

Peaks Mountaineering Club

Schedule of Walks Jan-Feb 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:

- 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
Jan 8th	Galtees	9.00	**	Kevin Bowen	085 8627077	Nuala O'Connell	086 8357290
		10.00	***	John Byrne	086 8476308		
		11.00	*	Rebecca Dromey	086 3360195	Breda Costigan	086 3351152
Jan 15th	Comeraghs	10.00	****	Fintan Cooney	086 8325064		
		11.00	**	Jimmy Trehy	086 8384001	Denis Cahalane	086 7999326
Jan 22nd	KMD	10.00 *STEP UP WALK	***	John Coughlan	087 9224718	*note this walk is graded at a level to allow 2 * walkers to try a 3*	

		11.00	*	Tom O'Dwyer	087 2330935	Eoin Kelleher	086 8415137
Jan 29th	Galtees	10.00	***	Niall Quinlivan	085 7898309		
		11.00	**	Ray Prendegast	086 6091917	Justin Mc Carthy	086 8747912
Feb 5th	Comeraghs	9.00	**	Sean Brackett	087 9109339	Margo Kelly	087 2541397
		10.00	***	Flan Real	087 2860103		
		11.00	*	John Morrissey	087 6482088	Nora Phelan	086 8231318
Feb 12th		SOCIAL SCENIC DAY TRIP AWAY Details To follow					
Feb 19th	KMD	10.00	***	Josephine O'Brien	087 6751332		
		11.00	*	Muiris O'Suilleabhain	086 3642278	Martha Beardmore	087 9107201
Feb 26th	Galtees	10.00	****	Ger Barrett	087 2135035		
		11.00	**	Greg Kenny	086 8244752	Breda Costigan	086 3351152

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: Fiona Hegarty 087 2918648