



# Dungarvan Hillwalking Club

## Walks Schedule

### SEPTEMBER 2011

**AGM Tuesday 4<sup>th</sup> October 8pm PARK HOTEL**

DATE	CAR POOL FEE	GRADE	TIME	LOCATION	LEADER
11-09-2011	€4	B	1000hrs	KNOCKMEALDOWNS LINEAR WALK	Liam Connors 087 7700251
	€4	C	1300 hrs	CAREY'S CASTLE	Reenie Palmer 087 1224040

**Chairperson Peter Mangan tele: 058 41248**

**Membership Secretary Reenie Palmer tele: 058 54828**

18-09-2011	€5	B	0900hrs TSB 0945hrs Cahir Castle Car Park <i>(Please ring Kevin if you are meeting in Cahir)</i>	GALTEES	Kevin Moore 087 7690308
	€5	C	1300 hrs TSB 1340 hrs Carrick Credit Union <i>(Please ring Sheelagh if you are meeting in Carrick)</i>	RIVER BANK Carrick - Kilsheelan	Sheelagh O'Connell 086 3941253

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

**Contact: John Browne 058 42224 Jenny Richardson 087 2554563 Peter Mangan 058 41248**

25-09-2011	€4	B	1000hrs	COMERAGHS	John Neylin 087 7931270
	€4	C	1300 hrs	ACHTNAFRANKEE	Michael Hanrahan 058 41686

**"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**

02-10-2011	€5	B	0900hrs *****	GALTEES	Billy Sheehan 085 1665483
	€4	C	1300 hrs	SGILLOGUES	Kevin&Rita Moor 087 7690308

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

**Annual General Meeting at 8pm 04-10-2011 PARK HOTEL**

*Next Committee Meeting at 8pm 20-09-2011 at the Tudor House, Mary Street, Dungarvan*

# September 2011 Newsletter

## Review of Hillwalks for last Month

Last month saw some fantastic walks of all grades around the county in locations such as the Comeragh Mountains, Dunmore East & Mountstuart. The Club decided to hold its 4th Annual Cunnigar Crossing on Sunday 14th August so as to suit a lot of the walkers and a great turnout of 64 walkers enjoyed the days walk around the Harbour with some refreshments at Tigh an Cheoil, An Rinn after. This was a fun walk and we were delighted to see such a large turnout. Photos of this and many other walks over the years can be seen at the Photo Gallery on our Clubs website, [www.dungarvanhillwalking.org](http://www.dungarvanhillwalking.org).

September promises to be an exciting month of walks: included are the Club Holiday to Lake Garda Italy, National Trails Day & some great walks on the Galty Mountains. See the Walk Schedule below for times and locations of walks. Please note the earlier times for the Galtees walks leaving Dungarvan

## National Trails Day 2011 - Sunday, October 2nd

NATIONAL TRAILS DAY is a celebration of Ireland's wonderful variety of trails and a chance for everyone to enjoy some of our most beautiful countryside, forests, mountains and lakes. With miles and miles of trails to explore, there is a trail to suit everyone.

With this in mind, Dungarvan Hillwalking Club will host a walk in conjunction with National trails Day around the beautiful Nire Valley on Sunday 2nd October. For further details see the website [www.nationaltrailsday.ie](http://www.nationaltrailsday.ie) or our club website at [www.dungarvanhillwalking.org](http://www.dungarvanhillwalking.org).

## SEMRA Flag Day another great success

On Friday 26th August, a flag day was held by SEMRA in Dungarvan. An appeal to any Club members available to do some flagging went out and the following is a thank you letter from PRO of SEMRA (South Eastern Mountain Rescue Association) to the Dungarvan Hillwalking Club members who helped out.

*On behalf of South Eastern Mountain Rescue Association, I would like to thank your members for assisting us in our recent flag day in Dungarvan . The amount collected on the day was over €1,000 more than last year. This is fantastic given the economic climate and lack of spending power of the average person on the street. The increase was due in no small part to the larger presence of local people collecting on the day. Our funding has been cut by almost 40% this year so we are more reliant than ever on our flag days. We really appreciate your support. Kind regards, Deirdre Phelan PRO SEMRA.*

## Hillwalkers Interesting Tip of the Month - Snakes

*The following are some handy tips if ever on a hillwalking holiday in a country which may contain snakes.*

- *Know your snake. Is it a rattlesnake or a different kind of snake? To be safe, if you don't know, don't hang about to find out and if you cannot see without getting closer, don't even consider edging in any closer.*
- *Be aware of when and where you are most likely to encounter a snake. You are most likely to encounter snakes when you are hiking, climbing, camping, or even walking to see a tourist monument.*
- *Dress appropriately. When in snake country, do not be blasé about clothing — the majority of bites occur on the hands, feet and ankles. So, apart from not sticking your hands where they shouldn't be, clothing becomes an important protection ally.*
- *Behave appropriately when hiking, climbing, walking. When in snake territory, think like a snake to keep your mind on how they might behave so that you can behave accordingly:*
- *Obey the warning signs! This means those of the snake and those of any humans in charge of warning you of the presence of snakes:*
- *Note the striking distance of a snake. A rattlesnake's strike distance can be up to one third to one half of its overall length. It doesn't pay to underestimate a rattlesnake's length, however, and a rattlesnake might strike farther than you would expect. The strike of a rattlesnake is faster than the human eye can follow.*
- *Remain calm if you or somebody else gets bitten. If you do get bitten by a rattlesnake, while serious, the most important thing is remain calm and still — dashing about moves the venom about faster.*

*Here's a thought.....*

*There were two snakes talking. The first one said "Are we the type of snakes who wrap ourselves around our prey and squeeze and crush until they're dead? Or are we the type of snake who ambush our prey and bite them and they are poisoned? ". Then the second Snake says "Why do you ask?" The first one replies: "I just bit my lip!"*

## Date for your Diary

*The Annual General Meeting of the Dungarvan Hillwalking Club will be held on Tuesday 4th October 2011 at the Park Hotel, Dungarvan. Co Waterford at 8pm. All members are cordially invited to attend and new members are especially welcome. The A.G.M agenda and new membership application forms are currently available to download from the Club website.*

*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**