

Donegal Walking Week key opening walk and fun events for all the Family **SATURDAY 21st MAY (12:00PM - 3:00PM)**

Why not join us with Donegal's County Mayor, Cllr Cora Harvey and other special guests to take part in the 1km Challenge at 1:00pm in the Letterkenny Town Park.

The 1km challenge is a set route around the park which anyone can complete at their own pace regardless of age, ability or fitness levels. The route is fully accessible and open to all abilities.

Highland Radio's Gig Rig will also broadcast live from the Park from 12noon to 3pm promoting the activities of Donegal Walking Week including today's events:

- Family treasure hunt
- Fun Orienteering with Gartan Outdoor Education Centre - Learn how to read maps and be able to navigate your way around the orienteering course. Great fun for all the family!
- Children's activities include; inflatable fun, face painting and more.
- Donegal Mountain Rescue display
- FitWalk and Nordic Walking demonstration
- Loads of giveaways!

Donegal Walking Week - It's a walk in the Park!

Letterkenny's Town Park on the High Road hosts the opening walking event of the 2011 Donegal Walking Week and kick's off a full programme of walking related activities including 50 scheduled walks and 4 FitWalk Clinics in all parts of the county.

The opening event in Letterkenny Town Park on Saturday 21st May, which starts at 12pm until 3pm promises to be a hive of activity with loads of family entertainment including, bouncy castles, face painting, treasure hunts, orienteering, fitWalk and Nordic walking demonstrations and a 1 kilometre walking challenge and live broadcast from Highland Radio's Pio McCann Show.

Donegal Walking Week has been growing from strength to strength since it was established in 2007 and has been developed to market all that is positive from walking in the North West.

The main coordinators of the event are Donegal Sports Partnership who through the support of local agencies and communities have put together a packed programme of walking activities in all parts of County Donegal for everyone to enjoy and participate.

Donegal has some of the finest walking areas in Europe and during the Donegal Walking Week locals and visitors will have an opportunity to experience all that is good with walking in Donegal and to visit some of the county's most treasured scenic areas and views.

The programme includes walks for everyone so those with a little less energy can still be a part of Donegal Walking Week with some attractive short walks in both urban and rural areas. This year many schools have also organised their very own events to encourage more physical activity with children.

For anyone wishing to find out more about Donegal Walking Week they can log onto the www.letswalkdonegal.com web site for a full programme of events, a programme booklet will also be available through local community facilities.