

An Óige Hillwalkers Club

October 2008

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

THE HILLWALKER



*Hillwalkers in Scotland this summer,
on the summit of Bla Bheinn.*

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HIKE PROGRAMME

October 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.*

12 October 2008

---Classic Glendalough Circuit

Leader: Garry Byrne

2nd pick-up and drop-off points: Bus stops before the roundabout at Loughlinstown.

Route: Laragh * Base of Derrybawn * Ragman's Path * Shay Elliott * Kirrikee * Ballydowling * Green Road * Vale of Clara * Trooperstown * Ballylug * Kilafin.

Distance: 20km **Ascent:** 700m

Maps: OS 56 and Harvey

19 October, 2008

--- New Drumgoff Forest CP to Glenmalure

Leader: Pearse Foley

2nd pick-up and drop-off points: Bus stops before the roundabout at Loughlinstown.

Route: Coillte CP at T.093 889 on the Military Road * New Mountain Access Route to Carrawaystick * Carrigasleggaun * Lugnacoilla * Clohernagh * Zig-zags in Glenmalure.

Distance: 17km **Ascent:** 720m

Map: OS 62, 56, Healy and Harvey

26 October 2008

BANK HOLIDAY WEEKEND



---NO HIKE---

2 November 2008

---Introductory Hillwalker Hike

Leader: David McCann

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

Route: Deputy's Pass (T.233 902) * Ballinacooey * Glenealy * Carrick Mountain * Ballylusk * Dairy Lane * Ballycullen * R.763 (T.137 088).

Distance: 18km **Ascent:** 870m

Maps: 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.

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.

Any club member interested in leading a hike, please contact
Garry Byrne: 01-8388812

HILLWALKERS ABROAD

Travels in Tanzania and Ethiopia 2007-2008



Why did I write this article?

I am a doer and, though I usually keep a diary when I travel, I have never really shared my experiences in written form. Arriving back in Ireland safely on January 13th, 2008, I settled back into "normal life". I was shocked to learn of Annick van de Venster's tragic death in Uganda and reflected on my two and a half months in Africa in a new light.

I was captivated by the reproduction of her article on her trip to Patagonia, so much so that in her memory, I feel inspired to put my own thoughts down on paper.

Origins

I took a career break in 2007, and decided to travel in November/December to Africa. It was my first time to go to there and I did not really have a burning desire to go anywhere in particular. I knew that I wanted to do some short term voluntary work, to get off the tourist trail, as I had done workcamps in Asia in the past. I went back to the website of this organisation to see what was available. Tanzania came up, there were not too many other possibilities at that time of the year, so I got my atlas out and had a look. Northern Tanzania had the parks, Serengeti and of course the

mountain Kilimanjaro. There it was, a large part of the planning done.

Tanzania



I headed off to the airport, the first time in five years I had done something like this, and as usual at the start of an adventure, I was just a little nervous. I drew some comfort from the fact that Steve, my next-door neighbour who gave me a lift to the airport, had noted my return date and agreed to pick me up on my return.

My flight took me to Nairobi and on to Kilimanjaro International Airport, flying in a small plane for the last leg of the journey and I got a wonderful view of Kili on one side and Mount Meru on the other.

Arusha and the Parks

I settled into the cheap, spartan and very friendly Lutheran Hostel in Arusha and acclimatised myself to my new surroundings. On this trip I found it easy to meet both fellow travellers and locals. After a few days, I headed off on a camping Safari, three nights, four days, to the Serengeti National Park and the Ngorongoro Crater. The beauty of the parks, coupled with the abundance of wildlife, was stunning. We saw most of the big five, lions, elephants, hippos and giraffes. Rhinos were difficult for anyone to spot. I was not travelling at peak times so it was nice and relaxed, not too many other tourists.

On my return to Arusha, I attended the International Criminal Tribunal for Rwanda and witnessed history in the making as the ex-Minister for the Interior was on trial for his participation in the genocide of 1994. Set up under the auspices of the United Nations, it was a privilege to be there.

The Workcamp

I had organised to participate in a workcamp for two and a half weeks through Voluntary Service International in Dublin. There were 18 volunteers in total, 12 from Tanzania and 6 others, from Belgium, Switzerland, Holland and South Korea. We planted trees, dug foundations for school classrooms and made bricks (the environmentally friendly kind of course!).



Foundations for schoolroom, Mwanga, Northern Tanzania, November 2007



Work hard, but don't forget to have fun...

Conditions were basic, the food was local and adequate and I got the feel for what life was like for both Tanzanian volunteers and the villagers. It was great to see the Tanzanian volunteers (like the international volunteers) using mosquito nets. I note this because on previous workcamps I had done local volunteers had not used nets. We had a great time, the work was tough and of course we had "issues" at times to work through! It was nice being on the tourist trail, but to really get to know the locals there is no better way than a workcamp. I also used this experience to prepare me for the next stage of my adventure.



Peter, Anna and Lucy as we head off for work (Kilimanjaro in background)

Kilimanjaro – the mountain

After 6 weeks or so in the shadow of the mountain it was now time to do the real thing. Peter had been a porter on Kili and was able to give me some useful advice.

I organised my Kili trip while I was in Moshi; this took some time as I was there in the quiet season. The French guy in our group asked me, "what acclimatisation have you done in preparation for Kili?" I suddenly realised that in the previous few months I had done precious little walking and my theory that the physical work on the workcamp would adequately prepare me was now to be put to the test. I chose the Machame Route because it gave me plenty of time on the mountain, and I had plenty of time.

This route involved camping. There were four in our group and with great help and support from wonderful guides and porters, we all made it to Uhuru Peak. It took five days to go up, through rainforest, moorland, desert (lunar type landscape), from the equator to the arctic, and all of one day to descend. I found the coming down tough mainly because I did not know how to ski my way down the scree slopes. The food was great, the Frenchwoman's rented boots disintegrated en route, she completed the climb in light runners, I kid you not.

Again it was time to say goodbye to another group, and after seven weeks or so I prepared to leave Tanzania. I loved everything about it; the people, the music (bongo flavour), the villages, sounds and smells, not to mention the activities I had been involved in. I felt very comfortable and safe in this country and though excited about heading to another country, I felt

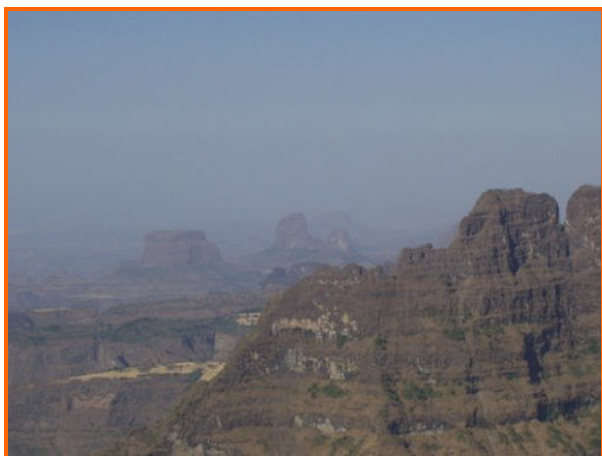
slightly apprehensive about the next challenge.

Ethiopia



Arriving in Addis Ababa, I witnessed poverty on the streets of this capital city, the likes of which I had not seen anywhere in Tanzania. For the next three weeks or so I was going to be in the Central Highlands 2000 metres above sea level and mosquito free!

Just like Tanzania, people were amazingly friendly, wanting to chat (but not too much). I headed north on the regular tourist route. This took in the beautiful Lake Tana, Gondar and a brief two-day trip into the stunning Simien Mountains.



View of the Simien Mountains, Ethiopia

I travelled by bus and plane as time was limited, and though I was travelling alone, was never lost for company, teaming up with a Swede and a Mexican as well as numerous locals along the way. I finished up in Lalibela, famous for its rock hewn churches just before the Ethiopian Christmas; pilgrims had walked huge distances to be there to celebrate. The capital of Ethiopia moved around in the

past and all these places were ancient capitals and of huge historical significance.



One of the Lalibela Churches, Ethiopia.

Back to Addis, where I met up with an Irish friend who works for a Non-Governmental Organisation and headed off on the last leg of my trip to Awassa, a small town on Lake Awassa about seven hours by bus south of Addis. Here I took it easy and enjoyed the last few days in Ethiopia with my friends (and the mosquitoes!). Food has to get a mention. Ironically with talk of food shortages in the south at the time of writing, all kinds of food were available. Traditional injera bread was served up with most meals. It did the trick for me but it wasn't to everyone's taste! The fruit drinks were so good it was (nearly) possible to forget about alcohol!

I arrived back in Ireland on January 13 and met my next-door neighbour Steve at the airport. I thanked my God for my safe return, and have advised anyone who cares to listen to me to go and visit Africa and discover its magic for themselves.

*Text & photos:
Paul Carroll*

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

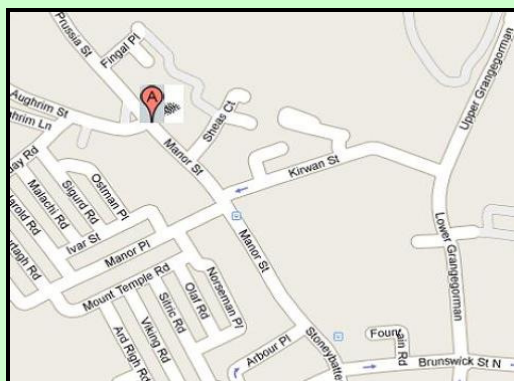
DATES FOR YOUR DIARY

An Oige Hillwalkers Club 15th Anniversay

Garry Byrne and Steven Buckney are organising an Indian meal out to celebrate the 15th anniversary of the foundation of the Hillwalkers Club.



Date: Thursday, 16th October 2008
Time: 8 pm
Venue: The Green Chili Restaurant
46 Manor Street
Stoneybatter, Dublin 7
Drinks: Kavanagh's Pub (near-by)
Contacts: Garry Byrne, 8388812 (after 7pm)
Steven Buckney, 086-1591842



The Green Chili is located approx. 10 minutes' walk from the Smithfield Luas stop on the Red Line. See you on the night!

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).

CHRISTMAS PARTY 2008

The annual Hillwalkers Christmas Party will take place on **Saturday, 13 December** and **Sunday, 14 December 2008**.

This year, we are moving the venue to the newly refurbished **Knockree Hostel**.

There will be hikes organised on Saturday and Sunday.

The Christmas Dinner will be served in the hostel itself, with a mouth-watering menu, there will be entertainment, spot prizes, and a bus service to bring hillwalkers to a pub in Enniskerry and back.

Booking will open in November; details in the next newsletter! Watch this spot!



HOLLY HIKE 2008

This year, the Holly Hike will take place on **Sunday, 21st December**; further details in the next newsletter.

EVENTS / OTHER CLUBS

First Walking Association of Ireland (WAI) Winter Evening Meet hosted by the Irish Ramblers Club:

Walking Holidays in the Tatras and South West Crete – Louis O'Donoghue

Venue: Lansdowne Hotel, 27/29 Pembroke Road, Ballsbridge, Dublin 4

When: Thursday, October 23rd, 8pm

<http://www.walkersassociation.ie>

CARLOW AUTUMN WALKING FESTIVAL

Sat.11th & Sun.12th October 2008

Distances vary from 7km to 20km and include river walks, forest parks and mountain treks.

Full information on www.carlowtourism.com

NIRE VALLEY WALKING FESTIVAL

Sat.11th & Sun.12th October 2008

For details email
hanorascottage@eircom.net

CLUB TRAVEL

Trip to Scottish Highlands and Isle of Skye

Twenty of us arrived in Glasgow one very wet Friday morning. We picked up the hire cars and after a 30 minute delay getting out of the car park (we weren't expecting barriers) we were on our way. We arrived in Fort William a little later than expected having abandoned the idea of a hike (the weather, the barriers and, despite very good directions from Mark, we got lost, you see) for that day. We certainly made up for it the next day with taking in Aonach Mor and Aonach Beag (Glen Nevis). Trust me there was nothing beag about that mountain or any of them in Scotland - great steep climbs to the top of fabulous munros (over 3,000 feet for those who haven't been to Scotland before) every day. A few munros were skipped by some - 'I left my jumper behind when we stopped back there for lunch so I'll have to go back', 'I left my jacket in the last town so I'll have to go back tomorrow' but we all bagged quite a few of them over the week.

Sunday and Monday were pretty memorable - we did the Forcan ridge on Sunday (on the way to the Isle of Skye) - wow. Let's just say you have to have a head for heights for that one. It certainly got the adrenaline going and best not to look down at the many times when it gets VERY narrow. Loved it though and Mark, thanks for that, as we know it's not every leader would give us the opportunity. We got up to the top of the Cuillin ridge on the Monday. Mist prevented us from climbing Sgurr Thuilim but we still got in a good hike. We had quite a few very well deserved whiskies Monday night. English pubs might close early but the Scots are more like the Irish.



Hillwalkers taking a well-earned rest and enjoying the beautiful Scottish day



In case you think Scotland only has mountains to offer

We took in the Old Man of Storr, Bla Bheinn and Beinn Alligin (near Torridon) on the last two days and then headed to Inverness for a well deserved last night out. Some enjoyed the night out better than others (enough said), despite that the locals were a bit young.

My overall impression of Scotland: I was literally blown away by the scenery. I thought you'd have to go to Brazil or New Zealand to get scenery like that and there it is, only over the water. Tough hiking mind but all worth it with every hike offering something different - be it narrow ridges, steep climbs or scrambling. The weather wasn't too bad considering the summer that was in it and of course there's always the Scottish whisky.

A very big thank you to Mark for all the organising, leading and just generally looking after us. Hopefully we weren't too much trouble and you'll take us away again next year!

Deirdre Muldowney

Thanks to Carina Fitzgerald for some of the photos; also visit www.hillwalkersclub.com.

OCTOBER WEEKEND 2008

Fri 24th – Mon 27th October

3 Mountain Ranges in 3 Days

Hillwalkers, Moderate, Easy

Balance due by 10th October

to An Óige Head Office, 01-8304555

MEET: Friday, 24th October,
George's Quay (Tara St)

at 6 pm for 6.30 pm departure.

Stop outward in Carlow
(return via Portlaoise).

Contact: Donal Finn, 087-2051255

AN ÓIGE PHOTOGRAPHIC GROUP

70th Anniversary Photographic Weekend

To celebrate the 70th Anniversary of An Óige Photographic Group we are having a spectacular Photographic weekend in the new Knockree Youth Hostel on the 10th, 11th & 12th October, 2008.

The weekend will include:

Master classes, fieldwork and photographic assignments.

No matter what level of photography you are at, there will be something interesting for you.

The absolute beginner will learn about the settings on the camera, how to take better pictures, download images on to the computer and simple adjustment of images before going for print.

This group will be divided into smaller groups for fieldwork and practical demonstrations.

For the more advanced photographer there will be a series of master classes and photographic assignments to be completed over the weekend, with the intention of producing award winning exhibition prints.



The cost of the weekend includes:

- ❖ 2 nights accommodation with breakfast
- ❖ Lights snacks
- ❖ Tea & Coffee
- ❖ 3 course dinner on Saturday night

Deposit: €75.00 (non-refundable) credit/laser cards accepted

Booking: An Óige Head Office, 61 Mountjoy Street, Dublin 7, Phone: 01-8304555

For more information on the weekend phone Peter Gallagher, LIPPA, 087-2469883

CLUB TRAINING Map & Compass 2008



The Club will be organising its annual Map & Compass Course once again this November.

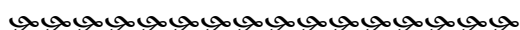
Course organisers are Donal Finn and Tom Kenny with support from Mark Campion, Joe Kellegher, Ita O'Hanlon, Philip Roche, and Jimmy McCullagh.

This is an excellent opportunity for An Óige members and Hillwalkers to increase their personal mountain skills in map reading, navigation and self-reliance on the hills.

The course will consist of 4 evening sessions (Tuesdays) and two weekends of active training, based in the Glendalough area. Accommodation in Glendalough YHA Hostel is included in the cost of the course.

Booking is now open!

Further details and the full training schedule are available on page 9 of the newsletter.



The organization **Green Drinks** has started in Dublin. Bill and Dot Fine attended the September meeting and sent in the following details:

Green Drinks is held on the first Tuesday of each month, from 18.00 to 20.00, The South William Bar, 52 South William Street, Dublin 2 (UPSTAIRS!)

Green Drinks is a chance to mix with other like-minded people, share info, make friends & contacts. It has now spread to over 390 cities around the world! The event is made simple and unstructured and there are no fees so we hope you can make it!

For more information about **Green Drinks** please visit www.greendrinks.org or write to info@leafliving.com.

Committee 2007-2008

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

Frank Rooney
Garry Byrne
Jim Barry
Donal Finn
Mark Campion
Deirdre Muldowney
Barbara Sudrow



Special thanks to:

Webmaster
Distribution

Matt Geraghty
Pearse Foley & Cyril McFeeney

MAP AND COMPASS COURSE PROGRAMME 2008

COURSE ORGANISERS: DONAL FINN & TOM KENNY

TRAINERS: MARK CAMPION, JOE KELLEGHER, ITA O'HANLON, PHILIP ROCHE AND JIMMY McCULLAGH

Date: Tue, 4th Nov 2008 **Venue:** 7.30 pm, Room 102, An Óige Hostel, Mountjoy St., D7.
Topics: *Mountain Skills I:* Map, Scales, Legend, Grid References, Personal Equipment

Date: Tue, 11th Nov 2008 **Venue:** 7.30 pm, Room 102, An Óige Hostel, Mountjoy St, D7.
Topics: *Mountain Skills II:* Contours, Features, Mountain Hazards.

WEEKEND 1 - MOUNTAIN SKILLS 1

Dates: 15th & 16th Nov 2008 **Meet:** Sat, 10.00 am, Laragh, Co. Wicklow.

Activity: Practical exercise in the Glendalough area, navigation by map only.
Overnight in the Glendalough Hostel (self-catering), included in cost.

- | | |
|------------------------|------------------------|
| 1. Map Setting | 2. Feature Recognition |
| 3. Self-location | 4. Route Choice |
| 5. Distance Estimation | 6. Handrail Features |
-

Date: Tue, 18th Nov 2008 **Venue:** 7.30 pm, Room 102, An Óige Hostel, Mountjoy St, D7.
Topics: *Mountain Skills III:* Distance, Altitude, Timing, Emergency Procedures.

Date: Tue, 25th Nov 2007 **Venue:** 7.30 pm, Room 102, An Óige Hostel, Mountjoy St, D7.
Talk: *Mountain Skills IV:* Compass, Bearings, Route card.

WEEKEND 2 MOUNTAIN SKILLS 2 & NIGHT NAVIGATION

Dates: 29th & 30th Nov 2008 **Meet:** Sat, 10.00 am, Laragh, Co. Wicklow.

Activity: Practical exercise in the Glendalough area, navigation by map & compass.
Overnight in Glendalough Hostel (self-catering), included in cost.

- | | |
|--|-------------------------|
| 1. Revision of 1 st weekend | 2. Walking on a Bearing |
| 3. Back-bearing | 4. Sight-bearing |
| 5. Pacing | 6. Steep Ground Work |

NIGHT NAVIGATION - WICKLOW MOUNTAINS

Date: Sunday, 30th Nov 2008
Sunday activities on Weekend 2 to continue until approx. 8pm to include night navigation.

COST

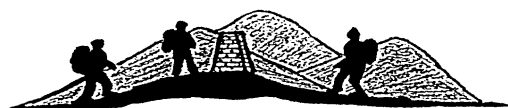
€160 PER PERSON

€150 WITH VALID PROOF OF CURRENT AN OIGE MEMBERSHIP

BOOKING OPENS 1ST SEPTEMBER 2008 THROUGH AN OIGE HEAD OFFICE 01-830 4555.

Laminated maps (Sheet 56-Wicklow) (approx €20) and compasses (Silva Type 4) (approx €35)
will be available for sale to participants on the 1st night of the course.

Enquiries to Donal Finn: please email finndonal@eircom.net



An Óige Hillwalkers 2008/2009

Membership Application Form

Name (*Applicants must be over 18*)

Address

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

New members: How did you hear about the club?

.....

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

Contact Telephone Numbers (*optional*)

Daytime Evening Mobile

Email Address (*required for newsletter by email*)

Please read and sign the following PERSONAL DECLARATION

PERSONAL DECLARATION

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

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

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

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

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

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

Signature Date

CLUB NEWSLETTER

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

☐ By email only

☐ By post only

☐ By email and post

The 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!