



# NEWSLETTER

## NEXT WALK

**Sunday 19 February 2017**

**"A" walk – Coomloughra Horseshoe**

**Leaders:** Conor Warner, 087 9800075  
Pat Kenneally, 086 8109344

**"B" Walk – Ramble in the Reeks**

**Leaders:** Sean O'Farrell, 087 2312547  
Mary Conway, 087 7675591

We plan to car pool for both walks separately.

Contact a leader by Friday night. **Further details below.**

## MONTH AHEAD

**Sunday 05 March**

Club walk

Derryclare Horseshoe, Connemara

**Saturday 25 March**

Moderate+ Club Walk

Knocknagussy, Connemara

**Check out the calendar on the website for more details**

## walks on Sunday 19 February

**"A" walk** - The Coomloughra Horseshoe is a tough committing walk on Ireland's highest peaks suitable for experienced members only.

**"B" walk** - A Ramble in the Reeks is an opportunity for newer members to experience a day in the Macgillycuddy Reeks. The actual route will be decided on the day depending on weather conditions. Reaching summits will not be a priority, having an enjoyable day out will be the aim.

Participants on both walks must have full kit including boots with ankle support, rain jacket and pants, hat and gloves and a couple of spare layers to put on and take off depending on the weather.

Contact a leader for the walk you intend to take part in by Friday at the latest.

Note you will have to car pool with members taking part in the same walk.

We have lift off...

Our new website  
is now LIVE!

[www.clareoutdoorclub.net](http://www.clareoutdoorclub.net)



## walk Report - Sheeffry Hills, Mayo

Sunday 8 January



Setting out from Doolough, it became apparent that our lucky "great weather for a hike" streak had ended and a misty shower was making its presence felt. Raingear fished out and thermals firmly in place, the 17 strong group began the ascent initially along a rocky, grassy ridge, meeting with the steeper parts of the climb head on, in the initial stages of the hike.

On reaching 550m, the ascent had become a lot more gradual and we stopped for lunch along a plateau with views over Mweelrea and glacial valleys down below. Making it snappy as the winds began to rise, we continued along the plateau. The terrain grew increasingly marshy here and the leaders' expertise was put to good use to follow the right direction along the flat topped ridge. The wind at our backs made the remaining climb to 720m a little easier and layers all the more essential as we neared the peak of Barrclashane. Unfortunately, the views of Clew Bay and Croagh Patrick were only fleeting with (very) intermittent breaks in cloud cover and offered just a tantalising appetiser of what they might be like on a good day.

Two short, swampy descents followed by two equally short, swampy ascents paved the way for the final descent to the car-park. The windy conditions definitely shook most of the cobwebs out although some confusion still lingered as to the accuracy of the word "Hills" to label these bad boys. The Irish translation, "CnoicShiofrai"- Hills of the fairies- maybe offers a better indication of the hikes' peaks and troughs!

Paula Nash



## walk Report - Stradbally and Benoskee, Kerry

Sunday 22 January



There were a few clouds to be seen as 18 souls emerged from their cars at the edge of Lough Caum (alt. 220m) but the S.E. wind was barely discernible. The lake was absolutely still and offered a perfectly mirrored reflection of the surrounding forest and hills. We headed off in single file on the "boardwalk" around the lake before scrambling up towards a gap cut by a stream.

Emerging through the gap we were awarded the vista of the wide open heather and moss covered slopes ahead strewn with sandstone outcrops and boulders. This wide open deep pile carpet led to Benoskee summit. The views to the south from anywhere along this stretch showed the Reeks, Dingle Bay and out towards Valentia Island. To the east of us was Caherconree and beneath us a multitude of colours from deep yellow to deepest reds from the mosses and lichens. Our expert leaders lead us directly to the summit skirting the craggy cliffs to the east and a view down to Loch an Choimin.

Lunch at the summit allowed us time to take in Mt. Brandon to the west, Brandon and Tralee Bays separated by the Maharees at our feet and still slack wind even at 826m. From here a short (hardly time for the lunch-chilled fingers to warm up) down and up led us to Stradbally summit (alt. 798m).

Some of the return had us winding our way steeply down a dried grass slope until we reached near car park altitude. Getting across some recently harvested and even more recently re-planted forestry involved some very graceful scaling of barbed wire fences but our intrepid leaders ensured we all survived and the men folk remained "entire". A great day out and many thanks to Ann and Marie-Louise!!

John McCarthy



## Failmore, Connemara

Sunday 05 February



20 bodies had a great day out on the Failmore Horseshoe, Connemara with every season in one day on 05 February. Check out the gallery in the website for more stunning photos.

To see more photos from the walks, check out the [www.clareoutdoorclub.net](http://www.clareoutdoorclub.net) website gallery.

## Nutrition for the Mountains

a talk by Michael Murphy

THURSDAY 02 MARCH, 8PM-9.30PM

ROWAN TREE CAFE BAR, ENNIS.

THIS IS A FREE EVENT FOR MEMBERS AND FRIENDS OF THE CLARE OUTDOOR CLUB.

SEE YOU THERE!



## St Patrick's Weekend

In Sligo, 16-19 March

We have booked three nights in Strandhill Hostel: Thursday 16,

Friday 17 and Saturday 18 February. Dorm accommodation:

€75 per person sharing, including breakfast.

Proposed hikes:

Thursday - Cullcagh

Friday - Benbulbin

Saturday - Knocknarea

Surfing, biking etc. can be booked in the area.

Please confirm with one of the organisers by **Tuesday 28 February.**

AOIFE MORRISY: 086 810 3322

TOMMY VAUGHAN: 086 190 0599



## Caving in the Burren on 28 January



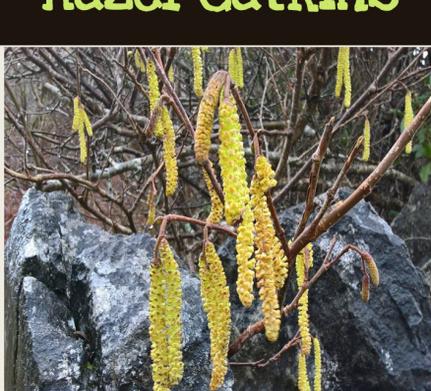
MOUNTAIN SKILLS 1 WAS COMPLETED BY LINDA HANNON, JOHN RODGERS, PAT O'BRIEN AND MIKE MURPHY IN JANUARY. BIG THANK YOU TO JIM McHALE FOR PUTTING THE GROUP



## THIS MONTH LOOK OUT FOR: Hazel Catkins

At this time of year, before the leaves come on the tree, the catkins appear. These are the flowers of the hazel tree. There are two types of catkins, male and female. The male flowers, known as "lamb's tails", are shown here.

Hazel was one of the most useful native Irish trees in times gone by. Not only were the nuts harvested as food, the wood was traditionally used for making eel and lobster pots and scoilbs, small forked branches used to hold down the thatch on a roof.



## Committee Greeting

Hope you have all had a chance to check out the new website which has been redesigned and went live on 24 January. Many thanks to Juris for doing such an incredible job and thanks to Paul for all the work on the previous website.

Next up, we are organizing a Leaders' Day on March 11 in the Burren. Keep the date free in your diary, more details to follow.

The Clare Outdoor Club Committee

