

Peaks Mountaineering Club

Schedule of Walks Sept/Oct 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
Sept 3rd	Comeraghs	9.00	**	John Morrissey	087 6482088	John Kelly	087 6481781
		10.00	***	Ray Prendergast	086 6091917		
		11.00	*	Rebecca Dromey	086 3360195	Nora Phelan	086 8231318
Sept 10th	Galtees	10.00	****	Fintan Cooney	086 8325064		
		11.00	**	Tom O'Dyyer	087 2330935	Natasha Quirke	087 7800535
Sept 17th	KMD	10.00	***	Muiris O'Suilleabhain	086 3642278		
		11.00	*	John Staunton	087 6349055	Nuala O'Connell	086 8357290

Sept 24th	Comeraghs	10.00	***	John Byrne	086 8476308		
		11.00	**	Flan Real	087 2860103	Denis Cahalane	086 7999326
Oct 1st	Galtees	9.00	**	Fiona Hegarty	087 2918648	Martha Beardmore	087 9107201
		10.00	***	Kevin Bowen	085 8627077		
		11.00	*	Pat Holland	087 2333496	Celia Commins	087 2104979
Oct 8th	KMD	10.00	****	Josie O'Brien	087 6751332		
		11.00	**	Jimmy Trehy	086 8384001	Nora O'Donovan	086 8303998
Oct 15th	Comeraghs	10.00	***	Ger Baret	087 2135035		
		11.00	*	Pat Faulkner	087 6759329	Margo Kelly	087 2541397
Oct 22nd	Galtees	10.00	***	John Coughlan	087 9224718		
		11.00	**	Sean Brackett	087 9109339	Clare Corballis	086- 8119622
Oct 29th	BANK HOLIDAY	NO WALKS					

Please Note

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