

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

**Register
Today**

WHEN & WHERE	TRAIL DETAILS	HIGHLIGHTS	GETTING THERE
Tuesday 14th Feb @ 10.30am Waterford Greenway, Shanacool (Durrow)	Mixed Ability (Accessible Walk) Distance: 5km Duration: 1 hour The Durrow Greenway is a part of the newly developed Waterford Greenway Project 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 views along the West Waterford coastline as far as Helvic Head	Dungarvan - Durrow: Get on the coast road, past Clonea, Ballyvoile, Stradbally turnoff's, keep going straight on, car park on left opposite O'Mahony's Pub on the right Waterford – Durrow: Take N25 to Dungarvan, turn off at Kilmacthomas/Bunmahon, head for Stradbally, car park on your right opposite O'Mahony's pub on your left
Tuesday 21st Feb @10.30am Anne Valley Walk, Dunhill	Mixed Ability (Accessible Walk) Distance: 4.4km Duration: 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. - Views of Dunhill Castle.	From Waterford follow N25 to Cork, follow this 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.
Tuesday 28th Feb @ 10.30am Clonea Beach, Dungarvan	Non Accessible Walk Distance: 2km/3.5 Duration: 30/45 minutes 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.	From Waterford: 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. From Dungarvan: 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>
Tuesday 7th March @ 10.30am Tramore Bay	Mixed Ability (Accessible Walk) Distance: 3/5km Duration: 45/60 minutes This trial will take you along the coastline of Tramore offering fantastic views of the beach and Tramore Bay. The walk is fully accessible on a tarmac surface.	- Views of the Tramore coastline. - Coffee in one of the man local beach side coffee shops. - Panoramic views of the coastline.	Enter Tramore and head towards the promenade, park in front of the amusements.
Tuesday 14th March @10.30am The Towers, Lismore	Non Accessible Walk Distance: 2km/4km Duration: 30 minutes An interesting easy looped trail that will excite young and old. The loop follows a steady climb up to the gates and returns down a steep decline back to the car park.	- The impressive gothic gates built by Arthur Kiely Usher. - What a walk through the beautiful trees with picnic tables half way round, perfect for a break.	Take the R666 Lismore/Ballyduff/Fermoy Road signposted off the bridge at Lismore Castle. Continue for 3.5km to the Towers car park.

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