

Why walk?

RECENT SURVEYS REFLECT THAT WE ARE BECOMING MORE AND MORE INACTIVE IN OUR LIFESTYLES WHICH IS RESULTING IN AN UNHEALTHY AND SEDENTARY SOCIETY.

The World Health Organisation, and indeed nationally through the Irish Heart Foundation suggest, that we should target at least 30 minutes of moderate daily exercise. Regular physical activity is one of the main factors which help reduce your risk of heart attack. Exercise can also improve blood pressure and help reduce cholesterol. Being active is the one factor that you can influence and change yourself without medication or treatment, and usually with very little cost.

AN RACHAIMID AG SIÚL



Boathouse at Gartan

The beautiful new Boathouse at Gartan OEC, of wood and stone in a woodland setting on the lakeshore, is the base for non residential courses, whether they are introductory or specialist in nature. The Boathouse includes a coffee dock during the summer months, and information bureau. Using a biomass (woodchip) boiler system with underfloor heating throughout, this cosy and attractive building has excellent facilities in every respect. The Boathouse, with superb views, is ideal as a venue for small conferences and seminars. It can comfortably seat 120 people. We look forward to welcoming delegates as part of the Donegal Walking Week.



Gartan Outdoor Education Centre,
Church Hill,
Co Donegal
074 9137032



Donegal Walking Week

Seachtain Siúil Dhún na nGall
Pathways to Health



26th to 31st May 2008 / 26-31 Bealtaine 2008



Background / Cúlra



WALKING DONEGAL IS A CONSORTIUM OF A NUMBER OF KEY AGENCIES THROUGHOUT CO DONEGAL WITH GENERAL INTEREST IN THE PROMOTION OF ACTIVE AND HEALTHY LIFESTYLES FOR OUR LOCAL POPULATION AND VISITORS ALIKE.

SÉARD IS 'SIÚL DHÚN NA NGALL' ANN NÁ COMHEAGRAS INA BHFUIL IONADAÍOCHT AG ROINNT PRÍOMH EAGRAÍOCHTAÍ Í nDÚN NA nGALL, ATÁ I BHFÁCH LE CUR CHUN CINN A DHÉANAMH AR SHLÍ MHAIREACHTÁLA ACLÁÍ FHOLLÁIN DÁR bPOBAL ÁITIUIL AGUS DO CHUAIRTEOIRÍ ARAON.

The group includes representatives from Donegal Sports Partnership, Health Service Executive, Donegal County Council, Údarás na Gaeltachta, Fáilte Ireland, National Parks and Wildlife Service, Donegal Local Development Company, Donegal VEC, Gartan Outdoor Education Centre together with community development organisations such as Milford IRDL and the Bluestack Centre.

The key aims and objectives of the group are:

- To continue to promote and develop the walking infrastructure in County Donegal.
- To continue to promote walking as a safe, health enhancing and positive physical activity for all abilities to enjoy.
- To provide ongoing information on walking development in County Donegal.
- To provide ongoing education and training initiatives which activate communities to fully participate in walking.

Being Active / Buntáiste na hAclaíochta

- Keeps your heart strong / Coinníonn sé do chroí láidir
- Helps to manage your weight / Cuidíonn sé leat srian a choinneáil ar do mheáchan
- Keeps joints moving / Coinníonn sé na hailt ag bogadh
- Strengthens muscles and bones / Beidh do chuid matán agus cnámh níos láidre
- Helps you to relax and sleep better / Scíth agus codladh níos fearr
- Gives you more energy and zest for life / Níos mó fuinnimh agus brí i do shaol
- Helps you recover after a heart attack / Cuideoidh sé leat bisiú i ndiaidh taom croí
- Gives you a feeling of well being / Mothaíonn tú níos folláine



Ag obair ar son phobal na Gaeltachta agus na Gaeilge

Páirc Ghnó Ghaoth Dobhair

Doirí Beaga

Co. Dhún na nGall

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Walk Your Way to Health!



A message from the Health Promotion Department HSE West.

Drumany Church,
Letterkenny
Tel. 074 91 78539 / 78540



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive

Walk 01

Walk: Glenveagh National Park

Date: Saturday 24th May 2008

Time Leaving: 11.00 am

Start Point: Visitors Centre 11.00 am

Finish Point: Visitors Centre 4.00 pm

Distance: 5 hour walk

Contact number for registration: Sandra Smith
074 9137090 ext 30609
sandra_smith@environ.ie

Route summary:

This walk to a height of 480 meters will require some experience with proper clothing and footwear essential. It will focus on Staghall mountain or Dooish, A strenuous walk to the highest summit of the peak, good views of the coast and good prospects of seeing red deer.

Walk 02

Walk: Falcarragh

Date: Saturday 24th May 2008

Time Leaving: 3.00 pm

Start Point: Transport from Falcarragh Hall via Gortahork

Finish Point: Back to Falcarragh Hall

Distance: 8 Km / 2.5 hours

Contact number for registration: Kathleen Gallagher
086 4040035

Route summary:

This walk will take you through the beautiful Gaeltacht region of Cashel na gCór near Muckish Mountain. This walk will include some road and mountain terrain so good clothing and footwear is essential.

Conference Schedule

Venue / Ionad Seminar:

The Boathouse,
Gartan Outdoor Education Centre,
Church Hill, County Donegal.

Time / Am:

Tuesday 27 May 2008

Programme / Clár:

Programme 09.15 - 15.30

Master of Ceremonies Anne Mc Ateer, HSE

09:15 - 10:00 Registration

10:00 - 10:20 Opening Address, Senator Brian O'Domhnaill

Senator Brian O Domhnaill is originally from the Cloughaneely area in West Donegal and has served as a County Councillor on Donegal County representing the Glenties Electoral Area since 2004. He is also an elected member of Údarás na Gaeltachta, and was appointed to Seanad Éireann in 2007. Senator O Domhnaill is also a keen sportsman having competed in many national and international race walking events. He was also Chairman of Donegal Sports Partnership and was most prominent in the development of the Sports Partnership since its establishment in 2001.

10:20 - 10:50 Jerry O'Dwyer,
National Trails Office Chairman

Jerry O` Dwyer is Chairman of the National Trails Advisory Committee, under the Irish Sports Council. He is a member of the Board of MCI, and a member of the Irish Ramblers Club. He is currently chairing a group which will make recommendations to the Sports Council on future strategy for increasing participation in sport and recreation.

10:50 - 11:05 **BREAK (Tea / coffee)**

11:05 - 11:40 Helen Moore -
Walking the Health Promotion Perspective

Helen Moore MISCP, MCSP is a Chartered Physiotherapist since 1975 and has worked in Donegal NW Community Physiotherapy Services since 1984 based in Dungloe. She also has a Licentiate in Acupuncture and a Certificate in Health Education. In recent years her primary clinical focus is Bone Health: Bone Health from Childhood and the Role of Physiotherapy in the Management of Osteoporosis in People of All Ages. Helen is Chair of the ISCP (Irish Society of Chartered Physiotherapists) Working Party on Bone Health, her Professional Body, and a comprehensive document on this subject is almost complete and for circulation to all Chartered Physiotherapists nationwide. She sits on other Committees in her Professional Body and is on the Management Board of a Private Nursing Facility. She had directed many Workshops in her personal time over these years in her local community on Health & Fitness, Bone Health, Falls and Fracture Prevention and in this last year, Walking Schools on completing an IHF (Irish Heart Foundation) Walking Leaders Week-end in June 2007.

11:40 - 12:00 Vincent McAlinden, Leave No Trace
“Promoting responsible use of our Countryside”

An Environmental and Outdoor Education Instructor in Killowen Outdoor education Centre, Co Down, Vincent is passionate about the outdoors. He comes from a biology teaching and farming background, and is a Master Educator for the Leave No Trace programme. Vincent is a member of the Board of the Mountaineering Council of Ireland, and is very active within youth mountaineering development. His leisure time is spent climbing or walking in the hills and mountains of Ireland, Britain, the Alps and further afield.

12:00 - 12:30 Máire Aine Gardiner, Regional Tourism Development
Officer – “Enterprise opportunities arising from the
development of walking routes”

Based in the Fáilte Ireland Offices in Letterkenny but born in Connemara, Maire Aine loves the opportunity to speak her native language of Irish. She has been employed in the tourism industry for over 22 years, firstly as a Travel Adviser and in more recent years as the Regional Tourism Development Officer for Co. Donegal. She provides guidance and support to tourism enterprises in the area of tourism development and marketing.

12:30 - 13:15 **LUNCH**

13:15 - 13:30 Short walk (Practical session)

13:30 - 14:00 Humphrey Murphy - Everest Adventure

Humphrey is a self-employed consultant in business development, particularly in the areas of sports, leisure and tourism. He also has a background in education and training with FETAC and HETAC, in the development of further education and third level education modules and in quality evaluation. Humphrey has taken part in a number of kayaking and climbing expeditions to various remote areas, and spends a lot of his leisure time in Ireland looking for places to run that are as varied and beautiful as the Gartan - Glenveagh circuit.

14:00 - 14:30 Jeremy Smith, County Donegal Walking & Trails
Development Officer - The Donegal Perspective

Jeremy Smith is the Walking and Trails Development Officer with Donegal County Council. Two of his main tasks in this role are to coordinate the development of a range of recreational trails across Co Donegal and to work in partnership closely with a range of both statutory and community based organisations in their development. Current work includes path restoration at major sites such as Sliabh Liag, the development of new local trails for both local people and visitors and the instillation of Sli na Slainte routes as a crucial element of local recreational infrastructure.

14:30 - 15:00 Plenary Session & Close

Walk 03

Walk:	Sliabh Liag, Carrick
Date:	Sunday 25th May 2008
Time Leaving:	12 noon
Start Point:	Carrick Vocational Car Park, three routes
Finish Point:	Determined by routes
Distance/Time:	Route One – 2 hours Route Two – 3.5 hours Route Three – 5 hours
Contact number for registration:	Monica O'Donnell 086 8177303

Route summary:

One of the most spectacular and famous walks in Ireland Sliabh Liag will provide walkers with three options of on road and track, open ground and strenuous track and open hill. This is a charity walk with proceeds going towards the Kilcar Volunteers to Africa, Niall Mellon Trust

Reach for new heights with Gartan OEC

- Hillwalking
- Mountain Skills
- Mountain Leadership
- Hill Navigation incl GPS
- Teen Rock (rockclimbing)
- Teen Mountain Week

And heaps of other courses and events...

Specials:

- Walking Week Seminar Pathways to Health 27th May 2008
- Fit Walk Clinic 29th May 2008

For details of all courses contact us or see our website for details

Gartan OEC,
Church Hill, Letterkenny
074 9137032
office@gartan.com
www.gartan.com

Gartan Outdoor Education Centre



Walk 04

Walk:	Inch Level, Burt
Date:	Sunday 25th May 2008
Time Leaving:	2.00 pm
Start Point:	Car Park at Inch Level
Finish Point:	Car Park at Inch Level
Distance:	4 Mile / 2 hours
Contact number for registration:	Des Mc Callion 086 1080095

Route summary:

This walk is on a flat gravel surface and will be fully signposted along the Trady embankment to Farland Point on Inch Island. The entire walk is within a wildlife conservation area; please note that dogs are not allowed. Promises to be a great stroll.



Donegal Sports Partnership
Supporting Community Sport



Letterkenny IT, Ramelton Rd. Annex,
Letterkenny, Co. Donegal
Tel: 074 9186713/4 Fax: 074 9186710
Email: info@activedonegal.com
Web: www.activedonegal.com

Walk 05

Walk:	Dungloe River Walk
Date:	Monday 26th May 2008
Time Leaving:	1.00 pm
Start Point:	At Gweedore Road Entrance
Finish Point:	At Carnmore Road exit
Distance:	1.3 Kilometres
Contact number for registration:	Michelle Ní Chnámhsí Ionad Teampall Chróine 074 95 22198

Route summary:

This lunchtime walk will help digest the sandwiches! The route is fully accessible for buggies, wheelchairs and is off the main N56 road, a beautiful short walk take you along the meandering Dungloe River through some wooded area.

Walk 06

Walk:	Buncrana Shore Path
Date:	Monday 26th May 2008
Time Leaving:	2.00 pm
Start Point:	Castle Bridge Car Park
Duration:	1.5 hours
Difficulty:	Easy
Contact number for registration:	087 1215516

Route summary:

An easy walk along the shores of Lough Swilly north of Buncrana. The path passes by sites of historic interest and there are good opportunities for viewing local wildlife.

Walk 07

Walk:	Glenveagh National Park
Date:	Wednesday 28th May 2008
Time Leaving:	2.00 pm
Start Point:	Visitors Centre
Finish Point:	Visitors Centre 4 - 4.30 pm
Distance:	2 hour walk approx
Contact number for registration:	Sandra Smith 074 9137090 ext 30609 sandra_smith@environ.ie

Route summary:

This walk is suitable for children of 5 plus and families, passable with sturdy pushchairs, must wear suitable clothing and footwear. Route will be decided on day depending on numbers and weather conditions. Terrain will include gravel, dirt tracks and some moderate ascents.

Walk 08

Walk:	Siúloid an Chlochán Bhig (Dore)
Date:	Wednesday 28th May 2008
Time Leaving:	4.30 pm
Start Point:	Ionad Naomh Pádraig, Dore
Duration:	1.5 hours
Difficulty:	Moderate
Contact number for registration:	074 9532949

Route summary:

This new walk has been developed as part of Bealach na Gaeltachta which is a National Waymarked Way. It is a fine example of an 'away from it all' walk in a rural setting with considerable historic and natural history interest.

Walk 09

Walk:	Slí Árann Mhór (part of)
Date:	Wednesday 28th May 2008
Time Leaving:	5.30 pm
Start Point:	Ferry Pier
Duration:	1.5 hours
Difficulty:	Easy
Contact number for registration:	074 9520533

Route summary:
Slí Árann Mhór is part of Bealach na Gaeltachta which is a National Waymarked Way. This walk offers an opportunity to experience the unique walking appeal of Donegal's offshore islands.

Donegal Local Development Company

Trail Maintenance, Management & Marketing



DONEGAL LOCAL DEVELOPMENT
COMPANY LIMITED

"The Walks Scheme – Bluestack Way"

Inga Bock DLDC Rural Recreation Officer
The Bluestack Centre, Drimarone
Letterbarrow, Co. Donegal
E-mail: ibock@dldc.org



Walk 10

Walk:	Maghera, Dungloe
Date:	Wednesday 28th May 2008
Time Leaving:	6.30pm
Start Point:	Maghera Community Centre
Finish Point:	Maghera Community Centre.
Distance:	Approximately 3 Mile
Contact person for registration:	Liz Mc Cullagh 087 7487905

Route summary:
This beautiful loop walk leaves from the newly opened Community Centre in the centre of Maghera outside Dungloe and goes left towards Croghy Head for 200m, left then on to the Slí na Gaeltachta for approximately 1.5 mile, turning left at Clendra and back to Community Centre. The walk has some rough terrain but should be accessible for all.

Walk 11

Walk:	Raphoe
Date:	Wednesday 28th May 2008
Time Leaving:	7.30pm
Start Point:	The Diamond, Raphoe
Finish Point:	The Diamond
Distance:	Approximately 4 Mile
Contact person for registration:	Harriet Kilpatrick, Raphoe Community in Action Ltd, 074 9173966 - volthouse@eircom.net

Route summary:
This inland walk take you from the Diamond in the centre of Raphoe to the Mongorry mountain, a challenging walk with an easier return trip.

Walk 12

Walk:	Inishowen Head Loop
Date:	Thursday 29th May 2008
Time Leaving:	5.00 pm
Start Point:	Stroove Beach Car Park
Duration:	2.5 hours
Difficulty:	Moderate
Contact number for registration:	087 1215516

Route summary:
This National Loop Walk passes through some of the remote coastal countryside for which is Inishowen is famous. The stunning scenery along the route includes views across the northern coast of Ireland and beyond to Scotland.

Walk 13

Walk:	Milford – Lough Colmcille Trail
Date:	Sunday 1st June 2008
Time Leaving:	7.00 pm
Start Point:	Public Services Centre, Milford
Finish Point:	Public Services Centre, Milford
Distance:	4.5 Miles / 2hours
Contact number for registration:	Kenneth Bradley 074 91 53736 / 086 8384882

Route summary:
This challenging walk will start in Milford and travel along the Ramelton Road for a short distance before turning off onto the Loughross Road and then onto an untarred road passing Lough Colmcille before emerging onto the Gorrygort Road and back towards Milford. It is important to note that the ground may be wet in places therefore good footwear is advisable.

Glenveagh National Park

Glenveagh National Park have a full programme of guided walks available during the year.

Further information and registration details are available from Glenveagh National Park
Tel. 074 9137090 Ext: 3609
or by email to
Sandra_smith@environ.ie

For information on walking in the park please contact
Clare Bromley
Tel. 074 9137090 or by email
clare.bromley@environ.ie





- **Community Development**
- **Support Funding Applications**
- **Business Support for S.M.E's**
- **Tourism Development**

Enterprise House, Milford
 Tel: (074) 9153736 Fax: (074) 9163000
 E-mail: ird@hillsdonegal.com



Fáilte Ireland North West

Working in partnership with stakeholders to develop a sustainable walking product that is attractive to visitors and which contributes positively to the rural economy.

For advice and guidance:

Maire Aine Gardiner
 Regional Tourism
 Development Officer
 Fáilte Ireland North West
 Letterkenny
 Tel: 074-9121160
 Email:
 maireaine.gardiner@failteireland.ie



www.discoverireland.ie/northwest



RESPONSIBLE RECREATIONAL USE OF THE COUNTRYSIDE.

As increasing numbers of people seek the beauty and exhilaration of outdoor recreation, our collective mark on the environment and its natural processes, increases. Litter, disturbance to vegetation, water pollution, wildlife, livestock and other people are all indicators of the need to develop a national ethic that protects both natural and cultural heritage. Techniques designed to minimise the social and environmental impacts to these areas are incorporated into the Leave No Trace Outdoor Ethics Education Programme as seven Principles.

Ireland's countryside is undoubtedly a high quality natural resource, both spatially extensive and diverse in nature. The extensiveness and diversity of the resource base lends itself to the provision of opportunities for a wide range of countryside recreation activities for both the local population and for an increasing number of tourists.

As pressure on our landscapes and seascapes Leave No Trace Ireland hopes to promote and inspire responsible outdoor recreation through education, research and partnerships. The programme will strive to build awareness, appreciation and respect for Ireland's natural and cultural heritage and is dedicated to creating a nationally recognised and accepted outdoor ethic that promotes personal responsibility and land stewardship.

It encourages all outdoor enthusiasts (e.g. walkers, mountain bikers, canoeists, orienteers, horse riders) to do their part to maintain those lands used by the public for the benefit of fragile ecosystems and for future generations.

At the heart of Leave No Trace are seven principles for reducing the damage caused by outdoor activities. These are:

- **Plan Ahead and Prepare**
- **Be Considerate of Others**
- **Respect Farm Animals and Wildlife**
- **Travel and Camp on Durable Ground**
- **Leave What You Find**
- **Dispose of Waste Properly**
- **Minimise the Effects of Fire**



**LEAVE
NO TRACE**

www.leavenotraceireland.org

Walking Matters Fit Walk Clinics

RECENT SURVEYS SUGGEST THAT PHYSICAL FITNESS IS A KEY MOTIVATOR FOR WALKERS. UNFORTUNATELY, MANY WALKERS GAIN VERY LITTLE IN TERM OF PHYSICAL FITNESS. THIS IS BECAUSE WE NEED TO WALK AT A HIGHER LEVEL OF INTENSITY IN ORDER TO OPTIMISE HEART/LUNG BENEFITS AND FAT-BURNING BENEFITS. THAT DOES NOT NECESSARILY MEAN WALKING FASTER, SOMETIMES IT'S JUST A MATTER OF ADJUSTING OUR WALKING TECHNIQUE!

Attendance at a Walking Matters FitWalk Clinic will teach you how to squeeze every ounce of fitness from your walks. In particular, the clinic will:

- Identify how to optimise aerobic fitness and fat burning benefits of a walk
- Show you how to use gadgets such as Heart Rate Monitors to best effect
- Explain how you can improve flexibility as part of a walking session
- Teach you the key techniques of StrideWalking, PowerWalking and NordicWalking

The Walking Matters Fit Walk Clinic is tutored by a qualified tutor, the highest quality of presentation is assured.

The clinic is a mix of theory and practical sessions.

Participants should be in good health and have reasonable level of fitness.

Places are limited to 16 and issued on a first-come-first-served basis.

Fit walk clinics will be delivered at various locations throughout County Donegal during Walking Week 26 - 31 May 2008.

The cost of the training workshop will be €15 per person.

Date	Venue	Contact
26th May 2008	Abbey Vocational School Sports Hall, Donegal Town	David Doherty Tel. 086 8011540
27th May 2008	Wesley Hall, Bridge Street, Carndonagh	Mary Mc Callion Tel. 086 8370625
28th May 2008	Ionad Teampall Chróine, Dungloe	Helen Moore Tel. 074 9522198
29th May 2008	Gartan Outdoor Education Centre	Ursula MacPherson Tel. 074 9137032

Further information and registration information is available from Donegal Sports Partnership, Letterkenny Institute of Technology, Port Road, Letterkenny.

Telephone 074 9186713 / 9186714
 Email info@activedonegal.com