



Donegal Walking Week



Seachtain Siúil Dhùn na nGall

24th to 30th May 2009
24-30 Bealtaine 2009



‘Walk Donegal 2009’

May 24th to May 30th

Aims:

- To promote walking as a safe enjoyable and health promoting physical activity which can be enjoyed by all the family?
- To promote Donegal as a quality walking location with its stunning scenery and spectacular walks.
- To encourage and support communities in the development of walking infrastructures.

Outline of 2009 programme:

- 2009 theme is based on ‘*The family*’.
- Numerous guided and non guided special interest walks – including history, geology, nature and health.
- Training and education workshops on walking for health, the environment, walking tourism, preparing for the great outdoors.
- Walking events to suit all of the family and all abilities.
- Walking schools programmes.

Be part of ‘Walk Donegal 2009’

For further information on organising 2009 events

Donegal Sports Partnership

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