

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.

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.

C+ walks take place on the first Sunday of each month. During the other weeks, C+ walkers are encouraged to walk with B group.

There are no D group walks planned for the final Sunday of each month, but if there is a demand, they may be arranged at short notice.

The Programme for the months July – December will be issued nearer the time.

4 JANUARY SILENT VALLEY (315215)

Leader A: Nigel Garrett.
Leader C: Peter McGowan.
Leader D: Fionnuala Carragher.
11 JANUARY
Leader B: Andrew McKibbin.
Leader C+ Noel Rice
Leader C: Peter McGowan.
Leader D: Pauline Dunlop.
18 JANUARY
Leader B: Norman Elliott.
Leader C: Raymond Gray.
Leader D: Stephen Kennedy.
25 JANUARY
Leader B: Robert Marshall.
Leader C: Ian Stuart.

1 FEBRUARY GAMEKEEPER'S LODGE (284214)

Leader A: Seamus Hughes.
Leader C+ Noel Rice.
Leader C: Peter McGowan.
Leader D: Fionnuala Carragher.
8 FEBRUARY
Leader B: Robert Campbell.
Leader C: Conor Mulvena.
Leader D: Raymond Gray.
15 FEBRUARY
Leader B: Nigel Garrett.
Leader C: Michael Gilmour.
Leader D: TBC.
22 FEBRUARY
Leader B: Robert Marshall.
Leader C: Bert Rima.

1 MARCH ROSTREVOR FORST (186180)

Leader A: Norman Elliott.
Leader C+ Noel Rice.
Leader C: Raymond Gray.
Leader D: TBC.
8 MARCH
Leader B: Andrew McKibbin.
Leader C: Suzi Fitzpatrick.
Leader D: Fionnuala Carragher.
15 MARCH
Leader B: Seamus Hughes.
Leader C: James Aitken.
Leader D: Peter McGowan.
22 MARCH
Leader B: Robert Marshall.
Leader C: Ian Stuart.
Leader D: Dora McCavera.
29 MARCH
Leader B: Robert Marshall.
Leader C: Jen Rainey.

5 APRIL SPELGA DAM (267273)

Leader A: Nigel Garrett.
Leader C+ Noel Rice.
Leader C: Peter McGowan.
Leader D: Fionnuala Carragher.
12 APRIL
Leader B: Robert Campbell.
Leader C: Ian Campbell.
Leader D: Dora McCavera.
19 APRIL
Leader B: Norman Elliott.
Leader C: Bert Rima.
Leader D: Stephen Kennedy.
26 APRIL
Leader B: Andrew McKibbin.
Leader C: Anita Williamson-Graham.

3 MAY DONARD PARK (373305)

Leader A: Seamus Hughes.
Leader C+ Gary Browne.
Leader C: Bert Rima.
Leader D: Fionnuala Carragher.
10 MAY
Leader B: Robert Campbell.
Leader C: Raymond Gray.
Leader D: George Acheson.
17 MAY
Leader B: Robert Marshall.
Leader C: Conor Mulvenna.
Leader D: Pauline Dunlop.
24 MAY
Leader B: Nigel Garrett.
Leader C: James Aitken.
Leader D: TBC
31 MAY
Leader B: Anita Williamson-Graham
Leader C: Nigel Kingston

7 JUNE MEELMORE LODGE (306308)

Leader A: Norman Elliott.
Leader C+ Noel Rice.
Leader C: Ian Stuart.
Leader D: Fionnuala Carragher.
14 JUNE
Leader B: Robert Campbell.
Leader C: David Johnston.
Leader D: Raymond Gray.
21 JUNE
Leader B: Andrew McKibbin.
Leader C: James Aitken.
Leader D: Dora McCavera.
28 JUNE
Leader B: Nigel Garrett.
Leader C: Julie Murphy.
Leader D: George Acheson.

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).
RAVENDALE (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 2026

A / B GROUP

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SPECIAL EVENTS

1 MARCH: SLIDE SHOW, Cloughmore Centre,
Kilbroney Forest Park

17 – 22 MAY: TRIP TO WESTPORT

7 JUNE: ANNUAL PICNIC AT MEELMORE LODGE

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.

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. 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 for 2026 is £20.00 for the year or part thereof, 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 2026

January - June

Hill walking in the Mournes and Beyond

Walking is man's best medicine
Hippocrates

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