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

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@laoisports.ie.

GRADE OF WALKS:

A = Strenuous
B = Difficult
C = Moderate

Grade C walks are suitable for families

28 walks 28 locations
www.fb.com/LaoisWalksFestival
www.laoispartnership.ie
WALKING FESTIVAL 2017

**Sat, 01 July**  
Grade C  •  5 km  •  2 hours

**Play Day Emo**  
Meet: Community Centre, GAA carpark, Grid Ref: N530056  11am

**Sun, 02 July**  
Grade A  •  10 km  •  3 hours

**Rickets Rocks, Clonaslee**  
A mix of minor roads, sandy roadways and forestry tracks up Rickets Rocks.  
Meet: Oakvale Wood, Stradbally, Grid Ref: S585951  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  7.30pm

**Wed, 05 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: S386784  7.30pm

**Thu, 06 July**  
Grade B  •  8 km  •  2 hours

**Abbeyleix, Killamuck Bog Family Walk**  
This Failte Ireland approved loop features old bog tracks and peaceful wooded lanes.  
Meet: Carpark of Manor Hotel, Grid Ref: S435841  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  7.30pm

**Sat, 08 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: S532976  2.30pm

**Sun, 09 July**  
Grade A  •  12 km  •  3 hours

**Portlaoise**  
The Derryoute walk is a community owned walk around the picturesque Derryoute 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: S516 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: S568888  7.30pm

**Thu, 13 July**  
Grade B  •  7 km  •  2½ hours

**Grantstown**  
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**  
Síl Walk, lovely gentle walk traversing the town of Portarlington. Family walk suitable for buggies and wheelchairs.  
Meet: Community Centre carpark, Grid Ref: S545123  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: Glasin Park, Grid Ref: S349500  2.30pm

**Sun, 16 July**  
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: S356685  2.30pm

**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: N683065  2.30pm

**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: S568748  2.30pm

**Tue, 25 July**  
Grade B  •  10 km  •  2 hours

**Wolffhill**  
The “hill of the howling wolves” on the Slieve Margy Ridge offers spectacular views of Slieve Mardy and The Swan area.  
Meet: Church Carpark, Grid Ref: S598939  7.30pm

**Wed, 26 July**  
Grade A  •  10 km  •  2-3 hours

**Cullahill**  
Stunning panoramic views across several counties, taking you along old county lanes, forest tracks and open countryside.  
Meet: Community Centre at 7.15, Grid Ref: S353742  7.30pm

**Fri, 21 July**  
Grade C  •  5 km  •  1½ hours

**Montmellick Family Friday Walk**  
Enjoy a gentle stroll around quiet roads and streets of Montmellick suitable for buggies and wheelchairs  
Meet: (MDA) Museum, Grid Ref: N446073  7.30pm

**Fri, 28 July**  
Grade A  •  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

**Rossey Mountain, Timahoe**  
This demanding walk goes up Rossey Mountain and back into the historic village of Timahoe.  
Meet: The Goose Green, Timahoe, Grid Ref: S536903  7.30pm

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