



GALWAY WALKERS



Newsletter

Spring has sprung
The grass is riz
I wonder where my newsletter is?

Fear not intrepid reader - it has now arrived!
Sorry for the delay but it's not as easy as it looks!
(Come back Steve all is forgiven!)



A.G.M.

The Annual General Meeting of the Galway Walkers was held on the 22nd of January, 1998 in Jamiesons Hotel in Salthill. There was a very good attendance.

The new committee for 1998 is as follows:

Chairman	Tom Rea	093 35523
Vice-chairman	Noel Browne	791738
Secretary	Lyn O Sullivan	521504
Treasurer	Una O Connell	522232
Membership Officer	Tom Huban	794802
Ordinary member	Og Cunningham	562719
Ordinary member	Peter Martin	520539
Ordinary member	Anne O Connor	529447
Ordinary member	Tom Reddington	524126

You can contact any of the Committee members for details of walks etc.

Membership '98

Subscriptions for 1998 are now due.

To those of you who are new members and have paid your renewal subs - ta very much!

To those of you who haven't gotten around to it (and there are many!) there is a application form enclosed so please either send it back to me (your editor and treasurer) a.s.a.p. or bring it with you to the next walk or to a meeting. Only current members will be getting the next newsletter - what more of an incentive could you possibly need!

Meetings

Change of Venue

Meetings are held every two weeks at 9.00pm on Thursday night before the Rambles. The next meeting is on the 16th April in the Galway Arms in Dominick St, Galway. After that there will be a change of venue as the Arms is being demolished. Meetings will be in

Tonerys Bar in Prospect Hill from the 30th April

so make a note of that and don't be coming along looking at the big hole in the ground that was the Galway Arms! Dates for the meetings are:

30th	April
14th	May
28th	May
11th	June
25th	June

INSIDE

- List of Walks
- Walks Descriptions
- Weekend Away
- KIO Update
- Walk Reviews
- TWITS
- Crossword

DIARY DATES

- April 18 Keep Ireland Open Council Meeting.
Jamiesons Hotel, Salthill, 11.00AM
- April 25 Maumturk Challenge
- May 1-4 Weekend Away in Kenmare
- May 1-4 Ballyhoura International Walking Festival
(063) 91300
- May 1-4 Slieve Bloom Walking Festival
(0509) 37247
- May 3-4 Miner's Way Walking Festival
(078) 47299
- May 23- June 1 Kenmare Whit Walking Festival
- May 30 - June 1 Burrishoole Walking Festival - Choice of
differing grades of walks in the Newport,
Mulranny area each day. Nephin Beg
range of hills. Contact Jackie Rumley
(098) 36144
- June 28 Ughool Beach Invasion
- July 2-5 Portwest Castlebar International 4 Day
Walking Festival
- Aug 22 K.I.O. Access Marathon organised by
Galway Walking Club
- Aug 28 Galway Walking Club Barbeque
- Aug 22-28 Humbert Walk - Following the path of the
French Invasion
- Oct 23-26 Club Week-end Away in Donegal

NEXT NEWSLETTER

Next letter is due in May 1998.

Please send any articles, letters, comments,
photographs or any items of interest to:

Una O Connell
13 Ashe Road
Shantalla
Galway

by 30th April or as soon as possible. All
contributions welcome.

WALK DESCRIPTIONS - RAMBLES

Cashla Bog 19 April, 1998

Starts about 1.5km north of Casla (Costelloe) on the road to Maam Cross. The walk is mainly on bog roads but has to cross one section of true bog including a stream between L. na Sceice and L. na Ghleann Mhac Muirinn so boots are advisable. An easy walk about 14km.

Ballynahinch 3 May, 1998

This walk starts and finishes at Ballynahinch Castle Hotel. It is an easy flat circular route, entirely on road, around Ballynahinch Lake at the base of the Beanna Beola or Twelve Bens Mountain Range. Lovely scenery. Approximately 16km.

Caoran na gCaorach 17 May, 1998

Another new walk for the club. Starting point Grid. Ref. is M023451 where the Owenwee River meets the Oughterard to Maam Cross road. Head NE along a rough road which becomes a forestry track. Walk between Curraun Hill and Knockbrack where much tree felling is taking place. The track then descends to join the Western Way offering views of Lough Corrib and Inisdoorus Peninsula with Mount Gable (Benlevy) in the background. Note an extensive birch wood on the left at the bottom of the "corkscrew". Travel NW along the lake shore to see the Hill of Doon. Continue along the Western Way until you reach a bridge near the meeting of the Owenwee and Folore Rivers. Then head south to complete the circuit. This is a relatively flat dry walk except for the bog south of the bridge. It's hard on the soles of the feet unless suitable soft soled footwear is worn. Distance is approximately 16km. Highest point 140 metres.

UGHOOL BEACH INVASION June 28th

Keep Ireland Open are planning a day of Public Solidarity for Sunday the 28th of June when a mass protest will take place at Ughool with a land and sea invasion of the beach. A local landowner has fenced off a section of the beach which is totally illegal and the County Council have failed to do anything about it.

Your support would be appreciated.

LIST OF WALKS

Date	Location	Meeting at	Transport
April 13	Hill Walk - Difficult	U.C.H.G. @ 9.30	Bus
April 19	Casla Bog - Moderate	Omniplex @ 10.00	Own
April 22	Short Walk - Easy	Omniplex @ 19.30	Own
April 26	Hill Walk - Difficult	U.C.H.G. @ 9.30	Bus
April 29	Short Walk - Easy	Omniplex @ 19.30	Own
May 2,3,4	Kenmare Weekend Galway Walking Club's Weekend away	Not to be missed! Details in Newsletter	Own
May 3	Ballynahinch - Moderate	Omniplex @ 10.00	Own
May 6	Short Walk - Easy	Omniplex @ 19.30	Own
May 10	Hill Walk - Difficult	U.C.H.G. @ 9.30	Bus
May 13	Short Walk - Easy	Omniplex @ 19.30	Own
May 17	Caoran na gCaorach - Moderate	Omniplex @ 10.00	Own
May 20	Short Walk - Easy	Omniplex @ 19.30	Own
May 24	Hill Walk - Difficult	U.C.H.G. @ 9.30	Bus
May 27	Short Walk - Easy	Omniplex @ 19.30	Own

These Walks are only proposed and may change at short notice.

Where possible last minute changes will be announced at the Club Meetings held on the Thursday Night prior to the rambles listed.

The meeting venue for the rambles and short walks is the Omniplex Car Park in front of CK Computer Store.

Short Afternoon Walks and Hill Walks will be held on the Sundays between the Club Rambles.

Meeting venue for Hill Walks is the University College Hospital side entrance Car Park at Newcastle Park ("The Mass Path") @ 9.30 am.

The Beanna Beola Walking Club (Clifden) organise Hill Walks every two weeks on the same days we hold our rambles.

Volunteers who are willing to lead walks would be most welcome as the commitment of the existing walk leaders is considerable.

If you feel you know a good walk well and feel confident to act as Walk Leader please offer your services. This applies to any type of walk or ramble, new or old.

Walk information may be obtained on 093-35523, 091-790792 or 091-522232.
For information regarding the Beanna Beola Walks contact 095-21379.

KEEP IRELAND OPEN

Helping to preserve rights of access

Many of the Galway Walkers are members of Keep Ireland Open as the Club has group membership. This costs 50p per year and subs for 1998 are now due (ye'll be broke!). Tom Rea is the Chairman of the Connacht branch of KIO and has application forms. So feel free to ask him about it when you see him. Full membership costs £10 a year if you feel like going the whole hog - you'll get your own newsletter from KIO and be on their mailing list.

For those with group membership we give the main points of interest in KIO Newsletter No 7 issued in February 1998

NATIONAL ISSUES

Fund-raising - Access Day

The Access Day which took place on Sunday October 19th 1997, was a great success. A total of £1,349.60 was raised for the KIO campaign fund. Thanks to all members who supported the event.

We are still along way short of our target of having a fund of £20,000+ available to contest cases. IF any members have bright ideas for further fund-raising, please let the committee know.

Campaign Rally

The public meeting addressed by Kate Ashbrook (Thursday 23rd October 1997) of the English Rambler and the Open Spaces Society was attended by 100 people. A good deal of useful publicity was generated for KIO issues, with coverage by the Gerry Ryan show.

Membership Drive

David Herman has written to all member clubs of the Mountaineering Council of Ireland, asking them to join KIO. Currently 14 walking clubs are members, so there are another 80 to be persuaded. We are also looking to substantially increase the number of individual member from the current number 158. There are in excess of 140,000 affiliated members.

MCI Environmental Policy

After much consultation and debate, the MCI have launched their official environmental policy at the AGM in January. The aims and concerns in the document are basically similar to those of KIO, and it is now hoped that the quite considerable resources of the MCI will be used to tackle a

number of the issues that we have been working on. There is strength in numbers!

AFAS Conference on Access

The Association for Adventure Sports have chosen **Access** as the theme for their annual conference to be held in the Green Isle Hotel at 11am on Saturday the 21st of March (cost £10). There will be speakers to cover all aspects of the issue including the law, the concerns of property owners and farmers, tourism, forestry, and of course the KIO view. Contact AFAS for details at (01) 4509845.

KIO Website

Michael Carroll is pursuing this idea, and it is hoped to have a KIO website in place later this year.

Departures from the Committee

Helen Lawless and Hugh Mc Conville have recently resigned from the national committee due to other commitments. Our thanks are extended for their contributions to KIO.

KIO Annual General Meeting

This year the AGM will be held in Galway on the 18th of April at Jamieson's Hotel in Salthill.

CONNACHT REPORT

Video Evidence

KIO Connacht plans to make a video in conjunction with some of the TV channels to highlight not only the major issues of access, environmentally damaging farming practices, and landscape blight, all of which the West has in abundance, but also the negligence and incompetence of the statutory bodies in dealing with these problems. A major prime-time documentary is needed to focus attention on the despoilation of our landscape and the legal enclosure of our foreshores, uplands, tracks and footpaths.

Ughool Beach, Co Mayo

The "local" problem featuring an illegal foreshore fence and an aggressive landowner continues to be a national issue. In spite of the inaction of the County Council and the Ombudsman, there are too many people interested in seeing that justice be done. KIO continues to press all relevant parties involved, and has planned a day of Public Solidarity for Sunday 28th June, when a mass protest will take place at the site, with a sea-born invasion of the beach. More details in due course.

Threat to Delphi Valley, Co. Mayo

This unique semi-wilderness area is under threat from a proposed major holiday home development. Full opposition will be mounted. Planning permission was refused for first application for 80 houses and other buildings, bar, adult accommodation etc. A second application has been submitted for approximately 40 houses and a bar. Objection not withdrawn by KIO. 200 objections received.

POLITICAL DEVELOPMENTS**Government Action Programme**

We are actively following up Fianna Fail election promises. A meeting was held with Noel Dempsey, Minister for the Environment. A meeting was also arranged with the Minister for Tourism, Sport and Recreation - Jim Mc Daid. He never showed up! Sile de Valera, Minister for Arts, Heritage, Gaeltacht and the Islands has tried to fob us off with her officials. We're not buying that one!

County Development Plan

Mr Justice Mc Carthy recently emphasised that County Development Plans were an Environmental Contract between the local government and the public. This message needs to be brought home to some of our County Councils who seem quite unprepared to honour this contract. Even though Councils are often ready to designate areas of special scenic or amenity value, they frequently ignore their own Development Plans and are rarely prepared to take the necessary steps to protect the amenity value of designated areas.

KIO Contacts

Michael Carroll, Chairman	01-4943221
Roger Garland, Secretary	01-4934239
Jacinta Moore	01-2988974
Michael Murphy, Connacht	098-25068
Seamus Mac Gearailt,	01-2840322
Newsletter Editor	
email:randod@indigo.ie	

ACHILL ISLAND

Anyone who was on the week-end away in Achill last year will surely have an urge to visit again. Good news is Loretta's sister and her husband have shiny new holiday cottages ready (almost) and waiting with a warm welcome for any Galway Walkers who find themselves up in that direction.

Why not give Rosaleen and Steve a ring if you're interested at (094) 45200.

WEEKEND AWAY

in Kenmare, Co Kerry

1st - 4th May

This pastel-painted little town is a good alternative to Killarney as a base in the Ring of Kerry area. It's very touristy, crowded with restaurants, but not as big as Killarney. Henry, Main and Shelbourne Streets make a neat triangle defining the town centre. Henry St. is dedicated to tourism with almost every place a pub, a restaurant or a B&B.

There is an ancient stone circle which is signposted from the part end of Main St., beyond the Henry St. junction. The Kenmare Heritage Centre is entered through the tourist office. It focuses on the history of the area. River Cruises (064-83171) on Kenmare Bay depart from the pier from the pier near the suspension bridge and last for just under two hours.

Friday 1st May Arrive

Meet at the Square Pint, The Square, Kenmare

Saturday 2nd May

Hill Walk - Carrauntoohill

Low Level Walk - Kerry Way

- approx. 15/17 miles

Both walks Start 9.00 am - meet at The Square

Sunday 3rd May

Hill Walk - To be decided

Low Level Walk - Kerry Way

- approx. 12/14 miles

Both walks Start 10.00 am - meet at The Square

Monday 4th May Depart

Lists of B&B, self-catering accommodation, restaurants available at the Meetings or from Una O Connell at (091) 522232 (leave a message).

**ALL BOOKINGS SHOULD BE MADE
DIRECTLY BY YOU!!**

**PLEASE BOOK AS SOON AS POSSIBLE AS IT
IS A BANK HOLIDAY WEEKEND AND
KENMARE IS A POPULAR SPOT!**

ANNASCAUL- KERRY WEEK-END (UP MAYO) HILL WALK ON MOUNT BRANDON

by Loretta Needham

The author of this article received a "Get Well Card" this Christmas from a Kerry Member of the Walking Club, Frank living in Dublin entitled "While you're Not Well". He wished her a speedy recover from Mayo's defeat at the hands of The Kerry Football Team. Now objectively writing about Kerry the author is feeling a bit depressed. There was too much green and gold in the County of Kerry. People looked far too happy.

Reconnaissance of Kerry Week-end

A group of walkers, namely Ann O Connor, Óg Cunningham, Lyn O Sullivan, Maura and Tom Huban, Tom and Berna Reddington and the author traveled to Kerry to do a reconnaissance on this week-end way back at August week-end. Anne O Connor kindly accommodated us in her house near Tralee.

The weather was lovely on Saturday, we walked part of the Dingle Way. This was a very well marked route, and the markings were kept in good condition. We started to walk three miles from Tralee in a place called Blennerville. There was a path all the way on the route and a great variety of scenery. The group walked through the Slieve Mish Mountains, passed the village of Camp and came across a deserted village. We passed Inch Beach, where rumour has it that Bishop Casey fell in love with Annie Murphy. It certainly was a romantic place. Lyn's O'Sullivan's Granny has a house on Inch Beach, and we visited her on Sunday. The walk stretched our legs a lot and the group ended the walk in Annascaul. This was a charming village and it was decided that we would return in force on The Official Walkers Week-End.

On arriving back at Ann O Connor's house, we found the door locked with the key inside. This was successfully opened by Tom Reddington who is clocking up on his list of skills, Burglar, Surgeon, Santa etc. The group discussed the length of the walk, measured maps to establish the length of the route, looked up a few different books and came to a few different conclusions - which I am not at liberty to reveal! On Saturday night we dined in Tralee checking out a nice restaurant the Anne had booked for us. The meal

was delicious. Some of the group decided to retire for the night. The die-hards namely Tom Huban, Tom Reddington and the author decided to take a look at Tralee nightlife. We had left it a bit late, closing time and all that stuff. The author checked out a night-club but suggested to the lads that they were gone past that stage. They were not impressed by the comment. We found a suitable spot which the author thought was more appropriate to the age and status of the lads! On Sunday we intended to climb Mount Brandon. It rained very heavy for the remainder of the week-end and visibility was bad, so Mount Brandon wasn't climbed. We retired to Dingle and watched the Connaught Champions Mayo winning the Cup. Thank God for small mercies.

October Week-End

The author swallowed pride and returned to Kerry in October, to climb Mount Brandon and face the Kerry Supporters. It would have been easier to do The Twelve Bens Backwards Ten Times. The author travelled in style, if not in triumph, with fellow Mayo Man Patrick Foye in his 4 wheeled Cheviot. The view from this vehicle was good, but unfortunately all that could be seen was gold and green.



The accommodation on this trip was diverse, some people stayed in B&B, Hostels, Self Catering Accommodation and some were lucky enough to get to stay in "The Anchor" where the food was reported to be excellent. The group dined in "Cluimun" which obliged us by catering from more people than had booked. The food here was good and some of the group returned to sample more of the same the next night. The major venue for entertainment was Dan Foley's Pub, where a charming musician sang some Mayo songs for us. "Take me Home to Mayo" and "Don't Show the White Feather" etc. We celebrated into the night. The mountain still had to be climbed.

The Dingle Way walk that was mentioned in the reconnoiter was walked on Saturday by the Club. Unfortunately, I can't comment on how this went on the day, I didn't arrive in Kerry until Saturday evening, just as the last people were completing the walk. This is an article for another Galway Walker to write about.

Climbing Mount Brandon

The Group assembled on a glorious day outside "The South Pole Inn" on Sunday morning, looking full of life and bursting to climb this Mountain. The pub was owned by Tom Crean who was born in Annascaul in 1877. He's dead now!! He was an Antarctic Explorer. Nearly as brave as The Galway Walkers.

Mount Brandon is 3,127ft around the second highest Mountain in Ireland. There are two routes - a gradual one from the west and one from the east. The Group took the western route and started climbing at Ballybrick, along the Saints Road. We arrived at the top of Mount Brandon in two hours. This was marked by the remains of a stone oratory dedicated to St. Brendan (The Navigator). Brendan is supposed to have reflected here before setting out with a band of fellow monks in a frail curragh on their journey to Greenland and America.

God blessed us with good weather, the views were magnificent - sea, land, rock and lake. Generally Brandon is termed a wet mountain and has a cloud sitting on its summit. Lunch was at St. Brendan's stone oratory. There was views of the Three Sisters, Inis Fiaclain, Inch Beach and the surrounding Kerry coast line. We continued our journey and climbed Brandon Peak. The route was along a steep cliff with a sheer drop of 1,000 feet. At this stage The Dingle Peninsula and The Blasket Islands were below us. After we climbed Brandon Peak, we continued around the horseshoe arriving back where we started. Lough Nalacken and Lough Cruttia were to our left.

A very pleased and happy group adjourned to Dan Foley's Pub where Noel Browne and Pat Foye sang some songs. Matt Welby sang "The Wild Rover". It was all very pleasant and enjoyable.

It broke my heart to leave Kerry early on Monday, there was still so much more to be seen. Some of the group walked by Annascaul Lake on Sunday. Others walked along Inch Beach. This is a weekend that could be repeated a few times. There are still plenty of different mountains and walks left to explore.



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TOMS WALKING INFORMATION AND TIPS (TWITS)



BLISTERS

Prevention is better than cure!

A well known cliché but nowhere is it more apt than where blisters are concerned. The choice of footwear will depend on many factors, personal preference, type of terrain, weather, etc.

Shoes allow better ventilation and are generally lighter but boots are better for rough terrain and hill walking as they give the necessary ankle support and protection. Also having higher tops means you have to sink further into the bog before getting wet.

- Footwear should be bought in the afternoon or evening as your feet spread throughout the day's weight bearing.
- In general it is best to buy boots a size larger than you normally take so as to accommodate several pairs of socks. The principle behind this is that the inner pair of socks move with the foot while the outer pair moves with the foot thus absorbing some of the friction. A thin snugly fitting inner pair and a thick padded outer pair are my favourite combination.

In the past synthetic inner socks, such as Nylon, were best avoided as they did not "wick" away sweat and moisture. Cotton was considered better with a thick woollen oversock. Nowadays there are many new materials specifically designed for walkers so the comments about synthetic materials are no longer "gospel".

- As soon as socks get worn DUMP THEM! On no account should darned socks be even considered.
- Boots need not be expensive but should be strong, light and, preferably, waterproof or at

least water resistant.

Avoid Irish Arm (sorry - Defence Force) boots like the plague as they are too rigid and unforgiving. Such boots have no cushioning and are a killer on Tarmac and hard surfaces. If you have no choice by all means wear them for bog and soft cross-country walks but change into runners or the like on reaching paved roads.

Not knowing any better I made the mistake of wearing them on my first serious walk a few years ago - the Castlebar Four Day International Walking Festival - and unless you are a masochist who likes having toe nails removed or loves seeing blood pouring out of your boots steer clear of army boots.

- Do not buy climbing boots for hiking/walking purposes as they are entirely unsuitable.
- Dubbin and some of the newer waterproofing polishes are better than traditional polish as they also nourish the leather. To get better penetration they should be applied using your bare fingers NOT a polish brush. Of course boots made from 100% waterproof breathable material such as "Gore-Tex" are best but are expensive. Until you are sure you are going to enjoy and continue walking go for something less expensive initially.
- A waterproof tongue systems attached all along both sides give extra protection from water seepage.
- Waterproof socks are now available but are expensive.
- You do not have lace up every eyelet on your boot. If one area is catching bypass it. Some people find it helpful to lace the boot differently depending on whether they are going up- or down-hill.
- Never dry wet boots near direct heat such as an open fire. Stuff them with newspaper and allow them to dry slowly.

Don't forget that boots need breaking in so do a few short walks before even considering their use on a long hike. Some advocate walking in water for an hour or two to "mould" the boot to the shape of your feet although, to me, this sounds about as enjoyable as lying in the bath with your "Levies" on.

If, despite all precautions, you still get blisters what should you do?

Unless the blister is so large that the tightly stretched skin is causing discomfort they should not be burst as this increases the risk of infection. If left alone blisters will usually heal within a week or so whether they are opened or not. If you must prick a blister you should do so under as hygienic conditions as possible.

Wash your hands and the blistered area and, if available, apply an antiseptic solution to the affected region.

If a sterile hypodermic syringe needle is not available then a heat sterilised fine needle is the best alternative. Hold the needle over a flame for a few moments, allow it to cool and then, without wiping off the soot puncture the blister on opposite sides. This does not hurt as blistered skin has no feeling when it rises away from its nerve endings. It is the base skin under the blister that hurts so much.

Press with a clean cloth or cotton wool to drain off the fluid. Cover with a clean, preferably sterile, adhesive dressing.

SPICE UP YOUR LIFE!

Did you see them at the Christmas Party? Weren't they just something else? For those of you that missed it - here a little taster but without the gyrating hips it doesn't really do them justice!



Latest news is that Baby Spice has recently returned from her trip to Peru and will hopefully give us a review of her adventures in a future newsletter (Hint hint Barbara!). Scary Spice is enjoying motherhood (Hi Joshua and Michelle!). Sporty Spice has gotten himself (sic) engaged (Congrats Rob and Sheila). Ginger Spice is back from an extended holiday in the US where she is rumoured to have become quite adept on a pair of skis (Good girl Miriam!). And poor Posh Spice has gone to ground - hitting the books in a big way (Good Luck in the Exams Loretta)

CLIMBERS INN, GLENCAR

After a hard day's walking with the UCHG Hill Walkers a plan was hatched in Taylors Bar at some stage during the night and the following weekend Patricia Thornton, Seamus (a.k.a. James) and Una O Connell hit off for a week end in the Climbers Inn in Glencar, Co Kerry for a serious weekend of walking back in March. We were put up by Johnny and Anne Walsh in their B&B and hostel. They also have the local Post Office, the local shop, the local pub and, in the summer, the local restaurant!

It's the ideal base for a walking holiday or weekend away. Carrauntohill is just a stone's throw away (why am I bring up throwing stones with my history??) and the Kerry Way runs right past the door.

I have a scatter of brochures I'm sending some out with this letter but if you don't get one give me a shout and I'll send you one. I'd highly recommend it - they certainly looked after us while we were there

For bookings contact: Johnny and Anne Walsh
Climbers' Inn, Glencar, Killarney, Co Kerry
Phone: (066) 60101 Fax: (066) 60104
e-mail: climbers@iol.ie
<http://www.iol.ie/~climbers>

RULES FOR ORGANISED WALKS

1. All persons taking part on the walks must be member of Galway Walking Club without exception.
2. Any persons taking part on the walks must sign the indemnity book before the walk commences.
3. The leader of the walk may not be passed out by participants of the walk.
4. When walking in a group of twenty persons or more the group must walk on the left hand side of the road. Smaller groups should walk on the right side of the road.
5. The pace of the walks should be sufficient to keep the group together and not spread over a wide distance.
6. No animals are allowed on the walks.
7. At all times, the walk Leader's decision is final

CROSSWORD

McDonagh. Sheffield 589385

Try your hand at this Crossword - the winner gets David Herman's Walker's Companion for Ireland. It has 23 great walks complete with route maps and colour photographs plus a £10 voucher for Trek and Trail (thanks Trevor & Aideen!)



ACROSS

1. Enroute to Lisdoon - but do we go left or right? (12)
7. A County Galway Island you can drive to if the tide is right (4)
10. South American country (4)
11. Go here if you feel like hitting the trail! (6)
12. You post your letters here (2)
13. Hot spring that jets up water (6)
16. County Galway town built in a field (4)
17. Once you've done this you'll believe it (4)
19. Used to surface roads (3)
20. An Italian violin player (4)
21. Don't rat on this small animal (6)
23. This pop group is over the top (3)
24. Historical or other period (3)
25. You'll find this in alcohol and ether (5)
26. When doctors do this it may have bad results for the patients (6)
27. If you're lucky he could turn in to a handsome prince (5)
29. He prosecutes criminals in the US (2)
31. Set in order for publication (4)
32. Something you should do as well as drinking and being merry (3)
34. Gortex is a waterproof type (8)
38. Word used when introducing second of two alternatives (2)
39. Poetic anger (3)
41. Spirited and lively (4)
43. Furred aquatic fish-eating mammal (5)
44. No relation to Bart (2)
45. Not Washington state (2)
46. The doctor might give you these when you're ill (11)
50. You do this when you're not working very hard (4)
51. It won't mix with water (3)
52. Take a break in this Connemara village (7,5)
53. A County Mayo Island - but you won't need a boat to get there (6)

DOWN.

1. Walkers from the capital of Connemara (6,5)
2. We had over two hundred walks in the last one (4)
3. Village in Dingle peninsula (6)
4. Yellow flowering shrub (5)
5. Fresh air can give you a healthy one (8)
6. You won't see many of these signs in Connemara (4)
7. Start here when looking for the Hill of Doon! (10)
8. When my troubles seemed so far away (9)
9. You can't climb any higher without leaving the country! (13)
11. Always clean them when you get home (5)
15. You keep it to the ground (3)
16. China's wall is this (5)
18. There is usually a de-briefing at this part of the walk (3)
22. If this dog hasn't rolled over by now you can't teach him now
23. ___ mice and men (2)
28. It matches 15 down (3)
30. When the rambles and hill walks start (2)
33. If you have one of these keep it to yourself! (6)
35. Bird's eye view (6)
36. British sovereignty in India (3)
37. Of milk (6)
40. R2D2 was one (5)
42. Expressing exact, approximate or vague position (2)
44. Use this map with a compass and you won't get lost! (2)
47. Neither a borrower ___ a lender be (3)
48. Get familiar with Mr Amin (3)
49. French self (3)

Send solution to:

The Editor
Galway Walking Club
Newsletter
c/o 13 Ashe Road
Shantalla
Galway

NAME:.....

ADDRESS:.....

.....
.....
.....
.....