

**Thu, 27 July** Grade C • 5 km • 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 • 8 km • 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 • 7 km • 2½ hours

### Ballykilcavan Farm Stradbally

Beautiful walk through one of Ireland's 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 • 14 km • 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: S412787** 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](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 €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](mailto:info@laoispartnership.ie)

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

**Peter Maher | Rural Recreation Officer** ☎ 085 1742217

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

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

**Laois Tourism**

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)



# 16<sup>th</sup> Annual Laois Walks' Festival

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

## featuring:

- Bog
- Road
- Canal
- Mountain
- Woodland

28 walks 28 locations



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

[www.laoispartnership.ie](http://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 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: S386764 7.30pm

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

## Abbeyleix, Killamuck Bog Family Walk

This Fáilte 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, 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: S532976 2.30pm

**Sun, 9 July** Grade A • 12 km • 3 hours

## Portarlinton

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: 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: S586888 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

## Portarlinton Family Walk

Slí Walk, lovely gentle walk traversing the town of Portarlinton. 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, Killeslin

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

Meet: Oisín Park, Grid Ref: S349950 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

**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: S467890 7.30pm

**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: S536903 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 2.30pm

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

## Mountrath, Moncicknew 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 2.30pm

**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 • 10 km • 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 7.30pm