



NEWSLETTER

NEXT EVENT

Sunday 21 May
Kerry Mountain Rescue Training

Organiser: Michael Murphy, 086 803 4062

Meeting: 7:45am, Roslevan

MONTH AHEAD

Sunday 28 May

Club walk - *Mweelrea*, Mayo

Sunday 11 June

Club walk - *East Reeks*, Kerry

Check out calendar on the website for more details

SUMMER

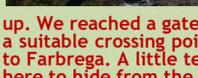
-PARTY 2017-



CELEBRATE THE END OF THE CLARE OUTDOOR CLUB YEAR WITH A WEEKEND ON THE ARAN ISLANDS INCLUDING A DAY TRIP TO INIS MOR AND AN OVERNIGHT STAY ON INIS OIRR. CONTACT EILISH CORBETT (086 162 4363), SEAN O'FARRELL (087 2312547) OR EMAIL CLAREOUTDOORCLUB@GMAIL.COM FOR MORE DETAILS. PAYMENT DUE BY WEDNESDAY 31 MAY TO SECURE A PLACE.

CHECK OUT CALENDAR ON THE WEBSITE FOR MORE DETAILS.

Walk Report - Lough Muskry, Tipperary Sunday 09 April



A pleasant day, saw 10 leave from the usual spot in Roslevan where we were joined by 6 more at the Amber fuel station on the way into Tipperary town.

The planned walk was a circuit of Lough Muskry. We parked at a forest entrance a few km's from the little village of Rosadrihid. The forest track was a pleasant 2km walk to get the legs warmed up. We reached a gate at the end of the track that led out onto the open mountains. On a suitable crossing point over the stream had been found it was a straight forward ascent to Fabrega. A little tea break was had at the top of Fabrega as there was suitable shelter here to hide from the breeze that had picked up.

With most of the climbing behind us, it was a nice ridge walk over to Grenane. We dropped down to the col between Grenane and Grenane West, to a highlight of the walk which was the rock formations known as O'Loughlins Castle. Lunch here was a must.



The final leg of the journey was a descent down to Lough Muskry with great views of the ridge walk we had just undertaken. We followed the stream back to the gate at the start of the forest track so it was a simple 2km from here back to the car by 15:00 which was a nice time to finish with plenty of our Sunday left.



A word of note to any potential members looking to undertake this walk with the club in the future; it was classed as a moderate walk, however Grenane is 802m which makes it higher than most of the peaks in Connemara so I would call this an advanced moderate walk for anybody expecting a nice Burren type walk :).

Tommy Vaughan

Walk Report - Gleninagh Horseshoe, Connemara Sunday 23 April



The Sunday morning started off with a gathering of 10 club members and a morning coffee in Moycullen with a last minute stock up on a few extra snacks. After setting off we soon discovered we had ended up approaching the rear guard of the Connemara half/full/ultra (39.3 miles) marathon. This may have caused some frustration among certain speedier drivers in the club (me included). However Eimear found a cross country short cut to bypass the miles of runners scattered on the road. The walk was based within the 12 Bens area of Connemara. Note - some maps display Ben and some Binn. I am going to stick with the As Gaeilge "Binn" here as it is used in ViewRanger.

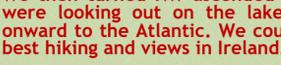
At this point the route also changed from the Derryclare horseshoe to the Gleninagh horseshoe. The start point is a derelict cottage nestled in the valley between Binn Charrach to the North West, Binn an Choire Bhig to the south and Lough Inagh to the west. The local farmer here apparently has issue with large commercial tour groups invading his lands but Anne and Jim met him later on that day and he was nothing but friendly as we were a smaller non-profit club group. Point to note too is to leave cars in the area beside the derelict cottage and do not proceed with them through the gate on the far side of the cottage.

We started off hiking south over the bog lands to reach our first peak Binn an Choire Bhig at 631m. The slopes started off grassy but soon became a combination of scree and rock. Most of us stayed slightly left but Eimear and Conor veered to the right to take the more challenging sloped rock face route. Some of us found the rock scrambling section to be a lot easier than just grassy or bare slope as you were using both hands and feet to work your way to the top. According to Conor the main rock type in the area is quartzite with evidence of marble seams also. He has in-depth geographical knowledge of the area...and could probably talk for hours on the subject.



A stop for snacks brought about stunning views of Lough Inagh with the Maamturks behind it and the ultra-marathon progressing along the R344 road in between (all were very small "Dougal people" at this stage. The friendly neighbourhood midges also made their presence known at this stop but thankfully weren't in the mood for a snack. A gentle hike up brought us to Binn an tSaighdura @ 707m and then a short walk to Binn Chorr North Top @ 744m. Conor pointed out the Carrot ridge to those of us who had not hiked here before. The Carrot Ridge climb is graded "difficult" and is 275m long.

We then turned NW ascended to Binn Dubh @ 750m. Looking west from this point we were looking out on the lake splattered area between Roundstone and Clifden and onward to the Atlantic. We could see why Conor regards this spot as having some of the best hiking and views in Ireland.



The depressing bit came next where we had to descend down into the Gleninagh valley and then tackle the steep ascent up to Binn Bhan @ 783m. The descent into the valley was interesting going with a lot of loose scree and ankle twisting rocks however the fine scree moving to grassy surface on the ascent to Binn Bhan was a pretty tough going and all 4's for some of it. Also discovered that Eimear's mum Breda is an absolute legend. She left a number of us sitting in the dust as she tore off up the slope.

Once the summit had been reached we started our plodding descent to the start point along the ridge moving east towards Binn Charrach @ 466m. At one point in a turn of events we even got chased by a sheep with a bad attitude.

Looking across the valley we could now see "The Carrot Ridge" in full view along with other climbs near it like "Seventh Heaven" (some of the rock climbing members may have started to regress and drool uncontrollably at this point). Again on the descent to the start point we had some superb views of Lough Inagh and also a glimpse of Kylemore (Abbey) Lake to the north.

On the way home some of us stopped in the Boat Inn pub/restaurant in Oughterard - really nice food with a twist. However as Christy Moore may have once said, I was so hungry "I would have eaten a horses arse through a hole in the hedge". However no matter what, would highly recommend.

Brian Maloney

Walk Report - Achill Island: May Bank Holiday, 28-30 April



With expectations running high post Sligo, C. O. C. descended on an unsuspecting Valley House Hostel, former estate of the 8th Earl of Cavan, circa 1870. Once checked in, discussion, over a few pints, turned to the following day's hike Croaghnaun (688m) and the inevitable chit chat about the weather and gear and bail out options after which an early night was had by all.

After an organised chaotic breakfast, cars were loaded up for the spin across the island towards Croaghnaun. The morning was chilly but clear with a stiff breeze. A car drop was required and they were duly kicked out on the coast road below our target, and drove on towards Keem Bay which turned out to be a most spectacular drive along a twisting winding road, dodging the sheep and tourists from Dublin.

Returning to the drop-off point and a short walk on a cart path, we began our gradual ascent at a handy easy pace. After an hour and a half and a few stops to gather our breath, we reached the cliff edge which gave us our first view of the spectacular Achill coastline, Blacksod Bay and the Lighthouse. After a moment of reflection on sad recent events, we moved in a westerly direction along the coastline towards the summit of Croaghnaun. "Ten more minutes" someone said. I've heard that before. The sun shining to a most magnificent vista, the Atlantic crashing on the cliffs below us, the sun arriving on our heads out came the camera phones and we clicked away. Despite the sun, a chilly strengthening wind encouraged us to begin our decent down the steep slope towards Achill Head, stopping midway for lunch.

We descended roughly 400 meters to the flat to regroup again without much incident until one member, who shall remain anonymous took a face plant into the mud while she was telling me about how sunny it was on her holiday abroad. She took it with her usual good humour, picked herself up and laughed it off. I was in a heap.

A short ascent took us out as far as we could to Achill Head where we found it too risky to continue, we sat and marvelled at the decent we had just completed. With the promise of a home cooked meal by the joint heads of kitchen duties, Ann and Eimear, we headed for the cars at Keem Bay, a quick dip in the cold Atlantic and home. What can I say about the meal? Delicious spag bol set us up for a lovely evening in front of the fire or in the bar. Tall stories, good craic and not a Facebook in sight. Happy and contented we all slowly retired to bed.

An Sliabh Mor

Early start again, breakfast sorted for most (toast was stolen... it got messy) car drop sorted, we commenced our walk up Sleibhnmor. A gradual climb at first, we discovered strewn with waist deep holes, of course I found one, focused the mind on foot placement. We cleared the minefield and soon discovered the terrain got steeper. Frequent stops for fuelling and photo ops, we pushed on with the help of strong gusty wind which assisted us to the top at 672m (ref. Viewranger). Relieved that Met Eireann got it wrong again, the sky was clear which afforded us fantastic views of the previous days hike Croaghnaun. To the south, clear skies back to Galway of the Ben's, North to the Nephin range and West the expanse of the Atlantic Ocean, once again we were blessed. We began our gradual descent stopping for lunch on a rocky slope where Shane produced a box of Roses chocolates. Take note leaders, standards have risen. Our target came into view, a deserted famine village. A handy descent to the village brought us to a path that would take us the remaining few kilometres to the cars and a dip in the ocean for some tired feet. Not the toughest walk we've done but the views were extraordinary. An early finish allowed us to sightsee, beach walk and wind down and head home for the night's entertainment, eating out then back to the hostel for a quiet night in the bar. Anything but quiet.

Monday brought a beautiful sunny day. Although the minds were willing, the bodies were not. The slow drip feed back to reality began for some via the Greenway Cycle Track, a revisit to Keem Bay where a spontaneous fully clothed swim occurred for Eilish, Eimear and Fergus. And I can confirm the rumours - Eimear did get into my jeans.

Alas, it was time to leave this beautiful place. A great weekend was had by all. Well done to all who organised, led and participated, you know who you are. See you on the hills.

Ed Kavanagh

ROCK CLIMBING TRAINING

SIX MEMBERS SPENT A WEEKEND TRAINING IN ROCK CLIMBING IN THE BURREN UNDER THE EXPERT GUIDANCE OF BRIAN BATESON.



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

DO YOU HAVE ANY INTERESTING PHOTOS FROM THE WALKS BUT DON'T KNOW HOW TO ADD THEM?
 GO TO GALLERY SECTION OF THE WEBSITE AND FOLLOW NEWLY ADDED TUTORIAL

IF ANY OF YOU HAVE CLUB CLIMBING GEAR PLEASE RETURN TO ANN HOWARD!

Every Wednesday
ROCK CLIMBING FOR RETURNING CLIMBERS



Weather dependant. Contact: Ann, 086 0860637 Eimear, 087 2513192

THIS MONTH LOOK/LISTEN OUT FOR: Cuckooflowers, Cuckoos and Orange Tip Butterflies

At the moment Cuckooflower is in bloom. This beautiful flower, which favours wet, damp meadows got its name from flowering at the same time the Cuckoo returns to Ireland. It is one of the larval food plants of the Orange Tip butterfly.

Cuckoos are back from Africa and are wreaking havoc as we speak, the females looking for Meadow Pipit nests to lay their eggs in. The highest breeding densities are found in the Burren and Connemara so you should have no problem hearing them when walking there. A traditional belief in the Burren is that if you have money in your pocket when you hear your first Cuckoo of the year you will have money for the rest of the year to come.



NEW COMMITTEE--CALL FOR VOLUNTEERS!

We will have openings for new committee members for the 2017/2018 season starting in September. If you are interested in finding out about how you can get involved, please contact one of the Committee or email clareoutdoorclub@gmail.com

