

# Peaks Mountaineering Club

## Meets List Sept/Oct 2021

Chairperson: Rebecca Dromey 0863360195 Secretary: Martha Beardmore 0879107201

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

### Grades of walks

Distance ( Approx)	Height (Approx)	Duration (Approx)	Pace
* 6-9Kms	Up to 500m	3-4Hrs	Easy
** 8-11Kms	Up to 700m	4-5Hrs	Easy/ Moderate
*** 10-13Kms	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.**
- **The maximum number on each walk will be 15 to include the leader and assistant leader. Pre-booking is required, and can be done by contacting the leader on or before 3pm on Saturday which is the "cut-off" time.**
- All walkers are advised to be **properly equipped** for their walk. Please carry a face covering, gloves and hand sanitizer in your rucksack for use, if required.

Date	Mt Range	Time	GRADE	Leader	Phone	Assistant	Phone
Sept 5th	Comeraghs	9.00	**	John Morrissey	087 6482088	Denis Cahalane	086 7999326
		10.00	***	Sean Brackett	087 9109339		
		11.00	*	Rebecca Dromey	086 3360195	Miriam Joyce	087 2025962

Sept 12th	Galtees	10.00	****	John Byrne	086 8476308		
		11.00	***	Jimmy Trehy	086 8384001		
Sept 19th	KMD	10.00	***	Flan Real	087 2860103		
		11.00	**	Greg Kenny	086 8244752	Breda Costigan	086 3351152
Sept 26th	Comeraghs	10.00	****	Paul Carroll	087 0644560		
		11.00	***	Ger Barrett	087 2135035		
Oct 3rd	Galtees	9.00	**	Fiona Hegarty	087 2918648	Nuala O'Connell	086 8357290
		10.00	***	Niall Quinlivan	085 7898309		
		11.00	*	Jim O'Flaherty	085 2857052	Nora O'Donovan	086 8303998
Oct 10th	KMD	10.00	****	Josie O Brien	087 6751332		
		11.00	***	John Coughlan	087 9224718		
Oct 17th	Comeraghs	10.00	***	Tom O'Dwyer	087 2330935		
		11.00	**	Nora phelan	086 3642278	Martha Beardmore	087- 9107201
Oct 24th	Galtees	10.00	****	Kevin Bowen	085 8627077		
		11.00	***	Will Smyth	086 2570949		

**Please Note**

If a **leader is unavailable** to lead or assist, they must make suitable arrangements for someone to take their place and to allow walkers to book their place on the walk in time.

**Meets Secretary: Fiona Hegarty 087 2918648**