



Dungarvan Hillwalking Club

Walks Schedule

October 2011

COMERAGH CROSSING QUIZ NIGHT
Friday 4th November full details Billy Sheehan

DATE	CAR POOL FEE	GRADE	TIME	LOCATION	LEADER
09-10-2011	€4	B	1000hrs	KNOCKMEALDOWNS	Veronica Curran Mary O'Shea 087 9659648
	€4	C	1300 hrs	GLENMOYLAN	Greg Ashe 086 8693288

Chairperson Peter Mangan tele: 058 41248

Membership Secretary Reenie Palmer tele: 058 54828

16-10-2011	€4	B	1000hrs	KNOCKMEALDOWNS	Tom Meehan 086 2581071
	€4	C	1300 hrs	SEVEN SISTERS COMERAGHS	Aonica Corcoran 087 9338008

Thursday Afternoon Walks: meet outside Park Hotel at 13.30 pm

Contact: John Browne 058 42224 Kieran Muldoon 051 291979 Peter Mangan 058 41248

23-10-2011	€4	B	1000hrs	COMERAGHS	David Howarth 087 7437446
	€3	C	1300 hrs	CROHAUN	Billy Kyne 086 8217622

“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

30-10-2011	€4	B	1000hrs	KNOCKMEALDOWNS LINEAR WALK	Liam Connors 087 7700251
	€4	C	1300 hrs	LOUGH MOHRA	Brian Wickham 087 2791170

*Meeting point for walks is the TSB Car Park, 10 minutes before walk time listed unless stated.
 Next Committee Meeting at 8pm 20-10-2011 at the Tudor House, Mary Street, Dungarvan
 Next Club Meeting at 8pm 01-11-2011 at the Tudor House, Mary Street, Dungarvan*

October 2011 Newsletter

Review of Hillwalks for last Month

September turned out to be another exciting month of great walks around the region in locations such as Knockmealdowns, Galtees & Comeragh Mountains. Hillwalkers experienced all types of weather from extreme downpours to bright sunny days, typical September weather one might say but that didn't dampen the big number turnouts for each grade Hillwalk. A big thanks to all who volunteered to lead our walks each Saturday, Sunday and Thursday afternoons of last month, your time and commitment to lead the walks is very much appreciated by all attendees. Some highlight walks last month were the beautiful "C" grade walk from Carrick-on-Suir to Kilsheelan along the river banks of the Suir and the grade "B" walk doing the Cush Horseshoe route in the Galtees, both on the same Sunday and both experiencing very different weather systems but enjoyable walks none the less.

This coming month sees a lot of the "B" grade walks being located in the Knockmealdowns, a Mountain range with a lot of diverse routes and tracks, each as challenging as the next and the "C" grade walks will be in locations such as Glenmoylan and Lough Mohra near Rathgormac, real hidden idyllic locations worth seeing in our wonderful County. For further details of the coming walks see the schedule below for times and locations. We wish all leaders and groups safe, enjoyable Hillwalking this month.

Nire Valley 18th Annual Hillwalking Festival

We wish the committee of the above festival the very best in their forthcoming 18th Annual Hillwalking Festival on 7th to 9th October. Full details of this festival can be seen on their website www.nirevalley.com. Please note, this is not a Festival hosted by Dungarvan Hillwalking Club but each year some of our members have been known to assist in leading or attending the Festival. Lots of queries have come into the club email for information on this festival recently and all were re-directed to the aforementioned website.

Hillwalkers Tip of the Month - Wrapping up warm for the coming Winter months

Winter officially begins November 1st but over the last few weeks the temperatures on the hills have been very wintry and so required all hillwalkers to wrap up warm out on the hills. The following is a list of requirements each grade of hillwalker would be advised to include in their rucksacks when out on the walks this coming month.

- Lightweight waterproof rain gear consisting of jacket and pants.
- Rainproof gloves to keep the hands warm when exposed to wet and cold
- Flask of a hot drink i.e. soup, tea, coffee or hot chocolate
- Gaiters for the boots as the ground can get very waterlogged in the heavy downpours of rain.
- Lightweight warm fleece & spare pair of hillwalking socks
- Whistle, OS Map & compass in case of fog or poor visibility, Handheld GPS also possibly as a standby.
- Survival "Bivvy" bag to keep oneself dry off the wet ground if needs be
- Adequate first aid kit and products such as suncream, antiseptic cream, insect repellent etc.

This seems a lot to be carrying but with careful packing and consideration, these items can be easy preventers of Hypothermia when out exposed to the elements on a hillwalk in all weathers. A lot of these items can be purchased from our local Venture Outdoor shop in the High Street, Dungarvan. We ask members to remember to shop local when in need of any supplies or clothing.

Date for your Diary

A Table quiz will be held at the Dungarvan Soccer Clubhouse in Kilrush Park Dungarvan on Friday 4th November 2011. Doors open at 8pm, 5euro per person with max of 4 persons per table. This night is held as a fundraiser for The Comeragh Crossing Walk & Challenge 2012 and your support will be very much appreciated. A great nights entertainment is a guarantee as questions will be set very fairly and funny answers will be accepted, possibly added to your overall scores if funny enough!

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