

MOURNE RAMBLERS NEWSLETTER

JULY 2023

A message from the Editor

Welcome to the latest edition of the Mourne Rambling Group newsletter.

I hope you will find something of interest in the following pages.

Thank you

Vincent Trainor, Editor

- NEW MEMBERS SINCE LAST NEWSLETTER
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NEW MEMBERS SINCE LAST NEWSLETTER **UP TO AND INCLUDING 27 JULY 2023**

Ursula Mayers, Enrica Bertone, Joan Moore, Richard Moore,

Elizabeth Thompson, Dymphna O'Brien, Jenni Li, Aileen McCarron,

Anna Browne, Jamie McGarry, James Rogan, Randal Nelson, Lynzi Kinnear

We welcome these new members to the Mourne Rambling Group.

We wish them many years of enjoyable rambling.

TERRY MAGOWAN 1939 – 2023: AN APPRECIATION

Sourced from the craic when walking with Terry and the eulogy by Rev. Canon Charlie Leeke.



Terry on Slieve Bearnagh overlooking the Hare's Gap in late October 2013

Some profoundly sad news for all our members who knew Terry. He passed away peacefully in the Downe Hospital on 22nd June after a relatively short final illness. His funeral took place in Seaforde on Wednesday 28th June, and it was very well attended by members of our group.

As our chairperson for 2000, 2001 and 2006, our companion on many a memorable walk, Connemara guru, the chief instigator of the MRG new year Sun Rise Walk, our inspirational leader, especially in seeing the Group through the Foot and Mouth crisis, and a generous contributor to club publications, Terry Magowan has a special place in the history of the Mourne Rambling Group. He will be so, so sadly missed by all of us who were fortunate to walk and climb with him in the Mournes and elsewhere.

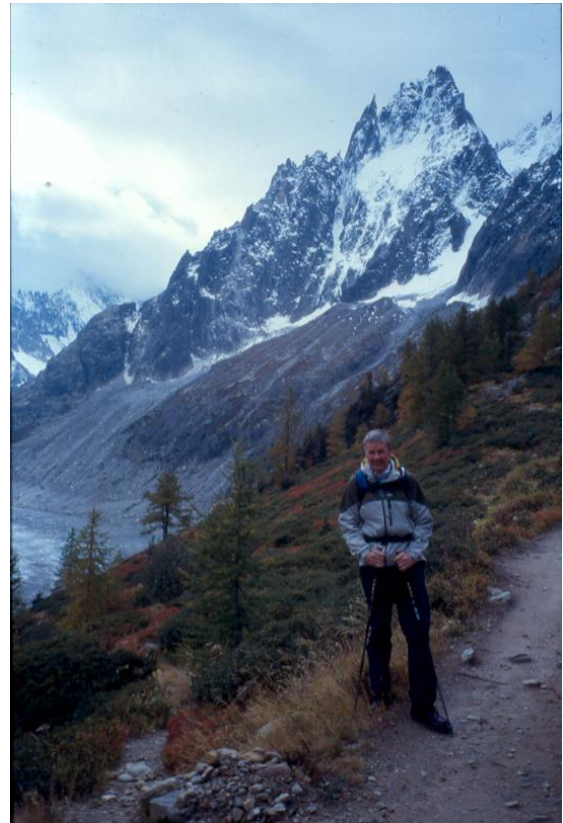
Terry organised and led MRG programmed trips, as well as smaller invited groups, to Connemara, an area with which he and Mary were familiar and very fond. With exciting hills to climb in glorious settings, convenient self-catering accommodation and ready access to good restaurants in Clifden these events were extraordinarily popular with our members.

To celebrate the dawn of the New Millenium (and for several 1st January dawns thereafter) Terry led small groups of members adequately equipped with head torches, ice axes and winter kit up the Glen River walk to the summit of Donard. The walks were timed carefully to coincide with the sunrise

outbreak of the Troubles he bought over and managed a pub at the city end of the Ravenhill Road, where there soon emerged a strong paramilitary presence. In keeping with its name, some of the patrons of 'The Oakley Inn', were more than somewhat "wild west" in their demeanour and in their interest in guns. Terry, who refused to pay protection money needed all his courage and acumen to survive before successfully extricating himself.



(Left): George Acheson, Terry (with Michael Degan behind him) and Ian Stuart at the foot of the cascade in the Cirque de Gavarnie, Pyrenees 2007.



(Right): Terry after an attempt on Mont Blanc was foiled by an early onset of winter snow in late September 2001.

Terry settled into a very remarkable family life shared with Mary and their four children, David, Jane, Emma and Conor, all of them amazing in their own ways. In his eulogy at Terry's funeral their close friend Rev. Canon Charlie Leeke, a well-known mountaineer himself, described Mary as "a force of nature and ... a sensible, no nonsense, practical guide and... a rock to steady Terry's life". We knew her as an outstandingly friendly, much-loved member [and chairperson twice over] of our Group; and her sudden death from pancreatitis in May 2015 shook us all. That Terry coped as well as he did with such a tragic loss on top of the loss of their eldest son, David, in his mid-40s, only a few years before, showed an inner strength that few possess.

Charlie envisaged Terry as inhabiting many different worlds and entering each with an obsession to be the best, and win. Yes, Terry was a winner but, also as Charlie also observed "the most generous,

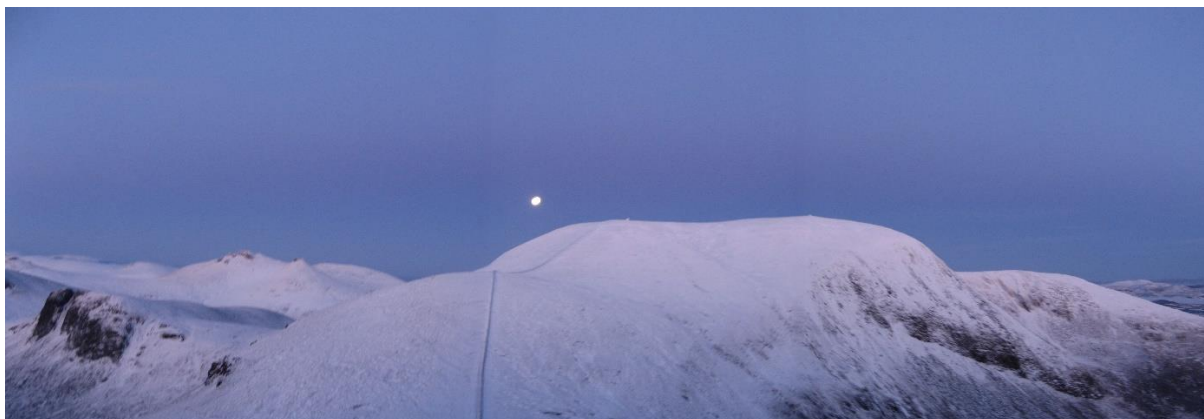
hospitable and self-effacing person". In his twenties he emerged as a gifted scratch golfer and then gave up golf. For many years he and Mary were deeply engaged with the equestrian world. When carriage driving, Terry competed against the Duke of Edinburgh in Great Windsor Park and recalled the Prince articulating in the most emphatic and colourful language imaginable. His skills in wood turning and carving led him into appearing on television and then into establishing his business Fireplaces Direct. It prospered, hitting the market at the right time when the Celtic Tiger was purring. Its success is commemorated by "Terry's Fireplace", MRG's name for the natural arch and chimney, that provides a delightful surprise for rock scramblers high on the southeast ridge of Lamagan.

Operating independently of the Group, Terry garnered considerable amounts of Scottish winter and Alpine climbing experience with the likes of Jagged Globe and professional guide John de Mountjoy. With Mary he also trekked in the Himalaya, the Dolomites and elsewhere.

Perhaps the most telling testimonies to Terry's calibre as a fearless competitor are the remarkable marathons he ran in his sixties in Belfast, London, New York and the Sahara; and the 10,000m ascent and descent of the South Downs Challenge that he and his son David completed under their team title, 'The Feckin' Trekkers' !!

Charlie described his friend as an admirable character and a truly remarkable human being. Doubtless, members of Mourne Rambling Group will remember Terry likewise; and with great fondness, admiration and gratitude for his remarkable contribution to the spirit and wellbeing of the Mourne Rambling Group during both difficult and not so difficult times. It is hard to imagine that the Group will ever see a couple the likes of Mary and Terry again. There is no doubt, at all, that they would be a very hard, if not impossible, 'act to follow'.

Gerry Farrington 25th July 2023



Moon setting over Commedagh during the Sun Rise Walk 1st January 2010



Sunrise from the summit cairn of Donard during the Sun Rise Walk 1st January 2010

(Photographs by Wilf Green and Gerry Farrington)

A postscript

All my memories of Terry are happy a starry night walk over Bearnagh, Meelmore and Meelbeg, flower and butterfly studded walks in the Pyrenees, the big fry up after the New Year Sunrise walks. (There are many more which I will have shared with you and others). Though Terry can no longer walk the hills with us in person he will always be in our thoughts when we don our walking boots and rucksacks no fuss, a cheery smile, excellent advice and good craic. The Mourne Ramblers was blessed by his presence and contributions we will all miss him.

George Acheson

ADVICE TO WALKERS

This article is being reprinted for the benefit of our new members. It should also be beneficial to our long-standing members.

Welcome to the Mourne Rambling Group. Please take time to read this information and the advice printed in the Programme, in particular the Memoranda and Suggestions for Safety on Rambles.

The Mourne Rambling Group has three to four levels of walks each Sunday (see Programme – Grades of Walks for details). The walks are led by unpaid volunteer leaders who are experienced hill walkers. You are encouraged to choose the grade of walk best suited to your fitness level. Please note we are a Hill walking club and you must be fit enough to walk hills and not just on the flat.

There are risks attached to hill walking and newcomers need to be aware of these risks and take sensible precautions. The risks on the hills are caused mainly by three factors: weather, terrain and remoteness.

Weather changes in the mountains - the higher you go in the hills, the lower the temperature (drops 1 degree C for each 100 metres of ascent); the wind is stronger up there (2 to 3 times the speed in the valleys); there is more rainfall (3 times that in the valleys) and there is more risk of mist and cloud (mist on the tops 3 days out of 5). Weather conditions can change in minutes in the Irish hills and you need to be equipped to cope in different conditions. Get a weather forecast for the Mournes area in advance of the walk – our web site (www.mourneramblers.org.uk) recommends several weather sites. The met office site has a menu of specialist forecasts including the Mountain forecast for the Mournes and the conditions that can be expected at several of the highest peaks. If adverse weather is forecast, members are advised to check their email the night before and/or the morning of the walk as the start /location of the walk may be changed.

You will need walking boots with good ankle support (not trail boots) which are essential when walking off-road. Always wear clothing suitable for the outdoors and carry spare warm clothes at all times. Jeans and cotton should be avoided (if they get wet, they will not dry, causing loss of body heat and energy and possibly contributing to the onset of hypothermia). Waterproof jacket and over-trousers, warm hat and gloves are essential, irrespective of the weather on starting out. Our leaders have a duty of care and as such will refuse to allow people who are inadequately clothed or equipped to walk with the group.

You should carry a rucksack for spare clothing, food, liquid (hot or cold depending on weather) plus some spare high-energy snacks such as chocolate, glucose sweets or energy bars. A head torch, whistle, small first aid kit and survival bag/emergency shelter should be included as part of your kit.

Be careful about foot placement, as there is always the risk of concealed holes, rocks, slippery ground and soft bog. Be particularly careful when descending steep ground and when crossing streams and rivers. Streams in flood are deceptively dangerous. Remember you are responsible for your own safety. Most accidents happen on the way down, when people are tired, rushing or no longer paying attention. If you find the pace of the walk too slow, you should not attempt to force the pace. On your next outing consider walking with one of the other groups. Most importantly enjoy yourself.

Environmental considerations: Use stiles where available rather than crossing walls or fences. Leave no litter - even biodegradable items like banana skins, orange peel and teabags take years to disappear. Avoid taking short cuts on zig-zag paths as this creates new lines for run-off of water and increases erosion. If you must use an eroded route, walk along the centre of the path if possible to avoid widening the damage. If this is not possible keep at least 10m away from the eroded route. Avoid walking on the Mourne wall.

Health consideration: You should inform the leader at the beginning of the walk of any medical condition, injury or medication carried. You should also have a completed medical/identity card in a secure pocket of the rucksack. This card is provided when you become a member.

Know where you are in the hills at all times. This involves having a map – the 1:25,000 scale Ordnance Survey of Northern Ireland Mourne Country Outdoor Pursuits map (waterproof or in a case) and compass. The ability to use a map and compass effectively in different weather conditions is a skill fundamental to safe hill walking. Taking an active interest during a walk, for example using your map and compass and seeking advice and assistance from other skilled members will help in developing your navigational skills.

The skills of navigation are simple; it just takes a bit of practice and will greatly improve your enjoyment of the hills. It is likely that new members will not have these skills but would be encouraged to reach a basic level of navigation within their first year. Regularly, training courses are provided for members.

Hill walking Gear Checklist.

Essential / recommended

Hill walking Boots (with proper ankle support)
Waterproof jacket and bottoms
Socks (wool or wool mixture)
Walking trousers/tracksuit bottoms
Thermal top / T-shirt
Fleece & spare fleece
Hat & gloves
Food & drink
Emergency rations
Rucksack with liner
Bivvy bag (double)/blizzard bag/emergency shelter
Whistle
Map (laminated or in map case)
Compass
Watch
Head Torch & spare battery / bulb
First aid kit
Identity/Medical card

Other useful items

Trekking pole(s)
Mobile phone
Spare socks
Spare laces

Additional in summer

Extra water
Sunscreen / lip balm
Insect repellent
Sunglasses
Sun hat

Additional in winter

Hill walking boots with some stiffening
Flask
Thermal leggings
Gaiters
Extra fleece
Second hat
Mitts
Second pair of gloves
Scarf/neck gaiter

Snow conditions

Stiffened hill walking boots
Ice axe and Crampons
Sleeping bag (within the group)
More warm clothes, extra hat & gloves, heavy-duty waterproofs, gaiters essential.

Mourne Rambling Group Committee

If you have concerns or suggestions regarding the activities of the group, please raise them with a committee member – see web site for membership of the committee.

Further Information

Mourne Ramblers web site	www.mourneramblers.org.uk
Email address	info@mourneramblers.org.uk
Mountain Navigation	Peter Cliff. ISBN 1-871890-55-1
Hill Walking	Steve Long
Mourne Ramblers Newsletter	Distributed approx. four times a year by email or post.

UPDATE ON TRAINING

We are planning to run two courses in the Late Summer/Early Autumn:

Navigation Refresher Training

We held a basic navigation training course in October 2022, but didn't get out into the hills to practise the skills learned, so we intend to run a refresher course for those participants, where we will spend all our time in the hills. The course will also be open to any other members who would like to practise their skills in a controlled environment.

Leadership Workshop

Following on from the successful leadership workshop held in June 2022, we intend running a similar course this year. This is an opportunity for new leaders and people who have yet to lead a walk with the club to meet with experienced leaders in an informal setting, to share knowledge and concerns.

These courses are still at the planning stage, and we shall write to all members when the details have been firmed up.

Peter McGowan

TRIP TO THE GALTEES – MAY 2023

2023 has been a busy year for trips away. Over the Easter weekend, the Ballyhoura Bears from County Limerick visited the Mournes and then in May, the Laune Mountaineering Club from Killorglin also spent the weekend here. During both visits, the Mourne Ramblers joined with the clubs to make them welcome and to provide whatever assistance we could. Both trips were a great success. (Or at least that's what they told us!)

When we visited the Galtees at the end of May, the Ballyhoura Bears were keen to return the favour, which they did – and then some!

Logistics

A total of thirty-five Mourne Ramblers took part in the trip, with thirty-two of us staying in the Cahir House Hotel in Cahir, a scenic town in County Tipperary overlooking the River Suir.

The hotel is well-used to walkers and to walking groups, and laid on a separate room for us to have breakfast and dinner. We also made use of their beer garden to enjoy the evening sunshine before our meals.

We had arranged a four-night Dinner, Bed & Breakfast deal, and some of the non-residents joined us for meals each night. Lunches were available either from the hotel or from a local Eurospar which had a deli counter as well as ready-made sandwiches.

Most people travelled on Saturday 27th May, stayed for four nights and left on Wednesday 31st May, although some had to leave early and others stayed an extra night or two. This meant that we had three full days walking.

The walkers were:

B Group: Andrew McKibbin, Robert Campbell, Malachy Devlin, Nigel Garrett, Karen Laurenson, Robert Marshall, Briege Turley, Ellen Greaney, Martin Rafferty, Ian Bates, Norman Elliott, Seamus Hughes, Denis Drinkell, Philip Gunn, Paula Daly, Pamela Quiery, Philip Appleton, Olwen Herbison and Brendan McCann.

C Group: Peter McGowan, Irene Cauley, Domnall McComish, Noel Rice, Bert Rima, Dermot MacDermott, Stephen Kennedy, Gordon McCreery, Teresa Hughes, Ian Stuart and Kingsley Thompson.

D Group: Raymond Gray, Fionnuala Carragher, Jackie Bates, Mary Joy and Gabriel McCauley.

The Walks

All walks were organised by the Ballyhoura Bears – a total of nine walks, with another local walking group, the Blarney Walking Club, leading a B group walk on the Sunday, whilst the A members of that group were hiking the Galtee Crossing.

Sunday 28th May 2023

There were four walks organised for the Sunday, with the A group tackling the Galtee Crossing, whilst both B and C groups took on the Cush Loop and D group hiked a loop around Lough Muskry:

- Galtee Crossing: Temple Hill, Lyracappul, Carrignabinnia, Slievecushnabinna, Galtymore, Galtybeg, Greenane and Farbreaga. *33km with 1,700m ascent* (in 8 hours and 45 minutes!)
- Cush Loop: a circuit of Lough Curra, taking in Galtymore, Galtybeg and Cush: *12.5km with 1,025m ascent*
- Knockastackeen/Lough Muskry loop: *9km with 500m ascent*.

Poor weather at the start of the day (low cloud, a bit damp), but the weather was much better in the afternoon and this continued for the rest of the trip.

Monday 29th May 2023

All three walks were organised and led by the Ballyhoura Bears. Surprisingly, all the A walkers took part in the B walk today; it must have been the reviving effects of the liquid refreshment after the Galtee Crossing!

B group started at King's Yard car park, and were led on a guided walk across various river valleys, which sounds like a stroll in the park, except that they walked *18km with 900m ascent*

C group walked a loop of Lough Muskry, taking in Fabreaga, Grenane and Lochlann's Castle, as well as Knockastackeen. *14km with 760m ascent*

D group had been down to do a loop of Galtybeg, but they split into two with a faster group walking up Galtymore as well as Galtybeg, and the other group leaving out Galtybeg, but still ascending Galtymore. *Galtymore walk: 11km with 620m ascent; Galtymore and Galtybeg: 13km with 750m ascent.*

Tuesday 30th May 2023

Again, all three walks were organised and led by the Ballyhoura Bears.

The B group walk travelled to the Knockmealdown Mountains for a guided walk taking in the ridge and main summits. This challenging walk covered *18km with 1,100m ascent*

C group stayed in the Galtees and walked a loop taking in Carrigabinnia, Lyracappal and Knockatertiff. *12km with 765m ascent*

D group again split into two with one group venturing out into the hills to say a fond farewell to the Galtees, walking *17km with 690m ascent* around the Galtees Rivers, whilst the other group kept to the lower slopes of Galtymore around the Monabrack Stream, but still managed *13km with 310m ascent*.

All in all, a very successful trip, not least because of the welcome from the Ballyhoura Bears and the beautiful weather.

Peter McGowan

NOTICE BOARD

- The Annual Picnic on 04 June was once again a very enjoyable and well organised event. This is completely due to our organisers, Carmel Quinn and Toni Taylor. On behalf of all our members, I wish to offer Carmel and Toni our sincere thanks for all their efforts. Thank you also to Meelmore Lodge for the use of their premises
- An attachment to this newsletter gives a list so far of all paid-up walking members of the Mourne Rambling Group for 2023. So far we have 160 paid members.
Members may wonder why this list is included. As Treasurer, I am aware that some members are unsure if they have actually paid. If your name is on this list, you have paid. Please check to see if your name is on the list. If your name is not on the list and has been omitted, please accept our apologies. Please contact the Treasurer on 078 3512 8564 for clarification. Our Insurance only covers paid-up walkers
- The next edition of the Mourne Rambling Group Newsletter will be published in November 2023. If you have an article you would like to include, please forward to me as an attachment. My email is trainorvj@yahoo.co.uk