



Dungarvan Hillwalking Club

Walks Schedule

JUNE 2011

**€10 Discount off Next Years Membership For All
COMERAGH CROSSING PARTICIPANTS**

| DATE | CAR POOL FEE | GRADE | TIME | LOCATION | LEADER |
|------------|--------------|-------|------------------|--------------------------------------|------------------------------|
| 12-06-2011 | €4 | B | 0900hrs ***** | COMERAGH CROSSING STAGE 1 to NIRE | Billy Sheehan 085 1665483 |
| | €4 | C | 1300 hrs | KNOCKALISHEEN BALLYMACARBRY | John Browne 087 6906568 |

Chairperson Peter Mangan tele: 058 41248

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|------------|----|---|----------|-----------------------------------|----------------------------------|
| 19-06-2011 | €4 | B | 1000hrs | KNOCKMEALDOWNS | Veronica Curran & Mary O'Shea |
| | | | | 087 9659648 | |
| | €4 | C | 1300 hrs | COMERAGH CROSSING SCARTADRINNY | Brian Wickham 087 2791170 |

Membership Secretary Reenie Palmer tele: 058 54828

Thursday Afternoon Walks: meet outside Park Hotel at 13.30 pm

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

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|------------|----|---|----------|--|-------------------------------|
| 26-06-2011 | €4 | B | 1000hrs | COMERAGH CROSSING STAGE 2 FROM NIRE | Reenie Palmer 087 1224040 |
| | €4 | C | 1300 hrs | TULLAGHOUGHT | Marie Jennings 086 1202532 |

“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

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|------------------------|--|---|----------|-------------|--------------------------------|
| 02-07-2011 Saturday | <h2>COMERAGH CROSSING 2011</h2> <p>Full Details: JOHN NEYLIN tele: 087 7931270</p> <p>Website: dungarvanhillwalking.org</p> <p>Newsletter: June 2011 Newsletter</p> | | | | |
| 03-07-2011 | €4 | B | 1000 hrs | MAHON FALLS | Tony Fitzgerald 087 2588171 |

Meeting point for walks is the TSB Car Park, 10 minutes before walk time listed unless stated.
Next Club meeting at 8pm 05-07-2011 at the Tudor House, Mary Street, Dungarvan
Next Committee meeting at 8pm 21-06-2011 at the Tudor House, Mary Street, Dungarvan

June 2011 Newsletter

Review of Hillwalks for Last Month

Last month had a great turnout to all grade hillwalks with a diverse selection to choose from, such as the grade B walks in The Galtys, Leenane Connemara, Nire Valley & The Comeraghs and grade C walks in locations such as Aglish, Killineen Ridge, Melleray & Portlaw. The month of June promises to be just as exciting and hoping the good weather is here for a while, sunblock and plenty of water will be on order. The Club arranged a weekend trip to the beautiful setting of Leenane in mid May and 58 of the club members were accommodated in The Leenane Hotel set on the banks of Killary Harbour. Although the weather wasn't the best for hillwalking, that didn't dampen the very enjoyable weekend as there was entertainment from special guests such as Three Tenors plus one, the Déise Ceilí Band & other exciting party pieces to lift anyones spirits. Organised Hillwalks were very well attended too, Saturday's climb to Mweelrea (Highest peak in Connaught) and Sunday's climb up Croagh Patrick, in blustery wet and windy weather on both days. Well done to all involved in co-ordinating this great event. The Committee wishes to thank and applaud all Leaders & Sweepers who guided the walks throughout the month of May and wishes all our Club Members a fantastic and safe time on the hills for the coming month.

Car Break-ins around the Comeragh Carparks

Sadly this warning is still in operation and possibly will be for the next few months of Summer, especially to our club members, to be cautious and not to leave anything valuable in the car. If you happen to see any suspicious or out of the ordinary behaviour, please do take note of either the number plate or any other outstanding details that can assist the Gardai if needs be.

C2C Charity Walk

Final stage of the Charity Walk by Club member Donal O'Mahony took place over the Bank Holiday weekend, when Donal completed from Carrick on Suir to An Rinn via Clonmel, the Comeragh mountains, Clonea strand and the Cunnigar. Donal has braved the weather each bank holiday weekend over the past 3 months to trek from the doors of Our Lady's Hospital for Sick Children, Crumlin, Dublin, to the door of his house in An Rinn.

Peter Mangan still has the Sponsorship Card if any Club Member would like to support Donal for the charity Our Lady's Childrens Hospital Crumlin, Dublin or see the charity bank details on our club website. Thank you so much for your support so far.

Hillwalkers Tip of the Month

While the amount you eat on a hillwalk is important so is the food you eat beforehand.

Breakfast is an important meal as it provides the energy for at least the first few hours of walking and probably more. What you eat for breakfast is unimportant; what matters is that you eat enough. Many people do not bother with more than a cup of tea or coffee first thing in their everyday lives. This is not a good idea before a hillwalk so even if you do not usually eat breakfast you should on these occasions. If you really cannot face food when you have just got up you could pack some sandwiches or other snacks and eat them immediately before you start walking. It is better to eat earlier than that, so that the energy from your breakfast is available as soon as you set off.

DATE FOR YOUR DIARY

Saturday July 2nd 2011 Comeragh Crossing Walk & Challenge

This Annual Event, organised by Dungarvan Hillwalking Club. is a long distance mountain walk from Clonmel to Dungarvan over massif of the Comeragh and Monavullagh Mountains. The Walk is approx. 30Km. long with about 1150m. ascent, with beautiful scenery on a good day, but has proved difficult on an inclement day. The average time to cover the entire route is 10 hours.

There are 3 stages to the walk and it is also possible to join the walk at Stage 2 or Stage 3 later in the day. Experience and fitness are needed to complete all three stages.

Other elements to this event is the Challenge or Team challenge. The Challenge is approx 40Km with about 2000m ascent. It is advisable that participants should have completed other long distance walks with at least 1500m ascent or more. This is a Challenge for the very experienced hillwalker with a high level of fitness required ("A" Grade walker). The average walking time is about 10 hours. Apart from the physical challenge, it is a test of navigation and route finding especially in poor weather conditions.

For further details see the Club website or contact John Neylin.

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