

An Óige Hike Programme July 2021

Please Note: Preference will be given on the “Special Buses”, to Members of An Óige on production of their Membership Card. It is therefore imperative to bring your Membership Card with you, each Sunday. Membership Fees are as follows from January 2021: €25 for over 25 years old, and €15 for under 25 years old.

Valid An Óige Membership Cards required.

RENEWALS OR NEW MEMBERSHIPS: OPTION 1

Please bring your old membership card with you to the hike bus and have the €25.00 membership money plus your bus fare with you. New members will have to fill out a form to join.

You can email for assistance to **info@anoige.ie** (Office days Wednesday to Friday only)

OR

You can also request assistance from either Marie McDonnell (Ph. **018377411**)

or email Jim Barry at **barryja156@outlook.com**

Important Notice

THIS NOTICE APPLIES TO ANY HIKE INVOLVING THE HIRE OF A PRIVATE BUS
PLEASE NOTE THAT ONLY PAYING PERSONS TRAVELLING ON THE BUS TO THE HIKE
WILL BE PERMITTED TO PARTICIPATE ON THE HIKE.
INTENDING PARTICIPANTS WHO TRAVEL TO THE HIKE USING EITHER PRIVATE OR
PUBLIC TRANSPORT WILL NOT BE ACCEPTED ON THE HIKE WITHOUT EXCEPTION

It is imperative that the instructions of the Hike Leaders be adhered to by those participating. The Leader sets the pace of the hike and walkers are expected to obey his/her instructions at all times. Leaders have the right to refuse to take anyone who does not co-operate with them fully, and anyone who they consider would not be able to walk at a reasonable pace, especially on the Moderate Hikes. Walkers who go on Moderate Hikes should be fit and able to keep up with the Hike. A Co-Ordinator has been appointed each Sunday to organise Hikers on Eden Quay. Maximum number on all hikes = 15, including Hike Leaders

Unless otherwise stated, please observe the following:

WEAR:	HIKING BOOTS OR STRONG SHOES FOR EASIER HIKE HIKING BOOTS <u>ONLY</u> FOR MODERATE HIKE, EASIER MODERATE HIKE NO JEANS. NO DOGS ALLOWED ON HIKE. <u>FACE MASKS ARE MANDATORY</u>
BRING:	<i>Face Covering, Hand Sanitiser, Rainwear, Flask, Sandwiches, Simple First Aid Kit, Sun Block, Hat & Gloves.</i> <u><i>Please do not share any item of clothing, equipment, food or drinks at this time</i></u>
COVID-19 NOTICE	<i>Face Coverings are mandatory for travelling on the private bus and on Public Transport. Intending hikers will not be permitted to participate on any activity without a Face Covering.</i> <u>HEALTH AND SAFETY ADVICE/QUESTIONNAIRE</u> <i>Please do not attend for any organised An Óige hike or event if the answer is YES to any of the following questions:</i> <ol style="list-style-type: none">1. Have you any symptoms e.g. Dry cough, Fever, High temperature, Sore Throat, Breathlessness, No taste or smell now or in the last 14 days? or feeling unwell2. Have you been diagnosed with confirmed or suspected Covid – 19 in the last 14 days?3. Are you a close contact of a person who has confirmed or suspected Covid -19 in the past 14 days4. Have you been requested by a medical practitioner to self isolate during this time?
MEET:	All Sunday walks leave from Laughter Lounge, Eden Quay, O’Connell Bridge End @ 10.00am, unless otherwise stated. You are requested to arrive at the meeting place in good time.

MIDWEEK WALK: Thursday 1st July 2021

Route:	Liffey Valley Walk: Heuston Station to Waterstown Park. Please note: Hiking Boots and walking pole required for walking through woods.
Meet:	Heuston Station at 10.45am
Leader:	Mary Ennis

SUNDAY 4th July 2021: Co-Ordinator on Eden Quay – Tina Ward

MODERATE HIKE*

Route:	Ballylug Forest Entrance – Glenwood – Ballinstraw – Carrig Mountain - Glenealy. Distance 15km Ascent 500metres.
Leader:	Brian Madden
Transport:	Special Bus Cost €20.00 per person.

EASIER MODERATE HIKE*

Route:	Cronybyrne Forest Entrance – Ballinstraw – Carrig Mountain - Glenealy Distance 12.2km Ascent 320metres.
Leader:	David McCann
Transport:	Special Bus *These 2 hikes will share the same bus. Cost €20.00 per person.

EASIER HIKE

Route:	Poolbeg Lighthouse (weather permitting)
Leader:	Brian Connolly
Transport:	Public Transport

MIDWEEK WALK: Thursday 8th July 2021

Route:	Clontarf to Bull Wall along the beach and into St Ann's Park
Meet:	Connolly Station at 10.45am sharp.
Leader:	Mary Moloney

SUNDAY 11th July 2021: Co-Ordinator on Eden Quay – Pat Gallagher

MODERATE HIKE*

Hiking on the Carlingford Peninsula, Co. Louth

Route:	Ballymakellett – Rocky Road – The Doonans - Carnawaddy – Black Mountain – Ben Rock – Anaverna – Carabane – Doolargy – Lumpers Pub. Distance: 14km Ascent: 600 metres.
Leader:	Chris Byrne
Transport:	Special Bus Cost €25.00 per person.

EASIER MODERATE HIKE*

Route:	Ballymakellett – The Doonans – Slievetrasná – The Castle – Round Mountain – Tain Trail – Lumpers Pub. Distance: 10km Ascent: 300 metres
Leader:	Eilish Hanratty
Transport:	Special Bus *These 2 hikes will share the same bus. Cost €25.00 per person. (Preference will be given to those who were not on these hikes on 6/6/21)

ALTERNATIVE MODERATE HIKE

Route:	Fernhill Tunnel – 3 Rock Mountain – Fairy Castle – Wicklow Way – Marley Park
Leader:	Pat Gallagher
Transport:	Public Transport

EASIER HIKE	
Route:	Rathdrum Jubilee Walk – Famine Graveyard – Ballygannon Wood – Avonmore River
Meet:	Connolly Station at 10am for Rosslare Train to Rathdrum departing at 10.25am
Transport:	Betty Halligan
MIDWEEK WALK: Thursday 15th July 2021	
Route:	Enniskerry – Bog meadow – Killegar Mass Path – Knocksink wood – Enniskerry Village
Meet:	Lower O'Connell Street near Paddywagon Shop for 44 bus to Enniskerry leaving at 10.35am sharp
Leader:	Norrie O'Hanlon
SUNDAY 18th July 2021: Co-Ordinator on Eden Quay – Mary Sorohan	
MODERATE HIKE*	
Route:	Glendalough Visitor Centre – Green Road – Derrybawn – Mullacor – Glendalough Distance 16km Ascent: 620 metres
Leader:	Tom Hennessy
Transport:	Special Bus (see below)
EASIER MODERATE HIKE*	
Route:	Glendalough Visitor Centre – Upper Lake – The Spink - Glenealo – Miners Road
Leader:	Christopher Sciberras
Transport:	Special Bus *These 2 hikes will share the same bus. Cost €20.00 per person
EASIER HIKE	
Route:	Addison Park – Tolka Valley Park - Ashtown
Leader:	Mary Sorohan
Transport:	Transport by Luas
MIDWEEK WALK: Thursday 22nd July 2021	
Route:	Scalp to Shankhill
Meet:	Meet Townsend Street Bus Stop at 10.45am
Leader:	Liz McWilliam
Sunday 25th July 2021: Co-Ordinator on Eden Quay – Jim Barry	
MODERATE HIKE*	
Route:	Cruagh Wood – Glendoo - Knocknagun – Prince William Seat – Wicklow Way – Boranalty – Glencullen – Johnny Fox's Pub
Leader:	Jim Barry
Transport:	Special Bus (see below)
EASIER MODERATE HIKE*	
Route:	Pine Forest – Tibbradden – Fairy Castle – Two Rock Mountain – Dublin Mountain Way – Glencullen - Johnny Fox's Pub.
Leader:	Ita O'Hanlon
Transport:	Special Bus *These 2 hikes will share the same bus. Cost €20.00 per person.

EASIER HIKE	
Route:	Shop River – Kilmolin – Ravens Rock
Leader:	Nancy Phillips
Transport:	Public Transport
MIDWEEK WALK: Thursday 29th July 2021	
Route:	Dodder from Town to Rathfarnham
Meet:	Meet Laughter Lounge at 10.45am
Leader:	Ita O'Hanlon

PHOTOGRAPHIC GROUP ACTIVITIES	
Text message only with name, phone number and query to: (087) 166 9605.	
Wednesday 14th July – Photographic Outing	
	Blessington Basin (Non-members of the Photographic Group are welcome)
Meet:	7pm outside former An Óige Hostel, 61 Mountjoy Street.
Bring:	Camera, including phone camera and tripod (if you have one)
Leader:	Irene Howlett
Saturday 17th July – Photographic Outing	
	Botanic Gardens (Non-members of the Photographic Group are welcome)
Meet:	10am outside Botanic Gardens.
Bring:	Camera, including phone camera and tripod (if you have one)
Leader:	Pat Gallagher
Wednesday 28th July – Photographic Outing	
	Howth Harbour (Non-members of the Photographic Group are welcome)
Meet:	7pm at Howth Dart Station
Bring:	Camera, including phone camera and tripod (if you have one)
Leader:	Mary McMahon

OTHER ITEMS OF INTEREST	
Rest in Peace	
<p>The sympathy of the Group is extended to the family of Alex Mooney, who died in May, 2021. Sympathy is also extended to the family of Tom Murphy, who died on the 15th June, 2021. Both were members of An Óige and also the Photographic Group. Tom Murphy was on the Committee of the Photographic Group and was a very good photographer, winning prizes at the Annual Photographic Exhibition over many years. He also made the display boards, which were used in conjunction with the Monthly Photographic League, which was held in Room 102 – Mountjoy Street Hostel, over a 30-year period.</p>	
Saving Mountain Lodge	
<p>From 1937 to 2012, the Lodge was leased by An Óige, and was run as a Youth Hostel. Now Burncourt Community Council, through a sub-lease, are restoring it as a Community Project, planning to rejuvenate the former Shooting Lodge into a resource for artists and writers, including a café in the Summer. An Óige Groups are also invited to use the Lodge.</p>	
<p>A new fire escape is required at the back of the building, to enable the room upstairs to be brought back into use.</p>	
<p>If you would like to contribute to this great Restoration Project, please contact Marie McDonnell: Tel: 01 8377411 (H)</p>	
<p>REMEMBER THAT – the Future of the Sunday Hikes depends on there being sufficient members willing and available to act as Leaders for both the Moderate, Easier Moderate and Easier Hikes. Co-Ordinators are also in short supply. Please volunteer your services now by ringing Marie McDonnell at 01 837 7411 (H)</p>	