**Peaks Mountaineering Club**

**Schedule of Walks May- June 2022**

**Chairperson: Rebecca Dromey 0863360195 Secretary: Emer Power 0872624714**

[**www.peaksmcclonmel**](http://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 |
| May 8th | Galtees | 9.00 | \*\* | John Morrissey | 0876482088 | Denis Cahalane | 086 7999326 |
| 10.00 | \*\*\* | John Coughlan | 0879224718 |  |  |
| 11.00 | \* | Rebecca Dromey | 0863360195 | Miriam Joyce | 087 2025962 |
| May 15th | KMD | 10.00 | \*\*\*\* | John Byrne | 0868476308 |  |  |
| 11.00 | \*\* | Josie O’Brien | 0876751332 | Justin McCarthy | 086 8747912 |
| May 21st | Dungarvan walk back**MEMBERS ONLY** | 08.00 | From Mama rd (\*\*\*/ \*\*\*\*)  | Niall Quinlivan | 0857898309 | Ray Prendergast | 0866091017 |
| 10.00 | From The Nire (\*/\*\*) | Jim O’ FlahertyTom O’Dwyer | 08528570520872330935 | Nuala O’Connell | 0868357290 |
| May 29th | Galtees | 10.00 | \*\*\* | Muiris O’Suilleabhain  | 0863642278 |  |  |
| 11.00 | \*\* | Flan Real | 0872860103 | Martha Beardmore | 0879107201 |
| June 12th | KMD | 9.00 | \*\* | Fiona Hegarty | 0872918648 | Margo Kelly | 0872541397 |
| 10.00 | \*\*\* | Tom O’Dwyer | 0872330935 |  |  |
| 11.00 | \* | Greg Kenny | 0868244752 | Breda Costigan | 0863351152 |
| June 19th | Comeraghs | 10.00 | \*\*\*\* |  Finton Cooney | 0868325064 |  |  |
| 11.00 | \*\* | Sean Brackett | 0879109339 | Eoin Kelleher | 0868415137 |
| June 26th | Galtees | 10.00 | \*\*\* | Kevin Bowen | 0858627077 |  |  |
| 11.00 | \*\* | Nora Phelan | 0868231318 | Nora O’Donovan | 0868303998 |

**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**