

IRISH Trekker



Autumnal View from near Deserted Village

The Trekkers Mountaineering Club
Glenageary, Co. Dublin
www.trekkers.ie

*Wishing all our members
a Happy New Year*

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Produced By
The Trekkers Mountaineering Club
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www.trekkers.ie

Social and Personal...

Condolences

Trekkers extend their deepest sympathies to Joe Murray on the death of his wife, Sinead; to Breda O'Hara on the death of her Mother, Patricia; and, to Conor Stephens on the death of his Mother, Clare, who was also a member of the Club for some eight years. May they rest in peace.

Welcome New Members

Trekkers extend a warm welcome to new members: Maura Colleary, Geraldine Meindl, Dympna Thunder and Carmel Meade.

Acknowledgements

I should like to thank all of those who contributed to this Issue of the Irish Trekker. Those who wrote articles: Mary Delany and Karl Foley, those who provided photographs: Theresa Murphy, Paddy O'Duffy, Owen McKeown, Myles Duffy and Noel O'Reilly; to Joe Murray and Roger Kirker for maintaining the Club's website where some of the contents of this issue were sourced. I should also like to thank my fellow Committee members - Monty, Colette, Marie and Gerry for their valued contributions. I am most grateful also to Ms Caoimhe Mulhall for her design and layout work on this Issue.

T. Duff

Trekker Notes

Annual General Meeting – Chairman's report

At the Club's AGM on 20 October 2010 the Chairman, Monty Tinsley, paid tribute to members for their contribution to the Club's activities. He mentioned particularly:

- Brendan Bracken for organising trips to Tuscany, Borris and the Cooley Mountains.
- Pearse Connolly for his contribution to the Wicklow Uplands Council and his part in the Pure Mile project at the Inchavore River.
- Fred English for his help in formulating the Memorial Ceremony.
- John Furey for imparting his navigation skills which were put to good use on many occasions since.
- Roger Kirker for his frequent contributions to our website.
- Joe Murray for hosting a special GPS session and also his ongoing upkeep of our website that has been restructured so attractively during the past year.
- Paddy O'Duffy for his marvellous entertaining and interesting DVD which neatly captured all the diverse moments of a very active club. The photographs by Owen McKeown, Myles Duffy, Theresa Murphy, and Noel O'Reilly assisted greatly in the making of this epic.

He also thanked Dick Ryan and Kevin Moore for auditing the Club's financial records and Marelene Travers for organising the very enjoyable Harvest Dinner in September.

The Chairman also paid tribute to those members who lead the Saturday outings and highlighted the importance of the 'recce'. He complimented leaders who hone their navigation/map reading skills, ensuring that the pace and timing are appropriate to the grade thus allowing the other trekkers to relax and enjoy the countryside whilst taking care in wet, slippery or steep terrain. He cited these aspects as the basis of the many circles of friendship that have proven to be of immense value and vital to the ethos of The Trekkers and thankfully that *esprit de corps* is alive and well within the Club.

He congratulated Cliona McCarthy on her recent ascent of Mount Blanc, noting that she joins other Trekkers Bill Hannon and Owen McKeown who have scaled the Alpine peak.

Appointment of Officers

The Chairman also thanked the other Committee members for their work in 2009/10. The following Officers were elected to serve for 2011: Chairperson, Monty Tinsley; Secretary, Cliona McCarthy; Treasurer, Karl Foley; Walks Coordinator, Colette Dorgan; Publicity Officer, Tom Duff. He thanked the following retiring Officers: Marie McKeown (end of 3 year term) and Gerry Fogarty who resigned due to other commitments.

Bus Fares

Both the January 2009 (Issue 37) and the January 2010 (Issue 40) editions of the Irish Trekker noted that if a member who is listed for a walk cancels after the Wednesday prior to the walk and is not replaced then that person must pay the full fare.

News Item

A preliminary meitheal clearance by members of Trekkers took place recently near the Inchivore River. More extensive work is expected to be carried out next spring.



Meitheal ready for work 17 Nov 10

Up the Airy Mountains and down the rocky GLEN(GARRIFF)

By Mary Delany

In June of this year our group of twenty-four had a most enjoyable and memorable trekking holiday in the Beara Peninsula. On Sunday we settled into the 250 year old Eccles Hotel in Glengarriff, which was our base. Yeats, Synge, and William Thackeray stayed there as well as one of our group 75 years ago aged 7! Our group gathered over an evening meal, which was a wonderful beginning to our few days together.

On day 1, Monday, we travelled to Cork's isolated Sheep's Head peninsula where we enjoyed the purest and wildest scenery in all of the South West. The bus took us up through the hamlet of Kilcrohane and the townland of Caher to the start of the walk. The complete walk is 16km and takes 7 hours, but due to time constraints we took a shortened version with 'Sheep's Head Way' signs clearly visible and protected us from boggy heath. The terrain on the way passes over wild heaths, empty glens and high cliffs. The weather was glorious throughout our walk, with no danger of coastal fog.

As migrant birds pass from northern Europe to stop on the way to the African coastline several varieties were observed along with the constant sound of skylarks and gannets. Whales, porpoises and dolphins pass up and down the Atlantic and the southern regions of equatorial regions and several times during the walk we stopped to try to identify various forms of sea animal. Lusitanian Flora, wild flowers native to Ireland but absent to Britain, are Mediterranean plants that are normally only found in Northern Spain and Portugal, but which are found in this region.

Panoramic views of Mizen Head running out to Ireland's Land's End and Dunmanus Bay on one side, and Bantry Bay and Beara Peninsula with the Caha Mountains and Hungry Hill clearly visible on the other side. British navy hid behind Bere Island during World War 2. To-day, Whiddy Island is the main oil storage location for the country also located in Bantry Bay, and we could see clearly the ships coming and going. We passed the old Napoleonic tower which was blown down by a gale in 1900. The completion of the walk was by the World War 2 pill box and down onto the road. Over our evening meal we recalled the beauty, sounds and scenery of the day.



Day 2, took us to Eyries/Hungry Hill. Eyeries is a village overlooking Coulaugh Bay, and the mouth of the Kenmare River in the South West. It lies at the base of Slieve Maulin (623m) in the Slieve Miskish mountain range. The colourful village was the location for the shooting of the films Purple Taxi and Falling for a Dancer. We did a loop walk along the shore line joining the Beara Way accessing Eyeries Point. There were spectacular scenic views of Coulaugh Bay and the coast of Kerry. The old Coastal Guard Station at the entrance to Ballycrovane harbour was walked before coming along the road back to the village through a laneway. The Hag of Beara is a short distance off the Beara Way. 'An Chailleach Beara' is the narrator of the finest old Irish poem in existence. She is said to have lived seven lifetimes before being turned into stone. She is mentioned in verse by Padraig Pearse, "Mise Eire Sine me na an Cailleach Beara".

The 'honours course' set off in good weather to climb Hungry Hill, the highest peak in the Caha mountain range at 685m. It forms the backbone of the mountains running down the Beara Peninsula. The approach was through the Healy Pass which was built as a famine road in 1847, and was named after the first Governor General of Ireland, a Cork politician Timothy Michael Healy. At first there was a green road before coming to Glass Loughs ascending to 461m. There was a

descent again and another ascent to 540m. A very heavy mist surrounded the mountain and with the help of map, compass and GPS, a wise decision was taken on safety grounds to come back down. The terrain was rock shelves and boggy ground in between. The seven walkers arrived back safely but tired, and over our evening meal shared some of the challenges they had faced that day.

On day 3, we went to Glengarriff National Park. Ireland was a land of dense oak forest up to about 1700, extending to the river valleys, and mountain slopes. The name derives from the Irish meaning rugged glen, woods being nestled in sheltered glen opening out into Glengarriff Harbour. Above the woods were the Caha mountains with their dramatic layers of sheer rock; woods dominated of oceanic sessile oak woodland in Ireland. In 1955, Lord Bantry handed them over to the state for forestry purposes.

There was a variety of trails to suit a range of abilities, and we touched all of them, including: the Gentle River Walk where the river has Freshwater Pearl Mussel, rare species lives over 120 years old, making it the longest living animal in Ireland; the steep climb to Lady's Lookout with panoramic views over Glengarriff to Garnish Island, Whiddy Island and Bantry Bay and to the north the full extent of the Glengarriff woodlands rimmed by the Caha mountains; the Esknamucky Trail, also known as the high walk, with wonderful views out over the trees to the mountains beyond; the Waterfall Walk over the Canrooska River which flows down to Glengarriff River; and, the Big Meadow circuit through woodlands and grassland grading from wet to dry. There are a few small blanket bogs in the reserve, with peat reaching several metres in places.

The group was feeling rather energetic and on the afternoon of day 3, we travelled to Garnish Island which is located in the sheltered harbour area of Bantry Bay. We took the ferry from nearly opposite the hotel. The seals frequent the rocks on the southern shore and almost wanted to become friends and we passed by.

Inacullin is a small island of 40 acres known to horticulturists and lovers of trees and shrubs all around the world as an island of rare beauty. The island was presented to the people of Ireland by Anna Bryce, the owner of the island

in 1953. Harold Peto was the architect and garden designer. Because of its sheltered situation and the warming oceanic influence of the Gulf Stream the climate is almost subtropical, and is favourable to the growth of ornamental plants from many parts of the world.

On day 4, we travelled to Bere Island which is situated approximately 1.5km off Castletownbere in Bantry Bay; the island is 9.5km in length, 3km wide and is served by ferry. The highest point on the island is Knockanallig at 270m and the main harbour is Laurance Cove situated beside the main village Rerrin. The island is also called An tOilean Mor, and legend has it that it was named by the 2nd century King of Munster, Mogh Nuadat, in honour of his wife Beara, the daughter of Heber Mor, king of Castile. Early traces of human occupation include Megalithic tombs and standing stones. During the Napoleonic wars, two Martello Towers were built to stave off invasion. After the island became a naval base, new fortifications were constructed in 1898. Even after Irish independence the British had a naval base on the island until 1938. The island has a population of 210. At the time of The Great Famine, c1851, the population decreased to around 1,400 from 2,000, and with the national trend for emigration the decline has persisted. Beara has the same physical characteristics as that of the Beara peninsula with undulating mountains.

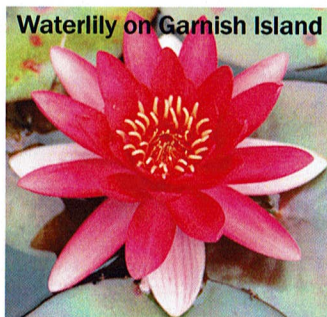
Our group took one of the clearly sign-posted loop walks. We enjoyed the glorious sunshine as we took in the sea birds, especially the Chough which reside in the Beara special protection area for them, and Herring Gulls were heard and seen at every turn. Ardnakinna Lighthouse by the sea cliffs allowed us to see clear views of Sheep's Head, Mizen Head and Puxley's Manor recently half renovated as a hotel and the site of Dunboy Castle across the bay. The trail climbs gently traversing two hills, which form the central spine of the island. We were spoilt with absolutely stunning views as we climbed through the heathland vegetation and sometimes wet grassland, as we ascended Castletownbere, Berehaven, and Sheep's Head. The long-standing fishing tradition is evident from fishing trawlers and rope mussel beds within the bay. One of our esteemed members of the

group was responsible for the setting up of the local fishery factory in Bantry Bay. We returned on the ferry back to the hotel.

A very important part of the day was the evening meal together, and saw us humorously recall that day's walk and the celebrations for such a good holiday were helped by the enjoyable company. Compliments to the organisers for all their hard work! We all know that planning and preparation helped us to enjoy the trip, even down to the weather which was glorious throughout the week. We owe them our thanks and appreciation. It was both memorable and a wonderful experience for us all.



Trekkers arrive on Garnish Island June 10



Waterlily on Garnish Island

Trails & Tales of Tuscany

By our International reporter Carlo Folini

It was after midnight on a dark, silent, warm, moonlit night when the 2010 group of Euro-Trekkers (Bracken's Band) first set foot on the Tuscan hillside hamlet of Promiana. Our ultimate destination lay a short kilometre's walk to the farmhouse home of Ailsa & Jamie Reynolds, a Scottish couple who were to be our hosts for the week. As we trekked our way in the moonlight, carefully avoiding potholes and snakes, our arrival was greeted by a neighbour's noisy dog which resented being disturbed at such an hour. Our earlier Ryan air flight from Dublin to Pisa had been met by Jamie and his assistant guide, Verran Townsend, who drove us the 1½ hour journey via the famous city of Lucca to our Tuscan base camp, a newly converted farmhouse named "Lavacchio". It had been a long day so we quickly found our assigned quarters and all slept soundly.

Room with a view

Monday morning provided us with our first view of the magnificent countryside of northern Tuscany. We found ourselves surrounded by steep mountain tops, high pastures and dense woods. Below us (under a blanket of morning mist) were the Serchio Valley and the local towns of Castenuova and Galliano. The braver ones amongst us took a brisk morning swim in the lovely outdoor pool before we helped ourselves to a breakfast of cereals, locally baked bread, fruits and jams made from Lavacchio's own fruit trees. There was an easy walk planned for the first day and as our hostess, Ailsa gave us all our packed lunches we took our first trekker steps into the surrounding chestnut woods and the hills around Lavacchio.

It was obvious that this part of Tuscany bore no resemblance to the typical tourist images of Tuscany. There were no fields of sunflowers, no rows of poplar trees; instead we found ourselves in an extensive wooded landscape, with magnificent mountain ranges on view in every direction. The local temperature was in the mid-30s but our guides were very conscious of the heat and took every opportunity to design walks which provided us with maximum shade amongst the copious chestnut and beech forests. One of the main highlights of the first day's walk was to view our walks for the days ahead. At the Grotto Rotondo viewpoint (1068m) that day we saw the Apennines (1997m) to the east and the magnificent Apuana Alps (1946 m) to the west. A longstanding Trekker tradition was honoured that first day as we stopped in the small village of Sassi for some liquid refreshments before returning to our Tuscan retreat. The evening meal was prepared by Ailsa with ample assistance from Hugo, Arthur and Skye. Ailsa's cordon Bleu skills were very much in evidence for all our evening meals that week which always ended with a homemade delicious dessert.

The fountain of love

Day 2 was our first visit (of two) to the slopes of the Apennines, which as all school boys and girls know, form the backbone of Italy. We drove to the hill top village of Corfino and began our ascent to the "Fonte del amore" (fountain of love) which was situated in a lovely hillside forest. This location is a traditional destination for young couples who drink from the fountain as a confirmation of their undying love. Some of our party insisted on filling their water bottles with this romantic nectar, the purpose for which is best not dwelt upon. We then climbed to the tiny hamlet of Campaiana, a small cluster of houses once used as a refuge for shepherds. Nowadays, the houses have been rebuilt as holiday and tourist accommodation. After lunch in Campaiana we climbed to the Pania di Corfino (800m) where we were rewarded with a magnificent view eastwards to see Wednesday's destination, the two foci, namely Foce de Moscheta and the soon to be infamous, Foce de Valli.



Dermot, Mary D, Breda, Tom
Tuscany, Aug 10

"Put your sticks away.."

"Put your walking sticks away" advised our guide Verron, "you will need both your hands for the next bit". The cloud and mist protected us from the glare and the midday heat as we balanced on the narrowest of goat tracks on the vertigo-inducing side of Foce de Valli in the Apuana Alps, "by the way", added Verren, if you don't have a head for heights, it is best that you don't look down". We had just finished lunch and were somewhat apprehensive as to what lay ahead. This was day 3, and our 15 man Trekker party had divided into two. We were both taking the same route but in reverse order. The younger fitter trekkers had volunteered to start with a 700m climb and finish with a short descent. We, the wiser (and older) "B" group had decided that a 700m descent at the end of a walk was more appealing.

Once lunch finished, we packed away our sticks as directed and placed our lives in the hands of our guide and spent the next 30 minutes on a hand and foot scramble across rock and ridge (with no looking down). At last we entered a grassy slope where we met our group "A" colleagues who were enjoying lunch. We exchanged an edited version of our morning routes and with full sincerity, wished each other a safe journey onwards. Our "B" group then retraced the "A" morning route viewing the spectacular natural arch on Monte Forato (1230m) before descending to the village of Fornovolasco. We were grateful that all trekkers returned that evening with nobody missing in action. Those of you who might wish to get a feel for the "Foce experience", might go to uTube and type in Foce de Valli or Monte forato.

"Who ordered the Goat?"

"Who ordered the goat?" asked Mary Dillon to her fellow trekker diners in the Buca Di Sant'Antonio restaurant in the city of Lucca. This is a wonderful restaurant with copper pots and musical instruments hanging from the ceiling. Mary had booked lunch for us here on Thursday which was nominated as our rest day. The lunch menu had such exotic offerings such as Kid Goat stew, wild rabbit salad, woodpigeon, and other Luccaen delights.



Group in Tuscany, Aug 10

The Tuscan city of Lucca is famous for its ancient wall ramparts that ring the old city. These brick walls were built in the 16th century for defence. Mary had booked a guided tour and we received a very personal and informative tour of this famous city. It was a rare experience for us to behave like typical tourists but, nevertheless, we soaked up the culture; visiting the churches, piazzas, the Roman amphitheatre and the pilgrim cathedral of St Martin. We had constant reminders that Lucca was the birthplace of the famous Italian opera composer Giacomo Puccini who composed such operas as Tosca, la Boheme and Madame Butterfly. There were numerous restaurants, piazzas and food dishes called after him. No doubt someone, sometime has tried to impress the locals by ordering a "Puccini mushroom omelette" (... "With fries", no doubt). That night, after our return to our farmhouse, we took a break from our normal farmhouse dining experience and walked by torchlight to a nearby local restaurant. It was an excellent venue, with anti pasti to die for and a wonderful range of local dishes and wine at excellent value.

2nd trip to Appenines

Friday saw us revert to our Trekker ways as we drove back to the Apennines and began our ascent to the tiny town of Bargecchia. This village is set on the hillside amongst olive trees and consists of old premises which had been reinforced to make them earthquake proof. After a "sos beag", we continued our climb and reached the village of Sillico where we had lunch. Sillico is a delightful medieval village dating back as far as the 1500s, it sits 700m above sea level from where we enjoyed panoramic views of the Apuana Alps and Apennine mountains.

A vow of silence

After we left Sillico we all partook of a unique experience. As an experiment, our guides insisted we walk in single file, 10 metres apart and in total silence! The object of the exercise was to concentrate on the surrounding countryside and to fully appreciate the sounds, views and smells of this part of the walk. After 5 kilometres or so, we reached a small mountain stream by an old mill called "Mulino del Pilastrello". Our trappist moment was broken and we exchanged views on the merits of such an experiment. As they said about decimalisation: "Can't see it catching on in Ireland!".

That evening Mary Dillon had arranged a "wine tasting" where we enjoyed a range of five Italian wines ranging from Prosecco to a sweet dessert wine. Needless to say, they were all enjoyed (and finished) by all. We then celebrated Pearse's birthday in fine Irish style. Regretfully for some, we ended up demonstrating to our Scottish hosts the superiority of Irish over Scotch Whiskey. This was regretted by some on the following morning as we departed for our last day's hike.

Hot air Balloon Ridge

It was back to the Apuana Alps for our last Tuscan trek as we drove to Alto Matanna (1317m). This location provided us with our one and only sea view. To our east, over 1000m below lay the tourist resort of Viareggio on the coast of the Ligurian Sea. We first climbed (in a mild light rain) to Foce di Pallone which was once the site of an early 20th century tourist hot balloon terminus. This was where wealthy tourists were transported from the valley below to the hotel at Alto Matanno. At this balloon stop, a coach and horses would drive guests to their hotel where they could enjoy the cool mountain climate far away from the mosquito filled marches and heat below. Unfortunately, the hot balloon rides were short lived and now only trekkers can enjoy the pure mountain air. Nevertheless, this was probably the first time when tourists had "air tours" to their holiday destinations.

We lunched on our last trekking day at the Rifugio Forte dei Marmi (852m) and then proceeded to traverse the edge of Mount Procinto, a very large spectacular stack rock formation from where we climbed/scrambled to Foce delle Porchette (982m). In this our last afternoon, we drank in our last views of these magnificent mountains. As with our earlier visit to these alps, we could see on a number of occasions, the world famous marble quarries of Carrara which have an unbroken two thousand year old tradition. What began in Roman times, continued at pace during the Renaissance as a source of Michelangelo's statues of la Pietà, Moses and David. Even today, the marble is still being extracted from these hills, mostly to Middle Eastern locations. On the return to our base camp that day, we continued our Tuscan practice of visiting a local ice cream shop or Gelateria.

This time we stopped in the beautiful walled town of Barga. As it happened, our stop coincided with a local international Jazz festival. We stumbled across the rehearsal of the world famous jazz guitarist, Steve Swallow as he prepared to perform in their Jazz festival that week. When we returned to our base camp on this Saturday, we celebrated our last night with everyone contributing both suitable and unsuitable arias. Being abroad, we followed the old Walton radio programme advice of "if you do feel like singing, do sing an Irish song". Our Scottish hosts also got into the mood and countered with their own Gaelic renditions. Our last day on Sunday was a leisurely one, mostly spend relaxing by the pool, reliving our week's adventure and planning next year's holiday. On our return journey to Pisa and Dublin, we all agreed that Tuscany 2010 was a great success. Well done to Brendan and Mary for organising such an excellent adventure.



Relaxing at end of walk Tuscany, Aug 10

Some Facts & Figures about Tuscany

1	The length in inches of a scorpion which "attacked" Jane in her bedroom and was duly dispatched by a scantily clad Shay at 1a.m. on Day 2 of the holiday
5	The amount of minutes it took Brendan to buy a handbag in Lucca
100	The percentage times Paddy got lost when making a short recce around "Lavacchio"
263	The number of phone calls made and received by Gilbert
2	The number of beds in the honeymoon suite occupied by Brendan and Pearse (just as well)
0	The amount of successes Mary Murray had in making Karl (and others) behave
80	The price in cents of 660ml of beer in "Lavacchio"
60	The length of kilometres trekked during the week
3420	The cumulative elevation in metres climbed by the Tuscan trekkers

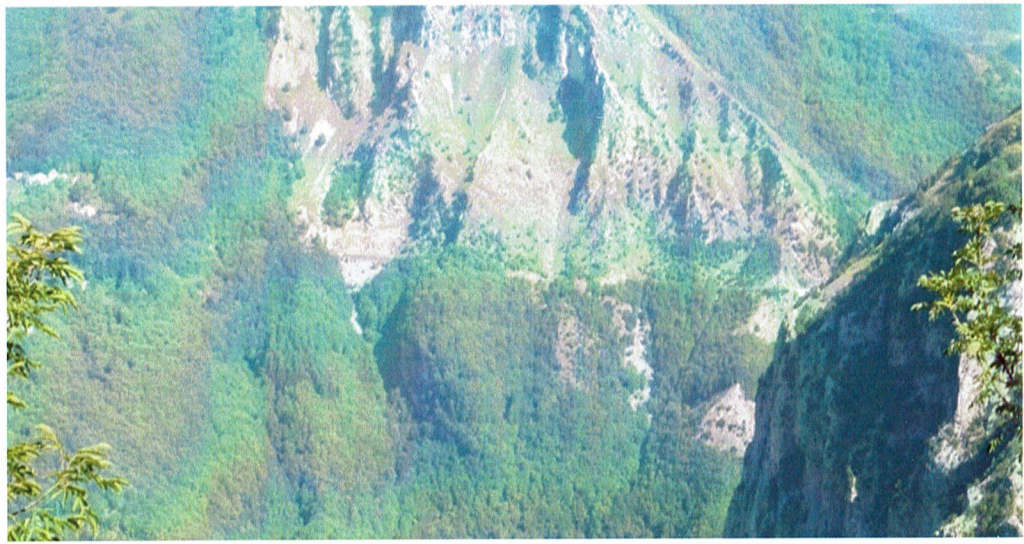
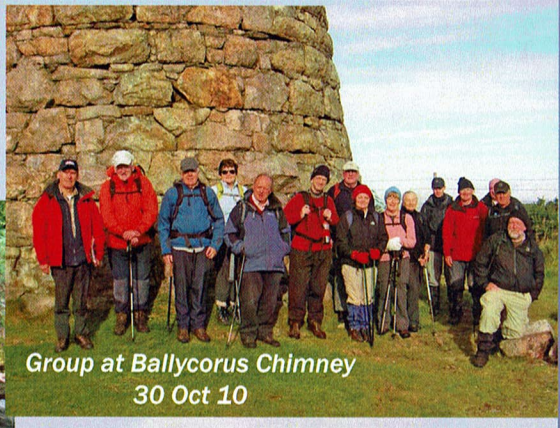


Photo Gallery



Catherine, Marie & Maria near Laragh
07 Aug 10



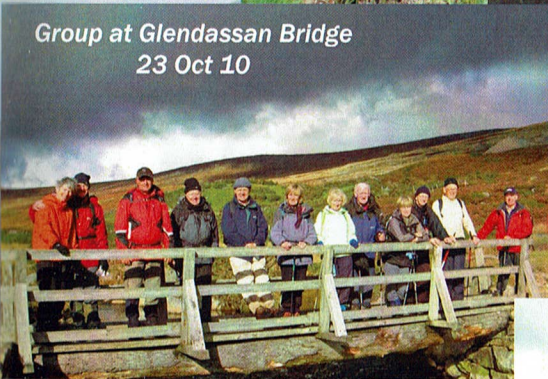
Group at Ballycorus Chimney
30 Oct 10



Eugene & Freddie near Laragh
07 Aug 10



Group at Garnish Island, June 10



Group at Glendassan Bridge
23 Oct 10



Group at Hampton memorial Black Hill
14 Aug 10



Group at Plane Crash Carrawaystick
10 June 2010



Group on Bere Island
June 10



Group on top Mullacor
06 Nov 10



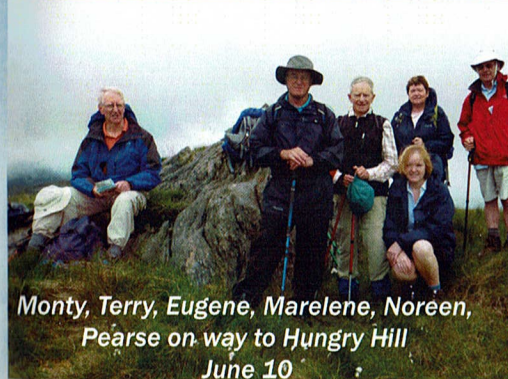
Karl on the Throne in the
Glens of Antrim
May 10



Group near Glendalough
07 Aug 10



Group at St. Valery's Cross
30 Oct 10



Monty, Terry, Eugene, Marelene, Noreen,
Pearse on way to Hungry Hill
June 10



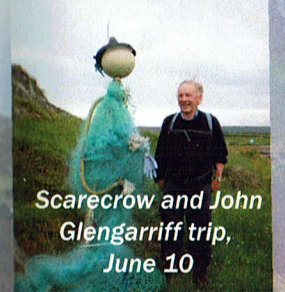
Group on Sheep's Head
June 10



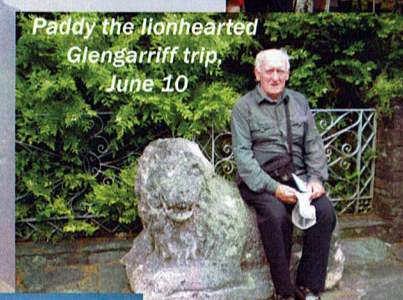
Group on Camaderry
16 Oct 10



Ita, Mary M, Ruth, Carmel, Mary D
near Lough Dan
09 Oct 10



Scarecrow and John
Glengarriff trip,
June 10



Paddy the lionhearted
Glengarriff trip,
June 10



Group on Mullaghclevaun
14 Aug 10



Group on Garlish Island
June 10



Posing in the sun Glengarriff trip,
June 10



Presentation to Eugene, Djouce
Golf Club Monty, Eugene and Liam,
11 Sept 10

Walks programme - 8 January to 30 April 2011

Date	Grade	Start	First Leader	Second Leader	Third Leader
January					
8	B	09:00	Niall Humphries	Paddy O'Duffy	Tom Murray
	C	11:00	Richard Needham	Marion Goff	Mary Delany
15	A	09:00	Brendan Bracken	Karl Foley	Jane Sykes
	C	11:00	Monty Tinsley	Marie McKeown	Hilary Fitzpatrick
22	B	09:00	Ita Lawton	Brian Brennan	Derek O'Neill
	C	11:00	Noel O'Reilly	Kevin Beegan	Aldene Duff
29	C	11:00	Eugene Logan	Catherine Minogue	Fred English
February					
5	B	09:00	Mary Murray	Pearse Connolly	Terry O'Brien
	C	11:00	Dick Ryan	Teresa Casey	Kevin Moore
12	A	09:00	Owen McKeown	Dermot Murray	Cilona McCarthy
	C	11:00	Myles Duffy	Geraldine Melnd	Marie Comiskey
19	B	09:00	Michael Cotter	Gerry Fogarty	Josephine Cotter
	C	11:00	Roger Kirker	Marelene Travers	Maura Byrne
26	C	11:00	Eugene Logan	Bob Curran	Cindy Mangan
March					
5	B	09:00	Shay Murrin	Phillip O'Neill	Ita Lawton
	C	11:00	Noreen O'Brien	Theresa Murphy	Kevin Moore
12	B 'Y'	09:00	Gaye Maguire	Maellosa Ryan	Marjorie O'Shee
	C	11:00	Kevin Beegan	Noel O'Reilly	Colette Dorgan
19	B	09:00	John Murphy	Tom Murray	Brian Brennan
	C	11:00	Catherine Walsh	Eileen Gallagher	Shella Cantwell
26	C	11:00	Fred English	Liam Walsh	Mary Delany
April					
2	B	09:00	Mary Dillon	Conor Stephens	Maura Colleary
	C	11:00	Fergal Mulloy	Richard Needham	Catherine Walsh
9	A +	10:00	Cilona McCarthy	Gaye Maguire	Brendan Bracken
	C	12:00	Ann Little	Dick Ryan	Marelene Travers
16	B	09:00	Paddy O'Duffy	Angela McCracken	Richelle Crowley
	C	11:00	Eileen Gallagher	John Furey	Patricia Duffy
23	Easter Saturday - No WALKS				
30	C	11:00	Eugene Logan	Noreen O'Brien	Mary Delany

Walk Leaders

Walk Leaders should email members at least 10 days in advance of their scheduled walk to advise of the planned route details, including the distance to be travelled and height to be climbed. Where a named leader is unable to lead a walk she/he should arrange for and agree a replacement. Any such changes should be notified to the walks co-ordinator Colette Dorgan.

Please note Bus Driver details: Gerry Haskins Tel: 086 3359961