

IRISH Trekker

December 2005 - Issue 29

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Donegal calling

"Oh, have
you been to
Avondale?"

I know where
I'm going



The beauty of Donegal and Driver's Beach, as witnessed by the Trekkers in September. Picture: Paddy O'Duffy

The Trekkers Mountaineering Club
GLENAGEARY CO DUBLIN
<http://homepage.eircom.net/~trekkers>

Taking up a great gig!

Fool was I to be enticed by the hint of round-the-world trips and the high living the previous illustrious editor boasted of in his final editorial. My in box still holds no offers of junkets to explore and report on far off mountains ranges, dining out without the benefit of a club credit card is still, unfortunately, the norm, and, despite wonderful digital technology, the learning curve has been, well...curved. (or would the euphemism, "challenging" best describe it?)

On the plus side though, seeing the Trekker from this side offers yet another delightful insight into a great club. All article contributors – Monty, Ita, Gilbert, Gaye and Pearse – have been most generous...most of all by not refusing! And Paddy has encouraged other photographers, notably Owen and Joe, to share captured moments in the Irish Trekker – in addition to his own much appreciated contribution. Such a great crew doing all the hard work makes the job so much easier. Not to mention all the help and great tips from the previous editor.

I know I have lots of big shoes (or boots) of previous editors to fill. I hope over the next few issues to work my way into them.

Thank you to all who have contributed in different ways.

Breda



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Christmas Greetings from Chairperson

It is a very great honour to have been elected as Chairperson of the Trekkers. I hope I can live up to the trust that has been placed in me.

In taking up the position I am very reliant on the on the continuing support of you, the members. I am well aware of the level of commitment, knowledge and experience that exists among the membership and which gives the club its considerable strength. The amount of time and effort that individual members put into the planning of walks and other activities is very impressive.

Outside the club we all have our own interests and commitments, but as Trekkers, we are bound together by a love of walking in the great outdoors and enjoying the beautiful landscapes of Wicklow and elsewhere. The club has a strong tradition of social activities and there is also a well-established tradition of good-natured slagging – which I have enjoyed a great deal of recently!

Here is a piece of Trekker wisdom: The wise Trekker knows that no matter how difficult the terrain, or how nasty the weather, every step taken brings him/her closer to his/her destination – but only if going in the right direction.

Here's hoping that we will continue to travel together in the right direction in the year ahead.

With best wishes for a happy Christmas and a harmonious New Year.

Welcome new members

A hearty welcome to Ann Little and Seamus Murrin. We look forward to many happy hikes with both new members.



Sturral,
Co. Donegal

Photo: Joe
Murray

Donegal calling

By Monty Tinsley

*O night 'n' day I'm dreaming of the Hills of Donegal,
The heather on the hillside and the sunshine over all.*

Whereas the above lines were written by an exile, the Trekkers could empathise with them even during their short sojourn in the North Western county of Ireland.

The annual 'away trip' is the biggest event in the Trekkers's calendar. Since these trips started in 1985 they have taken place in various parts of Ireland and only twice in the land of the O'Donnells. Firstly in the millennium year, when Errigal was the main peak to be conquered, and, this year, when Slieve League and the Blue Stack mountains were the focus of attention. With Kevin Moore and his wife Dympna at the epicentre, and scouts like Joe Murray and Eileen Gallagher in assistance, the 5 day trip was bound to be the success it was. This was the consensus by all, especially newcomers like Gerry and Helen Fogarty; Maura Byrne and Gilbert Little.

On the 5th September at 11.00 hours, with mili-

tary precision that set the tone for the week, the Donegal coach left Killiney, and, after a short circuitous route, it was headed North West with 23 foot soldiers on board. We arrived to find Bãile Dun na nGall basking in sunshine and the Abbey Hotel a hive of business. Joe Murray and Gilbert Little arrived separately to complete our numbers. After settling in and surveying the immediate precincts of the Diamond, we had the first of four evening meals. A fulsome main course – plenty of meat, two veg, plus potatoes – ensured nobody would go to bed hungry.

On day 2, a convoy of Trekkers moved through the rugged countryside, past Killybegs – where the fishing fleet were tied up rather than on the high seas due to EU quota problem – onto Carrick, Teelin and finally Bunglass. On a beautiful day, this is an ideal location to take photos, with the highest cliffs in Europe as a backdrop. We availed of this to the full.

Female Trekkers explore One Man Pass

At 12.15 hours, the A team, under the skilful leadership of Joe Murray, set off carefully to wind their way around these cliffs, reaching the

summit of Slieve League along One Man Pass, and then returning by the slopes of Church Mountain and the Pilgrims Way. Michelle, razor sharp as ever, gave a new meaning as to why Jeanette and herself should not have been on One Man Pass! From the summit, Benbulbin could be seen on the South East and the cone of Errigal was visible breaking the skyline to the North.

'C Company' saves the day!

Meanwhile, 'C Company', smaller in number, moved slowly and talkatively on the roads around Crobane. They discussed football and hurling, flora and fauna, as well as general world affairs. They also went up part of the Pilgrim Way and then returned to the local pub – Cul a 'Duin – outside which was a notice that indicated it was selling Irish Coffee! However, to our consternation, it was closed. Marie was beside herself with thirst and worry as to how the A team would react to 'an doras dunta'. However, our plight was discovered by means of the ever reliable bush telegraph and, about 10 minutes before the A team arrived, the pub opened, and, like bees to a honey pot, customers appeared – and not all from the Trekkers!

Meanwhile, back in Donegal town...

Annette, Helen and Dympna explored Donegal town and made the best of the fine weather to avail of a 90 minute trip on the water bus. The dolphins were delighted.

The weather on Wednesday was somewhat in-



Photo: Paddy O'Duffy

clement but it was not a repetition of Killarney '04. 'C Company' had the better of the day, enjoying a convivial walk from the town to Harvey's Point Hotel, where they eventually met the 'A Company'. John McGroary, a local walking guide, led this group of well-seasoned trekkers. While they went through the Blue Stack mountains, whose beauty could not be fully appreciated due to the low visibility, John gave them as much information as possible.

The walk started at an early Christiing graveyard with its different burial formations. He then showed them the remains of a 1940s and '50s Ballroom of Romance. This was a source of much needed entertainment of the community and, on a dry night, maybe 'a lift on the bar of a bike' home! John also explained the complexities of 'Turbury rights' and the various ways of cutting turf. Eventually, somewhat wet and tired, the troopers arrived at Harvey Point Hotel and directly got the coach back to base for a quick shower and change of clothes.

Meanwhile, Dympna and the 'ladies who dine' went to Derry for the day. They did the city bus tour and even the Apprentice Boys' route was traversed along the Walls without any protest in sight.

The valley of Glencolumcille

Thursday's expedition was to Glencolumcille and everybody boarded the coach but, with priorities in order, the first stp was Lidl for walking poles and equipment. It was Fr. McDyer who helped to raise the status of the parish in the

1950s and '60s by developing home industry to stem the tide of emigration. Today, the fruits of his labour are more evident in the Heritage Centre than the factory floor. However, he gave the people a sense of self belief that has withstood the test of time.

All the walkers headed for the signal tower perched above the sea cliffs with a grand view of the North West channel. It was build between 1804 and 1808 and garrisoned by the Redcoats to provide advance warning of any French invasion. The Battle of Waterloo in 1815 put paid to the possibility. After that, it had no official use until World War 2, when it was partially rebuilt and used by the LDF to forewarn of any Nazi invasion. This did not happen either, and Éire was safe!

Joe Murray took his group along the coastline to Port and returned over Faugher mountain to Biddy's pub. This time, there was not shortened opening hours and the 'C Company' were sitting outside in glorious sunshine replenishing lost fluids.

The coach driver made a very interesting and scenic diversion on the way home. He regaled us with details about the coastline, the people of the area, the mansions owned by local fish barons and other – some used only a few times a year. He also explained the current difficulties in the fishing industry with some boats leaving their catch in Norway rather than Killybegs to avail of better EU quotas.

The last night ended with the usual diverse display of talent, both in song and verse. We are more than trekkers you know!

On Friday, 9th September, the Trekkers returned to Dublin via Enniskillen and Cavan, having conquered some of the Hills of Donegal and their heather-laden bogs.

Photos: Opposite page – A Team & C Company at Slieve League. This page, top down: Dick & Co.; Eugene & John; Bill shows how it's done, and Kevin and Ita realise they have a lot in common.

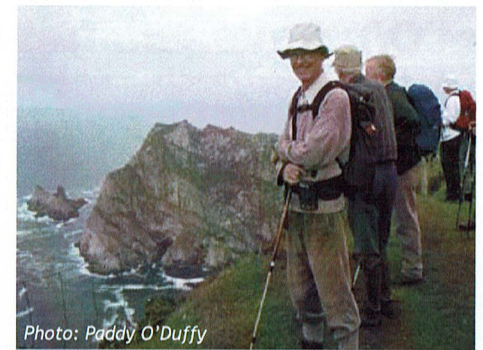


Photo: Paddy O'Duffy



Photo: Paddy O'Duffy

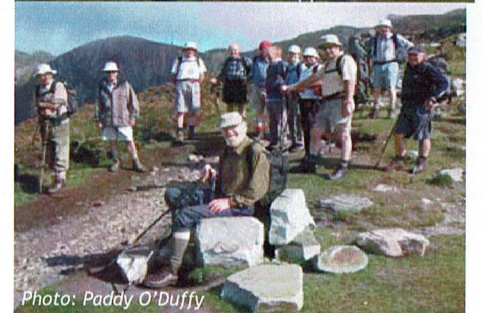


Photo: Paddy O'Duffy



Photo: Paddy O'Duffy

"Oh, have you been to Avondale?"

By Ita McCraith



A great day at Avondale

Avondale in Wicklow was the familial home of Charles Stewart Parnell. The grounds are also a first class arboretum. The Trekkers visited in October and, thanks to Fergal Molloy's Parnell family heirloom, the Trekkers were given a first-class tour. Ita McCraith describes the day.

The B and C groups combined under the dual leadership of Fergal Molloy and Eugene Logan. We arrived more or less together and were pointed in the direction of the restaurant which seemed to please everyone. We were then ready for a tour of the house which was preceded by a video with an interesting commentary on previous occupants and history of the house and the estate.

A brief history of Avondale

The Parnell family acquired Avondale in 1795 and it was there that Charles Stewart Parnell was born in 1846. He in fact inherited the house when only 13 years old when his father died. And the rest is history – which I'm only now learning to appreciate and have since rounded up some relevant history books.

We then had a guided tour through the house, which gave many insights into the lifestyle of the occupants and Charles Stewart himself. Though the house is large, the rooms are quite normal in size containing some of the original Parnell furniture, which is very beautiful. You could get used to it all!

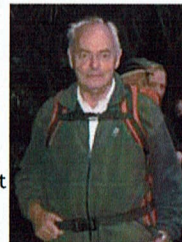
Home of Irish Forestry

Having completed the internal tour, the intrepid trekkers were now ready for the outdoors – well I was anyway. Avondale is synonymous with the birth of Irish forestry. The State purchased Avondale in 1904 and developed it along the lines of a continental forest garden. There are thousands of trees of all sorts and sizes. I didn't actually count them, but Fergal and Eugene and some other people knew everyone of them intimately. We looked in awe at the heights and girths of so many wonderful specimens that we began to think we needed a nice spot to sit down and meditate on it or have some lunch. Luckily it was warm and sunny and we enjoyed sunshine and lunch in a large meadow.

The next section of our outing was one of the trails that brought us through the forest and out eventually into a large field where we spied some pheasants that were good enough to parade up the hill in front of us.

Our next target was the Meeting of the Waters and the pub overlooking it. The waters were running in full flow and it was quite spectacular. So what could we do but sing our hearts out in enthusiastic harmony – conducted by Paddy I think. 'There is not in this wide world a valley so sweet as the vale in whose bosom the bright waters meet...' o.k. we'll go into the pub!

Many thanks to Fergal and Eugene for a very happy and informative outing.



Oh, you take the Highlands...

3 full days of walking are on the cards for those of us lucky enough to have signed up for Scotland '06 with Owen McKeown.

The plan is to fly to Glasgow on the morning of Friday 28th April and to return on Tuesday 2nd May. From Glasgow we head to the Fort William area – our base for the duration. Owen is finalising all details regarding transport and accommodation and will communicate further with us in due course, but for the moment a wee preview of the hikes Owen has proposed. Please note this is still a tentative draft and all hikes are subject to change (mostly weather dependent) closer to the time – in particular Ben Nevis. The leaders will determine the best route to suit the conditions, so flexibility on the part of hikers will be called for.

Proposed hikes for Scotland '06

Date	Proposed Route	Grade	Proposed Leader
Sat 29 th April	Ascent of Ben Nevis, probably by the "Tourist Route", though depending on the level of interest, other more interesting routes will be considered.	A	Owen McKeown
Sat 29 th April	Bus to Gairloch, walk back to Fort William via the Caledonian Canal and Neptune's Staircase	C	Volunteer Leader needed or possibly a local guide
Sun 30 th April	Bus to Kinlochleven and walk the section of the West Highland Way back to Fort William.	B	Owen McKeown
Sun 30 th April	Bus and Cable Car to Aonagh Beag, walk down or bus trip to Glencoe or Isle of Skye. (Further research to be carried out on this one)	C	To be determined
Mon 1 st May.	A or B Walk depending on interest. Options include: 1. Bus to Glencoe and walk West Highland Way back to Kinlochleven and bus home. 2. Cable car to Aonagh Mór, traverse to Aonagh Beag and finish in Glen Nevis, bus home. 3. Bus to Polldubh in Glen Nevis, walk up the Glen and climb Binnian Beag and Binnian Mór (Mamores).	1. (B) 2. (B+) 3. (A)	To be determined
Mon 1 st May.	Bus to Polldubh walk up Glen as far as Steall or the base of Binnian Beag and return to Polldubh.	C	Possibly Owen McKeown

The Cairngorms and the vistas that await us.

Photo: Owen McKeown



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"I know where I'm going..."

By Gilbert Little

Pearse Connolly, Education Officer, canvassed some months back for Trekkers to attend an An Oige organised Map & Compass course. Four intrepid Trekkers, Pearse included, rose to the challenge. All were glad they did. Gilbert Little recounts what was involved.

Four Trekkers, Gaye Maguire, Breda O'Hara, Pearse Connolly and myself joined a class of 23 other would-be navigators for this year's An Oige Map & Compass course. The first I heard about the course was through casual conversation on a walk. Given that I had spent my walks to date buried deep in the pack, enjoying the fresh air but totally reliant on the leader's wit and judgement to get us home, I felt it was time to learn more about the subject.

The course consisted of three evening lectures, two weekends away in Wicklow, one night hike and a weekend yet to come next January in the Comeraghs.

To date, the lectures and weekends in Wicklow are complete so we're more than half way through the course. The lectures have covered such topics as route planning and navigation, mountain hazards, emergency procedures, as well as personal equipment

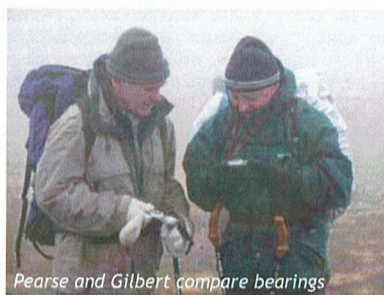
Weekends began on a Saturday morning in the café in Laragh. An Oige had provided enough leaders to split us up into groups of 4/5 people so the pupil/leader ratio was extremely good (small enough to huddle around a map and compass on a mountain side). We were given a different leader every day and groups were reshuffled each weekend, giving us all a different perspective from each leader, and an opportunity to meet everyone else in the class at some stage.

Once organised and out and about on the hills, we would typically be asked to lead a small group and find a location or a feature somewhere in the mountains using a map and compass to take the necessary bearings etc. These exercises covered what had been done in theory in the class but was repeated in practice many times over the

weekends. We also did some steep slope work as well as route pacing exercises.

By the end of both weekends the disparate start-up group had become a single unit. War stories were swapped and the pros and cons of the various hill walking clubs represented were compared and contrasted. Through this process it's not difficult to value what the Trekkers has to offer us as a club – something to be cherished and sustained.

Some of the group stayed overnight at the hostel in Glen-



Pearse and Gilbert compare bearings

dalough. Reports of the evening meal and late night craic were all positive.

In summary the general reaction from all is that this is an experience not to be missed, and gratitude and congratulations must be extended to Jimmy McCullagh and his colleagues at An Oige for a well organised and well run course conducted in a very friendly atmosphere. And to Pearse for pointing us in the right direction (before we even knew that the compass could do this for us!).

But...there's more

The night hike comes next! This takes place on 11th December so if you see us turning up to the Christmas dinner wearing our lamps on our heads then you can take it as a sign of eagerness to get going on the mountains in the dark.

Watch this space for a further update on the night hike and the weekend in the Comeraghs....and make way for us on the hills...we'll be the people pointing our compasses out in front and "looking" like we know what we're at!

What participants had to say about the course

Gaye Maguire

I almost didn't register for the course – the prospects of cold, dark Tuesday nights in Mountjoy Street, and freezing cold November Saturday & Sundays on the Wicklow hills wasn't completely appealing. Two whole weekends in November is a considerable investment of time! However, I bit the bullet and signed on. I was thrilled to see Breda, Gilbert (OBE) and Pearse at the course, and we, along with 19 others, became the An Oige Mountain Skills team of 2005.

This course is suitable for anyone who has even the vaguest interest in mountain skills – the teachers were all very enthusiastic and experienced, and were able to pass on their knowledge to us in a very practical and understandable way. I felt that they made the course the success it was – no one felt a plonker if they didn't understand the difference between Magnetic North and True North!! I couldn't recommend it highly enough for next year – I may even do it again myself. It was an opportunity to meet other hillwalkers from near and far, and hopefully we'll keep in touch going forward.

Thanks to Dick Ryan who set me homework, and let me practice some of my skills on our November Youth Walk!

Gilbert Little

When copies of the route map are passed around the bus, instead of staring at the map with such an intent look that appears to be an intelligent gaze, I will actually know what I'm looking at and have a good idea what the walk will entail. On the walk itself, I will look at the terrain in a completely different way and will be much more aware of soundings, directions and distances. Finally, and most importantly, I feel more confident of what to do in the event of being separated from the walk leader.

Breda O'Hara

Having done an *Introduction to Navigation* course in Tiglin last year, I knew some of the basics of map reading and navigation. However, the more I went out on the hills, the more intense the Socratic murmurings in my ear (the more you know, the more you know you don't know...). When Pearse, having done his usual thorough research on upcoming courses, notified us about the An Oige course it sounded well thought out. I liked the fact that the theoretical evenings would immediately be followed by practice the next weekend – not giving you too much time to forget in between. The bulk of the course would take place in the same month - November - and, best of all, it would all take place within a stone's throw of Dublin. So far so good...I was ready.

To say that the course surpassed my expectations would be...true. It did, and, as Gilbert indicated, all thanks to the excellent work of An Oige's, Jimmy McCullagh and the excellent team of leaders he had with him each evening and weekend - all, including Jimmy, who operate voluntarily.

What I took from the course: A better feel for reading the map and trying to relate what you see on the map to what is around you - and vice versa. How to use pacing and timing to help get to a point (particularly useful in poor visibility). I also appreciate that different people have different but often complimentary skills when in a group. Meeting such a lovely group of people was a great way to realise this.

And all this for only €100 (including 2 overnights in Glendalough) - even Eddie Hobbs would have to be wowed by that.

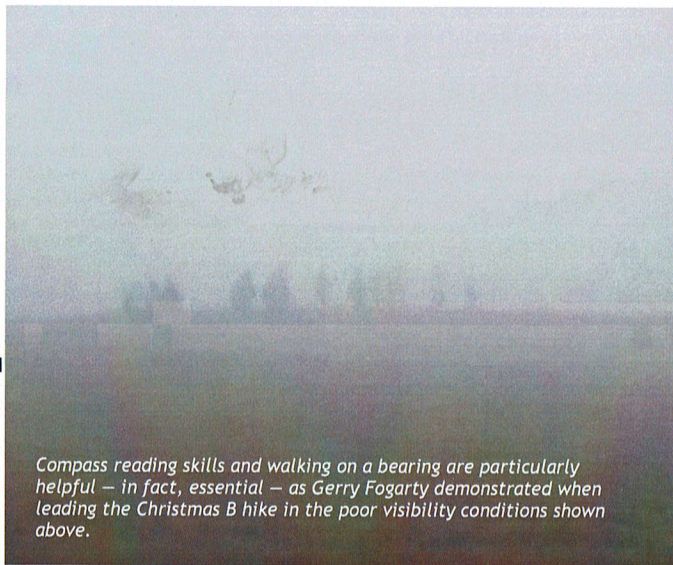
Many thanks to Pearse for getting us started and the many in the club – in particular, Monty, Kevin Moore, Dick Ryan, Mary and Tom Murray – who were of great assistance with advice and support when I needed to put what little I knew into practice. Stay tuned, you'll be called on again in 2006!

Pearse Connolly

As Gilbert indicated, what was covered on the course were all topics we need to be familiar

(continued from previous page)

with when we're out and about trying to find our way on the mountains. The theory on Tuesday evenings was very well covered and the weekend exercises—measuring distances, estimating time, taking a compass bearing from the map and then following it on the ground were all very well reinforced. I even learned a new technique: 'spotting'. This is the act of safeguarding other walking party members by strategic positioning and attentive fielding—usually on steep or dangerous ground.



Compass reading skills and walking on a bearing are particularly helpful—in fact, essential—as Gerry Fogarty demonstrated when leading the Christmas B hike in the poor visibility conditions shown above.

In my opinion, the course is excellent, run very professionally, and with five qualified trainers (all have Mountain Leadership Certificates) in attendance each weekend. The small numbers in the groups ensured a close hands-on learning environment for all participants.



Gilbert demonstrates walking on a bearing.



Measuring out how many steps you take per 100 meters—as Pearse is doing—is useful to know in bad weather when you are trying to assess how near or how far you are to objects indicated on the map.

Safety on the hills—a shared responsibility

The issue of the leader's responsibility on hikes was the subject of the editorial, "Take me to your leader!" in the summer 2005 issue of the *Irish Mountain Log*. The topic was raised following debate in the UK on the potential for liability attaching both to clubs and individual leaders in the event of things going wrong.

While the term 'leader' does denote someone 'leading', the editorial highlighted that, if you use the word 'leader' per se, then, by inference, everyone else in the group becomes a 'follower' and acts accordingly. Being a 'follower' may mean we don't do as much as we should to look after both our own safety and that of those around us.

The following is an extract from the editorial. It will just take a moment to read, but, if we reflect on it, it may make us all more alert, responsive and, ultimately, more prepared to take responsibility for our own actions when on the hills.

"MCI's advice to club committees is to make it very clear to new members that the club's activities have a degree of risk, and that the leaders are voluntary amateurs who are willing to share their knowledge and experience with other club members to facilitate the club's activities but that every club member is ultimately expected to take responsibility for their own safety, be they hill-walking, rockclimbing or engaging in some other facet of our sport.

"This message is not just for club committee members. Every walker and climber should think about how they approach our sport and what they can do to take more responsibility for their own safety. What they may find is that increasing their self-sufficiency in this way will greatly enhance the satisfaction that they experience from engaging in our sport."

Please carry a contact number with you

In the interest of safety and the easy resolution of problems should they arise on the hills, the Committee would request that each Trekker, or guest walker, carry a contact number of someone they would like contacted in the event of an illness or accident on the hills. Having such a number easily accessible will be helpful to the group, but will also be a comfort to your family in the event of a delay.

News and Views

Nobody has volunteered any "Views" this time around. But do keep this section in mind if there is anything you would like to share with the group in future issues.

However, there is **News** and, that is—for those of you who haven't already heard—that Trekker Gilbert Little has been awarded an Honorary OBE. The British Ambassador, Mr. Stewart Eldon, presented the OBE on behalf of the Queen and cited Gilbert's outstanding contribution to industry in Northern Ireland and for his public service. "Gilbert Little's contribution as an entrepreneur with business interests throughout Ireland, North and South, has been outstanding. This award recognises his wealth of experience in establishing and developing technology businesses to succeed in world markets."

Congratulations Gilbert. (I couldn't have asked for a better opening News item!)

Bookworm reviews...

Bookworm has been too busy to do any personal reviews of late (well, it is Christmas!), but she is happy to pass on Senator Mary O'Rourke's review of Grainne Willis's "Total High"—Willis' recent account of her 2005 conquest of Mt. Everest—that she came across RTE 1's 'Around Midnight' arts programme.

Mary O'Rourke recommended the book as a "great read" and described Willis's tremendous determination to overcome all obstacles in life, not least her recovery after a horse-riding accident left her with a broken back and a doctor's prognosis that all active life, as she had previously known it, was essentially over. Two years later, Willis, at the age of 48, was on the top of Everest!

As Pdraig Harrington commented in the foreword, "We all have ambitions but we don't all achieve them." Willis obviously does—in bucketloads!

Sounded well worth checking out.

Oh, what a night!

(And what a great number of Celebrity Couples managed to make it.)

Trekkers Christmas Party 2005



With no pressing centre court engagements, Andre Agassi and Steffi Graf were free to join us.

Taking us immediately to his beloved Trieste, James Joyce was happy to pose with his one and only Nora.

Meanwhile, across the room, Charles Stewart and Kitty were happy to be back in Wicklow—even if momentarily.



Dev showed he had lost none of his oratorical skills over the years, while his grá mór and Bean Célle was happy to plug her latest children's fairy tale.

Bertie, as ever, the consummate politician. However, Celia wasn't shy about telling us who was responsible for his latest makeover!

With the looming rift already obvious, Charlie and Terry try to make light of the distance that separates them.



Fresh from "I'm a Celebrity", Peter André showed up with new love Jordan — and wasn't he looking happy!

Meanwhile, Kerry Katona showed she wouldn't be outdone by anything Jordan had to offer. Bryan too looked amazingly happy!

Still wearing the crowns they wore on their wedding day in Kildare, it was obvious some of the glitter had worn off for Posh and Becks.



Mrs. Simpson practices her table manners, while Edward tries not to notice

Fred Astaire (white shirt opp) advises Dev of a few good moves. Ginger is on his right.

And to conclude the evening, the Roundwood N.S. choir sang us out with carols.

Walks Programme January— April 2006

Date	Grade	1 ST Leader	2 ND Leader	3 RD Leader	Time
Jan.					
7	B	Brian Brennan	Gaye Maguire	Gerry Fogarty	9.00
	C	Eugene Logan	Brid Dunne	Cindy Mangan	11.00
14	Nil				
21	B	Mary Murray	Tom Murray	Dermot Murray	9.00
	C	Fred English	Michelle Berthiaume	Hilary Fitzpatrick	11.00
28	A	Brendan Bracken	Ann Marie Gill	Richelle Crowley	9.00
Feb.					
4	B	Ita Lawton	Joe Murray	Dick Needham	9.00
	C	Liam Walsh	Bill Hannon	Mary Delaney	11.00
11	BY	Breda O'Hara	Dick Ryan	Kathy Murrán	10.00
18	B	Roger Kirker	Jeanette Hoban	Mike Sims	9.00
	C	Eugene Logan	Ita McCraith	Catherine Minogue	11.00
25	A	Owen McKeown	Gilbert Little	Pearse Connolly	9.00
Mar.					
4	B	Paddy O'Duffy	Ita Lawton	Conor Stephens	9.00
	C	Colette Dorgan	Marie McKeown	Maria O'Duffy	11.00
11	Nil				
18	B	Monty Tinsley	Derek O'Neill	Philip O'Neill	9.00
	C	Dick Needham	Maura Byrne	Evelyn Tinsley	11.00
25	A	Joe Murray	Jeanette Hoban	John Murphy	9.00
Apr.					
1	B	Eileen Gallagher	Orla Murphy	Gaye Maguire	9.00
	C	John Murphy	Colette Dorgan	Brid Dunne	11.00
8 (2)*	B	Brendan Bracken	Breda O'Hara	John Murphy	*9.00
	C	Eugene Logan	Theresa Murphy	Liam Walsh	11.00
15	Nil				
22	A	Pearse Connolly	Breda O'Hara	Kathy Murrán	9.00
29-2nd May (1)	Mixed	Owen McKeown (Scotland)			

- (1) Ben Nevis/Glen Coe, Scotland
(2) Cooley Peninsula, Slieve Foy walk. * NOTE: Time may be revised for an earlier start

Walks Leaders Please Note:

- Contact Mary Murray by the Tuesday prior to the walk to arrange bus.
- Hand completed Insurance Attendance form to John Murphy
- A, B and C walks should conform to the distance, height and time parameters as laid out in the guidelines for each walk.

2nd and 3rd Leaders

- It would be good etiquette — and also helpful from a safety dimension — if you could do the "rekke" with the main leader. You should contact the main leader to discuss your availability for a rekke well in advance of the walk date you have been assigned.

Bus passengers Please Note: **SEAT BELTS MUST BE USED ON THE BUS.**

Out and about on the B Christmas hike



Leaders who lunch!



Ann and Gilbert Little



A view from on high



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