

IRISH Trekker

March 2003 • Issue 21

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The Trekkers Mountaineering Club
GLENAGEARY CO DUBLIN

20th anniversary of first Trekker Walk

By Paddy O'Duffy

In November 1982, Shaun Trant set up our club informally and went on the 1st club walk from Crone to Djouce and Maulin with Terry O'Brien, Ronnie O'Sullivan... and the late Jack Langan.

As I joined the quartet for the 3rd walk in February 1983, I suggested to Kevin Moore (Walks Leader) that the club might commemorate the 20th Anniversary of the 1st Trekkers walk by having a "re-run" of that walk on 18th January 2003. Kevin agreed.

I took as my starting point the following extract from Shaun Trant's report of September 1997 entitled "The First 200 Walks 1982-1997" -

"In November, 1982 I drove with Jack, Terry, and Ronnie to Crone in Glenree. From there, on a cold day with continuous rain, we climbed Djouce and Maulin. On the summit, Jack produced 4 bottles of beer which he had carried up the mountain for this moment. If we felt miserable before drinking the beer, we felt wretched after it. We finished that day in Sweeney's pub in Kilmacanogue."

I discussed my proposals with Shaun and Fergal Trant and Gerry Fogarty. Nobody could recall the precise route of the 1st walk. Our aim was to retain the core elements of climbing Djouce and Maulin, using Crone car park and ending up in Sweeney's pub. The main problem was that the group no longer relies on cars for transport and there is a long road walk from Crone to the pub.

I persuaded Shaun and Terry to take down their mouldy gear from their attics and come on this special walk after a few years absence from regular hillwalking. Ronnie also agreed to come. Shaun agreed to check out some elements of the walk with me on 14th January 2003. On 17th January, the weather forecast for 18th was for S / SW winds of up to 35mph and rain from about mid-day. Shaun and I decided to alter our planned route by starting at a car park near Lough Tay, climbing Djouce and Maulin, and going by coach from Crone car park to Sweeney's pub for an hour on our way back to Glenageary. Initially, we had intended to start the walk at Deerpark and also climb War Hill as a "bonus".

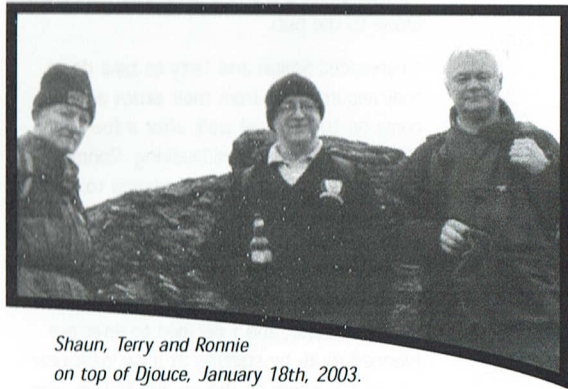
We were delighted when a relatively large group of 26 turned up for the walk on 18th January. Most of us travelled by coach from Glenageary to a car park near Lough Tay.

**IRISH
Trekker**

The Trekkers Mountaineering Club
Glenageary, Co. Dublin

<http://indigo.ie/~behanc>

To mark the occasion, I made a few introductory comments to the group before we started the walk at 9.55am. I suggested to Shaun that he might take over the leadership of the walk; in the event, we decided to be joint leaders. As we approached the peak of Djouce, Shaun agreed to lead the group to the peak. At the peak, I produced a bottle of beer (not 3) for the 3 surviving pioneers of our club. On this occasion, there were no ill-effects. The rain started to fall at about 12.20pm and we had lunch shortly afterwards in the wooded area near the Dargle River crossing. Shaun, Terry and Ronnie agreed to lead the group through the wind and rain to the top of Maulin. The rain then cleared. Before we reached Crone Wood, we were welcomed by Kevin Beegan, John Furey and Ian Thompson, who joined the club in 1985/86.



Shaun, Terry and Ronnie on top of Djouce, January 18th, 2003.

We finished the walk at 2.45 pm. Most of us then travelled by coach to Sweeney's pub, where Bill Hannon, John and Therese Langan (and their two children) and Paddy Langan joined in the celebrations. Dick Ryan (Club President) paid a fitting tribute

to Shaun, Terry and Ronnie. We concluded the celebrations with a verse of Auld Lang Syne. After an hour or so in the pub, most of us went homewards by coach.

Reflections

In simple terms, 26 people did a B minus walk on 18 January and we were joined by a further 10 people in the pub. Of course, the occasion meant more than that.

Basically, we paid tribute to Shaun, Terry, Ronnie and Jack, who guided the club in its formative years. In particular, from 1982 to 1992, Shaun was effectively the President, Walks Leader, Secretary and Treasurer and actual membership of the club grew to 20 during that period. Shaun continued in his role as the club boss until he took the initiative in setting up The Trekkers

Mountaineering Club formally in January 1995 and having the club affiliated to the Mountaineering Council of Ireland. He was then elected the First President of the club and he held that office for the maximum period of 3 years.

We now have 70 club members. Shaun was responsible for ensuring proper training and development and formulating the broad philosophy of the

club. I am not exaggerating when I express the view that the club would not have survived if it hadn't been for Shaun's skill, commitment and dedication in shaping the development of the club from 1982 to 1997.

I would also like to take this opportunity to acknowledge the punctual, courteous, dependable, and efficient coach service provided by Graham Transport for virtually all our Dublin/Wicklow trips since September 1988. I appreciate the fact that, on 18th January, Mick and Gerry patiently sipped tea for an hour in Sweeney's pub, while we drank something stronger.

On the homeward coach journey, I reflected on many of our happy hillwalking experiences in Ireland and Wales over 20

YOUNG trekkers

The mobile phone rang. We were on top of the Spink admiring that wonderful view over the Glendalough lakes. The phone rang again. Garrett: "Sorry. That must be Shane, the guy who didn't show up this morning...Hello! What happened you? Why didn't you switch the vibrator on and put it under your pillow? We called you several times... Taxi? No - we're on top of a mountain. There are no taxis up here... Public transport? No - you're in Ireland now... You will just have to put up with it I suppose. 'Bye'"

Another day, another scene, this time in the Glenassan Valley. I draw the group's attention to a herd of wild goats blocking our way just ahead. "Don't worry," I say, "They only look fierce. They are more afraid of you than you are of them." Sure enough, the herd scampered away nimbly and we plonked down for our banana stop. Then, making a complete liar of me, two beautiful pure white goats detached themselves from the herd, made their way back to the group and began nuzzling some of the girls looking for food. So much for "wild" goats!

Later the same day, near the top of Carmaderry, Gary collapses with severe cramp in his right leg. Roy removes his boot and bends the foot in the approved manner. To no avail. He then tries massaging the calf, again to no avail. Gary is in agony. Then a brainwave: "Are there any nurses in the group?" Kate from New Zealand responds "No,

years. I must confess that I was almost overcome with nostalgic emotions. I have no doubt that Jack too looked down on us with approval from his celestial heights. In his own words, he would have said "Thank you for your kindness".

Yes, on 18th January, we had a delightful trip down memory lane. Thank God we can still enjoy the beauty of our Irish landscape and coastline. ●



Youth to the Fore!

but there are three psychologists and we can talk you through it!" Gary is a bit suspicious of this, decides to push on in case he is made a worse offer, puts his boot on and finishes the hike despite the pain.

These are just three little scenes from the young trekkers' group. We have had two walks to date. We had nine visitors on the first walk and thirteen on the second. Four of this thirteen were repeats, giving a total of eighteen newcomers so far. The age range is late twenties to early thirties and they come from fairly far afield - not just Dublin, but also Clonee and Athy (and yes, New Zealand!). With one possible exception, all are good B standard with the potential to move onto A standard. All were properly equipped.

I would like to thank all members who made introductions.

Hikes take place on the last Saturday of the month. Please keep them coming, as we want to maintain the momentum of this initiative.

Dick Ryan

food

...on the *move*

Like all forms of exercise, heat is a bi-product of walking, and so the faster and further you walk, the hotter you'll get. One of the most important things to remember in this case is hydration. Normally the body needs 2 litres (3½ pints) of fluid per day to replace the water we have lost through breathing, sweating and going to the loo. However on walking days, you'll need a lot more.

Replacing the fluid you've lost through sweating is vital if you are to get the most out of your walk.

If you do not, you will find it difficult to concentrate, cutting down on the enjoyment of the day's walking, while physically, you'll have to slow down, particularly on the uphill climbs.

Because thirst is not always a good measure of the state of your body's fluid levels, it's best to start off the walk well hydrated. Drink plenty at breakfast time. The purpose of hydration is to conserve your fluids. A large glass of fruit juice diluted 50:50 with water is ideal, as is plenty of milk on your cereal. Tea and Coffee however are not so good. Both of these drinks are diuretics, and will more likely have you searching for bushes for most of the walk.

As any walker will tell you, a packed lunch should be light-weight, compact and full of high-energy foods and fluid. A bulky flask or a great big plastic lunch box will only take up space and be awkward to carry, whether full or empty. Like all meals, your packed lunch should essentially contain something from each of the 4 basic food groups.

A good example is an egg sandwich or a cheese and tomato bread roll, followed by a yogurt and some fresh fruit. If you want to add in a few extras, boiled sweets, fruit pastilles and dried mixed fruit are ideal. A few bananas are also good snacks as they are high in potassium, and will reduce the risk of cramp. Other good snack alternatives include fruit cakes, brack or muesli bars. However, it's best to avoid foods that are high in fat such as chocolate bars, toffees and crisps. As much as we all love these treats, they are less readily available to your body as an energy source.

Carrying a small plastic bottle with diluted squash or fruit juice is a good idea. As we have seen, thirst is not always a reliable indicator of your body's fluid levels. Even on cold, cloudy days when you don't feel so hot or sweaty, you still need to keep your fluid levels topped up.

guidelines

for Walk Leaders...

Planning the Route Route Selection Selection of a route depends on a number of factors, in particular

- the grade of walk, A, B or C
- the daylight available
- the expected weather
- the condition of the ground to be covered

Grade A Walk Can include all types of terrain encountered on the mountains, including steep climbs and descents and some scrambling but excluding rock climbing. Will normally take 6 to 8 hours but this may sometimes be lengthened.

Grade B Walk Puts more emphasis on forest roads and paths and less on rough or very steep ground. Will normally last for about 6 hours.

Grade C Walk Largely confined to tracks and forest roads with little rough or steep ground. Will normally last 4 to 5 hours.

Daylight In planning the duration of the walk, pay close attention to the time of year and the amount of daylight available, so as to avoid getting caught out on an open mountain after dark.

A track which provides a good guide in daylight may easily be lost after dark. A public road, particularly one which is narrow and twisting with no footpath, as are many roads in the mountains, poses a special risk from motor traffic after dark.

Weather Get the weather forecast and judge how the weather may effect the walk. The telephone number for the official forecast for the greater Dublin area is 1550- 123854.

Steep Ground Be aware of any particularly steep sections on the route and how they will be dealt with. It is more dangerous descending steep ground than ascending it. Steep grounds can, if necessary, be avoided by adjusting the route.

Rivers Many rivers in the mountains are difficult, sometimes dangerous, to cross after a spell of rain. Be aware of any river crossings on your route and, if in doubt, change the route to avoid the crossing.

Protecting the Environment Some parts of the Dublin and Wicklow Mountains are being cut up by large groups of walkers. In order to protect the mountains, it is desirable to avoid such areas.

Route Card Prepare a route card which divides the route into a number of sections. For every section, calculate:

- compass bearing
- distance
- amount of climbing
- time required
- grid reference

Leave a copy of the route card at points where it will be readily accessible in the event of a delayed return, e.g. at home, with the bus driver.

Time Required The walking time can be calculated by using Naismith's Rule, i.e. 5km per hour plus one minute for every 10 metres climbed. On the Discovery map the contour interval (height difference between two adjacent contours) is 10 metres. Some allowance might also be made for steep descent and for obstacles such as river crossings or an area of peat hags. The time required for breaks must also be estimated.

Escape Exits In planning the route, points suitable for exit to the public road should be noted.

Group Equipment The walk leaders should arrange that a Club first-aid kit, kishu and portable stretcher are carried by members of the group. A number of members carry mobile phones and it should be checked that at least one phone will be available.

Leader's Equipment Every walk leader should have map, compass, whistle, torch, bivi bag and personal first aid kit. Suggested items for a first aid kit are:-

- Adhesive dressings, preferably waterproof, individually wrapped
- Triangular bandage, preferably sterile
- Sterile covering for a serious wound (e.g. melolin 10cm X 10cm)
- Roller elastic bandage, 3 inch
- Adhesive pads, 2.25 X 3.00 inch
- Safety pins
- Foil survival blanket

Route Checking If unsure of any sections of the route, it is advisable to check out these sections before the day of the walk. Particular attention should be paid to the exit from the mountains at the end of the walk.

On the Walk

The Group Agree a leader and a sweeper. Nobody should walk in front of the leader or behind the sweeper. Whenever necessary, the sweeper should use his whistle to halt the leader and prevent the group getting too spread out.

Keep the group together in such a way that contact between leader and sweeper can always be readily established. In poor visibility, the distance between leader and sweeper may need to be shortened.

Leader Training The senior leader of the day should encourage and facilitate the two other leaders to take part in navigating and leading the walk.

the Tongariro Crossing Up Among the Volcanoes

By Brendan Bracken

A family holiday to New Zealand last Christmas provided the spur to take on this hike...

Since my return, many of you will have been bored witless, when a polite query, has been met with hour-long tales of my "tramping" exploits. On the off chance that you, dear reader, might not have "shared" this meaningful experience, here goes!

After all, being Editor does have its perks.

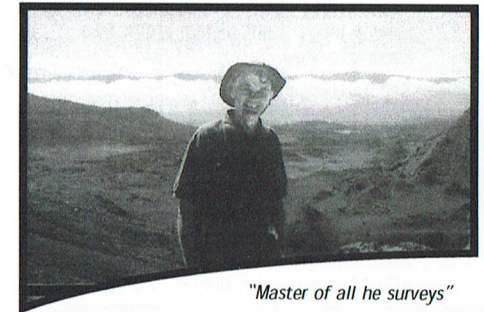
"Tramps" my mother used to call some of the young women that her younger son consorted with in his youth. Only it doesn't mean the same in New Zealand. Nope! It's what we call hill walking, trekking and hiking. It was to prove almost as enjoyable and certainly as exhausting as those encounters in the far off 1960's.

Though many visitors to New Zealand spent most of their time on the country's more rural South Island—the often overlooked North Island provides lots of hiking opportunities; Chief among them is Tongariro National Park. So much so that Tongariro was used as the setting for the film *Lord of the Rings*.

One way of viewing all this, is the 17km Tongariro Crossing, often called "the best one-day hike in New Zealand". The Crossing takes the walker through a steaming moonscape setting with a track winding up the Mangatepopo Valley to the saddle between Tongariro and Ngauruhoe, a still active volcano. It climbs to Red Crater (1886m) then drops down to the vivid

Emerald Lakes. After passing the lakes, the route descends in a zig-zag to the Ketetahi Hut.

The Park owes its existence to a forward-thinking Maori chief who ceded the land to the people of New Zealand in 1887 as a way to protect it from farmers and loggers. Over 196,687 acres, the park is situated around a trio of volcanoes: Tongariro, Ruapehu, and Ngauruhoe.



"Master of all he surveys"

Linking up with a local outdoors organisation, Tongariro Expeditions, I was brought by bus to the end of a gravel road where we got our first view of the famed Tongariro Crossing trail. The walk starts in a broad valley, with a five-foot-wide path of crushed stone, cutting across an open plain of brown grass and low shrubs. A path leads us up along the Mangatepopo valley and through eroded lava flows.

Soon, however, the easy walking ended and we started to climb. Slowly we began pulling ourselves upward over the rough volcanic rock. Since the trail crossed bare rock, it had been marked by a series of wooden poles, each supported by a pile of rocks at its base.

Emergency Requiring Outside Help

If, because of an accident or illness, outside help is required, a number of things need to be done:

- 1 Bring the group to a halt, using whatever shelter is available. Keep constantly in mind the safety of the group as a whole.
- 2 Treat the injured person. Be very cautious about moving an injured person. There is a real danger that inexperienced lifting and carrying may cause further injury either to the injured person or to one of the helpers.
- 3 Use available resources to keep the injured person warm and sheltered – spare clothing, bivi bag, kishu.
- 4 Use the mobile phone. Dial 999 and ask for MOUNTAIN RESCUE. Give
 - Your exact location, including six-figure grid references, which may be obtained from the GPS.
 - The condition of the injured person; if a cardiac condition is suspected, the need for a cardiac ambulance should be stated.
 - Name of injured person and next of kin
 - Your mobile telephone number
 - Any relevant information regarding terrain and best approach route

5 If it is necessary to go for outside help, select the persons who are needed at the scene of the accident. Ensure that they have warm clothing, food, phone, torch and whistle. The remainder should go, with the twin objective of organising help for the injured person and getting those not needed at the scene of the accident off the mountain. Circumstances may make it necessary that the main body of walkers, whose objective is to get safely off the mountain, will take a different route to those who are seeking help for the injured person.

6 The party seeking help should write down particulars, including grid references, of the location of the accident. They should choose a safe route and, without rushing, aim for the most convenient place where they can expect to get help, e.g. farm or public road.

Distress Signal Six blasts of a whistle or flashes of a torch, followed by a minute's silence, then repeated. The answer is three blasts or flashes, followed by a minute's silence, then repeated.

Breaks It is normal to have a full lunch break (30 minutes or so) in the middle of the day and shorter breaks in mid-morning and mid-afternoon. The need for other breaks and the duration of breaks can be determined by the circumstances of the day.

Walker's Problems Leaders should be on the look out for any emerging problems (for example limping, or signs of fatigue or cramp) in any member of the group which might get worse if left unattended. Such problems should be dealt with at the earliest opportunity. It is desirable that members alert the leader to any medical condition that might give rise to problems during the day.

Use of Escape Exit Any one of a number of factors may make it necessary to leave the walk route before it is completed, e.g.

- onset of darkness
- injury or other problems affecting a member of the group
- weather deterioration

If in doubt, err on the side of taking the escape exit. When you reach a public road, it is invariably possible to get a lift from a passing car.

River Crossing If confronted by a river in spate, be very slow to attempt crossing it. It is better to take a circuitous way around than to risk the consequences of crossing.

Getting Lost

If you are unsure of your position or the direction of travel, a number of courses are open to help you gain control of the situation:

- bring the group to a halt for a short break
- taking account of your last known position, the general direction and type of terrain since covered and the time involved, you should be able to work out from the map and approximation of your present position.
- Consult with experienced members of the group in doing this
- If any member of the group has a GPS (satellite navigation instrument), use it to get an estimate (probably accurate) of your position.

Using the best estimate of your location, decide where you should now aim for, e.g.

- Your last known position, from which you could take an accurate bearing on your objective, or
- Some long feature, such as a stream or a forest boundary, which you could be reasonably sure of meeting at some point in its length and, which, if used as a handrail would help to establish your exact position.

Estimate the time required to meet your immediate objective and when you move off follow the compass bearing strictly and keep a note of the time.

Pushing upward each pole became a goal, and after every few I would stop and look back down into the valley from which we had come. Far, far away I could see a line of people approaching the incline, mere dots from my lofty vantage point.

A Drop of the Crater!

After a rest, we started across an open, flat expanse called South Crater, which was dusty and rocky. Ahead rose another hill, and after ascending it we could see clear into the valley, beyond a dry, barren area of rocks and eroding hillsides that I later learned was an old lava flow.

I turned left at this point to tackle the one-hour side trip up Mount Tongariro. Poles again marked the trail as it followed a rocky ridge. The lava of long ago had created strange formations on these slopes. As I crested one ridge, the aptly named Blue Lake, a magnificent distant crater lake came into view.

I was above the clouds looking across open space to the steep black slopes of an enormous volcano. Behind it, the snow-capped summit of an even larger volcano emerged from the clouds. I sat at the very top of Mount Tongariro, enjoying one of the most spectacular views New Zealand had to offer. As they say in Dublin, "Far Out".

I eventually headed down and continued following the Tongariro trail. The path crosses the centre of the South Crater and then skirts the Red Crater on the way to the luminescent Emerald Lakes, who take their colour from the concentration of minerals in the water.

Clouds of steam came from the earth all around them, the telltale stench of sulphur revealing its volcanic source. I sit on rocks by the green water, enjoying lunch in the surreal surroundings. While having lunch, a large and rather hairy beast emerged from behind the rocks. We eyed each other for a while. I wasn't sure whether he wanted to eat me or mate with me. Unlike the

Victorian maiden, I don't believe there is a fate worse than death: however my honour was saved when I handed over my sandwiches. I suppose I could have started singing the Trekkers song; no dumb beast could survive that.

After lunch, I crossed into the next valley. Here were more fantastic views. In the distance Lake Rotoaira came into sight, with Lake Taupo in the distance. At over six hundred square kilometres, it is the largest lake in New Zealand.



The Emerald Lakes

Our trail hugged the side of a hill, at the bottom of which flowed a stream. Switching back and forth dozens of times, the trail meandered gradually downward, giving us ample time to enjoy the gorgeous summer day and breathe in the clear, fresh air. In the distance strange plumes of steam issuing from the ground give away the location of the Ketetahi Hot springs and The Ketetahi Hut.

I stopped at the Ketetahi Hut and from this point on, the trail was all downhill. We passed through fields of tall grass, the air is damp and cool and fresh with the smell of plants. Uphill I could see hot steam hissing from the earth in great clouds. This is a wonderful finish to what has mostly been a walk over entirely barren terrain.

Eight hours and seventeen kilometres after leaving Mangatepopo, I stride into the road ahead and onto the bus. Djouce and Maulin eat your heart out! ●

WALKING IN Switzerland

An interesting stand at the Holiday Fair in the RDS was the village of **Kandersteg** in the **Bernese Oberland** who are promoting walking holidays in their locality.

Full board accommodation can be arranged for in the region of 52 euros per night and guided walks can be arranged. With relatively reasonable flights now available to Geneva, it might make for an interesting holiday

Organised by a genial Corkman, Tomas Bagge who lives in the area, anybody interested can contact Tomas at Postfach 7, CH-3718Kandersteg, Switzerland-, phone/fax 0049 761 28 99 62, e-mail; tng_bagge@yahoo.com. Tomas organises the hotels on behalf of the guests. They then pay the hotel directly when they come over. He takes guests on a hike on the day after they arrive, so they can get their bearings and judging by their fitness level, he helps them put together an itinerary of suitable walks for the rest of their stay. All the walks are very well signposted and start from the hotel

His website is:
www.swisstravelbagge.ch

Also useful is http:
[//www.kandersteg.ch](http://www.kandersteg.ch)

The Sorcerer's apprentice

The nerdy side of the Trekkers has been stepped up a gear with **Roger Kirker** now assisting **Carol Behan** with the maintenance and upkeep of our very fine website-<http://indigo.ie/~behanc>

Well worth a look

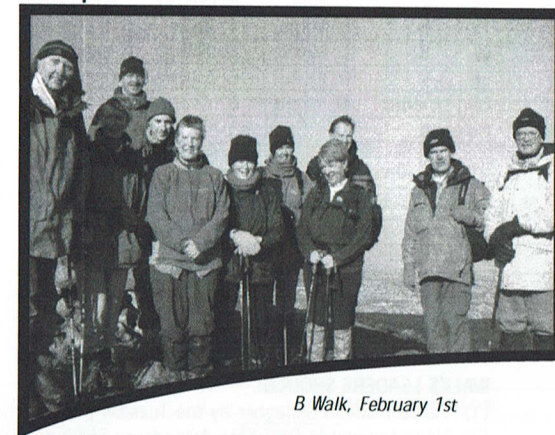
New Members

Welcome to new members, **Catherine Minogue** and **Eric and Dreena Lindstrom**

Eric and Dreena hail from Vancouver and have lived in Ireland for the last six years

They took up walking here two years ago and enjoy the Wicklow Hills. They have also enjoyed walking with the Trekkers, exploring new areas and landscapes and meeting up with the different members of the Club

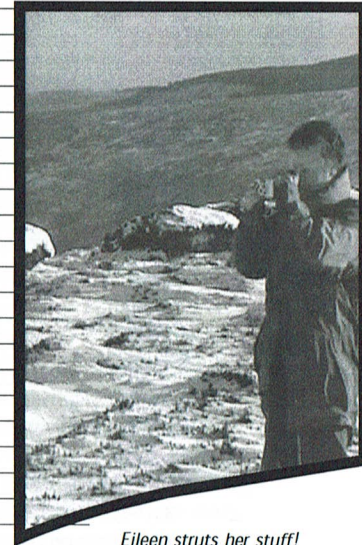
A warm welcome to all!



B Walk, February 1st

Walks Programme April - August 2003

Date	Grade	1st Leader	2nd Leader	3rd Leader	Time
April					
5	A	E. Gallagher	C. Stephens	T. Gillen	9.00
5	C	K. Beegan	M. Beegan	E. Tinsley	11.00
12	<i>Glenmalure Weekend</i>				
19	<i>Easter Weekend</i>				
26	B	P. O'Duffy	C. MacHale	G. Fogarty	9.00
26	C	L. Walsh	N. Boyne	F. English	11.00
26	Youth	E. Logan	J. Hamilton		10.00
May					
3	B	R. Kirker	L. Murphy	M. Berthiaume	9.00
10	A	M. Sims	M. Sims	J. Murphy	9.00
10	C	E. Logan	M. Goff	M. Delaney	11.00
17	B	P. Connolly	I. Lawton	M. Berthiaume	9.00
24	B	J. Murphy	B. Lane	C. MacHale	9.00
24	C	K. Moore	H. Fitzpatrick	M. Byrne	11.00
31	Youth	M. Sims	M. Sims		10.00
31	B	J. Murray	J. Hooban	P. Connolly	9.00
June					
7	B	B. Brennan	D. Needham	D. O'Neill	9.00
14	A	C. Behan	B. Hannon	R. Crowley	9.00
14	C	D. Kirker	B. Dunne	T. Murphy	11.00
21	Youth	C. Behan	D. Murray	T. Murray	10.00
21	B	M. Murray	S. Cantwell	T. Murray	9.00
28	<i>Clonmel Weekend</i>				
July					
5	B	F. Mulloy	K. O'Brien	D. O'Hegarty	9.00
12	A	B. Bracken	D. Murray	D. Brennan	9.00
12	C	C. Mangan	A. Keegan	P. Murphy	11.00
19	B	L. Murphy	K. Moore	K. O'Brien	9.00
26	B	L. Walsh	D. O'Neill	J. Hamilton	9.00
26	C	D. Ryan	B. Coggins	C. Dorgan	11.00
26	Youth	M. Tinsley	R. Crowley		10.00
August					
2	B	E. Logan	E. Gallagher	C. Stephens	9.00
9	B	D. Ryan	R. Kirker	B. Lane	9.00
16	A	D. Needham	P. O'Duffy	G. Fogarty	9.00
16	C	K. Beegan	J. Needham	N. O'Reilly	11.00
23	B	T. Gillen	B. Hannon	S. Cantwell	9.00
30	B	M. Tinsley	D. O'Hegarty	J. Hooban	9.00
30	C	B. Brennan	C. Brandon	R. Halpenny	11.00
30	Youth	B. Bracken	I. Lawton		10.00



*Eileen struts her stuff!
A walk in the snow.*

WALKS LEADERS SHOULD:

- (1) Contact Eileen Gallagher by the Tuesday prior to the walk to book bus.
 - (2) Hand completed Insurance Attendance Sheet to Walks Co-ordinator.
- PLEASE USE SEAT BELTS ON THE BUS.



PRODUCED BY

The Trekkers Mountaineering Club
GLENAGEARY CO DUBLIN