

**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 very few D group walks planned for the final Sunday of each month, but if there is a demand, they may be arranged at short notice.

**5 JULY CARRICK LITTLE (345219)**  
**Leader B:** Seamus Hughes  
**Leader C+:** Noel Rice  
**Leader C:** Peter McGowan  
**Leader D:** Pauline Dunlop  
**12 JULY**  
**CLARENCE CHENEY MEMORIAL WALK**  
**Leader B:** Robert Marshall  
**Leader C:** Michael Gilmour  
**Leader D:** TBC  
**19 JULY**  
**Leader B:** Robert Campbell  
**Leader C:** Raymond Gray  
**Leader D:** Fionnuala Carragher  
**26 JULY**  
**HARRY SHAW WALK: SEE SPECIAL EVENTS**  
**Leader B:** TBC  
**Leader C:** Ian Stuart  
**2 AUGUST SILENT VALLEY (315215)**  
**Leader B:** Nigel Garrett  
**Leader C+:** Gary Browne  
**Leader C:** Peter McGowan  
**Leader D:** Fionnuala Carragher  
**9 AUGUST**  
**Leader B:** Andrew McKibbin  
**Leader C:** James Aitken  
**Leader D:** TBC  
**16 AUGUST**  
**Leader B:** Robert Campbell  
**Leader C:** Bert Rima  
**Leader D:** TBC  
**23 AUGUST**  
**Leader B:** Robert Marshall  
**Leader C:** Gary Browne  
**Leader D:** Peter McGowan  
**30 AUGUST**  
**Leader B:** Nigel Garrett  
**Leader C:** Ian Stuart  
**6 SEPTEMBER SPELGA DAM (267273)**  
**Leader B:** Seamus Hughes  
**Leader C+:** Gary Browne  
**Leader C:** Peter McGowan  
**Leader D:** Michael & Lorraine Gilmour  
**13 SEPTEMBER**  
**Leader B:** Robert Campbell  
**Leader C:** James Aitken  
**Leader D:** Dora McCavera  
**20 SEPTEMBER**  
**Leader B:** Andrew McKibbin  
**Leader C:** Conor Mulvenna  
**Leader D:** Stephen Kennedy  
**27 SEPTEMBER**  
**BRING-A-BAG DAY: SEE SPECIAL EVENTS**  
**Leader B:** Nigel Garrett  
**Leader C:** Jennifer Rainey

**4 OCTOBER DONARD PARK (373305)**  
**Leader B:** Norman Elliott  
**Leader C+:** Gary Browne  
**Leader C:** Peter McGowan  
**Leader D:** Fionnuala Carragher  
**11 OCTOBER**  
**Leader B:** Robert Marshall  
**Leader C:** Ian Campbell  
**Leader D:** Raymond Gray  
**18 OCTOBER**  
**Leader B:** Robert Campbell  
**Leader C:** Ian Stuart  
**Leader D:** Peter McGowan  
**25 OCTOBER**  
**Leader B:** Nigel Garrett  
**Leader C:** Bert Rima  
**1 NOVEMBER ROSTREVOR FOREST (186180)**  
**AGM: SEE SPECIAL EVENTS**  
**Leader B:** Seamus Hughes  
**Leader C+:** Noel Rice  
**Leader C:** Raymond Gray  
**Leader D:** Fionnuala Carragher  
**8 NOVEMBER**  
**Leader B:** Andrew McKibbin  
**Leader C:** Ian Stuart  
**Leader D:** Dora McCavera  
**15 NOVEMBER**  
**Leader B:** Robert Marshall  
**Leader C:** Suzanne Fitzpatrick  
**Leader D:** George Acheson  
**22 NOVEMBER**  
**Leader B:** Anita Williamson Graham  
**Leader C:** James Aitken  
**Leader D:** Stephen Kennedy  
**29 NOVEMBER**  
**Leader B:** Nigel Garrett  
**Leader C:** Anita Williamson-Graham  
**6 DECEMBER OTT BLUE QUARRY (280279)**  
**CHRISTMAS DINNER: SEE SPECIAL EVENTS**  
**Leader B:** Norman Elliott  
**Leader C+:** Noel Rice  
**Leader C:** James Aitken  
**Leader D:** Pauline Dunlop  
**13 DECEMBER**  
**Leader B:** Robert Campbell  
**Leader C:** Nigel Kingston  
**Leader D:** Fionnuala Carragher  
**20 DECEMBER**  
**Leader B:** Seamus Hughes  
**Leader C:** Ian Stuart  
**Leader D:** TBC  
**27 DECEMBER**  
**Leader B:** Andrew McKibbin  
**Leader C:** Gary Browne

**SOME VENUES WITH GRID REFERENCES**

BALLINRAN ROAD  
JUNCTION WITH HEAD ROAD (302205).

BLOODY BRIDGE (388270).

CARLINGFORD (189116).

CARRICK LITTLE (345219).

CASTELWELLAN FOREST PARK (335364)

CLONACHULLION (311313).

COCK & HEN CAR PARK (233277).

DEER'S MEADOW (271253).

DONARD PARK (373305).

GAMEKEEPER'S LODGE (284214)

HAPPY VALLEY (293297).

LEITRIM LODGE (224256).

MOURNE PARK (277160)

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 2026**

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**SPECIAL EVENTS**

**HARRY’S WALK**

On Sunday 26<sup>th</sup> July, instead of the normal Sunday walks, the Club will organise a walk from Donard Park to Deer’s Meadow or Kilbroney Forest Park – a walk initiated by founder member Harry Shaw. Further details will be available nearer the time.

**TRIP TO DONEGAL**

We are planning a trip to South Donegal in late September or early October. Further details to follow.

**BRING A BAG DAY**

Help clean up the Mourne by collecting rubbish during the Sunday walk on 27<sup>th</sup> September

**AGM**

Our AGM will be held at the start of November in The Cloughmore Centre in Kilbroney Park. Further details will be available nearer the time.

**CHRISTMAS DINNER**

The venue for the Christmas Dinner is to be decided.

**STAR TREK**

There is a Geminid meteor shower in mid-December each year. As with previous years, we plan to hold an evening walk to enjoy this spectacle (subject to weather conditions). More details will be available nearer the time.

**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 10.00am starts in the Mourne.

**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. Members should adhere to “Leave No Trace” principles.
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 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 2026***  
***July - December***

Hill walking in the Mourne and Beyond

**Walking is man’s best medicine**  
*Hippocrates*

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