



Press Release

Wednesday 8th April

Launch of Donegal Walking Week Families encouraged to get walking this May

Donegal Walking Week 2009, launched today by Donegal Sports Partnership, is hoping to encourage as many individuals, families, schools and workplaces as possible to get active and get walking. The event is primarily taking place from the 24th until 30th May with a focus on community led family fun walking programme all across Co Donegal. The week will also include workshops and presentations on walking fitness, the environment and heritage.

The week long event will kick off with a family walk at the Bluestack Centre outside Donegal Town on the 24th May. This walk will include information sessions and practical demonstrations on outdoor activities such as tent pitching, outdoor footwear and clothing and personal safety.

Donegal Walking Week provides a great opportunity for both the local community and visitors to get out and sample the many walking opportunities Donegal has on offer. All abilities are catered for and local accommodation providers are offering overnight packages to encourage visitors to stay in the Donegal area.

A full programme of activities is planned throughout the week in all areas of the county including 26 guided walks both coastal and inland, a family challenge, educational workshops on outdoor activities and also on the environment and walking for health.

The week long festivities will conclude with a family fun day at Glenveagh Castle where they will present one lucky family with a €500 gift voucher sponsored by Wet'n'Wild, Letterkenny for having completed the family walking challenge!

The key sponsors of the event include Irish Sports Council, Fáilte Ireland, Health Service Executive, Gartan Outdoor Education Centre, Donegal VEC, Udarás na Gaeltachta, Donegal County Council, National Parks and Wildlife Service, Donegal Local Development Company, the Department of Community Rural and Gaeltacht Affairs and the Bluestack Centre.

ENDS

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