


Walk Waterford - Autumn Series 2014

Waterford Sports Partnership is organising an Autumn Series of leisure walks to give the people of Waterford a chance to get out and explore the wonders of Waterford. 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 (051) 849855 or pcunningham@waterfordsportspartnership.ie

Date	Name of Walk	Meeting Time and Place	Trail Details	Top 3 Highlights	Getting There
Sunday 21st September	Kilbarry Nature Park, Waterford	Time: 11am In the Kilbarry Park car park (via Kingfisher Entrance)	Distance: 1.8km + optional additional 1.8km Duration: 25 minutes + optional 25 minutes There are a choice of walks and interesting features in the 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 Kilbarry Nature Park is through the entrance to the Kingfisher Club which is on the old Tramore Road (R675), on the right after Supervalu.
Sunday 28th September Happy Hearts Day Walk 2014 <i>in Partnership with Stradbally Tidy Towns</i> Stradbally Slí na Slainte Route	 IRISH HEART FOUNDATION <small>Fighting Heart Disease & Stroke</small>	Time: 11am In Stradbally Village in the square (opposite the shop)	Distance: 4.6km Duration: 1 hour This is an easy looped walk with spectacular views such as the magnificent Comeragh Mountains and Hook Head lighthouse.	<ul style="list-style-type: none"> • Views of Hook Head Lighthouse • Views of Comeragh Mountains • Historical features such as Tobber Cill Eilbe and two Ogham Stones . 	From the N25 take turn sign posted Stradbally. At T- Junction take a left and continue for 5km until you come to crossroads. Continue straight sign posted Stradbally, up the hill and past church (on left). Enter village and the square is on right opposite Cunningham's shop.
Sunday 5th October	Glenshelane Woods Walk, Cappoquin	Time: 11am In the car park at woods.	Distance: 3km Duration: 1 hour 15 minutes Glenshelane or Gleann Siothláin means "The Glen of the Fairies". The walk takes you along the river up into the Glenshelane Valley sheltered by a pleasant forest of beech, ash, oak and many beautiful flora and fauna.	<ul style="list-style-type: none"> • The relaxing tranquil Coillte forest • Beautiful riverside walk through magnificent woodlands of conifers and broadleaves. • This is a little piece of paradise 	From Cappoquin travel the Clogheen/Mellary Road R669 for a distance of 1km until you come to a grotto, veer right and the car park entrance is a short distance after crossing Bealick Bridge.
Sunday 12th October	Dungarvan Railway Track	Time: 11am In the Waterford City and County Council car park just off the Park Hotel roundabout	Distance: 5km Duration: 45 minutes 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 Waterford City and County Council (free) car park is just off the Park Hotel roundabout opposite Country Life.
Sunday 19th October	Dunes Walk, Tramore	Time: 11am In the car park opposite the Majestic Hotel	Distance: 5km Duration: 1 hour 30 minutes 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 • Home to some rare seaside plants and interesting wildlife. • Views over Tramore bay and town 	The car park opposite the Majestic Hotel is on the main road into Tramore .