

An Óige Hillwalkers Club

October 2010

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

THE HILLWALKER



*North Scotland crew on the summit of Ben Hope.
Photo: Karl McGovern*

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ATTACHMENT: Revised Club Constitution

HIKE PROGRAMME October 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, 10 October 2010 ---Laragh to Pier Gates

Leader: Garry Byrne
2nd pick-up & return drop off points: Bus stop before the roundabout at Loughlinstown.
Route: Glendalough * Wicklow Way * Paddock Hill * Scarr * Kanturk * Lough Dan * Pier Gates.
Distance: 18km **Ascent:** 900m
Maps: OS 56, Harvey

Sunday, 17 October 2010 ---West Wicklow

Leader: Mark Campion
2nd pick-up & return drop-off points: Beside the pond in Sean Walsh Park on the Tallaght By-pass.
Route: Snugborough Bridge * Sugarloaf * Lobawn * Cavanagh's Gap * Spot Heights 653 and 599 * Granaghmore * Round Hill * Granaghbeg.
Distance: 18km **Ascent:** 600m
Map: OS 56

Sunday, 24 October 2010

BANK HOLIDAY WEEKEND

**No Sunday Hike due to
Trip to Clonmel (see page 12)**

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

Sunday, 31 October 2010

---Glashaboy to Glendalough

Leader: David McCann
2nd pick-up point: Beside the pond in Sean Walsh Park on the Tallaght By-pass.
Please note: Return journey will be via N11.
Route: Glashaboy Bridge * Kings River (O 057 010) * Glenakeeragh Valley (T 052 999) * Lough Firrib * Camaderry * Visitors' Centre, Glendalough.
Distance: 17km **Ascent:** 500m
Maps: OS 56, Harvey

Sunday, 7 November 2010

---Kilpedder, Djouce and Curtlestown

★ Introductory Hike ★

Leader: Brian Madden
2nd pick-up & return drop-off points: Bus stop before the roundabout at Loughlinstown.
Route: Kilpedder Firing Range * Downs Hill * Calary * Ballyremon Commons * Long Hill * Djouce Woods * Maulin * Crone Wood * Wicklow Way * Curtlestown Wood.
Distance: 18km **Ascent:** 700m
Map: OS 56, Harvey

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.

★ 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.

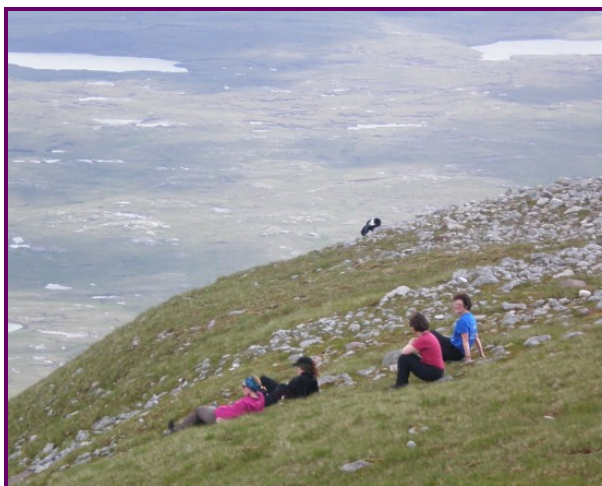
Interested individuals should equip themselves appropriately for a day in the hills: adequate hiking boots, waterproof coat and leggings, hat, gloves, lunch and hot / cold drinks. In order to enjoy the hike, you need a good level of fitness.

Membership forms will be available, should you wish to join the club on completion of the introductory hike. Enquiries: 086-3563843.

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.

FURTHER AFIELD Northern Scotland II

From Aviemore to Kyle of Tongue



Ladies' time out: Clara, Eithne, Fiona and Jennifer take a well-deserved break on Sail Liath. Photo: Karl McGovern

By now the summer trips organised by Mark are the stuff of legend and feature prominently in the annals of club lore. Last year, he organised a trip to the Pyrenees and all those fortunate to have participated in this trip basked in the feelgood afterglow long after we had placed our feet back firmly on home soil. It was difficult to see how any trip could equal much less surpass this high water mark.

When word spread that Mark was organising a trip to Scotland the immediate response was to nod in enthusiastic approval. When we heard that the trip wasn't just to Scotland but to its northern extremity the reaction was to raise an eyebrow and carefully ponder the implications. After all this was in many respects a ground-breaking trip as the club had never before organised a trip to this area and we all wondered if we could somehow overcome our inhibitions. Inhibitions? Well, we had a few as we were taking a step into the unknown. Even the indefatigable legions of Rome feared to tread among these lush valleys and craggy peaks. Thankfully reports of interlopers having their heads removed and impaled on stakes by ginger-haired, kilt-wearing clansmen are comparatively rare nowadays. Bolstered by this reassurance eighteen hardy souls stepped up to the mark and signed on the dotted line, and on the 27 June, we found ourselves on a flight to Aberdeen. From there, we picked up five cars and proceeded to make our way to the small

town of Aviemore where we would be staying for the first night.

Day 2: Aviemore to Ullapool

As we awoke the next morning in the stillness of the Scottish dawn and looked south at the Cairngorm mountains, we positively trembled with anticipation at the prospect of six days of hiking. This was what we all loved doing and we couldn't wait to get going. However, the Cairngorms did not feature on our itinerary so we would have to curb our enthusiasm for just a little longer. Instead, we headed north to Elphin. Our first hike was in the area around Drumrunie forest and the mountain of Cul Mor.

The weather during the trip was generally very good and only occasionally unkind. This first day's hiking was one of those days when the weather proved to be a temperamental suitor. While the rain didn't come down in buckets, the conditions were generally damp and heavy fog made visibility less than ideal. However, there were occasions when the fog lifted and we did catch glimpses of Suilven. Many people commented upon the fact that this mountain seemed strangely out of place with its surroundings. It seemed more like something you would find in Monument Valley, Utah, rather than nestling in the Scottish Highlands. The explanation lies in its unique geology as it comprises Torridonian sandstone overlying an area of Gneiss rock. This formed a feature known as an islandberg, in effect an area of hard rock surrounded by softer rock, and as the softer rock was slowly eroded away the harder rock that comprised Suilven formed its distinctive shape. Certainly it did cut an impressive spectacle as its battered appearance testified to its perpetual battles against the elements. The original plan was to incorporate Cul Mor and Cul Beag into the first day's hike but improvisation became a word we were to become very familiar with and Mark wisely decided to curtail the hike and Cul Beag was taken out of the equation. As we headed back to our cars the prospect of dry clothes and a single malt whisky started to seem like a distinctly appealing prospect. We drove towards the village of Ullapool where we would be staying for the next three nights.

Day 3: An Teallach

Morning came and we packed our bags and prepared ourselves for the formidable challenge which lay ahead of us. It was decided that this was the day we were going to hike the An Teallach traverse incorporating the first Munros of our trip. Battle was joined, this was going to be a tough challenge but we reckoned we were up for it. We drove to the area around Dundonnell and our hike commenced along a gently winding track set amid copses of birch trees. This was the easiest part of the day but we didn't get much time to enjoy it as we approached the base of An Teallach. We had a

stiff climb ahead of us as we were commencing the hike at around sea level and our thigh and calf muscles were going to feel every metre as we gradually but inexorably made our way to the highest points along the An Teallach traverse.

Our resident expert in all things Gaelic, Garry Byrne, was on hand to translate for us and informed us that An Teallach was Gaelic for 'the forge'. This seemed an appropriate moniker as the mountain appeared to be forged in the very bowels of the earth consisting of dark red Torridonian sandstone as well as Cambrian quartzites which give the mountain a dramatic rocky outline. As we began the ascent of Sail Liath the constant banter suddenly stopped as we would need all the oxygen our bodies could muster to ensure a successful ascent and we couldn't afford to waste any on idle conversation. There would be plenty of time for that later on. Things were more difficult than we expected as the climb was very steep indeed; a number of false tops occurred along the way and we began to wonder if our torment would ever end. Eventually we reached the small cairn which indicated to us that we had finally - after much agonising and a decent helping of bad language - reached the summit of Sail Liath at 954 metres. Mark suggested it might be a good time to have some lunch and, unsurprisingly, there was no one to disagree with him. There were also excellent views over Coir s'Ghiubhsachain, a beautiful mountain lake set amid quartzite escarpments.

Those of us who had convinced ourselves that the worst was over were about to have a very rude awakening. The best, or worst depending on your point of view, was yet to come. The Corrag Bhuidhe buttress loomed ominously before our eyes. This is the steepest part of the An Teallach traverse. At this point we were presented with a choice: we could either continue along the track and avoid the steepest ascents or we could participate in another, by now famous Campo digression which involved a scramble across the steep and rugged buttresses. A few lunatics decided they were going to throw caution to the wind and as we stood up close and personal to the rocky towers it began to sink in just what it was we had agreed to do. However, there was no backing out now but how were we going to get up there? Luckily Diarmuid Hannifin was on hand to impart the necessary survival skills, skills he had honed in Dalkey quarry. The tutorial was quick but informative and we wished each other luck and hoped we would all be sitting together over a pint that evening. It became obvious that some were naturals as Don Reilly was spied making his way across the rocky precipice with cat-like agility. Others including yours truly staggered, tripped, hauled and groped our way across and somehow lived to tell the tale. Lord Berkeley's Seat could be clearly seen above us although we didn't have the luxury of being able to admire its

subtleties while we focused all our attention on maintaining a firm grip on the rock. Luckily we all made it across in one piece and there remained at this point one last ascent to the summit of Sgurr Fiona which stands at 1300 metres. We all felt a deep sense of achievement at this point and we agreed it was a real adrenalin rush to live life on the edge. The descent was a breeze in comparison and as we made our way down to the car park opposite the hotel in Dundonnell, everybody agreed that we had just experienced one hell of a good day.

Day 4: Ben More Assynt & Conival

Next morning we prepared ourselves for the ascent of Ben More Assynt and Conival. On arriving in Scotland I had assumed that while we were travelling to the destinations where the hikes would commence we would travel in convoy. This was a misconception that I wouldn't be labouring under for very long and those who have witnessed Mark's driving will know exactly what I mean. In a display of perfect coordination between clutch, accelerator and steering wheel he left all other drivers trailing in his exhaust fumes and clearly demonstrated that he had missed out on his true vocation on the tarmac at Silverstone. However, his loss to motor racing was a major gain to hill walking and his skills would be called upon as we commenced our ascent.

Ben More Assynt and its fellow Munro Conival together constitute a remarkable geological conglomeration. The network of paternoster lakes, U-shaped valleys and corries all displayed the tell-tale signs of glacial actions which had moulded and sculpted the landscape during the Pleistocene glacial period. We were very fortunate that the weather conditions were excellent with sunshine and perfect visibility prevailing all day long. It was very enjoyable to recline among the mossy boulders on the shore of Dubh Loch Mor as we made our way back to the car park in Inchnadamph and survey the steep and rocky cliffs on the south top of the ridge we had just traversed. As we arrived back to our cars in Inchnadamph and headed back to Ullapool, we were aware of the fact that this would be our last night in the village. Our bags would have to be packed and we wouldn't have the luxury of being able to leave some items in the hostel during the day.

Day 5: Enard Bay & Lochinver

The next day things got nasty. This wasn't unexpected, however, as the forecast had warned of heavy rainfall and strong winds. However, as weather forecasts are an inexact science we hoped that things would turn out differently but unfortunately such was not to be the case. Mark had to make a judgement call and decided wisely that all bets were off and the itinerary for that day would have to be cancelled. He suggested we should drive to the Brae of Achnahaird, a scenic and isolated beach

in Enard Bay. While there we had the chance to soothe our tired feet in the cool waters. We were the only people on the beach and the sense of isolation was broken only by the slightly melancholic cry of the circling terns. We were awoken from our metaphysical reverie by the prospect of coffee in a local café above the nearby headland.

While in the café a decision was made that we should try and get some walking done and Mark suggested a short lowland walk just outside Lochinver. However, only some people participated in this walk while other people did their own thing. Frank and Annemarie Keoghan as well as Oonagh Meade chose the interesting option of visiting a local geo park where the geology of the mountain terrain was explained in detail and their reports of the experience were very positive. The lowland walk turned out to be more of a swamp walk and the wet and humid conditions ensured that we were reacquainted with the hiker's nemesis: midges. They swarmed seemingly in their thousands and even a momentary stop would prove punishing as they incessantly launched attacks on us. Obviously this was their opportunity to enjoy an open air buffet and we were the tasty canapés. By the time we arrived back at the cars the onslaught had driven us to the brink of insanity. We changed our clothes quicker than we are ever likely to do again and plunged into the refuge that was our cars. However, this wasn't to be the midge-free zone we had expected as some of the little blighters followed us into the car and continued to assault us. There was only one thing to do: pull down the windows and take off at high speed and hope the vacuum effect would do the trick. It worked and we all breathed a collective sigh of relief. At this point a few of us headed into Lochinver where we enjoyed a very nice meal in a local restaurant: a very civilized end to a rather uncivilised afternoon.

Day 6: Arkle & Kyle of Tongue

Day six saw us taking the winding road north to our next hostel near the tiny village of Tongue which is nestling in the Kyle of Tongue, a coastal inlet flowing directly into the North Sea. However, all of that was for later on in the day. In the meantime, it was decided that we would hike in the area of North-West Sutherland incorporating the summit of Arkle. This summit doesn't quite make the grade as a Munro, being just 787 metres. Whatever Arkle lacks in stature, however, it makes up for in sheer physical beauty. It is so easy to wax lyrical about how impressive this landscape was and to those who did not have the good fortune to join us on this trip I apologise if I appear to be going into overdrive but the scenery was quite literally breathtaking. Except for the road which wound its way through the valley there was no other evidence that the hand of man had played any part in sculpting and moulding this landscape. The place was unspoilt in every respect. The

area was also a Mecca for wildlife. As we made our ascent we regularly encountered grouse and ptarmigan among the heather and overhead we could see kestrels and buzzards swooping, diving and hovering in pursuit of prey. Deer seemed to be very plentiful and on a few occasions, a majestic stag would appear mirage-like on the brow of a hill sporting a very impressive set of antlers. At one point we encountered a hiker who informed us that he had just spotted a Golden Eagle hovering across the valley but unfortunately, and much to the chagrin of Warren Lawless, we could not see any sign of this magnificent bird of prey.



*What a place to have lunch! View from Arkle.
Photo: Karl McGovern*

On the summit of Arkle something of a schism occurred as a renegade group captained by Philip Hayden broke from the pack and, rather than take the same route as the rest of the group, decided to continue along the ridge where that most tantalising of prospects presented itself: a scree run. However, when we arrived at our destination we could see that the scree hadn't been pulverized to the extent required to provide a true opportunity for a run. It didn't consist of small pebbles, the staple requirement for a scree run, but rather comprised an amalgam of medium-sized rocks. There was no way any of us were going to run across these unless we were hell-bent on suicide. However, we were not to be denied some fun and the hoped-for scree run became a scree slide. All we had to do was stand on the scree and gravitation did its work and we slowly slid down along the gully. The sensation is amazing and, although it is difficult to maintain balance, it is only by remaining standing that you get a true sense of how weird the sensation is. However, as we slid down some larger boulders also became dislodged and rolled menacingly past us and we realised that this activity was not without its dangers.

Eventually we were reunited in the car park where we began the hike that morning and we gathered our belongings and prepared for a long drive which would take us even further north to

our next destination at the hostel in Tongue. The journey took us through some really wild terrain along winding and seemingly interminable roads. Barely a house was to be seen indicating the presence of any sign of human life. Indeed, although nobody mentioned it, we were all quietly hoping that our cars wouldn't take the opportunity to engage in a little car trouble because if that had happened we would well and truly have been up the creek without a paddle. However, we eventually spotted the glistening waters of the Kyle of Tongue and we breathed a sigh of relief as we reached the hostel just outside the village.

Having unpacked our bags we prepared to head into the village for a few well-deserved beverages but it was then that the hostel manager uttered the dreaded C word: Curfew. We would have to be back by 11.00pm and it was just after ten at this point. We would have to make it snappy. However, Steve Buckney was on hand and used all his reserves of Tasmanian charm and persuasion and managed to negotiate an extension until midnight. We almost carried him on our shoulders into the pub. At this point we were all keenly aware that our trip was drawing to a conclusion and this coupled with the fact that we had built up a repository of great experiences over the course of the previous few days made for an enjoyable couple of hours.

Day 7: Ben Hope

Day seven and the sixth and final day's hiking involved a climb to the summit of Ben Hope which enjoys pride of place in all the hiking literature as Scotland's most northerly Munro. Not the conventional last day's easy hike by any stretch of the imagination - this was a Munro after all - this trip was obviously going to end with a roar rather than a whimper. It provided us with a tough hike across some rocky and difficult terrain and when we reached the summit there was an opportunity for the by now traditional "family photograph".

As we made our way back to our cars we prepared ourselves for a long two hour drive to Inverness. However, we would have something to look forward to when we got there as this was the much anticipated night where we could kick our feet up, relax and assimilate all that had happened over the course of the previous few days. On arrival in Inverness the by now familiar drill of dumping bags and grabbing quick showers commenced and then it was off into town in search of somewhere decent to eat. Concerns about this northern outpost being culinarily challenged were quickly dispelled. Yours truly found himself in a very nice Italian restaurant where mozzarella salads and cannelloni started the evening on a high note. From our restaurant we headed to the local hot spot called Hootenanny's. As we relaxed over our drinks we could feel the languor slowly ebb away and as we heard the sounds of live music

pounding through the walls a group of us decided to check it out. As we walked in we could have very easily walked straight onto the set of Mad Max: we were confronted by a phalanx of people engaged in a head-banging and body-gyrating mass ritual. We quickly forgot the fact that we had planned for a leisurely "feet up" as we jumped in with gusto and moshed with the locals. However, as is always the case, all good things must come to an end and this was no different. Time was eventually called and we had to make our way back slowly - and sometimes unsteadily - to the hostel.



*North Scotland Crew on the summit of Ben Hope.
Photo: Karl McGovern*

Next morning no one was in a hurry to get up early. As we prepared to make our way back to Aberdeen some very sad news came through that Ciaran King had passed away. Many members of the group were quite visibly moved and explained how much they had valued his friendship and company over the years. Many people also recalled how skilled a hiker he was and how he would be sorely missed. On that sombre note we headed back to Aberdeen and arrived back at the airport without incident, dropped off our cars and waited to board our Ryanair flight. The flight was delayed and this gave us the opportunity to present Mark with a decent bottle of malt whisky as a token of our gratitude for all the work and preparation he had invested in the trip.

So that brings another Campo trip to a successful conclusion and I know I speak for everybody in thanking Mark for having the imagination to envisage a trip like this, and for having the skills and determination to see that it became a reality. Was this trip as good as the trip to the Pyrenees last year? Absolutely! My only concern is how Mark is going to be able to continue producing trips of this quality year in and year out. As for those inhibitions I mentioned earlier, well, we left them buried in the peaty soil of the Scottish Highlands.

Karl McGovern

+ + + INVITATION TO ALL CLUB MEMBERS + + +

AGM 2010

This year, the AGM will be held slightly later than usual to accommodate the distribution of the revised club constitution in advance of the meeting. Details as follows:



The Library Bar

- Date:** Friday, 12 November 2010
Time: 8 pm
Venue: Central Hotel, Exchequer Street, Dublin 2
Agenda:
- Review of 2009-2010 activities
 - Reports from Outgoing Committee
 - Club Constitution *
 - Questions & Answers
 - Election of Incoming Committee

** Revised club constitution circulated with this newsletter as attachment*

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ELECTION OF THE COMMITTEE 2010-2011

For the next season 2010-2011, there will be a number of vacancies arising on the committee. While specific positions will need to be filled (see below), we would also like to invite anyone who is interested in serving on the committee to contact **Frank Rooney @ 085-1742119** for further information on what is involved in committee work.

Positions to be filled for 2010-2011 are:

Membership Secretary
Sunday Hike Coordinator
Newsletter Editor



EXPÓSED RETURNS

A Portrait of the Artist as a Young Hiker

The chattering classes were gathered in An Óige HQ in all their style and wealth; the champagne and gossip flowed freely and an undercurrent of anticipation ran through the throng, a who's who of the famous, wealthy, arty and Hillwalker committee members. Most cast expectant glances at the photograph covered by a rich, red curtain.

Suddenly the room was pitched into darkness. A solitary beam of light came to rest on the veiled picture while Aaron Copland's Fanfare for the Common Man blazed forth triumphantly from the speakers. As the curtains slowly parted in time to the music, a gasp went up from the crowd, some of who fainted or ran out. But from the rest came applause and looks of approval.



*"Do my knees really look that good?"
Room 102, An Óige HQ*

Expósed, your Hillwalker entertainment team, are here in Room 102, An Óige HQ, at the long anticipated unveiling of the new and highly expensive gallery of hiker photos, honouring outstanding figures in the club. Centre stage is the magnificent self-portrait of our esteemed ex-Editor, Warren Lawless, with his photographic piece, modestly entitled "A Portrait of the Artist as a Young Hiker".

EXPÓSED We are forever honoured that it was your early work for the Hillwalker that

launched your photographer/model career. Who will ever forget your September 2001 début on the cover of the Hillwalker? That classic reclining pose, with the Corsican mountains in the background! Even though only your boots and lower legs were showing, the acclaim with which it was greeted clearly marked you out for glory.

WARREN Yes, that and subsequent features caught the eye of the industry and set me on to new heights. But I still remember my humble roots.

EXPÓSED The scene before us is of a man stretched out on the hills, thoroughly at peace. But we can't help noticing that your face is somewhat obscured?

WARREN With my latest work, I had, somewhat vainly, wanted to show my face but my manager stressed that people would greatly appreciate the work if my face was not in it, hence the hat. He is such an excellent manager, helping to keep me rooted where such fame would infect other men with pretension and vanity.



Classic Pose ~ The Hillwalker ~ September 2001

EXPÓSED Such fame has a price, though, Warren?

WARREN Yes, a very heavy one. At first I thought that, after my time on the Hillwalkers Committee, I would be well able for the wealth, intense partying and cut-throat nature of my new career, but it was all too overwhelming. It was a dark time for me and only for my manager saw fit to step in and take power out of my hands, I don't know where it might have ended. I've been very lucky in how he's done everything he can to selflessly shield me from the wealth, wine and women that comes with this career.

Suddenly, as if hearing his name mentioned, a shady figure glided across the room,

wearing shades, gold chains, a wide-brimmed feathered hat and a beautiful lady on either arm.

PHILIP Warren, what are you doing? Who is this? What have we discussed about talking to strangers?

WARREN It's okay Philip, it's Expósed, they're very interested in my career and want to pay to run a feature on me.

The mention of money seemed to appease the managerial suspicions.

PHILIP Right, Expósed, the ground-rules when speaking with my client: no big words, no questions about the Knockree Shower Incident (that's all been legally settled with the cheerleader team) and it's costing you one grand a minute for further conversation.

EXPÓSED Right, uh, tell us Warren about last year's triumphant work, the now famous Arthur's Day photo in the Palace Bar.

WARREN I am especially fond of that commission, given my close ties to the bar. No money changed hands for that work but needless to say, I don't have to put my hand in my pocket for a pint there anymore.

EXPÓSED However, there is the matter of the work's position, just before the door leading to the gent's toilets?

WARREN Ahem, yes, it's slightly less prestigious than I'd expected; I've spoken to the management but apparently you have to be dead famous (literally) to get in the back with Beckett, Kelly and Collins. Tscch!

EXPÓSED We can't help notice the other people in the photo.

WARREN Oh yes, they're just background, filler, minor models, scenery, you can clearly see the photo is structured around me, albeit in a slightly off-centre arty way.

EXPÓSED Ahem, yes. Is that your fellow model, Don Reilly, we see alongside you in the photo? A rare glimpse of two rivals together?

WARREN Grrrr, the cheek of him that day. They were all set to take the shot when he shoots up on his bike, jumps the barrier, steals someone's pint and tries to grab the limelight right next to me. He even wore a high-viz jacket in the hope of drawing more attention to himself.



Centre Stage ~ Arthur's Day 2009

EXPÓSED The rumours are that it's bitter competition between you?

WARREN Yes, pah! He even went to Portugal this year to get a tan before the Irish hiking-shorts season had begun, just to look better than me on camera. Look at him in the corner over there, glaring in jealousy because it's not his photo hanging up in An Óige HQ.

A mobile ring tone interrupts his flow.

WARREN Hello? Who? KATE! How's it keeping? *[Speaking now in a low whisper with his back turned]* What, tonight? Will, ahem, Claudia and Naomi be there too? Hmmm, great! Well, the private jet might get me there in time but I'll have to sneak out past you-know-who...

The phone is suddenly snatched away in mid-flow by Philip.

PHILIP Right, that's enough questions; Warren, finish your glass of water and get working on your next piece. These champagne receptions don't pay for themselves. I've booked you into the best room in the hostel here, when you're done. I'll be just across town in the Hilton.

WARREN *[Turning away]* Hello, Kate, sorry! *[Warren's suddenly not feeling well]* You know, "artist fatigue", yes, too much of that stuff, but I'll be glad to pick you up in the jet later. What, his latest work? Oh, it's the usual load of rubbish, kid with crayons would do better, but it pays for the Goretex cashmere coats...

EXPÓSED This is Expósed, live from An Óige, HQ. And now back to the studio where Mark and Gerry will be telling us what to wear on the hills this autumn.

Warren Lawless

MAP AND COMPASS COURSE

PROGRAMME 2010

Date: Fri 5th Nov 2010 **Venue:** 6.30-8.30 pm, Room 102, An Óige, Mountjoy St, D7.
Topics: *Map & Compass I* Map, Scales, Legend, Grid References, Personal Equipment

Date: Fri 12th Nov 2010 **Venue:** 6.30-7.30 pm, Room 102, An Óige, Mountjoy St, D7.
Topics: *Map & Compass II* Contours, Features, Mountain Hazards.

WEEKEND 1 - MAP & COMPASS SKILLS 1

Dates: 13th/14th Nov 2010 **Meet:** Sat & Sun, 10.00 am, Laragh, Wicklow.
Activity: Practical exercise in the Glendalough area, navigation by map only.
1. Map setting 2. Feature recognition
3. Self-location 4. Route choice
5. Distance estimation 6. Handrail features

Date: Fri 19th Nov 2010 **Venue:** 6.30-9.30 pm, Room 102, An Óige, Mountjoy St, D7.
Topics: *Map & Compass III* Distance, altitude, timing, Emergency procedures.

Date: Fri 26th Nov 2007 **Venue:** 6.30-8.30 pm, Room 102, An Óige, Mountjoy St, D7.
Talk: *Map & Compass IV* Compass, bearings, route card.

WEEKEND 2 - MAP & COMPASS SKILLS 2 & NIGHT NAVIGATION

Dates: 27th/28th Nov 2010 **Meet:** Sat, 11.00 am Laragh, Wicklow.
Activity: Practical exercise in the Glendalough area, navigation by map & compass.
Optional overnight in Glendalough Hostel (self catering) is included in cost.
1. Revision of 1st weekend 2. Walking on a bearing
3. Back-bearing 4. Sight-bearing
5. Pacing 6. Steep ground work

NIGHT NAVIGATION - WICKLOW MOUNTAINS

Date: Saturday 27th Nov 2010
Saturday activities on Weekend 2 to continue until approx 8pm to include night navigation.

COST

€150 PER PERSON

PARTICIPANTS MUST BE A MEMBER OF AN ÓIGE.

DATES FOR YOUR DIARY

DIGITAL SLIDE SHOW

Wednesday, 27th October 2010 @ 8pm

"National Parks of America": Yosemite, Grand Canyon, Zion and Bryce. Show by Tony Crean.

Admission: €3 includes tea & biscuits.
Dublin International Hostel, Room 102.

DIGITAL CAMERA COURSE

Starting on **Tuesday, 2nd November**, this simple course for absolute beginners will answer all the questions you need to know about digital photography:

- Setting the camera for auto-lift and press.
- Composition: How to see light and take great pictures of landscapes, flowers and animals.
- Field trip to put into action what you have learned.
- Download your images on the computer.
- How to get your images printed.

All you need is a digital camera and instructions. The course will include 5 Tuesday evening sessions of 2 hours' duration on the 2nd, 9th, 16th, 23rd and 30th November 2010 plus one field trip.

Venue: Dublin International Hostel, 61 Mountjoy St, Dublin 7 @ 19.15 for 19.30 start.

Course Cost: EUR 100.00 includes 5 evening sessions and field trip.

Booking: It is essential that interested persons book in advance through An Óige Head Office: Tel: 01-8826700. Credit cards accepted. Numbers limited to 10 places.

October Bank Holiday Weekend

Galtees, Comeraghs & Knockmealdowns

There are **a few vacancies** left on this trip; booking via An Óige Head Office.

Further details on page 12.

FUNDRAISING PUB QUIZ

Friday, 8 October, 8pm sharp

NOTE CHANGE OF VENUE:

THE VAULTS, 1 HARBOURMASTER PL, DUBLIN 1
<http://www.thevaults.ie/location.php>

Murielle Guillauton will be running the Dublin Marathon on 25 Oct for BARRETSTOWN. Money raised will help to rebuild lives for children with cancer.

Cost: 10 € per person; raffle tickets will also be on sale.

Please tell your friends and confirm to Murielle as soon as you can (important for the reservation of the room).

For more details please contact Murielle at 086.30.64.196 or mguillauton@yahoo.fr

Map & Compass Course 2010

The Map & Compass Course will be held in November 2010 and will comprise a number of evening sessions in Mountjoy Street, Dublin 7, and two weekends in the Glendalough area, one of which will include a practice session in night navigation and an optional overnight stay in Glendalough Hostel (included in cost). See detailed programme on page 10.



Christmas Party 2010

Following last year's success, we will be returning to the Glendalough Hotel for Christmas Dinner, music, fun, chat and entertainment. Date for your diary: **Saturday, 11 December 2010.**

Accommodation in Glendalough Hostel; full details in the November newsletter.

Committee 2009-2010

Chairman

Frank Rooney

Secretary/Project Support

Betty Kehoe

Sunday Hikes

Gerry Walsh

Treasurer

Jim Barry

Training Officer

Donal Finn

Membership/Weekends

Mark Campion

Club Promoter

Barbara Monaghan

Newsletter Editor

Barbara Sudrow

Special thanks to:

Webmaster

Matt Geraghty

Distribution

Pearse Foley & Cyril McFeeny



OCTOBER BANK HOLIDAY WEEKEND

Fri 22nd - Mon 25th Oct 2010

THE HILLWALKERS RETURN

Hotel Minella Clonmel

GALTEES, COMERAGHS & KNOCKMEALDOWNS

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

Weekend Leaders: Donal Finn & Paul Miney

Hike Leaders: Donal Finn, Tom Kenny, Paul Miney



www.minellahotel.ie

Cost: €290; non-refundable deposit €150; balance of €140 payable by Wed, 13th October 2010.

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

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

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

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

**Booking will open on Monday, 13 September;
contact An Oige Head Office at 01-8304555**



An Óige Hillwalkers 2010/2011

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.

Members should not undertake any club hiking activities: (i) if they have any known medical ailment which may impair their ability to participate in club activities or (ii) if they are taking any form of medication that will put their health or safety of others at risk. If a member is in any doubt on these matters, a doctor should be consulted prior to undertaking any club hiking activity.

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 2010/2011 membership year runs from Oct 1st 2010 to Sept 30th 2011.

2010/2011 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 **James Barry, 156 Comeragh Road, Drimnagh, Dublin 12.** Please allow two weeks for processing of the membership application.

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