

Walk Waterford Autumn Series

This Autumn, Waterford Sports Partnership has organised a series of leisure walks to give the people of Waterford a chance to get out and enjoy the beautiful surrounds of the County.

Are you a walker, a social stroller, a family, a local looking for something to do? Why not come along to the Walk Waterford Autumn Series. There are five walks which are suitable for families and leisure walkers, all you need is suitable walking shoes (runners are ideal) and a rain jacket just in case. So come along, bring your family, bring your friends. County Waterford is yours to discover or rediscover!

DATE	NAME OF WALK	MEETING TIME & PLACE	TRAIL DETAILS	TOP 3 HIGHLIGHTS	GETTING THERE
Sunday 16th September	Coastal Walk Dunmore East	Time: 2pm at the public car park above the harbour	Distance: 4km Time: 1 hr there and back. The linear coastal path connects Dunmore East to the picturesque Portally Cove. It includes cliff top paths, steps and a gravel type footpath.	<ul style="list-style-type: none"> • Kittiwake colony on route • Fabulous sea views across to Hook Head • Possibility of seeing seals on the way 	Drive through Dunmore East village take a left down towards the harbour then the next right up to the car park.
Sunday 23rd September	Dungarvan Railway Walk	Time: 2pm at the Public car park just off the Park Hotel roundabout	Distance : 3.5km Time: 45 mins there and back. This is one of Dungarvan's gems – a green route that follows the old Railway line.	<ul style="list-style-type: none"> • New improved green route suitable for cyclists and walkers alike • This route is mostly off road • Fantastic views across Dungarvan Bay 	Once you reach Dungarvan the Public Car Park is just off the Park Hotel roundabout opposite Country Life.
Sunday 30th September WORLD HEART DAY	The Dunes, Tramore	Time: 2pm at the car park opposite the Majestic Hotel	Distance: 5 km Time : 1hr 30 mins there and back. This is an easy walk which starts by the Majestic takes in Tramore's lake, the prom and the start of the Dunes. It includes some gravel, shingle and sand paths.	<ul style="list-style-type: none"> • Views of some of the highest sand dunes in Ireland • Rare seaside flora and fauna • Views over Tramore Bay and town 	The car park opposite the Majestic Hotel is on the main road into Tramore.
Sunday 7th October NATIONAL TRAILS DAY	Kilbarry Biodiversity Park, Waterford City	Time: 2pm In the Kilbarry Park car park (via Kingfisher entrance)	Distance: 1.8km + optional additional 1.8km Time: 1hr There is a choice of walks and interesting features in this newly opened nature park. Come along and see what it has to offer.	<ul style="list-style-type: none"> • 50 acres of public park and nature reserve • Plenty of spots for picnics if you fancy a snack afterwards • A jewel in the middle of the city 	The entrance to the Waterford Nature Park is through the entrance to the Kingfisher Club which is on the old Tramore Road (R675), on the right after Superquinn.
Sunday 14th October	Crough Wood, Mahon Bridge	Time: 2pm Crough Wood car park on the right hand side as you head towards Mahon Falls	Distance: 3km Time: 1hr The local community group have done great work in this hidden gem which is a Coillte wood.	<ul style="list-style-type: none"> • Nature trail • Plenty of picnic spots • Tranquil setting 	Follow signs from the N25 at Kilmacthomas and Leamybrien for Mahon Falls. Crough Wood is on the right hand side before the cattle grid on the road going up to Mahon Falls.

TO FIND OUT MORE PLEASE CONTACT **JANE O'DWYER**, WALKING OFFICER, WATERFORD SPORTS PARTNERSHIP ON **086 1985729**