

Peaks Mountaineering Club

Schedule of Walks Sept./Oct. 2024

Chairperson: Paul Condon 087 6447888 Secretary: Niamh Barrett 085 1037733

www.peaksmcclonmel

Date	Mt Range	Time	GRADE	Leader	Phone	Assistant	Phone
Sept. 1st	GALTEES	9:00	**	Fiona Hegarty	0872918648	Natasha Quirke	0877800535
		10:00	***	Ray Prendergast	0866091917		
		11:00	*	Denis Cahalane	0867999326	Celia Commins	0872104979
Sept. 8th	KMD	9:00	****	John Byrne	0868476308		
		10:00	**	Greg Kenny	0868244752	Martha Beardmore	0879107201
Sept. 15th	COMERAGHS	10:00	***	Fintan Cooney	0868325064		
		11:00	*	John Staunton	0876349055	Margo Kelly	0872541397
Sept. 22nd	GALTEES	10:00	***	John Coughlan	0879224718		
		10:00	**	Pat Holland	0872333496	Nora Phelan	0868231318
Sept. 29th	KMD	09:00	****	Josie O'Brien	0876751332		
		10:00	**	Jimmy Trehy	0868384001	William Smyth	0862570949
Oct. 6th	COMERAGHS	09:00	**	Sean Brackett	0879109339	Nuala O'Connell	0868357290
		10:00	***	John Morrissey	0876482088		
		11:00	*	John Kelly	0876481781	Rebecca Dromey	0863360195
Oct. 13th	GALTEES	09:00	****	Kevin Bowen			
		10:00	**	Tom O'Dwyer	0872330935	Justin Mc Carthy	0868747912
Oct. 20th	KMD	10:00	***	Ger Barrett	0872135035		
		11:00	*	Pat Faulkner	0876759329	Clare Corballis	0868119622
Oct. 27th	NO WALK		BANK	HOLIDAY			

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

If a **leader is unavailable** to lead or assist, they must make suitable arrangements for someone to take their place.

Walks Schedule Secretary: Nuala O'Connell 0868357290