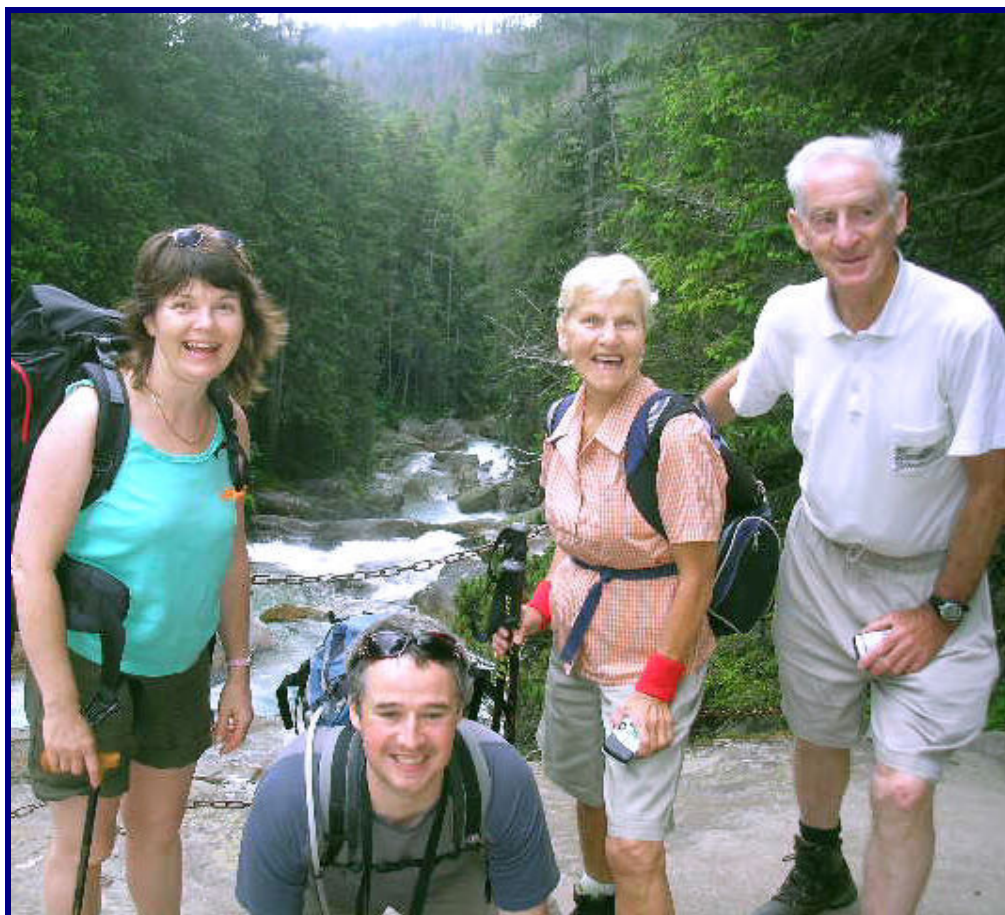


An Óige Hillwalkers Club

September 2008

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

# THE HILLWALKER



*Hillwalkers in Slovakia, on the path to Zamkovskeho chata. Photo: Frank Rooney*

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**In Memoriam**  
**Bridget Keenan**



Bridget Keenan died on 6 August, 2008, after a short illness and struggling with cancer for a number of years.

She was for long an active member of the Hillwalkers and later with the Moderates. Just a year ago, she headed off to Peru with some of her hiker friends.

Her popularity was well illustrated by the large attendance of hikers and others at her removal and funeral mass, at which her nephew gave a glowing account of her generosity and kindness to the family over the years. As well as hiking, Bridget was active in Austin Stacks, Dublin Camogie Team.

She will be sadly missed by all who were privileged to have known her.

Ar dheis Dé go raibh a hanam.

## HIKE PROGRAMME September 2008

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**MEET:** Burgh Quay

**DEPART:** Sundays at 10.00 am

**TRANSPORT:** Private Bus

**COST:** €12.00 (unless stated otherwise)

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**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 2<sup>nd</sup> pick-up point on the return journey, unless circumstances dictate otherwise. We regret that this is not possible on all routes.*

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### 7 September 2008

#### ---Introductory Hike: Cleevaun Lough

**Leader:** Steve Buckney

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

**Route:** Forest Entrance Ballylow Bridge (GR O 061 129) \* Ballydonnell South \* Duff Hill \* Mullaghcleevaun East \* Cleevaun Lough \* tracks by Ballyhemushboy Brook \* Ballynultagh \* Ballynultagh Gap CP.

**Distance:** 18km **Ascent:** 750m

**Maps:** OS 56 and Harvey

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### 14 September 2008

#### ---Cloghleagh to Glencree

**Leader:** Brian Flynn

**2nd pick-up point:** Bus Stop near the pond at Seán Moore Park on Tallaght By-Pass.

**Route:** Cloghleagh Bridge (GR O 049 166) \* Liffey Valley \* Shankill River \* Seefin \* Seefingan \* Kippure \* Lough Bray Lower \* Glencree.

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

**Map:** OS 56

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### 21 September 2008

#### ---Lough Tay to Glencree Valley

**Leader:** Philip Roche

**2nd pick-up point:** Bus Stop at Loughlinstown roundabout.

**Route:** CP Lough Tay (GR O 170 074) \* Luggala \* Sheepbanks Bridge \* Djouce \* Coffin Stone \* War Hill \* Source of the Dargle \* Tonduffs North and South \* Stonecutter's Glen \* Ballycoyle.

**Distance:** 19km **Ascent:** 880m

**Maps:** OS 56 and Harvey

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### 28 September 2008

#### ---Introductory Hillwalkers Hike: Circuit of Glenbride

**Leader:** Donal Finn

**2nd pick-up & drop-off point:** Bus Stop near the pond at Seán Moore Park on Tallaght By-Pass.

**Route:** Glenbride \* Silsean \* Moanbane \* Billy Byrne's Gap \* Mullacleavaun \* Ballinagee Bridge

**Distance:** 16km **Ascent:** 650m

**Maps:** OS 56 and Harvey

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### 5 October 2008

#### ---Military Road Rambles

**Leader:** Stephen James

**2nd pick-up point:** Bus Stop at Loughlinstown roundabout.

**Route:** Lower Glendalough CP \* Wicklow Way \* Paddock Hill \* Scarr \* SH 561m \* Kanturk \* Lough Dan (The Copse) \* Inchivore River track to Military Road (GR O 106 056).

**Distance:** 19km **Ascent:** 750m

**Maps:** Maps OS 54 and Harvey

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## 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 AWAY Walking in Slovakia

### THE HIGH TATRAS



*The High Tatras are in the Slovak Republic and are at the western end of the Carpathian Mountains.*

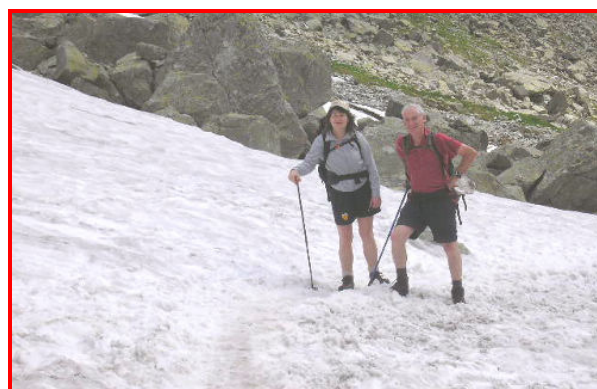
The party consisted of fifteen members and was led by Frank Rooney and Brendan Magee, who excelled themselves as organisers and leaders.

We flew direct to Košice on a Sky Europe plane (the national airline of Slovakia). Košice is the country's second largest city (after Bratislava) and has about 250,000 inhabitants. It is a beautiful city dating back to the 14th century and with a chequered history due to its location at the crossroads of old major trade routes.

We had one change (at Poprad) on our train journey north east to our destination, Starý Smokovec, which is 1000m above sea-level and lies at the foot of the mountains. Our accommodation in a private hostel was excellent, with no bunk beds and fine kitchen facilities, showers etc.

#### Day 1: Rysy

We had five days hiking and started with Rysy (2499m) which straddles the border with Poland and is that country's highest mountain. It is a very popular hike and there were large numbers on the trail that day. It was Sunday, of course, and the weather was perfect. The trails were clearly marked so navigation was straight forward. At about 2000m, we encountered some hard-packed areas of snow and soon afterwards an extended chain section. Some of us called it a day here but the vast



*Pearse and Claire on the snow field before Rysy.*

majority made it to the summit via a long steep snowfield and a welcome mountain hut. The summit was quite small and very crowded but the views in all directions were captivating. There was further exhilaration on the descent as a number went tobogganing on the snow with improvised sleds, viz. survival bags etc. An encounter with a "mad" Swedish inventor towards the end of the hike near Strbské pleso enlivened matters, too.

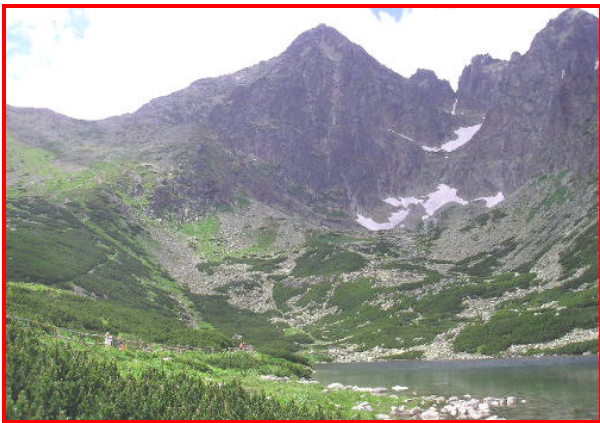
Evening meals were great value. The High Tatras are the major tourist centre and hence the more expensive place, but, despite that, we found it fantastic value compared to home. The Slovak Republic joined the E.U. in 2004 and has made such extraordinary strides economically since then, that it is joining the European Monetary Fund next January. The euro will take over from the local currency (the koruna) so it is likely that prices will rise to some extent then.

#### Day 2 & 3

Gentler walks were the order of the day on Monday and Tuesday. On Monday there was a circular walk to Sliessky dom (1670m), a hotel beside a small lake, Velický pleso. On Tuesday, we climbed to Predric solisko (2093m), just above another mountain hut, which can be reached by chair-lift. This summit was being climbed by families and even 7-year olds as it was so accessible.

#### Day 4: Slavkovský štít

Wednesday's climb proved to be the toughest in many people's estimation - to Slavkovský štít (2452m). A short 4-minute monorail train trip to Hrebienok brought the group to the start of the hike. Thereafter there were several false summits and many huge boulders requiring much clambering.



*Lomnický štít from Skalnaté pleso.*

The navigation on the descent was tricky and many found it less rewarding than Rysy, but nonetheless it was a challenging and worthwhile day. A few of us took the easier option and climbed to the large hut at Skalnaté pleso (1751m).

We had hoped to catch the cable-car to the second highest peak - Lomnický štít (2832m) - but, unfortunately, high winds started to blow and all trips were cancelled. Our disappointment was assuaged on meeting a Hungarian whose sixth unsuccessful attempt (out of six!) this was. It appears that this cable-car run is higher than any in the Alps so it's vulnerable to poor weather.

### Day 5: Valleys & Snowy Ridges



*A hard pull-up for everyone, overlooking Čaple pleso.*

Thursday's hike was a major loop walk, up one long valley (Mlynická dolina) and back down another equally long one (Furkotská dolina), but the big test was the ridge linking the two, crossing a high pass at over 2400m. This section involved many chains, more snow ridges and a narrow rocky gap at the pinnacle of the crossing. Again, the views were spectacular, especially the many lakes with their brilliant colours, infused with ice.

### Day 6: K2 in Kosice

On Friday, our second last day, many decided to visit Kosice, whilst five of us had a second go at the Lomnický štít cable-car adventure. This time we took the train to Tatranská Lomnica at the foot of the mountain, and then the cable car up to Skalnaté pleso. But again we had no luck as the high winds prevailed once more. The return walk was some compensation, stopping at a popular hut, Zamkovského chata (1474m), for refreshments, and visiting stunning waterfalls on the Studený river near Hrebionek.



*Group photo on the Magistrála track.*

We stayed in Kosice on Friday night in a hotel called K2, which, fortunately, did not involve a climb of 8000m. The hotel was very comfortable and central, enabling us to spend the evening in the city for a meal (after some misadventures) and late night drinks in a fashionable bar. A morning flight had us back in Dublin by mid-day Saturday, ending a thoroughly enjoyable week.

Finally, warmest thanks again to Frank and Brendan on behalf of everyone in the party. May this happy annual trip continue into its fourth year and beyond!

*Text: Pearse Foley  
Photos: Frank Rooney*

### 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 to:  
Barbara Sudrow, 24 Glenmalure Park, Dublin 8,  
[barbarasudrow@eircom.net](mailto:barbarasudrow@eircom.net)

## CLUB NEWS

Brian Madden sent a few photos from the hike he led on 27 July, together with this brief summary.

There were 16 of us in all, and some welcome newcomers. The hike started at the very civilised Bray Prom, and went up Bray Head to the big cross; then down on tracks to Windgates, and into the Kilruddery Estate (with kind permission). From the Kilruddery Estate we went up on the Little Sugar Loaf and took a lunch break.

Next came the Great Sugar Loaf via Kilmacanogue, stoically abstaining from the watering hole there. We just sniffed deeply and passed on. We intended to travel on to Downs Hill and Willow Grove, but heat, thirst and the clock forced us back to Sweeneys of Kilmacanogue to undergo a welcome process of re-hydration.



*Corn as high as a Hillwalkers thigh.  
Garry leads through Kilruddery.*



*Lunchtime on Little Sugar Loaf*

Those who disparage the Sugar Loaves as not worthy of Hillwalkers should take note that we did 1000m and 15km in this little odyssey. The views were superb, with ultramarine seascapes always to hand. It was a great way to finish up before our 3-week August break.

*Brian Madden*

## *Congratulations*

Double congratulations to **Bill and Dorothy Fine** in recently becoming the latest Hillwalker members to make it to the top of **Kilimanjaro** and on moving into their new apartment.

## *Congratulations*

### 15 Year Celebrations

Garry Byrne and Steven Buckney are organising an Indian meal out to celebrate the 15<sup>th</sup> anniversary of the foundation of the Hillwalkers Club; further details on page 10.

### Membership 2008/2009

The new membership year starts on 1<sup>st</sup> October 2008. The fee for the year remains unchanged at €35.

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 the newsletter (page 12).

## FOR YOUR DIARY

### AGM 2008

The AGM 2008 will be held at An Óige International Youth Hostel in Mountjoy Street.

**Date:** 9<sup>th</sup> October 2008

**Time:** 8 pm

**Venue:** An Óige, Mountjoy St., Room 102

All club members are welcome to attend, whether you have been a member for years or joined the club just a few months ago.

This is your opportunity to get to know the club members who serve on the committee, to ask questions and to make suggestions in relation to Sunday Hikes or any other club business.

**We look forward to seeing you in October!**

## IRISH CHALLENGE WALKS

### The Hart Walk '08

And then there  
were two...



Tom Milligan (left) and Peter Gillen (right) setting out.

This year's Hart Walk had only two participants, Peter Gillen (An Óige) and Tom Milligan (Hillwalkers/Ramblers). Being 70 miles long over mountain and road this was not really surprising. There were ten walkers last year, Sandra Brady setting a new woman's record on that occasion. Starting at 8pm across the road from the Terenure tram station, where HC Hart first commenced his walk in 1886, the duo headed off into a pleasant enough evening with only the occasional shower attempting to dampen their spirits.

Reasonable progress was made along the darkened mountain roads, with only the glaring eyes of the deer along the way to keep them company. Occasionally a shooting star would cause excitement as both Tom and Peter marvelled at the Milky Way in all its glory and commented on the great brightness of the planet Venus. Most surprising of all was the fully laden 'rag' tree they encountered at the edge of a forest as they approached Carrigshouk. Strange indeed!

Laragh was reached in a good time where Peter paused to consider how serious the blister now manifesting itself might be (last year he withdrew at Glenmalure due to blisters). He thought that it might be serious enough to cause him to withdraw, but reconsidered and continued on his way to Glenmalure. At Glenmalure, after a fifteen minute break for food and drink, they continued up the zig-zags towards Cloghernagh and Lugnaquilla. There was a good deal of low cloud and low temperatures up there, but they navigated without incident through the heavy rain across the Glen of Imaal.

Peter at this stage was now having problems with painful cramps in his legs which greatly hindered him and forced him to reduce his pace. Tom was not unhappy about this, as he had been wondering if he would be able to keep up with this young man twenty-four years his junior. The rest of the walk continued without incident, apart from Peter's cramps, with excellent weather attending their efforts. Silence eventually held sway between the two walkers on the very long road walk from Ballynultagh to Terenure. They both struggled to summon up their last reserves and concentrated on combating their great tiredness as they tried to deal with over twenty hours without sleep.

They reached Terenure in 25 hours 21 minutes, not the fastest of times, but fast enough when Peter's afflictions and their very heavy backpacks are taken into consideration. This was the toughest Hart Walk to date as there was no backup whatsoever. This meant that they both had to carry enough food and drink, especially drink, for around twenty-four hours, as there was no opportunity along the way to purchase such items. Tom, being of puny physique, found this especially difficult and returned home with very sore shoulder muscles.



Peter Gillen and the 'rag' tree.

We won't talk about the legs. Neither will we tell of the un-parliamentary language which Peter used as he looked back towards the hills as they finished with the mountain section, stepping onto the forest track on the painful descent from Crockanoo to Ballynultagh. Who

could blame him! Are they doing it again next year? You must be joking!

Tom Milligan

### OCTOBER WEEKEND 2008

Fri 24<sup>th</sup> – Mon 27<sup>th</sup> October

### 3 Mountain Ranges in 3 Days

Hillwalkers, Moderate, Easy

★★★★ Hotel Accommodation, Clonmel

Full breakfast, lunch, 4-course dinner

Cost: €290

**Fully booked, waiting list only!**

**Balance due by 10<sup>th</sup> October**

An Óige Head Office, 01-8304555

## AN ÓIGE NEWS

### 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 acceptable

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

## SLIDE SHOW

### Sojourn in the Northern Capital: Beijing August 2007

Barbara Sudrow and Donal Finn will present a selection of slides taken during a two-week holiday in Beijing, Xi'an, Chengde and Pingyao.

**Date:** Wednesday, 1<sup>st</sup> October 2008

**Time:** 8.30 pm

**Venue:** Room 102, Dublin International Hostel  
61 Mountjoy Street, Dublin 7

**Cover:** €3.00 (incl. tea & biscuits)

## 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 Oige 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.



### **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

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**Date:** Tue, 4<sup>th</sup> 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

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

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### WEEKEND 1 - MOUNTAIN SKILLS 1

**Dates:** 15<sup>th</sup> & 16<sup>th</sup> 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, 18<sup>th</sup> Nov 2008      **Venue:** 7.30 pm, Room 102, An Óige Hostel, Mountjoy St, D7.  
**Topics:** *Mountain Skills III:*      Distance, Altitude, Timing, Emergency Procedures.

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

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### WEEKEND 2 MOUNTAIN SKILLS 2 & NIGHT NAVIGATION

**Dates:** 29<sup>th</sup> & 30<sup>th</sup> 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<sup>st</sup> weekend
2. Walking on a Bearing
3. Back-bearing
4. Sight-bearing
5. Pacing
6. Steep Ground Work

### NIGHT NAVIGATION - WICKLOW MOUNTAINS

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

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### COST

€160 PER PERSON

€150 WITH VALID PROOF OF CURRENT AN OIGE MEMBERSHIP

BOOKING OPENS 1<sup>ST</sup> 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 1<sup>st</sup> night of the course.

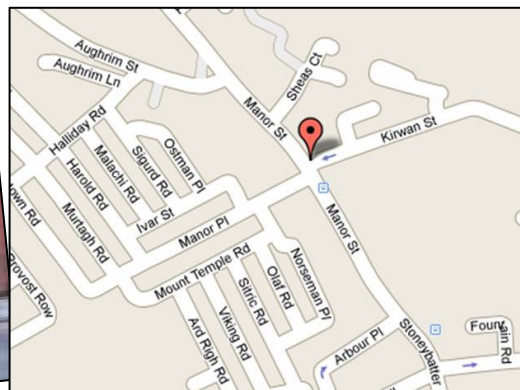
Enquiries to Donal Finn: please email [finndonal@eircom.net](mailto:finndonal@eircom.net)

An Óige Hillwalkers Club

# 15 Year Celebrations

Come and join us for a  
**15<sup>th</sup> Anniversary Meal**  
and make this a memorable occasion!

- Date:** Thursday, 16<sup>th</sup> 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, 01-8388812 (after 7pm)  
Steven Buckney, 086-1591842



While a deposit is not required, we would like to give an accurate number as possible to the restaurant.

If you are interested in going, please contact either Garry or Steven before Friday 26 September.

# OCTOBER BANK HOLIDAY WEEKEND GALTEES, COMERAGHS & KNOCKMEALDOWNS

**Fri 24th - Mon 27th Oct 2008**

## 3 MOUNTAIN RANGES IN 3 DAYS

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

***Weekend Leader: Donal Finn***

DAY 1: Galtee Mtns

Gus Tobin Challenge Hike, Hillwalker Hike, Moderate Hike, Suir River Walk  
All hikes to finish at the Foot Pub.

DAY 2: Comeragh Mtns

3 hike grades (Hillwalker, Moderate, Easy) from the Nire Valley

DAY 3: Knockmealdown Mtns

3 hike grades (Hillwalker, Moderate, East Munster Way) to finish at the Vee.

*Details of route, distance, ascent, etc. will be made available on the evening before the hikes.*

Hike Leaders:

Mark Campion, Donal Finn, Tom Kenny, Brendan Magee, Deirdre Muldowney, Barbara Sudrow.



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



**Cost:** €290

**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.*

**Booking:** €160 NON-REFUNDABLE to An Óige Head Office, t: 01-8304555.  
Booking opens on Mon, August 25<sup>th</sup>; BALANCE of €130 to be paid by Fri, October 10<sup>th</sup>.

**Departure:** Friday, 24<sup>th</sup> October, George's Quay (Tara Street) at 6.30 pm. Stop en-route in Carlow.

**Return:** Monday, 27<sup>th</sup> October, arriving in Dublin City Centre at 9 pm approx. Stop in Carlow.



# Membership Application Form

An Óige Hillwalkers 2008/2009

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

Please read and sign the following PERSONAL DECLARATION

<p><b>PERSONAL DECLARATION</b></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><b>CLUB NEWSLETTER</b></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 (<a href="http://www.hillwalkersclub.com">http://www.hillwalkersclub.com</a>). 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 1<sup>st</sup> 2008 to Sept 30<sup>th</sup> 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!**