

From Somport to Santiago

Our foreign correspondent -

*La luna de Pamplona
is a full Pamplona moon
I'm talking to Amanda
and thinking of a tune
Amigos de Irlandais
around me in this room*

Mary McCann

On Sunday May 23rd 1999 a group of fifty seven pilgrims left Dublin bound for Pamplona. I must say I was a bit apprehensive as it was my first International Walk. Even though I had a good tutor "Tom (the infamous) Huban." Not even Tom could have prepared me for the ten wonderful days that lay ahead.

Our first walk began at 9.15 on May 25th under the snow capped mountains of the Pyrenees at a place called the Somport pass, 7 km from the French/Spanish border. This walk led us mostly down hill along by some river banks and winding woodland. In blazing sunshine we were delighted to stop in a cool wooded park for our lunch. We ended our walk that evening just outside the beautiful city of Jaca. We had some wonderful people in our group, the singing, storytelling and jokes kept us going.

(Continued on page 2)

At Last...

The long awaited summer
issue is here.

Thanks for your patience, the
next issue will be following
hot on the heels of this one.



Go raibh maith agaibh to all
those who supplied articles for
this edition. Reviews of
walks, either club or
independent, would be
welcomed. So, come on, all
you budding writers, put pen
to paper.

As usual, items for the next
issue (floppy disks or neat
handwriting) will be accepted
at any club meeting with
undying gratitude and
promises of great riches.

A Trip to Achill

Deidre Hunt

Well, I left Galway at a nice easy
pace at 1 p.m. After a nice leisurely
break at Westport I sauntered into
Achill Sound around 4pm to find
steam coming from the bonnet of
my car. Alarm bells went off, the
local garage was called out and a
new radiator was ordered.

Anyway I made my way up to
Stephen and Rosaleen's holiday
homes. Stephen had another go at
the car while I checked into my
very welcoming B & B, where
Attracta presented me with lovely
tea and scones. The houses were
beautifully located, extensively
furnished and would accommodate
approximately seven people.

It was time to go down to Alice's to
see if there were any arrivals.
Miriam was just pulling in with her
new car and beaming ear to ear.

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From Somport to Santiago

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The village people I found were very friendly, wishing us "Buen Vioje" as we passed by. One of my memorable days was the day of the Iron Cross, just to stand and look at the colossal amount of stones left there by passing pilgrims like ourselves was amazing, a very emotional but special place.

We had lots of fun during our walks, we got caught in a thunderstorm one afternoon, we were absolutely drenched but didn't care as we were getting near the pub! The day we climbed O Cebeiro was good fun too. We split into three different groups, I went in the last group with thirteen others, it

poured rain but we didn't mind, the singing kept us going and we went to visit some beautiful churches. Walking through the clouds near the top was very exciting for me as it was a great experience and yes, I have caught the bug! I'm going back.



*Ooh ooh we walk all day
in the sunshine or the rain
it makes no difference anyway
along the Camino Way*

*La luna de Pamplona
is a full Pamplona moon
I'm talking to Amanda
and thinking of a tune
Amigos de Irlandaís
around me in this room*



Barbie

(with a difference)

The Annual Galway Walking Club Bar-B-Que was held at Kelehans Bar, Bushy Park, Fri Aug. 27.

There was quite a feast with salmon, chicken, steaks and a wide variety of salads on offer.

A good time was had by all who attended, thanks for coming along on the night and helping to make the event a success.

The club committee:

Chairman:	Tom Rea 093 35523
Vice-Chair:	Noel Browne 091 791738
Secretary:	Ann Walsh 091 552050
Membership:	Tom Huban 091 794802
Treasurer:	Paul Maloney 086 8143031
Ordinary Members:	
	Tom Reddington 091 524126
	Phil Clerkin 091 757460
	Miriam Sheerin 087 2384212
	Mel Faherty 086 8216800

GWC Marathon

The Third Annual Galway Walking Club Marathon Walk took place on Saturday 21st August. 106 walkers registered in Oughterard car park early in the morning. There was a flurry of activity around the Huban's command vehicle (otherwise known as the caravan) with people filling in forms, checking gear and generally getting hyped up for the day that lay ahead.

The Radio Club were there bright and early fixing antennae to cars and ensuring that everyone would be able to stay in contact with each other. All sweepers were supplied with handsets and more importantly, shown how to use them.

As the walkers set off in the sunshine a marathon of another sort took place in town as 11 loaves of bread were transformed into sandwiches for consumption in the Corrib Hotel which was the official debriefing location. Phil Clerkin and Maura Huban are definitely the fastest butterers in the west!

Numbers were up on previous walks and everyone enjoyed the beautiful weather. A wide variety of accents were to be heard so it seems that walkers came from far and wide to partake in this years walk, most of them doing the full 26 miles! Civil Defence were there with a number of vehicles including an ambulance which, thankfully, was not needed in any official capacity.

Thank you to everyone who took part in what was a wonderful day out!

A Walk in Wales

Anna Conboy's friend

Memories of overnight in a 400 year old farmhouse, a meeting with a Tipperary men in an Inn at Nolton Haven and walking along the borders of vast fields of rape, corn and potatoes; but wait, I will start at the beginning.

It all began when I spotted a book on a coastal path in Wales in my local Sports Shop.

Anna and I set off for Rosslare and then by ferry to Pembroke, where our walk began.

We walked north and spend Easter Monday night in quiet

Milford Haven - a contrast to Easter Monday at home!!

Next morning told a different story, as the locals busied themselves at the local fish factory at the harbour.

On our way to Dale, our next stop, we passed the impressive ruins of Fort Hubbertson Barracks and Gun Battery.

We encountered a disused Oil Refinery and actually negotiated our way on the beach, underneath the rusty pipes, which stretch way out to sea. That day seemed to be a day of obstacles as we also had to walk an extra few miles

around the estuary at Sandy Haven, due to the high tide but even that had it's compensations as we came to a very friendly hotel, where we lunched, having first, of course, left our boots in the hallway.

We both love the sea, and because of the indented coastline we certainly overdosed on the exquisite sea views, on the sight of clusters of sea pinks and sea campion precariously clinging to the cliff edge, the shrill cries of the birds and the lashing of the waves against any and every

(Continued on page 6)

* SPORHOUSE * HELLY HANSON * SALOMON * NORTH FACE * SCANDA *

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PETZL * TRESPASS * MERRELL * CASCADE

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* MOUNTAIN EQUIPMENT * MEINDL * LOWE ALPINE * SPRAYWAY * SNUGPAK *

Bill Gates, the man with more money than Hong Kong, recently claimed that if General Motors "had kept up with technology like the computer industry has, we would all be driving twenty-five dollar cars that got 1,000 miles to the gallon."

Naturally GM felt obliged to reply and issued a press release, some of which is given below...

"If GM had developed technology like Microsoft, we would be driving cars with the following characteristics:

- For no reason whatsoever, your car would crash twice a day
- Every time they repainted the lines on the road, you would have to buy a new car
- Occasionally, your car would die on the freeway for no reason and you would accept this, restart and drive on
- Occasionally, executing a manoeuvre such as a left turn would cause your car to shut down and refuse to restart in which case you would have to reinstall the engine
- Apple would make a car that was powered by the sun, was more reliable, five times as fast and twice as easy to drive but would only run on 5% of the roads
- The oil, water, temperature and alternator warning lights would be replaced by a single "general car fault" warning light

- The airbag system would say "are you sure?" before releasing
- Occasionally, for no reason, your car would lock you out and refuse to let you in unless you simultaneously lifted the door handle, turned the key and grappled hold of the antenna
- Every time GM introduced a new model, car buyers would have to learn how to drive all over again because none of the controls would operate in the same manner as the old car
- You'd press the "Start" button to shut off the engine

FOR SALE



One Peter Storm Rain jacket
Waterproof and breathable
Size: small
Colour: royal blue/black/
yellow

Contact Phil @ 091 757460

Walking boots
Lomer Professional leather boots
Size 39 - too small for owner
Worn only twice - £45
Call Mairead @ 086 8708132
or 091 527432 after 6 pm

Helping to preserve rights of access

Keep Ireland Open are now on the Internet at www.iol.ie/~kio
Here you can find KIO's policy on access to the countryside etc. Any views on the policy document would be welcomed via e-mail, the address is kio@iol.ie

It is hoped to produce a policy booklet in the near future and send it to all members.

Membership forms for KIO are available from the Walking Club committee members at meetings. Anyone requiring a copy of the policy document can also contact committee members for details.

KIO intend to mount campaigns in September on the following issues:

- ⇒ The proliferation of roadside fencing supposedly to protect farm animals. This problem can be largely solved by speed limits and warning signs
- ⇒ The continuing lack of action by local authorities in insisting on planning applications for new fencing
- ⇒ The payment of REPS grants even though the planning laws are being ignored

More on KIO's activities in future issues, including an update on Ughool Beach developments.

ASK TO SEE THE RANGE OF WALK
RELATED BOOKS AT THE GALWAY
WALKERS LIBRARY IN TREK & TRAIL



A Trip to Achill

(Continued from page 1)

We had coffee until the bauld Seamus arrived and he compared the size of his big "fish of the week" dish with my miniature sized plate. There seemed to be very few arriving for a meal, we heard later that all the cute ones had their dinner at home. But they assembled later and we ended up going to McLoughlins. It was a good night.

I was up bright and early next morning for Rosaleen's walk. It was a flat walk, long enough at 10 to 12 miles. She covered the history of the area. We set out from Keel Strand. The boys went on their hill walk.

Saturday night was the big night in town. We had booked dinner at the Achill Sound Hotel and it was fabulous. There were trips and car loads going up and down and people were beginning to wilt even though they didn't know it. The all night party goes from the night before didn't know where to go, as the Seisúin was well and truly started in McLoughlins (although the Galway Walkers had an alternative Seisúin in the hotel). Some stayed for one or two and the real die hards waited for the kill, and kill they did.

Next morning I walked down to see what was happening. Mel had a pilgrimage going to the House of Prayer and there was no talking them out of it. Matt Flesk was leading a walk at the beach and Tom Rea was still thinking about it. It became overcast and two groups joined

together for a beach walk. Some went for a drink after the walk, while others had lunch but there was a complete clearout by mid afternoon.

It was a very enjoyable weekend, while most people took what they wanted out of it, variety is the spice of life.

Next Weekend Away

The club's next weekend away was intended to be Manorhamilton 'in the beautiful Co. Leitrim, for the weekend of October 23-25.

This part of north Leitrim/south Sligo is a little like Ireland's hidden jewel with a multitude of lakes, woodlands, hills and valleys to explore.

Unfortunately these plans may change, so bear with us and further information will be forthcoming at future meetings.

In the meantime any suggestions for an alternative (preferably with walks suitable for ramblers and hill walkers) would be gratefully received so put your thinking hats on... it is your weekend away!



Walking Festival

There is a Walking Festival on the weekend 18th-19th Sept. in Boyle Co. Roscommon, which is being hosted for the third year by the Curlew Walkers. I have been to both the previous festivals and thoroughly enjoyed myself.

A variety of walks are planned so there should be something for everyone.

There are two walks on Sat - 18km (6 hrs) and 10km (3hrs). The Sunday walks are 16km (6hrs) and 12km (3hrs). Walking times are approximate.

All walks have a wide range of historical and archaeological sites enroute, including Abbeys, castles and megalithic tombs.

Also, of course, there is wonderful scenery along the way and walkers will be bussed back to Boyle after each walk.

The party starts at Paddy Daly's pub with story-telling and music on Friday night. Registration for all walks also takes place here as do the all-important debriefing sessions with tea/coffee and sandwiches being served and presentation of mementoes after each walk.

It has become traditional for the walkers to come together on Saturday night for dinner and music. This is a wonderful opportunity to meet & get to know walkers from around the country and from further away. For accommodation contact:

Lorretto McGowan

ph: (079) 62516

fax (079) 62853

I would welcome information about other walking festivals for inclusion in future issues.

A Walk in Wales

(Continued from page 3)
obstacle.

Dale came into view and we were glad to rest in a very nice B&B, and rather than go out for a meal, we enjoyed dinner indoors. With empty plates one would not know whether it was fish or fowl we had been served.

Next morning we left Dale, as did a coachful of young windsurfers. Then around St. Ann's Head and the impressive rock formation at Cobblers Hole, and another truly enjoyable day of looking out to sea. We crossed many stiles on our walk - it did seem they were getting higher as the week went on, but I am sure that was our imagination.

On to St. Martin's Haven, to view the stone inscribed with a ringed cross (our Celtic Cross) which was discovered in the foundations of the walls. We arrived weary at St. Brides, as did St. Bridgid, we were told, many centuries earlier. Although tired our walk along the perimeter of vast tilled fields, a young farmer jumping down from his tractor to point out the way to the farm and the startled brace of pheasants flying into the wind from the corn field, were all experiences to treasure, and, of course, the four hundred year old farmhouse on the hill, still the name of the original owners.

The wonderful friendly and helpful owners, the Price

family, welcomed us and fed us. We wandered through the lovely old rooms and had a special nights sleep.

Next morning Mrs. Price dropped us down to the start point of the days walk, but first we paid a visit to St. Brides 13th century church, kindly opened for us by the caretaker.

Then on to Little Haven, a lovely little village, for lunch where we sampled the local, very satisfying Welsh soup/stew (the name escapes me). The pub advertised a "Guinness Night" but we had to pass on that as the coast beckoned and we passed through Broad Haven. The word "Haven" seems attached to, so many place names and havens they surely are to the traveller.

Nolton Haven (there is that word again!) was our next overnight stay in a less impressive, in size, farmhouse, but no less comfortable for that. We thought, at that stage, that we deserved a night out

and we made our way to the local 18th century Inn. After we were served, mine was a huge helping of Ploughman's Cheese Platter, with a suitable drink, our Irish accents attracted the owner - a Tipperary man - from the kitchen. We had a long chat about things Irish. He said he loved Galway and Clifden (now that man has good taste!). He showed us the dining room with its natural stone walls, and, yes, a basket of turf by an open fireplace.

After another good nights sleep we headed towards St. David's. the sea was again our constant companion, as were, at that stage, the rucksacks on our backs.

Lunch was at busy Solva, or Solfach, the Danish name for samphire, a squat fleshy plant of the parsley family, which can be cooked and eaten, so we were told. Over lunch, we had a conversation with the owner, whose daughter is in Romania looking after orphans, where

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(Continued from page 6)

her knowledge of the Welsh language has helped her to learn the Roman language, as, seemingly, both are phonetic languages. We passed the cliffs where the sandstone was quarried to construct the Cathedral at St. Davids.

Then when we saw the little boats, bobbing at their moorings, at St. Non's bay, we knew we were nearly there, which was just as well as there was an unfriendly fog gathering.

A short walk by road brought us to the Cathedral city of St. David, the Welsh patron saint.

We checked in to a B & B, which almost became self-service as the owner was otherwise occupied. This gave our tongues a rest and we looked after ourselves adequately.

Early next morning the bells of the Cathedral beckoned us and we spent time in this impressive cathedral, built in 1180, being altered and added to many times since, and is presently being further renovated. We then waved goodbye to two travellers driving home to London and we made our way to the bus for Fishguard.

St. David's would be a fine holiday base, having the coastal paths on its doorstep and a ferry which travels to nearby Ramsey Island.

As for us, we continued our return journey, on the ferry, to Rosslare and on to home - Galway - which, of course, is

Mourne Mountains

*Exploring the Mourne Mountains with the Mourne Ramblers
Shanlieve, Eagle, Windy Gap and Slievemoughanmore*

Marie Doran

The Mourne Ramblers were founded in 1969 by Clarence Cheney. They walk in the Mournes every Sunday, beginning at 11am and finishing around 4.30pm. There are three different groups - an A, B, and C group depending on the amount of ground one wishes to cover. The A group have an average walking time of five hours depending on the season with a 3,500 feet average climbing, approx. 3 or 4 hills. The B group average walking time is four hours with 2,000 feet average climbing, approx. 1 or 2 hills and the C group have a walking time of around four hours with an emphasis on contouring.

On a hot Sunday in July I joined with the Ramblers and decided to go with the A group - though a bit apprehensive because of the hot weather. There were five in this group and we moved at a fairly quick pace. The meeting place was outside the village of Attical, Kilkeel, Co. Down. Travelling from the South, go to Newry and take the Warrenpoint Road by turning right at the town's second roundabout. Drive through Warrenpoint into Rostrever and take the road for Kilkeel. About 3 miles outside Kilkeel look for the Attical sign on the right hand side of the road and take a left turn. Drive about 3 miles up this road until you come to a football pitch on the left side and take a left turn.

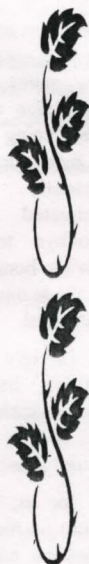
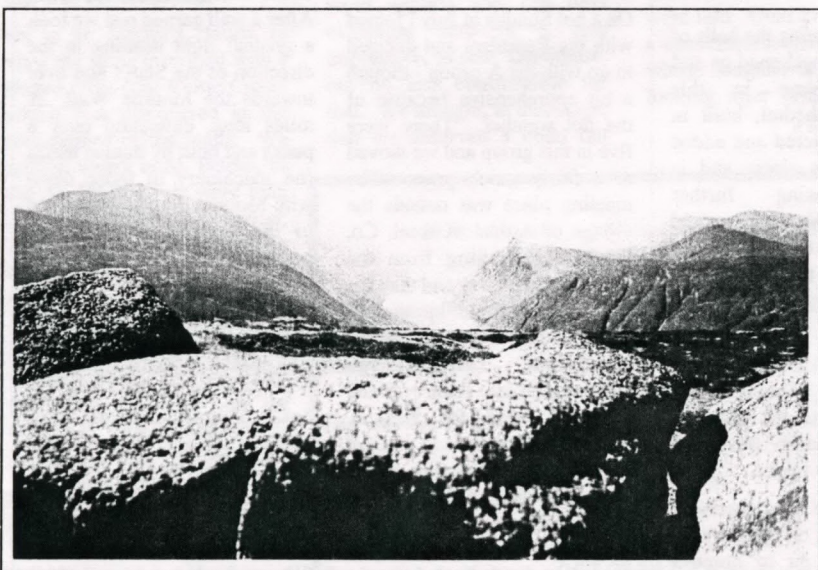
Drive slowly up this road which is full of potholes until you come to a dead end and park the car in the left hand lay-by. This road was closed to walkers by a local farmer, however when he applied to the local council for money to repair the road he was refused because it was not used by the public. He then contacted all the relevant groups and told them they could use the road. Money talks.

Just a few yards from the parked cars take a left turn at the wire fence and begin the steep climb up to Shanlieve (627). There are good footsteps but it is a strenuous climb in hot weather. Once at the top there is a wonderful view of Carlingford Lough and Omeath and to the right Rostrever town. After a well earned rest we took a gradual right heading in the direction of the Slates and over towards the Mourne Wall, 21 miles long, extending over 8 peaks and built by human hands (no machinery in those days) with Mourne granite at the turn of the century to provide a boundary for the reservoir. There is a long walk across bogland and grass and then the ascent to Eagle mountain (638). The heather in the Mournes is at it's best in July with its beautiful shade of purple. It is also a good hand grip when the climbing gets tough. Here we had our lunch and took in some beautiful views of other peaks. We then moved onto the Slievemoughanmore (559)

(Continued on page 8)

After a rest we began the descent along the Windy Gap, a long ridge walk with a gradual descent. This was a long and tedious walk in the heat but the views made it worthwhile. We could see many areas of South Down with it's loughs and forests spanning some 30 miles away. We came across three old stone cottages, minus the roofs, possibly lived in by local workers at one time. Part of the descent had a well worn path which was welcome. The final

Portion of map showing the area walked is courtesy of Ordnance Survey.



Walk Details

Rambles take place every second Sunday, the Sunday after club meetings.

The meeting place is the Omniplex car park (Smyth's toy store area). The intended start time is 10am - *that means being ready to leave the car park at 10.*

Please come early to allow time for receiving road directions, moving cars to the Dyke Rd. car park, organising lifts, signing the book, registering new members etc.

If a bus has been organised for the walk it is best to park your car in the Dyke Rd car park behind the cinema to avoid the possibility of getting clamped. The charge is only £1 for a day, definitely cheaper than a parking penalty.

If there is no bus then walkers are asked to car-pool. There are a number of reasons for this:

- ❖ to reduce the environmental impact of the group
- ❖ to reduce the number of cars being parked at the intended destination
- ❖ a smaller convoy is easier to organise enroute
- ❖ reduced petrol expenses
- ❖ if people take turns car-pooling it means less driving in the long term, a more relaxed Sunday

All drivers are responsible for ensuring that they know the location of the regrouping point (most likely a town or village nearest the walk start) *before* leaving the car park *and* that they are confident they know how to get there. Now that I think of it that is another

good reason to car-pool, you can share the responsibility of navigating.

Last but not least for a quick check list of what gear to bring with you have a look at the article "Rambling Gear" on page 5 in the last issue of this illustrious newsletter.

Everybody has their own preferences so why not write a check list and leave it with your backpack, that way it only takes a few minutes on Saturday night to ensure you have everything you need. You may find that you need a different list for winter walks when you will be using more seasonal gear, for example woolly hat and gloves instead of a sunhat and sun-block cream.

Meetings

Meetings are held every second Thursday (the Thursday before the rambles) in Tonerys Bar 98 Bohemore at 9.00pm sharp.

The next few dates are:

Sept. 16th

Sept. 30th

Oct. 14th

Oct. 28th

Nov. 11th

Nov. 25th

Is there an issue that bugs you?

Do you have outdoor gear to sell?

Stories, horoscopes, advice, poetry...we

will accept nearly anything - we're not

fussy!

Celebrity Mystery Guest



Spotted recently by the Internet paparazzi was a well known personality rumoured to have links with a certain chic Galway "outdoor activity" club.

The exclusive series of photographs were taken at a highly fashionable beach party. Due to the sensitive nature of this person and in order to respect his privacy (we are, after all a highly respected newsletter) we are only disclosing one photo.

A number of supermodels and fir bolg were also present at this party as were a large number of local politicians (the brown paper bags only contained the ham sandwiches - honest).

Who is this mysterious, distinguished personality???

Answers, on a pretty postcard please, to the grand offices of the:

GWC Newsletter

The Big House

Top of the Hill

The prize-winner will be serenaded by the Personality who will no doubt sing that ever popular ditty - "Ring MY Bell."

Proposed Schedule of Events

Special Notice:

Nov. 11

Club Meeting starts early

Tonerys @ 8pm

to be followed by a Table Quiz. The Table Quiz has been kindly organised for us by

Gerry and Ray to raise club funds and have a bit of crack. No professional table quizers allowed - only club members, friends and family welcome. Please come along on the night for fun, prizes etc.

Date

Location

Meeting At

Transport

Sept. 19

Lough Mask/Finny

Omniplex @ 10am Own

Inlet SW corner of Lough Mask.. All on road and totally flat but scenery is great. Start at Ferry Bridge (Grid Ref: M 065583) on the road between Clonbur and Finny/Tourmakeady. You pass through the townland of America en route and can see Earls Island where Edmond De Burgo (the son of The Earl of Ulster) who was abducted from Ballinrobe on 19.4.1338, held prisoner in the Petersburg area and was murdered on this Island four days later. The church at Finny is atypical, to say the least. Approx. 18 Km.

Oct. 3

Derryrush

Omniplex @ 10am Bus

Oct. 9

MCI (Mountaineering Council of Ireland) October Council meeting in Hylands Hotel, Ballyvaughan, Co. Clare. This council meeting is the main event in the MCI calendar and so is a good opportunity to meet other walkers from around the country.

Oct. 17

Bellacorick - Note early start time

Omniplex @ 9am Bus

Walk starts near the Bellacorick Electricity Generating Station which is wind powered. (L 098320) Almost the entire walk is on pleasant forest track with good views of the Nephin Beg Mountain Range.

The route is part of the Western Way to the north of Newport and towards the end is joined by the Bangor Trail. The finish point is at Treanlaur Lodge, an IHYA Hostel, on the eastern shore of Lough Feeagh. This is a well liked enjoyable flat walk.

Total distance is approx. 20 Km of which only 5 or 6 is on paved road.

Oct. 23 - 24

Bank Holiday Weekend Away - Location to be finalised

Oct. 31

Burren Walk

Omniplex @ 10am Bus

Nov. 14

New Quay

Omniplex @ 10am Own

Park at New Quay Pier, scene of the Redbank disaster. Road Walk mainly.

Pass Mt. Vernon Lodge of Lady Gregory fame, along the flaggy shore on the south of Galway Bay. Next generally south to St. Patrick's Church and then along a green road heading east along the slopes of Abbey Hill towards Corker Pass. This section is generally very muddy at the start.

Good views over the bay. Road walk back to New Quay. Approx. 17km.

Nov. 28

Mount Gable

Omniplex @ 10am Own

West of the village of Clonbur, Co. Galway. Between Lough Corrib and Lough Mask. Beautiful views of both of these lakes, of Lough Coolin and various Connemara Mountain Ranges. Marked as Benlevy on O.S. Maps. Total ascent of 418metres but only 200 off road, so an easy climb. Distance 11Km Walking Time approx. 4 hours.

Dec. 12

Seanapheistin

Omniplex @ 10am Own

Dec. 19

Club Christmas Wine Walk - Mamean

Omniplex @ 10am Bus

Jan 2

Barna

Omniplex @ 10am Own

Short walk to work off some of the Christmas goodies and start those New Year resolutions regarding fitness!

Jan 9

Killary Harbour

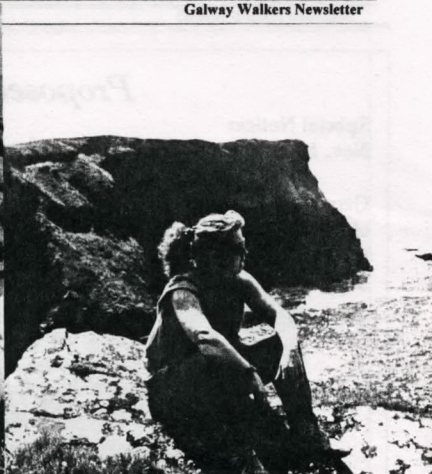
Omniplex @ 10am Own

Jan 20

Club AGM

Jamesons Hotel Own!

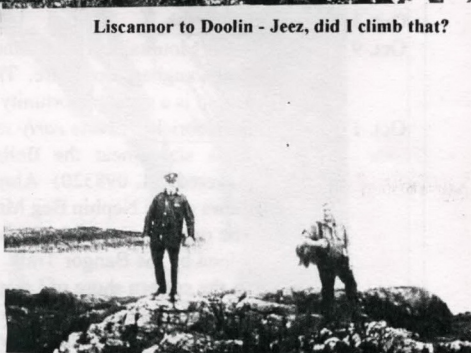
Liscannor to Doolin - Walk this way



Liscannor to Doolin - Jeez, did I climb that?



Liscannor to Doolin - Ye're not crossin' this f---in' wall



Uggool Beach - Is this guy followin' me ?



Arigna Mines Area Walk in aid of MS