

Peaks Mountaineering Club

Schedule of Walks Nov./Dec. 2023

Chairperson: Paul Condon 087 6447888 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:

- **PLEASE TAKE NOTE OF THE CHANGE IN STARTING TIME FOR THE 2* WALKS FROM 11AM to 10AM (The 2* at 9am remains unchanged).**
- 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
Nov. 5th	KMD	9.00	**	Jimmy Trehy	0868384001	Natasha Quirke	0877800535
		10.00	***	Josie O Brien	0876751332		
		11.00	*	John Kelly	0876481781	Rebecca Drommey	0863360195
Nov.12th	Comeraghs	09.00	****	Kevin Bowen	0858627077		

		10.00	**	Tom O Dwyer	0872330935	Nuala O'Connell	0868357290
Nov. 19th	Galtees	10.00	***	John Byrne	0868476308		
		11.00	*	Nora Phelan	0868231318	Celia Commins	0872104979
Nov. 26th	KMD	10.00	***	Ger Barrett	0872135035		
		10.00	**	Sean Brackett	0879109339	John Staunton	0876349055
Dec. 3rd	Comeraghs	9.00	**	John Morrissey	0876482088	Margo Kelly	0872541397
		10.00	***	Fintan Cooney	0868325064		
		11.00	*	Pat Faulkner	0876759329	Nora O'Donovan	0868303998
Dec. 10th	Christmas Party in Eldons Sat. 9 th Dec.						
			NO	WALKS	ON 10th	DEC.	
Dec. 17th	Comeraghs	10.00	***	Ray Prendergast	0866091017		
		11.00	*	Denis Cahalane	0867999326	Justin Mc Carthy	0868747912
Jan 7th	KMD	09.00	**	Fiona Hegarty	0872918648	Martha Beardmore	0879107201
		10.00	***	Kevin Bowen	0858627077		
		11.00	*	Greg Kenny	0868244752	Clare Corballis	0868119622

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