



# WALK FOR LIFE BEAT THE STREET

Waterford Sports Partnership is hosting five walks for people aged over 50 during the Beat the Street Programme (see below). The series aims 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 - Walk for Life & Beat the Street!**



**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)**

WHEN & WHERE	DETAILS	GETTING THERE
<b>Tuesday 12<sup>th</sup> Sept @ 10.30am Waterford Greenway, Killmachthomas Workhouse</b>	<b>Mixed Ability (Accessible Walk) - Distance:</b> 5km   <b>Duration:</b> 1 hour This walk on the Waterford Greenway begins at Killmachthomas Workhouse and goes over the Killmachthomas viaduct where walkers will enjoy beautiful views across the Comeraghs Mountains.	<b>Dungarvan - Killmachthomas:</b> Follow the N25 from Dungarvan take the turnoff signposted left for Killmachthomas. Take a right and follow the road to a T-junction. Take a right at the T-junction, proceed for 300m and then take a left signposted Waterford Greenway Workhouse Car Park. <b>From Waterford:</b> Take N25 towards Dungarvan, turn off at signpost for Killmachthomas. Turn left at the bottom of the hill and follow the signs to the Waterford Greenway Workhouse Car Park.
<b>Tuesday 19<sup>th</sup> Sept @ 10.30am Walton Park, Abbeyside, Dungarvan</b>	<b>Mixed Ability (Accessible Walk) - Distance:</b> 4km   <b>Duration:</b> 1 hour The route begins at Walton Park, from there walkers will head towards Dungarvan Sports Centre enjoying great views of the Quay, Dungarvan Bay, The Cunnigar and An Rinn, returning to Walton Park via the town centre.	<b>From Waterford:</b> Take N25 Cork Road to Dungarvan. Take the first exit at the Coolagh roundabout and third exit at the mini roundabout. Turn right at the traffic lights and park in the Causeway Tennis Club Car Park.
<b>Tuesday 26<sup>th</sup> Sept @ 10.30am Kilbarry Nature Park Waterford</b>	<b>Mixed Ability (Accessible Walk)</b> <b>Distance:</b> 1.8km + optional 1.8km   <b>Duration:</b> 1 hour There is a choice of walks and interesting features in this fantastic 50 acre Nature Park. 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 SuperValu.
<b>Tuesday 3<sup>rd</sup> Oct @10.30am Waterford Greenway Clonea Road</b>	<b>Mixed Ability (Accessible Walk)</b> <b>Distance:</b> 2km/3.5   <b>Duration:</b> 30/45 mins. A 3.5 km looped walk along the Greenway, this walk will take you along the Greenway stretch from the Clonea Road Car park down to Gold Coast Road to enjoy 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 Greenway Car Park is on the left after the roundabout.</i>
<b>Tuesday 10<sup>th</sup> Oct @ 10.30am Waterford Greenway, Killmachthomas Workhouse</b>	<b>Mixed Ability (Accessible Walk) - Distance:</b> 5km   <b>Duration:</b> 1 hour This walk on the Waterford Greenway begins at Killmachthomas Coach House and goes over the Killmachthomas viaduct where walkers will enjoy beautiful views across the Comeraghs Mountains.	<b>Dungarvan - Killmachthomas:</b> Follow the N25 from Dungarvan take the turnoff signposted left for Killmachthomas. Take a right and follow the road to a T-junction. Take a right at the T-junction, proceed for 300m and then take a left signposted Waterford Greenway Workhouse Car Park. <b>From Waterford:</b> Take N25 towards Dungarvan, turn off at signpost for Killmachthomas. Turn left at the bottom of the hill and follow the signs to the Waterford Greenway Workhouse Car Park.



Beat the Street is designed to inspire people to make small changes, such as walking or cycling to work every day, to improve their health. Two hundred and thirty-five thousand have played Beat the Street in over 40 programmes worldwide to date & in 2015, 300 schools played the game and more than 175,000 people took part! As well as major health benefits to the community, participating in activity such as Beat the Street each day has been shown to dramatically improve concentration levels of children in class and adults at work. Further benefits can be seen with reduced traffic congestion around the game areas. **How does it work?** - 'Beat Boxes' will be positioned throughout the local area of Waterford city, Killmachthomas and Dungarvan. Players receive a card which they tap on the Beat Boxes as they walk, cycle, or scoot around town, earning points for themselves and their team. The more boxes you tap, the more points you earn. Players can view their progress online and see how they are performing. Here they can also see how their team is doing on the leader boards. The top community team will win a prize and there will also be prizes for individuals who have walked the furthest! **FOR MORE INFO visit [www.beatthestreet.me/waterford](http://www.beatthestreet.me/waterford)**

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



**Waterford Sports Partnership - Supporting Activity and Sport for All**