



Crichton Tower, Gad Island, Upper Lough Erne, Co.Fermanagh

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# Welcome

## to Leave No Trace Ireland's Seventh Newsletter...

### Within the last 6 months Leave No Trace Ireland has:

- Distributed its 3rd e-newsletter
- Held 2 Board of Directors' Meetings (June and August 2010)
- Held a Network meeting (May 2010)
- Held a Master Educator Meeting (August 2010)
- Held the first Education Advisory Group Meeting (Sept 2010)
- Secured 4 new partners
- Secured to date £932,000 worth of PR value
- Attended 3 events to promote Leave No Trace
- Produced a DVD specific to the Irish Environment



## New DVD Now Available!

Leave No Trace Ireland has produced a DVD specific to the Irish environment to capture visually what it means to 'Leave No Trace' in Ireland.

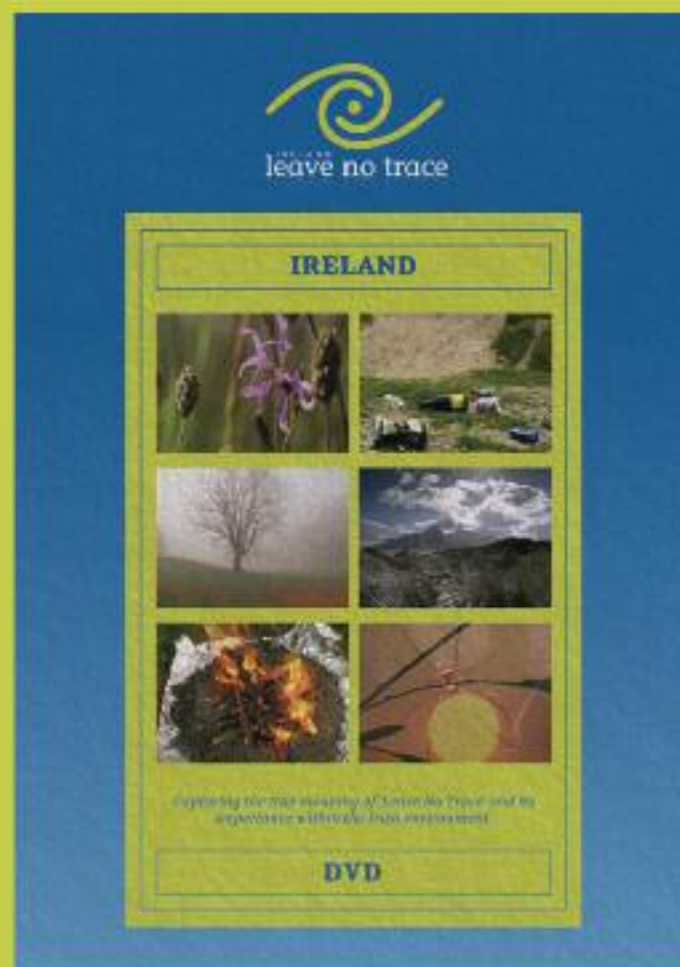
Each of the principles have been taken separately, each one is explained along with a handy checklist to make sure you have checked or packed everything you need for a trip to the outdoors in order to 'Leave No Trace'.

Leave No Trace Ireland would like to thank those who prepared the DVD as it will be a great asset especially for training purposes.

To request a copy of the DVD please send a cheque to cover the postal charge of €5.99 / £4.95 to Leave No Trace Ireland, C/O CAAN, The Stableyard, Barnett's Demesne, Malone Road, Belfast, BT9 5PB.

Please make cheques payable to 'Leave No Trace Ireland'.

The DVD was produced by Chris Avison on behalf of Mountain Meitheal ([www.pathsavers.org](http://www.pathsavers.org)) for Leave No Trace Ireland.



Front Cover of the new DVD

## Leave No Trace Ireland's 'Workshop on Water'



Lough Key, Boyle

Leave No Trace Ireland held a workshop on water as part of its network meeting, to offer people a chance to learn more about the Leave No Trace message and its application across a broad range of land and water-based recreation activities. The event which also incorporated its AGM took place on Saturday 22nd May 2010 at Lough Key Forest Park in Boyle, Co. Roscommon.

The principles of Leave No Trace apply to many land-based activities such as mountain biking, hill walking, horse riding etc. however, the workshop focused on water-based activities.

John Kelly, the key note speaker, from Invasive Species Ireland, introduced the risk of land and water-based invasive species in Ireland, an issue which is covered in the Leave No Trace principle – Leave What You Find. John started by informing everyone

about what 'invasive species' actually are. He continued by speaking about different policies in place that try to combat invasive species and identified some of Ireland's most 'unwanted' species. He followed this by an overview of the Invasive Species Ireland project, a joint venture between the Northern Ireland Environment Agency and the National Parks and Wildlife Service to implement the recommendations of the 2004 Invasive Species Ireland Report.

Bill Murphy, chairman of Leave No Trace Ireland gave a presentation to show how Leave No Trace has as much application to the seas and lakes of Ireland as it has to the mountains and forests of Ireland, also pointing out that the Leave No Trace message needs to be adapted to the water users in a manner they can use.

The next presentation was given by Ruairí Ó Conchúir (Project Manager) on a project called MulkearLIFE and its incorporation of Leave No Trace. MulkearLIFE is a €1.75 million European Commission (EC) funded LIFE Nature project working on the restoration of the Lower Shannon Special Area of Conservation (Mulkear River catchment) for Atlantic Salmon, Sea Lamprey and European Otter. As part of the work of Mulkear LIFE and as part of the partnership-based approach to restore degraded river habitats, a comprehensive education programme was launched in January 2010 with Leave No Trace at its core.

Just before lunch Beverley Pierson (Leave No Trace Ireland Project Officer) gave a brief presentation on the key outputs of Leave No Trace Ireland and its future work plans. After lunch the first preview of the new Leave No Trace Ireland DVD was shown and as the sun shone, outdoor demonstrations by Vincent McAlinden (Leave No Trace Master Educator) were given on how to apply the Leave No Trace principles to water and how its techniques can help limit Invasive Species spread.

"The day went very well, a lot of important issues were discussed and a number of good contacts were made. Hopefully the next meeting will be as successful" commented Beverley Pierson, Leave No Trace Project Officer.

The presentations from the event are now available to download from the news section on [www.leavenotraceireland.org](http://www.leavenotraceireland.org).

## Date for the Diary

The next network meeting, which will focus on the issues surrounding fires in the outdoors and how they are dealt with, will be held on Saturday 13th November 2010 at Tollymore National Outdoor Centre, Newcastle, Co. Down, at 10.30am.

# Training

## Training Course Reports



### Report 1

**Course Facilitators:** Aodhnait Carroll and John Pierce  
**Venue:** Derrynane Beach and Forest Park, Co. Kerry  
**Date:** 26th & 27th April 2010  
**Course Participants:** FAS Outdoor Instructor Trainees  
**Number of Participants:** 12

This course was delivered as an overnight camping trip. The group started at the Dromid Hostel where they completed the indoor/lecture part of the course. They then proceeded to the start of the Kerry Way just outside Waterville to begin their walk. The rest of the course was taught during the journey to the campsite, during campsite set-up, dinner time and then into the night while sitting around a Leave No Trace fire. For a snack, they prepared bananas filled with chocolate and melted them on the fire!

Next morning after breakfast, they packed up camp using the obvious teachable moments to reinforce some of the principles directly related to camping. On their journey back to the bus they continued to further discuss the principles. After their return to the hostel each participant was given time to fill out an action plan and present it to the group. The course concluded after evaluations.

### Report 2

**Course Facilitator:** Darach Ó Murchú  
**Venue:** Castlegregory and the mountains around Glanteenassig, Dingle Peninsula, Co. Kerry  
**Date:** 17th & 18th June 2010  
**Course Participants:** First year students of Wildlife Biology at Institute of Technology, Tralee  
**Number of Participants:** 10

This course began with a 3 hour indoor session in which the following were covered: introductions, a course briefing and an overview on the history and structure of Leave No Trace Ireland. The participants were already very familiar with Leave No Trace as they had previously attended a Leave No Trace awareness day presented by Tomás Aylward (a lecturer in ITT and a Leave No Trace Master Educator). Incidentally the participants had a wealth of knowledge on wildlife and had a variety of outdoor interests, including fresh water fishing, bird-watching, hill-walking, outdoor survival, bush craft, surfing and other water sports.

Outdoors was the base for the ethical dilemma game, which highlighted many topics for discussion later in the course. It also started a discussion on modifying behaviours and the methodology that Leave No Trace uses to try to bring about a change in attitude towards respecting the outdoors. This led nicely to the topics that were

covered next indoors: learning styles, teaching methods and effective communication. Following lunch was a gear pack, preceded by a plan ahead and prepare presentation. Many of the participants had over-packed, so a short time was spent trying to trim the weight of each pack to around a manageable 16kg. As water was the main culprit, much of it was removed which meant there would be a reliance on finding a clean source of water near the camping spot.

The group then set off for the valley of Glanteenasaig. It is the site of a Coillte forest and recreation area, a plantation of mainly Sitka spruce and Lodgepole pine, but it also has some welcome patches of broadleaved trees. The course facilitator had previously obtained permission from the manager to use the location.

An exercise showing how to collect firewood was carried out before continuing to travel in single-file. Upon arrival at a lake, the group split up into 3 smaller groups and headed up different parallel ways along the braided stream to ensure minimal impact. Many stops were taken along the final journey to a suitable campsite to admire the wild flowers and wildlife, mainly frogs and an array of beautifully coloured invertebrates (butterflies, damselflies etc).

Upon reaching the campsite the group discussed camping on durable surfaces and disposing of human waste before setting up camp and cooking dinner. The group decided to forgo a campfire, as they could not find any inorganic material in the streambed on which to set it.

Next morning everyone rated each other's tent pitch sites for traceability and discussed the overnight wilderness camp experience. A mini treasure hunt got the group talking about the principle 'Leave What You Find'.

Setting off from camp across some heath/upland moor, down past bog cuttings and onto a track into farmland the group talked about the importance of respecting farm animals and landowners. A short while later they had returned to the lake, and traces of human activities including numerous campfire remains and rubbish.

After a quick clean up, tidying 3 fire-rings in

order to hopefully avoid a proliferation of new fire scars they lit their own tiny campfire on sandy soil on the lakeshore to demonstrate minimum impact and some bush-craft techniques. They discussed the pros and cons of having rubbish bins at recreational areas (such as forest parks and beaches) - Glanteenassig was an ideal venue as it has various environments, a commercial forest with recreational facilities (high visitor traffic and evidence of impacts), purpose built tracks, eroded tracks, remote and unspoilt mountains (heath) and farmland.

Back to the centre, physically tired but mentally invigorated, they covered the final few topics. They investigated the nuts and bolts of delivering awareness sessions and looked at the resources available to them as exponents of the Leave No Trace message. After the final formalities, they left, each with a promise and renewed eagerness to deliver the Leave No Trace message.

### Report 3

**Course Facilitator:** William O'Halloran  
**Venue:** Ballinreeshig Nature Farm, Co. Cork  
**Date:** 19th & 20th July 2010  
**Course Participants:** A group of friends  
**Number of Participants:** 3

This course was organised by Peadar O'Dalaigh, who was on a visit home from where he currently works as an outdoor education instructor in Nepal. Also on the course was an 'outdoors loving' doctor, as well as a lady who works in water conservation, also in Nepal. The group spent all day on the farm exploring the 7 different principles before a 'Plan Ahead and Prepare' session for a mini

expedition to Shippool woods on the banks of the Bandon river.

It was decided to use a campsite which had already been heavily impacted by other users of the wood. Many of the typical symptoms of an overused campsite were present, such as; complete erosion of ground cover, huge fire circles, trees with initials scratched all over them and destruction of some old archaeological remains. It was apparent, that by camping here they would be unable to create many further problems and other more pristine parts of the forest would be left unharmed.

At night, after a wonderful meal, they enjoyed some great tunes around a Leave No Trace mound fire before heading to bed for a well deserved rest.

The following day, each of the participants chose a teaching topic which they delivered to the rest of the group with competence and skill. After a walk in the woods to conclude all that had been learned over 2 fun filled days, they finished with an inspiring story which left the group feeling positive about spreading the Leave No Trace message to all, from Cork to Nepal!

**There will be another Leave No Trace Trainer course at Ballinreeshig Nature Farm, Co. Cork on 13th & 14th November, please visit [www.willandaway.ie](http://www.willandaway.ie) for more information and to book.**



## Awareness Session Reports

**Course Facilitators:** David Batt, Mealla Barry, Clíona Ní Bhréartúin  
**Venue:** Old Presbytery Hostel, Rathdrum, Co Wicklow  
**Date:** 2nd May 2010  
**Course Participants:** Irish Girl Guides on an Outdoor Training Course (aged 15+)  
**Number of Participants:** 14

This awareness session was delivered to prepare the group before going wilderness camping on Lugnaquilla that evening, therefore particular emphasis was paid to minimum impact lightweight camping, waste disposal, travelling on durable ground and minimising the impacts of fire. Other issues investigated were respect for wildlife and consideration for others, delivered via discussion groups and prompt cards.

The course was thoroughly enjoyed by all and more importantly well understood with very positive feedback afterwards.

**Course Facilitators:** Colleen Mann  
**Venue:** Queen's University Mourne Cottage  
**Date:** 20th to 22nd August  
**Course Participants:** Queen's University Belfast, Mountaineering Club's Committee Members  
**Number of Participants:** 6

Queen's University Belfast Mountaineering Club (QUBMC), has a large membership base who use the outdoors on a regular basis, often as a playground or a class room. In both of these settings the Leave No Trace Principles are key. Using the QUBMC's Cottage in the Mourne Mountains provided the perfect back drop for the training weekend, with beautiful views over the hills in which they discussed how to reduce man's impact.

The majority of training was covered on the hills. Discussions were started, games played and experiences shared on each of the principles. Once one person lifted a piece of rubbish it was contagious and spread throughout the group before they knew it bags had been filled with litter.

"As a leader in the hills, it is amazing how young people and adults will follow your lead (even when picking up other people's rubbish). The key learning outcome was that people are influenced by others' actions. It is important that we each lead by example, following the Leave No Trace principles and educate others about them" commented Colleen Mann, QUBMC President.

# Highly Productive Master Educators' Meeting

On Saturday 14th of August, 8 Leave No Trace Master Educators converged on Tollymore National Outdoor Centre in Newcastle, from different parts of the country (including one who flew in from Kyrgyzstan) for the Leave No Trace Master Educator meeting.

After a look around the impressive new Tollymore centre, Leave No Trace Project Officer, Beverley Pierson put some questions to the group to consider. Over the following 24 hours, the participants facilitated by the ever-energetic Vincent McAlinden, engaged in an intensive examination of Leave No Trace Ireland's education work and considered how this could be made even better.

The outputs from the weekend included plans to finalise a version of the '101 Ways to Teach Leave No Trace' for Ireland and a comprehensive list of actions for consideration by the Board of Leave No Trace Ireland and the new Education Advisory Group.

One important output from the weekend was a recommendation that there should be a

distinction between Basic and Full Leave No Trace Awareness Sessions based on specified learning outcomes. These learning outcomes were subsequently approved by the Board of Leave No Trace Ireland. In future certificates should only be issued to those who have completed a Full Awareness Session.

Other proposals and recommendations included: ideas on the content of a Leave No Trace Trainers Manual for Ireland; a recommendation to hold another Master Educators' course in June 2011 and a list of topics for inclusion in a Leave No Trace Ireland research agenda.

There was much discussion about how to re-energise the wider network of Leave No Trace Trainers. Arising from this, all Leave No Trace Trainers and Master Educators will receive a

questionnaire in the coming weeks. The completed questionnaires will help the Education Advisory Group in deciding what additional support should be put in place for trainers.

While there is much work ahead for Leave No Trace Ireland, it was clear from the workshop that the fruits of the programme are emerging in many areas and that there is now a strong cohort of people promoting Leave No Trace. The voluntary effort driving the Leave No Trace programme complements the ethical approach of Leave No Trace and adds credibility to our message.

**Leave No Trace Ireland would like to thank the Master Educators for their time, energy and ideas they contribute!**

## Charity Challenge 'Leaves No Trace'



Mountain Quest Participants

Carrauntuathail in Kerry, all in aid of a fundraising challenge for the Irish Disabled Sailing Association.

The funds raised from 'Mountain Quest' will go towards purchasing new boats for children with disabilities who are being introduced to sailing as part of the 'Access Sailing Programme' which is run out of Kinsale Yacht Club by a group of truly remarkable volunteers.

"Some in our group of 15 had never before set foot on a mountain. So, having come so far along the MacGillcuddy Reeks and summiting both Caher and Carrauntuathail in the same day, it was little wonder that some were now realising that the Mountain Quest fundraising challenge was not easy" commented William. Almost 11 hours after the beginning of their challenge they reached the security of camp where they were all glad to get a well deserved cup of tea and enjoy a delicious, warm meal.

Following dinner they prepared for a much needed nights rest. They lit up a Leave No Trace campfire; nearly every member of the group had never before slept outside without a tent. To do so, was yet another great achievement for them all. Next morning as they left their camp, they encountered another walker on the trail. He found it unbelievable that they had spent a night in the very place he had met them and was very impressed at the remarkably untouched condition in which they left the area.

The challenge was successful in raising funds of almost €5,000. "Many charity events can have a negative environmental impact in Ireland so I think its important to be able to promote and teach the principles of Leave No Trace to the participants of such events. I believe this may have been the first charity event that the principles of Leave No Trace were practically taught at" William concluded. For more information please visit [www.willandaway.ie](http://www.willandaway.ie).

# Spreading the Message Far and Wide

Over the summer months Leave No Trace Ireland has taken part in a range of events to spread the message and to engage with outdoor enthusiasts all over Ireland.



Eamon Ó Cuív T.D. at the National Ploughing Championships

## Crawfordsburn Country Park

In August 2010 Leave No Trace Ireland attended an event based on how to 'Leave No Trace' hosted by the Northern Ireland Environment Agency (NIEA) at Crawfordsburn Country Park, attended by 4,000 people. The event aimed to encourage everyone to enjoy the countryside responsibly. Plenty of information was available for the public, encouraging them to think about the environment, including exhibition stands on Leave No Trace, responsible dog ownership, Tidy NI and renewable energy. Outdoor activities were also on offer such as canoeing, walking and archery all with a slant on Leave No Trace.

The main messages of the event were to encourage people to clean up after themselves by putting litter in the bins provided or even better - taking it home and also how to look after your dog responsibly - clean up after it and keep it under control!

## The National and European Ploughing Championships

This years National and European Ploughing Championships were held again near the town of Athy, Co. Kildare from 21st to 23rd September. This is one of the biggest shows in Ireland which attracted 182,000 people over the 3 days from a diverse range of backgrounds. Half of this event is largely dominated by the ploughing competitions therefore attracts a lot of the farming community whereas the other half of the event consists of trade stands which attract various people including families, groups and individuals.

Leave No Trace Ireland were very thankful to be placed on the Department of Community, Equality and Gaeltacht Affairs stand within their Rural Recreation Section for the second year in a row. Visitors to the Departments tent included the Taoiseach Brian Cowen, Eamon Ó Cuív T.D., Minister for Social Protection, Pat Carey, T.D., Minister for Community, Equality and Gaeltacht Affairs and Mary White, T.D., Minister of State with responsibility for Equality, Integration and Human Rights.

"Overall there was a very good engagement with the message of Leave No Trace with visitors to the stand. A lot of farmers and

people living in the countryside had already heard about 'Leave No Trace' and a lot of younger people and school children were intrigued to learn about its meaning" stated Beverley Pierson, Leave No Trace Ireland's Project Officer.

## Native Species Weekend

Leave No Trace Ireland also attended the Native Species Weekend at Dublin Zoo in May 2010, an event held to provide organisations with a great opportunity to teach people more about Ireland's native wildlife and how they can play a role in protecting it for the future.

## National Trails Day

Leave No Trace Ireland encouraged its Trainers, Master Educators and other organisations to host a Leave No Trace event as part of National Trails Day to promote the message of 'Leave No Trace'. It also liaised with 2 of the lead organisations of National Trails Day - The Irish Sports Council and the Countryside Access and Activities Network (CAAN) to include a Leave No Trace leaflet into event organisers packs so that everyone who took part in a National Trails Day event received a leaflet on Leave No Trace.

## Evidence the Message is Spreading...

On a recent trip to the Nephins, Co. Mayo Bill Murphy and Shay Walsh set out from the junction of the Western Way, the Bangor Trail and the Letterkeen Loop. The Brogan Carroll bothy at the car park is a small well constructed one room stone building.

The door is unlocked and visitors may use it as a shelter or for an overnight stay if

travelling the local trails. There is no furniture and the only item on the single shelf was a box of maps with the words: "Leave No Trace - Loop Maps".

"Although not officially connected to Leave No Trace Ireland it is exciting to see the message spreading" commented Shay Walsh, Director of Leave No Trace Ireland.



# New Leave No Trace Training Centre

Tollymore National Outdoor Centre (TNOC) has undergone huge transformation in recent years culminating in a new state of the art facility, designed to deliver the best in skills and leadership training in canoe sport and mountaineering of anywhere in the Island of Ireland or throughout the UK.

As well as offering Leave No Trace training, TNOC has worked closely with Leave No Trace Ireland to incorporate the 7 principles of Leave No Trace into many of the National Governing Body courses that it offers. At present this is proving particularly effective in elements of awards that involve overnight camping or any aspect of journeying should it be land or water including the Walking Group Leader Award, Mountain Leader Training and 4\* Canoe and Sea kayak courses.

As well as these, residential groups have requested Leave No Trace Awareness Sessions to be delivered as part of their programme. Sport NI, the government organisation who funds and manages TNOC has adapted Leave No Trace as a major part of their ethos and operational policy.

To show its commitment to the environment TNOC as a re-development has achieved the highest building grade within BREEAM excellence, shared by only 1 other public building within Northern Ireland. This has been achieved by using furnishing and fittings taken from certified renewable resources, having a rainfall catchment facility that allows the utilisation of grey water for toilets and some external washing facilities. TNOC utilizes a Bio-mass boiler in conjunction with Solar Thermal units to heat domestic water and to maintain the new rolling pool temperature. The under floor heating and materials within the building maximise a passive heating system, encouraging the circulation of warm air hence minimising the need for the central heating to be used.

To date, it is the only designated outdoor centre delivering a programme of both Awareness Sessions and Trainers' courses in

Leave No Trace and it also continues to look at ways of incorporating Leave No Trace into all aspects of its delivery.

Please contact Leave No Trace Ireland if you would like more information on the criteria for becoming a designated Leave No Trace Training Centre.

For more information on TNOC, please visit [www.tollymore.com](http://www.tollymore.com).



## New Chairman

Leave No Trace Ireland would like to welcome Ross Millar as its new chairman. Ross is currently involved at Board level with Mountaineering Ireland and the Countryside Access and Activities Network (CAAN) and Chairs the Northern Ireland Mountain Leader Training Board. He has been involved in working in the area of outdoor recreation for the past 20 years. He has a great interest in the outdoors and its surrounding environment and enjoys it by taking part in hill walking and cycling.

Leave No Trace Ireland would like to thank Bill Murphy, its previous chairman, for all his hard work over the past 4 years.

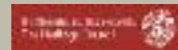
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At present Leave No Trace Ireland is funded and supported by the organisations listed below. Leave No Trace relies heavily on the support it receives from its partnerships with other organisations. This ensures the project is kept sustainable and continues to carry out its important activities including its training and spreading the message. Without this help, Leave No Trace would struggle to exist in Ireland. If you would like more information on how to become a partner of Leave No Trace Ireland and the range of benefits that different levels of partnership bring, please visit the support section on [www.leavenotraceireland.org](http://www.leavenotraceireland.org)

### Main Financial Partners of Leave No Trace Ireland



### Other Financial Partners of Leave No Trace Ireland

An Taisce • CAAN • Catholic Guides of Ireland • Cliffs of Moher Ltd • Countrywide Hotels Ireland • Cycling Ireland • Dublin Mountains Partnership • Duke of Edinburgh • Irish Girl Guides • Irish Uplands Forum • LIFE • Limavady Borough Council • Metamorphic Media • Mountaineering Ireland • Mountain Meitheal • Mourne Cycle Tours and Tory Bush Cottages • Mulkear LIFE • One Foot Abroad and Follow The Camino • Scouting Ireland • Sport Northern Ireland • Wexford County Council • Wicklows Upland Council

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