



# NEWSLETTER

## Surfing classes

### INSIDE THIS ISSUE:

- New cycling season 2
- MI News 2
- Mountain Skills 2
- Brocco and The Bear 3

Now's your chance to get in the water and try your hand at surfing!

We've organised surfing classes for beginners and improvers in Lahinch on Sat, 13<sup>th</sup> March.

Classes are from 9.00 am to 11.00 am, or 12.30 pm to 14.30 pm.

The cost is €35 for one class or €65 for two, and this includes hire of surfboard and wetsuit plus full instruction from fully qualified surf instructors.

Names to Lorraine Hughes (087 6595417) [lorryhug@gmail.com](mailto:lorryhug@gmail.com) by Friday, 26<sup>th</sup> Feb.



Catch the big one at Lahinch!

## Upcoming events

Scheduled club walks continue with the Central Maamturks on 21<sup>st</sup> Feb and the Derryclare Horseshoe on 21<sup>st</sup> March.

In between, we've scheduled the first three of the Four Peaks on 7<sup>th</sup> March and Easter Weekend, as well as another Moonwalk (25<sup>th</sup> Feb), the first Road Cycle of the season (27<sup>th</sup> Feb), Surfing

Lessons in Lahinch (13<sup>th</sup> March) and a Night Navigation exercise (20<sup>th</sup> March).

The new Rockclimbing season will be starting soon! Time to check the ropes, karabiners, nuts and hexes.

## New Members

A very warm welcome to all the new members who have joined the club over the past few weeks. A large influx for the recent Caherconree walk showed their mettle on a tough walk in difficult conditions. Well done, and we look forward to seeing you all on the hills again soon!

### IMPORTANT REMINDERS

- Names for surfing classes to Lorraine by **Fri, 26<sup>th</sup> Feb.**
- Names for Night Navigation to Hugh by **Fri, 5<sup>th</sup> Mar.**

## New cycling season



Spring is on the way – it's time to dust off the bikes, get out the WD40, and get back on the road!

Last year, we set up a special e-mail group for members to keep in touch about cycling activities and to self organise spins and cycling trips. You'll

need to re-register for the 2010 season. To register, just click this link or send a blank email to:

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

If at any time you wish to remove your name from the list, click this link or send a blank

email to:

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

If you want to organise a cycle or look for a partner for a quick spin, e-mail the entire group by clicking this link, or send an email to:

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

### **Dingle Adventure Race**

12<sup>th</sup> June, 2010

This is a new event for 2010 organised by Irish Adventures.

Details at:

<http://irishadventuresnet.blogspot.com/>

or

<http://www.dingleadventure.com/>

## Mountaineering Ireland (MI) News

The Mountaineering Ireland AGM is scheduled for 6<sup>th</sup> March at the Glendalough Hotel, Co. Wicklow. Full Agenda and programme of events will be published on the MI website on Friday, 12<sup>th</sup> Feb.

[www.mountaineering.ie](http://www.mountaineering.ie)

Club members with Facebook accounts might be interested to know that

MI is now on **Facebook**.

You can become a fan and keep up to date, view photos and find out what's happening in Irish mountaineering by clicking the link on the Mountaineering Ireland Facebook site.

MI also has a **YouTube**

channel with loads of videos of interest to walking and climbing

enthusiasts, including this one that will be familiar to regular COC hillwalkers:

<http://www.youtube.com/user/irishmountainlog#p/f/21/16YHFKPJfHY>

## Mountain Skills training

We've now completed the Mountain Skills training lectures on

- Map Reading and Interpretation and
- Using a Compass,

and followed up with

two practical sessions on the hills. The final session of the series is a practical night navigation exercise in Connemara on Sat, 20<sup>th</sup> March. The plan is to book a hostel in the area, stay overnight and hook up with the scheduled

Derryclare Horseshow walk on Sun, 21<sup>st</sup>. Anybody interested in some night navigation practice should contact Hugh Carthy (086-8055220) before Fri, 5<sup>th</sup> March to book accommodation.

## Adventures of Brocco and The Bear – Emma Glanville

Seven and a half turned to eight when Isabella Boots, also known as 'the Bully Baxter' (youngest member of Clare Outdoor Club to wear the new club fleece) made her voice heard. 8 then turned to 9 when Cormac arrived a day after us. There was ample snow and good cold conditions. It was looking promising for a week of tired legs, great views and the odd scary moment. Before even reaching the base camp temperatures of minus fifteen were recorded on the drive up and Fiona (The Bear) was quite beside herself when she discovered ice on the inside of the car. There was also a moment of sadness when we arrived at our base, when we discovered that due to the collision with an oncoming deer and its sudden death we had damaged the bumper and light of the un-insured rental car. The Deer Hunter strikes again.

Things were not to improve as we sat waiting for our lunch the following day; about six chips and tinchy winchy salad arrived out! Mandy Boots exclaimed to the manager that bigger portions were needed and she is not a

big lady, while Brocco moaned eloquently about the size of the salad - even though she doesn't eat salad.

On the hills at last, and what could go wrong now? Well... nothing that more hours of daylight, an earlier start, crampons with spikes not rounds, and two fully working crampons on each individual would help. But this was just the start.

A great plan was thwarted the next day when the gondola was not running and we had to walk up the hill. Imagine! Walking up the hill! On a walking trip!

The café at the top of the gondola was a welcome respite from the slog up the hill and the horizontal ice particles that persisted in aiming for the face. The group then split - the Men went on up the hill (and had no fun) and the rest of us went off to create avalanches (just little ones, mind!) and practice our ice axe arrests and tobogganing. Points for hitting grannies and kids were being accumulated on the toboggan slopes so we threw in the towel and went for another coffee.

Day three on the hills and all was good (except for the very sore heads), but this did slow down some of the quicker walkers, to the great delight of the majority, and gave Cormac a chance to catch up. Trudging up the hill became quite monotonous, so the Deer Hunter went off to create another avalanche, this time with people below to add a bit of excitement. Another split in the group led to a pincer type assault on Stob Corrie An Lochan, two went up the gully (should have done the arête!) and the others attacked from the East Ridge. Clare did exclaim however (for the hundredth time) that everything was lovely!

New Years Eve in the Clachaig pub, and Ann was feeling out of place as she was not wearing a mountain clothing label. Three o'clock to bed and then woken by The Bully Baxter at 4.30am screaming with an earache. This was just the start of this day. The 1<sup>st</sup> of Jan 2010 should be wiped from record. A debacle ensued as to how to get a doctor to look at the Bully.

### COC Forum

Don't forget to check the Forum for the latest information about the next scheduled walk, and for information on events, offers, news etc. that might be of interest.

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

### New Scotland photos on the website!

<http://clareoutdoorclub.net/Gallery.aspx>

More to come after next week's trip to Glenmore Lodge.

Contd. page 4

**NEW!****COC Walk Logbook**

Keep a record of all your walks in the brand new COC Logbook. This specially designed 6-page booklet includes pre-formatted forms to log all the important details of 40 walks.

Essential for anybody considering doing the Mountain Skills Assessment.

Contact Mary Conway or Hugh Carthy.

**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)

**Brocco and The Bear** (contd.)

All was sorted when a decision was taken to bring her to A&E Fortwilliam; Mandy Boots then sped off to get Clare to the airport in Prestwick. A quick stop off in Glasgow brought on a panic as Clare realised her flight was two hours earlier than planned for, and Amanda's rally driving from all accounts came into play. Meanwhile back at base, gear was being dumped in Cormac's car in an attempt to lessen the weight on the flight home, But somehow Cormac's gear got left with us, bringing the weight straight back up again. I stopped to get petrol and had nothing to pay for it with, and had to convince the shopkeeper that I would return and pay my dues (which I did). The Bear, Ann (Iggs) and myself then attempted to go skiing and due to too much wind this was closed. So we went on a drive, found a frozen waterfall, scurried home for gear and, all excited, walked the 100 meters from the road to the ice. Stepping down onto the

frozen river Iggs fell and hurt her shoulder again - not as bad as the Welsh Mountain biking incident though! So unselfishly The Bear and myself took Iggs home and vowed to return to the ice before leaving Scotland. With nothing left to do on a day like this we sat down to the 1<sup>st</sup> and 2<sup>nd</sup> season of Gavin and Stacey.

Jan 2<sup>nd</sup> can only be better. What started off as a walk around some of the Ring of Steal, quickly turned into a 26km low level walk (due to weather forecasts) and this then turned into a 16km walk due to the lack of a path and fresh snow up to my waist. We did cross the wire rope bridge however and watch people climbing the frozen Steall waterfall. Impressive!

Inspired by the people climbing Steall waterfall, which is a multi-pitch of about 100 meters, we headed for our frozen waterfall, all 15 meters of solid ice. Muggins here

had to go first and test the ice, followed closely by The Bear (who used the novel technique of sucking the ice to stay on), and Cliff tried the cartoon version of ice climbing where if your feet rotate quick enough you will get up. Then came Brocco, with one good leg and one bad, whose shouts of 'How do I get up this?' and 'Hold tight!' were not heard. Only 'Am I high enough for the photo?' and 'Wait, let me take off my goggles, get my good side' echoed around the gorge.

This just leaves a couple of questions.... Who, going out for a day on the mountains goes back into the house to get a sling and comes out with a book?? And how many beers does it take to get Mandy Boots drunk?? And how many times can a bag be moved around a room??

I tell you, a holiday like this would just take it out of you!

