



NEWSLETTER

NEXT WALK

Saturday 25 March 2017

Knocknagussy, Connemara

Leaders: Sean O'Farrell, 087 2312547
Aedamer Quinn, 086 1017525

Contact a leader by Friday night

This is **Moderate PLUS** walk—not suitable for beginners

MONTH AHEAD

Sunday 02 April

Club walk - Carrauntoohil, Kerry

Saturday 08 April

Coastal spring clean

Sunday 09 April

Club walk - Circuit of Lough Muskry, Galtees

Sunday 23 April

Club walk - Derryclare Horseshoe, Connemara

May Bank Holiday on Achill Island, 28-30 April

We have booked three nights in the Valley House Holiday Hostel and Bar, Achill Island. Dorm accommodation: €75 per person sharing.

Proposed hikes:
Saturday 29 April: Hike to Croaghan
Sunday 30 April: Hike to Slievemore
Monday 01 May: Hike to Minaun

To confirm a place, please pay €75 online to the club account by **Friday 24 March**. Email clareoutdoorclub@gmail.com for more details or if you have any questions.

Organisers: Loretto O'Donnell, 085 8884958; Sean O'Farrell, 087 2312547

Clare Outdoor Club Bank Details
TSB, Ennis
BIC - IPBSIE2D
IBAN - IE75IPBS99072811476909



Walk Report - Fanore to Ballyvaughan Sunday 12 February



It was a cold Sunday morning with a breeze that would cut you when our group of twenty plus parked up at the pier in Ballyvaughan, from where our leaders had arranged for a bus to pick us up to bring us to Fanore to start our walk.

On reaching Fanore we regrouped at a road junction about a kilometre from the beach. We followed this roadway uphill for 500m til we reached a stone stile where we crossed into a field and joined the Green Road which goes around Black Head, above the R477.

After staying on this road for some time we started to go cross country, up over the stony landscape of the Burren. There were spectacular views of the Atlantic and Galway Bay stretching out beneath us.

Our route took us over Gleninagh mountain and Capanwalla, into Ballyvaughan. We had one or two short stops in the rare sheltered spots, and a quick stop for lunch. The wind didn't lend itself to hanging around. We passed one or two other hikers on our journey. There was also a walk for the Alzheimers Society going in the opposite direction the same day.

We descended from the stony terrain and rejoined the road about a mile outside Ballyvaughan and walked on quiet country roads, farmland, and through a Burren hazel woodland leading to the Ballyvaughan GAA field.

We stopped for refreshments in Hylands Burren Hotel before heading home after a very enjoyable day in the Burren. Thanks to Ann and Tommy, our leaders on the day and Eimear for co-ordinating operations at Roslevan car park.



Maria Carey

"A" Walk Report - Coomloughra Horseshoe, Kerry Sunday 19 February



A misty damp Sunday morning saw 14 members, led by Conor Warner and Pat Kenneally, join the trip to Killarney to take on the Coomloughra Horseshoe in the heart of the Reeks (OS Map 78).

Heading west out of Killarney for approximately 22.5km, we found our car park/start point at the foot of the Hydro Road (V772871).

After a brief talk from Conor, we made our way up the steep Hydro Road (also known as the concrete road) and headed for the Dam at Lough Eigher (V778856), which is highlighted as a power station on OS Map 78. We were reliably informed by Pat that the actual power station was much farther downhill.

With the heavy mist now enveloping the landscape, we ascended our first spot height (747m) also known as 'Cnoc lochtar' (747m), and in double quick time, we descended east onto col, and ascended 'Skregmore' (848m). Plenty of scrambling over greasy rocks was to be the order of the day as we hoped in vain that the mist would clear.

From 'Skregmore' we descended onto col and ascended a spot height (851m) also known as 'Stumpa Bharr na hAbhann' (851m). Next up was the ascent to Ireland's 2nd highest, 'Beenkeragh' (1010m). This was steeper than expected and we earned our lunch! At this stage, all views were imaginary due to the mist as we contemplated the Ridge to follow.

Moving down from the Peak and onto the Ridge, we made our way carefully over the slippery outcrops as Conor helpfully pointed out (probably from memory!) various landscape features. Some of the braver souls scrambled right over the top of the Ridge and it felt good to experience life on the Ledge!

Continuing south along the ridge, we passed over (or around) a spot height (959m) and caught a glimpse of 'Brother O'Shea's Gully' to our left before we began the ascent to Ireland's highest, 'Carrauntoohil' (1040m). Another greasy scramble ensued before we caught our first faint glimpse of the Cross. No small achievement and a first for some on the day.



From the Cross, we descended onto a track heading roughly west south west towards 'Caher'. This led us on to a ridge through a spot height (983m) and was relatively easy going to Ireland's 3rd highest, 'Caher' (1001m). From here we moved down on to spot height (975m) also known as 'Caher West' (975m) and Ireland's 5th highest mountain.

Descending in a north westerly direction from here, dinner was mentioned for the first time! By the time we had reached the track that led to the Hydro Road, it was all we could talk about. As we stumbled over the steep mass-concrete road sections, I began to wonder if it was my legs that had turned to concrete!

By the time the group had reached the Car Park, we had completed a 6hr 14km horseshoe taking in some 7 Peaks, including 4 of the 5 highest mountains in Ireland! I contemplated this whilst tucking into a homemade stew in Sherwood's, Farranfore (also known as Heaven!).

Fergus McCarthy

"B" Walk Report - Carrauntoohil, Kerry Sunday 19 February

We climbed Carrauntoohil via the Coomloughra route, ascending and descending via Caher. For some of the group members, myself included, this was a first. The walk began with a steep uphill climb on a concrete hill known as the Hydro-track. This was the most difficult part of the walk, and as a new club member, had me wondering what I had let myself in for! After the initial steep climb, the walk eased off and there was some boggy ground to cross before ascending Caher.

Rocky areas were damp and slippery, so care had to be taken in order to ascend safely, but luckily conditions weren't too bad, even though visibility was poor due to heavy mist. The weather was warm and it wasn't too windy. We had a quick stop for lunch, and were optimistic that the sun might make an appearance, but it no such luck. We reached the summit of Carrauntoohil, and unfortunately were not able to see the views we had hoped for. We returned the same way we had ascended.

Fiona Barry

To see more photos from the walks, check out the www.clareoutdoorclub.net website gallery.

COASTAL SPRING CLEAN

POULHUGH, FANORE

Saturday 8 April, 10am-12pm

Bring your friends and your little helpers!

Fun day out!

Meet at Roslevan at 8:50 or the Shop in Fanore at 10:00

Contact Susan on 087 6131497



MOUNTAIN SKILLS 2 WAS COMPLETED BY LINDA HANNON, JOHN RODGERS, PAT O'BRIEN AND MIKE MURPHY IN FEBRUARY. ANOTHER HUGE SUCCESS AND MANY THANKS ONCE AGAIN TO JIM MCHALE FOR EXPERT GUIDANCE.



THE LEADERS' TRAINING DAY THREW UP A MOST FANTASTIC DAY AND JOHN HEALY PUT ON A GOOD SHOW OF HOW TO MANAGE A GROUP; EVEN THE MORE EXPERIENCED LEADERS PICKED UP ON INFO ON HOW AND WHY GROUPS REACT TO DIFFERENT STIMULI. IN THE BURREN ON SATURDAY 11 MARCH, FROM LEFT: ANDREW KILLEEN, MIKE MURPHY, SHANE O'GRADY, FERGUS MCCARTHY, MARY CONWAY, JIM BORGE, PAT O'BRIEN, JOHN HEALY, ANN HOWARD AND ANN SLATTERY.

THIS MONTH LOOK OUT FOR: Mountain Hares

This is the best time of year to observe hares. In spring they may be easier to see than at other times of the year when they're usually only spotted in the early morning and late evening. Also the grass is still relatively short making it easier to see them now. This is the month you will see hares fighting. These fights between males (jacks) as well as females (jills) and males, involve kicking with the hind-legs and boxing with the fore-legs and have led to the saying "as mad as a March hare". There are two hare species in Ireland. The brown hare was introduced in the 1800s whereas the mountain hare is one of our oldest animals and bones of one found in Waterford are over 28,000 years old. Brown hares are found in Northern Ireland whereas mountain hares are found throughout the country. The Irish name "giorria" comes from garr (short) and fia (deer).

