

# WALK FOR LIFE

Waterford Sports Partnership is hosting five walks for people aged over 50. The aim of the series is to give people the opportunity to create links with others in their locality and experience some of the wonderful Waterford walks.

*So, lace up your walking shoes and come along to a walk near you. Don't miss this chance to meet new people in your area, discover local walking opportunities and Walk for Life!*

**COST PER WALK: €3 (INCL. TEA/COFFEE/SCONE) - PLEASE PRE REGISTER**

**with Peter Jones on 0761 10 2191 /087 7855940 or email Peter - [pjones@waterfordsportspartnership.ie](mailto:pjones@waterfordsportspartnership.ie)**

Register  
Today

WHEN & WHERE	TRAIL DETAILS	HIGHLIGHTS	GETTING THERE
<b>Tuesday 4<sup>th</sup> July</b> <b>@ 10.30am</b> <b>Clonea Beach, Dungarvan</b>	<b>Non Accessible Walk</b> <b>Distance:</b> 2km/3.5   <b>Duration:</b> 30/45 mins Clonea is a long sandy beach (over a mile long) located approximately 5km outside of Dungarvan.	This walk will take you along the coastline of Clonea Beach enjoying fabulous views of the coastline.	<b>From Waterford:</b> Take N25 Cork Road to Dungarvan. As you enter Dungarvan take the first exit at the first roundabout and first exit at next roundabout onto the R675 Coast Road towards Tramore - Follow Signposts to Clonea Strand. <b>From Dungarvan:</b> Head out of the Coast Road R675 Tramore direction. Follow Signposts to Clonea Strand. <i>The Public Car Park is on the left as you approach the beach.</i>
<b>Tuesday 11<sup>th</sup> July</b> <b>@ 10.30am</b> <b>Waterford Greenway, Killmacthomas (Workhouse)</b>	<b>Mixed Ability (Accessible Walk)</b> <b>Distance:</b> 5km   <b>Duration:</b> 1 hour This walk is on the newly opened Waterford Greenway along the old Waterford to Dungarvan Railway Track — a fully accessible tarmac surface making it perfect for walking, running and cycling.	The route begins at Killmacthomas Coach House and goes over the Killmacthomas viaduct with beautiful views across Comeraghs Mountains	<b>Dungarvan - Killmacthomas:</b> Follow the N25 from Dungarvan taking the turnoff signposted left for Killmacthomas. Take a right and follow the road to a T-junction. Take a right at the T-junction, proceed for 300 metres and then take a left signposted Waterford Greenway/Coach House Car Park. <b>From Waterford:</b> Take N25 towards Dungarvan, turn off at signpost for Killmacthomas. Turn left at the bottom of the hill and follow the signs to the Waterford Greenway /Coach House Car Park
<b>Tuesday 18<sup>th</sup> July</b> <b>@ 10.30am</b> <b>Waterford Greenway, Suir Valley Railway</b>	<b>Mixed Ability (Accessible Walk)</b> <b>Distance:</b> 5km   <b>Duration:</b> 1 hour This walk is on the newly opened Waterford Greenway along the old Waterford to Dungarvan Railway Track —the surface is chipped stone and suitable for walking, running and cycling.	The route begins at Suir Valley Railway and heads towards Waterford City with beautiful views of the River Suir.	<b>Dungarvan:</b> Follow the N25 from Dungarvan taking the 1st exit off the Kilmeaden roundabout and follow the signs for Waterford Greenway Car Park. <b>From Waterford:</b> Head towards the Butlerstown Roundabout, and take the exit signposted Kilmeaden. As you exit Kilmeaden there is a roundabout, take the second exit. Drive a further 300 metres towards the Suir Valley Railway and follow signs for the Waterford Greenway Car Park.
<b>Tuesday 25<sup>th</sup> July</b> <b>@10.30am</b> <b>Anne Valley Walk, Dunhill</b>	<b>Mixed Ability (Accessible Walk)</b> <b>Distance:</b> 4.4km   <b>Duration:</b> 1 hour The Anne Valley Walk follows the river which flows through the Anne Valley and meanders past many beautiful ponds to reach Dunhill Castle. Path allows for comfortable wheelchair/buggy access - no steep slopes.	The walk winds through forest and marshland next to the River Anne home to many protected wildlife species such as Heron, Kingfisher, Otter and an amazing range of fauna and flora. There are great views of Dunhill Castle.	<b>From Dungarvan/Waterford</b> - from the Butlerstown Roundabout follow the road past Whitfield Clinic until you see signs at a crossroads for Tramore. Take left turn on this crossroads and continue for 2.8 miles where you will meet a small crossroads signposted Dunhill. Take right hand turn at this crossroads and continue for 3.5 miles to the first car park on the left.
<b>Tuesday 1<sup>st</sup> August</b> <b>@ 10.30am</b> <b>Waterford Greenway, (Durrow)</b>	<b>Mixed Ability (Accessible Walk)</b> <b>Distance:</b> 5km   <b>Duration:</b> 1 hour This walk is on the newly opened Waterford Greenway along the old Waterford to Dungarvan Railway Track — a fully accessible tarmac surface making it perfect for walking, running and cycling.	The route goes through the Ballyvoile Tunnel and across the seven arch viaduct. Beautiful views along Clonea Strand. On a clear day there are views along the West Waterford coastline as far as Helvic Head	<b>Dungarvan - Durrow:</b> Get on the coast road, pass Clonea, Ballyvoile, Stradbally turnoffs, keep going straight on, car park on left opposite O'Mahony's Pub on the right. <b>Waterford – Durrow:</b> Take N25 to Dungarvan, turn off at Killmacthomas/Bunmahon, head for Stradbally, car park on your right opposite O'Mahony's pub on your left.

**PLEASE NOTE: The walks will go ahead WEATHER PERMITTING, please contact Peter Jones (details above) before travelling if in doubt.**