

Peaks Mountaineering Club

Meets List Nov/Dec 2020

Chairperson: Rebecca Dromey 0863360195 Secretary: Martha Beardmore 0879107201

www.peaksmcclonmel

Grades of walks

Distance (Approx)	Height (Approx)	Duration (Approx)	Pace
* 6-9Kms	Up to 500m	3-4Hrs	Easy
** 8-11Kms	Up to 700m	4-5Hrs	Easy/ Moderate
*** 10-13Kms	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.**
- The maximum number on each walk will be 15 to include the leader and assistant leader. **Pre-booking is required**, and can be done by contacting the leader on or before 3pm on Saturday which is the "cut-off" time.
- All walkers are advised to be **properly equipped** for their walk. Please carry a face covering, gloves and hand sanitizer in your rucksack for use, if required.

Date	Mt Range	Time	GRADE	Leader	Phone	Assistant	Phone
Nov 1st	KMD	9.00	**	Fiona Hegarty	087 2918648	Margo Kelly	087 2541397
		10.00	***	John Byrne	086 8476308		
		11.00	*	Greg Kenny	086 8244752	Breda Costigan	086 3351152

Nov 8th	Comeraghs	10.00	****	Paul Carroll	087 0644560		
		11.00	***	Fintan Cooney	086 8325064		
Nov 15th	Galtees	10.00	***	Niall Quinlivan	085 7898309		
		11.00	**	Jimmy Trehy	086 8384001	Nuala O'Connell	086 8357290
Nov 22nd	KMD	10.00	****	Josie O'Brien	087 6751332		
		11.00	***	Will Smyth	086 2570949		
Nov 29th	Comeraghs	9.00	**	John Morrissey	087 6482088	Nora Phelan	086 8231318
		10.00	***	Kevin Bowen	085 8627077		
		11.00	*	Rebecca Dromey	086 3360195	Denis Cahalane	086 7999326
6th Dec	Galtees	10.00	****	Niall Quinivan	085 7898309		
		11.00	***	Flan Real	087 2860103		
13th Dec	KMD	10.00	***	Noreen Mc Carthy	087 2389083		
		11.00	**	Tom O Dwyer	087 2330935	Nora ODonovan	086 8303998

Note for Dec 20th we suggest you wear your Christmas jumper/dress up so we can have a mini Christmas celebration on the hills, details to follow.

Please Note

If a **leader is unavailable** to lead or assist, they must make suitable arrangements for someone to take their place and to allow walkers to book their place on the walk in time.

Meets Secretary: Fiona Hegarty 087 2918648