

# Peaks Mountaineering Club

## Schedule of Walks Nov./Dec. 2024

Chairperson: Paul Condon 087 6447888 Secretary: Niamh Barrett 0851037733

[www.peaksmcclonmel](http://www.peaksmcclonmel)

Date	Mt Range	Time	GRADE	Leader	Phone	Assistant	Phone
Nov. 3rd	COMERAGHS	9:00	**	Tom O'Dwyer	0872330935	Natasha Quirke	0877800535
		10:00	***	Fintan Cooney	0868325064		
		11:00	*	John Kelly	0876481781	Nora Phelan	0868231318
Nov. 10th	GALTEES	9:00	****	Kevin Bowen			
		10:00	**	John Coughlan	0879224718	Martha Beardmore	0879107201
Nov. 17th	KMD	10:00	***	John Byrne	0868476308		
		11:00	*	Pat Faulkner	0876759329	Margo Kelly	0872541397
Nov. 24 th	COMERAGHS	9:00	****	John Morrissey	0876482088		
		10:00	**	John Staunton	0876349055	Pat Holland	0872333496
Dec. 1st	GALTEES	9:00	**	Flan Real	0872860103	Justin Mc Carthy	0868747912
		10:00	***	Joe Lonergan	0872859767		
		11:00	*	Greg Kenny	0868244752	Clare Corballis	0868119622
<b>Dec. 8th</b>		<b>NO</b>	<b>WALK</b>	<b>CHRISTMAS</b>	<b>PARTY</b>	<b>SAT. 7TH</b>	<b>DEC.</b>
Dec. 15th	KMD	9:00	****	Josephine O'Brien	0876751332		
		10:00	**	Jimmy Trehy	0868384001	Pat Faulkner	0876759329
Dec. 22nd	CHRISTMAS WALK COMERAGHS	10:00	***	Ray Prendergast	0866091917		
		10:00	**	William Smyth	0862570949	Margo Kelly	0872541397
Jan. 5 <sup>th</sup> 2025	KMD	09:00	**	Sean Brackett	0879109339	John Kelly	0876481781
		10:00	***	Ger Barrett	0872135035		
		11:00	*	Denis Cahalane	0867999326	Rebecca Dromey	0863360195

## DATES FOR YOUR DIARY

- Sat. Dec. 7<sup>th</sup> Christmas Party in Eldons
- Sun. Dec. 22<sup>nd</sup> Christmas walk followed by mince pies in Eldons

### Grades of walks

<b>Distance</b> (Approx)	<b>Height</b> (Approx)	<b>Duration</b> (Approx)	<b>Pace</b>
* 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**

### 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