



Newsletter Autumn Winter 2019

Club news

As we come to the end of 2019 we can look back to a great year for the Clare outdoor club .

The committee scheduled in new walks or walks the club haven't tried in a few years.

The St Patrick's weekend away was a great success even if the climb had to be cancelled due to poor weather conditions , but the cycle along the greenway made up for it.

The caving organized by Ed Kavanagh with the Burren Outdoor Education centre was enjoyed by all who took part.

The club's 10 day trip to Atlas mountains in Morocco culminating in the climb up Mount Toubkal was the highlight of the year and thanks to Yvonne & Andrew for the superb planning and organisation of the whole expedition.



Once things had settled down after the summer trip the club made its way to Donegal for the weekend summer party with a hike up Errigal and through the poison glen . We also made it out to Tory island .

Hikes continued for the rest of the season ; the Reeks , Coomloughra Horseshoe , Mweelrea in Connemara , the yearly beach cleanup , Kayaking from Dromore to Ballyalla lake , the boat trip up the lakes of Killarney and the 30km walk back the Kerry way and the final walk of the season Lough Glenawough Horseshoe



Try a Hike 2019

Saturday 28th. September saw the club's 8th annual try a hike Event set out from Roslevan just after 8:30am. This event involves the club inviting interested non-members to try a hike with us up to Galtymor free of charge.

27 hikers congregated at the Supermac's plaza at Tipperary town for a coffee and to sign the list of walkers for the day, all the while, the Galtees in the distance were still asleep shrouded in the mists of morning.

We then carpoled out to the walk start point at the Clydagh bridge car park. After a brief talk about the walk, all 27 (including 13 new members) made the meandering walk along the

forest paths until emerging out into the open countryside and making the stiff hike up to the Mass rock where one or two had a quick prayer I expect!

We began to make our way up the spur onto Slievecushnabinnia with the group splitting into 3 groups.

Each group had 2 Leaders to guide it as we made our way up into the traditional Galtees welcome of low cloud!

However, there were intermittent views of Lough Curra and the like and it wasn't until we ascended up higher



Try a hike, pitstop to catch our breath.

that we caught some high gusts. We moved quickly to the summit and the official trig point which is the highest point in both Limerick and Tipperary. After a few snaps at the cross we slid down behind it for a well-earned sheltered lunch where we were joined shortly after by the last of our groups.

Close to 2pm we all began the descent together where we were buffeted by some high gusts from the leading edge of the weather front that was moving in from the South. Happily these abated as we got lower and the Galtees ridge began to shield us from the worst of the winds although some rain did find us!

Nice views of the Aherlow countryside were the reward as we all made our way back down to the carpark safely. After a hasty change of clothes in the rain we made our way up to the Aherlow House Hotel and enjoyed a snack as we reminisced about our successful day, a first for many.

Welcome to all our new members and thanks to the Leaders on the day: Andrew, Mary, Paul, David, Bill and myself.

Fergus McCarthy

Knocknahillion trip report

Trip report Knocknahillion
21 people started out on the
Knocknahillion mountain
walk in beautiful weather.
Climbing was tough and
involved a bit of scrambling
in places.

However the views were
spectacular and well worth
the effort. We all got to the
top in good spirits
and enjoyed lunch in lovely
sunshine while taking in the
views.



Group photo up top

The Clouds started to move in while we were descending but the rain held off. We all had a lovely dinner in the boat Inn in Oughterard and then headed home for a good night's sleep

Peter O'Shea



Knocknagussy trip report



This was the 1st walk of the season and 10 of us left from Ennis on a bright and sunny morning.

We met 4 others including our two leaders Sean O'Farrell and Pat O'Brien at our usual coffee stop in Moyculen.

The crew pose for a picture

On reaching Connemara we were greeted with a much cloudier sky.

We started out from Keane's pub, Maam Bridge where we had approx. 1km road walk before starting our hike.

On our way to Knocknagussy, we were able to admire beautiful lakes, rivers and hills. We were spoiled with different views from mountains in the clouds to the sun reaching the earth.

The wind was strong, but on the high point where we had our lunch stop it was more friendly to us. The group were amazing with banter and jokes all the way. The 12km walk including breaks was 5+ hours.

On the way home we stopped at the Boat Inn, Oughterard, where everyone enjoyed a delicious meal.



I cannot thank the leaders enough for their support, friendliness and professionalism while leading the group. Thank you for the time you are sharing with us.

Sandra Atkociunaite.

The Paps & city of Shrone trip report

After a fascinating history lesson from Noel at the beginning of the walk 19 members made our way up to the first of the Paps.

A steep climb and an unexpected shower of rain brought us to the summit at 690m. Unfortunately the clouds had followed us as we made our way down and back up to the eastern Pap at 694m. Lunch had been planned for the city of Shrone but with the



*The trig point atop
the southern peak*

rumbling of tummies and mumblings of discontent Noel thought it better for his own safety to have it earlier.

After been fed and watered we weaved our way through the heather to the city of Shrone. This is the site of a stone fort and a holy well. Thousands of years before it was a huge meeting place for the clans of Munster and beyond to pay homage to the Goddess of fertility ANU during the festival of Bealtine.

From here the Paps can be seen in all their glory. So after paying our respects to the Goddess we had an easy stroll across the plain and through a beautiful valley back to the cars.

Thanks to Fergus and Noel for leading the walk and giving us the amazing history behind the place.

Andrew Kileen

Coumshinguan trip report

On a rainy morning 16 people left Clare and drove to Carrick on Suir where we had a rest stop before heading to Coumshinguan.

Rain had stopped when we got there but there was a biting wind. The sky cleared as we climbed and the views were spectacular.

We top a ridge on the northern route.



As the wind was very strong we did not do the horseshoe and came back down the same route.

Lunch was a challenge as it was bitterly cold on top so we did not delay.

Views were again magnificent as we descended and all got back to the car park.

Another enjoyable day for all.

Peter O'Shea

Counshigaun Lake



Facebook & our website!!

When you get a chance check out our website and facebook page .

We've loads of information on gear , safety on the hills an up and coming events the club or other hillwalking and mountaineering groups may have on their facebook feed or website.



Final word from our chairman.

As 2019 draw to a close I wish all club members a merry Christmas and a happy new year

Keep safe and we'll see you out on the hill in 2020

Andrew Killeen