

An Óige Hillwalkers Club

November 2008

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

THE HILLWALKER



Two hillwalkers on top of the world in Africa. Photo: Bill & Dot Fine.

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HIKE PROGRAMME November 2008

MEET: Burgh Quay

DEPART: Sundays at 10.00 am

TRANSPORT: Private Bus

COST: €12.00 (unless stated otherwise)

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

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

9 November 2008

--- Glendalough Circuit

Leader: Gerry Walsh

2nd pick-up point only: Bus Stops at Loughlinstown roundabout.

Route: Glendalough * Derrybawn Ridge * Cullentragh * Mullacor * SH 637m * Spink * Glendalough.

Distance: 17km **Ascent:** 500m

16 November 2008

---Glenasmole Valley

Leader: Philip Hayden

2nd pick-up and return drop-off points: Bus Stop near the pond at Seán Moore Park on Tallaght By-Pass.

Route: Athdown Forest (O069 152) * Seefin * Seefingan * Corrig * Seahan * Ballymorefinn * Glenasmole * CP at Fort Bridge.

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

Map: OS 50 and 56

23 November 2008

---Military Road to Poulaphouca

Leader: Joe Gilvarry

2nd pick-up point only: Bus Stops at Loughlinstown roundabout.

Route: Oasis (O101 050) * Carrigshouk * Mullaghcleevaun East and West Tops * Black Hill * Hampden Memorial * Whelp Rock * Kilbeg * Poulaphouca * Lacken.

Distance: 18km **Ascent:** 650m

30 November 2008

---South Dublin / North Wicklow

Leader: Frank Rooney

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

Route: Tibbradden * Cruagh * Glendoo * Knocknagun * Prince William's Seat * Raven's Rock * Wicklow CP (O185 168).

Distance: 18km **Ascent:** 520m

Maps: OS 50 and 56

7 December 2008

---Introductory Hillwalker Hike South Wicklow Rambles

Leader: Jim Barry

2nd pick-up point only: Bus Stops at Loughlinstown roundabout.

Route: Iron Bridge Wicklow Way (S.) * Ballyteigue Bridge * Ballycurragh * Mulhall Cottage * Sheilstown Hill * Ballycurragh Bridge * Rosahane.

Distance: 17km **Ascent:** 530m

Map: OS 62 and 56

GENERAL HIKE NOTES

PARTICIPATION Mountaineering is an activity with a danger of personal injury or death. Participants should be aware of and accept these risks. People who take part in our club activities do so at their own risk and are responsible for their own actions and involvement.

INTRODUCTORY HIKES An Introductory Hike is organised once per month for aspirant members. Any participant on these hikes must be a member of An Óige.

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.

Any club member interested in leading a hike, please contact *Gerry Walsh:*
hillwalking@hotmail.com

HILLWALKERS ABROAD

Climbing Kilimanjaro



Southern slope of Kilimanjaro.

Our Tanzania trip was somewhat serendipitous. Climbing Kilimanjaro was on our "someday" list. However, when Steve, a long time friend from Boston, talked about his daughter wanting to organize a family trip to Tanzania because she was so enthralled by his experience climbing Kilimanjaro, 12 years ago, the family trip expanded to include us and a long-time friend of his daughter. So there would be seven of us, ranging from 27 to 64 years of age. We would be in Tanzania for about 2 weeks in August 2008, during one of their dry seasons.

Kilimanjaro had a special appeal to us. At 5895 metres it is the highest mountain one can summit by hiking. Mountain summits higher than Kilimanjaro require equipment such as crampons, ice axes, ropes, etc. This would be our first time in Africa and our first time in the Southern Hemisphere.

There are several airlines which fly from Europe to Tanzania and nearby countries, but only KLM flies directly to Kilimanjaro International Airport. The direct flight originates in Amsterdam, so we decided to spend a few days in the Netherlands both before and after our holiday in Tanzania. This allowed us to visit long-time friends who live in a small town in the Netherlands. Also, we stayed with a Servas host while exploring The Hague and met Servas hosts for dinner at a restaurant in Amsterdam. We have belonged to Servas (www.servas.org) for many years. It is an

international peace organization founded in 1949 in Denmark.

We connected with 3 of the other 5 in our group at Schiphol Airport and flew together to Kilimanjaro International Airport. All arrangements had been made in advance, so we were picked up and brought directly to our hotel in Moshi.

Wildlife Safari

Before trekking up Kilimanjaro, we went on a short wildlife safari, which turned out to be very good planning. During the safari, we were up over 3000 metres elevation, which helped in acclimatization for the trek and also for dealing with jet lag for the North American residents. (There is only a 2 hour time change from Dublin and only 1 hour from The Netherlands). We opted for visiting nearby National Parks to minimize the driving time. Tarangire and Lake Manyara National Parks and the Ngorongoro Conservation Area are all worth a visit. These were places where the animals could access water, even though it was dry season, so there was an abundance of animals to be seen. In most places we had to stay in the vehicle because of the potential danger of wild animals, but there were a few places where we could get out to view the animals. Also, on a couple of occasions, we got to hike with a park ranger. A few of our group decided we needed a team name for the trek up Kilimanjaro. When on safari one hopes to see the Tano Bora ("Big Five" or "Best Five") animals - Lions, Elephants, Hippos, Rhinos and Giraffes. From this, our team name became Saba Bora, saba being the Swahili word for seven.



Everlasting flower.

With the safari over, we were really getting excited about the trek. We had one night in a hotel in Moshi, and then started. We had

chosen the Machame Route, so we would sleep in tents each night. One can do the Machame route in 6 days or in 7 days. Hoping to maximize the chance of all 7 of us getting to the summit, we chose the 7 day option, which would have us making our summit attempt on day 6. The total hiking distance is about 100 kilometres, about 25% of which is done on summiting day. The entire route is on tracks, some of which can be slippery from mud or loose scree. We each carried our own pack with water, lunch, extra clothing, rain gear (which we did not use, except on summiting day, as a wind breaking layer) and other items we would typically bring on a hill walk in The Wicklow Mountains.



Some of the Saba Bora and their porters.

We also had a staff of 27 (21 porters, guide, assistant guide, cook, assistant cook and 2 waiters) carrying camping gear, cooking equipment, some of our personal gear, food and fuel for cooking.

Machame Route

The Machame Route starts southwest of the Kilimanjaro Peak. We hike north for 2 days to Shira Camp (with spectacular views of the Western Breech of the peak), then hike along The Southern Circuit. The Southern Circuit goes east, then south, then east again until we head north, just before our summit attempt. The summit attempt is from the southeast, heading in a northwest direction. This route offers an interesting trek through several climatic/life zones. There are more direct routes to the summit. For the entire trek, we were constantly reminding each other to drink water. None of us had problems with dehydration. Until the day when we hiked to the summit, we were going at a pace that sometimes felt like one the Moderates

would do and sometimes a pace that the Easy hikers would do. Distances and elevation gains were also similar to that of a Moderate hike. Our chief guide led the group and set the (slow) pace. The assistant guide was back marker. On summiting day, 2 additional staff members joined us as guides.

Day 1

Our first day's hiking was through a rain forest, starting at the Machame Gate (1490 metres), stopping at the Machame Camp (2980 metres), which is just beyond the rain forest. Machame Gate was a mob scene. We didn't arrive until late morning, and there were buses chugging uphill in the mud, disgorging hikers, porters were sorting through equipment and packing up, and a long queue of porters waited to have their gear weighed. Porters are protected by a rule limiting how much they are allowed to carry, up to 20 kg, so they cannot be forced to carry more. Hikers were queuing up to pay for their permits and sign in. We ate our box lunch while waiting for the porters, who quickly left us in the dust, well in this case, the mud. Hiking was through a constant mist and we were treated to lush surroundings and interesting wildflowers. The temperature was moderate, probably about 20 degrees. Overnight, temperatures dropped to near freezing. Dinner, prepared by our staff was wonderful: cucumber soup, crispy potatoes, and breaded fish with a vegetable sauce. This was a typical meal, filling and delicious.

Day 2

We were up at 6:30am on day 2. It was cold, so long-johns, hats and gloves were donned. After breakfast, it had warmed up enough to remove the extra layers of clothing before we started out. We climbed out of the forest and continued along a rocky ridge covered with heather. We liked the names of some of the flora: "hot pokers" and "everlasting flowers". It was fairly cloudy, but when the mist cleared briefly, we could see back to the campsite and up to Kilimanjaro. At the end of the ridge, we turned west up a river gorge and through moor land. Once on the Shira Plateau, we could see the Western Breech of Kilimanjaro. The Shira Camp is at 3840 metres. We are now above the clouds. One of our group is feeling the altitude with nausea, vomiting, and fatigue. We slowed

down to accommodate her. Despite our slow pace, we did the 9km in 6 hours, more or less the average mentioned in guide books. In camp, we relax with tea, peanuts and popcorn, our usual starter.

Day 3

Day 3 was primarily an acclimatization day where we climbed to 4630 metres elevation at Lava Tower, then slept at Barranco Camp (3950 metres). It was another cold morning and we actually started hiking with long-johns on, a mistake. We soon stopped to peel off trousers and gaiters to get the long-johns off. The terrain continued to get drier and rockier. It reminded us of parts of Arizona and New Mexico in the southwest of the United States. I (Dot) went through all my water that day. We covered 15km in 8 hours. We retired around 8:30pm which was typical. It was dark by 7pm and we were pretty tired, and there was not much to do in a rocky campsite in the dark.

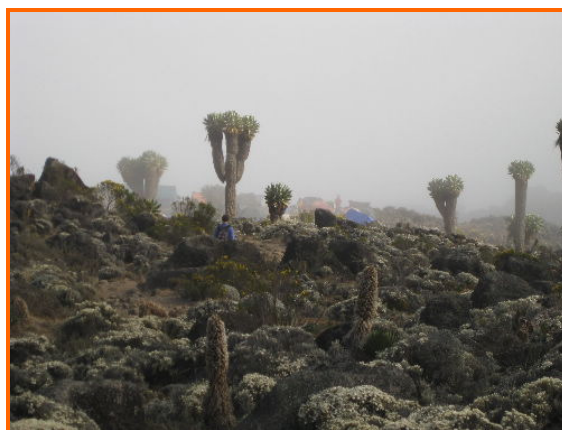
Day 4

On day 4, we went only 7 kilometres through semi-desert to Karanga Camp (4200 metres). There is a steep climb up the Barranco Wall, with lots of false summits, then moderate ups and downs. Trekkers who choose the 6 day option combine this day with our day 5. Every morning has been fairly cold. We all start off with long-johns, hats and gloves, but by the time we finish breakfast and start packing up, we need to peel them off before hiking, often in t-shirts & shorts. We wear gaiters to keep out the dust! We have a view of Mt. Mero in the clouds, strange rock formations, and Kilimanjaro. In the valley below the campsite is the last water, which means that the porters will be making numerous trips up and down to get water which will be needed for the next two days. They carry the water in large plastic containers on their heads. As we walk with Kilimanjaro on our left, we could see massive scree fields on this side of the mountain. Today it took us 5 hours to do what the average hiker does in 3. We had no box lunch today, because we should have reached camp for lunch. We were ravenous by the time we had lunch at 3pm. We had chips and banana fritters with vegetable sauce. Delicious, and then there was dinner later: soup, vegetable sauce and roasted chicken. Nickson, our head guide briefed us on the following days' regimen. It will be a long day that segues

into another long day. We MUST go slowly, but we MUST stop taking such long breaks. They can only be 3 minute breaks, to make a clothing adjustment, to drink water, etc.

Day 5

Day 5 takes us through very dry and rocky Alpine Desert to Barafu Camp (4550 metres). Barafu is the Swahili word for "ice", and it is a pretty bleak place. It looked like a moonscape with rocks and sand, but a few eternal flowers peeped out of the barren ground. This is another short hiking day, so we arrive early and get some sleep before dinner. Dinner is early (about 5pm), so we can get to sleep around 7pm. Our summit attempt (climbing an additional 1345 metres), starts that night.



Halfway to the top.

We were up at 11pm for a midnight start of the summiting trek. We bundled up with almost every stitch of clothing we had brought - literally 3 layers on the head, topped by the tourniquet effect of our head torch, 5 layers on the trunk and 4 on the legs. We had tea and biscuits, and in the usual style of the Saba Bora, our midnight start began at 12:20am.

We had a night with a full moon. It was magnificent watching the hoards of hikers go by with their head torches, looking like some candle-lit religious pilgrimage, but maybe it was, in a way. Unfortunately, one of our group was still feeling the effects of the altitude and needing to stop frequently to vomit. Because of the frequent stops, our progress was quite slow and Nickson, our head guide, asked if we wanted to split the group into "fast" and "slow". We decided to keep the group together.

Eventually, the altitude-sick member of our group decided that she would go back with Frank, the assistant guide. The remaining 6

of us continued with head guide, Nickson, and assistants, Patson and Hussein.

Summitting Experience

We were all a bit discouraged at learning that 3 hours into the hike, we had only gone an estimated 1/4 of the way of what should be a 7-8 hour hike even using the pole, pole (pronounced- po-lay, po-lay) or slow, slow walk. You have to go slowly to avoid the effects of the altitude, but at that rate, we would take 12 hours to summit!!



Kilimanjaro Glacier.

Actually, keeping the slow, steady pace, we did make better progress, but we did not make it to Stella Point on the volcanic crater rim until well after sunrise. We experienced the beautiful sunrise much further down on the mountain, so it was not as spectacular, but we no longer needed the head torches and exchanged them for glacier glasses. We were all exhausted arriving at Stella Point. (The oxygen content of the air is quite a bit lower than at sea level and this contributed greatly to our fatigue). It was a big boost to be handed hot tea and biscuits from our guides. This gave us the extra strength, after a short rest, to continue up to Uhuru Peak. I (Dot) lost track of time, but was elated to see the sign: "Congratulations, you have reached Uhuru Peak Tanzania 5,895 meters." It was actually quite warm, because it was around 9:30am, quite late to arrive, at the top. We did high-fives and took photos, but were also happy to start the trip back down to Barafu camp where we started. It was a more rapid descent, but quite slippery on the loose scree. We all took a couple of falls.

At 1:30pm, we reached Barafu Camp and rested for 1/2 hour, had some soup, and packed up. We weren't through, yet. We would be hiking for another 4 hours to

Mweka Camp (3100 metres), some of it done in the dark on rocky and slick muddy surfaces, as it is in the rain forest. It was a very long day: 12:20am to 7pm, mostly hiking.

On day 7, we packed up, had breakfast and hiked for about 3 hours on a muddy, slippery track to reach Mweka Gate (1980 metres). We distributed tips to our staff and received our certificates for summiting. Then, we were transported back to the trekking agent's office and then to our hotel for some welcome hot showers.

Final Observations

The equipment provided was excellent and the food was good and plentiful. We even had a watermelon on the last day. Yes, the porters carried a watermelon for seven days. Our staff was very careful with food preparation, so none of us got food poisoning either on the safari or on the trek. We had bottled water on safari and filtered and boiled water on the trek. Also, they were able to accommodate the one vegetarian in our group. At our request, they made several local dishes for us. The maize porridge was quite good, but a little too sweet for my (Bill's) taste. Universally, the soups were excellent.

After the trek, we gave out a few articles of clothing that we felt we would not wear again. Our friend Steve had also brought 2 pairs of very good 35-year-old boots that didn't fit any more which he gave to our guide the night before the trek when we were reviewing equipment and schedule. Assistant guide Frank wore one pair for the hike and was very appreciative.

Our Tanzania trip was a great experience, but summiting day on Kilimanjaro has got to be among the toughest hiking days we've ever done. Are we glad we did it? YES! Would we do it again? No, once is enough. We were glad that we had the opportunity to do it and fortunate enough to be able to complete it and have a lot of fun in the process. We recommend both the safari and the trek, in that order to optimize the acclimatization process and maximize the possibility of a successful summiting. Tanzania is a wonderful place to holiday and its people make the experience even more special.

*Text and Photos:
Bill & Dot Fine*

ACTIVITIES

Saturday, 6th December 2008

CLEAN UP AND TREE MANAGEMENT
on the land opposite Knockree Youth Hostel in the Glenree Valley outside Enniskerry, Co. Wicklow.

Meet at the Clock Tower in Enniskerry Village @ 12:15 (Bus No. 44 departs Townsend Street @ 11am).

Bring packed lunch. Gloves and bags will be provided. Wear hiking boots or wellies.

Please come along to our newly opened Hostel and lend a hand thus doing your bit for the environment. Families welcome.

Organiser: Philip Hayden, 087-9702483

NOTE FROM THE EDITOR

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

Don't forget to visit the club website
www.hillwalkersclub.com
for recently added photos!

Membership 2008/2009

The new membership year started on 1st October 2008. The fee for the year remains unchanged at €35 which covers MCI insurance, 4 editions of the Mountain Log and 10 club newsletters by post or email.

Members are encouraged to renew their membership early so that they do not miss out on the Autumn edition of the Mountain Log. We would also like to ask members to consider the option of receiving the newsletter by email in order to save paper, ink and postage.

The application form 2008/2009 is located at the end of this newsletter (page 10).

FUNDRAISING EVENTS

Great Ethiopian Run

Club Member Stephen Vernon will be participating in the Great Ethiopian Run in support of Orbis Ireland.

The Run will take place on 23 November; it covers 10 km across the capital Addis Abeba which is situated at 10,000 feet.

By running in this race, Stephen is hoping to raise money to help Orbis Ireland achieve their goal of eliminating blindness by 2012 in several regions of Southern Ethiopia, saving the sight of 60,000 people.

For further details and to make a donation, contact svernon@greenpropertyltd.com.

Before & After Challenge



You could say club member Leo Oman is two-faced but now you will be able to say he is a bare-faced liar, since he shaved off his beard for the third time in 39 years and a first time to raise money for charity. With the permission of his wife & family and €500 on offer from the staff of W.F.L. Leo agreed to arrive at a social night provided by William Farrell Ltd., clean shaven. The first time in over 20 years his wrinkles and double chin will be on show.

& & & & & &

Sponsored Parachute Jump 2009



What a Way to Celebrate
90 Years on This Earth!

Help Leo and his daughter Aisling celebrate their 60th and 30th birthdays. Their families and friends are sponsoring the cost of the jump. All other monies raised will go to the following registered charities:

- ❖ Cancer Clinical Research Trust
- ❖ Dyslexia Association of Ireland
- ❖ Multiple Sclerosis Society of Ireland

Contact: Leo@wfl.ie



REPORT

Annual General Meeting

The AGM of An Óige Hillwalkers Club was held on the 9th of October 2008 in An Óige headquarters in Mountjoy Street.

At the start of the meeting a minute silence took place in memory of our two deceased members who passed away this year, Bridget Keane and Annick Van de Venster.

Twenty-eight members turned up on the night. It was a lively meeting with plenty of views, opinion and discussions. It started just after 8pm and finished at 10pm.

Treasurer Jim Barry presented the accounts; he was glad to record a healthy balance in the accounts of approximately €10,000. The total income for this year from the various activities was €77,169 and total expenditure was €74,694.

Training Officer Donal Finn gave an account of the Map and Compass Course. He concluded that last year's course was successful. He will continue with a slightly modified course proposing to concentrate more on leadership skills this year. He and Mark Campion are planning to contribute a series of articles on leadership to the Newsletter next year. They may also organise a club leadership weekend in Connemara.

Donal, in his capacity as Membership Secretary, indicated an increase in membership up 9% on last year to 133. The cost of membership for this year will stay at the current rate of €35.

Newsletter Editor Barbara Sudrow thanked those members who contributed articles, photographs and other interesting contribution. She asked for members to continue with their contributions.

Weekend Co-ordinator Mark Campion expressed satisfaction with different trips at home and abroad this year.

Club Promotion Officer Deirdre Muldowney outlined the work she did to promote the club. Her promotions included advertising in Walking

World Ireland, Irish Times free ads, and the distribution of flyers and posters in different shops and other locations as well as advertising on the Internet. Deirdre indicated that a major objective this year is to update the Hillwalkers' own website.

Chairman Frank Rooney thanked all for their contribution for the year and gave special thanks to Garry Byrne, Secretary and Sunday Hike Co-ordinator, who is stepping down this year from the committee.

Frank Rooney proposed the incoming committee for 2008-2009:

- Betty Kehoe – Secretary
- Jim Barry – Treasurer
- Gerry Walsh - Sunday Hikes Planner
- Barbara Sudrow - Editor of the Newsletter
- Donal Finn - Membership Secretary and Training Officer
- Mark Campion - Weekend Co-ordinator and Training Officer
- Deirdre Muldowney - Club Promoter
- Frank Rooney - Chairman

The committee was endorsed by the meeting.

Frank Rooney described the objectives of the incoming committee as follows:

- ❖ To maintain existing activities of the club.
- ❖ Develop new activities as agreed by the committee.
- ❖ Grow membership of the club and add to its core active members.
- ❖ Maintain a satisfactory financial surplus to run activities of the club.
- ❖ Support the larger An Óige organisation.
- ❖ Support hillwalking organisations as agreed by the committee.

He asked the club members to play their part by getting involved in the activities organised by the club, particularly the Sunday Hikes.

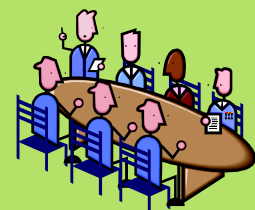
The meeting ended soon after.

Frank Rooney

Committee 2008-2009

Chairman
Secretary
Sunday Hikes
Treasurer
Membership/Training
Weekends/Training
Promotion
Newsletter

Frank Rooney
Betty Kehoe
Gerry Walsh
Jim Barry
Donal Finn
Mark Campion
Deirdre Muldowney
Barbara Sudrow



Special thanks to:

Webmaster
Distribution

Matt Geraghty
Pearse Foley & Cyril McFeeney

An Óige Hillwalkers Club
Christmas Party 2008
13 – 14 December



Saturday, 13 December

10.00 am Depart from Burgh Quay, Dublin (club bus)
to Knockree Youth Hostel, Co. Wicklow

Moderate and Hard Hikes
starting from Knockree Hostel
(leaders to be confirmed)

7.00 pm Christmas Meal in Hostel

9.00 pm Evening in Enniskerry
(transfer by bus)

11.30 pm Late Entertainment in Hostel
Disco and live music
Draw for prizes

Sunday, 14 December

10.00 am Depart Hostel for Hike in
Knockree area (one hike only;
leader to be announced)

4.00 pm Depart Knockree Youth Hostel
Return to Dublin (club bus)

Christmas Menu

On Arrival

- Mini tomato and feta frittatas
- Duck spring rolls

Entrée

- Zucchini and watercress soup
- Potato and cauliflower soup
- All soup served with assorted bread rolls

Main

- Turkey roll with a pancetta and herb stuffing
- Three spiced pork with crackling
- Vegetarian chickpea balls

On The Side

- Crispy roasted potato
- Asparagus and beans, hazelnut cranberry dressing
- Christmas coleslaw

Dessert

- Berry and passion fruit pudding
- Traditional Christmas pudding served with custard

Subject to confirmation



Weekend Coordinator: Frank Rooney

Cost: €80 (making your own way) or €90 (using private bus from Burgh Quay)

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

Booking opens Monday, 10th November 2008



Membership Application Form

An Óige Hillwalkers 2008/2009

Name (<i>Applicants must be over 18</i>)
Address
Were you a member before? <input type="checkbox"/> Yes, last year <input type="checkbox"/> Yes, some time ago <input type="checkbox"/> No <u>New members:</u> How did you hear about the club?
An Óige Membership Number (<i>Applicants <u>must</u> be a member of An Óige</i>)
Contact Telephone Numbers (<i>optional</i>) Daytime Evening Mobile
Email Address (<i>required for <u>newsletter by email</u></i>)

Please read and sign the following PERSONAL DECLARATION

<p>PERSONAL DECLARATION</p> <p>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.</p> <p>I accept that mountaineering is an activity with a danger of personal injury or even death.</p> <p>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.</p> <p>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.</p> <p><i>If you agree and accept the terms of the PERSONAL DECLARATION, please sign and date here.</i></p> <p>Signature Date</p>

<p>CLUB NEWSLETTER</p> <p>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 <u>one</u> of the following boxes to indicate how you wish to receive the newsletter.</p> <p><input type="checkbox"/> By email only <input type="checkbox"/> By post only <input type="checkbox"/> By email and post</p>

The 2008/2009 membership year runs from Oct 1st 2008 to Sept 30th 2009.

2008/2009 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 **Donal Finn, Membership Secretary, 24 Glenmalure Park, South Circular Road, Dublin 8**. Please allow two weeks for processing of the membership application.

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