

Peaks Mountaineering Club

Schedule of Walks Jan./Feb. 2024

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:

- 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
Jan. 7th	KMD	9.00	**	Will Smyth	0862570949	Martha Beardmore	0879107201
		10.00	***	Kevin Bowen	0858627077		
		11.00	*	Pat Holland	0872333496	Clare Corballis	0868119622

Jan. 14th	Galtees	09.00	****	Ger Barrett	0872135035		
		10.00	**	Tom O'Dwyer	0872330935	Nora O'Donovan	0868303998
Jan. 21st	Comeraghs	10.00	***	Muiris O'Suilleabhain	0863642278		
		11.00	*	John Kelly	0876481781	Rebecca Dromey	0863360195
Jan. 28th	KMD	10.00	***	Josie O'Brien	0876751332		
		10.00	**	John Morrissey	0876482088	Pat Faulkner	0876759329
Feb. 4th	NO WALK		BANK	HOLIDAY			
Feb. 11th	Galtees	09.00	**	Ray Prendergast	0866091917	Nuala O'Connell	0868357290
		10:00	***	Fintan Cooney	0868325064		
		11.00	*	Sean Brackett	0879109339	Celia Commins	0872104979
Feb. 18th	Comeraghs	09:00	****	Kevin Bowen	0858627077		
		10.00	**	Jimmy Trehy	0868384001	John Staunton	0876349055
Feb. 25th	KMD	10.00	***	John Coughlan	0879224718		
		11.00	*	Dennis Cahalane	0867999326	Natasha Quirke	0877800535

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