



Dungarvan Hillwalking Club

Walks Schedule

APRIL 2011

FESTIVAL OF FOOD SATURDAY 16th APRIL 2011
COMMUNITY WALK AROUND MOUNT STUART
COST €5 register website: waterfordfestivaloffood.com
Meeting point : 1100 am The Park Hotel Dungarvan

DATE	CAR POOL FEE	GRADE	TIME	LOCATION	LEADER
10-04-2011	€3	Easy B	1000hrs	FARBREGA CIRCUIT	Michael J Power 087 2032441
	€4	C	1300 hrs TSB 1345 hrs *****	DUNMORE Strand Hotel Dunmore	Noel Kelly 051 858604 / 085 7391341

Chairperson Peter Mangan tele: 058 41248

17-04-2011	€3	B	1000hrs	GLENEARY	Jack Clancy 086 8210413
	€3	C	1300 hrs	THE VEE Sugarloaf Circuit	Greg Ashe 086 8693288

“B” Walks contact Club Secretary Tom Walsh tele: 058 42347

C” Walks contact Brian Wickham tele:058 42338 / Norman Graham 051 386250
0730hrs Start Saturday “A” Walks: contact John Neylin tele: 058 42405

24-04-2011	€3	B	1000hrs	KILLINEEN RIDGE	Stephen McCarthy 087 2952765
	€3	C	1300 hrs	DROMANA WOODS	Reenie Palmer 087 1224040

Thursday Afternoon Walks: meet outside Park Hotel at 13.30 pm

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

01-05-2011	€3	B	1000hrs	KNOCKMEALDOWNS	Tom Fitzgerald 087 9860495
	€3	C	1300 hrs	COLLIGAN UPPER	Lorraine & Paul Vart 087 9377274

Membership Secretary Reenie Palmer tele: 058 54828

Meeting point for walks is the TSB Car Park, 10 minutes before walk time listed unless stated.
Next Club meeting at 8pm 03-05-2011 at the Tudor House, Mary Street, Dungarvan
Next Committee meeting at 8pm 19-04-2011 at the Tudor House, Mary Street, Dungarvan



Dungarvan Hillwalking Club

April 2011 Newsletter

Walks for Last Month

The month of March saw many exciting and wonderful hillwalks around the locality (places like the Galtees to Mangerton in Kerry) and the Club Committee would like to thank everyone who helped to organise and lead these walks.

Great to see so many members out on the hills and we hope that the month of April will be as exciting now that the longer days have arrived. We would advise that caution is to be taken as recently some small patches of mountain in the Comeraghs have been "control burnt" so do take caution as to this, not to find yourself trapped in a burning area or possibly overcome with smoke. May everyone have a great month of hillwalking and please remember safety always takes precedence on hillwalks at all times.

C2C Crumlin to the Cunnigar Hillwalking for Charity

Recently Donal O'Mahony (Club member) undertook a challenge to Hillwalk from Crumlin Childrens Hospital, Dublin to the Cunnigar in Dungarvan over the 3 bank holiday weekends. You may think this a crazy thing to do but Donal felt that having had to use the facilities at Crumlin Childrens Hospital recently with his own child that the Hospital is in need of serious funding constantly and this was a novel idea that may help raise awareness of this worthy cause.

He completed Stage 1 of the walk on 17th-20th March which took him from Crumlin via Marley Park, Knockree, Laragh, Glenmalure to Tinahely, a total Distance of 130 Km. Donal will expect to do Stage 2 on the May Bank Holiday weekend from Tinahely to Mullinavat and then on the June Bank Holiday weekend he will hillwalk from Mullinavat to the Cunnigar via the Comeragh mountains. It is hoped that the club can escort him on his journey home along the Comeraghs on the June weekend. We wish Donal the very best in this endeavour and look forward to meeting up with him in June. Peter Mangan has the Club Sponsorship Card if any Club Member would like to support Donal.

Hillwalkers Tip of the Month

Ever wondered why you take so much - or so little - in your rucksack?
Can't decide what to leave out? Here are some useful do's and don'ts.

Do

- Weigh your packed rucksack - it should be a third of your bodyweight at most
- Line your rucksack with a bin-liner to ensure it is waterproof
- Roll your clothes up tightly, and squash in loose items, such as walking socks, at the end
- Pack heavy objects so they sit close to your back to help your balance
- Put anything you need in a hurry in side pockets, or at the very top of your bag
- Leave bulky, detailed guidebooks at home - photocopy the pages you need and carry them in your map-case

Don't

- Take a big rucksack - you will pack it too full. Do not use larger than a 45 litre sack
- Pack any hard or angular objects in such a way that they dig into your back
- Put heavy objects near the top of the bag - they will strain your shoulders and neck
- Use a rucksack without a waist and chest strap
- Take too many clothes - one to wear, one spare and one in the wash is a good rule of thumb

DATES FOR YOUR DIARY

Food Festival Walk.... Saturday 16th April @ 11.00am

Guided by Dungarvan Hillwalking Club, a route of circa 7miles around beautiful Mountstuart with refreshment stops and Yops provided by Glanbia. Accompanied children go free. Please wear suitable footwear.

Meeting point: Entrance to The Park Hotel Dungarvan but own transport from meeting point to Mountstuart.

Fee for this event is €5 and tickets can be reserved on the website below.

All details including tickets for this event and many other events for the forthcoming Food Festival can be found on their website www.waterfordfestivaloffood.com

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