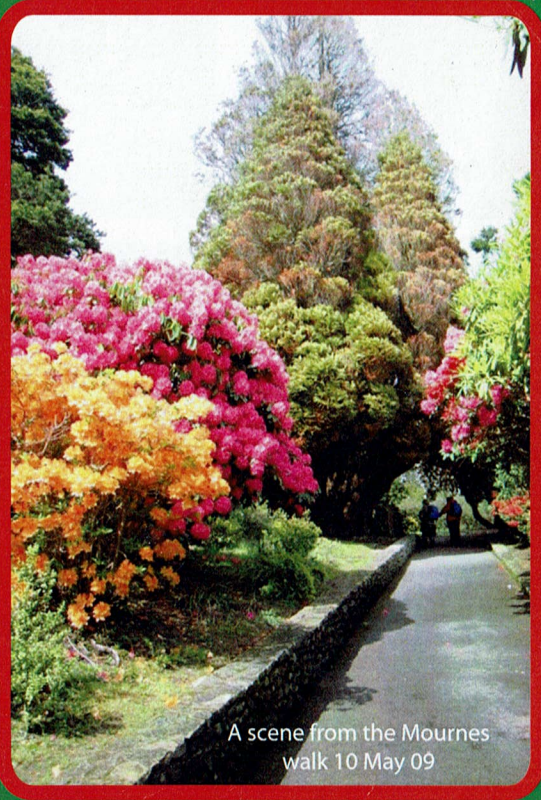


August 2009 - Issue 39

IRISH Trekker



A scene from the Mourne
walk 10 May 09

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

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Produced By
The Trekkers Mounatineering Club
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Condolences

Members extend their sincere sympathies to Gerry Fogarty and Gaye Maguire on the death of their beloved Hilary in Australia.

Members also extend their sincere sympathies to Brendan Bracken on the death of his brother Michael in South Africa.

Welcome New Members

Trekkers welcome the following new members to the club:

Jane Sykes and Aidene Duff

Annual General Meeting

For your diary, please note that the Club's annual general meeting will be held on Monday 12 October 2009, at the Dun Laoghaire Club.

Congratulations to:

Owen McKeown on reaching the top of Mont Blanc (c 5000m) on 4 July 2009.

Dick Ryan on receiving an Ambassadorial Commendation from the Japanese Embassy for his contribution towards the development of Irish / Japanese relationships.

Monty and Evelyn Tinsley on the birth of a grandson Cormac, and to Bob Curran also on the birth of a grandson Patrick.

Mike and Maeve Sims who under a VSO scheme are going to China for at least a year. No doubt they will send us back regular reports and particularly if they set up an ex-Pats Trekking Club!!

Acknowledgements

I would like to extend my sincere thanks to fellow trekkers for their contributions to this issue of the Irish Trekker. I would especially like to thank those who contributed articles: Noreen O'Brien, Shay Murrin, Niall Humphries, Sheila Cantwell & Catherine Walsh, and Marelene Travers & Terry O'Brien and , and Paddy O'Duffy who agreed to be interviewed. Those who contributed photographs: Paddy O'Duffy our chief photographer and archivist, Owen McKeown, Theresa Murphy, Myles Duffy and Noel O'Reilly. I would also like to thank the other members of the Committee for their contributions.

Finally, I would like to thank once again Ms Caoimhe Mulhall for her design work on this issue.
T.Duff

Good wishes

Our Chairman Monty, on behalf of members, has sent the best wishes of the Club to Shaun Trant the founder and first chairman of Trekkers for a speedy recovery. It is worth recording here the ethos of the club as articulated by Shaun and printed in Trekker issue 19 (August 2002):

- ▶ A genuine appreciation of all aspects of our wide-open spaces
- ▶ Maintenance of a reasonable level of physical and mental fitness
- ▶ An enduring concern for the needs of other members of the group
- ▶ An avoidance of elite groups in the club
- ▶ An acceptance of both sides of the leadership role: leading and being led.

Also, we would all wish to extend our best wishes for a speedy recovery to Pearse Connolly and Derry O'Hegarty who have been in hospital recently.

Trekker Notes

Walks programme from May to end of August 2009

Some twenty-three planned walks were held in the period from May to the end of August 2009. Up to three hundred members and guests took part in these walks. In addition, as was reported in Trekker 38, two away trips were organised – one to the Mournes on 8 to 10 May and the second to the Picos de Europa in northern Spain from 23 to 30 August. Twenty-two members participated in the trip to the Mournes where A+, B and C walks were organised over the two days. Thirteen members will make the trip to the Picos where A and B walks have been organised. Well done to Gaye Maguire, Monty Tinsley and Brendan Bracken for organising these trips. Monty has also organised and will lead a group of twenty-six Trekkers to the Twelve Pins area of Connemara from 6 to 11 September.

First-aid course

The first aid course organised by Marie McKeown was held on 20 June 2009 at the Dun Laoghaire Club: twelve Trekkers attended. There was a good representation across the three walking levels so “you are all in safe hands now”. Darragh a fully qualified Red Cross Volunteer gave the course and he was very competent and easy to understand. He covered all the basics including CPR (Cardio Pulmonary Resuscitation), Bleeding and Fractures. For the CPR we practised on two plastic mannequins and they responded perfectly!! I hope it is as successful if we ever have to use it for real. I was able to partake in all aspects of the course except bandaging as I was in plaster myself having sustained a broken wrist on my walking holiday. I was delighted to learn that the aim in first aid is to preserve life, prevent further injury, promote recovery and send for professional help if necessary, and not to perform open-heart surgery with a pen knife in the driving rain on the side of Lugnaquilla! Now all we have to do is to study our notes to hone our newly acquired skills to be ready to help if needed. Thanks Marie for the opportunity to attend.

Noreen O'Brien

Navigation Exercises

As a follow-up to recent articles in the Trekker magazine the Committee is planning to arrange a number of navigational exercises for members during the autumn. These will likely include map and compass reading as well as GPS and will incorporate both theoretical/classroom and practical exercises.

Trekker Committee

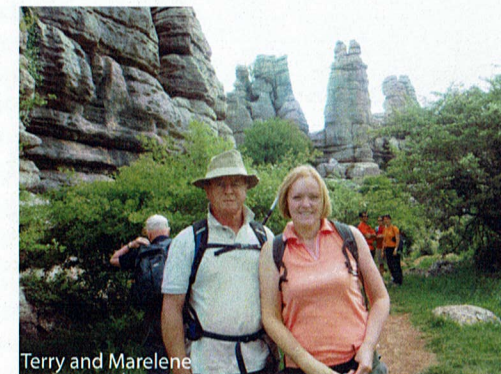
Gerry Fogarty has kindly agreed to be coopted to the Committee and will fill the role of Secretary.

Walking Trip to Andalucia

By Marelene Travers & Terry O'Brien

On 13 May 2009 five intrepid walkers from the Trekkers (Marion and Kevin Beegan, Marelene Travers, Noreen and Terry O'Brien) set off from Bellevue at 4.30 am to catch a flight to Malaga for a week's walking / sightseeing in Andalucia, a package holiday from The Travel Department. We had been on two of these previously to Lake Garda and Tuscany and both had been very successful. In all there were over 50 people on the trip and we met up with three people who had been on the previous holidays.

Our plane landed pretty well on schedule around midday and after a pleasant one and a half hour coach trip through mile after mile of olive trees we arrived at our destination, a medium-sized town called Cabra about midway between Granada and Cordoba. Cabra is Spanish for goat and we saw plenty of evidence of herds of these in the following days; it even has its own hospital which came in very handy as you will see later on!! There was very little evidence of tourism in the town and we seemed to be the only holidaymakers around; also, there was little or no English spoken.



Terry and Marelene

As the main attraction of this holiday was walking we will quickly describe the sightseeing trips. Firstly, we went to Cordoba home of the fantastic mosque (Mezquita) which is a beautiful and large but low structure completed prior to 1200 AD; along came King Ferdinand around 1250 AD and built a huge and overbearing Christian cathedral within the mosque. The second trip was to the city of Granada to view the Alhambra, a Moorish palace constructed during the 14th century; our guide's commentary was frequently enhanced by Noreen and Terry who visited this on their honeymoon a long long time ago! Both trips are definitely worthwhile.



Our first walk was to the Sierra Subbeticas National park located a few miles from Cabra. The walk was about 10 -12 kms on a track through a canyon with limestone formations on both sides; it was a beautiful and quiet place, meeting only a handful of other walkers. We finished in a really beautiful small town called Zuheros where we had a welcome drink (or two). During the trip we all heard our first cuckoo of the year who continued cuckoo-ing constantly for at least an hour and we all agreed that we had heard enough for this year anyway! there were also many vultures and eagles soaring overhead. Unfortunately, we had a casualty,

a lady called Gwen, fell on a level track and broke her knee-cap and was treated in the aforementioned hospital and unfortunately was confined to the hotel for the remainder of the holiday; she had to be stretchered (see above photo) out by four firemen who abseiled into the gorge!

Our second walk was in the same general area, a bit longer, with about half in very pleasant open countryside and the remainder following much the same route as the first and again finishing in

Zuheros but in a different pub!. Unfortunately, we had our second casualty when our good friend Noreen slipped and broke her right wrist. Again, this was x-rayed and 'plastered' in the local hospital and this meant that she was to miss the final walk, but she did make it to Granada.



Our final walk was located about 100 kms south near to the town of Antequera in a place called El Torcal, a mountainous area of limestone very similar to the Burren but much more dramatic. The walk itself was on a meandering path through the rugged area with limestone columns all around and lots of wild goats to be seen. This area was fairly commercialised with a large number of school kids on various field / nature trips who were much more interested on practicing their English with our group. There is also a visitor centre with the usual video show, shop, etc.

The hotel, located about 2 kms from the town, was very well 'appointed' with a good swimming pool, a nice bar with very friendly staff and cheap drink. We also discovered a little 'sheebeen' (aptly named by Kevin) close to the hotel selling even cheaper drink and we had a good sing-song, etc on the final night. The food in the hotel was just ok. Our experience of the Spanish health system was very favourable; Noreen's wrist was sorted out in about one and a half hours and all free including medication (luckily we had E111).

A major complaint was the organisation of the walks. These were supposed to have been graded A, B and C as we are used to and as was done on our previous walks to Lake Garda and Tuscany; for various reasons, the guides would not break up the group which naturally became strewn out over at least a kilometre on the walks and this was very unsatisfactory and was a major complaint by many in the group. We would endeavour to get assurances on this before going on a similar holiday in future*.

All in all it was a very enjoyable week apart from the two accidents. The walks themselves were about C to B- grade but a bit tricky in places with some moderate climbs and set around 1000 metres high. The weather was excellent and not too humid while walking, made all the better in the knowledge that the weather in Ireland was dreadful at the time!

**The Travel Department has acknowledged that there were problems on the holiday and that it was not up to the usual high standard. They have issued a voucher for 100 euro towards the next holiday to everyone who wrote a complaint.*

Guidelines for Walk Leaders

By Shay Murrán

Previous issues of the Trekker magazine have addressed guidelines for walk leaders and it is appropriate to remind existing as well as new members of some safety guidelines and related matters. The traditional method for the selection of walk leaders is that the walks coordinator selects the walk leader and assistants based on their experience. The following points are merely for guidance and are not prescriptive or exclusive.

- Navigation** It is desirable that all walk leaders have navigational skills and are capable of dealing with difficult or changing situations on the mountains particularly in bad weather
- Route** The route should be selected to suit the category of walk. Attention should be paid to the following:
a) Distance involved; b) Amount of climbing; c) Special difficulties, e. g. rivers; d) Time required for the walk
- Daylight** Pay close attention to the amount of daylight available. Avoid the dangers of getting caught out on an open mountain after dark.
- Group** Keep the group together, taking into consideration the various strengths of individuals. Agree on an asst. leader to act as a sweeper. The leader should always be in front leading the group.
- Rivers** Beware of rivers that must be crossed. A stream can become a torrent after a short spell of heavy rain. Plan a crossing route and inform the entire group of your thoughts.
- Whistle** The leader and the sweeper should carry a whistle. Do not hesitate to use it in order to keep the group together.
- Steep Ground** Exercise caution when climbing or descending over steep ground. The leader should recommend procedures to less experienced walkers.
- Route** Leave notice of the route and map showing the route marked (an A4 sized photocopy of the relevant section of the map is easiest) with a responsible person at home. A copy should be given to the bus driver/s, as they will be the first people to know that we are late at our final destination. We already give the bus drivers an ETA (for collection purposes). We should also give an ETA for our arriving home.
- Weather** Check the weather forecast and judge how it will affect the walk. In winter months especially, if possible, look/listen to the forecast on Friday or Saturday.
- Position / Direction** Involve other members of the group as the need arises to check your position and direction.



Escape Route

In winter months especially, it is important that an escape route is planned for in case the weather on the mountain is severe or some other problem/emergency arises. The leaders will make that decision and the group must abide by it without dissent. The group cannot split under any circumstances. The leader should not hesitate, if they so wish, to ask for advice in this matter from the more experienced members of the group on the day.

Equipment

If possible the group should have essential equipment on each walk i.e. mobile phone, bivui bag, torch and whistle.

Emergency

In the event of an emergency where outside assistance is required we use the following procedures:

1. Dial 999 /112; ask for **AMBULANCE, MOUNTAIN RESCUE.**
2. **6 Blasts of a whistle Or 6 Flashes of a torch**
Repeated with one minute intervals.
3. **Where it is necessary to send for help it is advisable that three people should go in case the party going for assistance encounter difficulties.**

Snow or Icy Conditions

The walk leader should caution when walking in snow covered ground or ground which is covered with ice/slush.

Levels of Fitness

The walk leader may have to develop different strategies to cope with the varying levels of fitness within the group.

Walking apparel

The leader should check that all members of the group are dressed in suitable walking apparel to suit the conditions. Appropriate action should be taken if a member or guest turns up unsuitably dressed.

Enjoyment

It should be remembered that the walk is intended to be enjoyable and not an endurance test and should not become dangerous.

Use of Guides

The use of guides on walks in Ireland and overseas is important and can be vital to safe and enjoyable walking. However a walk leader should always be appointed to oversee the safety, enjoyment and overall well being of the group. Assuming that the guide is the natural leader may be a mistake.

First Aid

It is desirable that the leader or some member of the group has attended first aid courses. Members should be encouraged to partake in the first aid training organised and subsidized by the club.



And the Winner Is ...

By Niall Humphries

For the first Trekkers' walk I was to lead, on 6/6/09, I took an easy way out: the second leg of the Wicklow Way from Crone Wood to Roundwood. Signed all the way and detailed on the map (except the final stretch from the Wicklow Way to Roundwood, which is both unsigned and different from what is shown on the map); no danger of getting lost as long as we kept our eye out for the pesky little posts with the directing arrows. Magnificent views of Powerscourt Waterfall, Roundwood lakes, mountains stretching to Kippure, Djouce, Lough Tay, Lough Dan and finally a lovely meadow walk down to the road to Roundwood.

It started well. Terry & I did the recce on Tuesday. The weather was beautiful. Sun-drenched walkers passed with waves and greetings, or lay out on the grass. The only worry was whether we had brought enough water or that we might overstay our lunch break seduced by unaccustomed warmth. Loads of sun cream!

Different story on Saturday. The first hour was not too bad. We stopped for a banana break at the bridge above Powerscourt waterfall; two mountain bikers incredibly cycled down the slope on one side and then up the other as we rested, the angles they climbed seemed to be at least 45°. As we resumed the weather changed utterly. A bitterly cold east wind blew up (fortunately behind us); mist descended which turned into heavy rain, quickly testing our rain gear; the cold was winter returned. At the junction for the peak of Djouce the mountain was invisible. On the board walk we trudged steadily, stopping would only let the cold penetrate. Still I felt I had better stop to check that all were there. I could only see seven – the mist filling any opening gap. After a few moments Paddy, sweeping, appeared, or at least his distinctive red jacket did. Eight: still one short. As he came

closer another figure emerged in front of him, indistinguishable up to that point. Nine, we could set off again.

And so it went, wetter and wetter, colder and colder.

Getting to Lough Tay we stopped for lunch. The forest there should give good shelter. Unfortunately many of the trees have been felled leaving too much space between those that remain so that no real cover survives. At this point, as a good leader, I, of course, asked if everyone was happy (!) with how the walk was progressing. Unfortunately I didn't; I had no other thought but to press on and probably get to Roundwood early.

Fortunately others began to express disquiet. Soggy socks, icy bones, unrelenting misery surfaced and sought redress. Some suggested we call up the cavalry. By good luck we were about to cross the Roundwood-Sallygap road; Gerry had told us he could bring the bus at any time that afternoon. More than happy to lead from behind I confirmed unanimity and Paddy did Trojan directional work with Gerry to meet us on the road.

An abandoned walk – rare for the Trekkers, and nothing hurt but our pride (and not much evidence of that either!).

Lessons? – Safety first of course. Be aware of how people are coping. Be prepared to abandon a walk if necessary. Don't be fooled by a week of grand weather – have gear for Winter unless absolutely sure. Keep close (and have a whistle), if visibility is poor. If possible have an option for abandoning the walk early – serendipity provided one here, but it was not planned. And why is our raingear nearly always dark?

Winners? 'The Great Out Doors'! – Great upgrading of walking gear.

Memorial Walks and Memorial Stone

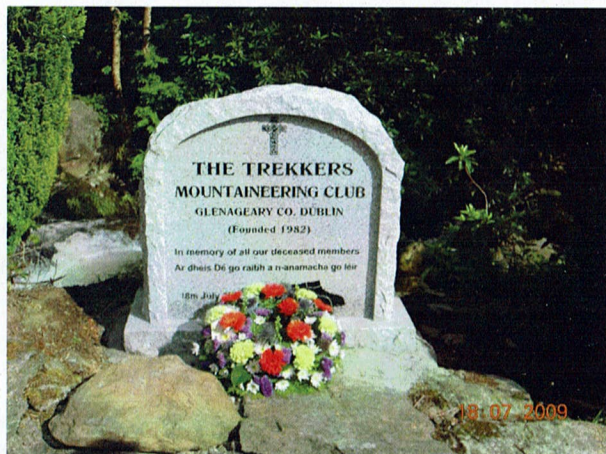
The annual memorial walks commemorating deceased members of the Club took place on 18 July 2009. A and C walks organised by leaders Paddy O'Duffy and Dick Needham respectively with some 34 members taking part concluded at Glenmalure.

At the conclusion of the walks the club chairman, Monty Tinsley, invited members of Trekkers and the relatives and friends of deceased members into the newly landscaped gardens at Glenmalure Lodge Hotel. Monty explained that the Committee had decided to enhance the ceremony Mary Murray and her team organised last year in terms of establishing a memorial to all deceased members at the location where the Trekkers have such great memories over the past 20 years. He went on to say that the Dowling family, who own the premises, were receptive and enthusiastic about the concept, noting that local labour was used throughout including the supplying and carving the Wicklow granite stone itself.

In the first of a two part ceremony Monty invited Paddy O'Duffy, the senior member of the Club, to unveil the memorial. In the second part of the ceremony Monty read out the names of the deceased members and briefly outlined their contributions to the Club during their membership:

JOE ENGLISH	1993 - 1995
JACK LANGAN	1982 - 2001
CHARLIE RYAN	1983 - 2004
ERIC LINDSTROM	2003 - 2005
KIERAN TRANT	1983 - 2008
GEORGE BARRY	1999 - 2008

Following a few moments of reflection for the deceased members Monty invited Fred English, Joe's brother, to lay a wreath at the memorial on behalf of the club. The ceremony was concluded with the Lord's Prayer.



The Mournes

By Sheila Cantwell & Catherine Walsh

On the 8th May nineteen trekkers set off for the Burrendale Hotel in Newcastle, Co. Down for a weekend of hill walking. The journey up took some of us longer than others as a wrong turn at a roundabout resulted in a lap and a half of downtown Newry, in rush hour traffic and pouring rain before hitting the right road for Newcastle! Definitely not recommended! However the sun then came out to enhance our enjoyment of the lovely countryside we travelled through to reach our destination. The weather over the weekend continued to tease us with a mixture of heavy rain, mountain mist and beautiful sunshine.



We all met up then for dinner and a glass of vino which got us in form for planning the following days' walks!

On Saturday morning the A walkers set off with their guide, Marty, into the mist and rain for a days' trek on the Mournes. The trek commenced at the Silent Valley. Having skirted the base of the Doan Mountain and crossed the Mill River they took their lunch break at the Ben Crom Reservoir. The trek then climbed steeply for six miles towards the North Tor as they headed for Slieve Binnian. They then followed the Mourne Wall route back to base.

They returned late that evening in a state of exhaustion and exhilaration at having managed to keep up with Marty's tough pace on an arduous circuit of the Silent Valley.

Monty shepherded the C walkers along the Mourne walk. First, we viewed the Spelga Dam in the rain. We then trekked through Chullion Wood and on to Hares Gap. Along the way we met many other trekkers who were taking part in a Mountain challenge for charity, as they were speeding along the mountain tracks, Paddy looked for an invitation to join them on the abseiling, but they declined his offer! The Challenge also included Archery, again not our strong point! The weather took up beautifully for our lunch break and continued to beam on us for the afternoon. Our trek took us along by the waterfall at 'Maria's bridge' and on to Parnell's bridge to a delightful wooded area with a carpet of bluebells which allowed plenty of Kodak moments. We completed the trek in Tollymore Forest Park via the Rhododendron Walk which featured a variety of vibrant colours and many exotic shrubs.

On Sunday morning the A and Cs joined together with our guide Marty who took us on a stony trek up to the Mourne Wall with some beautiful views of the Mourne mountains and valleys. Definitely worth the climb.

Regretfully we took our leave of the Mournes, having thoroughly enjoyed our weekend which was superbly organised by Monty even down to lunch waiting for us in the foyer to take with us on the walks. Thank you to Monty and to Gaye who did trojan organisation, but, unfortunately could not be with us due to a family bereavement. We wish her well and look forward to her return to the Trekkers.

Trekker Profile: Paddy O'Duffy

This article re-activates the practice in our magazine of interviewing some long-standing members of Trekkers on their experiences within the club. The editor would like to thank Paddy most sincerely for agreeing to the interview. The article is presented as a conversation through a series of questions to Paddy.

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

In November 1982, Shaun Trant set up a walking group informally. Jack Langan, Terry O'Brien & Ronnie O'Sullivan also went on the first walk to Maulin & Djouce. Charlie Ryan & I joined the group on their third walk in February 1983. In the early years, most of the group had sons in Sandycove Sea Scouts, which Shaun also set up in 1972.

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

My time in the Trekkers is full of memories, mainly happy ones. For me, the most significant highlights were –

- Our first away trip in 1985, when Shaun, Bill Hannon, Kieran Trant, Charlie & I climbed Mweelrea & Croagh Patrick in County Mayo,
- Our 4-day trip to County Kerry in 1991, when 10 of us (including Shaun, Kieran & Fergal Trant) climbed Mangerton, Carrauntuohil & Mount Brandon,
- For the first 11 years, Shaun did all the work in running the group. If he had quit at any stage up to 1993, the group would not have survived,
- Setting up our group on a formal basis in 1995 – (a) joining Mountaineering Ireland which obliged us to admit females in our group – a wise move!, (b) setting up a 5-person committee to carry out the day-to-day running of the group, while not allowing any member to hold a particular office for more than 3 consecutive years,
- In 1996, agreeing to have C walks (after my

proposal to introduce C walks was rejected out of hand at our first AGM in 1995),

- Our week-end trip to Wales in 1997 (organised by Dick Needham) when we climbed Snowdon,
- Kevin Beegan's serious ankle injury in November 1997,
- Eric Lindstrom's sudden death in May 2005 while he was doing a recce of a walk to Lug on our behalf,
- In October 2005, the new committee of 5 included the group's first female Chairperson (Mary Murray), Ita Lawton & Breda O'Hara. Equality rules OK.
- Climbing the last few hundred metres to the top of Ben Nevis with Eileen Gallagher in 2006 when I was almost "on my last legs",
- Pearse Connolly, Gilbert Little, Owen McKeown, John Murphy & Tom Murray climbing a fair bit of the way up Mont Blanc in 2007. Bill Hannon climbed to the top of this challenging mountain in the mid-1990s and Owen McKeown followed in his footsteps on 4 July 2009.
- Having a few drinks, savouries and a bit of craic in the setting sun on the terrace at Via Salina – Hotel am See in the Tannheimer Valley (Austrian Tyrol) in 2008.

What was the greatest lesson you learned while walking with the Trekkers?

There is no need to be alarmist, but the leader of a walk must be particularly vigilant

about the safety of the group. This reinforces the need to maintain high standards of navigational skills and first-aid training in our club.

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

During my first year in the club, I was a bit casual about going on walks. I then realised that the club was a lot more than just a functional hillwalking club. I liked the banter, the friendly arguments on wide-ranging topics, being impatient with bull-shit, treating matters-of-State in a light-hearted way, the friendship in good and bad weather, and the spin-off of a bit of exercise. I developed a better appreciation of the scenic beauty of our Irish hills. Since then, I try to go on every walk unless I have a good reason for not going on the walk. I particularly enjoy the away-trips, whether they be for a few days in Ireland or abroad or the day-long trips to the Cooleys or Mount Leinster (which Brendan Bracken initiated in recent years).

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

The close friendships that Maria & I have formed with other members. As a result, Trekkers enjoy some of the good things in life even more. We also try to help each other "when the going gets tough". Traditionally, the Trekkers has been a very tolerant and supportive club.

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

Not really. I have always strongly supported our committees, which do the donkey work and ensure that the group operates smoothly in a flexible way. I am glad that we are not overly legalistic in running the group, which is essentially a fun club. While catering for A, B, C and A+ walks is desirable, it is important that, within each grade, we maintain the practice of not promoting a competitive spirit. As time goes on, I respect more and more the energy, skill and enthusiasm of our more youthful members. I think that the club's structure is sound and well capable of coping with the odd hiccup which may arise from time to time.

Do you have a favourite brand/type of gear for walking?

On Bill Hannon's advice, I got Meindl boots in The Great Outdoors in recent years – the staff are well trained. My main jacket has some Gortex. Apart from these two items, I haven't any preference for particular brands.

Have you any advice for newer members of the Trekkers?

Never forget that most of us joined the Trekkers for a few simple reasons – to go on a walk, enjoy the scenery and the company, have a bit of exercise, and have fun. We try to keep our few main "rules" simple – be punctual, remember that the leader of a walk sets the pace and generally "calls the shots" during the walk, stay behind the leader, and the sweeper is also an important part of the arrangements in the interest of safety. If you want to join the Trekkers to do some networking, forget our group and join another group.

Finally, may I say that I am deeply indebted to our founder, Shaun Trant, for his sound leadership and tireless energy during the formative stage of the club. My thanks also to Trekkers generally for their warm friendship since 1983.



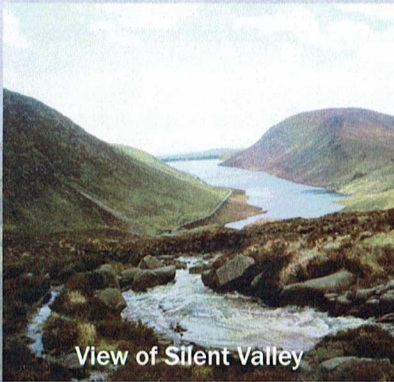
Photo Gallery



Group in Woodenbridge area
18 April 2009



Looking over the Rainbow from Slieve Binnian
9 May 2009



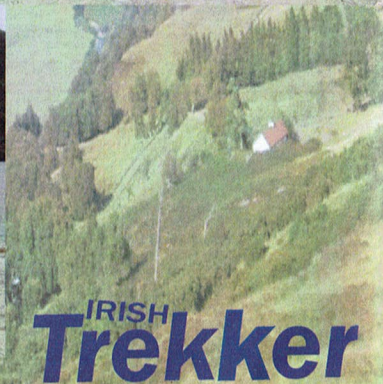
View of Silent Valley



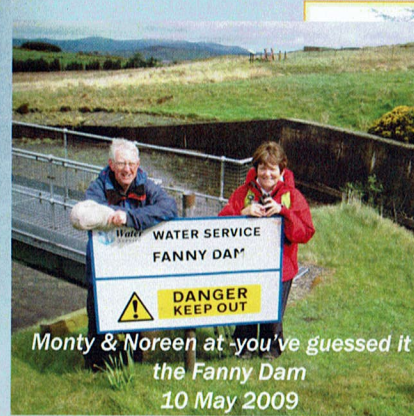
Pearse leads walk near Powerscourt
22 April 2009



Group at Ben Crom Reservoir
9 May 2009



IRISH
Trekker



Monty & Noreen at -you've guessed it -
the Fanny Dam
10 May 2009



Lunch break on C walk
Trekking from Balinderry to Laragh
near Clara church
2 May 2009



Wading through the water on way to Woodenbridge
18 April 2009



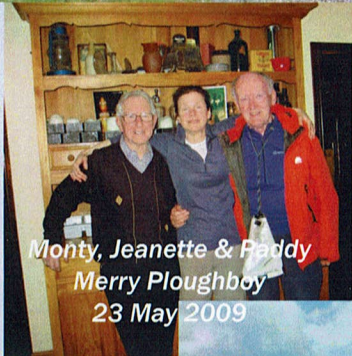
Group on Mourne
10 May 2009



Photographer being photographed
Croghan Kinsella
18 April 2009



Group at Bohernabreena Waterworks
23 May 2009



Monty, Jeanette & Paddy
Merry Ploughboy
23 May 2009



Paddy sharing a
good joke with Ita
near Wicklow Gap
13 June 2009



Monty's Group near Glendalough
25 July 2009



Commemorating deceased Trekkers and unveiling memorial stone
Glenmalur Lodge 18 July 2009

Programme of walks - 5/09/09 to 26/12/09

Date	Grade	Start	First Leader	Second Leader	Third Leader
September					
5	B	09:00	John Murphy	Shay Murran	Claire Flahavan
	C	11:00	Roger Kirker	Myles Duffy	Marie Comiskey
12	A	09:00	Philip O'Neill	Tom Murray	Conor Stephens
	C	11:00	Dick Needham	Noel O'Reilly	Trish Duffy
19	B	09:00	Mary Murray	Paddy O'Duffy	Mary Dillon
26	B	09:00	Monty Tinsley	Tom Duff	Cliona Carey
	C	11:00	Eugene Logan	Ann Little	Cindy Mangan
October					
43	B	09:00	Brian Brennan	Bob Curran	Eudie Power
	C	11:00	Freddie English	Mary Delaney	Kevin Beegan
10	BY	09:00	Judith Poynton	Sorcha Ryan	Maeliosa Ryan
17	A+	09:00	Brendan Bracken	Gilbert Little	Dermot Murray
	C	11:00	Liam Walsh	Shella Cantwell	Sandra Murphy
24	B	09:00	Derek O'Neill	Eileen Gallagher	Majorie O'Shee
	C	11:00	Kevin Beegan	Marian Goff	Dick Ryan
31	B	09:00	Roger Kirker	Monty Tinsley	Angela McCracken
	C	11:00	Eugene Logan	Teresa Casey	Evelyn Tinsley
November					
7	A	09:00	Gilbert Little	Tom Duff	Ita Lawton
	C	11:00	John Furey	Colette Dorgan	Theresa Murphy
14	B	09:00	Monty Tinsley	Shay Murran	Terry O'Brien
21	B	09:00	Paddy O'Duffy	Brian Brennan	Pearse Connolly
	C	11:00	Noel O'Reilly	Liam Walsh	Noreen O'Brien
28	B	09:00	John Murphy	Richelle Crowley	Josephine Cotter
	C	11:00	Eugene Logan	Maura Byrne	Marlene Travers
December					
5	A	09:00	Owen McKeown	Niall Humphreys	Mary Murray
	C	11:00	Kevin Moore	John Furey	Marie McKeown
12	B	10:00	Ita Lawton	Tom Duff	Claire Flahavan
	C	12:00	Eugene Logan	Freddie English	Catherine Minogue
 Christmas walks and dinner in the Wicklow Heather in Laragh					
19	B	11:00	Shay Murran	Eileen Gallagher	Michael Cotter
26	NO WALK				

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