

**MOUNTAIN  
VIEWS**

# THE SUMMIT

IRISH HILLWALKERS' QUARTERLY, AUGUST 2021





## WELCOME TO OUR AUGUST QUARTERLY NEWSLETTER

### Access

As more and more people take up walking and hillwalking there have been increasing instances of conflict between landowners and people wanting to park and walk. The lockdowns, particularly where people were limited to a radius from their homes have exacerbated this. Over the 19 years MountainViews has operated we received absolutely no adverse comments about access from landowners. Absolutely none that is until the lockdowns, when we have received two. We have attempted to resolve both of these.



Long term we do want to see proper legislation north and south rebalancing rights while protecting landowners and we continue to support the efforts of Mountaineering Ireland to resolve or at least clarify issues. Even were proper legislation to be enacted there would continue to be a need for such processes from bodies such as MI, UFRC and Upland Forums. In this issue we have carried the access information about Lough Dan and Luggala from MI. I have personal and recent experience of the Lough Dan situation where the landowners have gone to extraordinary lengths to allow reasonable access but have to deal with the extraordinary abuse they have suffered.

### New members, old lurkers

If you haven't contributed before, why not give it a go? We are interested in any contributions, even those for topics well covered before, because they often give a sense of how things are now for any given place. We also prize new and original insights into places and new and different routes.

### This quarterly

Includes a historical article on Kilmashogue which overlooks Dublin and was the scene of a nasty incident in 1920. Fergal Hingerty includes an article on the Berwyns just east of Snowdonia (north Wales) and you can learn a lot about berries and fruits from Paul Tempan. Take a look at the historical video about bilberry gathering he mentions.

Simon

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A view from Ballyroon Mountain (239m) on the Sheeps Head peninsula which glitters in the sun of late June. With the great walking, there are views simultaneously of the Beara and Mizen Peninsulas on either side. Quintessentially Irish landscape.

## Wicklow access updates from Mountaineering Ireland's **Helen Lawless**

Lough Dan 📷 Hugh C

**LOUGH DAN UPDATE:** In relation to Lough Dan, access is open for walkers and climbers, but not for people going camping. The Byrne family at Lough Dan, who are local landowners and run Lough Dan House B&B, are doing their best to screen people. The reason for the restriction on camping is because of significant problems at the site with tents, sleeping bags, clothes, food, litter and human waste being left behind. The Byrnes have been cleaning up in the valley for a number of years, but things really came to a head last year with 70+ tents on some weekends and huge quantities of rubbish left behind. It's easier for them to have someone at the gate than to clean up. They have had help from people with cleaning up and are grateful for that.

**LUGGALA ESTATE UPDATE:** Regarding the Pier Gates. There have been some mid-week closures at Luggala Estate recently due to filming, but Luggala has been open most days. While the estate was closed yesterday and today, access to responsible visitors,

respecting the Luggala Code of Conduct, is expected to re-open at 8.30am tomorrow. As closures will be required from time to time due to activities taking place on the estate, Luggala Estate has set up a Twitter account to provide updates on access. The Twitter handle is [@LuggalaAccess](#). Mountaineering Ireland encourages all of its affiliated walking and climbing clubs to email [info@luggala.com](mailto:info@luggala.com) ahead of any activities that are planned for the estate, which includes the mountains of Luggala (or Fancy) and Knocknacloghoge, the land between these summits and the Military Road, and the western side of the Cloghoge River down to Lough Dan. Luggala Estate has a liaison person greeting visitors inside the Pier Gates at weekends, if you see someone on duty don't assume this means the estate is closed, they may be there to welcome people.

Members, please report changes to access as you find them on MV and also email MI's Access & Conservation Officer, Helen Lawless, on [helen@mountaineering.ie](mailto:helen@mountaineering.ie)



## NORTH



### A fruitful walk

Reviving a long-standing tradition, **pdtempan** ascends Slieve Croob in the Mourne in search of bilberries, a custom that endured until the mid-20th century.

Link: [mountainviews.ie/summit/388/comment/23211/](https://mountainviews.ie/summit/388/comment/23211/)

## NORTH



### Simplicity itself

Cock Mountain South-West Top doesn't make it onto any lists, but it is a well-defined summit and a simple few minutes stroll from the main summit, says **Colin Murphy**.

Link: [mountainviews.ie/summit/1486/comment/23204/](https://mountainviews.ie/summit/1486/comment/23204/)

## WEST

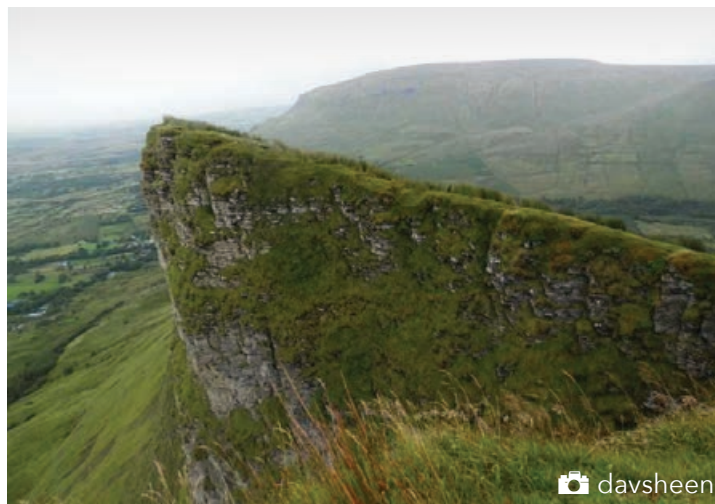


### Spectacular series of dramatic landscapes

A scorching summer's day ascent of Mweelrea yielded glorious rewards in what **Damian120** suggests might be the most spectacular views in Ireland.

Link: [mountainviews.ie/summit/34/comment/23208/](https://mountainviews.ie/summit/34/comment/23208/)

## SOUTH



### Tragedy in Sligo

After the tragic death of a climber on Benwislin, member **noucamp** writes of the warnings issued by Sligo-Leitrim Mountain Rescue on the particular dangers posed by this summit.

Link: [mountainviews.ie/summit/425/comment/23200/](https://mountainviews.ie/summit/425/comment/23200/)



## SOUTH



TommyV

### Sea legs

Perhaps known more for its oil terminal, Whiddy Island in Bantry Bay nonetheless offers some fine walking, two pretty loughs, church ruins and some great views, says **TommyV**.

Link: [mountainviews.ie/summit/2474/comment/20201/](https://mountainviews.ie/summit/2474/comment/20201/)

## SOUTH



eamonoc

### A diamond in the rough

Glenkeel Top in the Cahas is a small gem of a hill, especially as it is almost surrounded by loughs and is relatively easy to access, reports **eamonoc**.

Link: [mountainviews.ie/summit/749/comment/23202/](https://mountainviews.ie/summit/749/comment/23202/)

## EAST



Jim Holmes

### The not-so-common lizard

Walking between Maulin and Djouce, **Jim Holmes** spotted the rarely-seen (esp. in Wicklow!) Common Lizard, which tend to be more abundant in the west and south-west.

Link: [mountainviews.ie/motleyviews/general/comment/8347/](https://mountainviews.ie/motleyviews/general/comment/8347/)

## EAST



Simon3

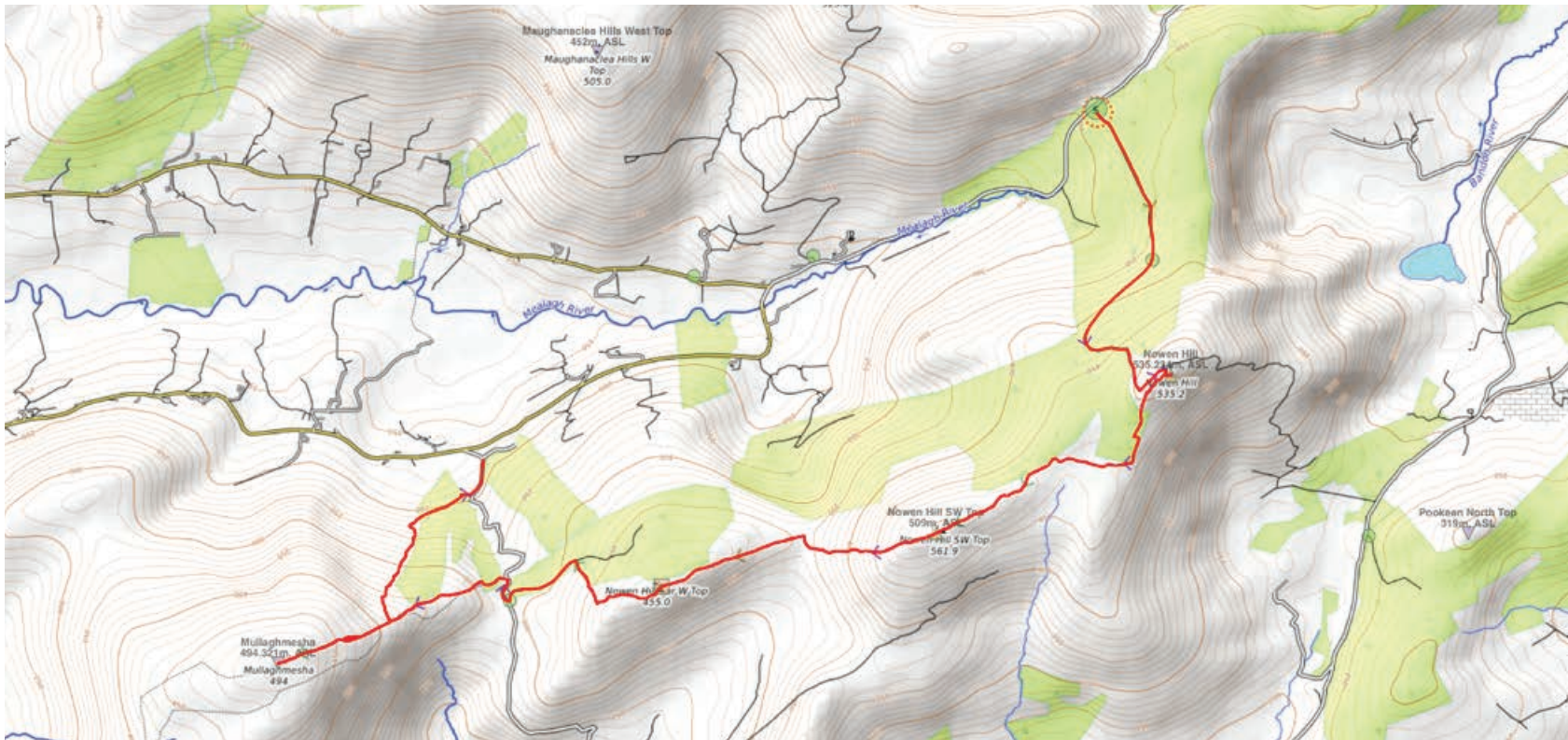
### That notorious gorse...

Many MVer have bravely torn themselves to shreds while mapping the route up Barrinsky in Wicklow, as it is necessary to negotiate the hill's famed walls of gorse, writes **Simon3** in an updated short summary.

Link: [mountainviews.ie/summit/972/comment/5731/](https://mountainviews.ie/summit/972/comment/5731/)



## TRACK OF THE MONTH - NOWEN ME, NOWEN YOU (AHA...)



Nownen West Top's eroded trig pillar



Nownen West, Nownen Far West & Mullaghmesha from Nownen Hill

**A linear walk of four summits and much development.**

This month's selection comes from **simon3** and a visit to West Cork. His traverse of the various summits of Nownen Hill and the final top of Mullaghmesha is hardly a pristine wilderness experience with trees, telecoms and turbines in abundance, but it provides a fine walk nonetheless.

**LENGTH:** 10.6km

**TIME TAKEN:** 5h 3m

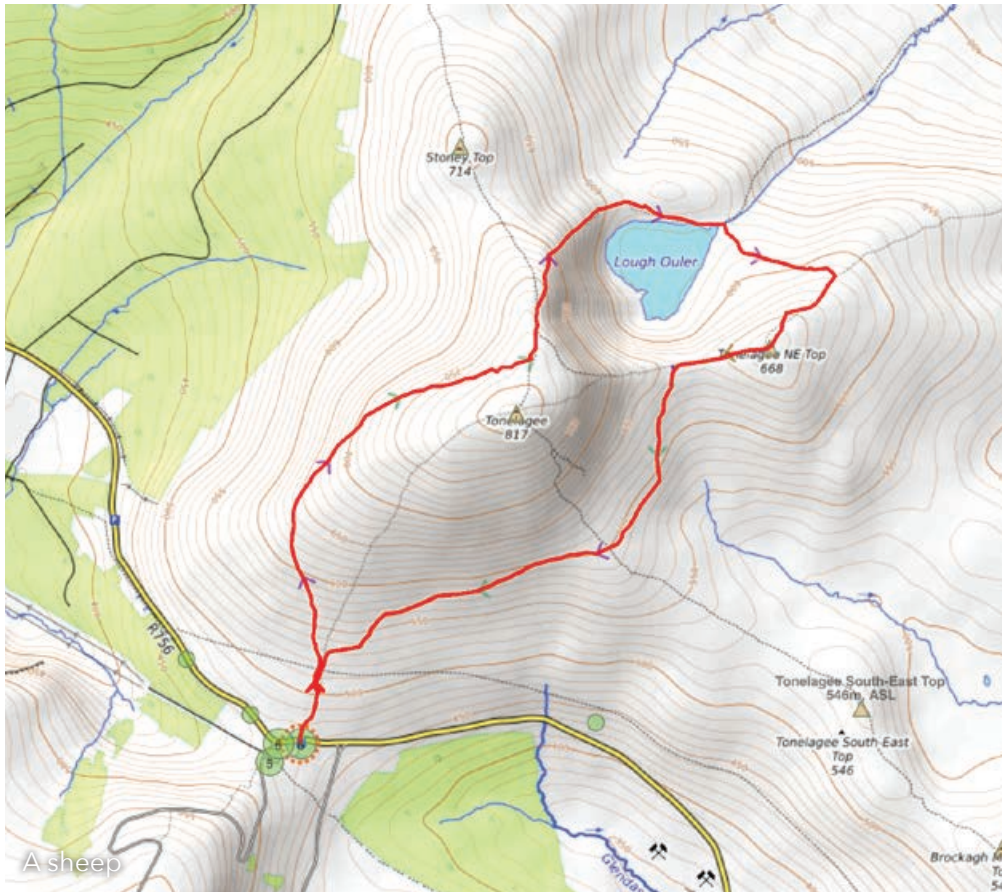
**ASCENT:** 571m

**DESCENT:** 705m

**PLACES:** Start at W13687 54356, Nownen Hill, Nownen Hill SW Top, Nownen Hill Far West Top, Mullaghmesha, end at W10251 52502 3.9km SW from Start  
Link: [mountainviews.ie/track/4523/](https://mountainviews.ie/track/4523/)



## TRACKS



## EAST:

### Chasing sheep is best left to shepherds...

Just to emphasise that the hills are there for more than recreation, **march-fixer** has recorded a non-ascent of Tonelagee spent looking for a missing flock of sheep. As the pandemic nudges more folk into the hills, it's always worth remembering that we have to acknowledge that these places are a place of work as well as a leisure centre.

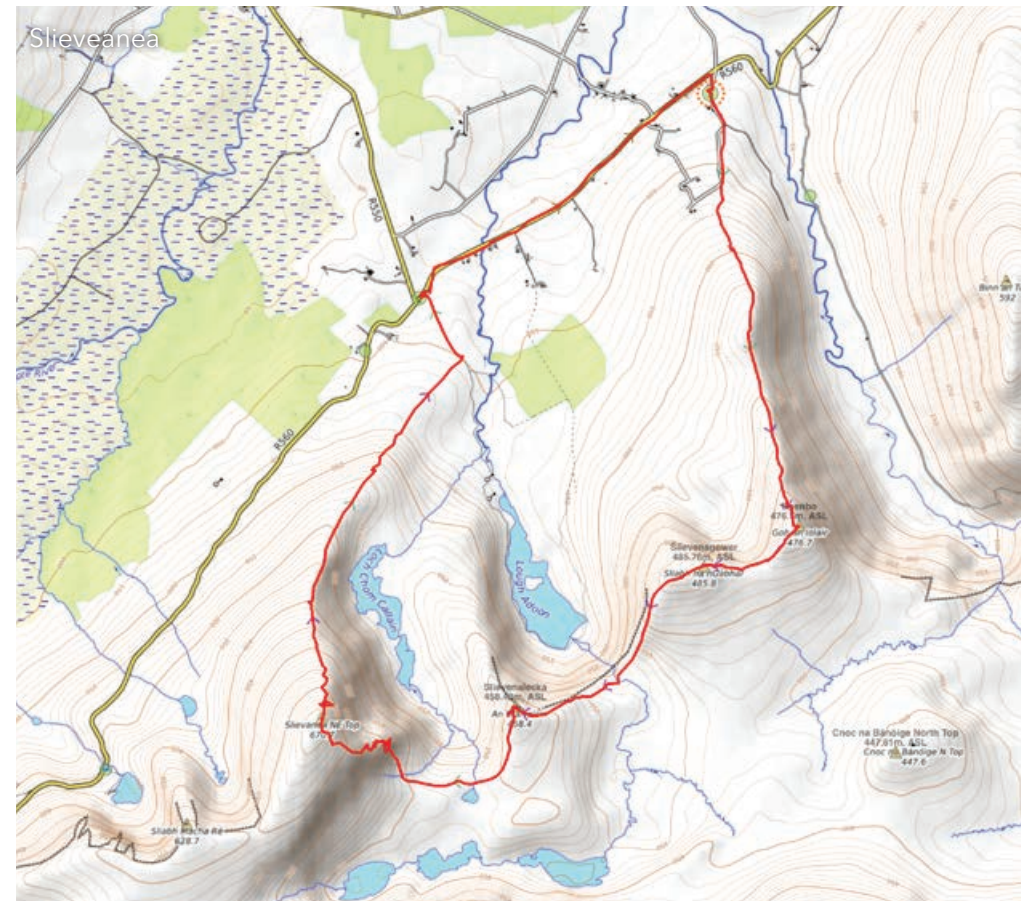
Link: [mountainviews.ie/track/4526/](https://mountainviews.ie/track/4526/)

## SOUTH-WEST:

### Dingle All The Way

With so much great mountain country on the Dingle peninsula it's understandable that some fine outings go relatively unacknowledged and undone. It's one of these itineraries that peter1 has submitted, the traverse from Gob an Iolair (Beenbo) to the NE top of Sliabh Mhacha Ré (Slieveanea), a middling walk with some steep slopes and utterly glorious views.

Link: [mountainviews.ie/track/4513/](https://mountainviews.ie/track/4513/)





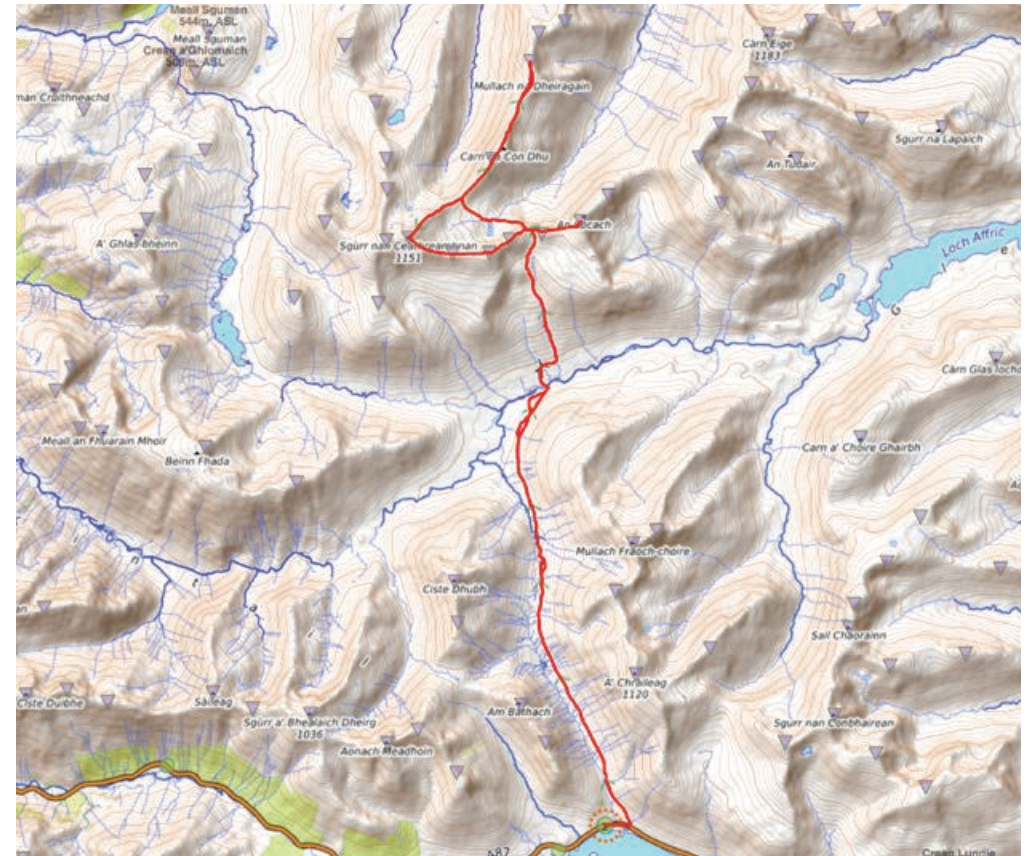
## TRACKS

### EAST:

#### Lugnaquilla Prison Blues

A fun excursion on Lugnaquilla courtesy of **tbaines**. Basically a slightly questing ascent of the South Prison followed by a descent along the spur south of Slievemaan before dropping down to the river, it's written in an involving stream-of-consciousness style. Also there's a good comment from **Bunsen7**, just to emphasise you can comment on tracks these days. We spoil you, we really do.

Link: [mountainviews.ie/track/4508/](https://mountainviews.ie/track/4508/)



### SCOTLAND:

#### Subject Of The Glen

Having got down on his knees in thanks for actually getting to go on holiday, **your track reviewer** tried his best not to squander his time in the Scottish Highlands. The toughest day was spent climbing three exquisitely remote Munros between Glen Elchaig and Glen Affric, including the prodigious Sgurr nan Ceathreamhnan...lovers of really long hard days in the hills will find less need for contrivance in these hills than in Ireland (he says, slightly inflammatorily!).

Link: [mountainviews.ie/track/4527/](https://mountainviews.ie/track/4527/)



## KILMASHOGUE, A CENTURY AGO.

Article from various sources  
compiled by **John Burke**

**Kilmashogue, Dublin Mountains lacks prominence and hasn't as yet been included in MountainViews. It is at O156 236, NW of Two Rock Mountain. We have included this article because of the events there about 100 years ago.**

From a newspaper in 1920:

*'Our Kilmashogue, one of the picturesque mountains in convenient proximity to the city of Dublin, has recently received much attention in the Press in consequence of the successful raid by "black-and-tans" on a site chosen by the Irish Republican Army as training quarters for its recruits.*

*Kilmashogue for many years has been a favourite resort of Dublin cyclists with a taste for climbing and mountain scenery. A run of sev-*

*en miles takes them to the foot of the mountain near Marlay Grange, where a farmer has been enterprising enough to provide accommodation for bicycles at a small charge. Here machines may be left in perfect safety while their owners enjoy the pleasures of the surrounding heights, from which most delightful views of coast and country are to be seen, from Howth and Lambay to Wicklow Head. On clear days, from the summit, one can see as far as that part of our island where "the Mountains of Mourne run down to the sea", which our late and much-regretted colleague, Percy French, made famous in song.*

*To reach his goal on the mountain height, the more strenuous and muscular cyclist takes advantage of the rough-surfaced and steep lane that continues a right-of-way through the grounds of St. Columba's College. This lane runs for about a mile along the boundary wall of the*



## HISTORICAL HILLS

*college, until one finds oneself in the open country right on the mountain, where the bicycle must be left to its fate or trusted to the care of one of the few scattered dwellers on the mountain-side, and the journey upward continued on foot, without encumbrance.*

*As we suggested, the views obtainable are well worth a strenuous climb; even at 800 ft. a wonderful panorama presents itself, and when evening comes and the distant lights begin to twinkle and extend, one may easily imagine oneself in Fairy-land. A full moonlight night on Kilmashogue is an experience never to be forgotten.*

*[But, ]... Kilmashogue has been invaded. The political body whose ambition is to give Irishmen "freedom"- which heaven knows we already have in superabundance - had "discovered" Kilmashogue, and with considerable result.*

*Further up its furze-clad side we found ample proof of the fact. A camp is established in charming surroundings, with a great white tent as a centre-piece. Every sign of activity is visible about, with a big crowd of young men to give the scene plenty of life.*

*Here, as we shortly discovered, war-like preparations were the order of the day. Every week-end there trooped up the side of Kilmashogue bodies of lusty patriots eager for the fray, to spend their leisure in drilling, target practice and bomb-throwing. The singing of birds was drowned in the roar of mine explosions. Rocks were burst into atoms. Trees were transmogrified into firewood. Sheep and their lambs, cows and their calves, horses and their foals ran about bewildered amid the strange tumult.*

*Peace-loving peasants and wandering town-dwellers stopped and stared, asking themselves could such things be! For three months this continued. What were the authorities about? Where were the police? However, the whole business came to a very sudden and tragic end on Sunday, the 19th of September, when the "black-and-tans" accomplished that dramatic coup much reported in the newspapers.*

*Strange happenings, indeed, in such surroundings. Now there is quiet once again on the slopes of Kilmashogue.'*



Sean Doyle



George Vernon Dudley

### Editor's addendum

Seán Doyle (19) of Inchicore, shot in the back, by Crown forces, unarmed, offering no resistance (Inquest, 27 Sep 1920)

Auxiliaries officer in command - Major George Vernon Dudley, decorated WW1; commander of a black-and-tan company at Croke Park on 21 Nov 1920 (Bloody Sunday); deserted RIC in Jan 1922 when British Treasury found £61 of company's accounts missing; warrant for arrest 29 Jul 1922 for embezzlement of £300; fled to Glasgow, Fiji and finally Australia where, in 1924, he was appointed Commissioner of Police in Northern Territory (!); sacked in 1927 for excessive drinking reputation and debts of £320 1s 6d.

Died 1 Aug 1949, aged 64, crushed between a ferry and the dock at Neutral Bay, Sydney, Australia.

Article from various sources including the Irish Cyclist & Motorist (ICM) and put together by John Burke, with help from Robert Garrett and material and permission from Robert's brother (Editor of the ICM).



# THE BERWYNS

**Fergal Hingerty**  
describes a 16-summit  
trek in this remote  
corner of north Wales

Just North of the village of Llanrhaedr-ym Morchant lies a narrow road that leads to the highest waterfall in Wales. At over 80 metres high, the Pistyll Rhaedr waterfall is a very impressive sight. I took a short time to visit just after parking my car before I headed north east along a track up along a river valley.

After a short distance a fence on the right hand side led up the side of the

mountain. I followed the fence with around a 200 metres very steep ascent to reach the ridge. Here four quick summits followed in quick succession (Moel Poethion, Godor North Top, Godor & Moel Y Ewig)

A steep drop down from Moel Y Ewig and a river crossing meant I arrived at the beautiful lake of Llyn Lluncaws. After a short stop for water and another two hundred metre climb, a narrow track lead me to the summit at the top



# EXPLORE



Pistyll Rhaedr 📷 Fergal Hingerty

of Moel Sych.

After a break for lunch, I followed the track at cliff edge to the east. This meant the hills of Cadair Berwyn at 823 Metres (high point of day) and Cadair Berwyn North Top and Criag Berwyn (boundary) followed in quick succession.

I then embarked on a dog-leg walk down to Cadair Berwyn and Cadair Berwyn NE Top which was my tenth of the day. Leaving that hill I headed back up to Cadair Berwyn but fortunately I did not have to revisit Craig Berwyn (boundary) as a track intersected my track and wound narrowly just below the brow of the hill all the way to the



At the summit of Cadair Berwyn North Top 📷 Fergal Hingerty



Llyn Lucaws 📷 Fergal Hingerty

spur ridge I would take down off the Berwyns

There then followed in quick succession five more hills, Tomie, Foel Wen, Foel Wen South Top, Mynydd Tarw & Rhos There were small descents and ascents over these hills but the only height I dropped was a little over 100 metres in that ridge walk. Then the first significant drop was down to the final hill on the ridge, Garneddwen, followed by a drop down to a nearby narrow road. I headed north west following narrow Welsh country lanes back in the general direction of the waterfall. After a while I veered off the roads and partly traversed the hill of Moel Hen Fache making it my 16th peak of the day.

A final weary walk up the long and narrow lane towards the car park at the waterfall meant I was shattered by the time I got to the car. Still a good day out, 35 km walked, 16 peaks summited, 3 county Tops and an ascent of around 1,300 metres. Not bad for a day's walk.



# CÉIM NA CONAIRE – A STEP ALONG THE WAY

Paul Tempan

Now that the warmest part of the year is here and travel restrictions have been partially eased, there has been something of an explosion of outdoor activity, in which MV members have played a part. Colin Murphy captured this scene of “wildflower heaven” on Caherbarnagh NW top ([mountainviews.ie/summit/157/comment/23197/](http://mountainviews.ie/summit/157/comment/23197/)). Do not adjust your set. That rainbow of colours is 100% natural!

Incidentally, if you take some time to stand still on an Irish hillside



Caherbarnagh NW Top 📷 Colin Murphy

on a warm August day, and if you listen carefully, you may just witness a different type of explosion – a quiet but, nonetheless, remarkable one: if you can see gorse bushes nearby, then the repeated pop-popping is probably the sound of the seeds being ejected from their pods. Gorse is just one of many plants that disperse their seeds by explosion, and it waits for the hot weather to do it. Gorse can shoot

its hard black seeds up to 5m away, which is one of the reasons why it can spread so rapidly.

## August - fruits of the mountain

(continued from July newsletter)

The bilberry plant (*Vaccinium myrtillus*) likes acidic soils such as peat, just like heather, and the two are often found growing together, providing excellent cover for moorland birds such as grouse. This explains the Irish name *fraochán* (from which *fraughan* comes), a derivative of *fraoch*, ‘heather’.

Irish is not the only language that makes this connection between bilberries and heather. In German they are called *Heidel* or *Heidelbeeren*, derivatives of *Heide*, ‘heath’ or ‘heather’.

The name of the city of *Heidelberg*, where I spent an exchange year studying many moons ago, probably means ‘bilberry mountain’.

Whilst these acidic conditions are common in the West of Ireland, bilberry tends to yield



Bilberries on Slieve Croob 📷 Paul Tempan

more fruit when growing under deciduous trees in open woodland with clearings, conditions which are more common in the South-East. Dr. Michael Conry, author of the fascinating book *Picking Bilberries, Fraocháns and Whorts in Ireland: the Human Story* (2011), comments

Gorse on the Ben of Howth, Co. Dublin  
📷 Paul Tempan







Bilberry amongst heather on Cratlieve 📷 Paul Tempan

that it has become quite a challenge in recent years to pick enough of the fruit to make a decent pie or a few jars of jam. The range of the plant has been reduced in the last century by urban expansion, overgrazing and the fact that more land has been put under the plough or planted with conifers. Ultimately, its fate is bound up with the bigger question around the future of the

bogs and heathland where it grows.

I was hoping to share pictures with you of people picking fraughans in Ireland, but these seem to be much scarcer than the berries themselves. However, these photos from Michael Conry's book give a flavour of the occasion, if not of the actual activity of picking:

[www.conry-michael-books.com/6\\_picking\\_bilberries\\_fraochans\\_and\\_whorts\\_in\\_ireland.html](http://www.conry-michael-books.com/6_picking_bilberries_fraochans_and_whorts_in_ireland.html)

As for moving pictures, take a look at this Czech clip, which shows how the fruit was gathered with a tool like a rake or comb - much faster than picking berries one by one (you can see it clearly if you freeze frame):

[www.youtube.com/watch?v=CUqUsCYGF-g](http://www.youtube.com/watch?v=CUqUsCYGF-g)

The clip is from a Pathé News item made in 1948, shortly after WWII, when large quantities of the fruit were exported to Britain to relieve food shortages which continued in the post-war years. The export amounted to 210,000 kg and fetched 8.5 million Czechoslovak crowns. Fraughans were also picked intensively in the South-East of Ireland for export to Britain during 'the Emergency', providing valuable extra income to pickers and their families during hard times.

## Some other mountain fruits: crowberry, bearberry, juniper, cloudberry

There are several other fruit-bearing plants which you might come across on a mountain walk in Ireland, depending on the region, its underlying bedrock and the type of soil. Another plant which likes quite acidic conditions is crowberry (*Empetrum nigrum*), which produces shiny black berries, even smaller than fraughans and without any bloom. I've found it on the plateau of the Comeragh Mountains in Co. Waterford and on a couple of summits in Connemara, such as Tully Mountain and



Crowberry on Tully Mountain, Co. Galway 📷 Paul Tempan

*Binn Bhreac* / Benbrack. The link with crows is made in a number of languages, perhaps because the fruit were considered too small to be worth picking and were left for birds to feed on. The Irish name *Ius na*



An October carpet of bearberry on Errigal, Co. Donegal 📷 Rory Hodd



Bearberry in fruit 📷 Sten Porse



*feannóige* means “plant of the hooded crow”.

Bearberry (*Arctostaphylos uva-ursi*, Irish name: *lus na stalóg*) is a creeping plant that grows on peaty soil, mainly in the North-West of Ireland, but also found in the Burren and, recently, at Fair Head in Co. Antrim. It has oval, leathery leaves, white flowers with pink rims that appear in early summer, followed by dry, red berries in August.



Juniper berries on a female plant in May, Maumtrasna, Co. Mayo 📷 Rory Hodd

More neutral soils are favoured by juniper (*Juniperus communis*). It can be found on the limestone plateau of the Burren and I've also come across it near the summit of Tully Mountain above the 250m level. Juniper has separate male and female plants and only the female ones produce berries. Technically, these are not fruit but rather the cones of this coniferous

shrub. They just happen to be rather juicy cones. At first they are pale green and they take 2-3 years to ripen to a dark blue colour. They remain on the bush throughout this time, so you may notice the berries even in winter. Although they are used elsewhere for gin, there does not seem to have been a strong gin-making tradition in Ireland, perhaps because of the preference for whiskey or poitín. They were used in herbal medicine, however. The Irish name is *aiteal*, very similar to *aiteann*, 'gorse', which may be because both bushes are named for their spikiness.

One of the rarest mountain fruits in Ireland is cloudberry (*Rubus chamaemorus*, Irish name: *eithreog*), which has leaves rather like a strawberry plant and red fruit resembling a blackberry when unripe.



Cloudberry 📷 kahvikisu

Unlike the blackberry and many other fruit, it ripens to a lighter colour: bright orange. In Ireland you are only likely to encounter it on the high peaks of the Sperrin Mountains in Co. Tyrone, such as Sawel ([mountainviews.ie/summit/144/](http://mountainviews.ie/summit/144/)), and even then you are unlikely to find enough to pick a basketful.

I've found them growing rather more profusely along with heather and bilberries

on the moors of the Northern Pennines in England, particularly near Burnhope Seat ([mountainviews.ie/summit/B2714/](http://mountainviews.ie/summit/B2714/)) and Cold Fell ([mountainviews.ie/summit/B2761/](http://mountainviews.ie/summit/B2761/)). Why cloudberry? Simply because *clūd* in Old English meant 'hill' or 'mountain', so the meaning of cloudberry is really 'mountain-berry'. The best cloudberrys I've tasted were in Finnish Lapland, where they grow in abundance. The Finns call them *hillo* and eat them with ice cream. You can get an idea of how rich the harvest of wild berries can be at Arctic latitudes from a description of landscapes in Sarek National Park (in the Swedish part of Lapland) by Sharron Schwartz (kernowclimber). Martin and Sharron came across bilberry, crowberry, bearberry, lingonberry and bunchberry, as well as many types of fungi on their week-long trek through Sarek in 2018 ([mountainviews.ie/annual/trekking-Sweden-Laponia-Sarek-2018/#page=16](http://mountainviews.ie/annual/trekking-Sweden-Laponia-Sarek-2018/#page=16)). Particularly evocative is the mention of “following a narrow trail through crowberry scrub worn clean by reindeer hooves”.

## Two fruitful mountain walks

Tully Mountain, near Letterfrack in Co. Galway, is a favourite moderate walk of mine because it offers the reward of magnificent views of the mountains of Connemara and the coastline for relatively small



investment of effort. It is a good example of how a lower outlying peak can sometimes give a better, unimpeded panorama than some of the higher peaks in the heart of a range. It also seems to be a favourite of **timredfern** who climbed it 140 times during lockdown ([mountainviews.ie/summit/893/comment/22141/](https://mountainviews.ie/summit/893/comment/22141/)). I hope he hasn't tired of it! If you climb Tully Mountain in August, you have a good chance of seeing bilberry, crowberry, bearberry and juniper, and at least some of them bearing fruit. I've usually used a similar route to the one submitted by **scapania** (Rory Hodd), who suggests a couple of possible parking spots and describes the flora and views ([mountainviews.ie/summit/893/comment/5821/](https://mountainviews.ie/summit/893/comment/5821/)).

My second recommended walk will introduce you to a different range of plants which thrive or survive on limestone terraces and pavement in the Burren. These include plants usually associated with regions far from the West of Ireland. Bloody cranesbill, spring gentian and mountain avens are typical of Mediterranean, Alpine and Arctic environments respectively, but grow close to each other here in the Burren. The walk crosses the plateau overlooking Black Head, taking in the peaks of Doughbranneen and Gleninagh Mountain ([mountainviews.ie/summit/1123/](https://mountainviews.ie/summit/1123/)). If you tackle this route any time from April to September, you'll pass through a paradise of wild flowers on the first section along the 'green road' from the Caher River to Black Head.

In August you have the added attraction of finding fruit-bearing plants such as bearberry and stone bramble on the plateau, and I've also come across juniper growing prostrate and wild strawberries. Plant identification is not always easy in the Burren: I've learned from hard experience that some plants may be difficult to recognise because they remain low to the ground, growing lengthways along the scailps (the gaps between blocks of limestone), so don't be surprised if they look rather poor and straggly compared to the superb specimens illustrated in guidebooks. A track for this walk has been uploaded by **David-Guenot** ([mountainviews.ie/track/4167/](https://mountainviews.ie/track/4167/)). There is a description of a very similar route in Kevin Corcoran's *West of Ireland Walks*, covering the flora and fauna of the area in some detail.



Climbing the limestone terraces above Black Head in the Burren 📷 Paul Tempan

## **Logainmneacha / Place-Names**

**Fraughan Rock Glen**, Co. Wicklow, is a side-valley off Glenmalure, which descends from the slopes of Lugnaquilla ([mountainviews.ie/summit/13/](https://mountainviews.ie/summit/13/)). The name Fraughan Rock alludes to the abundance of fraughans or bilberries in this area. Fraughan is from Ir. *fraochán*, which contains the word *fraoch*, meaning 'heather'. Both plants like acidic conditions, such as found in the peaty soil that overlays much of Wicklow's granite, and they often grow together.

**Knocknafreaghaun / Cnoc na bhFraochán**, 'hill of the fraughans', Co. Kerry, is a northern outlier of MacGillycuddy's Reeks, situated above Cronin's Yard.

**Knocknafrehane**, Co. Waterford, is a townland in the southern foothills of the Knockmealdown Mountains and has the same origin. However, the peak in the townland is named Crow Hill, erroneously according to Canon Patrick Power, based on an interpretation involving *preachán*,





The Fraughan Rock Glen 📷 Rob Hurson

'crow', rather than *fraochán*.

**Blaeberry Mountain** in the Mourne Mountains, Co. Down, a southern shoulder of Chimney Rock Mountain (<https://mountainviews.ie/summit/178/>), contains the Ulster-Scots word for 'bilberry'.

**Loch na bhFraochóg**, anglicised as Lough Navreaghoge, is one of many lakes on the blanket bog of Conamara. It is situated a little east of *Cnoc Leitir Seanaidh* / Lettershinna Hill ([www.logainm.ie/ga/18296?s=Lettershinna](http://www.logainm.ie/ga/18296?s=Lettershinna)). *Fraochóg* is a variant of *fraochán* used mainly in Connacht and Donegal. The name *Loch na bhFraochóg* is explained as follows by **Tim Robinson**: "the lake of the bilberries (which grow on many islands in lakes because of the absence of grazing)."

**Ard na gCaor / Ardnageer**, 'height of the berries', is a 642m-high peak in the Blue Stack Mountains of Co. Donegal ([mountainviews.ie/summit/205/](http://mountainviews.ie/summit/205/)). The name probably refers to fraughans.

Although the **Kerries** happens to be in Co. Kerry, this is not the origin of the name. It is now a mainly residential area on the outskirts of Tralee. The name is from Ir. *Na Caortha*, 'the berries', and this was probably another area where fraughans were picked before the expansion of the town.

**Maol Mosóg / Mulmosog Mountain**, 'bald hill of the berries', is a 351m peak in Co. Donegal ([mountainviews.ie/summit/900/](http://mountainviews.ie/summit/900/)). It overlooks the Neck of the Ballagh, a pass on the N56 between Ardara and Killybegs. *Mosóg* or *maosóg* is a dialect word, probably derived from *maoth*, 'soft, moist', and so referring to the juiciness of the berries.

**Coolnasmear Mountain**, Co. Waterford, is a townland in the Comeragh / Monavullagh Mountains, Co. Waterford. It is on the western slopes of Crohaun ([mountainviews.ie/summit/501/](http://mountainviews.ie/summit/501/)). The name comes from Ir. *Cúil na Sméar*, 'nook of the blackberries'.

Knoutberry is a Northern English dialect word for 'cloudberry'. It appears in the names of several Pennine peaks over 600m, such as **Knoutberry Haw** ([mountainviews.ie/summit/B2733/](http://mountainviews.ie/summit/B2733/)), **Great Knoutberry Hill** ([mountainviews.ie/summit/B2786/](http://mountainviews.ie/summit/B2786/)) and **Knoutberry Hill** ([mountainviews.ie/summit/B2742/](http://mountainviews.ie/summit/B2742/)), indicating that the fruit grows, or once grew, here.

**Tullynasoo Mountain**, aka Slievenalargy, Co. Down ([mountainviews.ie/summit/971/](http://mountainviews.ie/summit/971/)), is from Ir. Tulaigh na Subh, 'hillock of the wild strawberries'. You may be more familiar with *subh* as the Irish for 'jam'.

**Spinans Hill / Cnoc na Spíonán**, 'hill of the gooseberry bushes', Co. Wicklow ([mountainviews.ie/summit/787/](http://mountainviews.ie/summit/787/)).

Many thanks to Hana Svobodova, Colin Parmar, Rory Hodd, my sister, Betty Williams, and my wife, Krystyna Tempan, for their input and assistance with this blog over the last couple of months.



## AUGUST IRELAND PHOTO OF THE MONTH



Lough Ahinkeen, well over 300m down to this from Caoinkeen 📷 *simon3*  
Original comment: [mountainviews.ie/track/4540/](https://mountainviews.ie/track/4540/)



## AUGUST INTERNATIONAL PHOTO OF THE MONTH



Sgurr na Forcan from The Saddle, NW Highlands, Scotland 📷 *Peter Walker*  
Original comment: [mountainviews.ie/track/4528/](https://mountainviews.ie/track/4528/)



# EMVEE-TUBE

## THE BEST VIDEO PICKS FOR AUGUST

Wild Camping in Ireland | Glenveagh Bivy | Donegal



MV member **gerrym** takes his bivy bag and camera into the Glenveagh mountains of Donegal.

[www.youtube.com/watch?v=IME1iVe98bk](https://www.youtube.com/watch?v=IME1iVe98bk)

The Wicklow Way 🇮🇪 3 Minute Trails



**Ellie** and **Carl** of **Tough Soles** revisit the Wicklow Way

[www.youtube.com/watch?v=h72j7ffW7oQ](https://www.youtube.com/watch?v=h72j7ffW7oQ)



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# 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.



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