

Peaks Mountaineering Club

Schedule of Walks Mar-Apr 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
March 5th	Comeraghs	9.00	**	Flan Real	087 2860103	John Staunton	087 6349055
		10.00	***	John Morrissey	087 6482088		
		11.00	*	Rebecca Dromey	086 3360195	John Kelly	087 6481781
March 12th	KMD	10.00	****	Josephine O'Brien	087 6751332		
		11.00	**	Fiona Hegarty	087 2918648	Natasha Quirke	087 7800535
Mar 19th	Galtees	10.00	***	Muiris O'Suilleabhain	086 3642278		
		11.00	*	Kevin Bowen	085 8627077	Nora O'Donovan	086 8303998

Mar 26th	Comeraghs	10.00	***	Niall Quinlivan	085 7898309		
		11.00	**	Sean Brackett	087 9109339	Nuala O'Connell	086 8357290
April 2nd	Galtees	9.00	**	Ray Prendergast	087 6091917	Eoin Kelleher	086 8415137
		10.00	***	Finton Cooney	086 8325064		
		11.00	*	Jimmy Trehy	086 8384001	Celia Commins	087 2104979
April 9th		Easter weekend					
April 16th		KMD crossing DRY RUN - B + C walks					
APRIL 22nd		KMD CROSSING					

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