



# Dungarvan Hillwalking Club

## Walks Schedule

### AUGUST 2011

#### “CUNNIGAR CROSSING”

*Don't forget to bring old runners and boots*

DATE	CAR POOL FEE	GRADE	TIME	LOCATION	LEADER
07-08-2011	€4	B	1000hrs	MAUMA ROAD	Tom Fitzgerald 087 9860495
	€4	C	1300 hrs	KILLINEEN RIDGE	Eileen Coffey 087 7614210

*Chairperson Peter Mangan tele: 058 41248*

## 4<sup>th</sup> ANNUAL CUNNIGAR CROSSING

*SUNDAY 14<sup>th</sup> AUGUST 2011 Meet 12.45hrs (sharp) TSB Car Park  
Leader / Swimming Coach John Browne tele: 087 6906568*

*REFRESHMENTS: TIGH AN CHEOIL Full details Newsletter/ Website*

*Membership Secretary Reenie Palmer tele: 058 54828*

21-08-2011	€4	B	1000hrs	MAHON FALLS	Colm Humphrey Linda Fitzgibbon 087 2326329
	€5	C	1300 hrs TSB 1345 hrs IOLY CROSS PUB	DUNMORE EAST	Norman Graham 086 3170042

*Thursday Afternoon Walks: meet outside Park Hotel at 13.30 pm*

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

28-08-2011	€4	B easy	1000hrs	MOUNTSTUART	John Browne 087 6906568
	€4	C	1300 hrs	SEEFIN	Tom & Monica Walsh 085 7437669

*“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*

04-09-2011	€4	B	1000hrs	COMERAGHS	Katharine Foran 086 8192207
	€4	C+	1300 hrs	MAHON FALLS	Tony Fitzgerald 087 2588171
	€4	C flat	1300 hrs	GLENSHELANE WOODS	Eddie Hill 087 2588171

*Meeting point for walks is the TSB Car Park, 10 minutes before walk time listed unless stated.  
Next Club meeting at 8pm 06-09-2011 at the Tudor House, Mary Street, Dungarvan  
Next Committee meeting at 8pm 23-08-2011 at the Tudor House, Mary Street, Dungarvan*

# August 2011 Newsletter

## Review of Hillwalks for last Month

The month of July saw some spectacular walks with all grades of Hillwalking in locations such as the Galtys, Knockmealdowns, Comeragh mountains & Slovenia to name a few. Highlight of the month had to be the Clubs Annual Comeragh Crossing Walk and Challenge, in which we saw over 180 participants cross the mountains from Clonmel to Dungarvan safely, with glorious weather and tasty treats served out on route. The Committee wish to thank everyone who was in anyway involved in this successful event and thank all of you generously with your ongoing support for the charity the West Waterford Hospice.

The word back from any participants on the day is that they'll be back again with more friends to do this amazingly fantastic walk and challenge. Also a special thanks to our one man band who played after the event for the Blister party, thank you so much, Batty Prendergast.

Great attendance was seen on all grade hillwalks by club members and visitors including the Thursday afternoon walks. The committee wishes to thank and applaud all leaders & sweepers who guided the walks throughout the month of July. We want to wish all our club members a fantastic and safe time on the hills for the coming month. We remind you that 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 and that our Clubs motto is Fitness, Friendship & Fun

## 4th Annual Cunnigar Crossing

The club is delighted to announce that this years crossing will take place on Sunday 14th August so all grades of walkers will have a chance to participate in this amazing feat of crossing Dungarvan harbour to the Cunnigar in lowest tide. John Browne has checked the positions of moon, stars, low and high tides, he assures us this day is the only chance anyone will be able to cross safely within this year. We would advise from previous experience that all walkers are wear old runners and old socks to do the crossing and bring boots to change into when landed over at the Cunnigar. From there the intention is to walk the harbour out to the Lobster beds and eventually over to Tigh an Cheoil where Sean will be ready to serve up any deserving refreshments when required.

Due to the short window of opportunity tidal wise for this walk, please can all walkers meet at the TSB carpark for 12.45pm departure, snorkels or flippers are optional on the day and choice of swimstroke will also be agreed by walk leader John the Torpedo Browne (Swim Coach).

## Photos from this years hillwalks and Comeragh Crossing 2011.

The call went out in last months newsletter for anyone who participated in this years Comeragh Crossing or any other hillwalks the club has hosted throughout the year. we asked for you to send in via email photos taken on these walks. We have had a slow response so I would encourage as many members to get emailing us now. the aim is to build a large online collection of the years hikes in all weathers so if you happen to have attended any club walks throughout the year and managed to capture some fantastic photos of the walks, then please feel free to email them into the club by using the email address [info@dungarvanhillwalking.org](mailto:info@dungarvanhillwalking.org). We'd greatly appreciate it, if you could, add a description of where and when the photo was taken. If you participated in this years Comeragh Crossing and also managed to capture some of the walk or challenge in photos then please also feel free to email those photos into the address previously mentioned. The Club has its own photo gallery of walks over the years so please click into our website [www.dungarvanhillwalking.org](http://www.dungarvanhillwalking.org) then click on the Photo Gallery tab.

## Hillwalkers interesting tip of the Month

When travelling in bear country, hikers are reminded of the following:

- Most black bears will leave before you are even aware of them.
- Make noise on the Trail - sing or talk loudly or carry a noisemaker.
- Use extra caution when travelling near water or into strong winds as the bear may not hear you approach.
- Use caution near natural bear foods such as berries, nut crops and fish.
- Stay away from any dead animals you find along the Trail. Bears defend carcasses.
- Watch for bear signs such as tracks, scat (bear droppings), fresh diggings and large overturned rocks.

If you happen to encounter a bear on the Trail, stop and face it. The worse thing you can do - and probably your first instinct - is to turn and run. If luck is with you, you'll be hiking in a group. Ensure the bear has an escape route and then begin to yell and wave your arms. You want to appear like you are a threat to the bear. Slowly back away from the animal. If bold, the bear may charge. Greater than 90% of all charges are bluffs but you want to be prepared. Your last possible course of action is to physically attack the bear with anything you have in your presence. Be alert when on the Trail. Chances are very slim that you will ever come face to face with a bear and your best defence is to stay calm and rational. I'll end with the good news. For every fatal bear attack, there are 17 deaths from spiders, 25 from snakes, 67 from dogs, 180 from bees/wasps and 374 deaths from lightning all in North America. My last piece of advice is to take shelter during the lightning storm!

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