**Peaks Mountaineering Club**

**Schedule of Walks May/June 2024**

**Chairperson: Paul Condon 087 6447888 Secretary: Emer Power 0872624714**

[**www.peaksmcclonmel**](http://www.peaksmcclonmel)

Grades of walks

**Distance (** Approx) **Height** (Approx) **Duration** (Approx) **Pace**

 \* 6-9Kms Up to 500m 3-4Hrs Easy

 \*\* 8-12Kms Up to 700m 4-5Hrs Easy/ Moderate

 \*\*\* 10-15Kms Up to 900m 4-6Hrs Moderate

 \*\*\*\* 13 Kms (+) 900m (+) 5+ Hrs Fast

**Please Note**:

* These are **only approximate guidelines** and may vary depending on weather, terrain and fitness of the group.
* The **height** refers to the cumulative height gained over the course of a full day. The estimated **duration** does not include time for rest stops or lunch break.
* **All walkers must be aware of the grade of the walk and choose a walk to match their fitness level.**
* All walkers are advised to be **properly equipped** for their walk.
* Please note **ALL 4\*\*\*\*** walks will meet at **9 am**
* Previous **2\*\*** walks at 11 am are **moved to 10 am**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Date | Mt Range | Time | GRADE | Leader | Phone | Assistant | Phone |
| May5th | NO WALK |  | BANK | HOLIDAY |  |  |  |
|  |  |  |  |  |  |
| May12th | **Day Trip to the Cliffs of Moher** (members only) | BUS AT **7am** | \*/\*\* | Kevin Bowen |  |  |  |
|  | Galtees | 10:00 | \*\*\* | Fintan Cooney | 0868325064 |  |  |
| Sat. May18th | **Dungarvan Walk Back**(members only) | 08.00 | \*\*\*\* (A) | Muiris O’Suilleabháin | 0863642278 |  |  |
| 10.00 | \*\* / \*\*\* (B) | Tom O’Dwyer | 0872330935 | Denis Cahalane | 0867999326 |
| May.26th | KMD | 10.00 | \*\*\* | John Coughlan | 0879224718 |  |  |
| 11.00 | \* | Sean Brackett | 0879109339 | Rebecca Dromey | 0863360195 |
| June2nd | NO WALK |  | BANK | HOLIDAY |  |  |  |
|  |  |  |  |  |  |
| June9th | Galtees | 09.00 | \*\* | William Smyth | 0862570949 | Margo Kelly | 0872541397 |
| 10.00 | \*\*\* | Ger Barrett | 0872135035 |  |  |
|  |  | 11:00 | \* | Pat Holland | 0872333496 | Justin Mc Carthy | 0868747912 |
| June16th | Comeraghs | 09.00 | \*\*\*\* | Kevin Bowen |  |  |  |
| 10.00 | \*\* | Flan Real | 0872860103 | Natasha Quirke | 0877800535 |
| June 23rd | KMD | 10.00 | \*\*\* | Josie O’Brien | 0876751332 |  |  |
| 11.00 | \* | Fiona Hegarty | 0872918648 | Nora Phelan | 0868231318 |
| June30th | **Comeraghs****BBQ**(members only) | 10:00 | \*\*\* | Ray Prendergast | 0866091917 |  |  |
|  |  | 10:00 | \*\* | John Morrissey | 0876482088 | Nora O’Donovan | 0868303998 |

**DATES FOR YOUR DIARY:**

**Sun. 12th May: Day trip to the Cliffs of Moher**: 15km Linear Walk from Liscannor to Doolin, suitable for 1\*/2\*\* walkers. Bus leaves Clonmel at 7am. Cost €20 (details in attachment)

**Sat. 18th May: Dungarvan Walk Back:** A (4\*\*\*\*) and B (2\*\*/3\*\*\*) walks, followed by food in Eldons – Cost €20 – more details to follow

**Sun. 30th June:** Walks in the Comeraghs followed by annual BBQ in Eldons.

**Please Note:**

If a **leader is unavailable** to lead or assist, they must make suitable arrangements for someone to take their place.

**Schedule of Walks Secretary: Nuala O’Connell 0868357290**