

**MOUNTAIN  
VIEWS**

# THE SUMMIT

IRISH HILLWALKERS' QUARTERLY, AUGUST 2019



**NEWS - INFORMATION - RECENT CONTRIBUTIONS - FEATURES - FORUMS**

## WELCOME TO OUR AUGUST QUARTERLY NEWSLETTER

There's some stunning, some amusing and some dramatic photos this quarter, such as the lone figure on Washerwoman's Rock, the Scouts on a castle, pics from Chile and the Spanish Picos and even a mountain themed wedding pic.



For summiteers read the entertaining 600m Summits Awards

We briefly mentioned our new Donations Feature in the last newsletter. Thanks to the donors we received several hundred euros. Please do consider donating towards funding the committee's ongoing activities.

Toughsoles finished their mega trek on the Waymarked Ways. Most of these ways are massively underused at least by Irish people partly in our view because of the top-down approach taken to their management. Toughsoles have started to popularise them using modern high tech approaches, bottom-up something dear to MV.


Regular features on upcoming Challenge Walks, Place and Track Comments.

Simon

## IN THIS ISSUE...

MVS NEWS	<a href="#"><u>PAGE 3</u></a>
MOUNTAIN COMMENT OF THE MONTH: CUILCAGH	<a href="#"><u>PAGE 5</u></a>
RECENT MOUNTAIN COMMENTS	<a href="#"><u>PAGE 6</u></a>
TRACK OF THE MONTH: PICOS DE EUROPA	<a href="#"><u>PAGE 9</u></a>
RECENT MEMBERS TRACKS	<a href="#"><u>PAGE 10</u></a>
SUMMITEERING: MOUNTAIN SUMMIT AWARDS BY PETER NEVIN	<a href="#"><u>PAGE 12</u></a>
EXPLORE: CHILE BY DAVID TULOUP	<a href="#"><u>PAGE 16</u></a>
CHALLENGE WALKS - WITH JIM HOLMES	<a href="#"><u>PAGE 19</u></a>
PHOTO OF THE MONTH	<a href="#"><u>PAGE 21</u></a>
INTERNATIONAL PHOTO OF THE MONTH	<a href="#"><u>PAGE 22</u></a>
EDITOR'S PHOTO PICK	<a href="#"><u>PAGE 23</u></a>
VIDEOS OF THE MONTH - MUCKISH AND THE BURREN WAY	<a href="#"><u>PAGE 24</u></a>



Owenduff valley from Glennamong  Peter Nevin

## **MOUNTAINVIEWS MEMBERS MEETUP WALK** SUMMER 2019

The next walk is scheduled for **Saturday 17th August 2019** and will be the iconic **Eastern Ridge** of the **Macgillycuddy Reeks** in Co Kerry.

Around 12kms and almost 1,000m of ascent

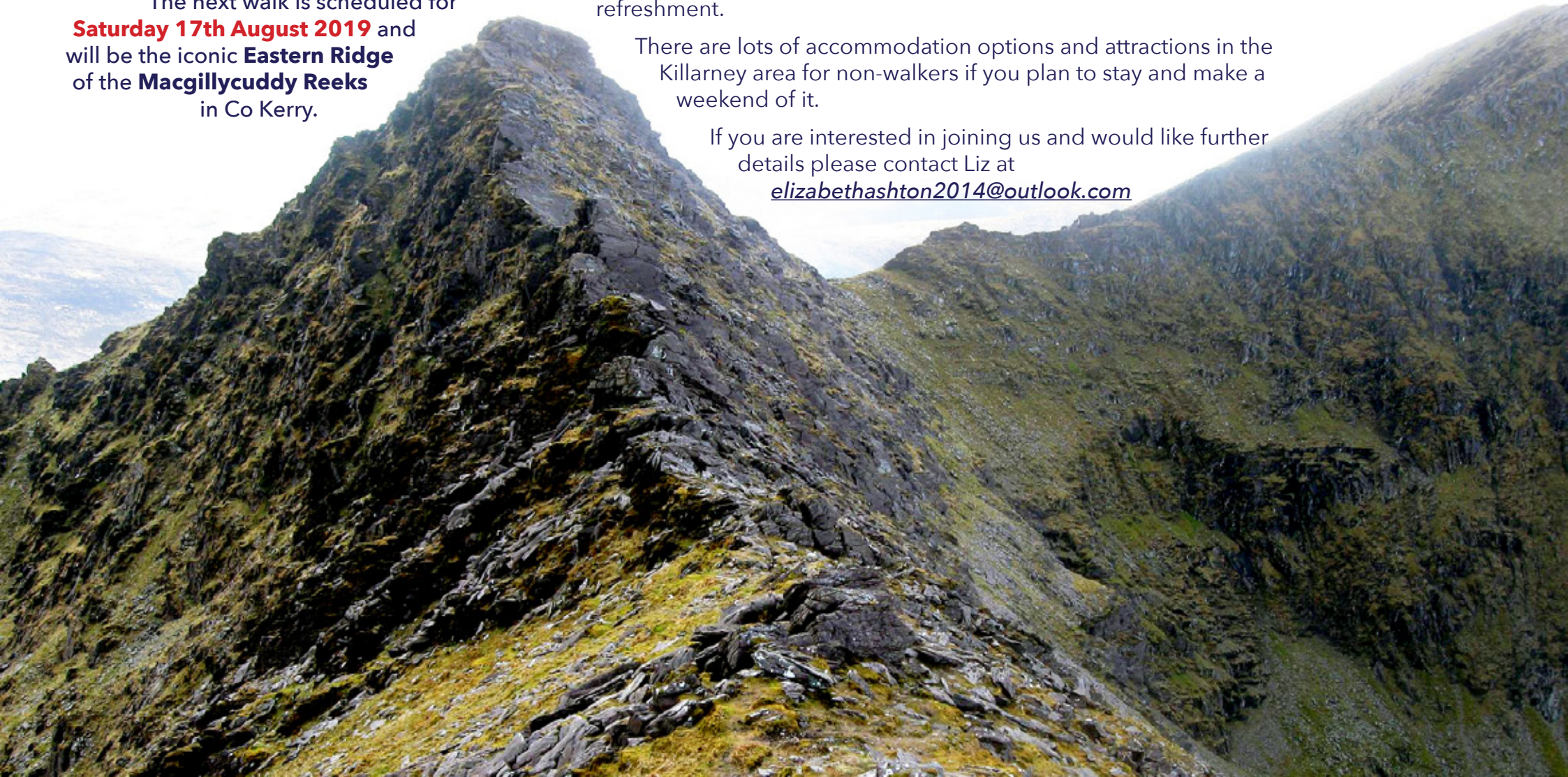
A good head for heights and a high level of hill fitness will be required for this outing, which is open to non-members of MountainViews.

Ascending Cruach Mor, crossing the Big Gun continuing along the ridge to descend by the Zig Zags.

We will return to Killarney for a post walk meal, chat and liquid refreshment.

There are lots of accommodation options and attractions in the Killarney area for non-walkers if you plan to stay and make a weekend of it.

If you are interested in joining us and would like further details please contact Liz at [elizabethashton2014@outlook.com](mailto:elizabethashton2014@outlook.com)





**Donate to MountainViews Here:**

**Donate**



Payment processor is PayPal Inc. and can be by credit/debit card or PayPal.  
MountainViews does not receive payment credentials.

## You can now donate to MountainViews

**Have you found MountainViews useful or an inspiration? You can now donate to the MountainViews community online.**

The MountainViews committee need ongoing money to meet the needs both of the website and of other activities such as insured events or publications. You do not have to be logged in to donate. Providing MountainViews services has costs, so we hope you will support us in this way. If you can make a regular donation, so much the better.

Donations are handled by PayPal Inc and payment credentials such as credit or debit card numbers are not accessible to MountainViews. See more about MV's use of PayPal and PayPal's Privacy Policy here [mountainviews.ie/privacy/](https://mountainviews.ie/privacy/) (under Use of PayPal)

You can donate to MountainViews using this link: [mountainviews.ie/donate/](https://mountainviews.ie/donate/) You can donate with a credit or debit card or by Paypal.

## Toughsoles Finish All Waymarked Ways Challenge

ToughSoles ([toughsoles.ie/](https://toughsoles.ie/)) have completed the challenge the set themselves of walking all the waymarked ways of Ireland (in the Republic). As they say on their website: "There are 42 National Waymarked Trails in Ireland, with a total distance of around 4,000km. No one has ever walked them all before, so that's what we're going to do!"

Enroute they provided a constant stream of blogs and feedback including a talk given at the MountainViews Gathering in February this year. And produced a series of maps.



PLACE  
COMMENT  
OF THE  
MONTH

## THAT BOARDWALK LOOMS LARGE

CUILCAGH (665M), BREIFNE

Under the heading "A Classy Mountain" **hazyview** describes a visit to the joint CHP known as Cuilcagh on the Fermanagh/Cavan borders. **Hazyview** had an enjoyable day out - and a typically Irish one, weatherwise. The well known (or infamous, depending on your point of view) boardwalk looms large and is more contentious and divisive than ever, always drawing controversy, as witnessed by the editorial comment attached as an addendum to the post.

I followed the directions (per scarecrow & others) to the second carpark & we commenced the awesome long boardwalk across the bog & up the mountain. A good challenging climb of stairs to the summit. Fabulous views all the way but the boardwalk stopped short of the summit. We climbed the fence & continued the final 150 metres to the top but the weather changed dramatically from sunny spells to heavy fog & driving rain. When we returned to the path it was suddenly fine again. We were dry by the time we got back to the carpark. Fabulous wilderness feel to this place, despite its popularity. Enjoy!

[Ed: We would certainly agree that Cuilcagh is a classy mountain, however many of us have a diametrically opposed view about the value of this particularly intrusive boardwalk. Many would believe it cheapens the experience, has led to environmental damage and

access issues. Mountaineering Ireland as of 2019 is asking hillwalkers to take other routes up the mountain to prevent further damage and are saying that the boardwalk is a short-term measure and there will be substantial changes to it. Take a look at the three shared tracks offered by MountainViews for different ways up, for example one including the extraordinary curved scarp to the south described by one member as the classic route. (see [mountainviews.ie/track/3180](https://mountainviews.ie/track/3180) also [mountainviews.ie/track/3354](https://mountainviews.ie/track/3354).) There are several other great hillwalks in the vicinity described on MountainViews]

Original comment: [mountainviews.ie/summit/165/comment/20578/](https://mountainviews.ie/summit/165/comment/20578/)



The classic ridge to Benbeg from Cuilcagh 📷 peter1

## WEST



### A rite of passage

The very fine Glencoaghan Horseshoe in the Twelve Bens takes in six of the Bens and is a challenging and rewarding rite of passage for any Irish hillwalker, writes **TommyV**.

Link: [mountainviews.ie/summit/101/comment/20581/](https://mountainviews.ie/summit/101/comment/20581/)

## WEST



### Pleasantly free of humanity

Although it is largely unremarkable, Largan Hill in the Ox Mountains offers a fine sense of wilderness, with a mostly uninhabited surrounding landscape, says **madfrankie**.

Link: [mountainviews.ie/summit/770/comment/20576/](https://mountainviews.ie/summit/770/comment/20576/)

## WEST



### Isle of tranquillity

Inishturk nestles between Clare Island and Inisbofin, and is much less visited making it a very tranquil setting for a couple of hours walking, reports **TommyV**.

Link: [mountainviews.ie/summit/1041/comment/20575/](https://mountainviews.ie/summit/1041/comment/20575/)

## EAST



### Pleasant and easy stroll

The Hill of Allen in the North Midlands is an enjoyable walk of about 20 minutes, the summit topped by a tower which is open to the public, writes **TommyMc**.

Link: [mountainviews.ie/summit/1265/comment/20577/](https://mountainviews.ie/summit/1265/comment/20577/)

## SOUTH



### Holier than thou?

Does Croagh Patrick have some competition in the holiness stakes, wonders **TommyV** as he ascends Brandon, which boasts a grotto, stations of the cross and a pilgrims' path!

Link: [mountainviews.ie/summit/9/comment/20171/](https://mountainviews.ie/summit/9/comment/20171/)

## EAST



### New track paves the way

Formerly a complicated trudge around seemingly never-ending forest tracks, a new track cut through the forest knocks 2km off the route up Carrick in Wicklow, says **Colin Murphy**.

Link: [mountainviews.ie/summit/865/comment/20570/](https://mountainviews.ie/summit/865/comment/20570/)

## SOUTH



📷 jackill

**Castles in the air**  
O'Loughlins Castle on Greenane West is not a castle in the normal sense, but nature's rocky version of it, as **jackill** discovered to his cost!

Link: [mountainviews.ie/summit/53/comment/20574/](https://mountainviews.ie/summit/53/comment/20574/)

## MIDLANDS



📷 TommyV

**Most central hill in Ireland?**  
Is Knockastia Hill in Westmeath the dead centre of Ireland in hillwalking terms, wonders **TommyV**? It certainly offers great views of the central plain.

Link:  
[mountainviews.ie/summit/1293/comment/20132/](https://mountainviews.ie/summit/1293/comment/20132/)

## SOUTH



📷 murrayconor

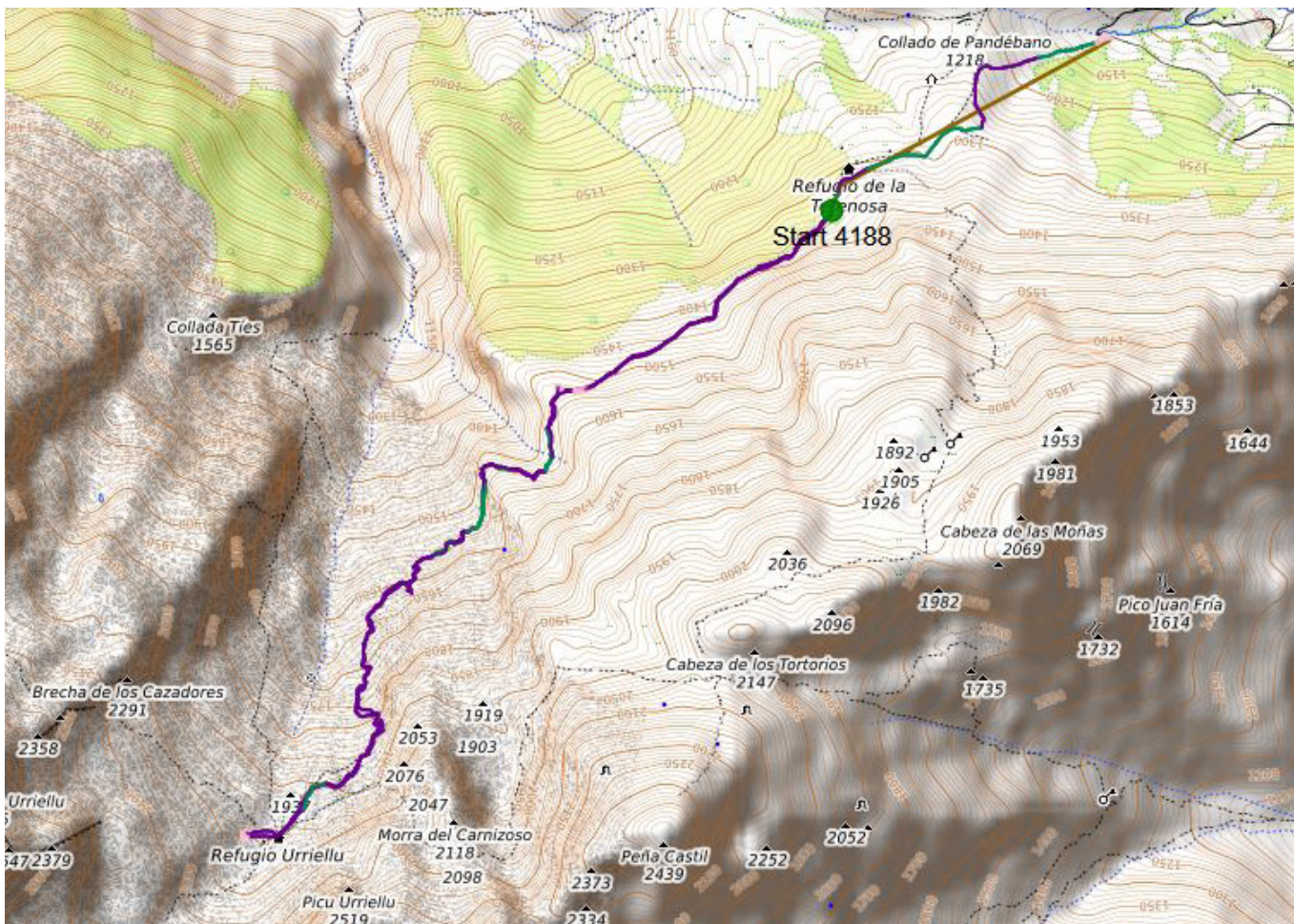
**First comment on MV**

**Murrayconor** becomes the first person to describe Washerwoman Rock for MV - taking his life in his hands!

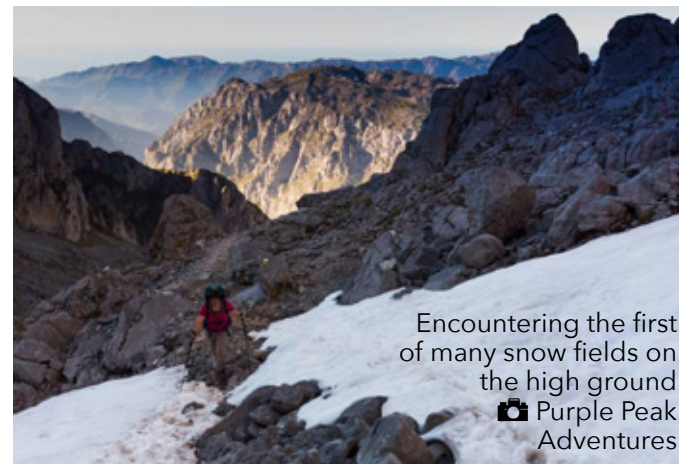
Link: [mountainviews.ie/summit/2418/comment/20573/](https://mountainviews.ie/summit/2418/comment/20573/)



## TRACK OF THE MONTH - PICOS DE EUROPA



Passing the Refugio de la Terenosa  
📷 Purple Peak Adventures



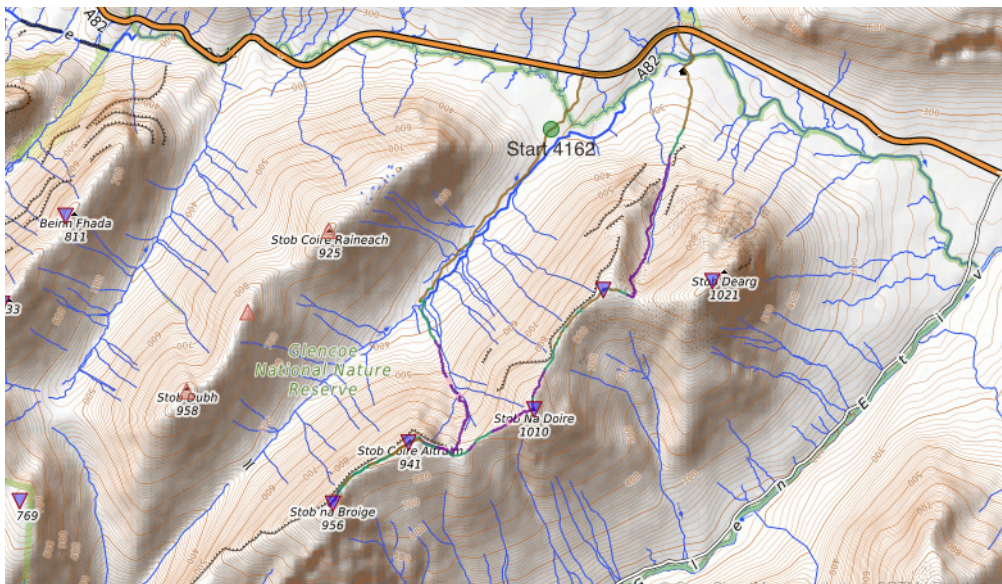
Encountering the first of many snow fields on the high ground  
📷 Purple Peak Adventures

### I AM CURIOUS, ORANGE

This month's selection is a return trip to an awesome area of northern Spain for **mcrтчly** and **kernowclimber** to visit the Picos de Europa National Park, and the incredible iconic tower of Naranjo de Bulnes (see International Pic of the Month for a photo of this). The route described is a not-too-hard statistically mountain walk, but there may well be large snow patches and the start point benefits from the usage of a 4x4.

**LENGTH:** 12.4km **Time taken:** 6h35m  
**ASCENT:** 685m **DESCENT:** 884m **PLACES:**  
Start at Lon -4.79363, Lat 43.2256, end at Lon -4.78121, Lat 43.2316 1.2km NE from Start  
**Link:** [mountainviews.ie/track/report/4188/](https://mountainviews.ie/track/report/4188/)

## TRACKS



## SCOTLAND: Shepherd's Pie

During the month your track reviewer took off on his holidays, but his best laid plans of cutting a swathe of impressive ascents through the Scottish Highlands were slightly waylaid by a rather annoying stomach bug. Subsequently weakened (and scared of straying too far and too long from toilet facilities) he cut his cloth accordingly, and one of the things he got done was a tidying-up traverse of Buachaille Etive Mor, the mountain that broods majestically over Rannoch Moor and the



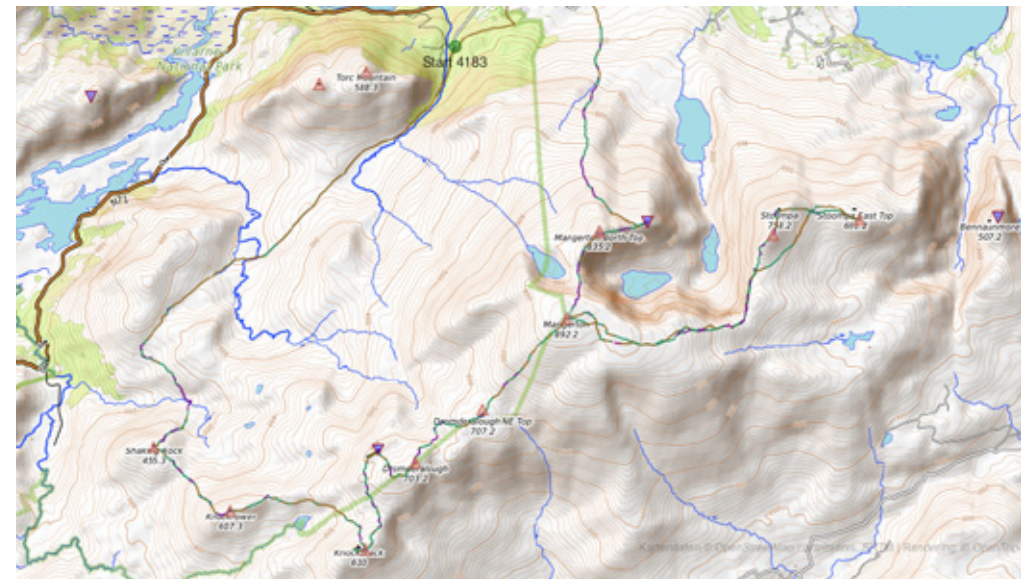
entrance to Glen Coe. Once he managed to convince his ailing legs to take orders from him, he discovered a lovely multi-topped ridge walk with cracking views of mountain and glen and a bit of sea. He missed off the highest summit on the Buachaille Etive (as it is often called) because, hey, he'd done it before and he was ill, but others may not have that excuse!

Link: [mountainviews.ie/track/report/4162/](https://mountainviews.ie/track/report/4162/)

## SOUTH: Shaking All Over

Frequent French visitor **David-Guenot** went for a lengthy Kerry clump around both the relative fleshpots of Mangerton, and the relatively unfrequented tops to its east and south-west. There's a substantial out-and-back to Stoompa before a fun ramble along the chain of summits to Shaking Rock. David's notes mention a horrible descent from here to the Kerry Way, so those following in his footsteps might want to not follow his footsteps exactly in this section.

Link: [mountainviews.ie/track/report/4183/](https://mountainviews.ie/track/report/4183/)



## TRACKS



### **SOUTH:** **Talking the Cork, Walking the Cork**

Caherbarnagh is a lumpy mountain with a steep north side rising up where the main Kerry mountain spine reaches Cork and slightly loses the run of itself. There have been access issues from the northern side in recent times, and **markwallace** has done a little horseshoe from the north that follows the approved route in the ascent, and varies the descent a little

bit. It takes in the main top and the NW top as well... a short diversion on the descent could include the Arderin Beg of the East Top.

Link: [mountainviews.ie/track/report/4157/](https://mountainviews.ie/track/report/4157/)

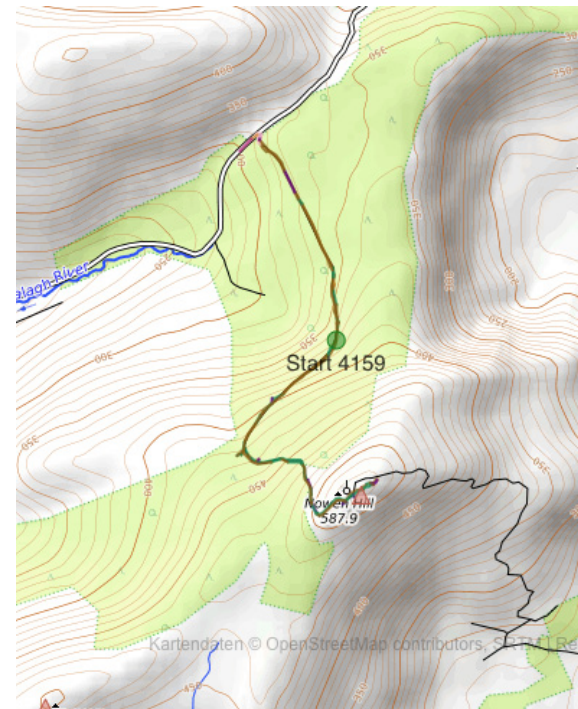


### **SOUTH:** **A downhill day**

Perhaps taking the controversial view that the main problem with the Tom Crean Walk is that silly bit over Brandon at the start, **Onzy** has been down in Dingle mutilating a classic challenge walk. Jestering aside, the route from Conor Pass to Annascaul is a lovely leg-stretcher along a multi-topped ridge poised high above the sea. In addition to the summits visited it would be fairly easy to add

Croaghskearda and Slievanea with little extra effort.

Link: [mountainviews.ie/track/report/4153/](https://mountainviews.ie/track/report/4153/)



### **SOUTH:** **Nowen Man**

New user **conorb** has uploaded a quick up and down route in the Shehy area of the South-West. It takes in the Arderin summit of Nowen Hill from the north, using a forest road to gain the summit masts. It's a relatively brief outing, so those looking for more (who don't mind trees and bog) could tack on its SW Top, also an Arderin.

Link: [mountainviews.ie/track/report/4159/](https://mountainviews.ie/track/report/4159/)

# 288 AND 273 TIMES 600M

## THE 600M SUMMITS AWARDS

by Peter Nevin

I never gave too much thought to the existence of 2 lists of 600m peaks in Ireland. I knew of the Vandeleur Lynam list from some decades ago (*ED: well, not exactly. MountainViews only introduced the "Vandeleur-Lynam list" in 2009 after getting prominences for all the mountains and after discussions with Joss Lynam. Previously Joss had called it the "600m List"*) and assumed that the second list, as featured on MV website, was

down to the old Irish behaviour - first item on the agenda is 'The Split'! \* One is a long list of 600m peaks and the other is a longer list of 600m peaks, so obviously, I would go for the longer one...

I completed both lists on December 30, 2018 by climbing Knockaunapeebra, in the Comeragh Mountains, Waterford, in the company of family, friends and Kipper, the Border Terrier.

# SUMMITEERING

My first 600m peak was probably Djouce, Wicklow around 1978-1980

So Simon kindly (!) asked me to write something about completing the 600m peaks and I thought that, as we are entering the Awards Season (Film, TV, etc), I would nominate the 600m peaks for various and spurious awards! The date in brackets is the (approx.) date I climbed that peak.

So, load up the popcorn maker, fill your two litre drinks bucket and off we go!



First category is Geography:

**Most Northerly:** Slieve Snacht in Inishowen (1987)

**Most Southerly:** Hungry Hill, Kerry (2016)

**Most Easterly:** Chimney Rock Mountain, Mourne Mountains (1982)

**Most Westerly:** Brandon Far North Top, Kerry (2015)

**Highest:** ehhm... (1980)

**Lowest:** Castle Hill, Slieve Mish, Kerry. (2016)

Next and subsequent categories are more subjective!

**Easiest:** Mullaghanish, Kerry. Follow the RTE road to the summit! (2015)

**Hardest (Day):** All the Bluestack 600m peaks in one day! (2018)

**'Go Back for Seconds':**

Nominees are...

1) Reeks Ridge, Kerry

2) Lackabane, Eskaterriff (Cummeengeera circuit), Kerry (2017)

3) Nephin Beg and Slieve Carr, Mayo (2015)

Honourable mention: Sheefrey Hills, Mayo (2018)



# SUMMITEERING

## 'Avoid like the plague':

- 1) Dromderalough (2015 and 2018...long story)
  - 2) Dromderalough NE Top
  - 3) Dromderalough NW Top
- Honourable Mention: Knockbrack (Dromderalough Group)



## 'I can't believe I got away with that'

- 1) Hag's Tooth, Kerry, ...on my own. (2017)
- 2) Sheefrey Hills, St. Patrick's Day, 2018, with near gale force Easterly wind, wind chill around -10degC. ...on my own
- 3) Lugnaquilla, Wicklow, getting lost in snow and cloud, having set off very late, 2 days before Christmas, 1980. Got back to the car in Glenmalure at 10.30pm after getting a lift from a very kind person from the Glen of Imaal.

## 'Most Pleasantly Surprising'

- 1) Sperrins, Tyrone. October 2017. A cool sunny day with magnificent views, including Ailsa Craig, on the Scottish coast.
- 2) Knocknadobar Traverse, September 2016. Again, the views are superb - keep it for a clear day.
- 3) Any peak in the Mourne - 'they built a wall!!!'



## 'I'm Glad I brought my Compass':

Only one entry and thus, the winner:  
A traverse of Devilsmother and Maumtrasna, in complete cloud, on my own! (2014)

## 'Best use of a Bicycle':

- 1) Traverse of the Sperrins on foot, cycle back to start (2016)

# SUMMITEERING

- 2) Nephin Beg and Slieve Carr, cycle through the woods, from the Eastern side (2016)
- 3) Keeper Hill, Shannon. I cycled up and down in around 110 minutes! (2014)

## 'Best Crossover Sport with Hillwalking':

Golfing my way up Lugnaquilla from Glen of Imaal with a friend of mine - my score was 104 and Jim's was 96, so we suggest a par of 100. (1997)

Finally, a big thank you to all at Mountainviews for this fantastic resource! Well done.

Peter Nevin



Glenveagh from the southern slopes of Dooish 📷 Peter Nevin



Glennamong from Corranabinnia 📷 Peter Nevin



Owenduff valley from Glennamong 📷 Peter Nevin

(\* ED, as regards the current MountainViews 600m list. It's a fairly ordinary reason. Mostly this arose because when we started MV in 2002 we used information about summits from a variety of sources to get going. In 2009 we finally had prominences for all the summits. While not entirely perfect we could then produce a reasonable stab at a list according to the agreed criteria of the V-L list of 15m prominence. Some of the summits in the 600m list were then redundant. However because we had included them for some years and because some were interesting places in their own right and because users had written descriptions for them etc we decided to leave them as the MV 600m List. We did the same for 500m summits not fitting into the Arderins.)

# GOING SOUTH: THE CHILEAN ANDES

by David Tuloup

The goal of these few words is to give you some ideas and few tips about Chile, a wonderful place for hiking.

## SOUTH PATAGONIA

### Torres del Paine

This national park is famous for its W trek and you probably have seen some pictures of its astonishing landscapes.

W Trek can be done in 4 or 5 days with 15 to 22km/day and 300 to 1000m of positive climb. Before you go there, consider booking all your nights in camp sites (around 44 euros) or accommodations (from 52 to 70 euros). You will also have to get your ticket for a short navigation on Lago Grey (45 euros) and you will have to pay your entrance in the park (24 euros).

The route can be done in both directions. Starting from west

(glacier Grey) to east (Las Torres) may be easier according to the wind direction (mainly blowing from the west). Another reason

to start from Lago Grey is in case of a canceled boat (e.g. because of a too strong wind as I encountered in november 2018), it will be easier to take the boat on Lago Pehoé by taking a motorised transport instead of going back by foot...

For people who wants more, there is the O trek. You will have to be well equipped as it is a 7 to 9 days walk. The north part is less crowd (restricted access to 80 persons per day).





## Glacier Perito Moreno

If you go to Torres del Paine, it is worth seeing a beautiful glacier which is easily accessible : the Perito Moreno in Argentina. Before you go, you can book a guided walk on the glacier after a short navigation.



The 4 to 6 hours excursion is the best one, forget the short walk. You can also limit your visit to a very nice walk made of a succession of balconies on the glacier.

## Cruise on Lago Argentino

Forget the cruise if you go to the glacier Perito Moreno (I did the 5 hours navigation, what you see is beautiful, but the experience is partially wasted by the the crowded boat).

## El Calafate

This town is your camp site. There are many restaurants and La Lechuga is a good choice for good food and little prices (main course, dessert and drink for 13 euros).

## El Chaiten

As you travelled a lot to see the Perito Moreno, going to El Chaiten is a good destination for your next hikes.

From the village, among the walks available, one will offer you a famous summit : the Fitz Roy

## LOS LAGOS (CHILE) & RUTA DE LOS SEITE LAGOS (ARGENTINA)

### Chiloé

You will need a car to visit this island, well known for its palafitos and its wood churches. If you are Irish, some details like gorse bushes on will make you feel at home. Walking in this area may be not the thing you will do there even if there are some interesting places like the national park near Cucao or Quinchao island.

### San Carlos de Bariloche (Argentina)

Going to San Carlos de Bariloche implies to cross the frontier to enter in Argentina (the first time it took me 2 hours to pass the frontier, this time only few minutes).

The town is in a area which is like a part of Switzerland, surrounded



Lafuna Toncek-Refugio Frey near San Carlos de Bariloche

by mountains and the lake Nahuel Huapi. There are some day walks (Cerro Lopez, Refugio Grey...) or multi days hikes here as there are camp sites and accomodations.

If you travel by car, roads are not always paved in mountains.

You will go through wild region without much humans : a pleasant feeling and also the need to not forget to fill up your car, to take some food and water.

## National Park & volcanoes

Because of a snowy winter while our hot summer in Europe, most of trails were still closed in november 2018, a bit to early for summer in south hemisphere.

## National Park Huerquehue

This park offers some great walks. As this area is wet, trails can be muddy and short distances may be done with a longer time than expected.

## National Park Conguillio

The park is in a volcanic area, which offers some great landscapes. There are many trails but most of them are one way walk.

Nevertheless, walking in a forest of araucaria counterbalances this disadvantage.

You can stay in camp sites or in a lodge inside the park.

## Atacama Desert

Atacama desert is one of the driest place on Earth. Not so warm despite too much for me (30-32°C during day, down to -17°C during night, elevation around 4000m with summits up to 6000m). If you like sun and dust, this place is for you.

## San pedro de Atacama

San Pedro de Atacama is "the" tourists base. If you are coming from a wild national park where you probably did not meet lots of people, you will feel to be landed in Ibiza during high season. There are lots of touring companies : they go all to the same places with few differences, except if you choose an expensive private formula. Cheaper (but still expensive) and more interesting some companies offer half private tours. You can rent a bike despite I have not seen dedicated trails for this activity. If you go there, do not miss to visit El Tatio. Claimed to be the third biggest field of geysers, it has to be considered (particularly if you have not go to Yellowstone nor in Iceland).

[lemiage.net/patacama18.html](http://lemiage.net/patacama18.html)

Glacier Spegazzini



Rio Meliquina

Salto Grande



# CHALLENGING JULY AND PROMISING AUGUST

JIM HOLMES PACKS THE HANG SANGWIDGES FOR A GREAT SUMMER OF CHALLENGE EVENTS



Joyce Country Challenge 2019 📷 Marketa Holkavoka

July began with some terribly inclement weather even by Irish Summer standards. This shouldn't come as a surprise to the hardened Challenge Walker, after all, we listened with great interest, when at a memorable MountainViews Gathering, Evelyn Cusack told us not to be fooled into thinking the driest months in the Irish calendar fall within the typical Irish Summer weeks!!

## Comeragh Crossing

This mist and plenty of showers would greet all the Challenge Walkers as they marked their cards atop the plateaus and corries

of the Comeragh Crossing. Spirits however, are never dampened on this Walk - Dungarvan Hillwalking Club are far too versed in ensuring all have a Day to remember on their great Challenge. Dungarvan Hillwalking Club go one step further than most as well . . . with four different Walks to choose from, The Kilbrien Walk is a 10km Walk with a 350 metre ascent to welcome all those new to the world of Challenge Walks. "At Dungarvan Hillwalking Club, we're very committed to making hillwalking accessible for everyone". Brilliant, brilliant kudos to all those involved.

## Joyce Country Challenge

It pretty much took till the end of July before the weather picked up true - and then at the end of this month that was, atop Maumtrasna, this year's Joyce Country Challenge as hosted by Lake District Hillwalking Club delighted all in attendance!

*"Spirits were high as walkers greeted each other and the organisers as everyone looked forward to a great day out. The smell of sun cream soon added atmosphere of expectation. With walk cards and compasses at the ready the first walkers headed into the cool morning in the direction of Maamtrasna. Groups from all parts of Ireland and hardy individuals soon spread out across the geological wonderland*

# CHALLENGE

## REPORTS AND UPCOMING EVENTS IN THE CHALLENGE WALKS CALENDAR

*from Maamtrasna to Knocklár and on to Devils Mother”.*

Quote from The Joyce Country Challenge 2019, Patsy Cahalan.

You can read the full report of the great day here:

[mountainviews.ie/cms/mv1/node/119](http://mountainviews.ie/cms/mv1/node/119)

### Mourne Seven Sevens

Rolling into August and showing how you can't keep a good Walk down - Lagan Valley Orienteers are proud to host The Mourne Seven Sevens (no way could the perfect reason to visit an incredible part of Ulster not happen . . . the Challenge is far too iconic for that!!).

Seven mountains over seven hundred metres is the premise for attack here atop the wonderful Mourne Mountains. Of course MountainViews knows only too well how Slieve Meelmore is actually 680 metres high and as such clocks-in a little short of the elusive 700 metre line . . . but let's not be too harsh to cartographers of old. Best wishes to all on the Day. The Mourne Seven Sevens, 10th August. 29km with an ascent of 2495m.

### Marathon Walk Western Way

A week later on the 17th of August, Galway Walking Club treats us to The Marathon Walk Western Way. This delightful walk journeys along the Western Way on both road and track taking in the beautiful Killary Harbour and Maumeen Pass.

A full day but with gentle inclines - a total ascent of 258m, with a distance of 42km.

### Fei Sheehy Challenge

Taking place over three days is the mighty Fei Sheehy Challenge. The ask is simple, three mountain ranges, each a Challenge Walk in itself, over three days. The execution of this incredible event is a different ticket altogether! In order to complete "The Treble", all three days, an awful lot has to fall into place. Do you have the appropriate gear for all days or is it possible to wash and dry your "trusted and preferred" clobber . . . then what about boots! All of this and more needs to be thought out - and all before the weather comes into play! The 16th, 17th and 18th of August are the dates for the Fei Sheehy Challenge which takes place with the help and support of Galtee, Nire Valley Bogtrotters and Peaks Hillwalking Clubs.

MountainViews report from 2017 makes for compulsive reading:

[mountainviews.ie/cms/mv1/node/107](http://mountainviews.ie/cms/mv1/node/107)

So plenty to be getting on with Troops, with no excuse to not pack a bucket of water and a shovel-full of "hang sandwiches" and get out and down and dirty . . .

Onwards and Upwards Boys and Girls,  
Keep Safe and Enjoy your Day,  
Jim Holmes.



## PHOTO OF THE MONTH



Scouts on the Battlements at Greenane West, Galtee Mountains 📷 *John Fitzgerald (jackill)*

Original comment: [mountainviews.ie/summit/53/comment/20574/](https://mountainviews.ie/summit/53/comment/20574/)

## INTERNATIONAL PHOTO OF THE MONTH



Bulnes de Naranjo, Picos in northern Spain 📷 Martin Critchley

Original comment: [mountainviews.ie/track/4188/](https://mountainviews.ie/track/4188/)

# EDITOR'S ADDITIONAL PICKS

More examples of outdoor photography from our members



Inspiration Point, Yosemite 📷 *PaulaMelvin*  
Original comment: [mountainviews.ie/motleyviews/general/  
comment/8208/comment/8208/](https://mountainviews.ie/motleyviews/general/comment/8208/comment/8208/)



Washerwoman's Rock 📷 *murrayconor*  
Original comment: [mountainviews.ie/summit/2418/  
comment/20573/](https://mountainviews.ie/summit/2418/comment/20573/)

# EMVEE-TUBE

## THE BEST VIDEO PICKS FOR AUGUST

Wild Camping in Ireland - Muckish Mountain Bivy



MV member gerrym throws an overnighter on the iconic Donegal peak of Muckish.

[youtube.com/watch?v=CSXwE0jRHpk](https://youtube.com/watch?v=CSXwE0jRHpk)



To mark their completion of all of Ireland's waymarked trails, here are Carl and Ellie of Tough Soles on the Burren Way.

[youtube.com/watch?v=qPzI5XlffQ](https://youtube.com/watch?v=qPzI5XlffQ)



**500 WEEKLY ASSEMBLING PRODUCTS** from home. For free information, send SASE: Home assembly-H, P.O. Box 450, New Britain, CT 06050-0450.

**ONLINE MARKETING MADE EASY** and affordable. Must see video. [Lee1960.com](http://Lee1960.com)

**HOME INVENTORY SERVICE BUSINESS** Start your own business documenting personal property. Easy, Fun and Very Profitable. Industry leading startup kit: Only \$349 [www.HomeJournalBusiness.com](http://www.HomeJournalBusiness.com).

**MILLER BRUSH - STANLEY.** FREE website, training, free dealer kit on products. Mailorder/recruiting incomes. Since 1906. Training Team details: 1-800-775-1113.

### ADVERTISING

**GET TARGETED TRAFFIC TO** your site with Revisitors. <http://tinyurl.com/p8e62n3>

**MOST 3 OF YOUR** Business or Franchise Information on Prosperity Careers Online Career Board for only \$25 for 60 days. <http://www.prosperitycareers.com>.

**FREE WEBSITE TRAFFIC NETWORK-** Receive Real Website Visitors Every Day Every 7 Days!! Get Off

**REVOLUTIONIZE YOUR LIFE! MASSIVE** Income. Lucrative Benefit\$. Includes Free Business Website Plus More. \$39.90 <http://motorclub9454.com>

## HELP WANTED

**Men & Women** urgently required for thankless job with zero pay and zero fringe benefits. On the plus side you will be helping to secure the future of the MountainViews website! Without your support, this unique, incredible hillwalking resource may cease to exist. We require techies skilled in **Linux, Mysql, PHP and javascript** to volunteer their assistance for at least 1 - 2 hours a week. Please help keep **MountainViews.ie** alive!

### SATISFACTION GUARANTEED!

If you think you have the required skills, please contact [admin@mountainviews.ie](mailto:admin@mountainviews.ie)

**HOME BASED**... includes Travel Website: [www.TheTicketCounter.com](http://www.TheTicketCounter.com)

**BECOME A CERTIFIED SENIOR** Fitness instructor and make up to \$75 an hour teaching exercise classes. Geri-Fit® credited online training and certification. Learn at home from your own computer. For more info, call 1-888-GERI-FIT (437-4348) x3 or visit [gerifit.com](http://gerifit.com) TRAINING

### CREDIT CARDS

**GET REWARDED FOR BEING** responsible. Make \$100 or more in 10 minutes over & over again. [www.cash4yourgoodcredit.com](http://www.cash4yourgoodcredit.com), 708-717-2398.

### EMPLOYMENT OPPORTUNITIES

**WORK FROM HOME.** Typing, Mail Letters, Mailing Postcards, Writing, Data Entry. [www.nationalhomeemploymentassociation.com](http://www.nationalhomeemploymentassociation.com)

### FINANCIAL

**CASH IN ON THE ECONOMIC CRISIS**... is the #1 business... bad economic times. Earn... finders fees! Request a FREE informational booklet at: 888-539-37... or visit [www.brokeropp.com](http://www.brokeropp.com)

# NOTICES

- If you are contributing, please be careful to respect the interests of landowners. Suggest access routes well away from houses, gardens or that could conceivably impact farming activities. When walking, keep away from gardens or farm buildings. Use stiles or gates wherever possible. Never do anything that could allow animals to roam where the farmer did not intend. Ask permission where appropriate.
- Report suspicious activity to the police forces, as below.
- If your car is broken into in an upland area report it to the PSNI or Gardai as this will help them be aware of the issue and tackle it in future. Store the numbers. In Northern Ireland use the PSNI non-emergency number 0845 600 8000. In the Republic you can find the local Garda District HQs phone numbers at [www.garda.ie/Stations/Default.aspx](http://www.garda.ie/Stations/Default.aspx). Specifically for the hotspot of Wicklow: the Garda Divisional Headquarters in Bray is 01 6665300.
- If you hear of a problem area or route, write it up in MountainViews which does everyone a service. Report rubbish tipping in the Republic - ring EPA hotline 1850 365 121
- Report quads in national park area (in which they are banned). For Wicklow please phone the Duty Ranger: 087-9803899 or the office during office hours Telephone: +353-404-45800. Put these numbers in your phone, take regs etc. Let MV know of contact numbers for other areas.
- If you see a fire or someone doing something that could start a fire, report it. In NI phone 999, in the Republic 112 or Coillte: 1890 800 455.
- If you have climbed some of the less well known places, we would appreciate a summit rating and also GPS readings for summits.
- If we can, let's make MV have more than one route up a summit so as to reduce the tendency for paths to appear. Your grid refs in place comments for different starting points show up on MountainViews maps.



Visit the MountainViews Facebook page:  
[facebook.com/mountainviewsie/](https://facebook.com/mountainviewsie/)

## THIS NEWSLETTER

**Editor:** Simon Stewart, Homepage: [www.simonstewart.ie](http://www.simonstewart.ie)

**Assistant editors:** Colin Murphy, David Murphy

**Challenge Info:** Jim Holmes

**Track reviews:** Peter Walker

**Book reviews:** Conor Murphy, Aidan Dillon, Peter Walker

**Videography:** Peter Walker

**Graphics design:** Brendan O'Reilly

**Donating:** Click on [mountainviews.ie/donate/](http://mountainviews.ie/donate/)

### Newsletter archive:

View previous newsletters [mountainviews.ie/newsletters/](http://mountainviews.ie/newsletters/)

**UNSUBSCRIBING** If you don't want to receive any further monthly newsletters from MountainViews, look at the email we sent you that this PDF is linked from. At the bottom click the button "Click here to unsubscribe from Monthly Newsletters".

Alternatively let us know by email at [admin@mountainviews.ie](mailto:admin@mountainviews.ie)

Include the email address you got this at or your screen-name.