

Walk Waterford - Autumn Series 2013

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!

To find out more contact **Pauline Cunningham, Sports Development Officer, Waterford Sports Partnership on 086 7837385.**

DATE	NAME OF WALK	MEETING TIME & PLACE	TRAIL DETAILS	TOP 3 HIGHLIGHTS	GETTING THERE
Sunday 22nd September	Mahon Falls Comeragh Mountains	Time: 2pm Mahon Falls car park	Distance: 2.4km Duration: 40 minutes there and back. This is an easy walk which is mostly flat with one steep section near the falls	<ul style="list-style-type: none"> - The magnificent Mahon Falls - One of the most accessible routes into the Comeragh Mountains - Amazing view over Dungarvan Bay and beyond 	Signposted off the N25 at Kilmacthomas and Leamybrien
Sunday 29th September  WORLD HEART DAY WALK	Waterford Kilbarry Nature Park	Time: 2pm In the Kilbarry Park car park (via Kingfisher entrance)	Distance: 1.8km + optional additional 1.8km Duration: 1 hour There is a choice of walks and interesting features in this fantastic 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 6th October	Ballysaggart Towers, Lismore	Time: 2pm The car park at the Towers	Distance: 2km Duration: 30 minutes This is 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.	<ul style="list-style-type: none"> - The impressive gothic gates built by Arthur Kiely Usher. - What a walk through the beautiful trees - Picnic tables half way round, perfect for a break 	Take the R666 Lismore/Ballyduff/Fermoy Road sign posted off the bridge at Lismore Castle. Continue for 3.5km to the Towers car park.
Sunday 13th October	Tramore Dunes	Time: 2pm At the car park opposite the Majestic Hotel	Distance: 5km Duration: 1 hour There and back. This is an easy walk which starts by the Majestic Hotel 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 20th October	Colligan Wood, Dungarvan	Time: 2pm Colligan Wood Car park	Distance: 3km looped route (optional 6km) Duration: 1 hour 15 minutes There is something here for everyone, a short flat walk along the river a 3km looped route and for those wanting an even bigger challenge there is a 6km looped trail.	<ul style="list-style-type: none"> - The tranquil Coillte forest - Picnic tables by the restful Colligan River - This is a little piece of paradise 	From Dungarvan take the N72 to Lismore. At the Master McGrath monument take a right onto the R672. Travel a further 4km to the next junction and exit right onto the Kilbrien road. The car park is 1km further on this road