

May 1996

No. 3



John Brown
Editor

EDITORIAL

Now that the "Trekks" April weekend trip to Glenmalure has taken place it is time to start thinking of our Annual June long weekend which this year takes us to the Dingle Peninsula.

Those members who have never been on a Kerry walk and are taking part this year, are in for a treat. Magnificent scenery, great walking and of course the Kerry pubs. A weekend to look forward to.

Regarding the April weekend, many thanks are due to organiser Ian Thompson for a job well done. Thanks also to John Furey on his excellent navigation. Conditions were difficult due to very poor visibility and on the Sunday we had to cope with heavy rain as well. John's calculations were first rate and although we could see nothing he guided us perfectly to Rathdrum. Never was a pub such a welcome sight as "Jacobs". Everyone was drenched and in minutes the pub floor was covered in puddles. However, despite the weather everyone had a most enjoyable weekend and it was great to see Gerry Keane back trekking with us again.

The question of appropriate walking clothes was very relevant during the Glenmalure trip and further on in this issue Fergal Trant outlines the correct gear for hill walking.

Brian Brennan
Editor

2nd Annual General Meeting

held in The Court Hotel, Killiney Bay on Tuesday 16th January, 1996

Present:

Shaun Trant	Paddy Furey	Michael Armstrong	Jack Langan	Fergal Trant
Dick Needham	Brian McKean	Eugene Logan	Paddy O'Duffy	Ian Thompson
Kevin Beegan	John Brett	David Kirker	Gerry Keane	John Furey
Freddie English	Bill Hannon	Derry O'Hegarty	Ciara Furey	Karen Pierce
Monty Tinsley	John Brandon			

Apologies:

Brian Brennan	Noel O'Reilly	Charlie Ryan	Aaron Maxwell	Carl Laverty
Bill Duncan	Ronnie O'Sullivan	Ingrid Trant	Fergal Molloy	Jim Moore

Shaun opened the meeting by welcoming the members. He referred to the inaugural meeting of 17th January 1995.

1. Last AGM and Changes Agreed

At the last AGM it was agreed that there was a good base to the Club and there was no need for sweeping changes. However, we could allow membership to grow. Specifically, in order to accommodate the development of the Club the following specific changes were agreed:-

- Current members could invite any friends or relatives who expressed an interest in hill walking to come out on one or two walks.
- Membership could be open (on the same basis) to person outside of the group referred to above. They would need to participate in one or two walks prior to a decision being taken on admission to membership.
- Membership would be open to males and females.
- The number of walks to be increased from one to two per month.
- Two grades of walks to be introduced.

Grade A: The standard day's walk in the hills.

Grade B: Less demanding walk in terms of distance, severity of the climbing and the roughness of the terrain; but essentially a day's walk.

- Pick-up for all walks at 9.00am
- The Club would remain a member of the Mountaineering Council of Ireland and would proceed to full membership. The subscription to the Council includes insurance for Club members, in accordance with the terms of the insurance.
- The Club subscription was fixed at £15 per year.
- The committee which was set up to run the Club comprised the following positions:
 - Chairman - (Shaun Trant)
 - Secretary - Correspondence and meetings; applications to membership and membership issues; annual dinner and other social functions. (John Furey)
 - Treasurer - Membership fees; equipment; insurance; MCI membership (Kevin Beegan)
 - Walks Coordinator - programme of walks; walks leaders; leadership training; June weekends and other weekend walks (Dick Needham)

2. Review of Membership

John Furey reported on the position regarding membership. There was a discussion on the changes which had taken place in the list of members, which now stood at 34. General satisfaction was expressed at the way the membership was developing. In all 33 contacts had been made regarding membership. Some of these had been initiated before the previous AGM but were dealt with subsequent to the meeting. Fourteen (14) were through membership contacts and of these eight (8) continue to full membership. There were nineteen (19) outside applications of which one is in full membership.

There was a brief discussion on the information supplied to prospective members.

3. Walks Programme

During 1995:

It was recorded that there was a total of 22 walks organised during 1995, with an average turn out of 12.5 per walk. Thirteen (13) club members had participated as leaders of the walks. The turn-out varied between 8 at the lowest and 20 at the greatest, with the "B" walks attracting the higher average of 14 compared with 11.4 for the "A" walks.

It was suggested that members should give an early indication of intention to participate in each Saturday walk and every effort should be made to turn-up for the walk, once a commitment is given.

Members expressed satisfaction with the frequency and range of the walks.

During 1996:

A list of proposed walks, together with the list of walk leaders, for the period 27 January to 8 June was circulated.

4. Finances

Kevin Beegan circulated a financial report. There was a credit balance in the bank account of £57.69. The expenditure during the year amounted to £307.60 with the principal expenditure on MCI membership (173.60); printing of "The Trekker" (£60.00) and the group shelter (£67.50). The balance was in respect of bank charges.

Appreciation was expressed to Michael Armstrong for the gift of portable splints.

It was agreed that the subscription fee should be maintained at £15 per annum, inclusive of the cost of MCI membership.

There was a discussion on deposits paid for the 1995 June walk and of the desirability of avoiding non-refundable deposits.

Members were informed that a group shelter (Kishu) had been purchased for the use of the Club.

5. Leader Training

The Chairman referred to the opportunities for training and advised the members that Fergal Trant had obtained the award of Mountain Leader by the Irish Mountain Leader Training Board. In addition David Kirker, Eugene Logan and John Furey had undertaken the Mountain Skills Programme.

Fergal Trant spoke on mountain leadership and training and if enough people were interested appropriate training could be arranged. If members were interested in training they should let him know.

6. June Weekend
1995

Dick Needham spoke of the Ballyhoura Way walk and the various highlights and problems. There was a general expression of appreciation to Dick for the work he put into organising the walk and an expression of satisfaction with the arrangements.

1996

The Chairman spoke of the walk which is being held from Friday 14 to Monday 17 June next. It will be in the Dingle area of Kerry and promises to be an interesting and pleasurable event. On the final day there will be an option of walking in the Brandon area or a boat trip to the Blasket Islands. Persons interested in going on this walk are required to give a deposit of £30 as soon as possible. The expected total cost for accommodation/breakfast will be £135.

7. April Weekend

The April weekend will be in the Wicklow area and will entail an overnight in Glenmalur. On this occasion the meeting time will be 8.30am and will entail a walk from the Wicklow Gap to Glenmalur. The evening meal will be in the Hotel and those who will be in accommodation outside of the Hotel will be transported there for the meal. The walk on the second day will end at Rathdrum and we will be collected there to return home. The total cost will be approximately £35 and a deposit of £10 is required.

8. Publicity

The Chairman advised the members that since the previous AGM, Brian Brennan had agreed to take on the role of Publicity Officer and had produced "The Trekker". Brian was praised for the quality of the production and its content. In addition to our own magazine, other publications were now available to the members, e.g. the Walking World and the Mountain Log. If members had anything which they would like to have included in the Trekker they should send it to Brian. Holiday brochures may be sent to some members and they should advise Brian so that the information would be available to him for publication.

Brian said that he could supply the magazine, "Walking World" at a discounted price and anyone wishing to avail of the offer should notify him.

9. Annual Dinner - The Court, Killiney Bay - 16 February

The proposed menu was referred to and agreed. The dinner price was £20.50 and individual arrangements would be required in relation to drinks and wine. Some preparation would be required and members were asked to confirm their attendance as soon as possible so that detailed arrangements could be made.

10. Committee

There was an expression of support from the members for the work which had been undertaken by the Committee and it was agreed that the Committee members should remain in place. One of the activities which will require to be undertaken is the preparation of a constitution for the Club. Dick Needham agreed to work on this. Matters such as the appointment of officers; functions of the Committee and general and other meetings will be addressed in the constitution and that it should also serve to preserve the vibrant nature of the Club.

11. Other Business

There was some general discussion on extending the walking area to Northern Ireland and to Britain. This would be a relevant matter in constructing the constitution. The Chairman advised members that a sheet would be circulated indicating the various events that were being held and were asked to indicate their intentions regarding the dinner, the April and June walks and training by completing the relevant parts of the sheet.

This concluded the business of the meeting.

10 March 1996.

Congratulations To

*Dick & Joan Needham
on the engagement of their daughter
Sarah to Aaron Maxwell*

Hill Walking - What to Bring

A group taking to the hills should bear two factors in mind relating to gear and equipment:

1. The gear which each individual should carry.
2. The equipment which the group should carry.

Individual Gear

Footwear

Good footwear is essential to an enjoyable and safe walk. Uncomfortable boots can lead to blisters or sore feet, thus ruining a day's walk. Well designed boots will be comfortable, light, provide support for your ankles and have good soles for grip on wet rocks or steep terrain. Ideally they should also be waterproof.

Heavy socks, sometimes two pairs, are needed to complement the boots. When feet are getting sore, a change of socks sometimes helps.

If buying a pair of boots, make sure that, in trying them out, you wear socks similar to what you will wear on the hills.

On the question of whether boots or shoes, the advantage in most cases lies with boots. On rough ground boots have a better grip on the ground, are more waterproof and give better support to the ankles.

Waterproofs

Quality waterproofs are essential for treks in the Wicklow Hills. There is a huge range of waterproofs on the market, so before you decide which type you would prefer, maybe you should determine how much you are willing to spend.

Breathable garments have advantages over the traditional nylons and pvc's. With these "breathables" moisture vapour can pass out through the waterproof layer and at the same time rain will be kept out. Don't forget that perspiration is often as big a source of dampness as rain.

Features of a good rain jacket include:

1. Breathability
2. The hood should come over your forehead but not cover your eyes
3. A stiffened peak can protect your eyes or keep the rain off your glasses
4. Draw cords in case the weather turns nasty
5. Zips should be covered by a flap, to prevent rain leaking in
6. Cuffs should be adjustable, usually with velcro straps, to stop the rain coming in, or, when opened, to help let moisture ventilate out
7. All seams should be taped, to prevent rain leakage
8. Pockets should be zipped with flaps. Make sure that the map pocket is large enough to hold a map.

Waterproof Over-Trousers

Features to watch out for when selecting trousers include some of the above. A most important feature is a zip, from ankle to knee, which enables the trousers to be put on quickly without having to take one's boots off.

Gaiters

Gaiters can be used to keep snow, mud or water out of one's boots. They are also extremely useful for walking through high wet heather or in crossing a river.

Head gear

The greatest source of heat loss is an unprotected head. Some head gear is essential to reduce the risk of wind chill. A fleece lined windproof cap can keep the ears nice and warm in a hard wind on top of Lug.

Gloves

Mitts or gloves should be windproof. A spare pair can often make life easier,

Outer Clothing

In winter time it is advisable to avoid cotton garments, because cotton quickly goes cold and remains cold when wet. This applies even more so to denims. Synthetics or wool are superior.

The garments you wear next to your skin will get damp from the perspiration from your body. To avoid the resulting cold, these garments should be made from synthetic materials such as polypropylene or polyester e.g. thermal underwear.

Woollen jumpers retain heat very well. Two light woollens are better than one heavy one. Fleece garments have replaced woollen jumpers in recent years. Fleece is better because they are lighter, do not absorb water to the same extent, dry quickly and are very durable.

Rucksack

Rucksacks are classified into different grades by size. A 20-30 litre capacity is adequate for a day's walk in Wicklow. Features to watch out for are padded straps, a waist strap for stability, a padded back for comfort, a few exterior pockets. A rucksack liner, such as a large plastic bag, should be placed into the bag to keep its contents dry.

Bivi Bag

Each member of the group should carry a bivi bag for emergencies. These bags are inexpensive, light, waterproof and windproof. They are also useful for seats at lunch time.

Flask

A hot drink can often lift your spirits on a cold wet day, when there is still a considerable walk ahead of you. The flask should not be too big, because of the extra weight. Stainless steel flasks are light and unbreakable. Plenty of liquids during the day can help your energy.

Trekking Poles

Trekking poles or walking sticks are becoming more and more common with the trekkers. People who use them say it makes the walk less tiring. You also have three points of contact with the group as opposed to two. This can improve balance especially on steep terrain. They are also very useful for crossing rivers and checking depth. A trekking pole that folds away can be stored in the rucksack when not needed.

Lunch

The food that you carry is a personal choice, but you should remember that with arduous walking, e.g. the climb by Art's Lough, you use up a lot of calories. Researchers have shown that men burn 3500 - 4000 calories on a walk; 2500 - 3500 for women. Some of these calories have to be replaced. Fat contains twice as many calories per gram as protein or carbohydrates, but are hard to digest and slow to release energy. Proteins are found in most foodstuffs. Carbohydrates very quickly release energy and should therefore make up most of your lunch.

Cereals, bread, biscuits, cake, crispbread, grainbars - all have a high content of carbohydrates.

Sugar containing foodstuffs, such as chocolate, give you a quick blast of energy but this energy doesn't last long. Nibbling chocolate during the course of the day can be useful for keeping energy levels up.

Whistle

Every member of the group should carry a whistle, preferably one with a high-pitched shrill sound. If you lose touch with the group, do not hesitate to use the whistle until contact is re-established.

Head Torch

It is advisable for each member to have a torch, together with spare batteries and bulb.

Group Equipment

Some safety items which the group should carry were mentioned in the last issue of the "Trekker". These should be divided out amongst the group to avoid any individual being overloaded. They include:

Map & Compass

Somebody must be able to use them. The leader of the day should always carry map and compass. Anybody else with an interest in improving navigation techniques should also carry them and should keep in regular contact with the map, relating it to the surrounding ground.

First Aid Kit

This kit should be equipped to deal with breaks, sprains, headaches, cuts, blisters, sunburn etc.

Telephone

In an emergency, a mobile telephone might be the most important item of equipment a group could have. However, its use should be restricted to genuine need.

Kishu, an emergency shelter.

Rope (not essential in Wicklow)

Set of spare clothes, in case somebody gets very wet, e.g. by falling into a river.

Finally, before setting out, a ROUTE CARD should be drawn up and left where it will be readily found in the event of serious delay in the group's return.

CHECK MATE

A radio conversation at sea just released by the US Navy.

1st Caller: Please divert your course by 15 degrees to the north to avoid a collision.

2nd Caller: Recommend you divert your course 15 degrees to the south to avoid a collision.

1st: This is the captain of a US Navy ship. I say again, divert your course.

2nd: No, I say again divert your course.

1st: This is the aircraft carrier *Enterprise*, we are a large warship of the US Navy, divert your course now.

2nd: This is a lighthouse. Your call.

In Memory of Eva Gore-Booth and Con Markiewicz

*The Light of evening, Lissadell,
Great windows open to the south,
Two girls in silk kimonos, both
Beautiful, one a gazelle.
But a raving autumn shears
Blossom from the summer's wreath;
The older is condemned to death,
Pardoned, drags out lonely years
Conspiring among the ignorant.
I know not what the younger dreams -
Some vague Utopia - and she seems,
When withered old and skeleton-gaunt,
An image of such politics.
Many a time I think to seek
One or the other out and speak
Of that old Georgian mansion, mix
Pictures of the mind, recall
That table and the talk of youth,
Two girls in silk kimonos, both
Beautiful, one a gazelle.*

DOWN DISTRICT WALKING FESTIVAL Saturday 3rd & Sunday 4th August 1996

The festival provides a variety of walks appealing to everyone from the extra keen to the casual walker - taking in the Mourne Mountains, St. Patrick's Countryside and Down Coast.

There will be plenty of evening entertainment and a range of accommodation to suit all preferences and pockets.

If you are interested in participating in the festival and would like to receive further details, please complete the reply slip and return to the address given below.

Countryside Development Section, Down District Council,
24, Strangford Road, Downpatrick, Co. Down, Northern Ireland, BT30 6SR.
Tel: (01396) 610800 ext. 2206/2207 Fax: (01396) 610801

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DOWN DISTRICT WALKING FESTIVAL

I am interested and would like to receive further information

Contact Name: _____ Tel. No. _____

Name of Organisation: _____

Address: _____

Mountaineering Council of Ireland

Discussion Document on developing and implementing agreed MCI policies and long term strategies on access and conservation in the Irish Uplands.

1. Introduction

The Irish upland environment is limited in extent and very fragile in nature. The overall goal should be to minimise the impact of any use of the hills (including recreational use) so as to conserve the resource for succeeding generations. For a number of years the MCI has been extremely successful in preserving the mountains from "attack" from various undesirable developments and has built a formidable reputation for itself as a defender of our uplands. For various reasons the task of carrying the environmental torch within the MCI has fallen to a small number of individuals. There were a number of reasons why this situation existed, not least being a lack of confidence among Clubs and individual members in tackling issues and indeed an attitude that the problems will be sorted out by someone else. In recent times there has been a swing away from this attitude among the membership and the time has come for the development of coherent agreed strategies and policies to achieve our environmental aims.

The 1995 - 1998 MCI Development Plan has shown the value of looking forward and planning for the future. The preparation stage of the Plan generated a healthy debate on a number of issues. Likewise the preparation of the, soon to be published, Club Guidance Notes has also generated discussion on a number of important issues. One of the primary aims of the Development Plan is the appointment of a full time Access and Conservation Officer. Prior to this happening it is important that the MCI Build a proper internal structure to develop and implement coherent policies on Access and Conservation.

This document is for discussion purposes and is the first stage of the process of agreeing Aims, Strategies, a proposed structure and a timetable for achieving these aims.

2. Environmental Aims

The primary environmental policy for the MCI can be distilled into the following statement: *"To promote the conservation and responsible use of the mountain environment and to co-ordinate action in access and conservation issues."*

This can be translated into reasonable access for responsible users' and making all efforts to ensure that the wild and rugged environment of our uplands is not damaged. In furtherance of these aims the following are the responsibilities of the MCI:

- a) To influence the activities of our own members with Practical Access and Conservation policies e.g. highlighting areas with access erosion problems.
- b) To advise on the potential and problems associated with Upland Tourism.
- c) To extend and maintain the Upland Conservation Network through the MC of I membership and co-operate with similar organisations in:
 - i) Monitoring all Upland Developments e.g. roads, forestry, hydroschemes, mining, communication masts, wind farms.
 - ii) Advising constructively on useful development.

- iii) Opposing what are considered to be destructive development.
- iv) Opposing restrictions on access.
- d) To maintain good links with farming, commercial and other users of the uplands.
- e) To influence Planners and County Development Plans by issuing Policies on Upland Environment.
- f) To increase awareness of the value of the mountain environment.

3. Proposed Strategy

The following are suggested strategies to achieve the MCI Environmental Aims:

- a) Set up of a broadly based action committee whose brief will be the formulation of agreed policies on key issues and a strategy for best implementing the environmental aims of the MCI and its constituent members. Policy and strategies to be adopted by Council.
- b) Setting up of regionally based sub-committees to work towards the implementation of MCI policy at National and local level and monitor developments in upland area. Key to this aim is the appointment of Conservation and Access Officers/Committees at club level.
- c) Appointment of a full time Access and Conservation Officer to implement the MCI policy on an on going basis.
- d) Maintain and build upon links with other bodies interested in the long term future and sustainability of Irelands uplands.

4. Timetable

Action	Period
a) Set up Action Committee with the aim of drawing up Environmental Policies and Strategies for adoption by Council. 1996	Feb/May
b) Set up regionally based sub-committees. 1997	May/Oct
c) Appointment of full time Access and Conservation Officer (external funding dependent)	Feb 1997

WALK LEADERS 1996

Walks take place on the 2nd (Grade A) and 4th Saturdays (Grade B) of each month except July and August when there is only one walk.

If any member is unavailable on their allotted day, they are to arrange a swop with another member and please notify Dick Needham accordingly.

Walk Leaders should notify Kevin Beegan on the Tuesday preceding the walk in order that he can arrange transport

Date	Walk	Leader & Tel. No.	Leader & Tel. No.
13/4	A	D. Kirker 282 0971 H 280 8441 W	E. Logan 285 2548 H
20/21 Apr.	Wicklow W/E	F. English 280 4363 H 459 7704/451 6411 W	I. Thompson 285 4797
11/5	A	F. Trant c/o 285 3979	K. 282 7591
25/5	B	P. O'Duffy 280 4789 H 872 2011 W	J. Langan 285 4843
8/6	A	S. Trant 285 3979	C. Lavery 289 4644
14-17 June	June W/E	R. Needham 284 9571 H 280 1130/280 8074 W	
13/7	B+	B. Brennan 285 5700 H 208 2666 W	P. O'Duffy (as above)
10/8	A-	N. O'Reilly 280 9929 H 764 4815 W	R. Halpenny 285 5976
14/9	A	E. Logan (as above)	F. English (as above)
28/9	B	K. Beegan 285 1698 H 677 6881 W	J. Brandon 285 9563 H 677 6881 W
12/10	A	D. Kirker (as above)	D. O'Hegarty 280 8335
26/10	B	R. Needham (as above)	K. Pierce 282 9606 H
9/11	A	J. Furey 289 3045 H 838 5527 W	C. Furey 289 3045
23/11	B	I. Thompson (as above)	M. Tinsley 285 2126
14/12	A	B. Hannon 285 8251	J. Moore 285 5035 H
11/1/97	A	B. McKean 281 9717 H 668 4181 W	J. Brett 285 3358
25/1/97	B	M. Armstrong 285 2434 H 456 8111 W	P. Furey 295 6682 H

1st GOUGANE BARRA Walking Festival

- DATE:** Saturday 21st September and Sunday 22nd September 1996
- REGISTRATION** Tennis Village (Restaurant area), Cork: Thursday 12th and 19th Sept. 9.30pm to 11pm; or Gougane Barra Hotel bar, Gougane Barra, Ballingeary, Co. Cork: Friday (20th) 9pm to 11pm or Saturday and Sunday 9.00am to departure time.
- TRANSPORT:** Some transport available by private car each day from the Tennis Village, Model Farm Road, Cork at 8.30am.
- WALKS:** A choice of three guided walks offered daily through Gougane Barra Forest Park, the high open moorlands that surround the forest along paths and quite country roads. Details below.
- BRING:** Change of clothes, walking boots, rain gear, cap & gloves, flask & sandwiches, camera, rucksack, musical instrument etc.
- EVENT CENTRE:** Gougane Barra Hotel (Breda & Christy Lucey). (GR W 093 659)
- ENTERTAINMENT:** Saturday evening in Gougane Barra Hotel bar.
- ENTRY FEE:** £5 per day (transport to/from walks included)

2nd GOUGANE BARRA Walking Festival: 20th & 21st September 1997 (different set of walks)

- ACCOMMODATION:** Gougane Barra Hotel, Gougane Barra, Macroom, Co. Cork. Tel: 026-47069/47223. B&B £20 p.p; Set dinner £10; Packed lunch £3.
- Bunk Beds:** Sile O'Leary, Bun Coille, Gougane Barra Rd, Ballingeary, Macroom (T. 026-47052) & Eilish O'Leary, Turin Dubh, Ballingeary (T. 026-47128). Bunk Bed and continental breakfast £5 (full Irish breakfast £2 extra); Dinner £5; Packed lunch £2.
- B&B's:** Sheila O'Leary, "Bruac na Laoi", Gougane Barra (T. 026-47054) B&B £13, Dinner £9, Packed lunch £2.
- Mary Kelleher, "Cois na Coille", Gurteennakilla, Ballingeary (T. 026-47172) B&B & packed lunch £14 (£2 extra for ensuite) Dinner £11.
- Tig Barra Tourist Hostel:** Tuirin Dubh, Ballingeary (T. 026-47016) Bunk Bed £5.50.

DETAILS FROM:

Sean Cotter, Bishopstown Orienteering & Hillwalking Club, 45, Rossbrook, Model Farm Road, Cork.
(Tel. 021-546194 (h); Fax 021-345191 (w)
E.mail scotter@rtc.cork.ie.