

# MOURNE RAMBLERS NEWSLETTER

## NOVEMBER 2022

### 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 to everyone who has contributed.

Vincent Trainor, Editor

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- MEMBERSHIP RENEWAL 2023
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### NEW MEMBERS SINCE LAST NEWSLETTER UP TO AND INCLUDING 23 NOVEMBER 2022

Ashlene Aylward, Andy Hearn, Beth Mulhern, John Mulhern,

Nigel Kingston, Noleen O'Donnell, Michael McGrillen, Julie Murphy

We welcome these new members to the Mourne Rambling Group.

We wish them many years of enjoyable rambling.

### **MEMBERSHIP RENEWAL 2023**

An attachment to this newsletter is a list of all members who have paid for 2023. Up until Wednesday 23 November there are 84 who have paid. All members who have not yet renewed for 2023 are encouraged to forward payment to the Treasurer as soon as possible before 01 January. Members are reminded that the renewal fee has been reduced to £20 for 2023 only. A renewal form is included as an attachment. Only fill it in if your details have changed.

Please let the Treasurer know if you do not intend to renew membership.

#### **MOURNE RAMBLING GROUP**

##### **Secretary's Report – AGM 02 October 2022**

I believe our club can look back on a successful year. As Covid-19 restrictions began to relax people were able to travel with greater freedom and enjoy more days in the hills ..... this is something we all appreciated. Committee Meetings continued to be organised through Zoom. We, the committee members, try to keep in close touch with “the pulse” of the club and endeavour to make things run smoothly. We are always keen to consider feedback from members and address any concerns. In all, five Committee meetings took place during which the committee considered a considerable range of matters – from bivi bags to back markers – yes, it has been a busy “hill year” for all of us.

The key items of business were:

1. **Finance:** this is carefully monitored throughout the year. At each committee meeting a detailed report is provided and explained. Please look at the Treasurer's Report ..... you will see the club's finances are in good shape.
2. **Organising the Programme of Walks and other club activities:** this is the key task at November's meeting. Prior to this meeting our leaders are consulted about the numbers of walks he/she is able to lead and the dates they are available. Based on this a programme is organised. Last year we introduced two programmes per year ..... running from January to June and July to December. As this proved to be successful, we decided to continue using this format. Also continued, is the freedom given to leaders to decide the venue of his/her walk/s and the starting time. One disadvantage of this is that, as a club we do not meet together as frequently as before. So, to keep the club as cohesive as possible we select a common venue for all groups to meet together once a month ..... often at a starting point such as Carrick Little or Meelmore Lodge where there is adequate car parking. Generally, this has worked well, as has the circulation of information about the coming Sunday's walks with members being asked to indicate if they plan to attend. These arrangements will be kept under review in the light of feedback from members.

Numbers attending walks have varied throughout the year. The maximum number of walkers out on any one day was 43 in June when all four groups were walking. Usually there are at least three groups out on the hills each Sunday. Maximum numbers for each group are “A” 6; “B” 13; “C” 30 and “D” 12 members. The “C” group continues to be the most popular and this has meant we have had to consider carefully how best to safely manage such a large group. As a result the back marker system was extensively used; with a middle marker being used on occasions. Members need to think carefully about which group suits his/her walking capabilities and requirements best ..... please consider thoughtfully the Grades of Walk description in our programme. Leaders will make every effort to stick within these boundaries so that walkers will have an enjoyable and safe day in the hills and pace the walk accordingly. It is right that we thank again our members who take on the role of leader – without them our club could not function. New leaders are always welcome ..... remember, that leader training is available as is, a dedicated mentor who will help and support.

Throughout the year we enjoyed a great range of enjoyable walks, mainly, of course, in the Mournes but also further afield. Other areas visited include the Antrim Plateau, Carlingford Mountains and most recently a successful trip to Kerry. It is also pleasing to know that friendship groups fostered in the club have led to friends adventurous walking in the Alps and taking on the “delights” of wild camping. In September the Blarney Walkers visited the Mournes and the enjoyed two walks with the “Bs” ..... they have offered to assist us if our club plans to walk in their area.

Members will be aware that the club donates an amount each year to the two NI Mountain Rescue Teams. In January we had to call on the services of the Mourne Mountain Rescue Team when a member sustained a leg injury on Chimney Rock Mountain. We thank the MMRT for it's quick and effective response. Afterwards we asked the MMRT if our club had dealt properly with this matter before they arrived ..... they said “Yes”. Good to know!

Other enjoyable activities included a Christmas dinner in the Burrendale Hotel and a well-attended picnic at Meelmore Lodge organised by Toni and Carmel. Thanks to all those involved in organising these events.

The MRG group has grown from strength to strength throughout the year. In the 2020/2021 year we had a membership of 134. At the latest count we have 156 members. It is great to see new faces out walking with us ..... we welcome them all and hope they enjoy their days in the hills. Some of these new members will be experienced hill goers whilst others will be "tasting" hillwalking for the first time. Their first main point of contact is a "chat" with one of our membership officers to help guide them towards the most appropriate group and to ensure they are adequately equipped and prepared. This conversation is vital and an integral part of our activities.

3. **Website and Facebook:** both continue to work effectively. Our website is currently being reviewed and we hope it will be updated this coming year. Facebook is updated regularly with photos of our walks posted almost immediately and these posts are viewed by many people interested in the mountains. For example, a recent "B" walk in the Silent Valley area was viewed by 1,465 people; overall we have 3,257 Facebook followers. Have you noticed that the sun almost always shines upon us on our walks ..... at least, according to the photos.
4. **Training:** a course was organised for those interested in leading groups in June. Many aspects of leadership were covered including route planning and managing groups. After the theory session those attending enjoyed a hill walk over Cave Hill. Thanks to St. John's Ambulance Brigade for allowing us to use their base near the Shore Road, Belfast. More training courses are planned including Basic Navigation and Mountain Navigation for those with some knowledge ..... finding a suitable venue is proving to be a challenge.
5. **Communication:** this operates in many ways and at different levels. Information regarding forthcoming walks has already been mentioned ..... this not only lets walkers know of the venue, starting times and often, the planned route but also provides leaders with important information beforehand eg anticipated numbers which may necessitate the need for a back marker. Most members can be reached by email and this enables us to pass on information quickly. You will have noticed emails coming to you advising of such things as UFRC training courses. The Newsletter also keeps us connected ..... our editor will be pleased to hear from you about possible newsy material. However, perhaps the most important communication is by word of mouth, us chatting together during walks and passing on our thoughts and ideas. Never, hesitate to speak with a leader or Committee Member if you have a concern or an idea you would like to share.
6. **Ulster Federation of Rambling Clubs:** at present our Chairman (Bert) is Acting Chair of the UFRC which continues to support walking groups in the north of Ireland. The MRG has contributed considerably to its work in the past and we would encourage members to become involved. The UFRC website is currently being updated with the possibility of it being linked to our website and that of other walking groups. This should provide a great service to novice walkers and experienced hillwalkers alike.

It's very encouraging to see our club grow and develop. This reflects the hard work and enthusiastic involvement of many people; in fact, a growing number of people who regularly stride out over the heather, peat, streams and rocks together ..... growing fitter, sharing stories, absorbing the atmosphere and forming friendships. Isn't it a great way to "chill out"!

**George Acheson.**

PS: as winter approaches and hours of daylight shorten remember to carry a working headtorch in your rucksack.

**MOURNE RAMBLING GROUP INCOME AND EXPENDITURE ACCOUNT**  
**YEAR ENDING 30 SEPTEMBER 2022**

INCOME	2022	2021	EXPENDITURE	2022	2021
	£	£		£	£
SUBSCRIPTIONS	3935.00	3400.00	TRAINING	0.00	446.60
DONATIONS	35.53	220.00	BANK FEES (FIRST TRUST)	161.15	120.79
BANK INTEREST (NATIONWIDE)	3.59	3.05	NEWSLETTERS	59.95	57.64
REFUND WEBSITE	12.24		PROGRAMMES	103.00	73.00
CHRISTMAS MEAL	838.60		UFRC AFFILIATION	405.00	393.00
MEMBER OVERPAID	25.00		INSURANCE	292.00	262.00
			MOURNE RESCUE TEAM	314.00	520.00
			N W M R T	157.00	135.00
			CHARITABLE DONATIONS	10.00	10.00
			WEBSITE	53.27	49.02
			TREASURER PROGRAMME EXPENSES	170.93	164.66
			NI SPORT (AGM)	292.00	292.00
			PICNIC	164.95	140.41
			MEMBER TAGS	303.99	303.99
			ZOOM INVOICE	143.88	143.88
			CHRISTMAS MEAL	778.45	0.00
			CHRISTMAS MEAL REFUNDS	149.75	0.00
			CHAPS	8.00	0.00
			JACKSON SPORTS	769.56	0.00
			MISCELLANEOUS	25.00	0.00
			TREASURER EXPENSES	124.74	77.03
TOTAL INCOME (A)	<u>4849.96</u>	<u>3623.05</u>	TOTAL EXPENDITURE (B)	4486.62	3189.02
OPERATING SURPLUS/DEFICIT (A – B)	<u>363.34</u>	<u>434.03</u>			
<u>CASH BALANCE</u>					
OPENING CASH BALANCE	4662.79	4228.76			
SURPLUS FOR YEAR	<u>363.34</u>	<u>434.03</u>			
CLOSING CASH BALANCE	<u>5026.13</u>	<u>4662.79</u>			
CLOSING CASH BALANCE REPRESENTED BY:					
FIRST TRUST BANK	<u>5026.13</u>	1582.32			
NATIONWIDE	0.00	<u>3080.47</u>			
CASH IN HAND	<u>0.00</u>	<u>0.00</u>			
	<u>5026.13</u>	<u>4662.79</u>			

MRG TREASURER'S REPORT YEAR ENDING 30 SEPTEMBER 2022

## NOTES ON TREASURER'S REPORT 30 SEPTEMBER 2022

### INCOME

SUBS FOR 2022 MADE UP OF:	£	
ASSOCIATES 2 @ £5	10.00	
FULL SUBS 157 @ £25	3925.00	
DONATIONS	35.53	(£25 + £10 + £0.11 + £0.42)
NATIONWIDE INTEREST	<u>3.59</u>	
	3974.12	

### EXPENDITURE

- BANK FEES 4 QUARTERLY PAYMENTS, EACH ONE INCLUDES £9 ACCOUNT MAINTENANCE - £18.76, £70.75, £53.31, £18.33
- CHAPS IN FEE, £8
- NEWSLETTERS INCLUDES 3 PAYMENTS – NOV 2021, MAR 2022, JUL 2022
- PROGRAMMES PRINTING - £48 + £55
- UFRC AFFILIATION 135 X £3 BASED ON 2021 MEMBERSHIP
- UFRC INSURANCE 146 X £2 BASED ON 2022 MEMBERSHIP
- MMRT 157 X £2
- NWMRT 157 X £1
- CHARITABLE DONATION £10 GUIDE DOGS FOR THE BLIND
- WEBSITE - £12.24 + £14.39 + £14.40
- TREASURER PROGRAMME EXPENSES – 2 POSTAGES - £85.22 + £85.71
- NI SPORT AGM COSTS – £292, SAME AS 2021
- PICNIC – MEELMORE LODGE – GREAT DAY OUT, THANKS TO CARMEL & TONI
- ZOOM INVOICE - £143.88 FOR PRIVILEGE OF ENABLING COMMITTEE MEETINGS LASTING LONGER THAN 45 MINUTES
- TREASURER EXPENSES COMPRISE STAMPS & STATIONERY PURCHASED THROUGHOUT THE YEAR + EVERY NEW MEMBER WAS POSTED A COPY OF MOURNE MISCELLANY @ £2.15 IN UK AND £5.25 IN REPUBLIC OF IRELAND
- JACKSON SPORTS WERE PAID FOR FIRST AID KITS AND BIVVY BAGS SUPPLIED BY MRG TO LEADERS
- MISCELLANEOUS WAS £25 REPAID TO MEMBER WHO OVERPAID
- EXPENSES £4486.62, INCOME £4849.96 = OPERATING SURPLUS OF £363.34
- CLOSING BALANCE REPRESENTED BY:

FIRST TRUST	£5026.13
NATIONWIDE	£ 0.00
CASH IN HAND	<u>£ 0.00</u>
	£5026.13

- CLUB FUNDS ARE HEALTHY.

E&OE

## MOURNE RAMBLING GROUP ANNUAL GENERAL MEETING

3.30pm, Sunday, 2<sup>nd</sup> October 2022

Venue: Tollymore National Outdoor Centre

### Draft Minutes of Meeting

Present: George Acheson, Adam Brett, Robert Campbell, Fionnuala Carragher, Malachy Devlin, Norman Elliott, Nigel Garrett, Paula Daly Hayes, Harry Goodman, Ray Gray, David Johnston, Karen Laurenson, Robert Marshall, Domnall McComish, Shelagh Murphy, Francis Mackey, Gordon McCreery, Pamela Quiery, Noel Rice, Bert Rima, Ian Stuart, John Taylor, Vincent Trainor, Pat Tumilty. (24)

Bert opened the meeting by welcoming those present.

1. A quorum of 15 or one-fifth of the membership (31), whichever is the lesser, was present.
2. **Apologies:** Anna Carragher, Marie Doran, Roisin Franklin, Ellen Greaney, Kathryn Greer, Maire Hanna, Mary Joy, Pat Kelly, Victor Knox, Gabriel McCauley, Peter McGowan, Rodney Magowan, Dora McCavera, Beth Mulhall, John Mulhall, Wendy Patterson, Robert Roulston, Hazel Smyth, Ray Smyth, Helen Templeton, Briege Turley. (21)
3. **Minutes of the 2021 Annual General Meeting:** draft minutes had been sent out to all members by email/post – they were also included in a Newsletter. The minutes were taken as read – it was unanimously agreed that they were a true and accurate record.
4. **Chairman's Report:** Bert reflected that he had completed three years in this role, the maximum term, and that it was time to appoint a new Chairman. During his time as Chairman Covid 19 spread throughout the country creating complications for hillwalkers and, for a while we could not walk as a club. However, general footfall in the Mournes increased significantly and car parking areas overflowed with cars during this time. Nevertheless, recently the MRG has seen an increase in membership ..... this indicates a healthy club. He thanked the committee members for their support and for performing important (often unseen) roles; and all those who led walks and organised events.
5. **Secretary's Report:** copies were circulated at the beginning of the meeting for members to read. George went through the main points of the report – members were given the opportunity to comment and ask questions, no questions were posed.
6. **Treasurer's Report:** Vincent had prepared and circulated a report. He explained the figures and banking system followed in detail, giving comparisons with the previous year. The balance is £5026.13 (£4662.79 in 2021) ..... a healthy financial situation. He proposed that the club reduce the subscription to £20.00 for one year only. This was seconded by Robert Campbell and agreed (two members expressed a concern). At the latest count the MRG has 157 members.
7. **Committee Business:** Bert referred to the need for more leaders and the training/mentor support the club provided for those willing to take on this role. There had been a fair amount of in-house training - this would continue. Some members had also availed of courses organised by the UFRC.

8. **Consideration of motion/s:** no motions had been received.
9. **Election of Office Bearers and Committee:** at this point all positions were declared vacant ..... Bert oversaw this part of the meeting-  
**Chairman:** Peter McGowan ..... Proposed by Ray Gray; Seconded by Shelagh Murphy  
**Secretary:** George Acheson ..... Proposed by Fionnuala Carragher; Seconded by Adam Brett  
**Treasurer:** Vincent Trainor ..... Proposed by Ian Stuart; Seconded by Shelagh Murphy  
**Group Representation**  
**A group representatives:** Robert Campbell, Robert Marshall and Karen Laurenson ..... proposed by Ray Gray; seconded by Adam Brett  
**B group representatives:** Paula Daly Hayes ..... Proposed by Bert Rima; Seconded by Fionnuala Carragher  
**C group representatives:** Roisin Franklin, Bert Rima, Ian Stuart and Noel Rice ..... Proposed by Fionnuala Carragher; Seconded by Robert Marshall  
**D group representatives:** Fionnuala Carragher, Harry Goodman and Ray Gray ..... Proposed by Ian Stuart; Seconded by Noel Rice,  
 Robert Roulston was co-opted to oversee the club website.

Bert drew to the attention of members present issues connected with the A, B, and C groups which needed to be addressed.

- Need to consider the participation of walkers in these groups re numbers and pace
- Some of those walking with the B group are really A group standard
- C group numbers are often very large. Many new walkers start in the C group and, for a variety of reasons, wish to remain in the C group though they could walk with the B group
- The Committee does not wish to say to members which group they should walk with – this is a personal decision

Members present were asked for their view/s. Listed below are the points mentioned

- Should we create a C+ group?
- There could be an A group walk every week; this would leave fewer B group walkers who could be joined by those in a C+ group. These walkers, combined, would make up a “new” B group
- There had been one C+ walk ..... this had worked well
- Do we have sufficient leaders?
- When beginning at the same starting point walkers could decide which group they would walk with on that day. However, groups do not often start at the same place ..... this could change in the future
- Some walkers check who is leading a walk beforehand
- How do C group leaders try to accommodate all walkers in their group?
- May need to carefully “nudge” walkers into the “new” B group if they are fit for it
- It is difficult to set a pace which suits everyone in a group
- There should be discussion among leaders
- Some consider the B group to be really fast
- We are not out to set records

- Walkers prefer to walk in smaller groups
- Consider an open discussion with all members
- The Committee should consider the points mentioned above - feedback to members ..... then, make decisions as a club

Pam Quiery, on behalf of the B group, made a presentation to Noel Rice for “The worst walk of the Year” ..... it was on a particularly cold, wet, windy and miserable day around the Back Castles, Binnian. Noel was justly proud.

10. **Closure of meeting:** the meeting closed at 4.47pm.

A date was set for the next Committee Meeting: Tuesday, 15<sup>th</sup> November 2022.

## **STAR TREK**

Weather permitting, our Star Trek will take place around the 14<sup>th</sup> December when the Geminid Meteor shower will occur. Much, of course, depends on having a clear night. The walk will start at 8.00pm, follow forest tracks/paths and last for about 3 hours. You will need to wear your normal hillwalking gear (head torch essential) and bring a warm drink and something to eat. The walk will be at a relaxed pace with frequent stops to look at the heavens. If you are interested please contact George (tel: 02893340642) on 13<sup>th</sup> December 2022.

## **TRAINING UPDATE**

It's the autumn, so it's training season!

The UFRC offered some subsidised training courses on leadership and navigation using Tollymore National Outdoor Centre, while the Mourne Rambling Group followed up its leadership workshop held in June in the St John's Ambulance Cadet Unit in North Belfast, with a Basic Navigation training workshop on Saturday 29<sup>th</sup> October at the YMCA Greenhill premises in addition to a refresher navigation course taken by George Acheson on 8<sup>th</sup> October.

The Basic Navigation course is aimed at members who have little or no experience in navigation or whose knowledge is shrouded in the mists of time. It covers map reading, including setting the map, contour lines, grid lines, grid references; using a compass including magnetic variation; and plotting a course to a given point. (If you don't have a map and/or compass, the club has some that you can use during the training.) The morning is spent going over the theory, and then the afternoon is spent putting the theory into practice (weather permitting).



The refresher course spends very little time going over the basics, and instead participants refresh their skills by carrying out various exercises whilst in the hills.

There is no charge to members for these courses.

Eight Mourne Ramblers turned up for the Basic Navigation course, which was run by Peter McGowan, Bert Rima and Ian Stuart. Although the content of the course centred around a training handout, the atmosphere was informal and participants were encouraged to ask questions. Unfortunately, the weather was very wet and windy in the morning, and although this had largely cleared by lunchtime, there was such low cloud that there was no benefit in trying to put basic skills into practice on the day.

On the other hand, the four members who went on the refresher course with George managed to spend around six hours in the hills. The course was very successful. (Or at least, they all got off the hills safely!)

### **Future Training Courses**

With the onset of winter, formal training is normally suspended until the days start getting longer in March, although we may be able to organise some refresher navigation training (particularly for the eight people who took part in the Basic Navigation Training).

In the Spring, we hope to organise another Leadership Workshop for anyone who is interested in leading walks with the club, and also to offer Basic Navigation Training if the demand is there. More on that in the next Newsletter.

Peter McGowan

## **KERRY TRIP – SEPTEMBER 2022**

### **Introduction**

Following the ending of the various restrictions due to the Covid-19 pandemic, sixteen hardy souls decided to venture to County Kerry to avail of the wonderful walking opportunities there. Unlike many previous trips, this one was blessed with magnificent weather. Near-constant sunshine and a light breeze meant that I, for one, only had to put on a second layer twice – once during the helicopter rescue from the top of Carrauntoohil (about which, more later) and then again during the ascent of Mangerton.

A trip to Kerry is not to be undertaken lightly: it takes around 5 hours (plus stops) to drive there, despite the good road network. It is a popular spot, so getting suitable accommodation can be difficult, and the walks are a lot harder than we're used to, with long walk-ins before ascending some challenging peaks. However, it is worth it for the scenery (if the weather permits) and the Guinness (regardless of the weather).

Walking in Kerry was rife during the pandemic, with the result that there is a lot of erosion on popular routes, and some routes are starting to have access problems (as we found to our cost). The popularity of walking is such that the Kerry Mountain Rescue seem to have a constant presence on the top of Carrauntoohil, and, given the number of people who wanted to climb Ireland's highest mountain, they're never lonely!

### **Logistics**

We stayed in and around Kilorglin, a small town in County Kerry with a population of just over 2,000 people (excluding tourists). Most people stayed in the Bianconi Inn, which is where we ate most evenings and planned the following day's expeditions.

The hotel was used to catering for walking groups and was able to make up sandwiches for any who wanted (there were also local shops who could make up sandwiches to order), and could accommodate the varying times of the evening meals. (Hence the phrase: "We'll have dinner whenever C group decide to come off the mountains", although in our defense, if you'd seen the weather, you wouldn't have been in any rush back.)

Most people travelled to Kerry on Friday 16<sup>th</sup> September, stayed for three nights and left on Tuesday 20<sup>th</sup> September, although a few walkers stayed an extra night (and one had to leave early)

The walkers were:

B Group: Andrew McKibbin (Leader), Robert Campbell, Malachy Devlin, Nigel Garrett, Karen Laurenson, Robert Marshall, and Briege Turley

C Group: Peter McGowan (Leader), Irene Cauley, Raymond Gray, Ellen Greaney (and her friend Cait), Domnall McComish, Janet Muller, Noel Rice and Bert Rima

### The Walks

Both groups arranged their own walks for the first two days then started from the same point on the third day; there was a combined walk available on the fourth day for the diehards who stayed the fourth night.

### ***Saturday 17<sup>th</sup> September 2022***

C group decided to ascend Carrauntoohil on the first good day, and Saturday was a marvelous day, so we parked at the main car park at the Hydro Road and followed the track beside the information board. (Note: the board stated that groups of ten or more had to complete an Event Sheet and submit it to the MacGillycuddy Reeks Access Forum; both MRG groups had fewer than ten people so fortunately this didn't apply to us.)

Having followed the track to Lough Íochtair, we ascended Skregmore (848m) via Cnoc Íochtair (747m), and then on to Beenkeragh (1008m), where some adventurous scrambling was needed to reach the top. Crossing the ridge to Carrauntoohil was terrifying in places, but we all made it. An advance party reached the top of Carrauntoohil (1039m), but then had to wait on the remainder of the group because the Kerry Mountain Rescue had requested a helicopter rescue for a walker who had torn their calf muscle and couldn't walk off the mountain; the Irish Coastguard helicopter was on its way in, and the top of the mountain had to be cleared to allow it to rescue the casualty.

The rescue itself was exciting to watch, as the helicopter first scouted around the top to ensure there were no cross-winds before winching down one of its crew, then retreated whilst the crew member prepared the casualty, before returning to winch up a companion of the casualty before winching up the

crew member and casualty together. The down-draft from the helicopter was very powerful, so the Kerry Mountain Rescue ensured that all walkers at or around the top of the mountain were kept a safe distance away. This was the highlight of the trip as far as C group were concerned (and it helped us forget the terrifying ordeal of crossing the Beenkeragh Ridge!)

The plan had been to walk to Caher and Caher West Top before descending the ridge and rejoining the track back to the car park. However, given the time elapsed so far on the hike, the non-drivers headed straight down to Cronin's Yard, via the zig-zag path and the Hag's Glen, while the drivers descended the Devil's Ladder to be picked up from Cronin's Yard by drivers from B group, who gave them a lift back to their cars. The C group drivers then gave the rest of C group a lift back to the hotel.

An exciting day for a group of walkers who between them had two knee replacements and two reconstructed ankles!

B Group: B group travelled to Derrymore Strand and hiked a looped circuit of the Slieve Mish mountains, taking in Baurtregaum NW top (723m), Baurtregaum (851m – highest in the range), Caherconree (835m) and Gearhane (792m).

*C Group walk: Length: 14.5 km; ascent 1249 m*

*B Group walk: Length 14.7 km; ascent 1040 m*

### ***Sunday 18<sup>th</sup> September 2022***

Following the excitement of Saturday, the C group Sunday walk was to be a more relaxed circuit of Coomasaharn Lake. Wrong! When we arrived at our parking spot, kindly permitted by one of the home owners, we were informed in no uncertain terms by a local farmer's wife that we would not be able to complete the circuit, because it finished by going through their fields and they were denying permission. We decided to start the walk as planned, but to return by retracing our steps. This was easier said than done. The ascent included a steep climb up Knocknahan (561m), before a gradual climb to Meenteog (715m) before reaching the highest point at An Tráigh (772m). This meant that the descent also included the steep slopes of Knocknahan, but on our way back we noticed a more gradual descent (I use the phrase advisedly) and headed for that. The descent was more challenging than the planned route, but we made it down safely, and even had time to pick blackberries on our way back to the cars.

The B Group ascent of Carrauntoohil on the Sunday, started from a car park at Liseibane which sits above Cronin's yard. The walk took in Knockbrinnea (854m), Beenkeragh (1008m), Beenkeragh Ridge, Carrauntoohil (1039m), Cnoc na Toinne (845m) descending to the Hags Glen by the zig zag path. No helicopter interlude this time!

*C Group walk: Length: 13.6 km; ascent 796 m*

*B Group walk: Length 13.5 km; ascent 1135m*

### ***Monday 19<sup>th</sup> September 2022***

Both groups set off on their Monday walk together, with B group leading the way from the car park to Mangerton (843m), via Mangerton North Top (782m). The walk from the North Top to Mangerton was over a ridge with the lake in the Devil's Punch Bowl on one side, and Lough Erhagh on the other: beautiful scenery. Both groups met at the top of the ridge, with B group just finishing their lunch, and about to set off for Stoompa (705m), and C group about to ascend to the top of Mangerton before descending to the Devil's Punch Bowl for lunch by the lake.

For once, C group made it back to the cars first, but arrived back at the hotel last (as usual) because we stopped off for some refreshments on the way.

*C Group walk: Length: 12.1 km; ascent 780 m*

*B Group walk: Length 16.9 km; ascent 934 m.*

### ***Tuesday 20<sup>th</sup> September 2022***

Most of the group headed home on the Tuesday but some walkers decided to stay another day. Three intrepid walkers headed up Caher to enjoy the great views from the high Kerry mountains, whilst another group stayed at a low level, enjoying part of the Kerry Way.

All in all, a very successful trip, not least because of the beautiful weather.  
(*And the Guinness*)

## NOTICE BOARD

- An attachment to this newsletter gives a list so far of all paid-up walking members of the Mourne Rambling Group for 2023. Members may wonder why this list is included. Well, 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 February 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](mailto:trainorvj@yahoo.co.uk)

# Mourne Rambling Group

## Membership Renewal Form (January 2023)

\* **Name(s):**

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(Only include information below if amendments are required)

\* **Address:**

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\* **Postcode**

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\* **Phone No:**

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\* **Mobile No:**

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\* **Email address** if available: (for receipt of newsletters and information from the committee). Please write clearly.

Please let us have the email address where you wish to be contacted.

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### Please tick as appropriate:

☐ Full Membership at £20 per year (or part of year)

☐ Associate Membership (non-walking member) at £5 per year (or part of year)

**Return to:**

**Vincent Trainor, 34 Grahamville Estate, Kilkeel, Co Down, BT34 4DD**

**(Cheques made payable to Mourne Rambling Group. Please do not send cash in the post.)**

Should you wish to avail of the option to pay your annual subscription by internet banking, bank details are as follows:

Account Name: Mourne Rambling Group, Sort Code 93-83-27, A/c No 12077183.

IBAN: GB81 FTBK 9383 2712 0771 83      BIC: FTBKGB2B

Please remember to include your name in online banking.

Please email Vincent letting him know you have paid.

January 2023