

Walking Trail Grading System (1-5)

Guide from Waymarked Ways of Ireland

[1] Multi-access Walking Trails

Flat smooth trails, suitable for all users including people with reduced mobility, wheelchair users, people with a vision impairment, using crutches, with a buggy, with small children, older people and so on. Normal outdoor footwear can be worn.

[2] Easy - Walking Trails

Generally flat trails with a smooth surface and some gentle slopes or shallow steps. These trails are generally suitable for family groups including children and the elderly. Normal outdoor footwear can be worn.

[3] Moderate - Walking Trails

These trails may have some climbs and may have an uneven surface where the going is rough underfoot with some obstacles such as protruding roots, rocks etc. The routes are appropriate for people with a moderate level of fitness and some walking experience. Specific outdoor walking footwear and clothing is recommended.

[4] Strenuous - Walking Trails

These are physically demanding trails, which will typically have some sections with steep climbs for long periods and the going underfoot can be extremely rough including many obstacles. Suitable for users accustomed to walking on rough ground and with a high level of fitness. Specific outdoor walking footwear and clothing required.

[5] Very Difficult - Walking Trails

These routes are predominantly in remote upland areas. They will typically include steep slopes and very variable and rough underfoot conditions on sometimes indistinct trails. They may be unmarked so the use of a map and navigational skills will be required. Suitable only for the very fit and competent mountain walkers with a high level of experience. Specific outdoor walking footwear and clothing required.

www.walkireland.ie

For further information:

Walking packages throughout Donegal including accommodation, packages and transfers are available on: www.donegaldirect.com

Donegal Sports Partnership
Office No. 7, River Front House
Pearse Road
Letterkenny
Co Donegal

Tel: +35374 9116078

Email: info@activedonegal.com

Web: www.activedonegal.com



DONEGAL Walking Week

Seachtain Siúil Dhún na nGall 2009



24th to 30th May 2009 / 24-30 Bealtaine 2009



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 ÁITIÚIL 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, Department of Community Rural and Gaeltacht Affairs & the Bluestack Centre.

The key aims and objectives of the group are:

- To promote walking as a safe enjoyable and health promoting physical activity which can be enjoyed by all the family.
- To promote Donegal as a quality walking location with its stunning scenery and spectacular walks.
- To encourage and support communities in the development of walking infrastructures.

Outline of 2009 programme:

- 2009 theme is based on 'The family'.
- Numerous guided and non guided special with interest in history, geology, nature and health.
- Training and education workshops on walking for health, the environment, walking tourism, preparing for the great outdoors.
- Walking events to suit all of the family and all abilities.
- Walking schools programmes.
- Family Walking Treasurer Hunt – Competition sponsored by Wet 'n' Wild, Letterkenny.

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

OPENING KEY WALK & OFFICIAL LAUNCH – BLUESTACK CENTRE, DRIMARONE, DONEGAL TOWN

Sunday 24th May 2009

1:00pm – Assembly at the Bluestack's Centre, Drimarone

1.15pm – Official Launch of Donegal Walking Week by Mr Joe Mahon

Joe Mahon of UTV's Lesser Spotted Ulster fame is no stranger to Donegal. Presenter of one of the most popular regional documentary series in Ulster, Joe has recorded in such areas as Raphoe, Meevagh and along the Foyle, enthusiastically exploring the many nooks and crannies available in the Donegal countryside. Joe taught English for nine years in a Derry City secondary school before moving into a full-time career as a writer and presenter, and subsequently a producer and station manager with the BBC. While still a radio producer, he wrote and directed two feature films, one of which won Best Film and the Jury Prize at the 1986 Celtic Film Festival. In 1989 he joined Northland Films, becoming managing director in 1991. During his time there, he wrote, produced and directed numerous popular television series for UTV, BBC, RTE, Channel 4 Schools and TG4.

1.45pm – Warm up with 'Mr Motivator' Enda Coyle, Fitness Coach

2:00pm – Travel to start of Walk at Letterbarrow FC soccer pitch

3:00pm – Return to Bluestack Centre for refreshments.

Additional activities including:

- Tent pitching in the open countryside
- Walking clothing and footwear – What's best for the Donegal outdoors.
- Donegal Mountain Rescue Display
- Bouncy Castle and Children's Events

GLENVEAGH CASTLE FAMILY DAY

Saturday 30th May 2009

10.45am – Assembly at Visitors Centre

11:00am – Guided Walk from Visitors Centre on the Derrylahan Nature Trail

This walk will feature flora and fauna exploration and bog land studies and will be approximately 2 km in length. It will be accessible to all, comfortable walking clothing and footwear is encouraged.

Other activities on the day include:

- Donegal Mountain Rescue Display
- Glenveagh Castle Tours
- Visitors Centre Open
- Display of Family Walking Treasure Hunt Diaries
- Presentation of the Family Prize sponsored by Wet 'n' Wild, Letterkenny in Drawing Room
- Birds of Prey display
- Live music at Castle

Tea rooms will be open for refreshments. Families are encouraged to bring along a picnic on the day and enjoy the beautiful scenery at Glenveagh Castle.

Please respect our countryside during outdoor activities.

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



Ag obair ar son phobal na Gaeltachta agus na Gaeilge

Páirc Ghnó Ghaoth Dobhair
Doirí Beaga
Co. Dhún na nGall
Teil: (074) 9560100
Facs: (074) 9560101

e: eolas@udaras.ie

w: www.udaras.ie



Walk 01

Walk: Drumboe Woods, Stranorlar

Date: Thursday 21st May 2009

Time Start: 7.00 pm **Finish:** 8.00 pm

Start Point: Finn Valley Sports Club

Finish Point: Finn Valley Sports Club

Distance: 5/6 km **Level:** 1

Contact number for registration: Rosaleen McGonagle
074 9190444 / 086 1010566
rmcgonagle@yahoo.co.uk

Walk details: 30 max. (book in advance)
Level footing.

Walk 03

Walk: Lisnagra Wood, Muff

Date: Saturday 23rd May 2009

Time Leaving: 2.00 pm **Finish:** 4.00 pm

Start Point: Car Park at Lisnagra Wood, Muff

Finish Point: Car Park at Lisnagra Wood, Muff

Distance: 5.5 km **Level:** 2

Contact number for registration: Des McCallion
086 1080095

Walk details: All Welcome
(Direction signposts on road way from Harkins Shop, Muff) - A pleasant, relatively short walk along quiet country roads which takes you off the beaten track through woodland and hillside below Eskaheen Mountain, and with good views over Lough Foyle. Opportunity to study Lisnagra Wood afterwards.

Walk 05

Walk: Bluestack Family Day - Disert Graveyard Historical Walk

Date: Sunday 24th May 2009

Time Leaving: 1.00 pm **Finish:** 3.00 pm

Start Point: The Bluestack Centre, Drimarone

Finish Point: The Bluestack Centre, Drimarone

Distance: 3 km **Level:** 1

Contact number for registration: Inga Bock
074 9744937 / 087 9318077
ibock@dldc.org

Walk details: All Welcome
Yes, walk on formerly tarmac surfaced roads and off road tracks, accessible for all abilities. Opportunity to learn some local history and heritage about Disert.

Walk Your Way to Health!



A message from the
Health Promotion
Department HSE West.

Drumany Church,
Letterkenny
Tel. 074 91 78539 / 78540



Walk 02

Walk: Gabhla / Gola Island

Date: Saturday 23rd May 2009

Time Leaving: 11.00 am **Finish:** 4.00 pm

Start Point: Magheragallon Pier

Finish Point: Magheragallon Pier

Distance: 4 km **Level:** 2

Contact number for registration: Gerard Skehan
074 9172295
gskehan@donegalcoco.ie

Walk details: All Welcome

As the walk is on an island, participants will need to be able to disembark from boat to pier. Elements of walk may be off-track. Participants will be shown around the island and given a history of the settlement by Traditional Buildings Officer, Gerard Skehan and Ancaire's Máirín UíFhearraigh. Gabhla's traditional houses are remarkably intact and offer an insight into a unique way of life. The walk will conclude with a guided tour of the island's natural heritage. Gabhla is located in a Natural Heritage Area (NHA) and the Gweedore Bay and Islands Special Protection Area (SPA). This area is of high ecological value for the occurrence of a wide range of coastal habitats.

Walk 04

Walk: An Mhachaire Walk, Dungloe

Date: Sunday 24th May 2009

Time Leaving: 2.30 pm **Finish:** 4.30 pm

Start Point: Maghera Community Centre

Finish Point: Maghera Community Centre

Distance: 2 miles **Level:** 3

Contact number for registration: Frances Boyle or Hugh Gerard Boyle
074 9521252 / 087 7733203 / 087 7647991
fran_boyle@yahoo.com

Walk details: All Welcome
Only suitable for able bodied walkers.

Walk 06

Walk: Gartan OEC & Derryveagh Mountains

Date: Sunday 24th May 2009

Time Leaving: 1.00 pm **Finish:** 5.00 pm

Start Point: Gartan OEC Car park, Churchill

Finish Point: Gartan OEC Car park, Churchill

Distance: 10 km **Level:** 4/5

Contact number for registration: Brona Duddy
074 9137032 / 087 2923474
office@gartan.com

Walk details: 20 max. (book in advance)
Hill walk over mixed terrain. Boots are preferred footwear. Bring rainwear, drink and snack.

Walk 07

| | |
|---|------------------------------------|
| Walk: | Glentogher Walk, Carndonagh |
| Date: | Sunday 24th May 2009 |
| Time Leaving: | 2.00 pm Finish: 4.30 pm |
| Start Point: | Quigley's Point Road |
| Finish Point: | Quigley's Point Road |
| Distance: | 3.5 km Level: 3/4 |
| Contact number for registration: | Des McCallion 086 1080095 |

Walk details: All Welcome
Suitable footwear necessary. Ideal opportunity to visit some Neolithic tombs.

Walk 08

| | |
|---|--|
| Walk: | Ray Walk, Rathmullan |
| Date: | Sunday 24th May 2009 |
| Time Leaving: | 2.00 pm Finish: 4.00 pm |
| Start Point: | Ray Football Pitch |
| Finish Point: | Ray Football Pitch |
| Distance: | 6 miles Level: 3 |
| Contact number for registration: | Fiona Boyle 087 2514790 fiona.boyle@hse.ie |

Walk details: All Welcome
The walk will take place on the main road. There are 2 gradients that are a little steep but otherwise all levels of fitness should manage without any issues. Participants can choose to walk shorter distances and then turn back towards the Dressing Rooms if they wish. There will be a car in attendance behind the walkers so that if anyone needs to rest or get a lift. Suitable for prams or buggies also. Refreshments will be provided after the walk.

Walk 09

| | |
|---|---|
| Walk: | Siúloid An Chocháin Bhig |
| Date: | Sunday 24th May 2009 |
| Time Leaving: | 2.00 pm Finish: 3.30 pm |
| Start Point: | Ionad Naomh Padraig, Dore |
| Finish Point: | Ionad Naomh Padraig, Dore |
| Distance: | 4 km Level: 3 |
| Contact number for registration: | Mary Coyle 074 9532949 / 086 8259752 ionadnp@eircom.net |

Walk details: 20 max. (book in advance)
Not suitable for pushchairs as terrain includes gravel, dirt-tracks and some moderate ascents.

Walk 10

| | |
|---|---|
| Walk: | Siúlóid Cois Trá |
| Date: | Sunday 24th May 2009 |
| Time Leaving: | 1.00 pm Finish: 4.00 pm |
| Start Point: | Scoil Náisúinta Rann na Feirste |
| Finish Point: | Scoil Náisúinta Rann na Feirste |
| Distance: | 6 km Level: 3 |
| Contact number for registration: | Tony Mac Ruairí 074 9562660 / 087 0607589 tmr@live.ie |

Walk details: All Welcome
Tá sé cois na trá, tá uisce igceist.

Walk 11

| | |
|---|---|
| Walk: | Siúloid Loch na Cailligh |
| Date: | Sunday 24th May 2009 |
| Time Leaving: | 3.30 pm Finish: 4.30 pm |
| Start Point: | Ionad Naomh Padraig, Dore |
| Finish Point: | Ionad Naomh Padraig, Dore |
| Distance: | 4 km Level: 3 |
| Contact number for registration: | Mary Coyle 074 9532949 / 086 8259752 ionadnp@eircom.net |

Walk details: 20 max. (book in advance)
Terrain includes gravel, dirt tracks and some moderate ascents and passable with sturdy pushchairs.

Walk 12

| | |
|---|---|
| Walk: | Trusk Lough Walk, Ballybofey |
| Date: | Monday 25th May 2009 |
| Time Leaving: | 5.30 pm Finish: 7.30 pm |
| Start Point: | Trusk Lough Car Park |
| Finish Point: | Trusk Lough Car Park |
| Distance: | 5 miles Level: 2 |
| Contact number for registration: | John Conaghan 074 9131480 / 086 8987587 jconaghan@donegal.net |

Walk details: All Welcome
Off road walking - firm walking boots advised. No dogs please.

Walk 13

| | |
|---|--|
| Walk: | Gortletteragh Forest Walk Killygordan |
| Date: | Tuesday 26th May 2009 |
| Time Leaving: | 6.30 pm Finish: 7.30 pm |
| Start Point: | Picnic Area, Gortletteragh |
| Finish Point: | Picnic Area, Gortletteragh |
| Distance: | 3 km Level: 2 |
| Contact number for registration: | Fergus Kelly 086 1737266 |

Walk details: All Welcome
All surfaced trail, one steep ascent, thus not suitable for push or wheelchairs.

Walk 14

| | |
|---|---|
| Walk: | Slí Árann Mhóir, Aranmore Is |
| Date: | Wednesday 27th May 2009 |
| Time Leaving: | 1.00 pm Finish: 4.00 pm |
| Start Point: | Ferry Pier |
| Finish Point: | Ferry Pier |
| Distance: | 5.5 miles Level: 1 |
| Contact number for registration: | Sean Mac Eachmharaigh 074 9520533 / 087 9081277 comharchumann@oileanarainnmhoir.com |

Walk details: All Welcome
Walking tour of island.

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...

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 15

Walk: St John's Point, Dunkineely

Date: Wednesday 27th May 2009

Time Leaving: 7.30 pm **Finish:** 9.00 pm

Start Point: Beach at St. John's Point

Finish Point: Beach at St. John's Point

Distance: 4 km **Level:** 1

Contact number for registration: John McGroary
086 6059220
info@walkingireland.ie

Walk details: All Welcome

Road walk, accessible for all abilities. Stroll from the beach to the lighthouse and back.

Walk 17

Walk: Jackson's Hotel 'Croaghonagh Walk'

Date: Thursday 28th May 2009

Time Leaving: 11.00 am **Finish:** 3.00 pm

Start Point: Jackson's Hotel Foyer, Ballybofey

Finish Point: Jackson's Hotel Foyer, Ballybofey

Distance: 4 hrs **Level:** 4

Contact number for registration: Joe Jackson
074 9131021
enquiry@jacksons-hotel.ie

Walk details: 14 max. (book in advance)

Rough terrain and tracks, Boots essential, bring drink and snack - transport provided from Hotel to walk and back.

Walk 16

Walk: Fun Orienteering at Gartan Outdoor Education Centre

Date: Thursday 28th May 2009

Time Leaving: 7.00 pm **Finish:** 9.00 pm

Start Point: Gartan OEC Car park

Finish Point: Gartan OEC Car park

Distance: 1-2 hrs **Level:** N/A

Contact number for registration: Brona Duddy
074 9137032 / 087 2923474
office@gartan.com

Walk details: 20 max. (book in advance)

Learn how to read maps and be able to navigate your way around the orienteering course. Great fun for all the family!

Walk 18

Walk: Ard na Mona - Wood Nature Reserve, Donegal Town

Date: Friday 29th May 2009

Time Leaving: 2.00 pm **Finish:** N/A

Start Point: Car Park, Harvey's Point Hotel

Finish Point: Car Park, Harvey's Point Hotel

Distance: 7 km **Level:** 2

Contact number for registration: Roger Kuendig
074 9722208
sales@harveyspoint.com

Walk details: All Welcome

A marvellous quiet Nature Reserve with created walking paths around a loop amidst large sizeable oak trees, hazel and holly.



Donegal Sports Partnership

Comhártaíocht Spóirt Dhún na nGall
Supporting Community Sport



Donegal Sports Partnership
Office No. 7, River Front House
Pearse Road
Letterkenny
Co Donegal

Tel: +35374 9116078
Email: info@activedonegal.com
Web: www.activedonegal.com

Donegal Local Development Company Ltd.
Trail Maintenance, Management & Marketing



DONEGAL LOCAL
DEVELOPMENT
COMPANY LIMITED

Comhlucht Áitiúil Forbartha
Dhún na nGall Teoranta

"The Walks Scheme - Bluestack Way"

Contact: Inga Bock
DLDC Rural Recreation Officer,
The Bluestack Centre,
Drimarone,
Letterbarrow.
Phone: 074 9744937
Mobile: 087 9318077
E-mail: ibock@dldc.org



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



Walk 19

| | |
|---|--|
| Walk: | Dungloe Riverwalk |
| Date: | Friday 29th May 2009 |
| Time Leaving: | 6.30 pm Finish: 7.30 pm |
| Start Point: | Ionad Tempall Chróine |
| Finish Point: | Ionad Tempall Chróine |
| Distance: | 3 km Level: 1 |
| Contact number for registration: | Michelle Ní Chnámhsí 074 9522198 / 087 6874645 theionad@eircom.net |

Walk details: 25 max. (book in advance)
Road walk, accessible for all abilities.

Walk 21

| | |
|---|---|
| Walk: | Lough Colmcille Trail, Milford |
| Date: | Friday 29th May 2009 |
| Time Leaving: | 7.00 pm Finish: 9.00 pm |
| Start Point: | Public Services Centre, Milford |
| Finish Point: | Public Services Centre, Milford |
| Distance: | 7 km Level: 3/4 |
| Contact number for registration: | Deirdre O'Toole 074 9116079 / 087 9300756 deirdre@activedonegal.com |

Walk details: All Welcome
This challenging road and track walk will start in Milford and travel along the Ramelton Road, onto the Loughross Road and then onto the Old Milford Road passing Lough Colmcille before emerging onto the Garrygort Road and back towards Milford. Suitable footwear is essential as surface conditions vary.

Walk 20

| | |
|---|---|
| Walk: | Glen Head to Port (Deserted Village) |
| Date: | Friday 29th May 2009 |
| Time Leaving: | 12.00 pm Finish: 5.00 pm |
| Start Point: | Oideas Gael, Gleann Cholm Cille |
| Finish Point: | Oideas Gael, Gleann Cholm Cille |
| Distance: | 4½ hrs Level: 3 |
| Contact number for registration: | Brendan Delap 074 9730248 / 087 9173106 oideasgael@eircom.net |

Walk details: 12 max. (book in advance)
Road walk, accessible for all abilities. Pathways to Glen Head onto Port Village (deserted since 1950's).

Walk 22

| | |
|---|---|
| Walk: | Creevy Coastline Walk |
| Date: | Saturday 30th May 2009 |
| Time Leaving: | 3.00 pm Finish: 4.30 pm |
| Start Point: | Creevy Pier, Ballyshannon |
| Finish Point: | End of road, Ballyshannon |
| Distance: | 5/6 miles Level: 3 |
| Contact number for registration: | Margaret Storey 071 9852896 / 086 6001966 creevy@iol.ie |

Walk details: 12 max. (book in advance)
Coastal walk, rugged land, steps & stiles.

Walk 23

| | |
|---|--|
| Walk: | Glenveagh Castle 'Family Day' - Derrylahan Nature Trail |
| Date: | Saturday 30th May 2009 |
| Time Leaving: | 11.00 am Finish: 12 noon |
| Start Point: | Visitors Centre, Glenveagh |
| Finish Point: | Visitors Centre, Glenveagh |
| Distance: | 2 km Level: 1 |
| Contact number for registration: | Carol O'Callaghan 074 9137698 / 087 2864341 glenveagh-education@environ.ie |

Walk details: 30 max. (book in advance)
Track road and nature trail.

Walk 24

| | |
|---|--------------------------------|
| Walk: | Inch Level Walk, Burt |
| Date: | Saturday 30th May 2009 |
| Time Leaving: | 2.00 pm Finish: 4.00 pm |
| Start Point: | Car Park at Inch Level |
| Finish Point: | Car Park at Inch Level |
| Distance: | 4 miles Level: 2 |
| Contact number for registration: | Des McCallion 086 1080095 |

Walk details: All Welcome
Includes an alternative route for children. This walk is on a flat surface and will be fully accessible signposted along the Trady Embankment to Farland Point on Inch Island. The entire walk is within a wildlife conversation area, please note dogs are not allowed. Promises to be a great stroll.

Walk 25

| | |
|---|--|
| Walk: | Sliabh Liag Family Walk (1) |
| Date: | Sunday 31st May 2009 |
| Time Leaving: | 12.30 pm Finish: 3.30 pm |
| Start Point: | Carrick Vocational School |
| Finish Point: | Carrick Vocational School |
| Distance: | 7 km Level: 2 |
| Contact number for registration: | Monica O'Donnell 086 8177303 odonnellbros@eircom.net |

Walk details: 40 max. (book in advance)
All track - not suitable for wheelchairs or buggies.

Walk 26

| | |
|---|--|
| Walk: | Sliabh Liag - Strenuous Walk (2) |
| Date: | Sunday 31st May 2009 |
| Time Leaving: | 12.30 pm Finish: 5.30 pm |
| Start Point: | Carrick Vocational School |
| Finish Point: | Silver Strand |
| Distance: | 10 km Level: 5 |
| Contact number for registration: | Monica O'Donnell 086 8177303 odonnellbros@eircom.net |

Walk details: 40 max. (book in advance)
Track and open ground not suitable for wheelchairs or buggies.



FitWalk Clinic's

(Hosted by Donegal Sports Partnership)

RECENT SURVEYS SUGGEST THAT 'PHYSICAL FITNESS' IS A KEY MOTIVATOR FOR WALKERS. UNFORTUNATELY, MANY WALKERS GAIN VERY LITTLE IN TERMS 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 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 & NordicWalking.

The FitWalk 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 a reasonable level of fitness.

FitWalk Clinic's will be delivered in a number of locations throughout County Donegal during Walking Week 24th - 30th May. Details of Clinics and there locations will be published on their website www.activedonegal.com

The cost per training workshop will be €15 per person. Places are limited to 16 and issued on a first-come-first-served basis.



For further details on locations and dates contact:

Donegal Sports Partnership

Office No. 7, River Front House, Pearse Road, Letterkenny, Co Donegal
Tel: +35374 9116078 or Email: info@activedonegal.com



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**

Workshops 26-27 May for Schools and Community Groups – contact the Donegal Sports Partnership for further information:
Email: info@activedonegal.com or ibock@dldc.org

LEAVE
NO TRACE

www.leavenotintraceireland.org



Ionad na gCruach Gorm

The
Bluestack Centre
Drimarone

The Bluestack Centre
Letterbarrow, Drimarone, Co Donegal
Tel/Fax: +353 (0) 74 97 35564
Email: info@donegalbluestacks.com

Family Walking Treasure Hunt



FUN FOR ALL THE FAMILY. FIND THE CLUES AND SOLVE THE PUZZLE, ENTER THE DRAW AND YOU AND YOUR FAMILY COULD WIN €500 FAMILY VOUCHER FROM WET 'N' WILD, LETTERKENNY.

Donegal Walking Week Family Fun Treasurer Hunt and Draw

This initiative is open to all family structures (at least 2 family members) to get out and get active in the run-up to Donegal Walking Week 2009. The initiative will focus on five regions in County Donegal, which have a number of identified and marked walks in each area.

As part of your families Walking Treasure Hunt we've hidden clues along each of the regional walking routes, eleven in total for you to collect to solve the puzzle.

The challenge steps are as follows:

1. Obtain your Walking Diary from Donegal Sports Partnership or Community Facility or your local branch Library, available from Monday, 20th April 2009.
2. Complete the five walks in your own area and obtain the hidden letters (eleven in total) and solve the puzzle with the letters obtained.
3. Include any additional information you can on the diary for each walk, for example, include photographs, drawings, notes or details of any historical or local significance found along these walks.
4. Return the completed diary to: Donegal Sports Partnership Office, River Front House, Pearse Road, Letterkenny, Co Donegal.
5. Entries should be returned by **Wednesday 27th May 2009.**

Completed Diaries will be entered into a draw for a €500 family voucher with Wet'n'Wild, Letterkenny, and the draw for the winning entry will take place at the Family Day at Glenveagh Castle on Saturday 30th May 2009. **So Families Please Get Walking !!!**

The Regions are as follows:

Western area:

Creelough, Ards Forest Park
Gaoth Dobhair, Part of Bealach na Gaeltachta,
Crolly, Ionad Pádraig Dobhair, Dore Walk
Dungloe, River Walk
Dunlewy, Ionad Cois Locha to Glentornan walk

Inishowen area:

Stroove, Inishowen Head Walk
Moville to Greencastle Shore Walk
Buncrana, Shore path
Burt, Inch Plain Walk
Culdaff, Slí na Sláinte

Letterkenny area:

Letterkenny Town Park
Glenveagh National Park
Gartan, Heritage Centre to Lennon Bridge Walk
Milford, Colmcille Trail
Rathmullan, Pier Carpark - Beach - Rathmullan House Trail

South West area:

Glencolmcille, Part of Tower Loop
Teelin/Carrick, Bunglas & Slieve League
Glenties, GAP Walk
Narin/Clooney, Bonny Glen Woods Walk
Dunkineely, St. Johns Point, Beach to Lighthouse Walk

South East area:

Ballyshannon, Creevy Shore Walk
Ballybofey, Trusk Lough Walk
Stranorlar, Drumboe Woods
Letterbarrow, Disert Graveyard Loop
Bundoran, Rougey Walk

For further information on maps or details of the above walks please see:

www.donegaldirect.ie
www.coillteoutdoors.ie
www.activedonegal.com

