conditions were favourable on we trudged on our merry way accompanied by wave after wave of glistening white tops of mountains while below us the many lakes shone a bright blue. We eyed with some trepidation the circling condors overhead bearing in mind the warning given to us earlier that those birds were capable of dislodging adults from their perch. Thankfully their interest in us slowly waned as they flew off in search of juicier prey.

Descending from the snowline we reached the safety and security of a ski run which carried us back to base. In the winter time this area attracts thousands of ski enthusiasts and is the biggest resort of its kind on the continent. As we discovered on our trip Argentines much prefer going to the beaches or the barbecues rather than the nooks and crannies of the mountains.



Following in the footsteps... Photo: Brendan Magee

By that stage we were well into Patagonia - which not only consists of the southern half of Chile and Argentina but is also a byword for isolation and openness - and on our way through that arid region to the haphazard settlement of El Chalten.

Parque Nacional Los Glaciares

This growing urban centre has all the hallmarks and appearance of a wild west town and acts as the main gateway to the Parque Nacional Los Glaciares where it is possible to trek for days among the forests, lakes, valleys and of course glaciers of this diverse area. The rewards for that effort are stunning with close up views of some of the world's famous peaks such as Monte Fitzroy and Cerro Torre.

Our first day's trek lasted twelve hours as a well defined path brought us up to the view point of Lago de los Tres where we were confronted by no less than twelve towering granite peaks of up to 3400 metres. How nature can make us mere mortals look so small and insignificant! That was especially evident as we observed numerous climbers on the raw and exposed slopes as they pitched their skills against the vertical and highly exposed sides of those giants.

Apart from Fitzroy which gets its name from the captain of the Beagle, many of the mountains in this area are named after aviators such as Guillaumet and Mermoz and Antoine de Saint-Exupery, author of *Le Petit Prince*. (Incidentally all of these people came to a nasty end - captain Fitzroy slit his own throat, and the others perished in a series of air crashes). The summits of these mountains also mark the political boundary between Argentina and Chile.

Rio Fitzroy to Lago Torre

A more relaxing but equally scenic trail took us along the Rio (river) Fitzroy up to Lago Torre, a lake peppered with icebergs which is in turn dwarfed by the formidable needle of Cerro Torre.



Lago and Cerro Torre. Photo: Brendan Magee

Many climbers consider this mountain as the most technically difficult in the world to

scale - not particularly due to its altitude (3102m) but more to do with its shape, strong winds and ice formations.

Thankfully the skies remained clear to allow us fully appreciate this magical but highly dangerous terrain. Our fascination with that mountain extended to a viewing of the Werner Herzog film *Scream of Stone* as it portrayed the initial attempts to surmount its summit. That movie literally ends on a knife edge.

Ushuaia & Tierra del Fuego

We continued our journey southwards over the Perito Moreno glacier to the port of Ushuaia. That advancing glacier is basically a thirty kilometre giant white tongue which has its source on the shrinking Southern Patagonian ice cap.



Overview of Moreno's snout. Photo: Brendan Magee



How frightening ... Photo: Brendan Magee

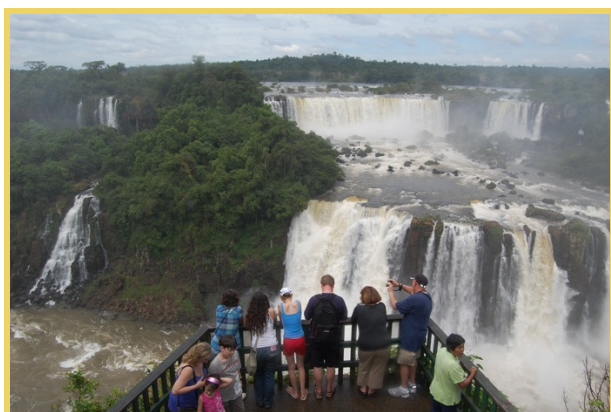
Ushuaia, which brazenly describes itself as the world's most southern town, is by contrast a growing urban centre catering for tourists venturing out to the Drake Passage towards the Antarctica peninsula and is also a gateway to Parque Nacional Tierra del Fuego.

This is where we again donned our boots and wrapped up as we faced into the wind

and trod on the forest trails of this stark region. It appeared from old photos that the indigenous tribes went around this area almost starkers - no wonder they used fires. We encountered and indeed frequented three Irish pubs in the nearby Ushuaia where we introduced the local staff to the concept of a hot whiskey - a most welcome and warming beverage for that environment.

Iguazu Falls

Thanks to Aerolineas Argentinas we were whisked in a matter of hours from the chilly Ushuaia located at 55 degrees south to the warm steamy conditions of the rain forest around Iguazu Falls some 30 degrees further north.



Platform with a view. Photo: Brendan Magee

It is hardly possible to exaggerate the attraction of this scene: The Falls which consist of over 250 cascades stretch for up to two kilometres and separate northern Argentina from southern Brazil. The surrounding park offers ample scope for long walks with a good chance of spotting lots of wildlife. It is very easy to get up close and personal to the Falls and a thorough soaking is guaranteed as you step along the well placed boardwalks. What a place to conclude our visit to this friendly, varied and most inviting country! This country deserves to be on every traveller's itinerary.

Brendan Magee

Please visit our website
www.hillwalkersclub.com
for larger versions of the photos
printed in the newsletter.

SOCIAL CORNER

HILLWALKERS PUB HIKE (CRAWL)

Garry Byrne wishes to build on the success of his last pub crawl by leading another one!

Where: Kavanagh's @ Junction
Aughrim Street / Manor
Street, Stoneybatter

When: Thursday, 25 March 2010
@ 8 pm

Visiting: The Belfry (Full Traditional
Irish Music Session)

UPCOMING TRIPS

JUNE / JULY 2010

Northern Scotland

Flights to Scotland; hostel accommodation; hiking in the area of Ullapool and Cape Wrath. Trip limited to 16 people.

Organiser: Mark Champion

More details on page 10

JULY 2010

Switzerland

**Hiking in the Bernese Oberland
3rd July - 11th July**

The Bernese Oberland is a beautiful mountain region with a dramatic skyline, deep gorges and traditional Alpine villages.

Accommodation is in the Youth Hostel 'Albert Wander Haus' which is situated in the idyllic little village of Leissingen right on the Lake of Thun. It has its own private beach and offers stylish, comfortable rooms, many with a lake view.

We will do day walks using local public transport.

The approximate cost for this 9 day trip is flight around €180 at the moment and accommodation including breakfast about €270. Not included are meals and internal transport.

Do you want to walk in this area?

If the answer is yes, here is your chance:
there are still some places left!

Contact: **Frank Rooney @ 087-1742119**

SPECIAL EVENTS

Fright Night Hike # 1

A big thank you to Mark Campion, with a little help from Warren Lawless and others, for their great efforts in organising a Night Hike in aid of charities in Haiti, Zambia and Brazil on 12 February last.

We boarded the rickety Transit on the Quays at 5.30pm and were whisked off at top speed to Crone Wood, where we were joined by a few others to begin the steady hike upwards to follow the Wicklow Way past Powerscourt Waterfall to the top of Maulin. A fresh breeze there ensured we didn't linger long before heading back through the woods to Crone. The weather was ideal, cold and crisp, with great views of the city lights. How different it all looks in the dark!

We were amply refreshed at Crone with drinks and eats, including hot whiskies and port and yet another recipe of Mark's famous drizzle-cake. The fun continued in Chaplin's on Hawkin's Street where Hillwalker members regaled us with music and song to the wee hours. In all, there were 19 on the hike. A memorable night and thanks to all for participating.

Some €395 was raised on the night and another night hike may be arranged for mid March before we lose our early evening darkness – watch this space!

Garry Byrne

NIGHT HIKE

Fright Night Hike # 2

The Revenge of the Disturbed Sheep

Thursday, March 18th

Meet George's Quay 17:15 hrs;
return by 23:00 hrs

Transport by private car; please email
markmjcampion@gmail.com
or text 087-2501401 to co-ordinate.

Cost €10 goes to charities
in Haiti, Brazil and Zambia.

Route: Oldbridge (end of road) - Inchivore
River - scary forest hike - Kanturk

REFRESHMENTS AFTERWARDS

MOUNTAIN MEITHEAL



As part of **National Tree Week**, Mountain Meitheal will be planting 1000 trees along a section of the recently upgraded track in Kilmashogue Forest.

The trees will be supplied by Coillte and instruction in planting methods will be provided. The work will be

similar to the planting carried out last year in Curtlestown Wood which proved very popular.

Mountain Meitheal will provide gloves but they may not have enough spades to go around, so participants are asked to bring along their own spades, if possible; garden spades would be ideal.

Where: Kilmashogue Forest Car Park

When: Saturday, 13 March @ 10:30 am

Contact: Shay Walsh, 087-2382581

Email: shaymwash@eircom.net

LOST & FOUND

Walking Pole taken in Error

After the 20 December 2009 Hillwalkers Hike (Holly Hike), someone took home a hiking pole belonging to Frank O'Rourke. He has their one (a Leki). He would like to return it to its owner.

Email: info@hillwalkersclub.com

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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? Write or email:
Barbara Sudrow, 24 Glenmalure Park,
Dublin 8, barbarasudrow@eircom.net

Hooley for Haiti



The Teacher's Club, Parnell Square

Friday 16th April 8.30pm to 1am

A night on the tiles in aid of the relief effort in Haiti

Solid gold hits from the sixties to the noughties

Refreshments provided

All welcome so bring your friends as well as your dancing shoes!

**Tickets €15 available in advance from
Terry Cartin, Mick Heneghan,
Barbara Monahan, Don Reilly,
Mark Campion, Don Gleeson**

Mountain Skills Assessment (MSA)

Club Bursaries

Since its founding in 1993, the Hillwalker's Club has organised on a regular basis, its popular *Map and Compass* programme. The course aims to provide a comprehensive grounding in *personal navigation and self-care* on the mountains and it involves four evening tuition sessions accompanied by two outdoor training weekends. The syllabus covered is similar in content to the Mountain Skills courses (MS1 and MS2) prescribed by *Bord Oiliunt Sleibhe - Irish Mountain Training Board*. On completion of a Map and Compass course, members can consider undertaking a Mountain Skills assessment, which examines their navigation and personal skills in a mountain environment.

The Mountain Skills Assessment (MSA) is based on a skills evaluation programme and is normally conducted over a weekend. It involves a number of assessment stages as follows:

1. Written assessment (multiple choice type) on navigation.
2. Outdoor assessment of day navigation skills.
3. Outdoor assessment of night navigation skills.
4. Near and far feature recognition.
5. Self-care in broken and difficult terrain.

To undertake the Mountain Skills Assessment (MSA), the following requirements must be fulfilled:

1. To have completed at least 30 hill walks in Ireland or Britain over a period of 24 months,
2. To present a Mountain Skills log book detailing the above walks,
3. To hold a valid Rescue and Emergency Care (REC2) certificate or its equivalent (Basic First Aid Certificate).

Mountaineering Ireland (www.mountaineering.ie) provides a list of Mountain Skills assessors.

In order to promote and develop mountain skills amongst club members, financial support in the form of a number of bursaries will be made available to members who successfully complete a *Mountain Skills Assessment* in 2010. The financial resources to support these bursaries arise from the surplus associated with the Club's Map and Compass training programme.

Further enquiries from Donal Finn (email: finndonal@eircom.net).

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:



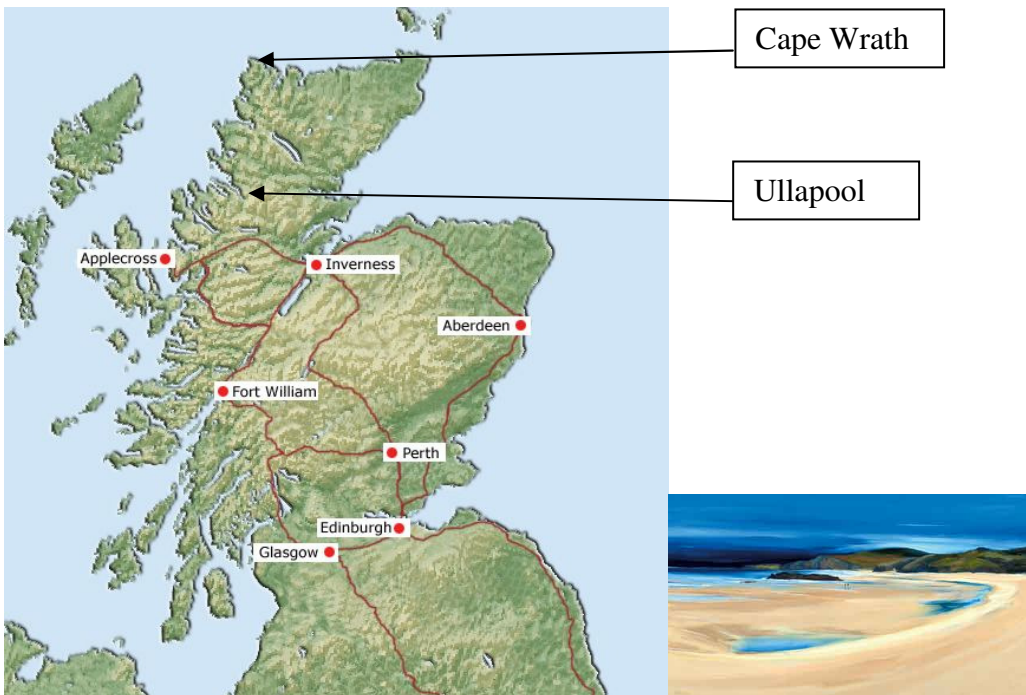
Scotland's Far North

Mark Campion is organising a week in the far north of Scotland this summer.

The maximum number of people is 16 and the trip is open to hillwalkers and fit mods.

We will leave on Sunday June 27 and return on Sunday July 4. We will fly to Scotland and transport over there will be via hired cars.

We will be staying in hostels and hiking mainly in an area between Ullapool and Cape Wrath. This is an area of outstanding beauty and, by dint of its location, is relatively wild and quiet. The coastline is exceptionally rugged and the hills are breath-taking...many of them are literally huge rock structures suddenly thrust up from the lower moors. See the pics below.



The cost will be about €230 excluding flights and food. At the moment the flights are working out at about €80 without checking in a bag. Email me on marknjcampion@gmail.com if you'd like to go and I'll give you flight details.

