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IN THIS ISSUE

- •1000 Walks Later
- Ambling the Auvergne
- See the

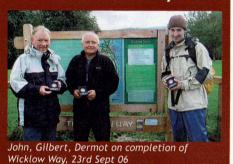
Kis for Kilimanjaro & Kitzbühel

Find out more inside!

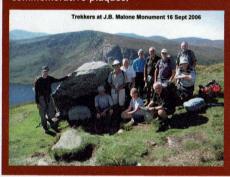
View from Col de Rombiere, Auvergne

The Trekkers Mountaineering Club GLENAGEARY, CO. DUBLIN http://homepage.eircom.net/-trekkers

September was "WWW" -Walk the Wicklow Way Month



Many enthusiastic members traversed sections of the way during the month of September, thanks to the organisational skills of Pearse Connolly. The walks were held to co-incide with the 25th anniversary of the official opening of the "Way". Three hardy Trekkers tramped the entire 132 km, and were rewarded at journey's end with commemorative plaques.



Welcome New Members

We extend a very warm welcome
Trekker-Style to new members:
Mary Cole, Conor Crowley, Tom Duff
Myles Duffy, Hugh Harkin, Ann Vogel,
Niall Humphreys, Olly O'Neill.
May you enjoy many happy miles
Trekking with us.

Welcome back

Noel O'Reilly has rejoined. Welcome back.

BUS FARES

The use of buses in the club provides great flexibility, allowing us us to be dropped off at point A and picked up at point B. It is an arrangement that has stood the test of time, and we are very happy with it. We know we are lucky to have such reliable and obliging drivers!

The bus fare is currently €15 per passenger, so the break-even number for a bus is 13 passengers. A minimum of 10 is needed for a walk before ordering a bus (or 23 for 2 buses). This is something of a balancing act - ideally we would love 16 hikers for every walk, but not 17. With this in mind, the Committee asks that where people cancel their booking after Wednesday morning, i.e. after their place is secured on the bus, they would consider paying their bus fare either to the Walk Leader or to any of the Committee. If another walker is available to fill the cancelled place, this may not be applicable, providing the break-even target is met.

Tony Graham, R.I.P.

In September, Tony Graham unexpectedly passed away following a short illness. The Trekkers have had a long association with Tony's Bus Company, and would like to extend our heartfelt condolences to his family, and to record our appreciation of the excellent service he provided over many years. Ar dheis Dé go raibh a anam dilis.



Produced by The Trekkers Mountaineering Club, Glenageary, Co. Dublin http://homepage.eircom.net/~trekkers

LAST SPOTTED ON BEN NEVIS, "our Breda" sends us a note from Germany

Dear Trekkers,

Greetings from Munich! I've been very remiss at keeping in touch, but, with new resolutions made for 2007, there's hope for improvement!

I am thoroughly enjoying life over here, even if I am not getting to the mountains as often as I had anticipated - there are too many other distractions!

Munich itself is a beautiful city. With a population of 1.3 million, it's approximately the same size as Dublin, but the contrast in infrastructure is quite marked: I have a choice of tram, underground, bus or bike lane - real ones! - to take me wherever I need to get to.

The bike lanes are just so inviting I went out and bought a bike early in the summer. I put it to great use in the city, and on longer cycles along Munich's alpine-fed river, the Isar. Next summer, Pegasus-like, my bike and I will take wings and head further afield towards the Bavarian lakes, to the ubiquituous bike trails there.

Of course, I haven't completely abandoned the mountains! I had some lovely hikes in early springtime in the Bavarian Alps. These are lower in general than the main Alps but the highest point, the "Zugspitze", is still a very respectable 2,960m.

My first hike was in the area of Oberammergau, the home of the 10-yearly Passion Play, and I was quite simply agog with the abundance and variety of wildflowers in the valleys and alpine meadows. Flowers like the cowslip, which I don't remember seeing in Ireland for many years now, were in abundance. A cuckoo sang clearly and distinctly as I made my way towards a mountain hut for a well earned bowl of home-made soup.

That day, low clouds hung over the high peaks and I could make out very little above the level

of the hut. Since then I've seen those peaks in clearer weather, and even if if they're not the highest in the Alpine region, they are still most impressive. I've done other hikes in Bavaria and Austria in the summer (including a great walk led by Mary Murray in the Kitzbuhel area - it was so nice to meet and catch up on all the Trekker news!) but one of the most striking was a gorge walk in the Breitachklamm near the Austrian border in late September. The walkways and the 12 bridges in the gorge had been completely destroyed by the ferocious flooding in the summer of 2005, but they were quickly rebuilt even stronger than before, and with high overpasses that give stunning views up and down the gorge.

But now, the Christmas season is upon us. This means "Glühwein" (a sweet hot wine/port type of drink) will have to be drunk at the open-air Christmas markets and "Stollen" (a fruity type of bread/cake) and Christmas biscuits tasted. Life is tough, but, in true Trekker tradition, I will do my best not only to endure it, but to enjoy it!

So, wishing you all the very best for the New Year with a hearty "Prost" from Bavaria.

Breda

Nora Quinlan

1916-2006

Carmel, Eileen and Noreen, together with their families, thank you most sincerely for your kind expressions of sympathy in their bereavement. The Holy Sacrifice of the Mass has been offered for your intentions.

Eileen Gallagher 29/08/2006

To thank all in "The Trekkers" for their kindness

AMBLING THE AUVERGNE

"The Trekkers" at large in France (with Serge) for 6 Days

By Pearse Connolly

The 1st Day: Sunday 20th August.

Nine intrepid insomniacs met in Dublin Airport at the dizzy hour of 05:00. We were on our way to Tolouse on the 07:00 flight. We became ten strong in Tolouse, as Ita Lawton, already acclimatised and suntanned from her own forays into la Belle France, joined the merry band.

Three and a half hours later, by combination of minibus and taxi, we disembarked at Chazes. We were booked in at the lovely Hotel des Chazes, chosen by Brendan, our trip organiser, who could not be with us due to work commitments.

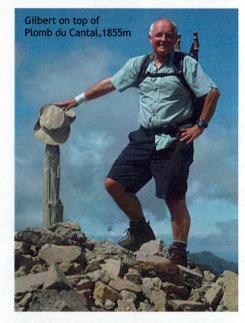
Chazes is located in the heart of the Auvergne's Volcano Park, which has a unique landscape of green pastures and volcano-formed mountains. Already situated at a height of 1,100 metres, the hotel facilitates walks in the region, directly from its own front door, as we were to discover over the next few days.

That day was a non-walking day, so following a late lunch we strolled about the very pleasant locality. That evenings' highlight was an exploration of the Hotels' wide and varied dinner menu.

The 2nd Day: Monday 21st August.

Under orders to assemble for a 09:00 start, we breakfasted early, and were introduced to Serge, our "guide-extraordinaire" for the next five days. The peak dominating our hotel, all 1690 metres of it, is named Pui Griou, and that was to be our target. Serge set off, leading us at a calm leisurely pace up wonderful woodland tracks. Whilst gaining height all the time, the climb seemed effortless, as we stopped here and there to admire the high plateaux, ridges, slopes and valleys surrounding us.

Lunch was early, and delicious. Serge took us to the top of the adjoining peak of Le Griouno (1453 metres) where we foraged in our lunch-boxes,



supplied by the Hotel. An added bonus and a novelty, was wine for us from Serge. (Walk Leaders please note!). An hour post-lunch we were atop Pui Griou, greatly buoyed by the breathtaking scenic views of the Cantal area. Descending from this height to our hotel was easy but tiring, and once back, we concentrated on the business of drinks all round. Everybody, especially the ladies, agreed Serge was a "wonderful" guide!. Day 2 was wound down over a lovely relaxing meal.

The 3rd Day: Tuesday 22nd August.

Another beautiful sunny day dawned, and another 09:00 start. We set off, following Serge, to climb Plomb du Cantal, which at 1855 metres is an impressive formidable climb. The route took us through lovely countryside under the Cable Car line from Super Lioran, alongside ski slopes, and on to lunch at Aiguillon, at a height of 1665 metres. After lunch, we had a steady climb up the ridge past Puy du Rocher, to the top of Plomb du Cantal. The effort was rewarded with stunning

views on all sides, as we mingled with throngs of Cable Car "climbers". Paddy (our "official" photographer), captured the spirit of achievement we all felt, before the long descent via Puy Brunet, Buron de Pranedag and Les Gardes.

With the pre-dinner drinks, a pattern was now fully established, and we wound down to another delicious meal.

The 4th Day: Wednesday 23rd August.

Apart from Gilbert and Mike, this was a non-walking day for the rest of us. We hired a minibus to take us to the lovely historic town of Murat, north-east of Les Chazes. Murat is a picturesque little town, with a walking trail around heritage sites, to scenic view points. The highlight of Murat was when Ita introduced us to a "Bouffadough". Every home should have one, expecially when barbecuing, and we trekkers bought six of them!

The minibus took us then to Saint Jaques de Blats, where lunch along the river in the shade gave a welcome respite from the hot sun. A walk to our hotel completed the afternoon, and guess what, more pre-dinner drinks, and another relaxing meal.

The 5th Day: Thursday 24th August.

Walking today started from the ski centre, so we were out of our hotel a little earlier than

usual. We climbed to the Teton de Venus, through swirling mist for most of the way, to the Puy Bataillouse at 1669 metres. We sheltered for lunch in a Buron (a stone building for cheesemaking and storing). In the afternoon, the mist cleared and we could view the magnificent panorama of the Jordanne Valley, one of France's longest valleys.

The usual pre-dinner drinks that evening were enhanced by John Murphy making a presentation to Serge, on behalf of all present.

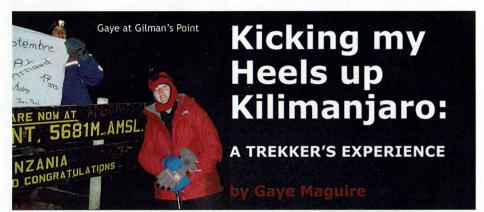
And naturally, regrettably, as this was our last evening, we did extra justice to another outstanding meal, with even more outstanding wine.

The 6th (and final) Day: Friday 25th August.

Coffee at 4:30 a.m. having been roused from our beds shortly after we fell into them. We were heading home, subdued, but having had a marvellous experience. We flew back from Toulouse; everything went smoothly and we were home by mid-day.

This really was a wonderful trip: thanks are mainly due to Brendan Bracken for his superb advance planning and organisation, and to John Murphy who took over as trip leader.





When people reach a certain age, they need to prove that they're still able to do the things they were able to do 20 years before, so when I hit 40 earlier this year, I figured that I'd set myself a challenge that I couldn't have done 20 years ago!

My long-time dream has been to climb Mount Kilimanjaro in Tanzania, Africa's highest mountain, and the highest free standing mountain in the world. To put it into perspective, the highest I ever climbed was Corran Tuathail at around 1,000 metres. Mount Kilimanjaro (or Kili, as I can now call it) is more than 6 times higher! To put it another way, if you fly from Kerry on Aer Arran, you flying at an altitude of around 5,500 metres, which is lower than Kili's highest point!

Peter and I started our climb in Moshi, Tanzania. We had booked a more difficult route, but owing to a mess-up in Nairobi, we ended up doing



Peter & Gaye at Marangu Gate

the easier (?) Marangu Route. Our little group consisted of Kirstie from Sydney, Sarah from London, and Peter and I. We all clicked straight away which was one of the most important aspects of the trek. A team of 12 supported us: Chief Guide, Assistant Guide, Chef, Waiter and 8 porters. "Bit over the top" I hear you say, but they all worked their sandals off to ensure our comfort and safety. Our guide, Elia does this trip about once every three weeks during their peak season, and his team was carefully selected. The entire team have been together for many years, and their professionalism and enthusiasm never faltered. We were their total focus for the 5 days of the trek, and we couldn't have achieved even half of what we did without them.

Day One was trekking through jungle where a variety of wildlife was to be seen - particularly Colobus monkeys. We arrived at Mandara Huts after a 4 hour trek (with packed lunch, which included bars of Cadbury's Dairy Milk!!). Each day started at 6.30a.m, and we left camp by 8 a.m.

On Day Two, we walked for about 6 hours to Horombu, at an altitude of 3,700 metres, and we all experienced tingly fingers and toes. Each day we walked farther and higher than the previous day.

On Day Three we hiked for 7 hours, and the weather got progressively worse as we headed to Base Camp, Kibo Hut, at an altitude of 4,700 metres. To keep out the worst of the sleet, I wore every layer I had brought with me. Base

Camp was undoubtedly the stinkiest place I've ever been to! The smell was on the air over 400 metres away! 460 eager climbers camped at Kibo Hut, along with their support teams.

We went to bed at 4.30 that afternoon, and were awoken at 11 p.m. with tea and biscuits. We began to ascend the final stretch of the mountain at midnight! We trekked just over 1,000 metres in the dark, with everyone wearing head-torches. Looking up ahead, all that was visible was a winding trail of starry lights! It was an amazing sight. By this stage, many climbers were vomiting, and suffering violent headaches, due to the lack of oxygen. Our torches ran out, frustratingly, after about 4 hours (we used 3 packs of batteries each!!).

We made it to the top of the mountain - Gilman's Point, after 5 and a half hours, in the pitch blackness, both suffering badly from altitude sickness.

My own original aim was to get to the Summit, Uruhu. Kili is like a saucer at the top, and the highest point on the ridge of the saucer is Uruhu, a further 1 and a half hours trek over, and the same again back. One guide was headed over there with his charges, the other began descending with Peter, who was really suffering badly from altitude sickness. So, blindly, (like any good wife!!), I followed my hubby! Logic

and rationale went out the window there, and I began to hallucinate. The hallucinations lasted for most of the 2 and a half hours of the descent, and continued intermittently afterwards. It was an unreal experience.

Of the 460 climbers, 60 turned back before reaching Gilman's Point. Of the 400 achievers, 80 made it to Uruhu and back to Gilman's Point.

I was pretty devastated for ages afterwards not to have reached my ultimate goal. While Ihad reached the top, it was not the highest point on the top, and it's something that I will always feel sad about. It's one of the few times in my life that I have set such a goal, and not succeeded. I'm only realising now how much I've learned from the experience.

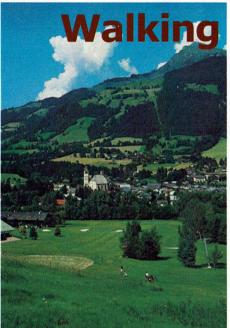
All in all, it was the most incredible 5 days ever. No showers, no hairwashes, and staying filthy for 5 days was an eye-opener. I enjoy my showers so much more since coming home.

We had lots of laughs, and enjoyed every minute of the trip (except when we were divorcing each other, but I still blame that on the altitude sickness!!).

I still can't believe that we've done it! It was definitely worth all the planning and fitness training that we endured for months before travelling.



Kilimanjaro first glimpse



Most people will probably tell you - and most of the time they'd be right - that a holiday really doesn't begin until you arrive at your hotel or villa or whatever, and you can drop your cumbersome suitcases, collapse into a chair, and let out a sigh of relief that you've managed to get to your destination in one piece. A holiday in Kitzbühel, it must be said, begins a little bit before that; to be more specific, it begins as you descend into Innsbruck airport, which is nestled rather surprisingly amid mountains of awe-inspiring scale, their rugged pinnacles flecked with the white of lingering snows. Passing through the airport itself is also a surprise - and an exceedingly welcome one at that - as it is small and ultra-efficient, rendering the whole experience completely painless.

We arrived in Kitzbühel in the early evening after a three-hour drive through a landscape of onion domes, torrential rivers and wooden houses bedecked with flowers. Kitzbühel is a fair-sized town sprawled about the ankles of two

Walking in Kitzbühel

By Dermot Murray

mountains, the Hahnenkamm and the somewhat higher Kitzbüheler Horn - both of which can of course be conquered on foot by those more stoic of individuals, but the option of the cable car also exists. Early on in the holiday we took this less toilsome option to the summit of the Kitzbüheler Horn, sharing a car with a team of lederhosen-clad gentlemen armed with tubas and similar brass instruments, and their mellow music gradually dwindled as we put distance between us and them, making our descent back down to the town. In terms of walking, one can of course do one's own thing, but in order to take full advantage of the surrounding mountains and pastures and forests, it's a good idea to join the walks which are organised by the local guides, and meeting in the morning at the Tourist Office. These walks are generally set at two levels, and sometimes involve travelling a little further afield by minibus. One of the more strenuous walks involved a sort of lap of the Kitzbüheler Horn, incorporating a gruelling climb in what was a relentless sun and a sometimes hair-raising ledge-walk with metal banisters attached to the mountain-side where the path strayed a little too close to the edge!

The town itself has real character, many of the building fronts are of ornately carved wood and lavishly painted, and of course everything is impeccably clean. It would also be fair to say that the people of Kitzbühel really know how to get their act together - in the time we were there (six days), there were three major events organised. These included a large-scale party put on by the local fire brigade, and which turned out to be a display of gluttony and general excess that went on till the small hours (I use the expression small hours, but by the time it was all finished, the hours weren't particularly small); there was a cycle race up the Kitzbüheler Horn,

the grassy slopes being mantled by a colourful crowd of people who had gathered to view the action; and there was a Harley Davidson convention - a huge stage had been erected near our hotel, though it must be said that these motorcycle-folk did not seem phased about shattering their macho image as they exhibited a fondness for drinking glasses of white wine.

But there is also an atmosphere of fun in Kitzbühel - we watched the semi-final of the World Cup in an Irish pub called Flannigan's, an event preceded by great hype and excitement. This match was

between Germany and Italy, and since these two nations are roughly equidistant from Kitzbühel, the town afterwards was polarised into two groups, with people enjoying alcohol either to complement the elation of celebration, or to drown out the feeling of bitter disappointment.

All in all, Kitzbühel has enough personality and variation for a superb holiday, but the walking should certainly be checked out - it's simply matchless.

Editor's Note: Dermot is also the author of the splendid article on the Trekkers' ascent of Ben Nevis, in the August edition, which omitted to name him as author.

See the Sites By Paddy O'Duffy I was asked to jot down some thoughts

I was asked to jot down some thoughts on hillwalking websites. Even though I confessed that I was "out of my depth" on this subject, I decided to pass on to you some of my superficial thoughts on these websites which may stimulate some interest. This is against the background that, at present, the Trekkers are part of an army of about 400,000 adults using developed recreational trails in Ireland on a regular basis.

http://homepage.eircom.net/~trekkers

The Trekkers website, which was planned initially and developed by Carol Behan, is now managed by Roger Kirker. If you have a friend who is interested in the Trekkers and wants to know about who we are, membership etc, this site will provide most of the answers. If, in the unlikely event, you have mislaid the current edition of The Trekker magazine, you can check the current Walks Programme on this site.

www.mountaineering.ie

This website is a source of authoritative information for the person who is involved to some extent in hillwalking in Ireland. If you want to find out about matters such as hillwalking training, safety and insurance, this site contains a mine of information. If you are disillusioned with The Trekkers (perish the thought) and want to join another Hillwalking

Club, this site will tell you how. You can also view a first-class submission made by MCI last December on the development of a National Countryside Recreation Strategy, including the thorny question of access to Irish hills.

Most of us will not be interested in information on "Advanced Alpine Training". On the other hand, many of us were debarred from taking part in this year's Irish Women's Climbing Meet which was due to take place on 2-5 June 2006 in the Mourne Mountains - the Equality Authority, please copy!

www.walkireland.ie

This new site includes a selection of 24 day walks on the National Waymarked Way network in Ireland. For those who are a bit familiar with the map of The Wicklow Way, the information on this website is of little value if you want to know more about this route. At the same time, if you are travelling in certain other parts of the country, this site will be of some help in pointing you in the right direction about walks such as The Ballyhoura Way or The Dingle Way. Unfortunately, the Irish network of Waymarked Ways is still fairly limited for legal and other reasons. Details of further Ways are due to be published next year. The ISC is drafting a strategy on the development, management and

promotion of trails in Ireland.

Fáilte Éireann has also begun the process of identifying a new countrywide network of looped walking trails; in the first phase of this work, 14 selected loops (including Howth and Glencolumbkille) are now being promoted on on this site. This site is aimed mainly at the less-experienced hillwalker, but is a good start.

www.simonstewart.ie

This website contains descriptions and routes of long walks, comments by hillwalkers on their experience in climbing particular mountains, and maps. The overall concept of the site is sound but it will take some time before a wider range of desirable information is readily available in a more user-friendly way, particularly about specific routes.

Many of the comments are of limited practical value. However, it was a pity that I didn't visit this site before our walk up Knocknacloghogue on 4 March 2006. I agree with the following comments - "K is definitely one of Wicklow's under-rated hills. It's a tough slog through the heather to reach K on the left. The views from the summit down to Lough Dan are fabulous. I have descended from the cliffs south of the summit with difficulty by keeping to the right". Incidentally, many of the photographs on this site are of a very high quality (for a change). The site also contains links to a wide range of other useful sites such as http://mountainviews.ie

www.met.ie

Last but not least, this is a very helpful, practical site, particularly for walk leaders. When you get on to this site, you can get a short description of the weather forecast for to-day, tomorrow and the "3 day outlook" for the country as a whole. The forecast map on the top right hand corner can be varied to show the weather, wind, or temperature for different periods; for example, click "weather" and "tomorrow" to show the weather for tomorrow on the map. Click the right hand box "Rainfall Radar" to show the current

rainfall situation; then click "View this map as an animation" to check when / if rain is heading in the direction of your route.

At present, the site shows briefly that the weather forecast for to-day in County Wicklow is sunny with showers in the afternoon, a strong South West wind (45 km) with an average temperature of 8 degrees Celsius. Bringing a brolly wouldn't be much use!

Hopefully, this short article will whet your appetite to browse the internet to view these websites and other sites on hillwalking, one of our favourite pastimes.

Footprints To Milestones: 1000 WALKS LATER

By Monty Tinsley

Every journey begins with a single step. This age old proverb is very appropriate to the Trekkers Mountaineering Club. Little did Shaun Trant and his intrepid trio think on their first official walk in November 1982 that the 'merry band' would still be in existence in 2006 -- some 1000 walks later, and at least 10,000 miles of trekking.

As with a child, what is learnt in the first decade lays the foundation for its life, the Trekkers were very fortunate that Shaun gathered around himself a marvellous committee that set down guidelines of Good Practice that have stood the test of time.

For twenty-four years, the Trekkers have explored every corner of Ireland, and even made a few forays into Great Britain. This year, the current committee sent a party of Trekkers to France and they are planning an assault on the Alps (or part of them) in 2007. Individual Trekkers have even gone further afield in Central Europe and South America. So, our flag has been spread worldwide!!

We have now reached the 1000 walk milestone, a fair achievement from the first trek up Djouce and Maulin, and with the continued flow of committed and dedicated members, more historic milestones will be passed in the years to come.

Dublin Can Be Heaven etc....

By Dick Ryan and Helen Warinton

So you decided that for your 2006 holiday you were going to spend some money and go for guaranteed blue skies and crystal clear air? So, you went to somewhere exotic like Koh Samui in Thailand or to the Amalfi Coast in Italy? Well, I have news for you: you wasted your money! You should have stayed at home. It's official now: Dublin has bluer, brighter and clearer skies than either of the two places mentioned. Online travel agent, expedia.co.uk, called on the expertise of scientists from the National Physical Laboratory in the UK when it launched a quest to find the world's best blue sky.

- 1. Rio de Janeiro, Brazil
- 2. Bay of Islands, New Zealand
- 3. Ayers Rock, Australia
- 4. Denarau Island, Fiji
- 5. Cape Town, South Africa
- 6. Antananarivo, Madagascar
- 7. Karumba, The Maldives
- 8. Tokyo, Japan
- 9. Castell Dinas Bran, Wales
- 10. Long Beach, Los Angeles
- 11. St. Lucia, Caribbean
- 12. Dublin, Ireland
- 13. Marrakesh, Morocco
- 14. Juneau, Alaska
- 15. Phnom-Penh, Cambodia
- 16. Amalfi Coast, Italy
- 17. Koh Samui, Thailand
- 18. Edinburgh, Scotland
- 19. Giza, Egypt
- 20. Cornwall, England

Expedia Report: Top destinations for blue skies

Holidaymakers looking for the ideal patch of clear blue sky need look no further than Rio de Janeiro's statue of Christ of the Redeemer in Brazil.

The sky in Rio de Janeiro is the world's bluest, with Wales rated as the best place in Europe to take in a blue sky. The people of Rio also scored highly as some of the brightest in the mood tests that were undertaken, proving that blue skies can put you in a better frame of mind. Dublin was rated a cool 12th in the report.

Expedia.co.uk's World Best Blue Sky Report was compiled after 20 internationally renowned sky-scapes were pitted against each other in this innovative study.

The study was conducted by Anya Hohnbaum, who set off on a 64,000 mile, 72-day mission, visiting 20 destinations in 20 countries in 2006. The destinations were short-listed after thousands of people cast their votes on the dedicated World's Best Blue Sky website www.let-yourself-go.co.uk, dictating the final 20 places on Anya's itinerary. Her commentary on Dublin makes for very pleasant reading.

Each sky-scape that she visited was subjected to a series of tests to ensure that they were fairly and independently judged against one another in one of the first research projects of its kind. On the day of testing, the results from Brazil indicated that the South American destination scattered the most light from the sky and the hue of the sky was the most blue when compared to the other destinations.

Anya wrote a journal at each destination that she visited and also kept both a photo and video diary to capture not only blue skies, but also local people and landmarks. All of these, along with a breakdown of results for each destination, can be found on the website

Walks Programme

Date	Grade	First Leader	Forest I I	Water and the second of the second		THE REAL PROPERTY.	Maria Cara
		i ii st Leader	Second Leader	Third Leader	Star	t	Note
January							
6	В	Helen Warinton	Gaye Maguire	Richelle Crowley	09:00	0	
	С	Eugene Logan	Liam Walsh	Geraldine Langan	11:00		
13	Α	Pearse Connolly	Roger Kirker	Mike Sims	09:00		
20	NONE						030 700 771
27	В	Mary Murray	Tom Murray	Dermot Murray	09.00)	
	С	Fred English	Dick Needham	Theresa Murphy	11:00		
Februar	у					Type 1	
3	В	Monty Tinsley	John Murphy	Conor Stephens	09:00)	
	C	Colette Dorgan	Michelle Berthiaume	e Catherine Minogue	11:00		A
10	BY	Dick Ryan	Mary Murray	Sorcha Ryan	10:00	VO 1	"Y"Wal
17	Α	Owen McKeown	Brendan Bracken	Dermot Murray	09:00		1 Wat
	С	Kevin Moore	Kevin O'Brien	Cindy Mangan	11:00		
24	В	Eileen Gallagher	Richelle Crowley	Ita Lawton	09:00		
	С	Eugene Logan	Fred English	Mary Delany	11:00		
March							
3	В	Gilbert Little	Paddy O'Duffy	Pearse Connolly	09:00		
10	Α	Mike Sims	Joe Murray	Gaye Maguire	09:00		
	C	Fergal Mulloy	Maura Byrne	Marie Comiskey	11:00	MOT VI	
7	NONE	The sales of the s		waite communicy	11.00		
24	В	Tom Gillen	Roger Kirker	Tom Duff	09:00		
	C	Maeliosa Ryan	Myles Duffy	Dick Ryan	11:00		
31	Α	Pearse Connolly	Suzanne Browne	Gilbert Little	09:00		
	С	Eugene Logan	Marie McKeown	Ann Little	11:00		
pril					11100		
	NONE						
14	В	Paddy O' Duffy	Tom Murray	Kevin Moore	09:00		
	С	Reggie Halpenny	Hilary Fitzpatrick	Brian Brennan	11:00		
21	В	Brendan Bracken	John Murphy	Ita Lawton	08:00	Clar	Dlassi
	C	Eugene Logan	Colette Dorgan	Seamus Murran	08:00		Bloom
3	Α	Phil O'Neill		Gerry Fogarty	08:00	SIV.	Bloom

Slv. Bloom = Day Trip to Slieve Bloom Mountains. Similar to 2006 trip to Cooley Mountains & Peninsula. Note: Start time of 08:00 is provisional, dependant on detailed "recce".

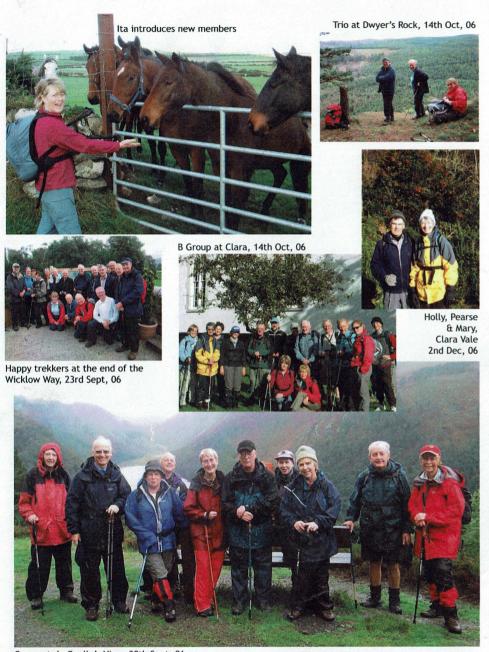
Walk Leaders Please: - Contact Mary Murray by Tuesday prior to walk to arrange bus.

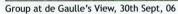
- Give completed Insurance Attendance Form to John Murphy.

- Ensure walk falls within distance, height and time guidelines.

Members Please: - Wear Seatbelts on the bus.

- Refer to note from Committee in this issue re cancellation at short notice.







The Trekkers Mountaineering Club

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