



# NEWSLETTER

## Special Rockclimbing Issue

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The rock-climbing season is approaching fast! This year we plan to return to the crags on **Wednesday 14<sup>th</sup> April** armed with the eternal hope of a warm, dry summer of climbing!

### Communications

We are setting up a new climbers' mailing list for 2010. If you were on the previous climbers list you will need to rejoin. To put your name on the climbers group email list send a blank email to:

[climbers-subscribe@clareoutdoorclub.net](mailto:climbers-subscribe@clareoutdoorclub.net)

If you want to remove your name from the list send a blank email to:

[climbers-unsubscribe@clareoutdoorclub.net](mailto:climbers-unsubscribe@clareoutdoorclub.net)

To contact the entire group simply sent an email to:

[climbers@clareoutdoorclub.net](mailto:climbers@clareoutdoorclub.net)

(Note that the old

"Climbing Organisers" mailing list has been scrapped)

Keep an eye on the re-vamped **Clare Outdoor Club Forum** for further rock-climbing info and updates; just follow the links on the club homepage.

Read on for details of refresher climbing night, training for new members, mentoring, trip to Dingle climbing wall and more!

### IMPORTANT REMINDERS

- Rockclimbing training course – name and deposit to Eoin by **Fri, 23<sup>rd</sup> April**.
- Indoor climbing in Dingle – contact Radu or Ann Howard **asap**.
- Book accommodation in Dingle **asap** for indoor climbing / Brandon weekend

## Climbing gear

Each year we replace some of our older climbing equipment and ropes to ensure that all our gear is safe and fit for purpose for the season ahead.

To make this happen, we are asking all

returning climbers (who have already enjoyed the benefits of our club equipment in the past) for a €10 voluntary contribution towards the purchase of new club climbing gear. Shane O'Grady and Ann

Howard will be collecting this contribution at the start of this climbing season, so please help out if you can.



**Irish Mountain  
Hare**

*Congratulations  
to Sheila and  
Eoin on the  
birth of their  
baby son  
Matthew, born  
on 3<sup>rd</sup> April.*

## Rockclimbing refresher night

**Wednesday 14<sup>th</sup> April** next is an opportunity for climbers to shake the dust off last year's climbing gear and get re-acquainted with set-ups, belaying, gymnastic finger-and-foot manoeuvres, and more!

Note that this night is limited to **returning climbers only**, and is **not** a training session. Meet at re-opened One-Mile Inn (Lahinch Rd) at **5:45 p.m.** for a departure to Ballyryan at 6:00 sharp.

### Bat walk

The inaugural Clare Outdoor Club Bat walk takes place on **Thursday 22nd of April**. The walk (which will be at a significantly slower pace than usual club

### SPA Assessment

SPA Trainees (you know who you are!!), now might be a good time to think about

- Only paid-up club members may participate in club climbing sessions. This is to ensure that all climbers are covered under MI insurance. Membership forms will be available on the night, so if you haven't done so already, sign up and pay up before you climb!

- All climbers are reminded of the dangers involved in rock climbing. Clare Outdoor Club does not want any

accidents. Have respect for danger and height, be secure when going to the edge, and always check your set-up before climbing or abseiling.

- Wednesday to be **Club Climbing Night** weather permitting, meeting point to remain **One-Mile Inn for a 6:00 departure**.

walks!) provides an opportunity to hear and see our local Bat population with the use of Bat detectors and torches. It will be suitable for all ages and is open to non-

members too. The time and location will be confirmed shortly by email.

Bring a torch!

preparing for assessment in the **autumn**. If anyone is interested in going forward for assessment

this year, please contact Hugh Carthy (086 8055220)

## Rockclimbing training

Every year we welcome new club members to come along, try their hand at rock-climbing and hopefully get hooked! However, it's important that everyone climbing must be safety aware as well as able to set up and take down their own climbs. For this reason we have organised a 2-day introductory training course for brand new climbers. The course will be run by Ben's Climbing Clinic and will take place in the Burren over one full weekend on **8<sup>th</sup> and 9<sup>th</sup> May** (note that course is subject to favourable weather and may need to be re-scheduled at short notice!). Ben is offering this course at a reduced rate of €90 per person which includes provision of all climbing equipment.

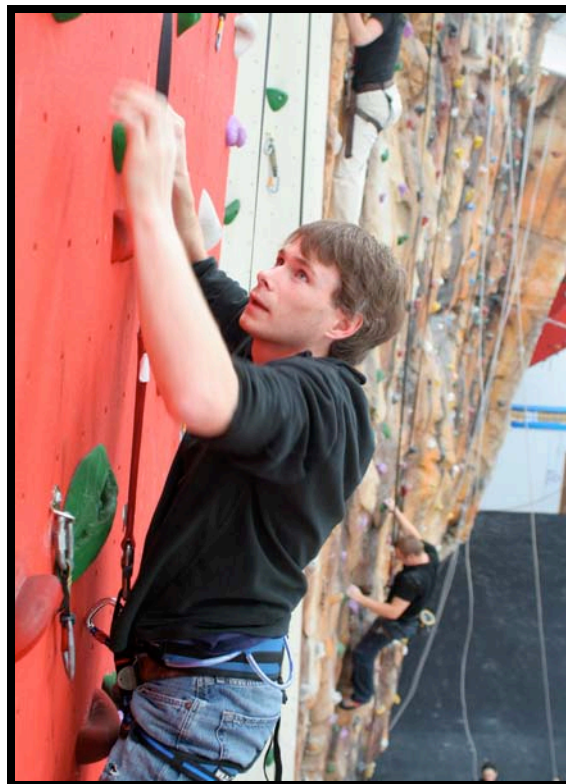
By the end of the weekend we expect that you will be familiar with setting up and taking down climbs, have some climbing practice, be able to belay and be ready to join the club climbers on the crags on regular club outings. This training weekend is open to

members and non-members alike (as insurance is provided by the instructors), but all trainees are reminded that club membership is a **pre-requisite** for joining any subsequent club climbing outings.

This training weekend will be followed up with a **mentoring day** on **Saturday 22<sup>nd</sup> May** for 'graduates' of Ben's Climbing Clinic to put their new found skills into

practice under the watchful eye of experienced (and willing!) Clare Outdoor Club climbers.

**If you are interested in taking up rock climbing this year, and want to join the training course, then please email [eoinecleary@ireland.com](mailto:eoinecleary@ireland.com) no later than **Friday 23<sup>rd</sup> April** with your name and a €50 euro deposit. Places are limited!**



Get up there, Dave!



Climbing at  
Ailladie

*This month, we're starting a series of short articles on aspects of the environment that will be of interest to anybody who enjoys the outdoors.*

Thanks to Dave Lyons of the National Parks and Wildlife Service for these.

Click here for more info on the [NPWS](#)

### 4 Peaks Challenge

#### Three down, one to go!

Slieve Donard and Lugnaquilla were bagged over the Easter weekend in brilliant winter conditions.

Full report in the next issue. Also, watch out for the photos on the website – coming soon.

## Indoor climbing

Want to try climbing but don't fancy dangling by your finger-tips from a cliff-face in the Burren with the wild Atlantic roaring below you?!

The Play at Height indoor climbing wall in Dingle ([www.playatheight.com](http://www.playatheight.com)) is just the place to give it a go! On **Saturday 24<sup>th</sup> April**, we're heading to Dingle for a warm-up session on Ireland's largest indoor climbing wall. Cost is €10 pp for the day and includes the provision of harnesses, helmets and ropes. Climbing shoes can be

hired for an additional €2, and staff are on-hand to instruct first-time climbers in use of equipment and basic safety for indoor climbing. As Play at Height operates under its own insurance policy, this taster session is also open to any non-members who'd like to come along.

We'll be staying in the Rainbow Hostel in Dingle ([www.rainbowhosteldingle.com](http://www.rainbowhosteldingle.com)), (066 9151044).

Accommodation is available in private rooms, dorms, or camp outside,

and is self-organised (book and pay yourself).

If you're interested in climbing on the 24<sup>th</sup>, contact Ann Howard (086 0860637) or Radu Toma (086 3204373) for more details.

Check this YouTube link:

[youtube-play at height](#)

Remember, there's a scheduled club walk on Mount Brandon on **Sunday, 25<sup>th</sup> April**. Why not make a weekend of it!

### CLARE OUTDOOR CLUB

Web:

[www.clareoutdoorclub.net](http://www.clareoutdoorclub.net)

E-mail:

[clareoutdoorclub@gmail.com](mailto:clareoutdoorclub@gmail.com)

Forum:

[www.clareoutdoorclub.net/phpbb2/index.php](http://www.clareoutdoorclub.net/phpbb2/index.php)

## The Irish Mountain Hare (*Giorra*)

The sight of a hare sprinting off in the distance is common on a weekend walk or climb. At this time of year the hare, like many animals, is in the middle of its breeding season. Males are attracted by the scent of the female in heat but that's just the easy part as courtship involves frantic squabbles between the female and her suitor. A full-on riot takes place if a competing male gets involved. These fights may involve boxing and kicking!

Gestation takes about 50 days and two to three litters are produced a year with one to four per litter. Only 80% of these young hares (leverets) survive their first year. Amazingly, females may mate and conceive their

next litter before the current one has been born. This is the perfect time to look out for hares as the grass is still short and they are active for most of the day.

### Did you know?

- Male hares are called Jacks and Females Jills
- They feed on plant materials such as heather, grasses and sedges
- Hares live to a maximum of nine years
- Their nesting sites are called "forms" and are simple depressions in vegetation
- Hares are a protected species under the Wildlife Act, 1976.