



Dungarvan Hillwalking Club

Walks Schedule

January 2011

HAPPY NEW YEAR FROM ALL AT DHWC

DATE	CPF	GRADE	TIME	LOCATION	LEADER
<i>09-01-2011</i>	<i>€12</i>	<i>B+</i>	<i>0730hrs 0930hrs *****</i>	<i>Lugnaquilla, Wicklow full details of start please see Newsletter overleaf:-</i>	<i>086 2581071 Tom Meehan 087 9388008</i>
	<i>€3</i>	<i>C hill</i>	<i>1300 hrs</i>	<i>Coumshingaun</i>	<i>Monica Corcoran 087 2259225</i>
	<i>€3</i>	<i>C flat</i>	<i>1300 hrs</i>	<i>Cunnigar</i>	<i>Eddie Hill</i>

Chairperson Peter Mangan tele: 058 41248

<i>16-01-2011</i>	<i>€3</i>	<i>B+</i>	<i>1000hrs</i>	<i>Lacknafranke</i>	<i>085 1665483 Billy Sheehan</i>
	<i>€3</i>	<i>C</i>	<i>1300 hrs</i>	<i>Brickey River</i>	<i>087 2208492 Norma O'Meara</i>

"B" Walks contact Club Secretary Tom Walsh tele: 058 42347

C" Walks contact Brian Wickham tele:058 42338 / Norman Graham 051 386250

Membership Secretary Reenie Palmer tele: 058 54828

0730hrs Start Saturday "A" Walks: contact John Neylin tele: 058 42405

<i>23-01-2011</i>	<i>€3</i>	<i>B</i>	<i>1000hrs</i>	<i>Seefin</i>	<i>086 8192207 Katharine Foran</i>
	<i>€3</i>	<i>C</i>	<i>1300 hrs</i>	<i>Portlaw</i>	<i>086 3170042 Norman Graham</i>

Thursday Afternoon Walks: meet outside Park Hotel at 13.30 pm

Contact: John Browne 058 42224 Jenny Richardson 024 91775 Peter Mangan 058 41248,

<i>30-01-2011</i>	<i>€3</i>	<i>B</i>	<i>1000hrs</i>	<i>Milk Hill</i>	<i>086 2411287 Richard Dykes</i>
	<i>€3</i>	<i>C</i>	<i>1300 hrs</i>	<i>Knockalioseen</i>	<i>087 6906568 John Browne</i>

Next Committee meeting at 8pm 18-01-2011 at the Tudor House, Mary Street, Dungarvan

Next Club meeting at 8pm 01-02-2011 at the Tudor House, Mary Street, Dungarvan

Meeting point for walks is the TSB Car Park, 10 minutes before walk time listed unless stated.

January 2011 Newsletter

2010 Minced Pies & Mulled Wine Walk

A Fantastic turnout for the annual Club Minced Pies & Mulled Wine Walk in Ardmore last month, the day was good and dry but a bitter chill factor to the winds didn't deter anyone enjoying this festive walk. Everyone elegantly wearing a festive hat or decoration added to the enjoyment, and not forgetting the local four legged friend we met on route, who followed us till the end begging for someone to throw his stone and him to fetch it.

When we all returned back to the cars, the choir sang high and the distribution of the Minced Pies & Mulled Wine began (Recipes now available for each on the sold out limited edition of Hungry Hillwalkers Favourite Recipes Book).

A Collection was made from all present for the WLRfm/Lions Club Hamper Appeal, and a great amount of €324 was collected for the worthy cause, so thanks everyone for your generosity on the day.

Photos of the day are now available for viewing on the clubs Flickr photo gallery at www.dungarvanhillwalking.org

Hillwalkers Tip of the Month

Love them or hate them, trekking poles improve your balance, reduce concussion and speed your progress during descent - if used properly!

Still not convinced? - then try this. Put on a loaded rucksack and head for the bathroom. Stand on the scales and note your weight. Now grab the poles, place them either side of the scales, leaning on them with a similar force as if you were walking downhill. If you're using the poles effectively, they'll knock a quarter off your bodyweight - that's the equivalent of saving around six tons of pressure on your feet and leg joints over one measly mile.

The most common mistake is holding the poles incorrectly. Place your hand through the strap from below, so the poles hang from the wrist. Now bring your hand down onto the pole handle. All your weight should be on the strap - you need only have a light hold on the handle to guide the pole in place. Lengthen your trekking poles before starting your descent - they should be long enough to allow you to place them in front of you without compromising your balance. Use the poles in a natural rhythm with your arms, planting the right pole just before your left foot hits the ground. Place each pole well in front of your leading foot and don't be afraid to lean forward and load some of your weight into it so it effectively brakes your movement. As soon as your body starts to draw level, flick the pole out again. Used correctly, for every 6 miles, your poles can save a whopping 1 mile's worth of jarring on your knee joints.

If you don't want to mistake your poles or have someone else mistake yours - especially when they're piled high with a dozen others in the boot of that car or bus - then personalise them by wrapping some coloured tape just below the handles - insulation tape is great as its bright colour will stand out.

DATE FOR YOUR DIARY

Lugnaquilla, Wicklow on January 9th

As seen on the walk schedule, Tom Meehan will lead a "B" Grade walk in Lugnaquilla, Wicklow on Sunday January 9th which was postponed in December due to the adverse weather conditions, leaving Dungarvan TSB carpark at 7.30am, Tom wants to meet at Baltinglass Mart for 9.30am. So if you could please get to the rendezvous point at the allocated time and from there Tom will guide you to the starting point of Lugnaquilla walk, if any further queries contact Tom Meehan on his mobile.

B Walks are usually 4 to 6 hours. C Walks are about 3 hours. Inclement weather is likely to extend the time of all walks Hillwalking is an adventure sport and not devoid of an element of risk. To minimize risk, be prepared: waterproof boots, rucksack, waterproofs, a packed lunch, hot drink, warm hat, gloves etc. Mountaineering Ireland (MI) recognizes that participants in Hillwalking should be aware of and accept any risk and be Responsible for their own actions and involvement.

Remember: No Boots, No Walk