Thu, 27 July Grade C  $\cdot$  5 km  $\cdot$  1½ hours

# **Dunmore Wood, Durow**

Along woodland paths returning by the banks of the river Nore.

Meet: Dunmore Wood carpark, Grid Ref: S412787

7.30pm

 $(Fri, 28\,July)$  Grade B  $\cdot$  8 km  $\cdot$  2½ hours

# **Ballacolla Family Walk**

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: S372814 7.30pm

Sat, 29 July Grade B  $\cdot$  7 km  $\cdot$  2½ hours

## **Ballykilcavan Farm Stradbally**

Beautiful walk through one of Irelands oldest preserved Heritage woodlands, farm fields, Oak avenues, a hidden part of undiscovered Laois.

Meet: Farm entrance, Grid Ref: S593965

2.30pm

Sat, 29 July Grade C · 6 km · 1½ hour

# Portlaoise Togher Wood Family Walk

This is a beautiful forest walk on the edge of Portlaoise town through mature woodland and forest trails.

Meet: The Rugby Club, Grid Ref: S468962

7.30pm

 $Sun, 30\,July$  Grade A  $\cdot$  14 km  $\cdot$  3-4 hours

# **Durrow Leafy Loop Walk**

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

Meet: Dunmore Woods carpark, Grid Ref: \$412787

2.30pm

# "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.

## **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 €25 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.
- Bring sufficient food and water for the duration of the walk.

## **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 Family Walks and Laois Walks Festival, please contact:

Dominic Hartnett | Group Leader

Susan Lawlor | Festival Co-Ordinator © 087 2574477 Laois Partnership © 057 866 1900

info@laoispartnership.ie

www.laoispartnership.ie/laois-walks-festival

Peter Maher | Rural Recreation Officer © 085 1742217

petermaher@laoispartnership.ie

Laois Tourism www.laoistourism.ie

On the range of walks in Laois: www.laois.ie/walking

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

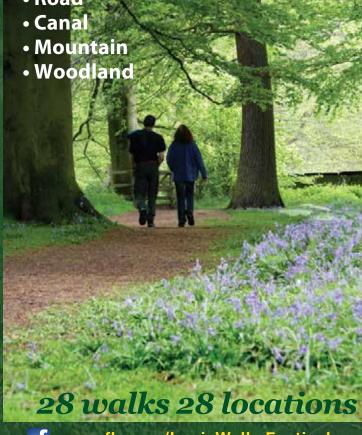




1<sup>st</sup> - 30<sup>th</sup> July 2017



- Bog
- Road



www.fb.com/LaoisWalksFestival www.laoispartnership.ie

# WALKING FESTIVAL **2017**

Sat, 01 July Grade C · 5 km · 2 hours

# Play Day Emo

Lake Walk and using Nordic poles. A circuit of Emo court demesne (second largest walled park in Europe) passing forest plantations, fields and Emo Court itself.

Meet: Community Centre, GAA carpark, Grid Ref: N530056 11am

Sat, 01 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 Wood, Stradbally, Grid Ref: S585951 2.30pm

Sun, 02 July Grade A · 10 km · 3 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, Grid Ref: N319109 2.30pm

Tue, 04 July Grade C · 5 km · 1½ hours

#### **Ballinakill Family Walk**

This walk starts from the historic gardens and skirts the Masslough, passing the Heywood estate.

Meet: Historic Heywood Demesne entrance carpark.

Grid Ref: S465812

Wed, o5 July Grade B · 10 km · 2½ hours

## Capponellan Woods, Durrow

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

Meet: Capponellan Woods carpark, Grid Ref: \$386764 7.30pm

Thu, o6 July Grade B · 8 km · 2 hours

## Abbevleix, Killamuck Bog Family Walk

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

Meet: Carpark of Manor Hotel, Grid Ref: \$435841 7.30pm

Fri, 07 July Grade C · 5 km · 1½ hours

# Portlaoise Family Friday Walk

A gentle stroll around streets of Portlaoise, suitable for buggies and wheelchairs

Meet: Council offices, Grid Ref: S470981

Sat, 8 July Grade B · 10 km · 3 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: \$532976 2.30pm

Sun, 9 July Grade A · 12 km · 3 hours

# **Portarlington**

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

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

Tue, 11 July Grade A · 10 km · 2½ hours

### Spink

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

Meet: Knock Church, Spink, Grid Ref: \$516 836 7.30pm

Wed, 12 July Grade B · 10 km · 2½ hours

# Luggacurren

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

Meet: Community Centre, Grid Ref: S586888 7:30pm

Thu, 13 July Grade B · 7 km · 2½ hours

#### Grantstown

7.30pm

7.30pm

Quiet roads, laneways, Grantstown lake and countryside views Meet: Gates of the lake, Grid Ref: S338795 7:30pm

Fri, 14 July Grade C · 5 km · 1½ hours

## **Portarlington Family Walk**

Slí Walk, lovely gentle walk traversing the town of Portarlington. Family walk suitable for buggies and wheelchairs.

Meet: Community Centre carpark, Grid Ref: \$545123 7.30pm

Sat, 15 July Grade B · 10 km · 2½ hours

## Rossmore, Killeshin

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

Meet: Oisin Park. Grid Ref: \$349950 2.30pm

Sun. 16 Julu Grade A · 12 km · 3-4 hours

#### Gattabawn

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

Meet: Mackey's Pub. Gattabawn, Grid Ref: \$356685 2.30pm Tue, 18 July Grade A · 12 km · 2½ hours

## **Grand Canal, Fisherstown**

Walk along the Grand Canal down the Barrow valley passing moored boats and grain stores to the village of Vicarstown. Meet: The Fisherstown Inn. Grid Ref: \$467890

Wed, 19 July Grade B · 8 km · 2½ hours

#### Errill

A lovely walk through country lanes taking in Moonamondra Bog with panoramic views of the Devil's Bit.

Meet: The Green, Grid Ref: S218788 7.30pm

Thu, 20 July Grade A · 12 km · 2½ hours

## **Fossey Mountain, Timahoe**

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

Meet: The Goose Green, Timahoe, Grid Ref: \$536903 7.30pm

Fri, 21 July Grade C · 5 km · 1½ hours

## Mountmellick Family Friday Walk

Enjoy a gentle stroll around quiet roads and streets of Mountmellick suitable for buggies and wheelchairs

Meet: (MDA) Museum, Grid Ref: N449073 7.30pm

Sat, 22 July Grade A · 12 km · 3-4 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: Ridge of Capard carpark, Grid Ref: N363065

Sun, 23 July Grade A · 10 km · 3-4 hours

# Mountrath, Monciknew Mountain Walk

Experience the natural views and the beauty of the Slieve Bloom mountains as you ramble along its woodland paths.

Meet: Cattle mart at 2.15. Grid Ref: S668748

Tue, 25 July Grade B · 10 km · 2 hours

#### Wolfhill

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

Meet: Church Carpark, Grid Ref: S585839 7:30pm

Wed. 26 July Grade A  $\cdot$  10 km  $\cdot$  2-3 hours

#### Cullahill

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

Meet: Community Centre at 7.15, Grid Ref: S353742