

Peaks Mountaineering Club

Meets List OCT 31st to Dec 19th 2021

Chairperson: Rebecca Dromey 0863360195 Secretary: Emer Power 0872624714

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.

Date	Mt Range	Time	GRADE	Leader	Phone	Assistant	Phone
Oct 31st	Comeraghs	9.00	**	Flan Real	087 2860103	Martha Beardmore	087 9107201
		10.00	***	Paul Carroll	087- 0644560		
		11.00	*	Rebecca Dromey	086 3360195	Justin Mc Carthy	
Nov 7th	Galtees	10.00	****	Finton Cooney	086 8325064		
		11.00	***	John Byrne	086 8476308		
Nov 14th	KMD	10.00	***	Will Smyth	086 2570949		
		11.00	*	Fiona Hegarty	087 2918648	Rebecca Dromey	086 3360195

Nov 21st	Comeraghs	10.00	***	Kevin Bowen	085 8627077		
		11.00	**	Jimmy Trehy	086 8384001	Denis Cahalan	086 7999326
Nov 28th	Galtees	9.00	**	John Morrissey	087 6482088	Nora Phelan	086 8231318
		10.00	***	Paul Carroll	087 0644560		
		11.00	*	Greg Kenny	086 8244752	Nuala O'Connell	086 8357290
Dec 5th	KMD	10.00	****	Ger Barrett	087 2135035		
		11.00	***	Sean Bracket	087 9109339		
Dec 12th	Comeraghs	10.00	***	Muiris O Suilleabhain	086 3642278		
		11.00	**	John Coughlan	087 9224718	Nora O'Donovan	086 8303998
Saturday Dec 18th	Galtees Christmas Walk	GET	YOUR	JINGLE	ON	!	
		ALL	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.

Meets Secretary: Fiona Hegarty 087 2918648