

Peaks Mountaineering Club

Schedule of Walks Mar./Apr. 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
Mar. 3rd	Galtees	9.00	**	Tom O'Dwyer	0872330935	Pat Holland	0872333496
		10.00	***	Muiris O'Suilleabhain	0863642278		
		11.00	*	Nora O'Donovan	0868303998	Rebecca Dromey	0863360195

Mar. 10th	Comeraghs	09.00	****	John Byrne	0868476308		
		10.00	**	Flan Real	0872860103	Nuala O'Connell	0868357290
Mar. 17th	NO WALK		BANK	HOLIDAY			
Mar. 24th	KMD	08.00	****	Josie O'Brien 0876751332	Kevin Bowen 0858627077	Ray Prendergast 0866091917	DRY RUN A WALK KMDC
		10:00	***	John Morrissey	0876482088		
		11.00	*	Sean Brackett	0879109339	John Kelly	0876481781
Mar. 31st	NO WALK		BANK	HOLIDAY			
Apr. 7th	Galtees	09.00	**	Fiona Hegarty	0872918648	Natasha Quirke	0877800535
		10.00	***	Ger Barrett	0872135035		
		11:00	*	Dennis Cahalane	0867999326	Justin Mc Carthy	0868747912
Apr. 14th	Comeraghs	09:00	****	Fintan Cooney	0868325064		
		10.00	**	Jimmy Trehy	0868384001	Martha Beardmore	0879107201
April 21st	DRY RUN KMD CROSSING	08:00	B Walk	Kevin Bowen 0858627077	Ray Prendergast 0866091917	Josie O'Brien 0876751332	
		10.00	C Walk	Margo Kelly	0872541397	Pat Faulkner	0876759329
		BOTH	WALKS	MEET IN	NEWCASTLE		
April. 27th	KMD CROSSING		ALL	HANDS	ON	DECK	

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