

Munster MPC
Knockmealdown
Mountains
6th – 8th April 2018



Introduction

- The Hills** The Knockmealdown ridge forms part of the boundary between counties Waterford and Tipperary. At 794 metres high, Knockmealdown itself is the highest peak in Co. Waterford.
- The Route** This year's Munster MPC will take place in the eastern Knockmealdown Mountains. It takes in most of the major peaks in the range.

Map & Directions to Start

- Map** OS Map Sheet 74 (1:50000)
- Start** From the centre of Clogheen (S003 137) take the R668 toward Lismore, Cappoquin and The Vee. After 600metres, having passed the hospital on your right, turn left onto the road to Goat's Bridge (sign posted as Goatenbridge, 087 136) on the Clogheen to Newcastle road. After passing the 50km/h sign in Goat's Bridge take a sharp turn to the right (be careful not to take another sharp right turn just before the 50km/h sign) and head south along a road which is signposted for the Liam Lynch Monument. As this is a narrow, twisty road, be careful of oncoming traffic. Check-in is at the end of the public road in a small forest car park (080 121).

Route Overview

- Friday** The walk on Friday night follows a forest road into a valley to the north of the Knockmealdown ridge. Low camp is located just beyond the end of the woods beside a stream, below Knockmeal.
- Saturday** Saturday morning will see teams making their way up onto the main Knockmealdown ridge via Knockmeal. For much of the route a wall/ditch will be followed over the peaks of the eastern Knockmealdown ridge. Shortly after the summit of Knockmealdown a descent is made into a small narrow valley where high camp is located next to two small lakes.
- Sunday** A stream is followed from high camp down to the forest where a forest road is picked up and followed back to the finish.

Friday Route Outline

Car Park (080 121) to Forest Road Junction (087 115)

After checking in follow the forest road in an easterly direction. At 094 116 the road swings around to the west. Continue on to the forest road junction.

Forest Road Junction (087 115) to Forest Road Junction (087 109)

Keep right at the junction at 087 115 and continue straight ahead passing a turn to the right at 086 115. The forest road continues gently uphill to bring you to another forest road junction.

Forest Road Junction (087 109) to Low Camp (094 090)

Turn right at the junction at 087 109 and follow the forest road for approximately 2km. Leave the forest road where a grassy track leads off to the left at 094 092, just before the forest road meets a stream. Go through the timber and wire gate, making sure to close both after you and continue to base camp at 094 090.

Note: Low camp is a mixture of dry ground (most of it sloping) mixed in between wetter areas. Have a good look around before selecting where to pitch your tent. However you should not cross the stream as most of the ground beyond the stream is very boggy.

Saturday Route Outline

Low Camp (094 090) to Col/Wall (101 088)

From Low Camp proceed uphill, initially following the line of the stream, towards the col at 101 088, where you will meet a wall/ditch.

Col/Wall (101 088) to Knockmeal (102 084)

Ascend over grassy ground to Knockmeal.

Knockmeal (102 084) to Knocknafallia (091 075)

Descend in a southwesterly direction along a wall from Knockmeal to the col. Leave the ditch and proceed to the broad summit of Knocknafallia and enjoy the views (hopefully). From the top you may be able to see Mount Melleray Scout Centre to the south. Note that the summit is on the far (western) side of the broad top.

Knocknafallia (091 075) to Acute Wall Bend (085 086)

From Knocknafallia descend to the col and on to the acute wall/ditch bend at (085 086)

Acute Wall Bend (085 086) to Knocknagnau Spot Height 655 (081 083)

Proceed along the wall/ditch to Spot Height 655.

Knocknagnau Spot Height 655 (081 083) to Knockmealdown (058 084)

Continue along the wall/ditch to the col and then ascend along the wall/ditch to the highest peak of this MPC, Knockmealdown. This climb is quite steep so take your time!

Knockmealdown (058 084) to Col (056 087)

Proceed along the ditch to the col at 056 087.

Col (056 087) to Knoll (054 091)

Follow the ditch to the knoll at 054 091.

Knoll (054 091) to Spot Height 768 (058 093)

Continue to Spot Height 768.

Spot Height 768 (058 093) to Top of Spur (061 088)

In poor visibility take a bearing and pace to top of spur 061 088.

Top of Spur (061 088) to High Camp (064 087)

Descend south into the valley at 061 087 and follow it down to the High Camp at the small lakes.

Sunday Route Outline

High Camp (064 087) to Start of Path (066 087)

Check out of high camp and keeping to the left of the stream, locate the path at 066 087. This will be found just before the ground drops steeply down to the forest.

Start of Path (066 087) to Edge of Forest (068 089)

Below you will see that the stream heads down to an obvious firebreak in the forest. Follow the path down to this firebreak at 068 089. The path swings away from the stream initially and curves back in to the firebreak.

Edge of Forest (068 089) to Forest Road (069 089)

Descend through the firebreak to a forest road taking care as you cross the new fence at the roadside. You will be on the apex of a bend in the road. Note that this part of the road is not shown on the map.

Forest Road (069 089) to Sharp Bend in Road (086 102)

Turn to the right and proceed along the road, linking up with the start of the marked road on the map at 072 090 and continue on this road in a northerly direction. After just over 1.5km it swings around to the east and then south east to reach a sharp bend in the road at 086 102.

Sharp Bend in Road (086 102) to Finish (080 121)

Follow the road as it switches back in a north westerly. You will eventually cross a bridge over the Glengalla River (080 109). Continue following the road along its' east bank back to the finish.

Don't forget to check in at the car park. MPC Hoodies will be available for sale at the carpark (€15).

Bad Weather Alternatives

In the event of poor weather, parts of the route may be changed. Your team should take the time to study the map before the event, so as to be familiar with the terrain in the general area of the route.

Friday Night Check-in

Check in opens at 8.00pm and will close at 10.30pm. If you believe that you will not make check-in by closing time, please contact event co-ordinators Adrian Kay (087 207 8185) or Patrick Kidney (086 244 6091).

Please note that the following will take place at check-in :

- Personal Equipment Check
- Team Equipment Check
- Route Card Check

Teams will not be allowed onto the mountain until all 3 checks have been completed, and check-in staff are satisfied that teams are adequately equipped and prepared.

Saturday Morning Start

Teams should be ready to depart from 9.00am on Saturday. A briefing meeting will take place in the middle of the campsite at 8.45am **sharp**. One Scout per team should attend this meeting.