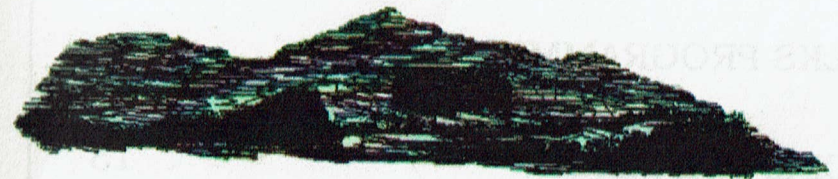


# *The Trekker*

September 2001

ISSUE NO 16



*The Trekkers*

*Mountaineering Club,*

*Glenageary,*

*Co. Dublin.*

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## **EDITORIAL**

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### **Back To The Hills**

**There was a great sense of freedom when we returned to the mountain trails following the FMD. Whilst the walks on city pavements and parks were very enjoyable and educational, our first calling is to explore Nature's highways and byways. We all hope the dreaded plague of Foot & Mouth has now passed and does not become a problem again.**

### **JACK LANGAN**

**It is with great sadness that we record the recent death of Jack Langan, truly one of natures' gentlemen and one of the founders of the Trekkers. In recent years Jack always joined us on our "Away Trips" where his anecdotes and his poetic rendition of the exploits of his canine friend will always remain with us. In your own words, "Thank you for your kindness"**

**AR DHEIS DÉ GO RAIBH A ANAM DÍLIS**

## **JACK LANGAN**

*On 18<sup>th</sup> July 2001, in the early hours of the morning Jack Langan died peacefully and quickly. He died in Killarney while he was on a touring holiday. He was 80 years of age. As was to be expected he died with his boots on.*

*Jack had an interest in all sports and outdoor activities and took an active part in many of them.*

*He came from Ballygar in Galway and had hurling in his blood. He had a powerful puck of the sliotar. I can bear witness to that, one day when we were hurling on the pitch in Sallynoggin, Jack, always generous, passed the ball to me. I was too slow to avoid his generosity and ended up with a broken cheekbone. He also played golf.*

*A member of Presentation Badminton Club for many years and chairman of the club for much of that time he was a regular badminton player. He was also a member of Cluny Park Tennis Club. He loved playing tennis and continued playing until an operation to replace his hip slowed him down.*

*He had an interest in all athletics and was a long-term member of Blackrock Athletic Club. He was 60 years of age when he took up running. He started at the top. Encouraged by his friend, Tommy Kelly, he prepared himself for the Dublin Marathon. This brought out a fierce determination and great courage. Night after night throughout the winter months and into the following spring and summer, he ran around the block, a distance of something less than a mile, again and again, until he had clocked up the mileage he needed. He was 63 years of age when he ran the marathon.*

*Whatever knowledge he acquired about any activity he liked to pass on to other people. His special job for Blackrock Athletic Club was coaching young members of the club in throwing the discus.*

*Jack took to hill-walking and mountain climbing with his usual enthusiasm. He came to know the Dublin & Wicklow mountains well and he climbed most of the higher mountains in the West of Ireland and Kerry. His favourite climb was Mount Brandon from Cloghane. He loved the valley of the Pater Noster lakes enclosed by towering cliffs and great slabs of rock – even though he damn near lost his life one day climbing down into that valley from the summit of Brandon.*

*He was a founder member of the Trekkers Mountaineering Club and played a major role in developing the club during its formative years. In keeping with his philosophy of starting at the top, Jack pushed the newly formed club into tackling the Lug Walk, a 33 mile walk across 19 of the major summits in the Wicklow Mountains. On a June day which was wild, wet and cold, Jack battled on to complete two-thirds of the route at Wicklow Gap. There he was found to be in an advanced state of hypothermia and was obliged to pull out.*

*He took his interest in the mountains abroad and, again starting from the top, he carried out an incredible three-week trek in the Himalayas. He also walked in the Alps in France and in the Atlas Mountains in Morocco.*

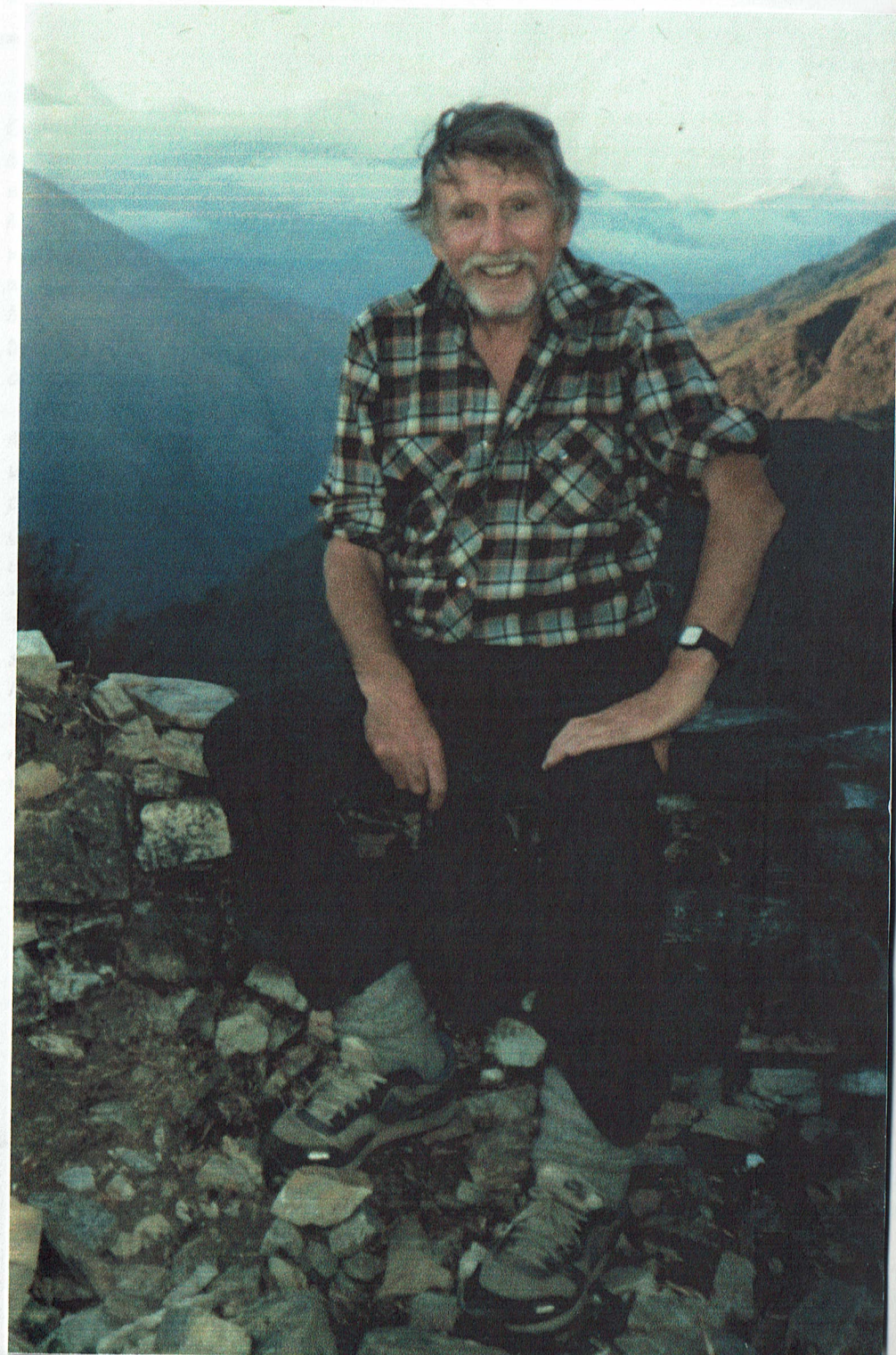
*Jack was a gentleman in the full sense of the word. We all know how gentle and kind he was to others. His generosity had no limits. He was ever welcoming. But he was also a man of great determination and steel, when the occasion demanded it. His preparation for the Dublin marathon and his trekking in the Himalayas brought that out. His heroes were the great explorers, men such as Shackleton, Scott and Tom Crean.*

**On one occasion he undertook a 28 - mile trek, The Bangor Trail, which went from Bangor Erris through the Nephin Mountains to Newport in Co. Mayo. After 18 miles the main part of the walk ended and many people finished it there. At that stage Jack was in some distress after a long and hard day and the organisers suggested he call it a day. Jack's response was that he would complete the walk or die in the effort. Ten miles and four hours later he finished the walk.**

**Jack was a dedicated gardener with an expert knowledge of shrubs and flowers. The roses in his front garden and on the road outside his house have helped brighten up the road. But the people of Bellevue Road always knew that summer had arrived when Jack appeared on the road in his fennis shorts. Summer lasted until Jack put away his shorts. We had long summers. I wonder whether summer will come to Bellevue Road next summer.**

**When Jack finally left us, I am sure that he walked to the gates of Heaven. St. Peter was there to meet him and said " Come in, Jack. You're as welcome as the flowers in May".**

**Shaun Trant.**





*Eileen playing the Percussion Stick*

### *The Kitzbuhel Saga*

*One of the good things to come out of the Foot & Mouth crisis for Maeve Sims and Eileen Gallagher was a trip to Austria. With a free week due to the postponement of the Trekkers Kerry Walking Holiday from June to September we decided to look further afield and got a very good deal for "Kitzbuhel" two star 15<sup>th</sup> century former coach house with Bed, Breakfast, Dinner, Afternoon Tea (only availed of once) and free Wine & Beer with your Dinner, what more could we ask for. We travelled out on a Wednesday and arrived to temperatures of 28 degrees.*

*Maeve had been before so knew the scene. From May to mid-October visitors to Kitzbuhel can meet at 8-45am at the tourist office and participate in free hikes seven days a week. Passport type books are given to all participants and every summit is recorded with an official stamp and photo. You get an award after three, six, twelve, twenty up to 200 walks etc, either Hiking Pins, Badges, Royal Badges etc. You also get your name published in the local newsletter and they send you a copy. There are three Bergwanderfuhers (guides), Klaus, Pepe and Madeleine. People come back year after year to add to their walks. Some we talked with were on their sixteenth trip. Maeve remembered from the last time that the meeting point for the difficult walks was by the fountain, so Thursday morning there we were. When Klaus arrived he told us "You two over there" pointing to the less challenging groups. Maeve was very brave, said we had loads of experience and we wanted to walk with him. He glared first at our boots (Thank God they weren't new) and we waved our sticks, that clinched it. He liked all his walkers to have 2 sticks & boots with ankle protection etc. There was about 14 in the group, enough for 2 taxis (people carriers). Only one was air-conditioned, guess where we were directed.*

### DAY 1

*That first day we drove to "Scheffau" and walked around a lake called "Hintersteiner See". Klaus referred to us as "The Irish" and we were asked to walk at the back. From time to time we would hear the cry "Are the Irish alright"? We answered "Yes" each time, we were being assessed. We had a good laugh when it started to rain and Klaus and a few more took out their umbrellas. Picture that up Lug or Tonelagee! We were told as it's seldom windy, umbrellas are more comfortable than rain gear. We left the lake and climbed up to an "Alm" (mountain hut) at approx 1100m where we had lunch. Only food bought at the Alm could be eaten there as the farmer who owned the Alm also owned the mountain. While we ate the farmer played Tyrolian folk songs on his accordion and Eileen accompanied him on a percussion stick. We were breaking down barriers. Then we started the decent, wet ground, slippery roots and a steep gradient for about 2 hours. How are the Irish? we gritted our teeth, he was stuck with us. We had decided over lunch that we came to Austria to walk and we needed Klaus to achieve this. We graded the walk a B+. We ended the walk in a bar in true Trekker style and while we drank our pint Klaus asked us if we would be walking with Pepe (easier walk guide) the next day. "No" we said "we're walking with you, are we allowed?" "Yes Irish". Hurrah, we were in.*

### DAY 2

*It rained very heavy all night and the next morning it was still pouring down. We took a chance and arrived at the Tourist Office with just five minutes to spare and were amazed to see the whole group waiting for Klaus. This time we started our walk at Pass Thurn and walked the "Romerweg" to Mittersill. This walk was along the old Roman salt road and it continued on to Salzburg and Vienna. We had marvellous views of the Gross Glockner. We had our lunch in Mittersill and arrived back in Kitzbuhel about 2-00pm. We graded this a very nice C walk.*

*As we were finished so early we hopped on a bus to St. Johann, the next town, to do a bit of sightseeing and shopping. After dinner that night we sat in the Town Square drinking beer and listening to the concert by the local brass band.*

### DAY 3

*Next day we went on a bus tour to the Gross Glockner, the highest peak in the Austrian Alps. The weather was brilliant, blue skies and sunshine. The bus followed a high alpine road with thirty four hairpin bends to a height of 8000ft. At the top there is an Observatory where the world of nature, marmots, ibex etc can be observed together with numerous mountaineers climbing the Gross Glockner. We would highly recommend this trip.*

### DAY 4

*Weekend walks are by invitation and we knew we had been accepted when we were invited to join the Sunday walk. We left at 8-30am and headed in the Innsbruck direction. The walk began with a visit to Trazberg Castle, we then walked up to the monastery of St. Georgen and returned down the marvellous Wolfsklamm river gorge to the small town of Stans. Luck was with us as there was a big festival in Stans complete with tent, food, beer, music etc. Another good lunch even if it was 3-00pm and then back to Kitzbuhel. That particular Sunday the cable cars up the Kitzbuheler Horn were open until 6-00pm so we took the gondola up to 2000m, unfortunately it was quite misty on top but we managed a walk of about one hour down to a lower station and took a gondola home.*

## DAYS 5 & 6

*Now the walks were getting more challenging and Klaus had promised us two good walks for Monday and Tuesday. It was very funny listening to Klaus trying to discourage new walkers joining the group. The new week meant new hikers, several knew each other from former years. The group now comprised Irish, English, Austrian, American, Dutch and Canadian. We had an excellent walk starting at Venediger Weg and walked up to Wildalm where we had a lunch of Tyrolian style, speck mit ei (bacon & egg), after lunch we set off for the beautiful Sinterbach Wasserfall, then down to Jochberg and home.*

*Last walk. We drove to Pass Thurn and took the double chair lift up to Resterhohe. We were at a height of 1782m starting our walk. The walk was 20km and much of it a ridge walk to begin. We arrived at Panorama-Alm for elevenses and then on to Stangenjoch where we ate our packed lunch under the shadow of the Gross Rettenstein (2366m.) After lunch we made our way down to the Oberlandht for a beer and here the Irish were presented with their Bronze Badges for completing three walks. Wouldn't you know it, the Irish had completed five walks, just one short for the Silver Award. So there's no doubt we'll just have to go back.*

*The final night we went out to dinner with Klaus, his lady friend and some new friends we had been walking with all week. It was a lovely end to our holiday and then early next day it was back home.*

*Maeve Sims & Eileen Gallagher.*



Zell am See

# Walks Programme – September to December 2001

Date	Grade	1 <sup>st</sup> Leader	2 <sup>nd</sup> Leader	3 <sup>rd</sup> Leader	Time
1/9/01	B	T. Gillan	C. McHale	E. Logan	9-00am
15/9/01	C	K. Beegan	M. Beegan	N. Boyne	11-00am
29/9/01	B	K. Moore	R. Doyle	M. Sims	9-00am
6/10/01	B	M. Tinsley	I. Lawton	S. Cantwell	9-00am
13/10/01	A	E. Logan	W. Hannon	J. Hamilton	9-00am
	C	P. O'Duffy	M. O'Duffy	I. McCraith	11-00am
27/10/01	B	F. Mulloy	D. O'Hegarty	J. Murphy	9-00am
	C	R. Halpeny	B. Brennan	H. Fitpatrick	11-00am
3/11/01	B	M. Dorgan	C. Dorgan	J. Murray	9-00am
10/11/01	A	C. Behan	E. Gallagher	P. Owens	9-00am
	C	C. Mangan	C. Brandon	J. Brandon	11-00am
24/11/01	B	B. Bracken	G. Fogarty	L. Walsh	9-00am
	C	C. Dorgan	M. Berthiaume	M. Delaney	11-00am
8/12/01	B	W. Hannon	B. Lane	C. McHale	10-00am
	*C	D. Ryan	H. Jack	M. Beegan	12 Noon
<b>*NOT THE CHANGE IN TIME - THIS WALK WILL END WITH OUR USUAL PRE-CHRISTMAS DINNER</b>					
28/12/01	C	E. Gallagher	E. Logan	P. Connolly	10-00am
5/01/02	B	D. Kirker	B. Brennan	T. Murray	9-00am

IN THE INTEREST OF SAFETY  
PLEASE USE THE SEAT BELTS PROVIDED ON THE BUS.

*369  
5 Kerry  
374*

## SOCIAL

## SNIPPETS

### MID-SUMMER MADNESS

Once again adversity caused by the Foot & Mouth disease was turned into an advantage. With the Kerry trip postponed from June to mid-September the gap in the diary was filled. On St. John's eve 35 Trekkers sat down to a welcome meal in the Glenmalure Lodge. This was the culmination of the A & C walks both from Glendalough with the former group taking the higher track via Mullacor and Cullentragh. Thanks to Eileen & Eugene for your efforts in making the event so enjoyable and to the Man above for beautiful weather.

\*\*\*\*\*

Good Luck to Ronnie Doyle who is off to America for an interesting Sabbatical!

\*\*\*\*\*

We hear Brian Brennan has been released from R.T.E. He was let off for good behaviour and we wish him well in his retirement. Another member for the Pathfinders Group.

\*\*\*\*\*

Michelle went on the "C" Walk on Saturday 28<sup>th</sup> July and informed everyone in the pub that she had walked 18,460 steps - sounds impressive!

\*\*\*\*\*





Marie, Paddy, Pearse, Cindy, Marian, Liam & Evelyn at Aras an Uachtarain.

## URBAN WALKS

*From the Liberties to Bullock Harbour, from St. Anne's Park to Poolbeg Lighthouse and from the Dodder Valley to Aras an Uachtarain. These were some of the many diverse places visited during the Foot & Mouth crisis. The idea of urban walks developed from a suggestion by Brian Brennan to enable the Trekkers to keep in touch with each other during this unknown length of time. The idea snowballed and willing leaders devised an interesting range of walks which took place between March and May.*

*An average of 10 people took part each Saturday with each route taking in various places of interest, which we had frequently passed but never stopped and looked and examined at close quarters. As usual deciding which place to visit and which to leave out was in itself a challenge and the numerous anecdotes that were related shortened the road and lengthened our knowledge.*

*I think everybody learnt something new on these treks but I suppose the real collective first was the visit to Aras an Uachtarain. It was with a great source of pride that we entered Ireland's No 1 house and the enthusiasm of the marvellous guide made up for the absence of Her Excellency, who was out of the country at the time.*

*It was very interesting to stand in the main reception room where all the International dignitaries are received, to see the table around which each new government holds its first meeting and to be in the President's study where the Acts of the Oireachtas are signed into the law of the land. The Museum situated in the Old Kitchens displays the life of the house from the Viceroy to the Governors General and the 8 Presidents of Ireland in a display of pictures and personal memorabilia. The Staterooms and Museum are open each Saturday from 10-30am to 3-30pm. So if you missed our trip make your own.*



*Maeve & Eileen on the way to Gross Glockner*

## HIDDEN IRELAND

### EUROPE'S HIGHEST CLIFFS : CHOIRS AT THE WATERFALL

*How many times have you turned various corners of the road, or climbed to the top of a mountain and witnessed a spectacular view or an interesting sight? Numerous times I am sure and in the length and breadth of Ireland many scenic gems have unfolded themselves before you.*

*Well a few weeks ago Evelyn & I came across two of natures' wonders, little publicised, and only known to the immediate population. The first was Bungloss Cliffs – off the road to Glencolmcile and the second the Assamacally Falls near Ardara, both in South Donegal.*

*To get to the first you turn off the main road at Carrick and head towards Teelin , past the Salmon Leap, a well-known fishing spot, and then turn inland for Slieve League. There are two approaches, one for the trekkers and one for the motorists. The first leads you up a gradual incline to the mountain peak (500m) and the second winds its way around the mountainside and up to a car-park overlooking Donegal Bay, through which the Atlantic fishing fleets head for the port of Killybegs.*

*From the car-park there is a well-paved and used path that encourages you to climb to a higher plateau for an extra rewarding view. There is a sheer drop from the peak to the seabed below and a plaque states that these are the highest cliffs in Europe. This you can imagine as you look at the sheer vertical drop that is the southern face of the granite rock.*

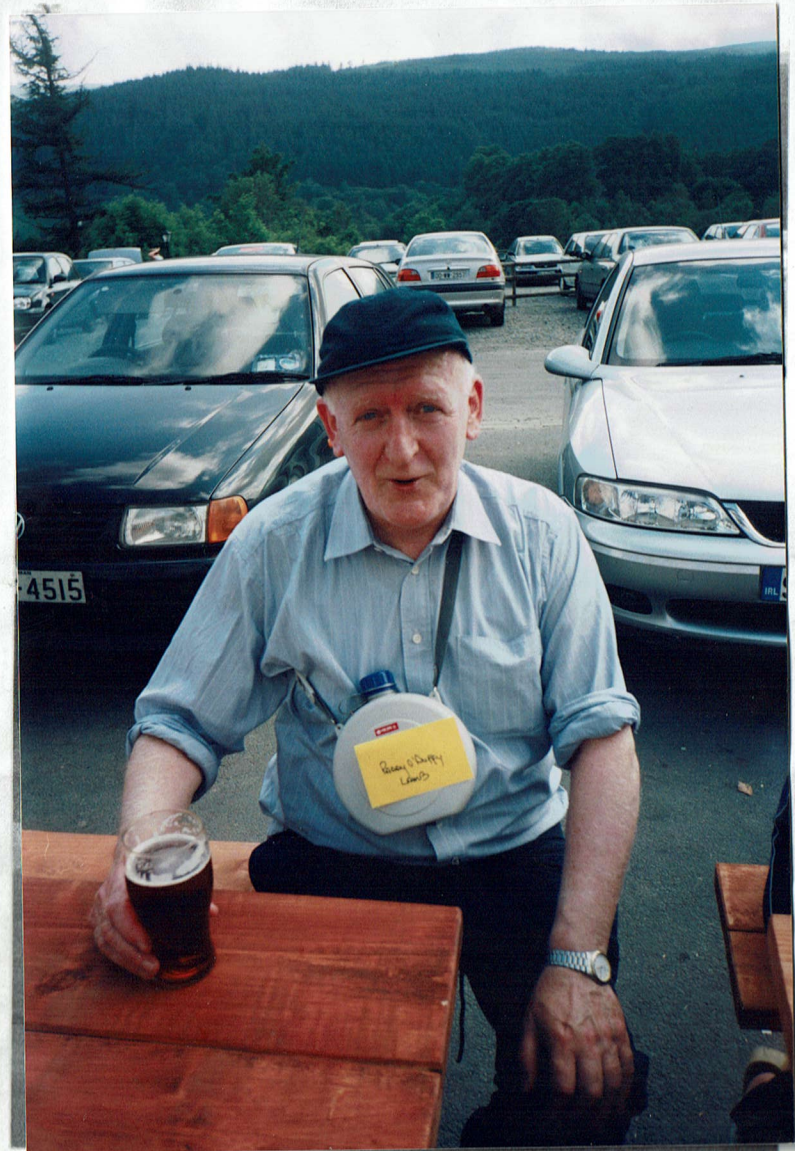
*On the way back down you can see the words 'TIR EIRE' displayed in stone across the landscape. These stones were placed there during World War II to advise aircraft that this was a neutral country and to retain any lethal cargo they might hold!!*

*Assamacally Falls, near the Maghera Caves about 1.5 miles from Ardara, are as high as the waterfall at Powerscourt, except the River Dargle has to travel a further 6 miles to the sea whereas the river has only 600 metres to go. When we were there the cascading water was brown from the peaty soil above and fell fast with a frothy foam. At the base there is an interesting wooden sculpture which appears biblical in theme, with leaping salmon on one side and a cake of bread on the other.*

*This was the most unusual backdrop for an impromptu singsong that took place with choristers from Antrim and Cork. For 20 minutes a repertoire of Irish songs could be heard to the delight of the gathering attentive audience and videoed for posterity. Moments like these last forever.*

*For the next Trekkers I would like to read about your hidden Ireland or incidents.*

**Monty Tinsley.**



*Speilberg O'Duffy wanted Lamb for dinner*



Top: Bill Hannon & Pearse Connolly

Below: Evelyn, Liam, Colette et.al, at the Glenmalure Lodge



On The Trek  
An interview with Brian Brennan

My interviewee for this edition is the long time committee man and former editor of the Trekker – Brian Brennan

**M.T.** I suppose Brian many of the Trekkers know of your love for the hills, but what was it that got your interest going in this pursuit.

**B.B.** Well, my parents were very interested in walking and they would bring the family out for a Sunday walk, but it was the 66<sup>th</sup> Dublin Scouts – the Clontarf Troop that really got me going. I loved the hikes to Portrane, Larch Hill and the Camps. We sometimes went by train to Bray and hiked to Powerscourt – that was a big outing.

**M.T.** So the small legs got plenty of exercise?

**B.B.** You can certainly say that, but I liked it and was involved for 6 years – very enjoyable years.

**M.T.** Skipping forward to your now near eleven years with the Trekkers. What were your most memorable occasions?

**B.B.** Undoubtedly the Kerry trip in 1993. We stayed the first night in Annascaul, the second in Cloghane and the third in Dingle.

B.B. It was the first time we used a private bus to transport gear etc. This was John Furey's idea and transport has been used ever since. We came down the Glenahoo Valley and climbed part of the Brandon Peak by day and had great craic in the pubs at night.

**M.T. What about the magical moment on top of Galtymore that has gone down in folklore?**

B.B. Oh yes, we had come up the hard way from the Aherlow side and as we approached the top (3015 ft), we heard the strains of "The hills are alive with the sound of music". Imagine our amazement when we discovered The Mitchelstown Brass Band on the summit with a huge crowd of supporters. It was a fundraising venture. They then struck up the Rose of Tralee and Paddy O' Duffy got his chance to encourage the crowd to sing. We stayed there until we were reminded by our Leader "we were on a walk" and as we left the band played "The Saints Go Marching In"

**M.T. Have you got a photograph of the event?**

B.B. Unfortunately no- it is only in the memory bank.

**M.T. What has life been for you outside the Trekkers?**

B.B. Well, hiking took a back seat while the children were small but I played a bit of rugby – badly in fact.

B.B. However I still love going to matches and I made sure I saw all the Lions Tests this year.

**M.T. If you had to chose between the two how would you fare?**

B.B. Undoubtedly hill walking would win out – well, within reason.

**M.T. Looking around this room I see some beautiful paintings and some I recognise. You obviously like landscapes as distinct from modern art. I am not certain what that says about either Annette or yourself but I like them also.**

B.B. Yes, I like art, in fact I painted that one myself. It is of an outhouse at Mount Errol in RTE.

**M.T. I was admiring it all evening. I am really in awe of anybody who can paint, sculpt, play music etc. By the way, at what stage did your M.C. skills take shape?**

B.B. I suppose the extrovert was always there. My mother was interested in local dramatics – maybe it is in the genes. My work in RTE caused me to organise and address meetings. The M.C. just happened, particularly with the Killiney Lions and the events we organised.

**M.T. Well Brian, back to the Trekkers and your experience on the hills. Have you a favourite spot in Co. Wicklow?**

B.B. The Derrybawn Ridge is number 1. On a clear day you have marvellous views from there. Of course I love Glenmalure and the pub. There is a wonderful atmosphere there. It is a real hill walkers' pub.

**M.T. What items of gear would you recommend to the novice?**

B.B. Boots, socks and a jacket. These are most essential. Some people use cheap socks and suffer accordingly! Don't take short cuts with these essential pieces of equipment.

**M.T. Finally Brian, on a desert island what three items would you bring with you?**

B.B. A good book – containing different acts of heroism, some light classical music – maybe Mozart and an axe.

**M.T. Thank you for your time and most importantly for launching the *Trekker*, and your years as Editor. It got a sound foundation.**

*Q. What have the Needhams, McAleeses and Bushes got in common ?*

*A. They all visited Slovenia at the same time, however there was no sighting of them playing bridge together.*



DICK "CROCODILE DUNDEE" RYAN



### *Thoughts on Walk Leadership by Liam Walsh*

- A Leader should be fit enough for the walk planned and know the route on the ground, not just the map. In planning the route, thought should be given to escape routes in case it becomes necessary to shorten the walk.
- Before setting out the Leader should be satisfied that everyone is properly equipped. In practice this would mean checking with a newcomer or guest that they have suitable boots and raingear.
- Keeping the group together is important. The Leader should keep continually aware of how the walk is progressing by looking behind every now & then. The Leader, not the sweeper has the main responsibility.
- In case of accident or illness requiring outside help several things need to be done. Bring the group to a halt. Keep the safety of the group as a whole in mind throughout. Administer first aid in so far as qualified persons are available for the purpose in hand. The party should aim for the most convenient place where help might be expected, a farm or public road.
- The distress signal is SIX blasts of a whistle or torch flashes followed by ONE minutes silence, then repeated.

