

## STARTING TIMES

Members will be notified of starting times.  
These will mostly be 9.30am or 10.00am.

### Walking in larger groups

*Groups should preferably not exceed 15. In the event of there being more than 15, the designated leader should seek a second leader for the group. The two leaders, together, should share information including the route to be followed, weather forecast and agree the best way to manage the group. For example, the second leader may take on the position of back marker or may lead a separate group (so long as neither group has fewer than 4 members).*

As a reminder, a back marker should ensure that the group stays together and should be the leader's 'eyes and ears' at the rear of the group. The leader and back marker should be in regular communication during the walk. The appointment of a back marker is good practice and is essential in poor conditions.

Because of the ongoing Covid-19 situation, we have devised the programme for the first six months of the year only. Also, we have included only leaders' names for each Sunday – except for the first Sunday each month when all groups will start from a named venue. On all other Sundays, it will be up to leaders to choose the venue they intend to walk from. Members will be notified of the details of the following Sunday's walk each week as is happening at present. The programme for the months July – December 2022 will be issued nearer the time. Hopefully, the situation will be more back to normal by then.

### 2 JANUARY SILENT VALLEY (315215)

9 JANUARY

Leader B: Bert Rima.

Leader C: Gary Browne.

16 JANUARY

Leader B: Norman Elliott.

Leader C: Ian Stuart.

Leader D: Dora McCavera.

23 JANUARY

Leader B: Andrew McKibbin.

Leader C: Domnall McComish.

30 JANUARY

Leader B: Robert Marshall.

Leader C: Peter McGowan.

Leader D: Fionnuala Carragher.

### 6 FEBRUARY GAMEKEEPER'S LODGE (284214)

Leader A: Norman Elliott.

Leader B: Robert Campbell.

Leader C: Marie Doran.

Leader D: Vincent Trainor.

13 FEBRUARY

Leader B: Victor Knox.

Leader C: Gary Browne.

Leader D: Rodney Magowan.

20 FEBRUARY

Leader B: Robert Marshall.

Leader C: Ian Stuart.

27 FEBRUARY

Leader B: Andrew McKibbin.

Leader C: Peter McGowan.

Leader D: Fionnuala Carragher.

### 6 MARCH DONARD PARK (373305)

Leader A: Robert Marshall.

Leader B: Victor Knox.

Leader C: Gary Browne.

13 MARCH

Leader B: Noel Rice.

Leader C: Stephen Goodman.

Leader D: Dora McCavera.

20 MARCH

Leader B: Norman Elliott.

Leader C: Peter McGowan.

Leader D: Rodney Magowan.

27 MARCH

Leader B: Robert Campbell.

Leader C: Marie Doran.

Leader D: Gary Browne.

### 3 APRIL ROSTREVOR FOREST (185177)

Leader A: Norman Elliott.

Leader B: Norman Patton.

Leader C: Roisin Franklin.

Leader D: Vincent Trainor.

10 APRIL

Leader B: Andrew McKibbin.

Leader C: Peter McGowan.

Leader D: Fionnuala Carragher.

17 APRIL

Leader B: Robert Marshall.

Leader C: Ian Stuart.

24 APRIL

Leader B: Bert Rima.

Leader C: Gary Browne.

Leader D: George Acheson.

### 1 MAY TOLLYMORE PARK (345324)

Leader A: Robert Marshall.

Leader B: Norman Patton.

Leader C: Domnall McComish.

Leader D: Rodney Magowan.

8 MAY

Leader B: Noel Rice.

Leader C: Teresa Hughes.

15 MAY

Leader B: Andrew McKibbin.

Leader C: Peter McGowan.

Leader D: Gary Browne.

22 MAY

Leader B: Robert Campbell.

Leader C: Stephen Goodman.

29 MAY

Leader B: Norman Patton.

Leader C: Gary Browne.

Leader D: Fionnuala Carragher.

### 5 JUNE MEELMORE LODGE (306308)

GROUP PICNIC

Leader A: Norman Elliott.

Leader B: Andrew McKibbin.

Leader C: Ian Stuart.

Leader D: George Acheson.

12 JUNE

Leader B: Victor Knox.

Leader C: Conor Mulvenna.

19 JUNE

Leader B: Norman Elliott.

Leader C: Gary Browne.

Leader D: Trevor Russell.

26 JUNE

Leader B: Robert Marshall.

Leader C: Teresa Hughes.

Leader D: Vincent Trainor.

### VENUES WITH GRID REFERENCES

BALLINRAN ROAD JUNCTION WITH HEAD ROAD (302205).

BALLINTUR (229149).

BINNIAN CROSS ROADS (324212).

BLOODY BRIDGE (388270).

CARLINGFORD (189116).

CARRICK LITTLE (345219).

CLONACHULLION (311313).

COCK & HEN CAR PARK (233277).

COMMUNITY CENTRE, TULLYFRAME ROAD, ATTICALL (269190).

DEER'S MEADOW (271253).

DONARD PARK (373305).

GAMEKEEPER'S LODGE (284214)

HAPPY VALLEY (293297).

LEITRIM LODGE (224256).

MEELMORE LODGE (306308).

OTT BLUE QUARRY (280279).

RAVENSDALE (100108).

ROSTREVOR FOREST (185177).

ROURKE'S PARK (357223).

SILENT VALLEY ( 315215 )

SPELGA DAM CAR PARK (267273).

TOLLYMORE NATIONAL OUTDOOR CENTRE (328323)

TOLLYMORE PARK (345324 )

YELLOW WATER PICNIC AREA (207223)

## GROUP CO-ORDINATORS 2022

### A / B GROUP

**BERT RIMA**  
Mob: 079 7163 3056  
bert.rima@talktalk.net

### C GROUP

**PETER MCGOWAN**  
Mob: 077 7164 1961  
ptmcgowan@btinternet.com

### D GROUP

**FIONNUALA CARRAGHER**  
Tel: 028 9079 5292  
Mob: 079 8927 5693  
f.carragher21@gmail.com

## GRADES OF WALKS

### SAFETY ON WALKS / EQUIPMENT

All members should have good hill walking boots (not trail boots), waterproof top and bottoms and rucksack.

All members should carry their own food, sufficient liquid, some emergency food (nuts, raisins) and warm clothing, map, compass, first aid kit, head torch, plastic whistle, bivvy bag or emergency shelter and (when appropriate) sunhat and sun cream.

Members should always carry their rucksacks even on short journeys as weather conditions can change suddenly.

### WALKERS AND GROUP RESPONSIBILITIES

Walkers should always exercise due care and attention. Remember that most bad accidents occur when proceeding downhill.

Each group should have a leader.

The leader should appoint a back marker who will assist with larger groups, poor visibility or awkward terrain.

Walkers should follow the leader and not attempt to lead the walk or force the pace. The group must keep together. If a member wishes to leave the group during a walk, please inform the leader. Members must accept the leader's decisions.

**Members should appreciate that a leader may decide that weather conditions for the mountains are too dangerous for the walk to proceed and/or that conditions, e.g., heavy snowfall / icy roads, could prevent a leader from reaching the starting point.**

**If adverse weather is forecast, members are advised to check their email for any change to the planned walk.**

**Emergency Card with personal details must be carried in rucksack (preferably lid pocket).**

### MEMORANDA

1. Members walk at their own risk and should consider the need for personal and third-party insurance.

2. The 1:25000 Ordnance Survey Mourne Map or Harvey's 1:25000 Mourne Map is used.

3. Leaders must arrange another member as a substitute for any weeks they are unable to be present.

4. Walks begin punctually.

5. Members should avoid crossing fences or walls where possible. Use stiles and close gates except when meant to be left open.

6. Members are encouraged to choose the grade of walk best suited to their fitness level.

7. Leave no litter.

8. Members are encouraged to maximise parking space by parking close to cars which are already parked.

9. It is a policy of the group that dogs are not allowed on any walk.

10. Prospective new members may only walk with the Group if, in advance of the day of the walk, they have contacted one of the Committee Members responsible for Membership (see Programme cover) for advice on safety and equipment and also guidance on which group might be the most suitable for their requirements. At the start of the walk the prospective new Member should introduce themselves to the leader. Members' relatives and friends who are able hill walkers and adequately equipped may join the walk if the Member obtains the agreement of an office bearer in advance of the walk.

**11. Membership fee £25.00 per year (or part of year), due for renewal on 1st January.**

12. Membership is open to those aged 18 or over.

## THE MOURNE RAMBLING GROUP

Founded (1969) by Clarence Cheney

## *Programme 2022*

Hill walking in the Mournes and Beyond

On a huge hill

Cragged and steep, Truth stands, and he that will

Reach her, about must and about must go.

*Satire 3, John Donne, (1594/5)*

**Chairperson: BERT RIMA**  
Tel: 079 7163 3056  
[bert.rima@talktalk.net](mailto:bert.rima@talktalk.net)

**Secretary: GEORGE ACHESON**  
Tel: 028 9334 0642  
[georgeacheson@hotmail.com](mailto:georgeacheson@hotmail.com)

**Treasurer: VINCENT TRAINOR**  
34 Grahamville Estate, Killeel, BT34 4DD  
Tel: 028 4176 3101  
Mob: 078 3512 8564  
[trainorvj@yahoo.co.uk](mailto:trainorvj@yahoo.co.uk)

**Membership:**  
**FIONNUALA CARRAGHER**  
Tel: 028 9079 5292  
Mob: 079 8927 5693

**RAYMOND GRAY**  
Mob: 079 2940 1817

**Newsletter Editor:**  
**VINCENT TRAINOR**

**President: CHRISTINE MACKLE**

**Mountain Rescue Tel: 999 or 112**

**[www.mourneramblers.org.uk](http://www.mourneramblers.org.uk)**

**Email: [info@mourneramblers.org.uk](mailto:info@mourneramblers.org.uk)**

**Follow us on Facebook**