

# The Trekker

APRIL 2001

ISSUE NO 15

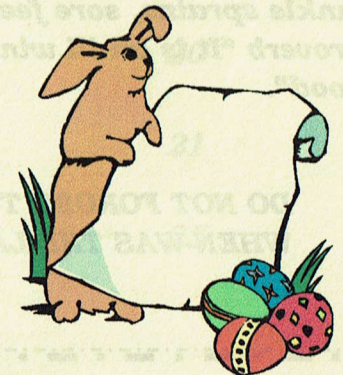


*The Trekkers*

*Mountaineering Club,*

*Glenageary,*

*Co. Dublin.*





## **EDITORIAL**

### **WALKS CANCELLED**

*The Foot & Mouth crisis has caused all hill walking to be out of bounds for the time being. This means the normal activities of the club have been curtailed and the March trip to the Mourne cancelled. Hopefully this embargo will soon be lifted, although it is likely to be one of the last outdoor events to get the green light.*

*In the meantime a number of urban walks have been arranged to ensure that all members can keep in touch and enjoy the outdoor life. In any event, keep taking daily exercise so that the strain will not be too bad when we return to our usual schedule.*

*However there is a positive side to every difficulty, the absence of thousands of boots on the hills should allow the spring growth to get a good grip and thus help the ecology. Many areas will benefit from this rest period. For the Trekkers it will give time for some wounds (ankle sprains, sore feet etc) to recouperate. As in the old proverb "It is an ill wind that doesn't blow someone some good".*

**DO NOT FORGET TO LOOK AFTER YOUR BOOTS.  
WHEN WAS THE LAST TIME YOU POLISHED THEM?**

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***On The Trek***  
***An Interview with Colette Dorgan***



*"CHEERS"*

*Colette Dorgan, Mary Delaney  
Delima Dharrif & Michelle Berthiaume*

**M.T.** Thank you for taking the time to reminisce with me about your interest in outdoor life. I was anxious to talk to one of our lady trekkers and I know you will have a good story to tell, like how did your interest in the mountains begin?

**C.D.** Well, when I was young I lived in Kilmacthomas, Co. Waterford and my father introduced us to the Comeragh Mountains. These trips were not lengthy but did instil in me a love of the outdoors and the mountains. When I later came to Dublin to the Froebel College, Sion Hill, I loved to escape out of the city to the countryside at the weekends, even though these trips were entirely dictated by the bus routes.

**M.T.** You once told me that you lived in Canada for a while. Did you explore much of that territory?

**C.D.** I took full advantage of my time there to take part in the available sports, particularly skiing and ice skating. I enjoyed the cross-country skiing in the Laurentians. In British Columbia a group of us climbed Mount Seymour, (4758ft) wearing only tee shirts and shorts, but we threw snowballs at the summit. A lively experience! I also took the opportunity to trek in the Rockies.

**M.T.** How long were you away from Ireland?

**C.D.** Just three years and on my return I joined the Irish Mountaineering Club.



**On The Trek**  
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**M.T.** How long were you away from Ireland?

**C.D.** Just three years and on my return I joined the Irish Mountaineering Club.



**M.T. Is that where you met Mike?**

C.D. Yes. It was while rock climbing in the Dalkey Quarry. In those days your 'gear' consisted of strong runners and a good rope! No helmets or technical equipment. Thankfully there were no casualties, that I am aware of. Also in the I.M.C. at that time were Trekker members, Liam Walsh, Bill Hannon, George Barry and Tom Gillen.

**M.T. Did you continue with this pursuit?**

C.D. Well marriage and six children changed my priorities, for a number of years. However, Mike and I still retained our love for the hills and now it plays a big part in our lives. We have taken short visits to walk in the Lake District, Snowdonia, Switzerland and Austria as well as in Ireland. Joining the Trekkers was one of the best things we have done.

**M.T. Have your children shown the same interest?**

C.D. To varying degrees, but their lives are very different to ours. We have taken the grandchildren with us sometimes and hopefully this will develop.

**M.T. What is it about mountain trekking that gives you the greatest thrill?**

C.D. I think standing on a peak on a fine day and just drinking in the scenery and marvelling at the wonder of creation. I remember on one occasion being at the top and being encompassed by a perfectly clear rainbow.

**M.T. Do you have any other similar memories?**

C.D. A few stand out, like coming down Paddock Hill on a winters evening with everything covered in hoar-frost and a light cloud or fog suspended over the valley below us. It was fairyland! Or an awesome view from the top of Slieve Binnian in the Mourne, at evening time.

**M.T. I can see you view things with the eye of an artist and it is no wonder when you are surrounded by beautiful pictures - all your own work - but did you ever find yourself in a scary situation?**

C.D. Yes, I remember being lost in the mist on Galtymore and coming down into the wrong valley! And then there was the time we descended down Carrauntoohil in the semi-darkness eventually finding our way to the hostel in Black Valley. However, the toughest was probably on Snowden, Mike and I had gone up the Railway track and I found that difficult enough. We came down the Miners track exhausted only to discover that the 'Sherpa' bus was not running and we had to walk six miles back from Pen-y-Pass to our hotel in Llanberis. We were very relieved when we got there!

**M.T. Well Colette I can nearly feel the pain of it as you relive the event. I knew you would have some interesting stories to tell us. But finally, if cast on a desert island what three items would you bring?**

C.D. That's a difficult one. I think a bible, some relaxing music and a sketch pad.

**M.T. Yes I can just visualize you in that situation, in quiet contentment. Thank you for sharing your memories**





*The Trekker Anthem being sung with full gusto at the pre-Christmas dinner.*

*From left to right:*

*Marion Beegan, Liam Walsh, Ronnie Doyle, Colette Dorgan,  
Eileen Gallagher, Cindy Mangan, Brian Brennan  
& Michael Dorgan.*

## *The Paddy Productions.*

*Paddy & Marie O'Duffy kindly offered the hospitality of their home to all the Trekkers on March 15<sup>th</sup>. It was a timely event as due to the Foot & Mouth crisis all walks had been suspended, so this gathering helped to bridge that gap and keep the club companionship alive.*

*The centrepiece of the evening was the showing of some of the film that Paddy had taken during the previous 15 months. Spielberg, himself had used his editing skills with incisiveness as he reduced miles of footage to produce a 60 minute programme.*

*It was great to relive the events which had occurred and the places we had been. We were reminded of marvellous flora, fauna and scenery that we encountered in all seasons. We got another opportunity to stop and stare and to listen to a variety of interesting commentaries throughout the programme.*

*It was a complete reflection of the Trekkers on the hills, the Trekkers in the pub and the Trekkers having the craic.*

*Thanks Paddy and Marie – we eagerly await the next event.*



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**CHRISTMAS FARE**

**Dec 9<sup>th</sup>**

**53 Trekkers sat down to a pre-christmas dinner in the Wicklow Heather restaurant following both A & C walks. And Santa came too.**

**Dec 27<sup>th</sup>**

**27 Walked off the turkey, ham and plum pudding, but only within a 3 mile radius of the Graduate Pub.  
+++++**

**Jan 6<sup>th</sup>**

**23 Trekkers completed a B walk, then supped mulled wine and ate cake before a roaring fire in Aurora House to close the festive season.**

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**DUBLIN AND WICKLOW MOUNTAIN RESCUE**

*The Dublin & Wicklow Mountain Rescue Team was involved in a total of 45 incidents in 2000. 32 incidents required more than one IMRA team. Over 1,200 person hours, the equivalent of 150 working days, were invested by the team to deal with these incidents.*

*Incidents included: rescues 40%, searches 38%, requested \*standbys 7% and requests for \*\*assistance 16%.*

*(\*A standby is where a walking group/school/organisation requests a team to attend their event to guide the group or be on the scene in case anyone has an accident. \*\*Assistance is where some form of help was requested which did not necessitate a search or rescue)*

*Spring was the busiest time accounting for over 38% of all incidents. Winter had an unusually high peak of incidents due to severe snow & ice. Sixty seven per cent of requests for help were received at the weekend.*

**CALLOUTS BY SEASON**

<b>SPRING</b>	<b>38%</b>	<b>SUMMER</b>	<b>15%</b>
<b>AUTUMN</b>	<b>18%</b>	<b>WINTER</b>	<b>29%</b>

***SAFETY AND VIGALANCE ON THE MOUNTAINS CANNOT BE TAKEN LIGHTLY. EVERYONE MUST PLAY THEIR PART. MAKE SURE YOU ARE PROPERLY EQUIPPED IN TERMS OF YOUR KIT, IE. CLOTHING ,BOOTS, MAPS ETC. AND ALWAYS LET SOMEONE KNOW WHERE YOU ARE GOING AND YOUR EXPECTED TIME OF RETURN.***

***WHEN YOU ARE WELL PREPARED, YOUR ENJOYMENT IS UNMEASURABLE.***





*Ronnie Doyle, John Furey,  
Kevin O'Brien & Gerry Fogarty*



## WALKS SCHEDULE MAY TO AUG 2001

*Assuming the Foot & Mouth Ban is lifted*

DATE	Grade	1 <sup>st</sup> Leader	2 <sup>nd</sup> Leader	3 <sup>rd</sup> Leader
May 5 <sup>th</sup>	B	Dick Ryan	Michael Dorgan	John Brandon
May 12 <sup>th</sup>	A	Monty Tinsley	Kevin Moore	Michael Condon
May 12 <sup>th</sup>	C	David Brennan	Marion Beegan	Hilary Fitzpatrick
May 19 <sup>th</sup>	B	Tom Murray	Mary Murray	Brian Brennan
May 26 <sup>th</sup>	C ✓	Monty Tinsley	Evelyn Tinsley	Nancy Boyne
June 2 <sup>nd</sup>	B	Fergal Mulloy	Derry O'Hegarty	Gerry Fogarty
June 9 <sup>th</sup>	A	Eugene Logan	Bill Hannon	George Barry
June 9 <sup>th</sup>	C	Cindy Mangan	Clare Brandon	Annette Keegan
June 16 <sup>th</sup>	B	Eileen Gallagher	Ronnie Doyle	Freddie English
June 23 <sup>rd</sup>	C	Roger Kirker	Richard Needham	Henry Jack
June 25 <sup>th</sup>	ABC	<b>KERRY</b>	<b>TRIP</b>	
July 14 <sup>th</sup>	A	Michael Sims	Maeve Sims	Richelle Crowley
July 14 <sup>th</sup>	C	Joan Needham	Marion Goff	David Brennan
July 28 <sup>th</sup>	B	Derry O'Hegarty	Kevin O'Brien	John Furey
July 28 <sup>th</sup>	C	Liam Walsh	Ita McCraith	Clare Stephens
Aug 11 <sup>th</sup>	ABC	Dick Needham	Joan Needham	Ita Lawton
Aug 25 <sup>th</sup>	B	Brian Brennan	Noel O'Rielly	David Kirker
Sept 1 <sup>st</sup>	B	Tom Gillan	Cyril McHale	Eugene Logan

*July 21<sup>st</sup>*

*July 21<sup>st</sup> e*

*Slasnam  
Botanica*

*Mc Dorgan*

*35<sup>2</sup> Walks*

## BOOK YOUR WALK

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Last winter a bus 'waiting list' to ensure full bus capacity was introduced on a pilot basis. This worked well and nobody was disappointed.

Following the AGM it was agreed that this procedure would become the established practice. So if you want to walk on a particular date, contact one of the designated leaders early to ensure your place. The bus/buses must be booked by midweek as seats fill up early. It was also agreed that there would be no onus on the walk leaders to make telephone calls prior to the walk.

So hold on to this edition of the TREKKER with its list of walks between May to August 2001 and choose from the menu!

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## URBAN WALKS

Until the present restrictions on hill walking are lifted we will continue our Saturday walks in non restricted areas. Most walks will be in urban areas especially where we can avail of parks and open spaces, but of course it will be difficult to avoid some built up and residential districts.

As we would like to keep our movement low keyed it is suggested that hiking boots and rucksacks should be avoided and the maximum number of people will be 16 – (1 bus load) These walks can be regarded as Grade C and will end as usual in a suitable point for the journey home.

Book early to avoid disappointment. The following walks have been arranged:

Sat 21<sup>st</sup> April: Seapoint Tower/Dun Laoghaire Harbour/Dalkey.  
Leader : Dick & Joan Needham.

Sat 28<sup>th</sup> April: UCD/Dodder Valley/Bushy Park.  
Leader: Liam Walsh.

Sat 5<sup>th</sup> May: St. Annes Pk/Bull Island.  
Leader: Eileen Gallagher.

Sat 12<sup>th</sup> May: Royal Canal.  
Leader: Brian Brennan.

Sat 19<sup>th</sup> May: City Tour.  
Leader: Monty Tinsley.

All enquires should be directed to :

Eileen Gallagher@ 285 5162  
Eugene Logan @ 285 2548



## QUOTES FROM THE A.G.M.

There were 71 official walks during the year. 16 'A' Walks, 15 'B' & 21 'C', made up of Saturday Walks, weekends away and Wednesday outings.

E. Logan, Walks Coordinator.

*We have a waiting list of 13 people seeking membership.*

*C.Behan,  
Secretary.*

It was agreed that the bus fare for the Saturday trips would be min £8-00 and max £10-00 per person

There was no change in the officers of the club.

## Looking Down on Glendalough





## UNDERSTANDING THE WEATHER FORECAST

### A short glossary of meteorological terms:

Millibars (mbs) = barometric pressure

Isobars are lines of equal barometric pressure. (Like contours on a map)

Depression (Low) is an area of low pressure. (poor to bad weather)

Anticyclone (High) is an area of high pressure (moderate to good weather)

Ridge is an area of relatively high pressure squeezed and extending between two lows.

Wind speed is given in MPH but it should be noted that sea area forecasts are given in knots (10 knots equals 1.15mph)

Winds are given from the direction from which they blow. i.e.. a

South West wind blows from the SW and not towards the SW.

Isotherms are lines of equal temperature.

Beaufort Wind Scale is used to measure the speed of the wind.

### Beaufort Wind Scale

Beaufort Number	Descriptive Term	Mean wind speed equivalent Knots	metres/second	Wave Heights in metres
0	Calm	0	0-0 - 0.2	Calm
1	Light air	1-3	0.3 - 1.5	0.1
2	Light Breeze	4-6	1.6 - 3.3	0.2
3	Gentle Breeze	7-10	3.4 - 5.4	0.6
4	Moderate Breeze	11-16	5.5 - 7.9	1.0
5	Fresh Breeze	17-21	8.0 - 10.7	2.0
6	Strong Breeze	22-27	10.8 - 13.8	3.0
7	Near Gale	28-33	13.9 - 17.1	4.0
8	Gale	34-40	17.2 - 20.7	5.5-7.5
9	Strong Gale	41-47	20.8 - 24.4	7.0 - 10.0
10	Storm	48-55	24.5 - 28.4	9.0 - 12.5
11	Violent Storm	56-63	28.5 - 32.6	11.5 - 16.0
12	Hurricane	64 & Over	32.7 & Over	14.0 & Over

### Planning your walk & thinking about the weather

When we are one of the appointed walk leaders, or just a walker, for the following Saturday we are always concerned as to whether it will be a nice day or otherwise. We are not able to do anything about the actual weather forecast even though we often promise, as a leader, those walking on the day, that the weather will, of course, be fine. We've had a word with the man above.

What do we do in reality?. We look/listen to the forecast on whatever TV/Radio station we fancy. The Met Eireann (Irish Meteorological Service) forecast on RTE One is the most reliable and appropriate for us. There is no harm in looking at any of the UK TV stations for a second opinion, but you must remember that their forecasts are for the UK, even though they include Ireland on the periphery of their picture and comments. It should also be remembered that we are looking at a **forecast** and not a **statement of fact**. There are many outlying weather features that can change a forecast. These could be many hundreds of miles from our shores but will affect the overall picture, an example of this being the Azores High, often seen on the forecast. It should be mentioned here that Met Eireann have an 88.5% accuracy record and are reckoned to be amongst the best in Europe. However when we hear that scattered showers are forecast and we have no rain in our area (Glenageary) it could easily be raining in Dublin City. It does not mean that because we did not experience rain that the forecast was wrong. Those showers were scattered. Forecasting is not an exact science. The weather we get in this country mainly moves in from the North Atlantic Ocean coming from mainly (but not exclusively) a South West to West direction. When we look at the TV screen on Wednesday hoping to get an idea of the forecast for Saturday we should be looking to the ocean area west of Ireland. Unfortunately, except for brief moments, most forecasters on the TV stand in front of this area as they are indicating what is to be expected over the land.

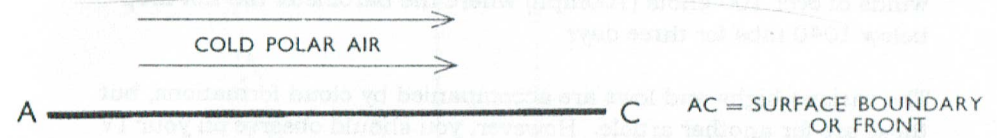


Depressions can vary in both size and strength ranging from 100 to 2000 miles across and from 950 to 1000 mbs. They can actually go lower but this is extremely rare. The approach of a depression is heralded by a falling barometer and high wispy clouds in the sky. In winter months, a mild day can also be an indication of the warm front mentioned below. The winds close to the centre of a Low, blow in an anticlockwise direction at an angle of about 45 degrees to the isobars. As we get further away from the centre the wind directions become closer to that of the isobars. The closer the isobars are, the stronger the wind and rain. This can be seen on your TV screen. A low generally moves in an Easterly direction coming from the Atlantic. They travel at speeds between nearly stationary to 40 knots. They travel slowest when filling, this happens when the barometer is falling rapidly.

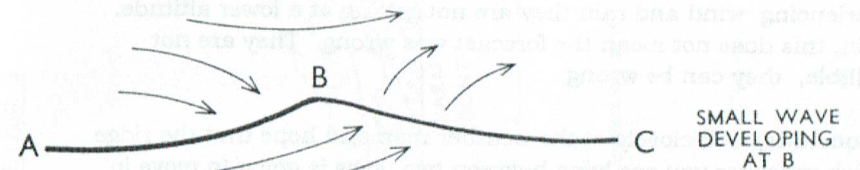
Fronts, which accompany depressions, are formed, in brief as follows: If two air masses from different regions, such as polar and tropical regions are brought together, the surface boundary where they meet is called a front - **See diagrams 1,2 & 3.** It can be seen by stage 3 that the depression has a circulation of air revolving in an anticlockwise direction. The part of the front marked AB is called a cold front as along it cold air is replacing warm air. The part marked BC is the warm front since here warm air is replacing cold air- **diagrams 4 & 5** show a plan and cross section of a depression respectively. From the cross section you can see the type of weather to be expected as the low passes North of the country. Should the low pass South of the country the weather will be dictated by this low and also the adjacent weather features, i.e another low or high.

Sometimes the cold front moves faster than the warm front gradually overtaking it, causing the warm air to be lifted up from the surface. When this happens the depression is said to be occluded and the two fronts have now merged into a single front, known as an occlusion. **See diagram 6 & 7** showing a plan and cross section of an occluded front. From these you get an idea of the expected weather.

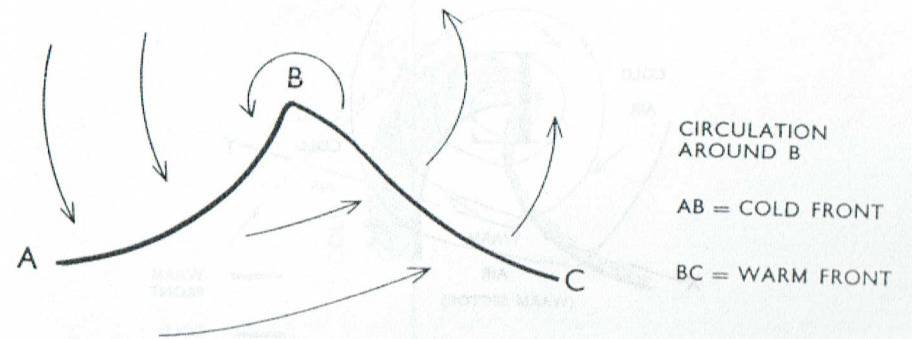
**DIAGRAM 1**



**DIAGRAM 2**



**DIAGRAM 3**





An anticyclone is an area of high pressure and generally good weather, where the winds blow in a clockwise direction around the centre. Winds are generally light but not exclusively so. The writer has experienced winds of over 100 knots (100mph) where the barometer did not drop below 1040 mbs for three days.

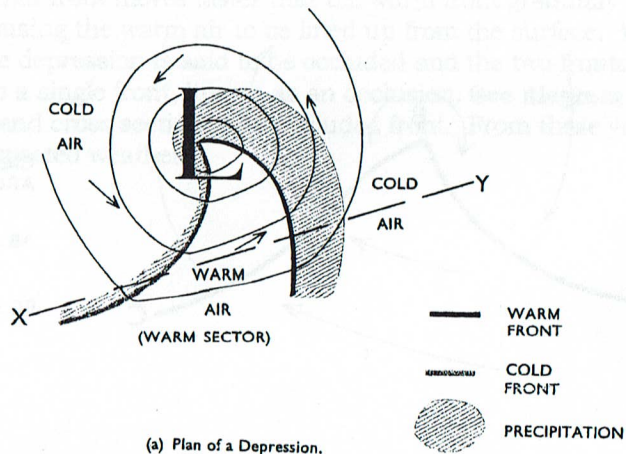
The various highs and lows are accompanied by cloud formations, but these are for another article. However, you should observe on your TV screen the after the satellite picture with the clouded areas is shown, they usually change the picture immediately to show the isobars and fronts in a plan of the area (note diagram 4 ). With careful observation of these you will see the correlation of cloud formation to a depression.

When you next look at the forecast remember that the forecast is mainly based for lands above sea level and up to about 2000 feet. When we walk in the mountains, often higher than this, we may be in the clouds experiencing wind and rain they are not getting at a lower altitude. Again, this does not mean the forecast was wrong. They are not infallible, they can be wrong

To conclude, look closely at the weather map and hope that the ridge of high pressure you see lying between two lows is going to move in nicely and stay long enough to be with you on Saturday.

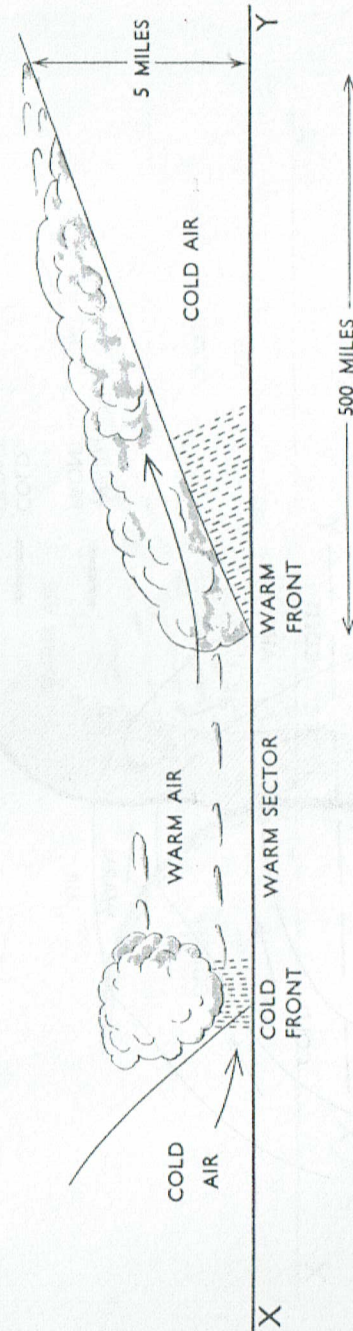
**DIAGRAM 4**

NORTHERN  
HEMISPHERE



(a) Plan of a Depression.

**DIAGRAM 5**

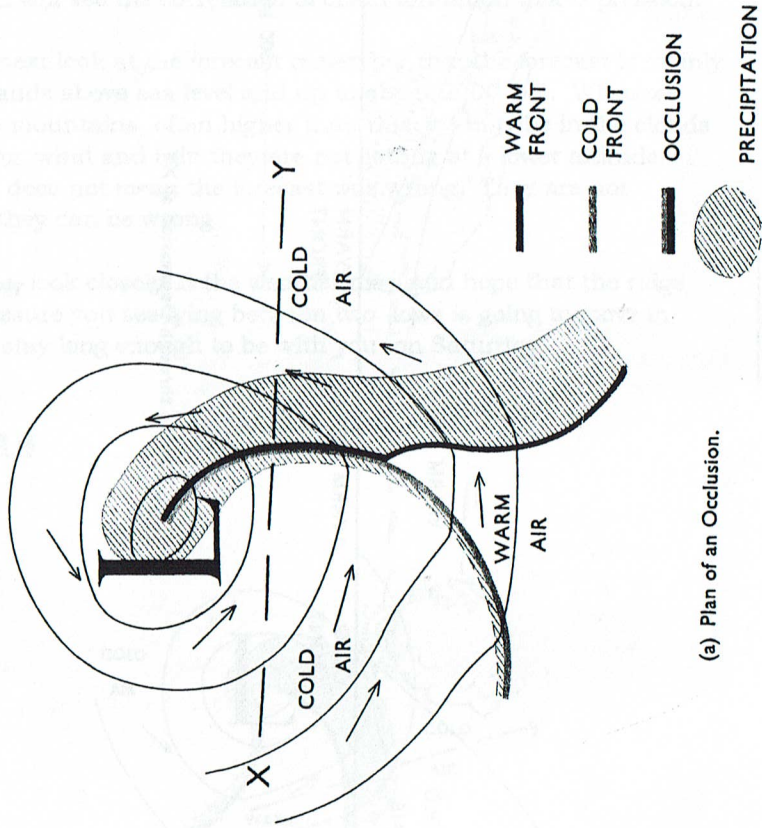


(c) Section through Depression at X-Y.

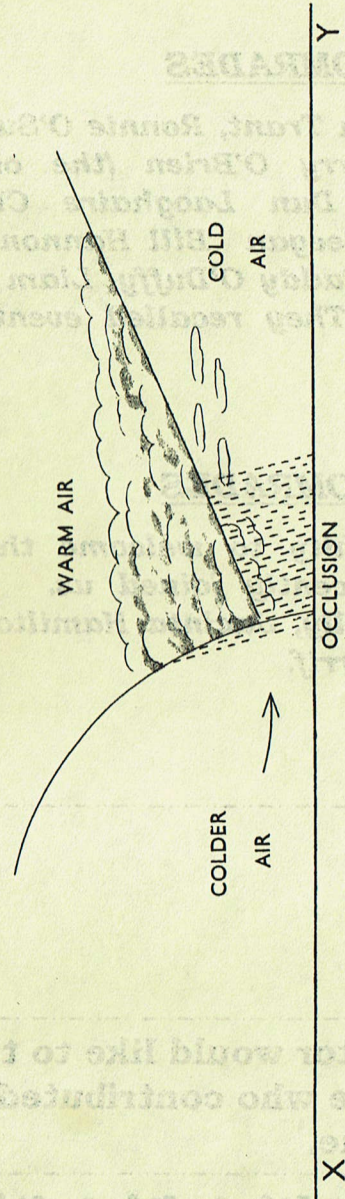


**DIAGRAM 6**

NORTHERN  
HEMISPHERE



**DIAGRAM 7**



(c) Section through Occlusion at XY.



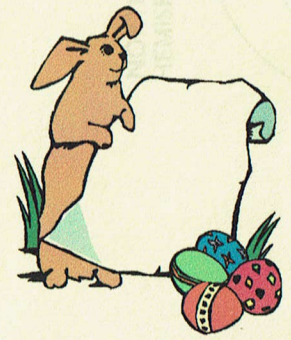


**OLD COMRADES**

*On January 29<sup>th</sup>, Shaun Trant, Ronnie O'Sullivan, Jack Langan and Terry O'Brien (the original quartet) met in the Dun Laoghaire Club to reminisce with Kevin Beegan Bill Hannon, John Furey, Ian Thompson, Paddy O'Duffy, Liam Walsh and Brian Brennan. They recalled events and remembered others.*

**NEW COMRADES**

*We take this opportunity to welcome the new Trekkers who have recently joined us. Sheila Cantwell, Pearse Connolly, Jacinta Hamilton, Joe Murray and Delima Sharrif.*



**The Editor would like to thank everyone who contributed to this issue.**

