



# NEWSLETTER

## DATE FOR YOUR DIARY

MONDAY 23 SEPTEMBER

ANNUAL GENERAL MEETING (AGM)

## Walk Reports

### East Reeks Sunday 26 May

A cool morning greeted us for the trip to The Kingdom for a club favourite. Departing from Cronins Yard into the Glen we crossed the bridge and took a left to start the toughest part of the day, the pull up to the grotto. As usual on the ascent the group got strung out. After a regroup the scrambling began to the Grotto. Eventually we gathered for lunch and stared at the much hyped and much anticipated ridge walk. A cool breeze greeted us as we made our way, some over and some under the ridge. With the ridge behind us we made our way towards The Bone, passed the Zig Zags to the top of The Devils Ladder. All in fine fettle it was decided to descend via The Heavenly Gates. The weather was kind this day, exhilarating and breathtaking walk around Hags Glen. Thanks to Pat and Ann our leaders and also the unofficial leaders.

Ed Kavanagh



### Kayaking – Dromore Saturday, 8 June



We arrived at Dromore lake with the sun trying to peep out through some dark clouds and were hopeful of some sun that morning. Seven club members met up with Alan from Clare Water Sports and we were ushered to our boats after a quick 'Before' picture shoot.

Once we alighted on the river and headed onto the lake we were met with our first shower

of rain, just to welcome us to the remoteness. It was empty of any other soles and a peaceful place to be. The shower only lasted a few minutes and then sun started heating our bodies. We followed Alan through a few narrow reed waterways, impossible to find unless you were a seasoned Dromore lake kayaker and found the start of the river that runs to Ballyalla lake.

It was calm and gentle as we paddled and chatted, feeling our way. Some were new to sitting in a kayak and were fast learners, just in time too as we reached the narrow sections of the river. Overhanging trees, some lovely old building structures, a beautiful mix of sunlight and shade on the river, it was very picturesque, even the here as cattle playing with us by running down the river banks in our wake. Things were a bit hairier here as overhanging trees had to be avoided and objects to move around. Funny how your kayak seems to head straight for the object you are trying desperately to avoid!

The Famine Cut run was beautiful, with its fast-flowing water and high stone walls. It is generally known as the "Ballyea Cutting" and the work was done to eliminate severe flooding in the Clonteen area in the post-famine era circa 1848. The Ballyhea cutting is a half mile in length, it is forty-six feet in depth and it took four years to complete. The upper portion of the channel is faced with regular shaped limestone blocks and was the highlight of the trip down river. (Txs Fergus for the info)

Of course, not everyone was going to a stay dry before we landed on shore at Ballyalla, a collision of boats at the end of the river just before the mouth of the lake occurred sending two members to the bottom, luckily for them it was only about 3 feet deep and they were able to stand up and laugh it off. A 15-minute paddle across the choppy waters of Ballyalla lake and we landed at the slipway where we met the guy who was flying his drone overhead us on the lake, recording our paddle for a short film he was making about the river Fergus waterway. Hopefully we will get to see that one day.

But a great two hours on the water and a bigger than planned feed in the Aubrun lodge hotel meant all adventurers went home fulfilled, full and a wanting for more kayaking in the near future!

Paul Curran

### Circuit of Mweelrea Sunday 9 June

Another trip to the West of Ireland took us to Mweelrea. A car drop at Delphi, we drove on to park up at Lough Doo where we headed towards the ramp. High spirits as always drove us to the top of said ramp where a stiff breeze prompted a gear up of long sleeves and hats. Moving on towards our target Mweelrea we stopped many times to take in the view. Sandy beaches and clear skies in view many photos were taken (check out the club gallery). A couple of dark clouds interrupted our happiness with a couple of cold showers but otherwise it was grand. Summit achieved we stopped for lunch on the face of Mweelrea looking up the valley towards Leenaun with the Sheffreys to our left, Ben Gorm and Ben Creggan in front of us and Killary Harbour to our right. Five star view. Decent began to with a rendition of Games Without Frontiers, a Peter Gabriel tune, by our leader John, no idea why. Most of us are too young to remember that song (smiley face). We headed down into the valley to follow the river out which afforded some great photo opportunities if small water falls. Eventually we made it out onto the path and back to the cars to change. Food in Delphi and then home. A long day but once again the weather was kind. Thanks to John and Sean for leading.

Ed Kavanagh



### Kerry Way Saturday 15 June



A trip to Kerry took in a boat trip from Muckross House to Lord Brandon's Cottage. A pleasant pheasant guided us up the river where we stopped for soup and a sandwich. We headed out along the Kerry way back to our start point some seventeen kilometers away. Once again the weather was kind to us which allowed us to view the east reeks from a vantage point we don't normally see and agreed ridge walking is madness. Views all round us as

we walked, Purple and Tomies, Mangerton, the East Reeks. A stunning county. One last challenge for some Torc mountain was bagged while the rest of us made our way to the car park to change. A food stop and then home, the Kingdom did not disappoint. Thanks to Mary Conway for leading. Very enjoyable day.

Ed Kavanagh

### Beach Clean Up Saturday 22 June



### Lough Glenawough Horseshoe, Partry Mountains, Co.Mayo, June 29



Lough Glenawough Horseshoe, Partry Mountains, Co.Mayo, 29 June 2019. (?)Loch Ghleann na bhFuath / Gleann na bhFuath, or possibly Gleann an' bua', meaning the glen of the Win. A battle victory perhaps (?) - the precise origin of the name appears a little uncertain.

To avoid some access issues in Glencoaghan, and blustery and drizzly weather forecast for Sunday, the last hillwalk of the 2018/19 season was changed to a circuit of Lough Glenawough, the lake of Gleann an' bhFuath / the glen of the lakoms\*\* (\*name origin taken from: Fiachra Mac Gabhann: (name origin taken from: Fiachra Mac Gabhann: p.113).The largest lake in the parish of Aghagower, the valley is bisected by the Cross River.

The walk took just under 6 hours, including breaks, and was over 17 km long with about 800 m of total ascent. It was a first for the club as it has never featured before on the club calendar. Eight club members took part in the walk, four travelling up from Ennis, two from Galway and two from Mayo. Following a refreshing coffee and a regroup in Ballinrobe, all met at the start of the walk, M 011725, map # 38, and parked across the road from the entrance to a small forest in the townland of Derrycaff.

At about the half-way point we came across a very poignant memorial to The Man who died here in the Famine, almost like a tomb of the unknown soldier, there were no names given and only that simple and stark inscription.

Fortunately, the day remained dry for the duration of the walk and a most enjoyable experience was had by all with terrific views of Lough Mask and the Maumtrasna massif to the south and Croagh Patrick ever present to the west.

John O Callaghan

TO SEE MORE PHOTOS FROM THE WALKS, CHECK OUT THE

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

HI EVERYONE

ANOTHER SEASON OF OUTDOOR ACTIVITIES HAS FINISHED AND I HOPE EVERYONE GOT SOMETHING OUT OF IT. WE HAVE BEEN BLESSED WITH THE WEATHER GODS AND HAD VERY LITTLE DISRUPTIONS. I JUST WANT TO THANK THE COMMITTEE FOR THE GREAT WORK THEY HAVE PUT IN DURING THE YEAR. IT HAS BEEN AMAZING TO SEE ALL THE HARD WORK BEHIND THE SCENES COMING TO FRUITION. THE WALK LEADERS ARE THE LIFE BLOOD OF THE CLUB AND A HUGE AMOUNT OF TIME AND EFFORT GOES INTO ORGANIZING A WALK SO A BIG THANKS TO ALL OF YOU. CONGRATULATIONS TO EVERYONE WHO COMPLETED THEIR MS1+2 TRAINING AND TO JIM FOR GIVING HIS TIME AND EXPERTISE TO HELP THEM.

I KNOW A LOT OF PEOPLE HAVE SOME AMAZING TRIPS PLANNED FOR THE SUMMER AND I LOOK FORWARD TO HEARING ALL THE STORIES IN THE AUTUMN. STAY SAFE, ENJOY AND I HOPE TO SEE YOU ALL NEXT SEASON.

BEST REGARDS

ANDREW