



# NEWSLETTER

## NEXT WALK

**Sunday 04 November**

### **Caherconree, Kerry**

**Leaders: Breda Duggan, 087 249 8211**

**Helen Stapleton, 087 655 5554**

**Meeting: 7:45am, Roslevan**

## MONTH AHEAD

**SUNDAY 18 NOVEMBER**

Club Walk - Ben Gorm and Ben Creggan

**SUNDAY 02 DECEMBER**

Club Walk - Galtee Circuit

CHECK OUT CALENDAR ON THE WEBSITE FOR  
MORE DETAILS



## Walk Reports

### **Benchoona and Garraun Saturday 29 September**

This was the 1st walk of the season and it was a great day. Eleven of us started on Lettergesh Beach, west of Leenane, where we met a very friendly farmer who, admiring our boots, explained he climbs the hills in his wellies. After he wished us luck we started our climb in traditional COC style going straight up the steep part but when this was done the rest was a walk in the park. From the top of Benchoona and Garraun the views were spectacular. South we looked at the Bens and Maumturks, west at the islands Inish Bofin, Turk & Shark and north we looked out at Clare and Achill Islands as well as Mweelrea. We also had perfect views locally over Lough Fe, Killary Harbour and lots of tucked away beaches. The walk ended with a not-so-Baltic dip in the sea (feet only). Topics of conversation on the day included the nutritional value of various yogurt brands, Humanity Dick and whether this was a moderate or moderate plus walk. Either way it was one of the more enjoyable walks I had been on recently. A big thank you as always to our great leaders Pat O Mara and Tommy Vaughan.



Clara Slattery

### **Temple Hill, Knockaterriff Beg, Knockaterriff Sunday 07 October**

On a fine October morning a group of 19 of us set off from a forest car park not far from the village of Anglesborough.



We wound our way along the forest track for a few kilometres and eventually after gaining height we stopped to catch our breath and appreciate the low land views beyond the trees. The mist began to close in and stayed with us until we reached the top of Temple Hill which was marked by a Cairn at 785 metres high.

On our way down to the Col below Knockaterriff Beg, we took a break for lunch. The mist began to clear, revealing impressive views of the route up to Lyracuppal and onto Galtemore (919 metres), which we contemplated for another day.

From Knockaterriff (692 m) we gradually descended to the glen with one final push to make the ascent to an old track. We were greeted by a stiff breeze but the sun was shining and expansive views of the area unfolded. The old path led us back to the forest path and eventually back to where we started from.

On the way home we stopped at the Glen of Atherlow Hotel for the dinner and where we had plenty time to reminisce on the days events.

David O'Connor

### **Try a Hike Saturday 20 October**

Oh, what a beautiful day for a walk - sun splitting the rocks, sunscreen and shorts on and so a glorious, practically tropical, day of walking began BUT ...

Beep, beep, beep - oh no that's my alarm clock - dream over!!!!



The group, including 9 new members and 1 returning member, met in Roslevan - everyone in high spirits looking forward to a day out on the mountains. After the usual refreshment stop in Tipperary town and obligatory "Try a Hike" photo at the viewing point by Christ the King monument it was off to the car park at Clydagh Bridge to prepare for our day ahead. The plan for the group of 25 - up the spur to Slievecushbinnia and then on up to Galtymore. Thankfully we had beautiful views to

appreciate as we exited the woods and headed to Slievecushbinnia. Unfortunately, the clouds soon descended and any views were left to our imaginations. In true Clare Outdoor Club spirit, the weather may have turned but this did nothing to dampen the enthusiasm of the group. All 25 made it to the top of Galtymore for a very welcome lunch break and another photo op. Still surrounded by cloud we descended for the car park. Thankfully, en-route, the clouds lifted and we were once again rewarded with stunning views over to Cush and the valley below.

Yet again another very successful Try a Hike - welcome to our new members and thanks to all our leaders on the day.

Ann Slattery

TO SEE MORE PHOTOS FROM THE WALKS, CHECK OUT THE  
[WWW.CLAREOUTDOORCLUB.NET](http://WWW.CLAREOUTDOORCLUB.NET) WEBSITE GALLERY.

## **SPECIES LOST TO IRELAND:**

## **Spiral Chalk-Moss**

The Spiral Chalk-moss (*Pterygoneurum lamellatum*) is one of 546 different species of moss recorded in Ireland, but 35 of these have now gone extinct from the island. The Spiral Chalk-moss was recorded from in and around Dublin city during the mid-14th Century, where it grew on mud-capped stone walls, a habitat that has now disappeared. This species has not been recorded in Ireland since 1870 (Photograph: Koen Vanderkerckhove, BryoLim).

If you would like more info on endangered and extinct species connect with the National Biodiversity Data



**Thank You**

We would like to take this opportunity to thank outgoing members of the committee, Sean, Susan, Mike and Aoife. Great job folks and a hard act to follow.