

IRISH Trekker



Buddhist Temple Upper Pisang

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

Contents

		Page
Social and Personal		03
Trekker Notes		04
Hiking in Heaven!!	Gaye Maguire	06
Trekkers on Tour - The Nine Glens of Antrim	Cliona McCarthy	09
Trekker Profile: Kevin Beggan		11
Photo Gallery		13
Members List		16
Walks Programme	September to December 2010	20



Produced By
The Trekkers Mountaineering Club
GLENAGEARY, CO DUBLIN
www.trekkers.ie

Social and Personal...

Welcome New Members

Trekkers welcome Ruth Cullen and Mary Doyle as new members of the Club.

Birthday Greetings

Congratulations to Eugene Logan on his upcoming 'special' birthday.

Social Events

A social evening will be held on Friday 24 September at the Royal Irish Yacht Club, Dun Laoghaire. It is hoped that there will be large turn out of members, including our non-walking members.

The Christmas walks and dinner (at the Wicklow Heather Restaurant) are scheduled for 11 December. Please note these dates in you diary.

Congratulations to:

Warm congratulations are extended to Judith Poynton on the birth of her son Daire and to Eileen Gallagher on the birth of her granddaughter Aisling.

Acknowledgements

I should like to thank all of those who contributed to this Issue of the Irish Trekker. Those who wrote articles: Cliona McCarthy and Gaye Maguire, and to Kevin Beegan for agreeing to an interview; those who provided photographs: 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. Once again I am most grateful to Ms Caoimhe Mulhall for her care and attention to the design and layout of this Issue.

T. Duff

Trekker Notes

Memorial Day

Despite the inclement conditions there was a large attendance of members of the Club to mark this year's annual Memorial Day on 10 July at Glenmalure Lodge Hotel. As part of the memorial ceremony our chairman Monty Tinsley welcomed all those in attendance and especially Helen Warinton daughter of the late Michael Dorgan. Monty read the specially written *Ode to Our Departed Trekkers* (which is re-produced below). John Furey read out the names of our departed members and paid special tribute to Michael. Colette Dorgan laid a wreath on behalf of the club and the ceremony was concluded with a pause for reflection and a reading of the Lord's Prayer. An enjoyable dinner followed the memorial event.

Ode to Our Departed Trekkers

They loved these hills and those in foreign climes
With walking poles and crampons they scaled some snowy peaks.
At points, en route, they would stop and stare and ponder,
On the wonders of creation.

They trod forest tracks and boggy trails
'Twist ash and sisal oak.
They skirted hags, soft and hard
And talked about, the wonders of creation.

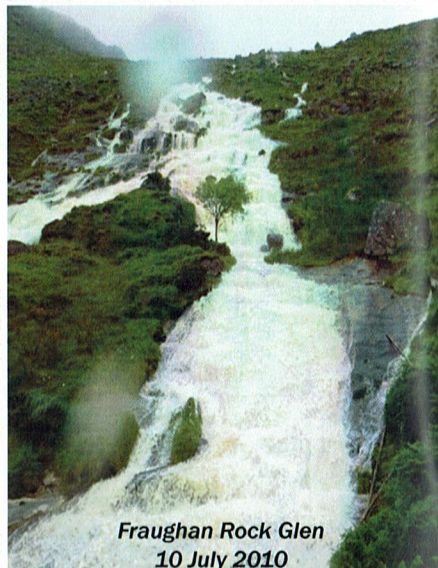
They admired the flora in seasons four
As wild fauna fled before them.
And cause them to muse about
The wonders of creation.

From the Wicklow Gap to Kathmandu they stood in awe
Dwarfed by majestic mountains.
And all the while the waters changed
From babbling brook to fountain.

They drank in these scenes and photographed
Some, of what they saw,
Because they knew they were looking at,
Wonders of creation.

These Trekkers now have left this land and reached their celestial goal
Where the valleys are filled in and mountains are laid low.
And in that mystic land beyond
They, at last can understand,
The mystery of creation.

Author: Monty Tinsley



Fraughan Rock Glen
10 July 2010

Away Trips

• Our thanks are due to Eugene Logan and Brendan Bracken for organising the successful away trip for twenty-nine Trekkers to the Blackstairs Mountains on 24 April. A fine enjoyable day was rounded-off by dinner at Borris Golf Club.

• On the week-end of 5/7 May, sixteen Trekkers travelled to the Glens of Antrim. Fortunately, the weather was excellent and the week-end was a great success. For some of those who undertook the trip it was their first time to visit the Glens. Many thanks to Monty and Evelyn for organising the trip and to our guide, Cowper Lynas. Cliona McCarthy has written an article on the trip and is included in this Issue.

• A group of twenty-four Trekkers spent almost a week from 20 to 25 June and enjoyed a fine spell of weather in the Beara Peninsula. It appears to have been a wonderful social occasion combined with great trekking. Thanks to Monty and Evelyn for making the arrangements which were enjoyed by all.

Insurance cover

The insurance cover has been improved since 2008 and there is clear and detailed information on the Mountaineering Ireland website www.mountaineering.ie, extracts of which are quoted hereunder.

Mountaineering Ireland insurance is mainly Civil (including Public) Liability cover – this protects you if another person sues you (e.g. for negligence). Some Personal Accident cover is also included.

(To access click on Members & Services, then Our Insurance).

Spare Seats on the Bus

Walk Leaders are requested to note that if you have a spare seat on the bus for your particular walk you might contact one of the Committee to see if the space can be filled by a recent applicant to the Club.

What's coming up?

Tuscany

Fourteen Trekkers are looking forward to their week-long trip to the Apuane Alps in Northern Tuscany commencing on 22 August.

Annual General Meeting

The Club's Annual General Meeting is scheduled for Wednesday the 20 October at the Dun Laoghaire Club

In the next edition

We look forward to reports in the next issue of the Irish Trekker on the away trips to the Beara Peninsula and Apuane Alps.

Hiking in Heaven!!

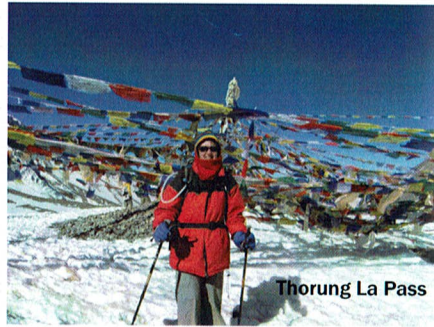
By Gaye Maguire

I first visited Nepal in October 2007 and the Annapurna region captivated me instantly. Unfortunately the only thing I saw the week I was visiting that part of the country was a five second glimpse of Annapurna 1 peak – that was it – for 7 days it rained, rained, rained. But that glimpse spurred me on to ensure I returned.

In October 2009, I had the opportunity to visit Nepal for a second time. So I knew exactly what I wanted to do – the Annapurna Circuit and Annapurna Base Camp (otherwise known as ABC!). This time, I was not part of a group – I was doing a Greta Garbo on it and hired a porter Kishna & guide Bikram. Bikram had also been Gilbert Little's guide back in 2007, so he came highly recommended.

The entire route is approximately 300 miles long and starts in a dusty village called Besisahar. It goes anti clockwise, so everyone starts at the one place. Even if you are on your own, as you make your way through the villages each day, faces start becoming familiar, and gradually you get to know people who are doing the route pretty well. It's the perfect world – you can have as much time to daydream as you want, and if you prefer conversation, you can hook up with people. Days generally started with wake up call around 6.30 or 7am with most of the walking done by lunchtime. For the afternoon, you'd generally catch up on the washing, mooch around the village, go for an afternoon dander around the place, and see what treasures were there to be found. Dinner was usually around 6pm and bed and sleep by 7. OK, so I actually am known for going to bed early at night, but even for me this was nuts! However, as you climbed higher in altitude, air got thinner and you just had less energy. It was a lovely relaxed feeling, and I've never slept so well.

As you proceed, you're almost going back in time with every step you take, and then suddenly, in a medieval village, there's a sign for "The Break Up" – starring Jennifer Aniston in the local "cinema" (tiny room, with flickering projector). Electricity is to be found in most places now, but is in very short supply and very low wattage – you just manage



Thorung La Pass

without it. Most of the cooking is done over fire, and it's fascinating to see the women cook up a storm in tiny spaces with so little. In recent years they've spent a lot of money upgrading plumbing etc, so most tea houses have got proper loos – whether they're effective or not is questionable in some places, but I found a huge improvement this time.

The route continues onto what I can only imagine Canada to be like – beautiful forests, starting to turn autumnal, fabulous waterfalls, rivers & vast valleys. I absolutely fell in love with a Buddhist Temple in Upper Pisang – seriously if you ever go there, make the effort and hike up here. It's a wonderful homage to a community with very little, building something of just immense beauty, while still retaining the incredible serenity of a temple. Monang was also another highlight here – this is a busy trading post and centre of a lot of the remote treks. It's a village of two halves – tea houses at the entrance to the village and stone houses for the locals – built to accommodate the animals on the ground floor and the families on the floor above. This part of the country gets very cold in the winter, so I guess they need all the heat they can get. Conditions from here on were very basic, and an eye opener. Co-incidentally, it was probably the most beautiful part of the hike as it was pretty quiet and the scenery was spectacular.

The mountains are not called mountains unless they are at least 1,000m high. If they're lower than that, they don't even bother to name them. They couldn't believe that we only had one "mountain" in Ireland! Everywhere you look, there is another magnificent mountain – it's impossible to describe their

effect. The highest is Annapurna 1 at 8,091m and to say we were star struck looking at her is an understatement. My personal favourite is Machhapuchhre (otherwise known as Fishtail) – it's a holy mountain and has never been climbed, so it's special.

The higher up the route you go the more bare the ground gets until you hit the snow at the higher parts. Then it's over the highest point on the trek, the Thorung La Pass which at 5,416m high is an achievement in itself. (never again ... ok until the next time maybe!) You descent into Mustang, and even hearing that name was making me dizzy. I would have liked to venture further into this part of the country, but you need a special visa and also there's no teahouses etc, you'd have to camp (no thanks, not in that cold!).

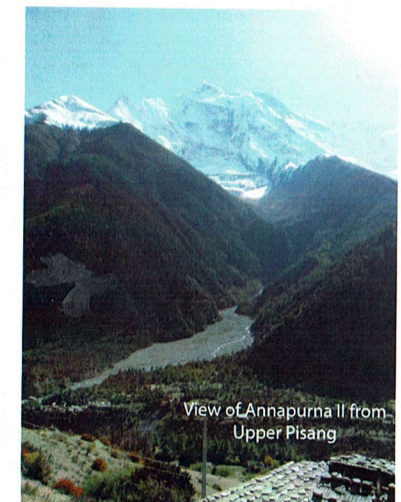
Heading back south the vegetation becomes greener and lush very quickly and we hiked along the Modi Khola and beside Dhaulagiri, another enchanting mountain. Marpha was a beautiful, beautiful town famous for its apple production, and well worth a visit. Then for the second highlight of my trip – meeting Sorcha Ryan and Judith Poynton in Ghandruk for the second two weeks of my hike – to Annapurna Basecamp. They arrived on time in the middle of no-where and after two weeks on my own, it was just wonderful to catch up with them, and the goss from home. I hadn't met any of my friends since the previous July, and so it was a very special time for me.

So began the second and last leg of my trip – this was through stunning forests, terraced fields, steeply falling to the vast rivers below. It's a busier route than the first two weeks, but still enjoyable. The tea houses again were great and you met such a variety of people, all sharing the same passion. The highlight here was definitely Annapurna Basecamp – we were extremely lucky with the weather. The following day, there was the first snow storm of winter, so timing was perfect. It's a very enchanting spot, very peaceful and humbling. There are various memorials to climbers who didn't make it back from their pursuits and I guess it just puts life of a mountaineer into perspective.

The weather is just perfect at mid October to mid November. The days are warm but never baking hot (due to altitude). The evenings are cold, and of course get arctic the higher up you go. At one point my fingers froze so much I thought they had frost bite and I

about -15 degrees up there and seriously, so cold I couldn't even sleep. But that extreme cold only lasted a few days. You tend to be wearing all your clothes by the time you hit the high points – and end up wearing the same clothes during the day and in bed – sounds awful but it was just too cold in some places to actually change into the jim jams, hat, socks, gloves, cowl etc. Also, the higher up you go the more basic the accommodation is. Everywhere is relatively clean, but the loos can be a bit of a problem – imagine trying to get to the loo in the dark (with a torch), over ice, and trying not to fall! Imagine the shame of breaking a leg using the loo, and not being able to hike!!

Food everywhere is fabulous – everything is organic and grown on the spot. One of my fondest memories is asking for pumpkin soup for lunch at a little tea house in Lete. I was resting in the courtyard looking up at Nilgiri (6839m) and the next thing the woman of the house passes through with a pumpkin in her hand. 40 minutes later I had my pumpkin soup! The best tomato soup in the world was to be had in our teahouse in Ghandruk – it's worth going there for the soup alone! And I can't mention the food without mentioning Judith – I can slag her about her healthy appetite but by the time we reached our last tea house in Landruk, a little crowd had gathered around to watch us clear the table of our feast – we did that – we're convinced word of Judith's prodigious appetite had spread before us!

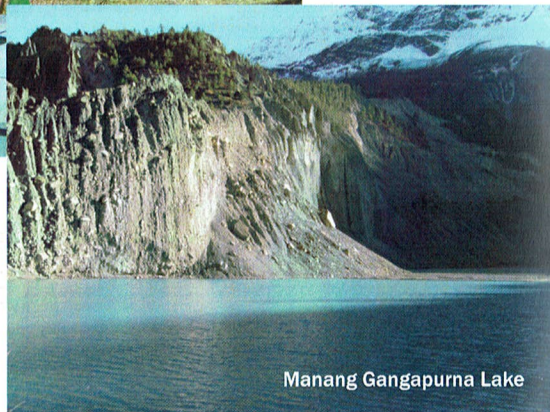
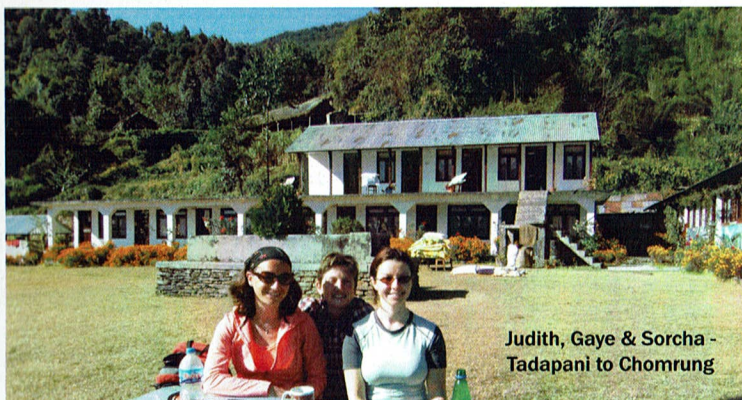


View of Annapurna II from Upper Pisang

Other highlights:

- Bikram & Kishna, two absolute gentlemen who looked after me so well on my trip. I'm hoping that I can link up with them for another trip some time in the future;
- The trees turning gold – I thought I'd have missed autumn so was thrilled when I didn't;
- Kathmandu's Garden of Dreams – one of my favourite places in the world – a little haven in the chaos of Kathmandu; and,
- Watching people try to ride horses when they were too sick to walk! Priceless.

Nepal has everything – it's safe for women to travel to on their own, people are extremely welcoming and gracious and I've never once been hassled by a local. The food is fantastic and the headspace is never better there. A true Buddhist way of life in the hills just captivates your soul and you're in another world literally for the time you stay there. Magic!!



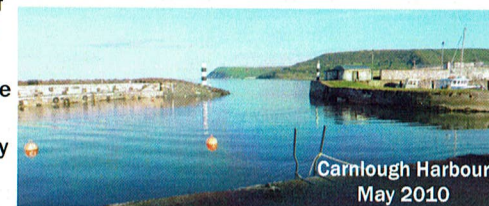
Trekkers on Tour – The nine Glens of Antrim

By Cliona McCarthy

A group of adventurous Trekkers in May 2010 took to the road north and ventured for the first time to the nine Glens of Antrim to walk in the footsteps of the Fianna in the kingdom of Dal Riada. Some weeks previously, Monty and Evelyn completed the ultimate trip recce, a weekend away to the planned location, that is Carnlough in Co Antrim. Duly satisfied with the location and wonderful environs, promising a great selection of walks and hikes, another connection was made, a Rock boy was proprietor of the Londonderry Arms Hotel. Without delay the booking was made and deposit secured.

The group of sixteen, both B and C walkers, set off for Carnlough at various times on Friday evening 7 May. Some were very ambitious and took in the Giant's Causeway en route! Myself and Gaye left work shortly before 4pm and were pleasantly surprised to find the journey took less than three hours from Dublin. The Group all met for pre-dinner drinks, followed by a lovely meal in the hotel restaurant. Some of us were not allowed to sit with the grown-ups on the first night, but good behaviour would earn us a seat at the BIG table the next night! Our guide for the weekend, Cowper Lynas, arrived for a briefing session after dinner and walk plans for Saturday and Sunday were made.

An early night was had by all but some of the group managed to squeeze in a little nightcap before turning in. Surprise surprise, Karl had disappeared for an early night too, but not quite, he had taken on the task of checking out suitable pubs and clubs for the Trekkers to visit on Saturday night and arrived back armed with local knowledge. There was a promise of great nightlife for Saturday's 'apres-hike'!



Start time agreed for the next morning was 10.30 and we all assembled outside the hotel. Packed lunches had been prepared by the hotel so we were all ready to go. The B group which included myself, Gaye, Maeliosa, Brendan, Ita, Karl, Tom, Paddy and Bob joined forces with Cowper and his Saturday morning hiking group. The C group which was Monty, Evelyn, Marie, Catherine, Sheila, Hilary, and Aidene gathered and took a few cars in the direction of Fair Head. Our B walk headed off at 10.50 from the village of Carnlough. We made our way up Gartford Lane which was a lovely but steep track up to the Garron Plateau which divides two of the nine Antrim Glens, namely Glencloy and Glenarriff, the latter being known as Queen of the Glens and is a classic example of a U shaped glacial valley.

It didn't take long to reach open boggy ground and get our first sight of the very distinctive Slemish Mountain to the SW of County Antrim near Ballymena. As the story goes, this is where St. Patrick worked as a boy minding cattle for the local chieftain. Our trek brought us to Craigfad Lough which is actually two lakes on top of the Plateau where we stopped to take in the magnificent views over the Glens and out east and north to Scotland. Paddy's stepping stone, a lump of rock just off the coast was clear to see, and also the outline of the Mull of Kintyre and the near hills of Scotland. We continued over open bog across the Cranny Water and had lunch in the sun at the Peat house.

After lunch we made our way across Pollan Burn onto a track with many barbed wire hurdles to cross. Lucky for us Cowper had an ingenious prop with him, a piece of 'wavin' pipe to cover the potentially dangerous fence as the agile Trekkers leaped on over. We finished by visiting Cranny Falls and followed the Old Mine train tracks back to Carnlough and awaited the return of the Cs. They arrived shortly and had also completed a wonderful walk in the area of Fair Head, traversing the Grey Man's Pass looking out to Rathlin Island. Some of us Thirsty Trekkers found a little bistro with a sun terrace and quenched our thirst with some chilled vino, others gathered in the hotel bar for a few welcome pints, and some even made it to evening vespers. So before

rendezvous time there were quite a lot of z z z z 's arising from the LDA Hotel as the tired Trekkers grabbed forty winks before dinner.

Everyone enjoyed another lovely meal in the Trophy Room at the hotel joined by Cowper as guest for dinner. There was plenty of chat about the days walk and plans were firmed up for Sunday. As already mentioned, Karl had recce'd the hotspots of Carnlough, so without further delay the thirsty Trekkers hit the town in search of the craic. The Waterfall was the chosen pub, a lovely little gem which of course served Guinness. We soon saw the attraction as Karl drew our attention not once but thrice, to the collection of ????? on the ceiling ... the mind boggles but at least it stopped him from serenading Hilary who was out for the night no matter what. Paddy shared some very interesting stories of his mis-spent youth chasing local girls around the bogs of Offaly.

Sunday morning was once again a beautiful day, not as sunny as Saturday but less of a chill in the air. Cowper arrived to meet us all at 09.30 with one enthusiastic walker from his Saturday group. Despite concerns from some of our crew about the very early start, it was a happy bunch that were packed and ready to go. The plan for Sunday was for the group to drive to Laragh Lodge in Glenarriff so we headed on up the stunning Antrim coast. Our hike from LL took us up to the Glenarriff Waterfall where we had a spectacular view and took photos. After one hour walking, the group split at the upper car-park and the B group set off still on a track, in the direction of Trostan. Our route took us to a forest and we followed the Moyle Way gradually upwards through an enchanted fairytale woodland to the open Plateau and a moderate climb to the summit of Trostan (550m). This County top is almost lunar in its bare rocky state, compared to the green rich boggy uplands we had previously traversed. Although not warm, we were able to add a few layers and have lunch sitting by the Trig Pillar on the top. Such amazing views towards Agnew's Hill and Slemish to the South, the village of Cushendall could be seen framed by the dramatic slopes of Lurigethan and Tievebulliagh and Kintyre just about visible on the horizon.



Group at Ess-na-Larach Waterfall
Glens of Antrim May 10

Our trek took us almost six hours over 12km and brought us back to the Glenarriff Park where we stopped again to take in the wonderful views of the Glen. There were some other items of interest on route, of curiosity I should say. A certain little three-sided hut looked like an outside toilet, so very quickly there was a queue. In fact, it was a type of toilet, a facility for emptying treated matter from visiting camper vans. Some of our Trekkers were very interested in this freak of nature!!! (see pics)

Our lovely day finished back in the LDA where Cowper and William joined us for coffee before we left for Dublin. Ita realized that the Antrim air had chilled her out so much that she had left her handbag in the hotel lobby that morning. Thankfully it was spotted and was waiting for her behind reception. Sheila wasn't so lucky with her missing dancing shoes Cinderella must have left the ball in a rush, they never turned up. The C group had already headed for home as their walk had finished earlier.

Thanks to everyone who had a part in organizing this trip, in particular Monty who took a lot of time and effort into research and planning. It was a lovely place to explore and a great time had by all. I have no doubt that everyone would like to return some day to the Glens of Antrim.

Trekker Profile: KEVIN BEEGAN

This is the third in a series profiling long-standing members of the Club and gaining an insight to their experiences in this regard. The editor would like to thank Kevin for agreeing to the interview and for his time. The article is presented as a conversation piece through a series of questions to Kevin.

How long have you been a member of the Trekkers and what were the circumstances in which you joined the Club?

I joined the Trekkers in 1985 so it's about twenty-five years now. I was encouraged to join by Sean Trant who was very persuasive. Not only were we neighbours but my son and daughter were members of the sea scouts with Sean. Other factors included changes that were taking place in my employment situation and I was also anxious to pursue some physical outdoor activities in order to improve and enhance my fitness levels.

At that time there were just about fifteen members in the Club, so it is quite satisfying and a testament to the then small membership that not only has the club survived all those years but that there is now a vibrant membership of over one hundred.

Can you recall any significant highlights during your membership of Trekkers?

There were a number of highlights but I would like to mention especially the very good memories I have of two wonderful away trips some years ago. These trips to Wales and Switzerland organised respectively by Richard Needham and Richard Ryan were most enjoyable. I have recollections of the fantastic scenery, the excellent organisational arrangements and very good company and comradeship.

I also have very good memories of my time as Club Treasurer which at that stage included not only collecting subscriptions and managing the funds but also organising buses. This was before a constitution was drawn up and different responsibilities assigned. I also served a term as Club Chairman in succession to Sean Trant.

Were there any good lessons you learned while walking with the Trekkers?

In my opinion perhaps the single most

important aspect of trekking in the mountains is the safety of the members participating. Unfortunately, I had a bad accident near Glendalough in November 1997. At that time I was fairly experienced trekker as I had been hill walking for about ten years. Most accidents inevitably occur while descending and it is my advice that trekkers should endeavour to avoid being distracted either by the scenery or by conversation with other walkers. Also, it is important to maintain a good space between walkers while descending. My other advice is to avoid wearing worn boots – good tread is essential.

What were the most important factors that have influenced you in remaining a member of Trekkers?

Over the years I have introduced a good number of new members to the Club and I am glad to say that most of them are still active members. Apart from the obvious advantages of remaining fit and active, fantastic friendships have been developed and I am glad to say that these have been maintained and have endured down the years. Another important and very successful feature of the activities of the Trekkers club is the social occasions. These have always been most enjoyable and I would like to thank the organisers of these events.

Although they require a good deal of organisation I am very pleased still to be asked to lead C walks.

What part of being a member of Trekkers appeals to you most?

As I mentioned in the previous answer friendships and exercise are appealing factors in being a member of Trekkers. However, there is also a great satisfaction in seeing the Club continuing to grow and attract new members and of being successful in attaining its goals. I am happy to reflect on my years in the Club and glad to be a 'golden' Trekker.

Is there anything about the Trekkers that you would like to change?

One of the disadvantages of the Club's growing membership is that it is not always possible for all the individual members to know one another. This is compounded somewhat by the different levels of walks which in some ways can lead to a type of separation. I agree with the initiatives that have been taken by walk leaders of endeavouring to finish at the same point as this helps the different participants to get to know each other while relaxing at the end of their walks. In our capacity as leaders Paddy O'Duffy and I have done this on occasion and I would like especially to thank Paddy in this regard. Where it is possible to do so, I would encourage walk leaders to build on this practice.

Do you have a favourite brand/type of gear that you prefer when trekking?

I have never really had any specific favourite brand of gear. However, I would like to reiterate my earlier comment regarding safety. Apart from the obvious need to ensure that whatever brand of gear chosen is comfortable and durable, safety matters should be paramount and that includes ensuring that clothing and equipment are suitable for the prevailing conditions. Also, I would encourage all members to ensure that their footwear is in good condition for hill walking.

Have you any advice for newer members of the Trekkers?

In my experience I have found that long standing members of Trekkers are very welcoming to new members. I think this is one of the great strengths of the Club and why it goes from strength to strength. I suppose it should be recognised that it might be difficult for new members to integrate themselves and to get to know existing members and I would encourage all existing members to go continue to welcome new members.



Marion & Kevin

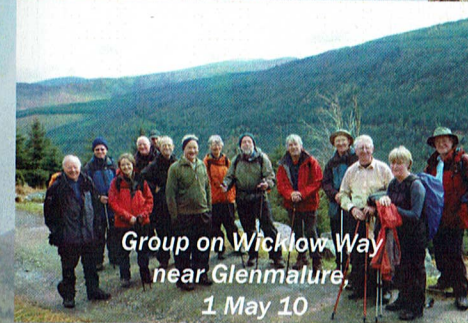
Photo Gallery



Gerry showing off new bus to Ita and Brendan
9 June 10



Group near Inchavore River,
29 May 10



Group on Wicklow Way
near Glenmalur,
1 May 10



Group at Mullacor,
3 July 10



Group with bluebells on St. Kevin's Way
22 May 10



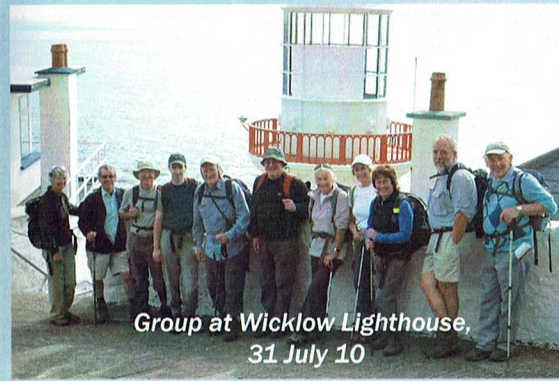
Monty joins St Kevin's Way
group in Glendalough,
22 May 10



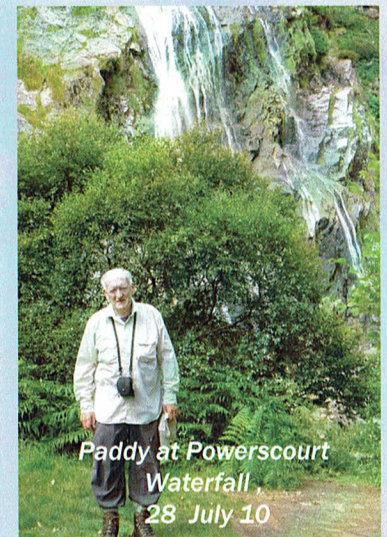
Relaxing with a drink,
17 April 10



Group at Eric's Cross
14 July 10



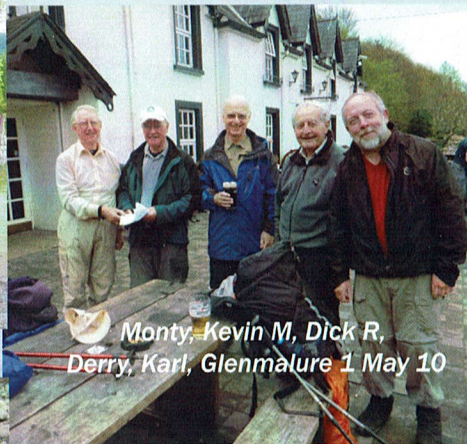
Group at Wicklow Lighthouse,
31 July 10



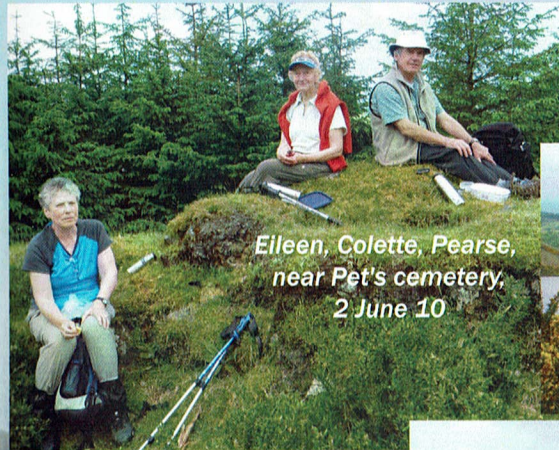
Paddy at Powerscourt
Waterfall,
28 July 10



Group at Ballinastoe, 5 May 10



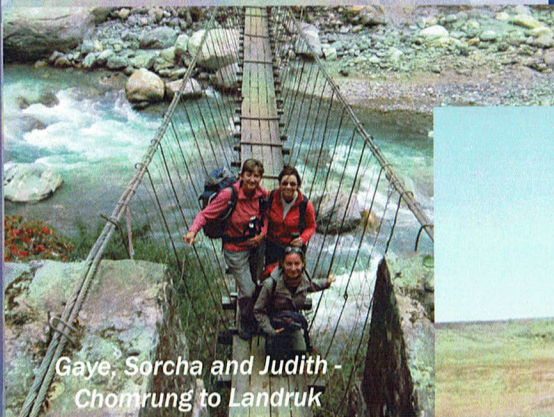
Monty, Kevin M, Dick R,
Derry, Karl, Glenmalure 1 May 10



Eileen, Colette, Pearse,
near Pet's cemetery,
2 June 10



Eugene in the furze beside Lough Dan,
29 May 10



Gaye, Sorcha and Judith -
Chomrung to Landruk



Lunch in the Glens of Antrim
May 2010



Group at Seahan
21 July 10



Group on Silsean, 5 June 10



Soft Day at Glenmalure
14 July 10

Walks programme - 4 September to 18 December 2010

Date	Grade	Start	First Leader	Second Leader	Third Leader
September					
4	B	09:00	Karl Foley	Brian Brennan	Cliona McCarthy
	C	11:00	Ann Little	Roger Kirker	Maura Byrne
11	B	09:00	Monty Tinsley	Michael Cotter	Hugh Harkin
	C	11:00	Dick Needham	Mary Delany	Sheila Cantwell
18	A	09:00	Brendan Bracken*	Gerry Fogarty	Joe Murray
	C	11:00	Kevin Moore	Aidene Duff	Hilary Fitzpatrick
25	NO WALKS - Club Social on 24 September 2010				
October					
2	B	09:00	Shay Murrán	Pearse Connolly	Mary Murray
	C	11:00	Eugene Logan	Bob Curran	Catherine Minogue
9	B	09:00	Ita Lawton	Tom Murray	Phillip O'Neill
	C	11:00	Kevin Beegan	Josephine Cotter	Aidene Duff
16	A	09:00	Gilbert Little	Niall Humphreys	Kevin O'Brien
	C	11:00	Eileen Gallagher	Marie McKeown	Theresa Murphy
23	B	09:00	Tom Duff	Shay Murrán	Angela McCracken
	C	11:00	John Furey	Colette Dorgan	Fergal Mulloy
30	B	09:00	Mary Murray	Gaye Maguire	Dermot Murray
	C	11:00	Eugene Logan	Marion Goff	Noreen O'Brien
November					
6	B	09:00	Philip O'Neill	Marjorie O'Shee	Niall Humphreys
	C	11:00	Gerry Fogarty	Myles Duffy	Marie Comiskey
13	B	09:00	Joe Murray	Tom Murray	Barry Walsh
	C	11:00	Catherine Walsh	Dick Needham	Marlene Travers
20	A	09:00	Owen McKeown	Jane Sykes	Derek O'Neill
	C	11:00	Noreen O'Brien	Noel O'Reilly	Marie McKeown
27	B	09:00	Gaye Maguire	Mary Dillon	Josephine Cotter
	C	11:00	Eugene Logan	Kevin Moore	Colette Dorgan
December					
4	B	09:00	Paddy O'Duffy	Terry O'Brien	Joe Murray
	C	11:00	Marlene Travers	Roger Kirker	Patricia Duffy
11	Christmas Walks and Dinner in Wicklow Heather Restaurant				
	A	10:00	Monty Tinsley	Owen McKeown	John Murphy
	C	12:00	Eugene Logan	Mary Delany	Fred English
18	B	09:00	Gerry Fogarty	Karl Foley	Terry O'Brien
	C	11:00	Fergal Mulloy	Noel O'Reilly	Maura Byrne

*The A walk on 18 September (led by Brendan Bracken) will be an away walk to the Cooley Mountains.

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