

STARTING TIMES

Members will be notified of starting times.
These will mostly be either
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 this programme for the months July - December. As before, we have included only leaders' names for each Sunday (EXCEPT FOR FIRST SUNDAY EACH MONTH). 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.

3 JULY CARRICK LITTLE (345219)

Leader A: Norman Elliott.
Leader B: Norman Patton.
Leader C: Peter McGowan.
Leader D: Vincent Trainor.

10 JULY

CLARENCE CHENEY WALK.

Leader B: Robert Campbell.
Leader C: Bert Rima.
Leader D: Gary Browne.

17 JULY

Leader B: Robert Marshall.
Leader C: Marie Doran.
Leader D: Ray Gray.

24 JULY

Leader B: Robert Campbell.
Leader C: Teresa Hughes.
Leader D: Ray Smyth.

31 JULY

Leader B: Noel Rice.
Leader C: Gary Browne.
Leader D: Rennie Gribbin.

7 AUGUST SILENT VALLEY (315215)

Leader A: Robert Campbell.
Leader B: Norman Patton.
Leader C: Domnall McComish.
Leader D: Fionnuala Carragher.

14 AUGUST

Leader B: Andrew McKibbin.
Leader C: Conor Mulvenna.
Leader D: Dora McCavera.

21 AUGUST

Leader B: Robert Marshall.
Leader C: Roisin Franklin.
Leader D: Peter McGowan.

28 AUGUST

Leader B: Robert Campbell.
Leader C: Maggie Pridgen.
Leader D: Vincent Trainor.

4 SEPTEMBER DONARD PARK (373305)

Leader A: Norman Elliott.
Leader B: Andrew McKibbin.
Leader C: Stephen Goodman.
Leader D: Rennie Gribbin.

11 SEPTEMBER

Leader B: Norman Patton.
Leader C: Peter McGowan.
Leader D: Gary Browne.

18 SEPTEMBER

Leader B: Noel Rice.
Leader C: Ian Stuart.
Leader D: George Acheson.

25 SEPTEMBER

BRING-A-BAG DAY: SEE SPECIAL EVENTS

Leader B: Robert Campbell.
Leader C: Gary Browne.
Leader D: Ray Smyth.

2 OCTOBER TOLLYMORE OUTDOOR CENTRE (328323)

AGM: SEE SPECIAL EVENTS
Leader A: Norman Elliott.
Leader B: Robert Campbell.
Leader C: Marie Doran.
Leader D: Vincent Trainor.

9 OCTOBER

Leader B: Robert Marshall.
Leader C: Andy Bolwell.
Leader D: Rennie Gribbin.

16 OCTOBER

Leader B: Norman Patton.
Leader C: Peter McGowan.
Leader D: Fionnuala Carragher.

23 OCTOBER

Leader B: Robert Campbell.
Leader C: Ian Stuart.
Leader D: Dora McCavera.

30 OCTOBER

Leader B: Andrew McKibbin.
Leader C: James Aitken.
Leader D: Vincent Trainor.

6 NOVEMBER ROSTREVOR FOREST (186180)

Leader A: Robert Marshall.
Leader B: Robert Campbell.
Leader C: Gary Browne.
Leader D: Vincent Trainor.

13 NOVEMBER

Leader B: Norman Patton.
Leader C: Peter McGowan.
Leader D: Helen Templeton.

20 NOVEMBER

Leader B: Robert Campbell.
Leader C: Ian Stuart.
Leader D: Dora McCavera.

27 NOVEMBER

Leader B: Andrew McKibbin.
Leader C: Gary Browne.
Leader D: Ray Gray.

4 DECEMBER MEELMORE LODGE (306308)

CHRISTMAS DINNER: SEE SPECIAL EVENTS
Leader A: Robert Campbell.
Leader B: Norman Patton.
Leader C: Peter McGowan.
Leader D: George Acheson.

11 DECEMBER

Leader B: Robert Marshall.
Leader C: David Johnston.
Leader D: Fionnuala Carragher.

18 DECEMBER

Leader B: Andrew McKibbin.
Leader C: Ian Stuart.
Leader D: Ray Gray.

26 DECEMBER

Leader B: Noel Rice.
Leader C: Gary Browne.
Leader D: Vincent Trainor.

SOME VENUES WITH GRID REFERENCES

BALLINRAN ROAD
JUNCTION WITH HEAD ROAD (302205).

BALLINTUR (229149).

BINNIAN CROSSROADS (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 (186180).

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

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SPECIAL EVENTS

**25 SEPTEMBER: BRING-A-BAG DAY
HELP TO COLLECT SOME LITTER
IN THE MOURNES**

**02 OCTOBER: AGM, TOLLYMORE NATIONAL
OUTDOOR CENTRE**

04 DECEMBER: CHRISTMAS DINNER

GRADES OF WALKS

These are by necessity an approximation. What actually happens on the day will depend on the leader, who will be influenced by the weather, daylight hours, ground conditions and the composition of the group, amongst other factors. A greater understanding of this can be gained by looking at the Guidelines for Leaders, whether you lead or not. The higher the grade, the more likely you are to encounter rough ground and exposure. The lower the grade, the slower it will be uphill, with probably more stops.

What follows is for starts in the Mournes.

A grade: - 5 to 6 hours maximum. Actual walking speed on the flat 5km. per hour, plus 1150m. of ascent, 1220m. maximum, length 18km. maximum.

B grade: - 5 to 5.5 hours maximum. Actual walking speed on the flat 4km. per hour, plus 900m. of ascent, 1070m. maximum, length 15km. maximum.

C grade: - 4 to 5 hours maximum. Actual walking speed on the flat 3km. per hour, plus 600m. of ascent, 850m. maximum, length 11km. maximum.

D grade: - 3.5 to 4 hours maximum. Actual walking speed on the flat 2.5km. per hour, plus 400m. of ascent to 550m. ascent maximum, length 9km. maximum.

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. If a leader is unable to be present, they must contact their group co-ordinator or otherwise arrange another leader as a substitute.

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)

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