



NEWSLETTER

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Sky Ride Étape Hibernia

Many members will have seen the announcement a few weeks ago that the Étape Hibernia is coming to Co. Clare.

This is a 135 km. (approx.) cycle on closed roads, starting and finishing in Ennis, and taking the coastal route between Miltown Malbay and

Ballyvaughan – a leisurely spin for our club cyclists!

It's one of a series of closed-road cycles, and the organisers are expecting 2,000 cyclists from Ireland and abroad for this year's event.

The date is **Sunday, 22nd Aug**, the entry fee is €54 and full details

are available on the Étape Hibernia website <http://www.etapehibernia.com/index.html>

Anybody got any ideas for a COC group effort/focus for the event?

Insurance for road cycling

Most of us feel that life is too short to spend time going through the details of our insurance policies. However, it is important to be aware, at least in general terms, of what's covered and what isn't.

You're automatically included in the standard MI insurance when you become a member of the club, and there's a fairly detailed explanation of what activities are covered, and to what

extent, on the MI website <http://www.mountaineering.ie/membersandservices/viewdetails.asp?ID=11>

Club members who take part in road cycles organised by the club should note that this activity is NOT covered by the MI insurance policy. Members are strongly advised, therefore, to arrange alternative insurance cover for this activity.

Though we will continue to organise and include road cycles on the Club Calendar, it is on the strict understanding that members participate at their own risk and that the club will not accept liability for any claim arising from consequent accidents or injuries.

IMPORTANT REMINDERS

- Night navex. Contact Hugh by **18th Mar.**
- Surfing. Contact Lorraine **now!**
- Four Peaks. Contact Rory **now!**

Four Peaks – Carrauntoohil

New photos

- road cycle
- Scotland trip
- Carrauntoohil

now up on the website.



Night Navigation Exercise

The final part of this season's navigation training programme takes place on **Saturday, 20th March**, with a night navigation exercise in Connemara.

Starting at **8.00 p.m.** at Sleepzone, Leenane, the exercise is open to all club members who are familiar with using a compass, and it's an ideal opportunity to

practice navigation skills for real on the hills. Night navigation is required for MSA, so for those considering doing the assessment later in the year, it's an opportunity to get in some more practice.

There's a club walk the following day (Derryclare Horseshoe) so anybody wanting to do the walk could overnight at

Sleepzone (self-organise, 095-42929).

Please contact Hugh Carthy on or before Thursday, **18th March** if you intend to come on the exercise (carthyh.ennis@eircom.net, 086-8055220)



Jim goes in for a closer look!

One down, three to go!

28 members braved a howling wind to complete Part 1 of the COC Four Peaks Challenge on Sunday, 7th March.

An anti-clockwise circuit of the Coumloughra Horseshoe took the

group over Caher and onto Carrauntoohil, where the club banner was unfurled and photographed for the record. Mission accomplished, the group split, with some continuing across Beenkeragh Ridge

(interesting in the wind) and others retracing their steps for a shorter descent.

Next stops Donard and Lug. Onwards and upwards!

Too hot to handle?

Here's a rule of thumb for hillwalkers: "Temperature drops by approx. 1° C for every 100 m. of ascent."

You're in the car-park at Lisleibane, where the temperature is 18° C. You climb to the top of Carrauntoohil, where you find that the temperature has dropped to 9° C. It's twice as warm at Lisleibane as it is on

Carrauntoohil, right?

So 65° F is twice as warm as 48° F? Curious, innit?!!

P.S. Clearly, the Editor has far too much time on his hands! To stop him rambling in the future, you could submit something for publication in the Newsletter to make sure that there's no space left for him!!



Winter mountaineering

Scotland

Upcoming events

The rockclimbing season will kick off shortly – full details in the next issue. In the meantime, experienced climbers may like to make note of the MI Fair Head Summer Meet (4th to 6th June). Details on the MI website.

Surfing for Beginners is on **Sat, 13th March**. There may be a few places left – contact Lorraine 087-6595417.

Four Peaks (Part II and III, **Easter Weekend**). Self organise accommodation, and contact Rory 087-2457540.

Next term's **Calendar** will be published shortly, packed full with plenty to keep everybody happy! Watch the website.

The Burren Marathon takes place on **22nd May**

and includes full, half, mini and mini under 16 events. Google "Burren marathon" – the web address is too long!!

Members doing the Maamturks Challenge this year (**3rd April**) might be interested in Simon Stewart's route descriptions:

<http://www.simonstewart.ie/Turks/turk.htm>

Congratulations!

Ash and Padraig got married on 13th February.

Margaret and Andrew had a baby boy, Patrick, on 7th March.

Best wishes to all.

Cyc-list links

Some of the links in last month's piece about the cyc-list got mixed up, so here they are again:

To **subscribe**: cycling-subscribe@clareoutdoorclub.net

To **unsubscribe**: cycling-unsubscribe@clareoutdoorclub.net

To e-mail everybody on the list: cycling@clareoutdoorclub.net

Winter mountaineering in Scotland

MI Summer Alpine Meet, 2010

This year's MI Summer Alpine Meet takes place from 3rd to 18th July in Ailefroide in the High Dauphiné Alps, France.

Full details from the MI website:
www.mountaineering.ie

CLARE OUTDOOR CLUB

Web:

www.clareoutdoorclub.net

E-mail:

clareoutdoorclub@gmail.com

Forum:

www.clareoutdoorclub.net/phpbb2/index.php

Clare Outdoor Club made a return visit to Glenmore Lodge in Scotland in February for three different winter mountaineering training courses; Winter Skills (Paula), Winter Mountaineering Skills (John and Agnes) and Winter Climbing (Jim and Hugh). Flights to Edinburgh at the weekend were followed by a three-hour train journey into the highlands and transfer by minibus to the Lodge. There didn't appear to be as much snow as last year, but we were assured that there was plenty above about 600 m.

After an easy(ish) introductory day on Monday – briefings, sorting gear and being “sussed out” on the hills in the afternoon by the instructors – Tuesday morning saw a fresh dump of 10 cm. of snow. The road up to the usual training area was impassable, so two groups stayed near the Lodge, and Jim and Hugh took a 3 km walk to a crag at 650 m. for some anchor work and a short climb.

Wednesday was a cracker of a day – brilliant sunshine, light winds, perfect for snow anchors and belays, abseils, digging snow shelters, and some winter navigation. The climbers did a spectacular Grade II/III climb in Fiacail Couloir.

John and Agnes headed to Aonach Mór in the Western Highlands (near Ben Nevis) on Thursday to practice breaking and abseiling through cornices. The hair-raising drive was the most dangerous part of the day! No views of Ben Nevis, unfortunately, due to poor weather, but conditions were much better back in the Cairngorms. More brilliant sunshine on Fiacail Ridge for Paula and a great climb on Fingers Ridge (Grade IV) for Jim and Hugh.

Friday is always a panic day trying to get some quality time in the hills while making sure to be back at the Lodge in time to debrief, return kit, shower, pack and catch the train! Despite the panic, Jim and Hugh managed to do two 3-pitch

climbs (Spiral and Red Gullies), and get back before the other groups!

John returned home on Saturday morning and the rest enjoyed the weekend in Edinburgh. Check out the website Gallery <http://picasaweb.google.com/clareoutdoorclub/Scotland2010GlenmoreLodge#>

for photos of the trip. Also, the climbers' instructor, Alan Halewood, has a blog where he keeps a daily account of what he's been doing. These are the entries for the week we were in Glenmore

<http://alanhalewood.blogspot.com/2010/02/relaxed-start.html>

<http://alanhalewood.blogspot.com/2010/02/snowy-second-day.html>

<http://alanhalewood.blogspot.com/2010/02/top-day.html>

<http://alanhalewood.blogspot.com/2010/02/another-top-day.html>

<http://alanhalewood.blogspot.com/2010/02/last-day-intro-winter-climbing-course.html>