



GALWAY WALKERS NEWSLETTER



SPRING 1997

ISSUE 7

ANNUAL GENERAL MEETING

The Annual General Meeting of The Galway Walking Club was held in Jameson's Hotel, Salthill on the 23rd of January. Approximately one hundred and twenty attended the meeting of which at least eighty were current members. Before the meeting started it was necessary to present and adopt the new constitution which had been drawn up and perused by the committee prior to the AGM. The constitution was read and each point was proposed and seconded by the members present before adopting the whole document. This was not as lengthy as expected and there were no changes to the text presented. The Constitution became effective from the end of the AGM.

Ollie gave the Chairman's Report and in the absence of Anne Walsh, the Secretary's report was given by Steve Wright. Steve Wright gave the Treasurer's report and was pleased to announce that the club was in a healthy financial position.

Paul Campbell was put into the "hot seat" as caretaker chairman whilst the election of Club officers took place. This proved to be a nail biting experience as two persons were proposed for the position of Chairman. A secret ballot was carried out and Tom Rea was deemed elected. The position of Vice Chairman was also contested by two persons. As a result of one candidate withdrawing from the election, Noel Browne was deemed elected. The Secretary's Position was filled by Loretta Needham with no contest. The Treasurer's position was filled by Steve Wright with no contest.

After a short recess, Tom Rea took over the chair and the election of committee members commenced. Seven names were put forward for the committee resulting in another secret ballot. The successful candidates were as follows : Tom Huban, Ann O'Connor, Muire McLoughlin, Mel Faherty and Tom Reddington.





Any other business was the last item on the agenda which produced some lively discussion. Points raised included the pace of the longer walks and the fact that the occasional stop for the taking of photographs would not go amiss on some of the more scenic routes. Occasional short lectures would be included before the club meetings over the next year. The rekindling of interest in the club library brought a proposal from Aideen Smyth who offered to look after and run the Club

1997 SUBSCRIPTIONS NOW DUE

Following the Annual General Meeting, subscriptions for the Galway Walking Club are now due.

Those who have subscriptions overdue will have received a renewal form along with their newsletter and these should be returned with the subscription to the membership officer as soon as possible.

This years membership card is YELLOW and appears like the one below. If you have paid your subscription and have not received this card please write to Tom Huban, Derrydonnell, Oranmore, Co. Galway and he will check into it for you.

	Galway Walking Club	
Name		
Address		
.....		
.....		
 		
Valid for year 1997		

TREK & TRAIL COMPETITION

Included with this month's Newsletter is an insert from Trek & Trail. Please fill out the competition form with your name, address and telephone number plus the answer to the simple question and return it, before the 20th of March, to Trek and Trail, Mainguard Street, Galway.

You could be the winner of a Craghopper breathable and waterproof Jacket.

WALK SCHEDULE

A full list of walks from now to the 27th of July has been included in this newsletter. Please note that these are proposed walks and may change at short notice, although the starting times and meeting venue will not change.

It is not possible to draw up a list of Hill Walks as these are subject to the availability of walk leaders and weather on the date concerned.

We are always receptive to suggestions for the Short Walks as these are popular and well attended. These walks start at 2 pm and are of approximately 2 hours duration or six miles in length. As always we encourage all members to research new walks with a view to featuring them at some stage during our yearly calendar of activities.

CLUB ACTIVITIES

From March to July

Date	Location	Meeting At	Transport
6th March	Meeting	Galway Arms @ 8:30 pm	----
9th March	Gleninagh	Omniplex @ 10 am	Own
16th March	Hill Walk Short Walk	UCH Car Park @ 9:30 am Omniplex @ 2pm	Bus Own
20th March	Meeting	Galway Arms @ 8:30 pm	----
23rd March	Shannafeistin	Omniplex @ 10 am	Own
30th March	Hill Walk Short Walk	UCH Car Park @ 9:30 am Omniplex @ 2 pm	Bus Own
3rd April	Meeting	Galway Arms @ 8:30 pm	----
6th April	Newquay	Omniplex @ 10 am	Own
13th April	Hill Walk Short Walk	UCH Car Park 9:30 am Omniplex @ 2 pm	Bus Own
17th April	Meeting	Galway Arms @ 8:30 pm	----
20th April	Bealacorrack	Omniplex @ 10 am	Bus
27th April	Hill Walk Short Walk	UCH Car Park @ 9:30 am Omniplex @ 2 pm	Bus Own
1st May	Meeting	Galway Arms @ 9:00 pm	----
4th May	Killary	Omniplex @ 10am	Own
11th May	Hill Walk Short Walk	UCH Car Park @ 9:30 am Omniplex @ 2 pm	Bus Own
15th May	Meeting	Galway Arms @ 9:00 pm	----
18th May	Liscannor	Omniplex @ 10 am	Bus
25th May	Hill Walk Short Walk	UCH Car Park @ 9:30 am Omniplex @ 2 pm	Bus Own
29th May	Meeting	Galway Arms @ 9:00 Pm	----
1st June	Fanore	Omniplex @ 10 am	Own
8th June	Hill Walk Short Walk	UCH Car Park @ 9:30 am Omniplex @ 2 pm	Bus Own
12th June	Meeting	Galway Arms @ 9:00 pm	----
15th June	Slieve Blooms	Omniplex @ 10 am	Bus
29th June	Hill Walk Short Walk	UCH Car Park @ 9:30 am Omniplex @ 2 pm	Bus Own

TREK & TRAIL

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**We only Recommend Brands Which Have Been Tried and Tested in Extreme
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10% Discount to All Galway Walking Club Members

CASTLEBAR'S FOUR DAYS WALKS

The Castlebar Walking Festival was launched in 1967 when organised walking in Ireland was only in its infancy. Because organised walking was virtually unknown in Ireland the Castlebar Walking Festival relied heavily on the participation from continental walkers. In the first year approximately one hundred walkers made up of five nationalities took part. From the outset the event was closely associated with the famed Nijmegen walks in the Netherlands.

Continental walkers were loud in their praises of both the organisation of the walks and the beautiful scenery which the country had to offer. They were quick to appreciate the uniqueness of the event, both in the natural physical surrounding and the warm atmosphere. The personal touch in Castlebar was due to the fact that the walks were small in comparison to the European walks.

A turning point occurred in 1987, when the Castlebar Walking Festival was invited to join with seven other countries to form the International Marching League. The inaugural meeting at which Castlebar was represented was held in Tokyo on October the 29th 1987. Walking organisations from eight countries got together and decided to co-operate to encourage participation in each others events. In short the International Marching League wanted to stimulate walking on an international level. Since joining the IML the numbers in Castlebar have increased dramatically every year.

Following the success of its annual festival Castlebar has built up an excellent reputation due to good organisation, a friendly approach and the unsurpassed beauty of the hinterland. The level of repeat visitors to Castlebar for the Walking Festival each year is evidence of the quality of this International March and the organisational skills behind it. Last years festival broke all records with over 1500 walkers in attendance from as far away as Australia, United States, and Japan. Apart from the domestic participation, By far

the largest national grouping was from the Netherlands. The Castlebar Walking Festival will take place from the 3rd to the 6th of July.

The walks are non-competitive but participants are requested to reach the final checkpoint before 17:00 hrs. On each of the four days there is a 10 km, 25 km and 40 km road walk and also a 30 km ramble.

Registration must be returned with the £20.00 fee to the secretary no later than the 1st of June.

A certificate of fitness will be presented to each walker who completes one or more walks. A walks medal will be presented to each walker who completed the 25 km, 40 km, or the 30 km ramble. The initial medal is the bronze which has emblems pinned to it for each additional year up the fifth where one qualifies for the silver medal which then has emblems pinned to it for each additional year until the tenth where one then qualifies for the gold medal.

ENTERTAINMENT

Walkers are invited to the Walking Club each night where all meet in a friendly and informal atmosphere. The entertainment program ranges from Traditional Irish Set Dancing to Jazz and concludes with the "Blister Ball" on the last night.

For Further Information contact:

Castlebar's Four Days Walks office,
New Antrim Street,
Castlebar,
Co. Mayo.

phone 094-24012
E-mail cb.4daywalks@mayo-ireland.ie

PERU - THE INCA TRAIL

This is a very special walk as it is recognised as one of the best walks in the world. The trip is for 14 nights in September 1997 and will be led by a professional guide. Early booking is essential, the limit being 18 persons. One would have to be reasonably fit as most of the walking will be at high altitude. One of the highlights will be a 5 day camping trip across the Machu Piccu, a trail which can only be reached on foot. This trail is rich with historical sites and remains first explored by Hiram Bingham in 1911.

Departs 7th September returns on the 21st September 1997. Cost between £1500 - £1600 which includes accommodation and all flights.

Further Information and bookings as soon as possible to:

Ellie Keating at 091-564244

NEWSLETTER

We are always on the lookout for contributors to this publication. All items of interest, however small, are more than welcomed for inclusion in the Newsletter. This is your publication and it should be your articles featuring in it. There is plenty of room for everybody to write an article so don't leave it all to the editor. If we get overwhelmed with articles they can be placed in the next issue.

Submissions to:

Steve Wright (Newsletter Editor)
18, Sylvan Avenue,
Fairlands Park,
Newcastle,
Galway.

Phone 091-528215 or E-Mail to wrights@iol.ie

NAVIGATING WITH MAP COMPASS AND GPS

If your map and compass skills are strong, you will probably have no trouble finding your way around the countryside, but what about when a thick fog or storm rolls in and the landmark you had been using as a visual checkpoint suddenly disappears? There are times when you have to know your position exactly to enable you to pinpoint your location on the map and make your next move. With a GPS (Global Positioning Receiver), you can find your location on the earth, plot the route ahead of time, and determine the distance between waypoints along that route. Sometimes this information can be critical to your safety and to the success of your trek.

GLOBAL POSITIONING SYSTEM

About 20 years ago, the US Dept of Defence developed the Global Positioning System - A kind of high-tech simulation of the ancient method of navigating according to the position of the stars. Twenty five satellites were launched into orbit around the earth into geostationary orbits allowing the GPS receivers to use them as fixed points to determine their own position. All of the satellites are fitted with an extremely accurate clock. When a GPS receiver locks onto the nearest satellite, it determines how long it is taking for the coded signal to reach it from the satellite. With a distance reading from at least three satellites a GPS unit can pinpoint its position on the earth in a similar fashion taking a triangulation from a map by referencing three or more distant locations. With a reading from a fourth satellite it is possible to determine altitude. The GPS generally receives 6 or more satellites at the same time.

PLOTTING A ROUTE WITH GPS

When you set up the GPS for the first time you will have to set it for local time and choose a measurement for distance (Feet, Miles, Metres or Kilometres), and then determine whether you want the GPS to operate in terms of true Latitude and longitude or the National Grid System. After punching in the initial reference point at the trailhead it is possible to plot the route ahead of time by saving the first position of the trail head to memory and then entering the co-ordinates of the waypoints along the route. It is possible to give each waypoint a number or name before committing it to memory. Exit points, trig points, waymarks, or direction changes might be typical waymarks.

As you hike, each time you turn on the GPS it will give you your current position. You can obtain a bearing toward and also a straight line distance to your next waypoint. All of this information is relatively useless unless used in conjunction with a map and compass to orient yourself so that you can follow that bearing. Since the GPS reading is a straight line distance, the topography of the land should be checked on the map as the obstacles will have to be avoided. A lake may be only 3.5 miles as the crow flies but the steep hill and dense forest ahead may have to be flanked before

reaching the destination adding some 4 or 5 miles to the route. In some case, with poor reception, some position fixes may be off by as much as 100 metres which is really insignificant in most cases. High end GPS's, accounting for differential errors, are significantly more accurate.

OTHER FEATURES

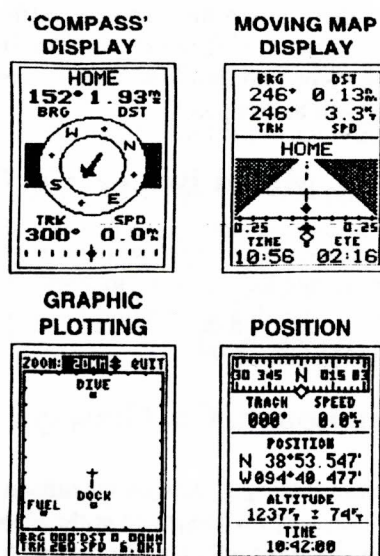
Most GPS units will tell you your speed of travel and your estimated time of arrival to the destination - some even show the position of the sun and moon. A GPS can tell you your course over ground or the direction that you are heading and identify travel error such as crossing back over your tracks. The GPS can be a trifle power hungry on batteries and it is advisable to turn it on and off as required.

A GPS needs to be exposed to the sky in order to give you its most accurate reading. Thick forest, narrow canyons and high buildings may obstruct the receiver's view of satellites. Cold weather often does strange things to the LCD screen.

To some a GPS may seem like yet another gadget to add to the outdoor collection but the serious hillwalker or orienteering enthusiast will find it a good supplement to the map and compass. It is possible to mark a fix on spots of interest in memory on the GPS for future reference. Finally, when you need to know your position and cannot locate it due to dense mist or featureless terrain the GPS will prove its worth.

A combination of the GPS and the new state of the art watch from Casio complete with altimeter and compass would be the envy of any hiker.

For further information on the use of the GPS consult Tom Rea or Trevor Dubber who are currently using the Garmin GPS 38 and the Magellan 2000.



Typical GPS Navigational Displays.

KEEP IRELAND OPEN REPORT

Kee Ireland open is an organisation representing the interests of all people concerned about the growing number of serious access and conservation issues facing the Irish countryside.

The aims of Keep Ireland Open are as follows:

- 1) To preserve unhindered access for the public to mountains, beaches, rivers, lakes, forests, wilderness and other amenity areas
- 2) To protect rights of way and footpaths, and to promote their use and upkeep.
- 3) To conserve the character of the countryside and to campaign against inappropriate development.
- 4) To lobby for a National Policy for the preservation of our natural heritage.

KIO was formed in 1994 in response to access problems being caused by division and fencing of commonage. One of KIO's first tasks was to help commonage holders opposing the division of Glenamadoo Commonage, near Newport, Co. Mayo. Whilst dealing with Glenamadoo, other commonages have been fenced. One of the worst cases was Durles commonage near Croagh Patrick where Western Way signs were removed. Mayo County Council have now decided that planning permission is needed for fencing at Durles. This has been a welcome change of heart.

Mobile Phone Aerials

Whilst this is not strictly an access issue, KIO feels that it is essential to fight further incursions into the hills. In conjunction with An Taisce, the Ramblers and the MCI many planning applications have been objected to. In particular it is hoped that a proposed aerial near Glenmacnass Waterfall, Co. Wicklow, will be stopped.

Carragrew, Maam Bridge, Co. Galway.

The fencing and division of this commonage is illegal and it is not consensual and has not been "lockspitted by the Land Commission. A planning application has not been made which also makes this illegal.

Kylemore Lough, Co. Galway.

In 1995, a major fencing scheme on the hills to the south of the lake was successfully contested at the planning appeal stage. Walkers have recently been prevented from walking along the southern shore of the lake and recently, there is a charge on those wishing to walk on the hills behind the Abbey. KIO intends to nip this attempt at charging for access in the bud before it becomes common practice.

Slievemore, Achill, Co. Mayo.

There has been a catalogue of misdeeds on this commonage including unauthorised fencing, trenching, road-building, flytipping and unlicensed quarrying of gravel and rock. This has resulted in visual scarring of the landscape, flooding as a result of the diversion of waterways and many rights of way have become blocked or impassable. Protests by neighbours have been in vain and it is important that an organisation such as KIO help those who feel intimidated.

Whilst these are only a few examples of the activity of KIO, there are ongoing issues in all of the provinces and counties to date. In the mean time there are meetings with politicians, EU Commissioners and the press in an attempt to get contentious issues dealt with.

Tom Rea is the Chairman of the Connaught region of KIO and he is very active at present - no doubt many will have heard his contributions to the Marian Finnucane program which has been devoting time to the issues of rights of way and access to the countryside.

As the elections will be a hot issue in the next number of months it would be quite timely to start pressurising local representatives for their views on the subject of conservation and access issues. It should be noted that a large number of well known and currently serving politicians were asked to attend a walk in the Connaught Region and they all made lame excuses for their inability to attend. Tom Rea followed up each one and found that none of their reasons were honest or true. The only two that were in any way genuine did not attend because the whole thing had to be called off due to lack of interest. It is amazing how complacent politicians can be!

A small fee of 50 pence is all that is required to support KIO and Tom will be happy to collect these at club meetings or after walks. If you have any particular questions about KIO, feel free to address them to Tom.

MOUNTAINEERING COUNCIL OF IRELAND

The Mountaineering Council of Ireland is heavily involved in protecting access to the countryside and preserving the environment.

The MCI represents walkers, ramblers and hill climbers interests. Whilst there is a slightly greater leaning towards the mountaineering aspect of the hobby, MCI provides training, training, lectures, information and guidebooks.

Individual Membership is £15.00 which includes Civil Liability insurance. Group membership (16 or more) can be organised at £7.50 per person.

WALK REPORTS

CORKSCREW HILL

Corkscrew Hill was a walk researched by Tom Huban proving to be pleasant underfoot and ideally suited to this time of the year. The start of the walk was just over the brow of Corkscrew hill and into the first right turn. A few hundred yards in was an ideal place to park the cars near the Telecom Tower.

Heading in a north-westerly direction the rough road joins a minor road leading to the Khyber pass. Follow along until the steep hill to The "Church and Sheebeen" is reached. Follow up hill and take the lunch break at the ruins.

Follow the road downhill and turn right and follow the road until it takes bends sharp left. At this point a small road to the right will be noticed. Follow up as far as the farmhouse and follow the track into the field and onto the Green Road. The Green Road zig zags into the hills and follows a well defined route through slightly boggy land. The path eventually joins with a rough road to the left although there would have been a few minor tracks leading off to the left and right earlier - ignore them.

Follow along the road and turn left at the junction and the route returns to the start of the walk.

In all this was a pleasant walk with good scenery and the going underfoot was reasonable despite the weather. Runners are never recommended for track walks but this would be fine in the summer months.

MAUMEEN

The Maumeen walk appears at least once a year on our list and I have never actually been on it without getting soaked. This was no exception but Precautions were taken this time! The walk starts just before the Inagh Valley Lodge on the road towards Kylemore in the Inagh Valley itself. A small minor road heads in an uphill direction which can be a little taxing early in the walk - fifteen minutes of this gets the leg muscles into good working order. Follow the road to the horizon and enjoy the excellent scenery. There is no way one can get lost on this road. Eventually the car park for the Maumeen is reached with plenty of sign posts to indicate where to go.

Follow the path through the gates and into the hillside. It is not as bad as it seems. The Maumeen is a religious place with an eerie presence about it. A rather round statue of St. Patrick and the sheltered alter would be a good place to stop for lunch.

The track continues through the valley and is actually part of the western way. At times this can be a little soggy underfoot with a few rivers to cross after a long period of rain. After some distance the track joins on to a road which continues in an uphill direction. From here onwards it is about one and a half hours of a walk to Keane's Bar where there is

always a good open fire.

Just after coming off the track section we experienced torrential rain and storm conditions and our initial speed in the early part of the walk paid off. We could have been caught in the storm for a lot longer.

THE HILL OF DOON

We didn't see the Hill of Doon this time either. See Una O'Connell's Article - Enough said.

CONG WALK

Cong is one of the finest walks on our program and it seems to gain a few extras each time we do it. The walk took in Cong Abbey, the Pigeon Hole Cave, Ballykyne Woods, Clonbur Service Station, Golden Bay, Ardnageeha, Ashford Castle and ended in Dannaghers Bar for a very nice conclusion to the walk. Tom Rea added a few extras down to Golden Bay and Ardnageeha to Ashford Castle which made this walk even more interesting than before. Definitely this one gets the 10/10 award on this occasion.

GLENINAGH

Gleninagh is located beyond Ballyvaughan and not next to Flannery's Hotel as was heard argued on one occasion "There is no right walk behind Flannery's"! There was a large turn out for this walk and the weather remained pleasant all the way through. On this occasion it was possible to walk to the end of the green road as it had been cleared almost to the main road.

SHORT WALKS

The short Sunday walks continue to be well supported despite the fact that there were suggestions that we drop them in favour of the Wednesday evening ones. We have been to Renvyle, Furbo, and Coole Park to name but a few places.

We continue to seek leaders for these short six mile walks and we are sure that many members must know at least one short route in the immediate vicinity of Galway that would fit the bill. Whilst we endeavour to make these walks interesting we tend to devote more time to researching the longer walks as they are the mainstay of our program.

HILL WALKS

A group numbering twelve at maximum seem to support the Hill walks on a regular basis. At present the Hill-walkers join forces with the UCH Social Club and a few from Thermo King for their excursions. Connemara has been well walked at this stage with all sections of the Maamturks completed and many of the Twelve Pins. Regrettably there is not report from participants at hand.

THE HILL OF DOON

by Una O'Connell

The infamous Hill Of Doon Walk was on the 26th of January. For those of you who haven't yet undertaken this pinnacle of the Walking Club Calendar - beware! If anyone suggests that you go there - certain steps should be taken before proceeding. Namely - large ones in the opposite direction!

Actually, the name of the walk itself is a bit of a misnomer because there is, in fact, no such place as the Hill of Doon. It is a figment of the imagination of Matt Welby aided and abetted by Galway County Council who have erected signposts all over the place - all pointing in different directions, I might add. It's time that someone spoke out once and for all and set records straight so that no more innocent people are lured from their beds early on a Sunday morning in a fruitless search for this illusive sight.

I spoke to one poor walker who, at the end of the walk, just sat looking into her glass of beer shaking her head and muttering something about this being her third time on the Hill of Doon Walk and that she had never seen it. The closest she came was seeing a signpost, erected by Galway County Council of course, saying "Hill of Doon 2K, (Ha! Ha! very funny).

I suppose I must take some of the blame myself. I should have listened to my fellow walkers before setting off. "It's a terrible walk" they said. "It's all road" they said. "Eighteen miles on tarmac" they said. "I think I'll give this one a miss" they said. But did I listen? Not a chance. I thought I was way ahead of the game and donned my shiny new Nikes for this long, possibly boring, walk around Oughterard. Sur' God love me I even had hopes of seeing the Hill of Doon. I couldn't have been more mistaken.

Things started innocently enough. We congregated at the Corrib Hotel and set off over the bridge and off to the right. Getting a chance to spot the fine people of Oughterard off to Mass in their finery. Matt gave those of us walking beside him a good run down of who owned what en route and other bits of miscellaneous bits of info about the area. We turned off left onto a track after a bit and proceeded on for another couple of miles. On we went along the road, everything going pretty much as expected. We stopped for a bit of break and a little snack - mandarins and bananas and the odd sandwich were produced and scoffed. The weather was very mild and every one was in fine form.

That was when things took a turn for the worse. It was decided that seeing as people had been giving out about this walk having so much road that we would go across a field and continue on the road on the other side. Well, I don't have to tell you I was gobsmacked! "What about me shiny new runners"? I protested. "You should know better than to be coming out walking in those - sur' you need boots for this kind of terrain". "But everyone said this walk was all road", I insisted. But at this time I was talking to myself as everyone had headed off in their various forms of footwear across the field, pursued eventually by myself muttering and moaning as to why I hadn't the good sense to stay at home

and catch up on Eastenders instead of coming out with this shower. Anyway, we got across the field and onto the road an the other side a couple of dykes and fences later. Thank God - tarmac time again. There was a bit of confusion at this point - with people walking up and down the road until it was decided that those who wanted to do the short walk were to go to the right - down the hill (always the better alternative) - and those who were doing the long walk were to go to the left up the hill. Now that wet, boggy field bit was over, I was quite content to head off on the long walk. Big mistake!

Off we went up the hill. We then happened upon a local farmer who told us that we could get to the Hill of Doon by going up to the end of the road and then turning right we'd get there in no time. I'd say he's still laughing at us. Little did we know at the time that he was an undercover agent for the Galway County Council and a second-cousin-once-removed of our good friend and leader Matt Welby.

For the next twenty miles (well it felt like twenty) we plodded along in wet boggy ground with big clumps of grass up to our knees and in between was wet and slippery. We crossed streams, climbed fences, went uphill, went downhill and finally stopped for lunch somewhat later than normal, much to the chagrin of some. Mind you after that it was really down hill. Now Tom Rea reckons that on climbing up to the top of one of the hills en route (not followed by the rank and file who were pointing home at this stage) that he actually saw the Hill of Doon, but I would believe that as much as I believe that a rib of hair can swim across an ashtray full of Guinness. (If you don't know what I am talking about, ask Tom and I am sure he will demonstrate for you).

Eventually after battling our way through a small wood, we landed back onto the road again and sur' that can't be bad can it? Wrong again! There was one sign saying "Hill of Doon 2K" and one saying "Oughterard 10K". "Which way do ye want to go"? say Matt. "Which way do ya think Matt"?!!

Off again along the road. Plod, Plod, plod. A few people were fortunate enough to be picked up by passing motorists who took pity on them and arrived back to the sanctuary of the Corrib Hotel while it was still bright. The rest of the die-hards landed back about half past six - tired and weary and drooling for a jar and somewhere to sit down.

The funny thin is, once I had my mandatory pint of Guinness and bag of Tayto and reflected on the day, I came to the conclusion that it was a great day out. Full of the unexpected, plenty to talk about and more importantly - plenty of ammunition! I have since gotten many hours of enjoyment slugging poor Matt about the Hill of Doon walk and look forward to many more in the future.

Postscript

For anyone who missed this particular walk - I think it's been scheduled again for the 1st of April.

ACHILL WEEK-END TRIP

by Loretta Needham

ACHILL WEEK-END AWAY

Friday 25th and Saturday 26th

April 1997

Slievemore Hotel

Dugort

Achill Island

Co. Mayo

Friday Night £15.00 B&B

***Saturday Night £25.00
(Includes B&B + Evening Meal)***

A weekend-planning walks was held in Achill the week-end of my return from foreign lands, March 7th and 8th. Una, Og, Joe, Patrick and myself did the business. The following is a result of our endeavours to please all types of walker in the club.

Planned Walks

Saturday

1) Hill Walk - Suitable for Experienced Hill Walkers only.

This walk is climbing Croaghan Mountain, taking in the Achill Head. The terrain is fairly challenging with a cliff face to the left. The view is well worth the climb and spectacular would be one word to describe it. I could use more words but Steve Wright gave me five minutes to put this article together. (Slave Driver). This mountain/cliff has remains of a plane crash which can be seen when descending the mountain. The Mountain/cliff is only suitable for climbing when weather permits and this has to be decided on the day. There will be a requirement to leave cars at Keem Bay and other cars at the Corry Lake. I am volunteering to lead the walk for all the sins I have committed in my life.

2) Flat Walk - Suitable for everyone.

This is a pleasant walk starting at "The Deserted Village" in Achill Dugort. This walk is along a track leading to the main road and then continuing along by a rock shore with sea to the left, coming back along to the main road, up a side road, passing Boycott's home, and up to a corry lake, down by Keem Bay. At the end of the walk there is a little climb up

to the cliffs. The scenery is breathtaking to say the least but I'll let you judge that for yourselves.

Once again there is a requirement to leave the cars at Dugort and some at Keem Bay. This walk will be led by Una O'Connell and Patrick McGinley.

Sunday Walk

This walk is along the 3 mile beach at Keel to continue to the Minaun Cliffs.

Slievemore Hotel.

The Slievemore Hotel is in a scenic spot under Slievemore Mountain. The area around the hotel has history galore. There are two beaches in the area around the hotel and Silver Strand, if you feel you'd like a stroll after all the walks.

I have outlined details on prices above. Just a few comments. This hotel, like every other hotel in Achill, isn't fully operational until Easter. If you phone and there is no answer, just ring back later. This is a rural area and there isn't somebody behind reception all day waiting for business. I would advise people to send written confirmation of their bookings along with a deposit of £20.00 as laid down by the hotel. It is over to the individual to ensure a place. All the en-suite rooms are nearly gone and there seems to be a big interest in this week-end, so I advise people to book early and don't forget to send the deposit and written confirmation to secure the place. If the hotel is full, they will arrange to accommodate people in houses nearby - again they will need advance notice to do this.

The Hill of Doon

by Muire McLoughlin

If you're looking for something to fill in your
time

The Galway Walkers might be your line

Our third attempt to the "Hill of Doon"

Earned an award of the Wooden Spoon.

Excited we started from the Corrib Hotel

Pleased that the Leader knew the walk well.

The sun was shining and the birds were singing

Anticipation of the "Doon" was thrilling.

We jumped bog-holes and climbed fences

'Til finally we sat and enjoyed our lunches.

The whistle blew us to our feet - The Mystery
Tour continues,

Our blisters and sprains and petty scratches and
oh those sinews.

Compass and torches we had none

But walking you see, is just for fun.

Our colleague Matt knew more than we

For on his back a sleeping bag we see!

So check your maps - no - not the flat

We'll rename "Doon" the Hill of Matt.

A CRIME BACKFIRED

Jedd Sloeman was arrested coming out of the warehouse of the Globe Freezer Company by Special Investigator Drury. He was carrying a large plastic sack which was proved to contain 1,800 frozen animal rectums. When Drury told the crook his swag was "a bag of arseholes", Jedd Sloeman begged to be charged with manslaughter least he became a laughing stock.

Gleaned from "The Mammoth Book of Oddities" by Frank O'Neill & published by Robinson Publishing.

MARY RYAN'S OAT COOKIES

The last time we tried to include this article results would have been pretty disastrous as half of the recipe went missing in the layout stages. It is quite possible that just a gooey stodge would have been the best result obtainable.

Here is the real thing and hopefully nothing will go amiss in this occasion.

Mary Ryan's Oat Cookies.

Ingredients

6oz Porridge Oats
6oz Brown Flour
6oz Sugar
3oz Coconut
Grated Rind of ½ lemon

Melt 6oz of Margarine with 3 tablespoons of water and 1½ tablespoons of Golden Syrup. Mix into the dry ingredients listed above and spread into 2 (7" x 11") swiss roll tins (oiled).

Bake at 150° C for 10 - 15 minutes.

These oat cookies are a great addition to the packed lunch for a long days walk as they are filling and provide plenty of energy.

WALKING POLES

Using walking poles increases performance, endurance and safety with less effort and stress. They are used for hiking, trekking and walking. The use of walking poles reduces stress on major leg joints and the lower back. By using a pole it improves your posture making breathing more efficient and increasing cardiovascular activity by encouraging upper body movement.

The use of poles on muddy slopes and icy paths ensures greater safety as it serves as an extra point of contact with the ground. Walking poles prices range from £14.99 upwards and prove to be a vital asset to walking.

For further information, contact Trevor or Aideen at Trek and Trail.

FEEDING 5,000

Matthew C.14 v. 16-21 does indeed describe that Jesus fed 5,000, not including women and children with five loaves and two fish with fragments left over. Thus ending discussion held at the Maumeen whilst eating lunch on a cold Sunday Afternoon- pity there wasn't a few bob on that one.