

IRISH Trekker

August 2005 - Issue 28

IN THIS ISSUE:

Richelle treks
the **Tatras**

Orla
reports from
Sedbergh

Some
guidelines
For **Leaders**



High Summer above Glendalough. Picture: Derek O'Neill

The Trekkers Mountaineering Club

GLENAGEARY CO DUBLIN

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

Giving up a great gig!

This is the last edition of the Trekker that I will be editing. It's goodbye to round the world trips and living the high life. It was a great gig!

My thanks to all who came up with ideas and submitted articles. These covered trips in Ireland as well as China, Spain, New Zealand, South America, Canada, Switzerland and in this issue, Poland and the Yorkshire Dales. Also articles on local history, forestry and good practice on the hills. A special thanks to Paddy whose beautiful photographs adorned these pages and kept our memories fresh.

It's back to being a foot soldier.

BB

Map Reading and Compass

An Oige plans to run a course on "Map Reading and Compass". The course was successfully run last September and involves 2/3 evenings and one weekend. The costs last year was €65.

Any one interested please e-mail Pearse at: eileenpearse@eircom.net

IRISH
Trekker

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

Welcome New Members

We welcome Leanne Turner, Gilbert Little and Sean Quigley and look forward to many years of happy hiking together.

Good Read

"The Height of Nonsense" by Paul Clements, is a amusing and light hearted paperback which tells his tale of walks to the highest points in each of the 32 counties of Ireland.

Published by Collins at €13.95 it's worth a look.

Foot & Mouth Dinner - July 2005



Maura and Theresa.



Michael, Colette and Maria.



Is this Yorkshire or wha?

Up Fells Down Dales

By Orla Murphy

The Trekkers arrived in Manchester on a misty, wet Saturday morning. We coaxed it for about two hours and as we turned off the motorway the most beautiful countryside was revealed to us. The sun came out as we arrived in the picture-perfect, historic market town of Sedbergh. We stayed in the cosy, charming Bull Hotel where the staff were very friendly, helpful, and welcoming. After some comforting soup and sandwiches we set off on our walks.

Dick led the C walk, which he described as a gentle walk along the valley of the river Dee. They walked through the hamlets of Millthrop and Brackensgill and then passed the old Rash Mill. The journey continued over Abbot Holme bridge, precariously through a very dangerous golf course (where the intrepid trekkers skilfully dodged the flying golf balls), and then into the safe shelter of beautiful woods called the Elysian Shades. The walk ended by a saunter through the sports grounds of Sedbergh public school where cricketers played in their whites. Brendan led the B walk. A local lady attempted to drive us to the starting point of our walk. I thought Brendan was either going to scream or

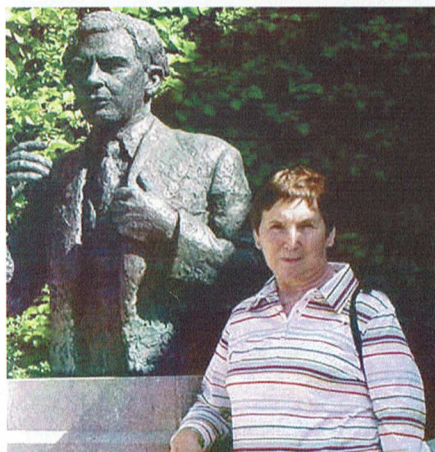
spontaneously combust as the beads of perspiration and frustration gathered on his worried brow - we got a little bit lost! However the rest of us enjoyed the stunning views of the rolling hills, which were alive with the cutest little bunny rabbits and lambs. It reminded me of Watership Down. We decided on a slightly shorter version of a walk up to the top of Winder Fell. Some of us (myself included) were aerobically challenged on the way up and by the time we reached the top the cobwebs were blown away as we surveyed the magnificent beauty of the Howgills.

On the way down to Sedbergh we arrived at a practically vertical slope, at which point Paddy exclaimed "shite!" it was a very funny moment. However we all managed to descend without any broken bones. We passed through a farm and the farmer very kindly showed us his cows and a newly born calf. The old stone houses all had lovingly manicured gardens with brightly coloured flowers. After our delicious dinner many of the Trekkers went off to the Red Lion pub for pints and a great session played by very skilled musicians. There was a lively sing-song

(Continued on next page)

(Continued from page 3) during which Pearse apparently got very excited and sang his heart out. I say apparently because Kathy and I spent both evenings in our hotel room watching TV, drinking tea, and chatting (we felt like teenagers having a sleepover). We had a lovely early night and woke up on Sunday refreshed and rearing to go on our A walk in the Howgills. We had a mighty breakfast, during which we selected our meals for that evening. I noticed that Jeannette got very excited at the prospect of sampling a bit of local Lumpy Bumpy that evening - No, I didn't say a bit of local Rumpy Pumpy - you've got such dirty minds! On that note, Brendan informed us all that he had been moved from the infamous room 7 to the equally infamous room 10 which he said had a lounge, a bar, a Jacuzzi, and a four poster bed. Well he is the descendant of a viscount after all! Only the best will do! Ok, back to the walking - we collected our packed lunches and off we all went.

The C walkers were led by a local volunteer guide called Howard who led them up the side of Winder Fell and down into farmland where they met lambs, turkey cocks, and peacocks. Howard is an expert on wildflowers and he pointed out Bluebells, Cuckoo Flower, Lady Smock, Marsh Marigolds, Mustard & Garlic, Primroses, Wild Garlic, Lords and Ladies, and Dog's Mercury. They visited the second oldest Quaker meeting place (1675) in England, called Brig-



Cindy turns Brendan to stone!



Roses of the Dales! Kathy, the author and Richelle.

flatts hamlet. There was a meeting on so the Trekkers couldn't go in, but they got talking to a Quaker boy who told them that his father (a Quaker minister) and their family were being transferred to another Quaker parish and he was sad to be leaving the area. The C walkers had lunch beside the Lune River, which is a lovely scenic area, and they walked back beside the Rawthey River. Howard described how the stone walls were built by the local farmers - they build two separate walls and then fill the gap between them with small stones and pebbles. Then they put horizontal through-stones at intervals to hold the walls securely together. Dick told me how he was very impressed by the network of paths, rights of way, stiles, gates, and signposts, which allowed easy access to hillwalkers through the farmland. He commented that it is something we are sorely missing here in Ireland.

Hilary, Annette, and Theresa attended mass in St. Andrews church and then decided to combine walking with a bit of sightseeing. They walked along country roads and through fields to the Farfield Mill which was built in 1836 as a woollen mill and has now been converted into an Arts and Heritage Centre. They perused an exhibition of Japanese Kimonos and they were shown how to make origami paper peace birds. They each wrote a message of peace on the paper before they folded them into birds and these will be sent to Japan where they will be hung on a peace tree. They had a soothing cup of



Nice View! Ita with Cautley Spout.

tea in the mill and then returned to the Bull Hotel. The A walkers were led by Roger and swept by Rosemary (two local volunteer guides) through pretty farmland. After very little walking we came across a cafe and decided it was high time we stopped for tea and cake! We Trekkers have our priorities right. We sat in a lovely garden, which had two little lambs and a swinging seat. Roger kindly gave me a bar of the famous Kendal Mint Cake, which we all sampled. And sure it wasn't long then before we stopped for lunch.

Then the serious walking began as we climbed the hundreds of stone steps up the side of a wonderful waterfall called Cautley Spout. When we reached the top there were panoramic views that would take your breath away. We also saw the Red Gill Washfold beautifully restored, with a built-in cairn, by the famous sculptor Andy Goldsworthy (see www.sheepfolds.org) and look up Andy Goldsworthy on the internet - he does incredible sculpture worldwide using natural on-site resources such as rocks, leaves, ice, snow, etc. - well worth a look). We had a little break and then walked up to the Calf, which is the highest point in the Howgills. From here we followed a sunny path over the hills and curved around to pass by Winder Fell and down to Sedbergh. It was a really enjoyable experience.

More delicious food was served to us (no sign of any Badger Pie!) and Jeannette thoroughly enjoyed her Lumpy Bumpy which is a pie made of chocolate mousse (sculpted in a bumpy manner)

with a creamy marshmallow filling - just in case anyone was wondering). Dick gave a thank-you speech to Brendan for organising such a great trip (and so say all of us - thanks Brendan!). There was much carousing and singing in the lounge upstairs till the early hours of the morning.

Monday morning brought another lovely day. Mrs. Elspeth Griffiths, the local historian/archivist, gave us a delightful tour of Sedbergh public school which was founded all the way back in 1525. First we visited the school library - the interior of which was refurbished in 1958 due to a very generous contribution by the Viscount Brendan Bracken (Winston Churchill's right-hand-man). Paddy videoed Kevin standing on the stairs reading the caption underneath a painting of the Viscount B.B. and he videoed our current Brendan Bracken holding a book about his ancestor. Then we visited the pretty school chapel, which was completed in 1897. We walked through the grounds of the school past smartly uniformed girls and boys and on to the statue/bust of the Viscount B.B. Paddy recorded the moment as Brendan and Elspeth stood by the statue and Brendan explained that the Viscount had been very nervous of mobile nubile young ladies - it was very funny. Then Elspeth showed us the assembly hall, which struck me as being very Harry Potteresque.

On we went through some of the classrooms. The geology room was really great - it had lots of rock samples, colourful geology posters on the wall, and a fantastic view of the Howgills. We also saw a photograph of the Sedbergh students cross-dressing, winning play in the Edinburgh Fringe Festival. While Elspeth showed us the archives Kathy and I ran off to fit in the last half hour of shopping. We savoured the mouth-watering ice-cream from the local sweet shop, which had jars and jars of old-fashioned sweets and very friendly shopkeepers. I must say we Trekker ladies managed to get in a good bit of fleecy shopping in the hillwalking shops of Sedbergh - after all we have to look our best up on the hills - serious hiking fashion! It was a really enjoyable, relaxing, and interesting weekend. Thanks again Brendan!

Eric Lindstrom 1954-2005

At about 11 a.m. on Monday 2 May 2005, Eric Lindstrom died suddenly of a heart attack just beyond the top of the Fraughan Rock Glen in Glenmalure. He was on his way to the top of Lugnaquilla, while checking out a walk on behalf of The Trekkers Mountaineering Club.



Eric's wife, Dreena, is very grateful to the Glen of Imaal Mountain Rescue Service, the Gardaí and individual hikers for their assistance following this sad incident. R.I.P.

Eric and Dreena came to Ireland from their native Canada eight years ago and joined our Club early in 2003. Against this background, we tried to make them feel at home in the Club. Very quickly, they settled down and became our friends. Early on, it was clear that they were top class hillwalkers. We had so many happy moments on walks with Eric and Dreena. I will recall just a few such moments.

I remember April 2003, when they climbed Lugnaquilla for the first time. As we came down from the peak of Lug which is over 3,000 feet high and is the highest mountain in Leinster, I noticed that Eric and Dreena were holding hands, sharing the joy of their achievement in conquering Lug. Even though it was a dull day, I took a photo of them on top of Carrawaystick with Lug in the background, while they were still holding hands. In this way, they established a desirable precedent in our group, but I am sorry to say that, so far, no Irish couple in the Club has followed their example in holding hands on our walks.

At our Christmas Party last December, Eric thanked Brendan Bracken personally for organising the attendance of a local school choir to sing Christmas carols, which Eric enjoyed so much.

Eric Lindstrom, a wonderful Club Member, died suddenly on 2 May 2005. He is deeply missed.

On 5 March 2005, one of our leaders, Mike Sims, led a difficult A walk from the Wicklow Gap through snow and ice to Lough Firrib, Turlough Hill, Glenealo Valley and Glendalough. Just before our lunch-break, I fell into a heap of snow. Eric tried to pull me up, but in the process, he fell just beside me. We roared laughing at our misfortune. Later in the pub, he told Ita Lawton that he seldom had so much fun.

On 2 April this year, Eric and Dreena led a B walk from the Wicklow Gap to Camaderry, Turlough Hill and on to Glendalough on a lovely Spring day. This was their first experience as co-leaders of a walk in the Club. At about 1.30 p.m., some of us were getting restless and dropped a few hints to our Sweeper (Dreena) about the need for an early break for lunch. In a jocular, formal manner, she approached Eric and said "The Sweeper requests permission to speak to our leader". Within 5 minutes, we had the lunch break. After lunch, I took a nice photo of the happy couple with Turlough Hill in the background. This photo was published in the May 2005 issue of our Trekker magazine in the week before Eric's death.

As Eric roamed the hills with us during the past

two years, he admired the scenic beauty of the landscape and coastline of his adopted country, Ireland. Last year, Eric and Dreena were proud of the fact that they had become Irish citizens.

Eric was a very interesting, courteous and friendly walking companion with a wonderful twinkling smile. He always spoke directly and did not beat about the bush, and yet he was neither dogmatic nor condescending. Clearly, he also doted on his two daughters, Virginia and Vicki.

We all miss Eric deeply in the Club. He was taken from us suddenly at such a tender age. I have no doubt that some day, we will join Eric again in the next life, where he will have already planned a few interesting walks for us so that we can continue to ramble with him in the

Promised Land. In planning these walks, I hope that he will make some allowance for most of the rest of us, who were less fit than he was.

The Trekkers say farewell to Eric, who was a wonderful Club Member. A large number of Trekkers attended his funeral service on 6 May. Following consultation with Dreena, the Trekkers arranged a special walk up Lug on 16 July last in memory of Eric. The Club has also decided to have an annual Lug walk in his memory.

As Dreena, Virginia and Vicki move their home back to Canada, we send them our best wishes and hope that they can join us again on our walks when they re-visit Ireland from time to time.

Paddy O'Duffy

Trekkers Say Farewell to Eric



Mike, Maeve, Dreena and Paddy at top of Lugnaquilla.

*"The good are difficult to see
Though open, rare, destructible;
Always, they retain a kind of youth,
The vulnerable grace
Of any bird in flight,
Content to be itself,
Accomplished master and potential victim,
Accepting what the earth or sky intends.
I think that I know one or two
Among my friends"*

Brendan Kenneally

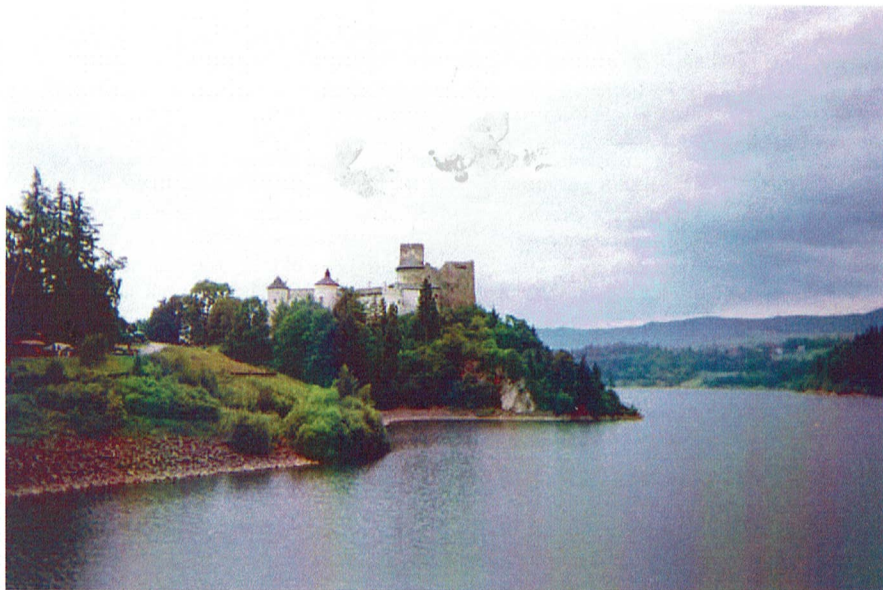
Recited by Dick Ryan at Eric's last resting place.

It was in the wild and beautiful Fraughan Glen on the lower slopes of Lugnaquilla that we bade our farewell to Eric close to the spot which was his last resting place.

Many Trekkers from all strands were there with Dreena to salute our friend and companion. Our Chairman, Dick Ryan spoke of Eric, his love of the mountains and how he and Dreena had brought their own special qualities to the Club, not least their obvious and deep love for one another. Dick was joined in poetry readings by Eugene and Pearse in what was a beautiful and simple ceremony. A cross was placed at the spot where we all joined hands in silence in his memory

Dreena along with Mike, Maeve, Paddy and Ita went on to climb Lugnaquilla and scatter Eric's ashes over the hills that he loved so well.

It was a sad but uplifting day.



Niedzica Castle in Piening National Park. A "Prisoner of Zenda Castle" and our quest was to find out if Rupert Ransend ever escaped.

Trekking the Tatras

By Richelle Crowley

Early in July, inspired by Owen McKeown's trail-blazing in The Tatras, to these "snowy mountains, rich in story" (beloved of the late Pontiff, John Paul II.) head Maeve and Mike Sims, Eileen Gallagher and Richelle Crowley.

We had our first glimpse of the Tatras finely dusted with snow as the aircraft made its approach to Krakow airport. This trek was to consist of 4 days walking in the High Tatras, a mountain range dominating Central Europe stretching across the Polish-Slovakian Frontier 100 km south of Krakow. Approximately a third is in Poland. There are more than 20 peaks over 2000m (our very own. Carrauntuohil 1,700m). The trails are set with massive granite flagstones (hard on the knees) and fixed chains on the steep slopes. This epic work was carried out

not by Park Rangers as might normally be expected but by the young communist pioneers in the tough old Soviet Era!!

Having sampled the atmosphere in the lovely medieval town square in Krakow on our first night we tore ourselves away to join our trekking group. Accompanied by two excellent guides, we travelled by minibus (16 walkers all told) to Zaskopane, a two hour journey to Zaskopane our first base in the mountains. An attractive town with quaint wooden houses decked in balconies flowing with geraniums. During a funicular ride to the summit of Mt Gubalowka (1,120m), and later over dinner we get to know our walking comrades. A lively and highly seasoned group hailing from England and two others from Ireland, with adventures in The

Andes, Himalayas and Patagonia to their credit. At least four had conquered Kilimanjaro!! So, now we realize what we're up against!! So, pressure already!! But we held up well, downing the local firewater, vodka, laced with cinnamon and apple juice or the local draught beer served with a spoonful of raspberry syrup-optional!

Zig zagging between Slovakia and Poland

Day one on the trail started at 8.45 am in the Chocelowska Valley. Initially the going was easy, with the trail winding through open pasture dotted with miniature wooden chalets. A BBQ like aroma wafted of sheep cheese being smoked. Two Commemorative Plaques to Pope John Paul II one for the farmer /cheese maker honoured by a Papal visit and the other outside the Mountain Hut where an historic Meeting took place with Lech Walesa. Making the steeply pitched ridge was really tough but there we were zig zagging between Slovakia and Poland. A truly awesome panorama with views over hundreds of miles. After letting of some steam with a snow ball fight, we finally made it to the Summit of Volovec 2,063 metres high!! 18 km although it sure felt like more!!

Day three saw us transported to Pieniny National Park to explore 14th century Niedzicka Castle (prisoner of Zenda style). Followed by the International Frontier and Kantors (money-exchanges), we enter Slovakia officially. At this stage we're ready for white water rafting on the turbulent Dunajec River. We were swept over rapids, between 500m cliffs rocketing along for 17 km. After this surge of adrenaline we were well able for a hearty lunch ashore and board our bus for Tatranska Llomnica.

A wet misty, rainy morning greeted us the next day. As we set out on the electric rail (very impressive reminiscent of our "Luas") the havoc wrought by a severe wind in November 2004 - a swathe of deforestation 20 km by 3km (150 years needed for recovery) the railway had only just been re-opened. We managed to admire the glacial lake at Strbske Pleso (1,751m) before the torrential rain drove us back into the station. Battered and soaked to the marrow we soggly came to realize why the Tatras were so green!!

So, next day a gondola ride hoists us up to saddle at Skalnaté Pleso weather conditions still

(Continued on next page)

Day two found us on a trek to 5 Lakes Valley. This trek had an enclosed claustrophobic feel due to the dense forest and low cloud-line. The going was tough due to high humidity and steep ascent. The main focal point was a spectacular waterfall (a pity most of Poland were there as well) and the 3 visible lakes on the summit.



High Tatras. The wild Cataract leaps in glory. Eileen, Richelle and Maeve.

(Continued from previous page) atrociously rainy and misty. A terrain characterized by loose scree, alternating with slippery boulders and an epic drop to one side into which you would nearly keel over when your walking stick caught "a crab"! Then abruptly the trail terminated in an edge over an abyss alongside a waterfall. Too late the realisation dawned, a spot of abseiling was sprung upon us. With "one leap we were free"! Ahem!



Afore we go! Richelle, Mike Fox, Maeve and Eileen.

Just a few scratches - on our rings, industrial gloves recommended. After this "brush with death" lunch was truly delicious, savoured on the veranda of the "Mountain Refuge" listening to a cacophony of languages and accents - none of which was Anglo Celt!!

Back at our remote Transka Lominica the sun was shining and sitting alfresco we could now truly appreciate the staggering beauty of The High Tatras (at last made visible) along with a welcome beers (75 c a litre!).

The highlight of the last day took us to the spectacular castle at Ozawkie Podamok dating back to 1267 AD and used as the set for the movie "Dracula". Perched precariously high up on a cliff with quaint turrets, medieval drawbridges and inhabited by live costumed noble knights duelling dramatically! Their canine teeth seemed OK but we didn't get too close as they seemed to mean business with those cutlasses!!

Wonderful, wonderful Krakow

Back in Krakow we had dinner in a typical cellar style restaurant in the old town square underneath the clock tower. A final farewell as our guide and our friendly group broke up and headed for airport and station. But for us another holiday was only starting.... four more days

in wonderful, wonderful Krakow!! On Saturday 9th July we made our final farewells to the group in Hotel Hall after breakfast. A short summary describing Krakow would be: A Square and free concerts and street theatre.

We transfer to an apartment in old town where we luxuriate in state of the art bright minimalist Scandinavian style Interior with an olde worlde exterior in Ulica Florianska. Around the corner, we discover the most incredible Art Gallery where there's time and space to examine and enjoy some wonderful paintings such as: Leonardo Da Vinci's "Lady with Ermine" or decode the many layered composition of "The Good Samaritan" by Rembrandt.

The Wielicka Salt Mines

On Sunday 10th July we head for Wielicka salt mines. vteditious trying to discover the official minibus terminus drenching rain, misdirection ongoing, construction, hoardings, JCBS, craters in the ground, mud everywhere etc met a life-time supply of surly unhelpful Poles. The 17 seat minibus is overcrowded with 8 passengers standing and drenched shoppers boarding the bus. Enters a very belligerent drunk, bags of crisps spilling out on to floor of bus-female companion who proceeds to aim handbag. Drunk wobbles unto driver. Had previously hassted Eileen but



Krakow.

five of us unaware at the time that Eileen had just had a lucky escape. Eventually drunk partially alights from bus at traffic lights. Bus driver acts summarily, accelerates and closes door dislodging drunk onto Road half and half off bus. So from scaling the heights of The Tatras on behalf of the Trekkers we plumb the depths of the bowels of the earth. A genuine walk this... more than 2 km at 135 metres below ground level we try to take in an eerie world of pits and chambers all hewn from solid salt. The highlight is the stupendous Chapel of the Blessed kings which is breathtaking with Waterford glass style chandeliers made salt crystal and completely booked out for weddings until 2007!

Krakow Street Theatre

Back in Krakow, we were assailed by the Experience of International Street Theatre Festival in the largest medieval town square in the whole of Europe. Suffice it to say, it was an extraordinary combination of spectasound, symphony and cacophony (Tchaikovsky and uninhibited pyrotechnics (health and safety- where's the fire brigade etc!) and comedy, the crows/crones resembling the vultures out of the Walt Disney's "Jungle Book". A War and Peace Scenario with a cast of apparently thousands with a "let it all hang loose" camp followers-unlikely ever to be staged in Dublin!!!!

A few Highlights from the trip

Mike Sims made the discovery on first stormy night of the very atmospheric above ground

"BayBus Café" at Rynek Glowny 27 as refuge from the storm on night of arrival. Even in better weather, this was definitely the most authentic hostelry above ground in Krakow. The atmospheric tea shops serving wonderful polish cheesecake and exotic teas from the most delicate porcelain.

Maeve abseiling and surviving the "brush with death" Eileen white water rafting down the Dunajec River through a spectacular gorge for 17 Km and "sighting a rare white bald headed eagle" and the very contrasting experience of visiting Auschwitz. Me challenging my claustrophobia in the interest of investigating the geology of the Wieliczka Saltmines and finding that salt crystals were as fascinating as diamonds!! I kid you not!! Or the stunning entrance of the scarlet robed Warsaw choristers down the aisle in Marianska Church singing the "Kyrie-" real goose bump stuff!! Or a Renaissance music group playing their spinets and violas de gamba sending Telemann and Falconieri's crotchets and quavers reverberating through the masonry of Krakow's cellars!!

Boticelli appearance Wawel Castle and The Royal Cathedral with the Tombs of all the Polish Kings and some (-!) moderate leaders and the Memorial to The Heroes of Katyn The fiery dragon. The Galleries with priceless Leonardo Da Vinci, Rembrandt and Breughel paintings displayed almost casually and most accessibly. The Marianska cathedral and the trumpeter who plays 5 notes on the hour (live!) before being cut short - the original trumpeter 's throat was pierced by an arrow according to legend! The Kazimierz Quarter and its eerie emptiness and stillness although it must have been a hive of action as abase for Steven Spielberg during the filming of "Schindler's List"

We just feel we skimmed the surface and need to return for more.

Guidelines for *Walk Leaders*



Note: The Summer issue of the Mountain Log has a good editorial on this topic. Food for thought!

NAVIGATION	Work on this. Be prepared to find your way in bad weather over unfamiliar ground.
ROUTE	Put some thought into selecting a route that will suit the experience and fitness of the group. Pay attention to: <ul style="list-style-type: none"> A) Distance involved B) Amount of climbing C) Special difficulties, i.e. rivers D) Time required for walk <p>If possible, check the route.</p>
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 a Leader and a Sweeper. Nobody to walk in front of the Leader or behind the Sweeper.
RIVERS	Beware of rivers that must be crossed. A stream can become a torrent after a short spell of heavy rain.
WHISTLE	<u>Always</u> carry a whistle. Do not hesitate to use it in order to keep the group together.
COMPASS	Always carry a compass and be able to use it.
STEEP GROUND	Steep ground is often best avoided. It is more dangerous descending steep ground than ascending it.
WEATHER	Get the weather forecast and judge how it will affect the walk. In winter months especially, if possible look/listen at/to the forecast on Thursday and Friday for Saturday. Also listen to the 0755 hrs radio forecast on Saturday morning.
ESCAPE ROUTE	In winter months especially, it is important that we have an escape route in case we are caught on the mountain in severe weather or some other problem/emergency arises. We must also be prepared to use the escape route if necessary. Here the leaders will make that decision and <u>the group must abide by it without dissent.</u> We cannot <u>split the group under any circumstances.</u> The leaders should not hesitate, if they so wish, to ask for advice in this matter from the more experienced members of the group on that day.
POSITION/DIRECTION	Involve other members of the group as the need arises to check your position and direction.
EMERGENCY	In the event of an emergency where we require outside assistance we use the following procedures: <ol style="list-style-type: none"> 1. Dial 999, ask for AMBULANCE, MOUNTAIN RESCUE. 2. 6 Blasts of a whistle} <ul style="list-style-type: none"> or 6 Flashes of a torch} Repeated with one minute intervals 3. Where it is necessary to send someone for help it is advisable that three (3) people should go in case the party going for assistance get into trouble themselves.

Walks Programme September - December 2005

Date	Grade	1 st Leader	2 nd Leader	3 rd Leader	Time
Sept.					
3	Nil				
10	Nil				
17	B	Brian Brennan	Kevin Moore	Derek O'Neill	9.00
24	BY	Breda O'Hara	Maeliosa Ryan	Pearse Connolly	10.00
	C	Dick Ryan	Michelle Berthiaume	Maura Byrne	12.00
Oct.					
1	B	Monty Tinsley	John Murphy	Jeanette Hooban	9.00
8	A	Brendan Bracken	Conor Stephens	Gerry Fogarty	9.00
	C	Liam Walsh	Sheila Cantwell	Brid Dunne	11.00
15	B(1)	Fergal Mulloy	Richelle Crowley	Kathy Murrán	10.00
	C(1)	Eugene Logan	Fred English	Jacinta Hamilton	10.00
22	B	Roger Kirker	Maeve Sims	Derry O'Hegarty	9.00
29	Nil				
Nov.					
5	B	Mary Murray	Tom Murray	Dermot Murray	9.00
12	A	Joe Murray	Tom Gillen	Gaye Maguire	9.00
	C	Eugene Logan	Bill Hannon	Annette Keegan	11.00
19	Nil				
26	BY	Dick Ryan	Sorcha Ryan	Maeliosa Ryan	10.00
	C	Colette Dorgan	Barbara Lane	Robert Lambkin	12.00
Dec.					
3	B	Eileen Gallagher	Orla Murphy	Ann Marie Gill	9.00
10	B(2)	Paddy O'Duffy	Gerry Fogarty	Tom Murray	10.00
	C(2)	John Murphy	Theresa Murphy	Sheila Lambkin	12.00
17	A	Owen McKeown	Pearse Connolly	Kathy Murrán	9.00
	C	Dick Needham	Joan Needham	Maria O'Duffy	11.00
24	Nil				
31	Nil				

- (1) October 15th. Visit to Rathdrum-Parnell Commemoration. Note late start times.
- (2) December 10th. Xmas Dinner-Wicklow Heather. Note late starts

Walks Leaders Please Note:

- Contact Dick Ryan by the Tuesday prior to the walk to book bus.
- Hand completed Insurance Attendance Sheet to Walks Co-ordinator

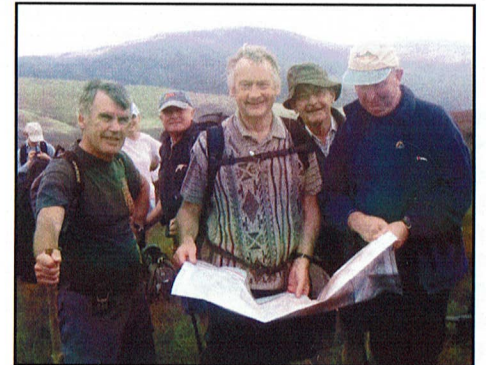
PLEASE USE SEAT BELTS ON THE BUS.



Group at Foot and Mouth Walk, July 2005.



Tom and Gilbert on the track to Lobawn 20th August.



How far to the pub? Leader Owen looks thoughtful while Derry, Brendan and Pearse haven't a care in the world! 20th August.



PRODUCED BY

The Trekkers Mountaineering Club

GLENAGEARY CO DUBLIN

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