

Peaks Mountaineering Club

Schedule of Walks May/June 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
May 7th	Comeraghs	9.00	**	John Morrissey	087 6482088	Martha Beardmore	087 9107201
		10.00	***	John Byrne	086 8476308		
		11.00	*	Breda Costigan	086 3351152	Celia Commins	087 2104979
May 14th	Galtees	10.00	****	Ger Barrett	087 2135035		
		11.00	**	Sean Brackett	087 9109339	Natasha Quirke	087 7800535
Saturday May 20th	Dungarvan Walk Back	08.00	*** /****	Niall Quinlivan	085 7898309		
		10.00	**	Tom O Dwyer	087 2330935	Nora O'Donovan	086 8303998

May 28th	BURREN AWAY trip	7.00 am ** Kevin Bowen 085 8627077 <i>All details to follow</i>					
June 11	KMD	9.00	**	Greg Kenny	086 8244752	Pat Faulkner	087 6759329
		10.00	***	Fintan Cooney	086 8325064		
		11.00	*	Rebecca Dromey	086 3360195	John Kelly	087 6481781
June 18th	WICKLOW AWAY trip	**** Muiris O'Suilleabhain 086 364 2278 ** Nuala O'Connell 086 835 7290 <i>All details to follow</i>					
June 25th	End of year BBQ Details to follow	10.00	***	Ray Prendergast	086 6091917		
		11.00	**	Jimmy Trehy	086 8384001	Margo Kelly	087 2541397

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