



Spring Gathering 2018

Hosted by



Friday March 23rd – Sunday March 25th

Limerick Climbing Club

Limerick Climbing Club is a well established club founded 35 years ago this year. Back in 1983 the founding membership consisted of 2 Ladies and 13 Gentlemen. In an effort to address this gender imbalance it was decided to name the club Limerick Climbing and Crochet Club to attract the attention of more prospective female members.



Strategic thinking at its best!!!!

Today the club has a current membership of close on 180 members from across Limerick and further afield with hikes organised each weekend varying in terms of difficulty and duration to suit all members' abilities.

The club also organises a number of weekends away in other mountainous areas, usually coinciding with public holiday weekends. These away weekends are a great way to spend time in different mountain ranges and are also great social events.

One of the highlights of the year is the annual hiking trip abroad with Bulgaria the most recent destination visited by the club. In addition to hiking, the club also has a lively social side to it. Annual events include the Christmas party, annual dinner, summer BBQ and a table quiz for mountain rescue. There are also various talks and presentations throughout the year and of course the weekly gathering in Fennessy's pub!



Spring Gathering 2018

This year we have the pleasure of Limerick Climbing Club, one of our larger long-established clubs to host this year's Spring Gathering in conjunction with their 35th Anniversary. The gathering will be based out of Aherlow House Hotel and Lodges which is ideally situated in the Glen of Aherlow, Co Tipperary a lush valley where the River Aherlow runs between the Galtee Mountains and the wooded ridge of Slievenamuck providing wide ranging and challenging walking routes to suit all abilities. The Hotel provides meeting room space as well as a large dining area for the Saturday night dinner and self-catering lodges. We have booked a number of rooms for the Gathering. **Please let the hotel know you are with the Mountaineering Ireland Spring Gathering at the time of booking to avail of a special rate. Rooms are booking out fast so be sure to book early.**

The weekend will start with registration from 7.00pm in the lobby area of the Aherlow House Hotel. The welcome talk will take place from 8.00pm in the Diarmuid & Grainne Ballroom Suite. Saturday sees a full programme of activities including walks in and around the Galtees. The Mountaineering Ireland AGM and Members Forum take place in the Diarmuid & Grainne Ballroom Suite with AGM registration from 5.30pm. There will be refreshments offered beforehand. Saturday evening finishes off with a dinner in the hotel itself.

Sunday morning will again see a range of 3 hour workshops. Again, please book your choice of workshop online as places are limited.

Aherlow House Hotel - Tel: 062 56153 - Fax: 062 56212 - www.aherlowhouse.ie



Alternative Accommodation in the area:

Although we would encourage as many as possible to stay in the Aherlow House Hotel, it may not suit everyone. Please find below some alternative ideas:

Guesthouses/B & B's

Aisling B&B

Marian Quirke Ryan Tel: 062 33307

Email: ladygreg@oceanfree.net

www.aislingbedandbreakfast.com

Ballinacourty House

Mary Stanley Tel: 062 56000

Email: info@ballinacourtyhse.com

www.ballinacourtyhse.com

Bansha House

Mary Marnane Tel: 062 54194

E-mail: banshahouse@eircom.net

www.tipp.ie/banshahs.htm

Foxford Farm House

Honora Russell 062 54552

Homeleigh Farm House

John Frewen Tel: 062 56228

Email: homeleighfarmhouse@eircom.net

www.homeleighfarmhouse.com

Self Catering

Mary Marnane, Bansha

Tel: 062 54194

Email: banshahouse@eircom.net

www.tipp.ie/banshahs.htm

Brigid Bourke, Bansha

Tel: 052 41793

Caravan and Camping Park

Ballinacourty House

Tel: 062 56559/ 087 3278573

Email: info@camping.ie

www.camping.ie

Glen of Aherlow Caravan & Camping Park

Tel: 062 56555

Email: rdrew@eircom.net

www.tipperarycamping.com

For further information or any assistance with accommodation within the Glen of Aherlow;

Contact: The Glen of Aherlow Fáilte Society Ltd

Tourist Information Centre,

Coach Road, Aherlow, Co. Tipperary

Tel: 062 56331

Email: aherlow@eircom.net

www.aherlow.com

The Galtee Mountains

The Galtees are Ireland's highest inland mountain range ideally located in Ireland's Golden Vale across Cork and parts of counties Tipperary and Limerick which provides excellent walking opportunities from Glen of Aherlow. Coach transport will be provided from the Aherlow House Hotel to the start and finish points of all walks with an offering of a forest trail for those who are around early on Friday. There are walks for all abilities and all will be led by members of the Limerick Climbing Club who are very familiar with the area and will be ready with local stories and insights! Please read through the descriptions of the walks outlined below before you start the online registration process as you will be asked for your activity selection when registering online.

For hillwalkers who are interested in expanding their skills and are looking to learn more about climbing skills (rope and movement skills) there will be an indoor climbing session based out of Kilfinane on the Saturday.



Friday March 23rd

Why not start the weekend with a short informal walk with members of the Limerick Climbing Club starting and finishing in Aherlow House Hotel which takes in beautiful wooded trails and forestry tracks. When registering online please select “additional options” to let leaders know you will be attending and just meet them in the reception area of the Aherlow House Hotel just before 2.00pm . The Ballinacourty loop is an easy walk lasting approximately 3 hours covering a distance of 10k with an ascent of 240m, a perfect way to start the weekend.

19.00 – Registration in the lobby area of the Aherlow House Hotel. There is a bar area/restaurant in the hotel to grab something to eat when you arrive.

20.00 – Welcome from Dave Mc Donnell, Limerick Climbing Club Chairperson

Key Note Speakers

Jimmy Barry: Celebrating the Galtees

Jimmy Barry has been exploring the Galtee mountains for over 30 years and is author of the book “Under Galtee Skies...a pictorial journey through the Galtee mountains”. No person is better equipped to “Celebrate the Galtees” in both pictures and words and Jimmy will share his passion and love of the Galtees with us whetting our appetites for the mountains we are about to enjoy over the weekend.

Jimmy Barry & Maureen O’Brien: SEMRA: an overview of what we do

Jimmy will then be joined by Maureen O’Brien (both members of SEMRA) to give us a flavour of the Mountain Rescue operation and the commitment and dedication of its members to providing assistance where needed on the mountains. SEMRA’s area of operation includes the Galtees, Knockmealdowns, Comeraghs and Blackstairs mountains and its members are drawn from all counties of the South East and beyond.

Saturday March 24th

A variety of walks, climbs and workshops will be departing from the Aherlow House Hotel. Please note that packed lunches (at €8.00 each) are available from the hotel but must be ordered before 8pm on Friday evening. Please ensure you have walking gear for all weather with you including hiking boots with good ankle support as the terrain on some of the walks is steep and can be challenging.

Choose from:

Walk 1.

Circuit of Two lakes: Lake Muskry & Lake Farbreaga - Easy

Lake Muskry car park – Lake Muskry – Lake Farbreaga – Lake Muskry car park.

Forest track onto open ground. Circumnavigating the shore of both lakes.

Distance: 9 km. Height Gain 400m: Duration: 4 hrs.

Walk 2.

Assent to Lakes below Galtymore - Easy / Moderate

Cush Car Park – Lough Diheen – Lough Curra – Ice Rd – Cush car park.

Forest track initially then open ground

Taking in two of the Galtee lakes: Lough Diheen & Lough Curra

Distance: 10km. Height Gain: 550m Duration: 4.5 hrs.

Walk 3.

Knockastakeen / Cush Circuit – Moderate

Muskry Car Park - Knockastakeen (583m) – Point 786 - sheep’s track above Lake Borheen – Cush (639m) – Muskry Car Park

Open mountain with forest track at start and end.

Distance: 11km. Height Gain: 900m Duration: 5.5 hrs.

Walk 4.

A hike on the South Side - Moderate

Galtee Castle – Kings Yard – Knocknagaltee – Galtymore (919m) – Galtybeg (799m) – Black Rd – Attychroan river – Kings yard – Galtee Castle

Another beautiful circuit taking in Galtymore. Forest track at beginning, Open mountain.

Distance: 12km. Height Gain: 900m Duration: 5.5 hrs.

Walk 5.

Glencoshabinna Circuit - Moderate

Cush Car Park – Cush (639m) – Galtybeg (799m) – Galtymore (919m) – Slievecuisnabinna – Cush car park. Open mountain taking in 3 mountain peaks

Distance: 14 km. Height Gain: 1080m Duration: 5.5hrs.

Walk 6.

Templehill Bengower Horseshoe - Difficult

Pigeon Rock Glen – Templehill (785m) – Lyracappul (825m) – Carrigbabinna (822m) – Bengower – Kings Yard – Galtee Castle
Open mountain, exploring Pigeon Rock Glen and taking in Temple hill, Lyracappul and descending to Glounreagh river valley.

Distance: 16km. Height Gain: 875m Duration: 6 hrs.

Walk 7.

Above 4 Galtee Lakes - Difficult

Cush Car Park – Lake Curra – Galtymore (919m) – Galtybeg (799m) – O'Loughlins Castle, Greenane (802m) – Farbreaga (724m) – Muskry car park.

Open Mountain walking above 4 Galtee lakes (Curra, Diheen, Borheen & Muskry).

Distance: 16km. Height Gain: 1100m Duration: 6.5 hrs.

Walk 8.

5 Galtee Peaks – Difficult

Anglesboro – Paradise hill – Templehil (785m) – Lyracappul (825M) – Galtymore (919M) – Galtybeg (799M) – Cush (639M) – Cush Car Park
Open Mountain taking in 5 Galtee peaks.

Distance: 16km. Height Gain: 1400m Duration: 7 hrs.

Environmental Walk Exploring the Galtees

The environmental walk will be led by Matt Joy to explore the environment of the Galtee Mountains, with an emphasis on inspiring your club members about Ireland's mountains.

Matt brings a wealth of academic and outdoor experience, he holds a B.Sc.(Hons) in Environmental and Natural Resource Management, is a member of South Eastern Mountain Rescue Association and is a researcher with Mountain Research Ireland.

Workshop 1

Introduction to Rope and Climbing Skills

This is an opportunity for participants to learn useful rope techniques and fundamental movement skills. This will be based at the climbing wall in Kilfinane Outdoor Education Centre.

Workshop 2

Mountain Meitheal Workday

Mountain Meitheal South East is a group of environmental volunteers who undertake conservation and restoration projects on mountain and forest tracks. These projects attempt to counteract some of the pressures and impacts from recreational use that are evident in our upland areas. The workday provides an opportunity to join with volunteers from Mountain Meitheal South East branch on the repair of an old track running from Kings Yard to Galtee Castle on the south side of the Galtees. The Mountain Meitheal motto is "Get out, get dirty, and give back", so come prepared for a rewarding day out and make a difference to the environment in which we walk.

<https://www.facebook.com/mountainmeithealsoutheast>

Mountaineering Ireland AGM and Member's Forum

The AGM and member's forum will be on Saturday evening. We hope that this will encourage good attendance and also allow for a longer programme of activities on Sunday morning. Mountaineering Ireland encourages all clubs to send a minimum of two delegates to the AGM. Individual members also have voting rights.

17.00	Meeting of Honorary and Individual members, if required
17.30 - 18.00	Registration for Mountaineering Ireland AGM, Aherlow House Hotel, (Diarmuid & Grainne Ballroom Suite) (Refreshments Available)
18.00	Mountaineering Ireland AGM – Aherlow House Hotel (Diarmuid & Grainne Ballroom Suite)
18:45	Mountaineering Ireland Member's Forum
20.15	Dinner in Aherlow House Hotel (Diarmuid & Grainne Ballroom Suite)

Sunday March 25th

There will be a variety of workshops available from 10:00 to 13:00 on Sunday morning. Please select when booking online by clicking on 'additional items'.

1. Club Development Workshop

This workshop is open to all club members and will look at a variety of current topics which affect all clubs. This will be an opportunity to bring current topics of interest such as data protection, insurance and membership. If there is a particular area you would like to discuss or get information on please send an email to ruth@mountaineering.ie beforehand so we can prepare the necessary material.

2. Bird Watch Ireland – a presentation

A member of BirdWatch Ireland will give a presentation on general information on birds in Ireland and their threats as well as the type of birds you will find within the local area. Weather permitting there might also be an option to see some birds in the woodland area of the Glen of Aherlow.

3.

Hill Skills Workshop

Julie Reeves a qualified mountain leader who instructs both Mountain Skills and the low land leader syllabus will be giving participants the opportunity to learn skills to enjoy the hills. The workshop will start with a quick video followed by a group session in the outdoors.

As always, there is the option to walk or climb independently on Sunday morning.

13.00

Gathering Ends