



# NEWSLETTER

## NEXT WALK

Sunday 06 May

**Brandon, Kerry**

Leaders: Pat O'Mara, 087 764 8739

Helen Stapleton

Meeting: 7:45am, Roslevan

## MONTH AHEAD

**SUNDAY 13 MAY**

Moderate+ Club Walk - Knocknagussy

**SUNDAY 20 MAY**

Club Walk - East Reeks

CHECK OUT CALENDAR ON THE WEBSITE FOR MORE DETAILS

## June Bank Holiday Weekend in North Mayo, 01-04 June

3 NIGHTS IN KILCOMMON LODGE HOLIDAY HOSTEL. WATERSPORTS AND HIKING.

COST: €100.

PLEASE CONFIRM AND PAY (ONLINE TO THE CLUB ACCOUNT) BY FRIDAY 18 MAY.

CONTACT CLARA SLATTERY: 087 7810951 OR ANDREW KILLEEN: 087 8030979

### FIRST AID TRAINING, 13-14 APRIL

CONGRATULATIONS TO THE 10 MEMBERS WHO TOOK PART IN THE REC2/3 FIRST AID TRAINING IN APRIL.



### VIDEO FROM ST PATRICK'S WEEKEND IN KERRY

Check out the video from the weekend away in Kerry, thanks to Juris!

Go to: [https://www.youtube.com/watch?v=fVVq\\_1j-qv8](https://www.youtube.com/watch?v=fVVq_1j-qv8)



## Walk Reports

### Walk Report - Glencorbet Horseshoe, Connemara Sunday 25 March



Sunday saw the arrival of spring with lovely sunshine, little cloud and relatively no wind. It's hard to believe one week earlier some members were walking along side frozen waterfalls in Kerry. Such a lovely day deserves a big walk, and in Ireland, there are only a handful bigger than the Glencorbet Horseshoe. 5 peaks, 15kms of walking with 1,200m of elevation. The Ennis crew met with the Galway contingent at the usual spot in Moycullen. After some brekkie it was time for off. The starting point was at a small bridge just off the R344. The start of the walk is along a farm track, and

after a few minutes it was clear that the Clare Outdoor Club would not be the only ones on this horseshoe on such a lovely day. We briefly met members of the Galway Walking Club, but after an hour it was clear they were a bit more sensible and had no plans on taking in all 5 peaks..... that type of madness is reserved for COC members.

A short break was to celebrate reaching the first peak of the day, Benbaun (the smaller one). Some food was needed for the challenge that lay ahead. On reaching our second peak Benbrack, it then became clear what lay in-store, a descent from 580 meters to around 320 meters only to have to climb again to 630 meters. The only question was, would the climb be up the imposing Muckanaght, only to descend it again before climbing Luggatariff, or would we go straight up the col directly to Luggatariff?! It's the Clare Outdoor Club so needless to say the harder/longer option was taken. At least we had lunch before undertaking this task. The legs were burning on the climb up Muckanaght but the views on our third peak were well worth it. And some great snaps were taken of certain club members.



While climbing our fourth peak, Luggatariff, looking back it was very evident how steep Muckanaght really is. (One for the fine days only). On reaching our fourth peak, our main goal and final peak of the day, Benbaun was in touching distance. Thankfully the final climb of the day to Galway's highest point and our fifth peak of the day was somewhat easier than the climb up Muckanaght. After taking sometime to enjoy the views and the achievement, we descended towards Binn Charrach before dropping down into the Glencorbet valley. Another kilometre or so along the farm track had us back at the cars, some 7.5 hours later.



At this stage, everybody was ravenous so it was a race to Oughterard for some well earned dinner at The Boat Inn. The first to arrive, got seats reserved for all of the crew only to be the last to be served their dinner. The rest were too busy devouring their delicious plates to be in any way concerned with their poor colleagues who had reserved the tables and were only minutes away from starvation. 7.5 hours and dinner and it's still bright out. Finally, signs of

spring/summer showing and enough daylight to take on more 7.5 hour hikes.....yay!!

Tommy Vaughan

### Walk Report - Glendahurk Horseshoe, Mayo Sunday 08 April



On a cloudy Sunday morning, I arrived to Roslevan car park to meet Ann Slattery, Leader, Peter, Ann H, Fergus, Hugh and Jim McHale, Leader, who hails ( pardon the pun!) from Mayo, to arrange car pooling for our trip to Glendahurk in the Nephin Begs on the north shore of Mayo's Clew Bay. Sometimes it can be difficult to get drivers it seems, however, after a cajoling chat, Fergus came up trumps and opted to drive, (no mean feat after

leading the walk on Keeper the previous day, well done Fergus) we were 8 in total, 2 full cars, with Jim leading the way in his speedy blue auto, and collecting Breda en route. We departed at 7.55am stopped for coffee on the outskirts of Newport, continued on the Newport to Achill road, turned right, to lead to a gateway, bridge and picnic area (our landmarks when we were making our descent). So, 164km. Later, in great time and thanks to the super motorway, it was a case of ready, steady, start hiking at 10. 26am.!

An Bhinn Ghorm/Bengorm, 582m., is the first peak in the Horseshoe. Conditions underfoot were mushy but manageable and visibility was good. As Jim said it was a fine contrast to our Brandon climb. After Bengorm we dropped 230m to the col and ascended over 110m. to Bengorm NW Top. A light snack provided the necessary fuel to complete the demanding climb to the main Corranabinnia summit which involved some scrambling. The views were good, the plantation blanketed Glendahurk valley, was clearly visible, the surrounding mountains of the Nephin Beg Range, a mixture of green, brown and purple, Clare Island out to sea, Croagh Patrick, partially cloud covered and the peaks of Achill Island to the west. Hugh pointed out the larks in the clear air to us, all was well with our world, despite Hugh breaking 1 pole and even the mist that attempted to sweep over the valley and envelop us did not discourage us from savouring a tasty lunch at the trig station. The chocolate brownies shared by Ann S. (there is no end to her culinary prowess!) and the delicious chocolate shared by Hugh, certainly gave us energy for the most spectacular and the most demanding section for me, being uncomfortable with narrow high ridges: the arête. Jim, Peter and Fergus navigated me towards a narrow route on the south side, several metres safely below the jagged outcrop, which was like a jagged knife edge. It was quickly and nimbly climbed by my deft and able bodied co walkers and they relished the brilliant photo opportunities, as they pointed in wonder and awe to the surrounding panoramic vista. Tearing ourselves away we proceeded to the grassy slopes of Corranabinnia SW Top. We talked, we walked, we laughed and we reflected during the several kilometres of the gentle bog walk down the south spur of this peak which brought us back to our cars.



What a wonderful day! What a wonderful world!

Ber Ni Mhi

TO SEE MORE PHOTOS FROM THE WALKS, CHECK OUT THE

[WWW.CLAREOUTDOORCLUB.NET](http://WWW.CLAREOUTDOORCLUB.NET) WEBSITE GALLERY.

## THIS MONTH LOOK OUT FOR: Blackthorn - Draighean -Prunus spinoSa

You may have noticed white blossoms in the hedge-rows recently. This is Blackthorn. Its blossoms usually come out before the leaves. This is the opposite of Hawthorn whose leaves come before its flowers.

This shrub produces sloes, a sour fruit which is best picked after the first frost in autumn, to make sloe gin. But you must be careful when picking them as one prick from a thorn can lead to blood poisoning. Also its wood is very sought after for making walking sticks or shillelaghs.



## Upcoming Mountaineering Ireland Events

•Alpine Prep Session on Friday 25 May 2018 at 9.15am-4pm in Wicklow.

•Skills Workshop Saturday 26 - Sunday 27 May 2018 in Wicklow (covering navigation, scrambling and rock climbing).

•Alpine Meet from Saturday 07 - Saturday 21 July 2018.

Additional Information on all the above events can be found on <http://www.mountaineering.ie/> or MI Facebook page.