

An Óige Hillwalkers Club

September 2009

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

THE HILLWALKER



Eleven of the fourteen hillwalkers on Frank Rooney's hiking holiday in Romania, July 2009. Photo: Dot Fine

In this edition

- September Hike Programme 2
- Travelling in Romania / The Matrimonial Suite 3-5
- Dates for your Diary / AGM / Training 6
- Irish Challenge Walks / Committee 2008-2009 7
- October Bank Holiday Weekend 2009 8
- Membership Application Form 2009-2010 9

HIKE PROGRAMME September 2009

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.*

13 September 2009

---Kippure Gates to Oldbridge

Leader: Mark Campion

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

Route: Kippure Gates * Powerscourt Mountain * Grouse House * Tonduffs * Dargle River * War Hill * Djouce Mountain * White Hill* JB Malone Memorial * Ballinstoe * Wicklow Way * Ballinfunshoge * Oldbridge.

Distance: 19km **Ascent:** 650m

Maps: OS 56, Harvey

20 September 2009

---Circuit of Glenbride

Leader: Donal Finn

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

Route: Glenbride * Silsean * Moanbane * Billy Byrne's Gap * Mullaghcleevaun * Ballinagee Bridge.

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

Maps: OS 56, Harvey

27 September 2009

---Sally and Ballynultagh Gaps

Leader: Mick Heneghan

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

Route: Sally Gap * Carrigvole * Gravale * Duff Hill * Mullaghcleevaun East * Mullaghcleevaun * Black Hill * Ballynultagh Gap.

Distance: 15km **Ascent:** 700m

Maps: OS 56, Harvey

4 October 2009

---Scarr Excursion

Introductory Hillwalkers Hike

Leader: Philip Hayden

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

Route: Glenmacnass Waterfall * Spot Height 668 * Mall Hill * ford (GR 134 991) * Spot Height 418 * Scarr * Kanturk/Brown Mountain * GR 149 031(Lough Dan).

Distance: 17km **Ascent:** 800m

Maps: OS 56, Harvey

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 enter their name in our hike log on the bus.

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.

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

FURTHER AFIELD

Travelling in Romania



Setting off for the day. Photo: Dot Fine

We were going to Romania for the first time for a hill walking trip led by Frank Rooney, so we decided to spend an extra 2 days in Bucharest before the rest of the group arrived on July 4.

Bucharest had been called the Paris of the East in the 1920's and 1930's, but after years of Communism, much of that splendour is gone. However, hidden amongst the Communist-issue architecture, there are many gems still left and some of them have been restored beautifully. One of those gems is the Atheneum, now the Philomonic, which several of our group toured.

There is a definite checkerboard effect of the old vs. new and the restored vs. the crumbling. One can enjoy just walking around the city, viewing the buildings, statues, churches and memorials. The Eastern Orthodox churches are numerous, small, but exquisite with much gold and silver in the iconostases, which are frames that hold many icons. The Revival's Memorial consists of the Victory Path leading to Recollection Square and the Pyramid of Victory, partly enclosed by the Reminiscence Wall with the names of those who died in the struggle of December 1989. Although Ceausescu was deposed in 1989, Casa Poporului, built by him to honour himself, was not completed until after his death. It is a massive building almost 100

metres high and 3 kilometres in circumference. It now houses the Parliament, the Senate, and Museum of Contemporary Art. One can tour parts of the building, which unfortunately are looking shabby.

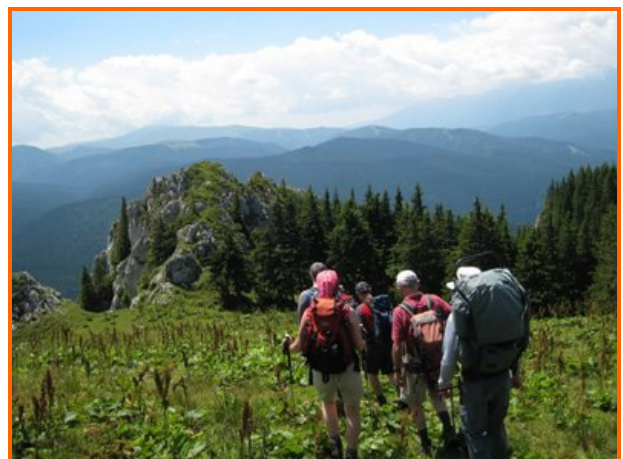
Bucharest is a sprawling city composed of numerous squares (piatas), including Victoriei, Roman, Universitate, Uniril, and Revolutiei connected by their Metro. It is easy to walk from square to square and all the way out to Casa Poporului, stopping at cafes for a cappuccino, and then using the Metro to return. The city is working to pedestrianize the Lipscani area near Universitate and many street cafes have opened there.

The National Art Museum and the Peasant's (Folk Art) Museum are both worth a look. The former, near Piata Revolutiei, had been the royal palace and has a fine collection of icons and iconostases as well 19th- and 20th-century Romanian art.

The Peasants' Museum has wonderful examples of folk art including Romanian Easter eggs, traditional costumes, and religious items. Tucked away in the basement is a haphazard exhibit on Communism, mostly newspaper clippings, and the only picture of Nicolae Ceausescu in the city.

Trains in Romania are well used, and we found on several occasions, that they were fully booked, and we had to catch the next train, or an even later train. We used trains to travel from Bucharest to Brasov, where we stayed for 4 nights, using this as a base into the Carpathian Mountains.

Brasov is a typical European city with a large vibrant square surrounded by shops, restaurants, and cafes. From Brasov we used either a short train hop or a bus to get us to the start of our walks. Most of us chose to hill walk, though a few took a day off to see the local castle or just hang out in the square. The weather was good for that.



Heading downhill into the forest. Photo: Dot Fine



Bran (Dracula) Castle. Photo: Dot Fine

We also had an opportunity to meet up with Simone, who many of you may remember as one of the Hillwalkers a few years ago, before she returned home to Brasov. Simone joined us at a wonderful Romanian restaurant that she had recommended. We managed to squeeze a lot into our last day in Brasov, by walking to Bran (Dracula) Castle, and doing a quick tour before taking the bus back, enjoying a Romanian meal, and catching the train to Sinaia. It is a ski town, where we stayed for 5 nights, using the cable cars to get to the start of most of our hikes in the Bucegi Mountains. Sinaia is a small town, but we all got the opportunity to visit the fabulous Peles Palace built by Carol I and tour the local monastery, when we had our first (and only) "rain day." We also enjoyed the Bucegi Restaurant where some of us sampled wild boar, bear, and venison.



Horse and cart in Zarnesti. Photo: Dot Fine

Romania is a beautiful and inexpensive country. It is easy and cheap to travel by bus and train to areas wonderful for hiking with real trails, usually well marked, with signs and painted markings on trees. It is a great hill-walking destination, but one should also sample some of the culture, which is readily available even in the smallest towns.

Dot Fine

The Matrimonial Suite

The first Romanian eviction, from the luxurious Brasov hotel, had been sharp and quick. The clash of civilizations, east vs. west, capitalism vs. communism, roman vs. cyrillic, all in all plenty of room for Lady Confusion to ply her trade. The disgruntled Duke of Y'tormmarnock, who had so successfully marched his men (and women) to the tops and downs of the twelve hundred Carpathian hills, was temporarily repulsed and uncharacteristically nonplussed.

Fourteen souls were thrown onto to streets, or at least dispatched to an unknown downtown four-storey, multi roomed complex. Earnest reassurances had been provided that the relocation would be seamless, nothing could go wrong.

The arrangements however hinged on the novel concept of the matrimonial suite. Many were still grappling with this new addition to the lexicon. There was an unconfirmed rumour that a matrimonial suite consisted of a room with a bed of width equal too or greater than three foot (the bed, not the room). Nonetheless there remained a certain air of mystery on the subject.

Romanian matrimonial suites were reserved for loving, happily married, opposite sex couples. Inter alia; hating, unhappily married, same sex couples were excluded. We had three such loving, happily married, opposite sex couples along with four temporary, non-married (at least to each other) same sex couples.

The downtown complex had the requisite seven rooms and was further enhanced with a selection of rooms within rooms. It was envisaged that the rather quaintly named "rooms within rooms" were a part solution in providing the minimum three foot separation for temporary, non-married, same sex couples. All went like clockwork for the allocation of the first three rooms.

The loving, happily married, opposite sex couples had found the three foot bed somewhat of a disappointment, though technically within specification. But on mature reflexion, coupled with the belated observation that they had a second three foot bed, they considered and agreed to separate. Under protest it must be said and made clear

DATES FOR YOUR DIARY

OCTOBER HOLIDAY WEEKEND

23 - 26 October 2009

Enniskillen

Walking will be in the Cuilcagh Mountains, Leitrim and Sligo areas. Accommodation in the **Bridges Hostel** will include breakfast and lunch. The **cost of €200 pp** also includes two evening meals in an Enniskillen Hotel.

Booking will open on **10th September**; more details on page 8.

AGM 2009

Date: Thursday, 8 October 2009

Time: 8 pm

Venue: An Óige International YH, 61 Mountjoy Street, Dublin 7, 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!



Membership 2009/2010

The new membership year starts on 1st October 2009. 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 2009/2010 is located at the end of the newsletter (page 9).

Club Training Notes

The Club intends to organise a New Leader Training Weekend in early 2010 in place of its Map and Compass course.

The emphasis of the proposed Leader Training weekend will be on up-skilling of existing and potential hike leaders on the attributes and skills associated with leading a typical club hike.

More details on this event, which will be held in February/March, will be available in the New Year.

The Map and Compass course will be offered by the Club again in October/November 2010.

~ ~ ~ ~ ~



News from Mountaineering Ireland

Autumn Gathering

This year's Mountaineering Ireland Autumn Gathering is in Dingle, Co Kerry, where we will be hosted by Cumann Sléibhteóireachta Chorca Dhuibhne (Dingle Hillwalking Club) from Friday 9 to Sunday 11 October 2009.

The club is putting together a programme of West Kerry walks including the Brandon range as well as less strenuous alternatives. For more details, go to <http://www.mountaineering.ie/events>.



National Trails Day

Please note that the next National Trails Day takes place on Sunday, 4th October 2009. See www.nationaltrailsday.ie for more information.

North Face Film Screening

The Seamus Ennis Centre will be screening the film North Face on October 29th as part of its Film Club. The film will be introduced by renowned writer, broadcaster and mountaineer, Dermot Somers.

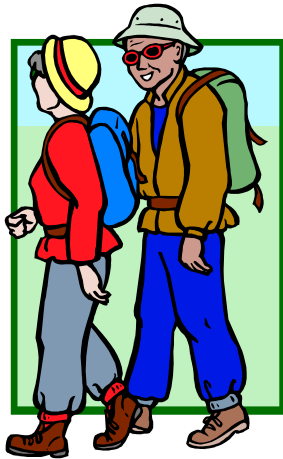
North Face tells the struggle of two German mountaineers to be the first to conquer the notorious North Face of the Eiger in 1936.

Time: 8.30 p.m. Admission: €6

Related link: www.seamusenniscentre.com

CHALLENGE WALKS

The Walkers Association are posting regular updates on these walks on their website. Make sure to check for important new information there or follow the contact details given for each event.



12 September 2009 Glover / Muckish - Errigal

Distance: 19.5km. **Total Ascent:** 2020m.

Various "Friends of the Glover" intend to walk the route on the second Saturday in September. Some people are gathering to eat in Gortahork afterwards.

Further information:

<http://www.walkersassociation.ie/node/137>

25-27 September 2009 Burren Peaks Walking Festival

Organised by the Ballyvaughan Fanore Walking Club

Enjoy walking in this wonderfully rich limestone pavement...the land of the fertile rock with its precious and delicate terrain.

Choice of Grade A, B & C

Guided walks on both Saturday & Sunday.

Further information:

www.burrenpeakswalkingfestival.com

26-27 September 2009 Oxfam Ireland TRAILTREKKER

Four people. One goal: 100km in 30 hours

One of the world's greatest team challenges is coming to Irish shores! Oxfam Ireland TRAILTREKKER will take place in Ireland for the first time this September. Teams of four will aim to complete a cross-border hike of 100 kilometres in less than 30 hours. This is not a relay! Teams must start together and finish together, trekking by day and by night on undulating forest trails, picturesque country roads and challenging mountain terrain.

The cross-border route starts in Kilbroney Park, Co. Down, and includes sections of the Mourne mountains, the ring of Gullion and the Cooley Peninsula, finishing in Carlingford, Co. Louth. Each team will also pledge to raise €2,000 which will be used to support Oxfam's Ireland's work in east, central and southern Africa.

Visit www.oxfamireland.org/trailtrekker or email trailtrekker@oxfamireland.org

9-11 October 2009 Carlow Autumn Festival 2009

Distances from 7km to 20km

Including a combination of "A,B and C" walks on both days, there truly is something for all on this Walking Festival.

Distances vary from 7km (taking an hour or two) to 20km (taking up to 8 hours) and include river walks, forest parks and mountain treks.

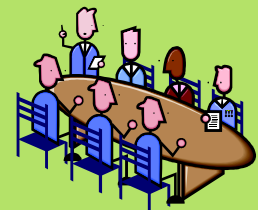
Further information:

<http://www.walkersassociation.ie/node/299>

Committee 2008-2009

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

Frank Rooney
Betty Kehoe
Gerry Walsh
Jim Barry
Donal Finn
Mark Campion
Deirdre Muldowney
Barbara Sudrow
Matt Geraghty
Pearse Foley & Cyril McFeeney



Special thanks to:

OCTOBER BANK HOLIDAY WEEKEND

Fri 23rd - Mon 26th Oct 2009

Cuilcagh, Benbulbin & Leitrim Glades

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

Weekend Leader: Donal Finn



View of Cuilcagh Mountain



Bridges Hostel

DAY 1: Benbulbin, Castlegal Range & Glencar

3 hike grades - Hillwalker Hike, Moderate Hike, Ambler Hike

DAY 2: Cuilcagh and Tiltinbane

3 hike grades (Hillwalker, Moderate, Ambler) from Marble Arch

DAY 3: Leitrim Glades

3 hike grades (Hillwalker, Moderate, Ambler) in the Leitrim Glades

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

Cost: €200

Accommodation: The Bridges Hostel, Enniskillen, offers 4-bed rooms (en-suite), a well-equipped kitchen, laundry and drying room, and is located within walking distance of the town centre.

Meals: Full breakfast & lunch sandwich* (Sat, Sun, Mon)

4-course evening dinner in Killyhevlin Hotel (Sat, Sun)

* The hostel will provide a sandwich per person for lunch each day. Please supplement your lunch with items of your choice (e.g. fruit, chocolate); shopping close-by; don't forget to bring enough sterling currency.

Booking: €100 NON-REFUNDABLE to An Óige Head Office, t: 01-8304555.

Booking opens on Thu, Sept 10th; BALANCE of €100 to be paid by Fri, October 9th.

Departure: Friday, 23rd October, George's Quay (Tara Street) at 5.30 pm. Stop en-route.

Return: Monday, 26th October, arriving in Dublin City Centre at 8.30 pm approx. Stop en-route.



An Óige Hillwalkers 2009/2010

Membership Application Form

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

Please read and sign the following PERSONAL DECLARATION

<p>PERSONAL DECLARATION</p> <p>I am over 18 years of age and wish to apply for membership of An Óige Hillwalkers Club. (*) <i>(*) Please note that personal accident insurance is only available to members between 18 and 75 years of age.</i></p> <p>I accept that mountaineering is an activity with a danger of personal injury or even death.</p> <p>I am aware of and shall accept these risks and wish to participate in these activities voluntarily and shall be responsible for my own actions and involvement.</p> <p>I accept that An Óige Hillwalkers Club establishes the bounds on its activities through the constitution and rules of the club and I agree to abide by these.</p> <p><i>If you agree and accept the terms of the PERSONAL DECLARATION, please sign and date here.</i></p> <p>Signature Date</p>
--

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

The 2009/2010 membership year runs from Oct 1st 2009 to Sept 30th 2010.

2009/2010 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!