

**Thu, 28 July** Grade B • 10 km • 2 hours

### Rock of Dunamase/ Dysart Wood, Portlaoise

Take in the wonderful views from the Rock of Dunamase and stroll along the woodland paths of Dysart Wood.

Meet: Dysart Wood Carpark, Grid Ref: S 532 976

7.30pm

**Fri, 29 July** Grade A • 12 km • 2½ hours

### Leafy Loops, Durrow

The Leafy Loop brings you through woodland, farmland and riverbanks with a delightfully rich abundance of flora and fauna.

Meet: Castle Arms Hotel, Grid Ref: S 406 773

7.15pm

### Sun, 10 July Wild Food Foraging Walk

#### Wild Food Foraging Walk with Mary Bulfin

Garryhinch Forest, Grid Ref: N 493 110 11.00am-01:00pm

Join well known wild food forager Mary Bulfin on a stroll through Garryhinch Forest to learn about some of the wild plants of the local area that can be enjoyably eaten or used for home remedies. Mary is a forager, chef, and lover of all good food that nature has to offer. She will introduce you to wild safe foods including leaves, fungi, fruits, nuts and berries. <https://wildfoodmary.wordpress.com/>

### “Get Ireland Walking”

#### – Active Community Walking Programme

Walking is the easiest way to get moving, get active and get happy, and Get Ireland Walking is here to help you get started: We've got tips and advice for anybody who wants to start walking to feel better, and we have all the information you need to start a walking group - so you can get fit with friends.

For further information on this programme please contact Laois Sports Partnership (057) 8671248 or email [info@laoissports.ie](mailto:info@laoissports.ie).

#### GRADES OF WALKS:

A = Strenuous

B = Difficult

C = Moderate

Grade C walks are suitable for families

## WALKING

### ...A WAY TO A HEALTHIER YOU!

#### WALKERS PLEASE NOTE:

**REGISTRATION:** takes place half an hour prior to each walk: €2 per walk or €20 Festival Ticket.

- Wear Comfortable walking boots/shoes.
- Bring raingear.
- We walk as a group, please stay with Walk Leaders.
- Walk routes may vary slightly to those listed due to weather conditions or walker numbers.

#### COUNTRYSIDE CODE:

- Leave No Trace.
- No Dogs allowed.
- On country roads walk in single file on the right hand side.
- Respect private property, farmland, wildlife and the rural environment.

#### FOR FURTHER INFORMATION:

On Laois Walks Festival, please contact :-

Laois Partnership ☎ 057-866 1900

[info@laoispartnership.ie](mailto:info@laoispartnership.ie)

[www.laoispartnership.ie/laois-walks-festival/](http://www.laoispartnership.ie/laois-walks-festival/)

Laois Tourism

[www.laoistourism.ie](http://www.laoistourism.ie)

On the range of walks in Laois:-

[www.laois.ie/walking](http://www.laois.ie/walking)

On things to see and do, or places to stay in Laois:-

[www.laoistourism.ie](http://www.laoistourism.ie)

#### SPECIAL THANKS TO:

Members of Laois Walks Committee, Community Groups, the Local Development Associations, Coillte, National Parks and Wildlife Service and Landowners

[www.laoispartnership.ie](http://www.laoispartnership.ie)



# Laois Walks Festival

1<sup>st</sup> - 31<sup>st</sup> July 2016

featuring:

- Bog
- Road
- Canal
- Mountain
- Woodland

25 walks 25 locations



[www.fb.com/LaoisWalksFestival](http://www.fb.com/LaoisWalksFestival)  
[www.laoispartnership.ie](http://www.laoispartnership.ie)



# WALKING FESTIVAL 2016

**Fri, 01 July** Grade B • 10 km • 2 hours

## Killamuck Bog, Abbeyleix

This Failte Ireland approved loop features old bog tracks and peaceful wooded lanes.

Meet: Manor Hotel, Abbeyleix, Grid Ref: S 435 841

7.30pm

**Sat, 02 July** Grade A • 12 km • 2½ hours

## Ridge of Capard, Rosenallis

Enjoy a walk through Ireland's largest state-owned nature reserve as you watch for the Hen Harrier, a rare bird of prey.

Meet: Rosenallis Community Centre Carpark Grid Ref: N363065 2.30pm

**Sun, 03 July** Grade A • 12 km • 3 hours

## Cullahill

Stunning panoramic views across several counties, taking you along old country lanes, forest track and open countryside.

Meet: Cullahill Community Centre, Grid Ref: S 353 742 2.30pm

**Tue, 05 July** Grade C • 5 km • 1½ hours

## Dunmore Woods, Durrow

FAMILY WALK along woodland paths returning by the banks of the river Nore.

Meet: Dunmore Woods Car Park, Grid Ref: S 412 787

7.30pm

**Wed, 06 July** Grade B • 10 km • 2½ hours

## Oakvale Woods, Stradbally

Explore the forest on the 'Cobbler's Walk', passing a mass rock, lime kilns and the gate of the Cobbler's Castle folly.

Meet: Oakvale Woods, Stradbally, Grid Ref: S 585 951

7.30pm

**Thu, 07 July** Grade C • 7 km • 2 hours

## Ballinakill

FAMILY WALK This walk starts from the historic village square and skirts the Masslough, passing the Heywood estate.

Meet: GAA field carpark, Ballinakill, Grid Ref: S 465 813

7.30pm

**Sat, 09 July** Grade B • 10 km • 2½ hours

## Rickets Rocks, Clonaslee

A mix of minor roads, sandy roadways and forestry tracks up into the Slieve Blooms passing Rickets Rocks waterfall.

Meet: The Heritage Centre, Clonaslee, Grid Ref: N 319 109

7.30pm

**Sun, 10 July** Foraging Walk • 2 hours

## Foraging Walk, Garryhinch

Take a stroll with wild food forager Mary Bulfin & learn about wild plants that can be enjoyably eaten or used for home remedies.

Meet: Garryhinch Forest Car park Grid Ref: N 493 110

11.00am

**Sun, 10 July** Grade B • 12 km • 2½ hours

## Portarlington Bog Walk

The Derryounce walk is a community owned walk around the picturesque Derryounce Lakes.

Meet: The Hawthorn Inn, Portarlington, Grid Ref: N534124 2.30pm

**Mon, 11 July** Grade B • 9 km • 2½ hours

## Capponellan Woods, Durrow

Woodland walk through part of the Castle Durrow estate once owned by Lord Ashbrooke.

Meet: Capponellan Woods Car Park, Grid Ref: S 386 764

7.30pm

**Wed, 13 July** Grade A • 10 km • 2½ hours

## Spink, Abbeyleix

A challenging walk traversing the hills of the 16th Century Cooper Estate with spectacular views of Laois, Carlow, Waterford, Kildare & Tipp.

Meet: Knock Church, Spink, Grid Ref: S 516 836

7.30pm

**Thu, 14 July** Grade B • 9 km • 2½ hours

## Ballyouskill

From this small village in North Kilkenny, take a walk along quiet country lanes including Cromwell's Road which passes over Ballymartin Hill.

Meet: Ballyouskill Church, Grid Ref: S 451 771

7.15pm

**Fri, 15 July** Grade C • 5 km • 2½ hours

## Stradbally Lake

FAMILY WALK along by Stradbally Lake, out the charter road with great views of Oakvale and Ballyprior Hill.

Meet: Market House Stradbally, Grid Ref: S 569 965

7.30pm

**Sat, 16 July** Grade A • 10 km • 2½ hours

## Monicknew

From the picturesque starting point at Monicknew Bridge, this walk offers the opportunity to experience the natural beauty of the Slieve Blooms.

Meet: Cattle Mart, Mountrath, Grid Ref: S 349 950

2.30pm

**Sun, 17 July** Grade A • 12 km • 2½ hours

## Gattabawn

Stroll along the Gattabawn loop which uses old farm lanes, open countryside and forest paths.

Meet: Mackey's Pub, Gattabawn, Grid Ref: S 356 685

2.30pm

**Tue, 19 July** Grade A • 12 km • 2½ hours

## Grand Canal, Fisherstown

Two walks in one! This is a lovely quiet walk along the banks of the Grand Canal in the direction of Monasterevin. Also a 4km FAMILY WALK option for those looking for a shoter alternative.

Meet: Fisherstown Car Park, Grid Ref: N 618 056

7.30pm

**Wed, 20 July** Grade B • 10 km • 2½ hours

## Luggacurren

This walk includes quiet winding county roads with great countryside views.

Meet: Luggacurren Community Hall, Grid Ref: S 586 888

7.30pm

**Thu, 21 July** Grade A • 10 km • 2½ hours

## Fossey Mountain, Timahoe

This demanding walk goes up Fossey Mountain and back into the historic village of Timahoe.

Meet: The Village Green, Timahoe, Grid Ref: S 536 903

7.30pm

**Fri, 22 July** Grade B • 9 km • 2 hours

## The Derries, Ballybrittas

Follow along woodland paths and forestry tracks in the Derries Woodland and pass along by the beautiful Derries Lake.

Meet: Forestry entrance at Rathdaire Church, Grid Ref: N584065 7.30pm

**Sat, 23 July** Grade B • 9.5 km • 2½ hours

## Wolfhill

The "hill of the howling wolves" on the Slieve Margy Ridge offers spectacular views of Slieve Margy and The Swan area.

Meet: Wolfhill Church Car Park, Grid Ref: S 585 839

2.30pm

**Sun, 24 July** Grade B • 8 km • 2 hours

## Rossmore, Killeslin

This walk is a must for the wonderful views of the Barrow Valley, Dublin and Wicklow Mountains.

Meet: Oisín Park, Killeslin, Grid Ref: S 668 748

2.30pm

**Mon, 25 July** Grade C • 7 km • 2 hours

## Ballacolla

Starting from the village of Ballacolla, take in the rolling countryside of South Laois along quiet country roads and green lanes.

Meet: Hayes' Shop, Ballacolla, Grid Ref: S 372 814

7.30pm

**Tue, 26 July** Grade B • 8 km • 2 hours

## Cullenagh, Ballyroan

Walk to the second highest point in Co.Laois.

Meet: Ballyroan Community Hall, Grid Ref: S 467 890

7.15pm