

Donegal Walking Week 2009 – Programme of Walks (29)

Walk 01

Walk: Drumboe Woods, Stranorlar
Date: Thursday 21st May 2009
Time Leaving: 7:00pm **Finish Time:** 8:00pm
Start Point: Finn Valley Sports Club
Finish Point: Finn Valley Sports Club
Distance: 5/6 km (Level 1)
Contact Details: Ms Rosaleen McGonagle
Tel / Mob: 074 9190444 086 1010566
Email: rmcgonagle@yahoo.co.uk

Walk Details: Level footing - (30 max. - book in advance)

Walk 02

Walk: Gabhla / Gola Island
Date: Saturday 23rd May 2009
Time Leaving: 11:00am **Finish Time:** 4:00pm
Start Point: Magheragallon Pier
Finish Point: Magheragallon Pier
Distance: 4 km (Level 2)
Contact Details: Mr Gerard Skehan
Tel / Mob: 074 9172295
Email: gskekan@donegalcoco.ie

Walk Details: NO - As the walk is on an island, participants will need to be able to disembark from boat to pier. Elements of walk may be off-track. Participants will be shown around the island and given a history of the settlement by Traditional Buildings Officer, Gerard Skehan and Ancaire's Máirín UíFhearraigh. Gabhla's traditional houses are remarkably intact and offer an insight into a unique way of life. The walk will conclude with a guided tour of the island's natural heritage. Gabhla is located in a Natural Heritage Area (NHA) and the Gweedore Bay and Islands Special Protection Area (SPA). This area is of high ecological value for the occurrence of a wide range of coastal habitats. **All Welcome**

Walk 03

Walk: Lisnagra Wood, Muff
Date: Saturday 23rd May 2009
Time Leaving: 2:00pm **Finish Time:** 4:00pm
Start Point: Car Park at Lisnagra Wood, Muff
Finish Point: Car Park at Lisnagra Wood, Muff
Distance: 5.5 km (Level 2)
Contact Details: Mr Des McCallion
Tel / Mob: 086 1080095

Walk Details: (Direction signposts on road way from Harkins Shop, Muff) - A pleasant, relatively short walk along quiet country roads which takes you off the beaten track through woodland and hillside below Eskaaheen Mountain, and with good views over Lough Foyle. Opportunity to study Lisnagra Wood afterwards. **All Welcome**

Walk 04

Walk: An Mhachaire Walk, Dungloe
Date: Sunday 24th May 2009
Time Leaving: 2:30pm **Finish Time:** 4:30pm
Start Point: Maghera Community Centre
Finish Point: Maghera Community Centre
Distance: 2 miles approx. (Level 3)
Contact Details: Frances Boyle or Hugh Gerard Boyle
Tel / Mob: 074 9521252 087 7733203 or 087 7647991
Email: fran_boyle@yahoo.com

Walk Details: Only suitable for able bodied walkers. **All Welcome**

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Walk 05 'Family Day'

Walk: Bluestack Family Day - Disert Graveyard Historical Walk
Date: Sunday 24th May 2009
Time Leaving: 1:00pm **Finish Time:** 3:00pm
Start Point: The Bluestack Centre - Transport provided to & from walk
Finish Point: The Bluestack Centre - Transport provided to & from walk
Distance: 3 km (Level 1)
Contact Details: Ms Inga Bock
Tel / Mob: 074 9744937 087 9318077
Email: ibock@dldc.org

Walk Details: Yes, walk on formerly tarmac surfaced roads and off road tracks, accessible for all abilities. Opportunity to learn some local history and heritage about Disert. **All**

Welcome (Part of the official opening of Donegal Walking Week 7 Family Day)

Walk 06

Walk: Gartan OEC & Derryveagh Mountains
Date: Sunday 24th May 2009
Time Leaving: 1:00pm **Finish Time:** 5:00pm
Start Point: Gartan OEC Car park - Transport provided to and from walk
Finish Point: Gartan OEC Car park - Transport provided to and from walk
Distance: 10 km (Level 4-5)
Contact Details: Ms Brona Duddy
Tel / Mob: 074 9137032 087 2923474
Email: office@gartan.com

Walk Details: Hill walk over mixed terrain. Boots are preferred footwear. Bring rainwear, drink and snack. **(20 max. - book in advance)**

Walk 07

Walk: Glentogher Walk, Carndonagh
Date: Sunday 24th May 2009
Time Leaving: 2:00pm **Finish Time:** 4:30pm
Start Point: Quigley's Point Road (will be sign posted)
Finish Point: Quigley's Point Road
Distance: 3.5 miles (Level 3/4)
Contact Details: Mr Des McCallion
Tel / Mob: 086 1080095

Walk Details: Suitable footwear necessary. Ideal opportunity to visit some Neolithic tombs

All Welcome

Walk 08

Walk: Ray Walk, Rathmullan
Date: Sunday 24th May
Time Leaving: 2:00pm **Finish Time:** 4:00pm
Start Point: Ray Football Pitch, Dressing Rooms
Finish Point: Ray Football Pitch, Dressing Rooms
Distance: 6 miles (Level 3)
Contact Details: Ms Fiona Boyle
Tel / Mob: 087 2514790
Email: fiona.boyle@hse.ie

Walk Details: The walk will take place on the main road. There are 2 gradients that are a little steep but otherwise all levels of fitness should manage without any issues. Participants can choose to walk shorter distances and then turn back towards the Dressing Rooms if they wish. There will be a car in attendance behind the walkers so that if anyone needs to rest or get a lift. Suitable for prams or buggies also. Refreshments will be provided after the walk. **All welcome**

Donegal Walking Week 2009 – Programme of Walks (29)

Walk 09

Walk: Siúloid An Chocháin Bhig
Date: Sunday 24th May 2009
Time Leaving: 2:00pm **Finish Time:** 3:20pm
Start Point: Ionad Naomh Padraig, Dore
Finish Point: Ionad Naomh Padraig, Dore
Distance: 4 km (Level 3)
Contact Details: Ms Mary Coyle
Tel / Mob: 074 9532949 086 8259752
Email: ionadnp@eircom.net

Walk Details: Not suitable for pushchairs as terrain includes gravel, dirt-tracks and some moderate ascents. **(20 max. - book in advance)**

Walk 10

Walk: Siúlóid Cois Trá
Date: Sunday 24th May 2009
Time Leaving: 1:00pm **Finish Time:** 4:00pm
Start Point: Scoil Náisúinta Rann na Feirste (Ranafast National School)
Finish Point: Scoil Náisúinta Rann na Feirste (Ranafast National School)
Distance: 6 km (Level 3)
Contact Details: Mr Tony Mac Ruairí
Tel / Mob: 074 9562260 087 0607589
Email: tmr@live.ie

Walk Details: NO - Tá sé cois na trá, tá uisce igceist.neamhtheoranta. **All Welcome**

Walk 11

Walk: Siúloid Loch na Cailligh
Date: Sunday 24th May 2009
Time Leaving: 3:30pm **Finish Time:** 4:30pm
Start Point: Ionad Naomh Padraig, Dore
Finish Point: Ionad Naomh Padraig, Dore
Distance: 4 km (Level 3)
Contact Details: Ms Mary Coyle
Tel / Mob: 074 9532949 086 8259752
Email: ionadnp@eircom.net

Walk Details: Terrain includes gravel, dirt-tracks and some moderate ascents, passable with sturdy pushchairs. **(20 max. - book in advance)**

Walk12

Walk: Trusk Lough Walk, Ballybofey
Date: Monday 25th May 2009
Time Leaving: 5:30pm **Finish Time:** 7:30pm
Start Point: Trusk Lough Car Park
Finish Point: Trusk Lough Car Park
Distance: 5 miles (Level 2)
Contact Details: Mr John Conaghan
Tel / Mob: 074 9131480 086 8987587
Email: jconaghan@donegal.net

Walk Details: Off road walking - firm walking boots advised. No dogs please. **All Welcome**

Donegal Walking Week 2009 – Programme of Walks (29)

Walk13

Walk: Gortletteragh Forest Walk, Killygordan
Date: Tuesday 26th May 2009
Time Leaving: 6:30pm **Finish Time:** 7:30pm
Start Point: Picnic Area, Gortletteragh
Finish Point: Picnic Area, Gortletteragh
Distance: 3 km (Level 2)
Contact Details: Mr Fergus Kelly
Tel / Mob: 086 1737266

Walk Details: All surfaced trail, one step ascent, thus not suitable for push or wheelchairs.

All Welcome

Walk14:

Walk: Slí Áainn Mhóir, Arranmore Island
Date: Wednesday 27th May 2009
Time Leaving: 1:00pm **Finish Time:** 4:00pm
Start Point: Ferry Pier
Finish Point: Ferry Pier
Distance: 5.5 miles (Level 1)
Contact Details: Mr Sean Mac Eachmharcaigh
Tel / Mob: 074 9520533 087 9081277
Email: comharchumann@oileanarainnmhoir.com

Walk Details: Walking tour of Island. Ferry's to available and from Island. **All Welcome**

Walk15

Walk: St John's Point, Dunkineely
Date: Wednesday 27th May 2009
Time Leaving: 7:30pm **Finish Time:** 9:00pm
Start Point: The beach, St John's Point, Dunkineely
Finish Point: The beach, St John's Point, Dunkineely
Distance: 4 km (Level 1)
Contact Details: Mr John McGroary
Tel / Mob: 086 6059220
Email: info@walkingireland.ie

Walk Details: Road walk, accessible for all abilities. Stroll from the beach to the lighthouse and back. **All Welcome**

Walk16:

Walk: Fun Orienteering at Gartan Outdoor Education Centre
Date: Thursday 28th May 2009
Time Leaving: 7:00pm **Finish Time:** 9:00pm
Start Point: Gartan OEC Car park, Church Hill
Finish Point: Gartan OEC Car park, Church Hill
Distance: 1-2 hrs (Level: N/A)
Contact Details: Ms Brona Duddy
Tel / Mob: 074 9137032 087 2923474
Email: office@gartan.com

Walk Details: Learn how to read maps and be able to navigate your way around the orienteering course. Great fun for all the family! **(20 max. - book in advance)**

Donegal Walking Week 2009 – Programme of Walks (29)

Walk 17

Walk: Jackson's Hotel - 'Croaghonagh Walk'
Date: Thursday 28th May 2009
Time Leaving: 11:00am **Finish Time:** 3:00pm
Start Point: Jackson's Hotel Foyer, Ballybofey
Finish Point: Jackson's Hotel Foyer, Ballybofey
Distance: 3 hrs (Level 4)
Contact Details: Mr Joe Jackson
Tel / Mob: 074 9131021
Email: enquiry@jacksons-hotel.ie

Walk Details: Rough terrain and tracks, Boots essential, bring drink and snack - transport provided from Hotel to walk and back. **(14 max. - book in advance)**

Walk 18

Walk: Ard na Mona - Wood Nature Reserve, Donegal Town
Date: Friday 29th May 2009
Time Leaving: 2:00pm **Finish Time:** 7:00pm
Start Point: Car Park, Harvey's Point Hotel, Donegal Town
Finish Point: Car Park, Harvey's Point Hotel, Donegal Town
Distance: 7 km (Level 2)
Contact Details: Mr Roger Kuendig
Tel / Mob: 074 9722208
Email: sales@harveyspoint.com

Walk Details: A marvellous quiet Nature Reserve with created walking paths around a loop amidst large sizeable oak trees, hazel and holly. **All Welcome**

Walk 19

Walk: Dungloe Riverwalk
Date: Friday 29th May 2009
Time Leaving: 6:30pm **Finish Time:** 7:40pm
Start Point: Ionad Tempall Chróine
Finish Point: Ionad Tempall Chróine
Distance: 3 km (Level 1)
Contact Details: Ms Michelle Ní Chnámhsí
Tel / Mob: 074 9522198 087 6874645
Email: theionad@eircom.net

Walk Details: Road walk, accessible for all abilities, **(25 max. - book in advance)**

Walk 20

Walk: Gleann Head to Port (Deserted Village)
Date: Friday 29th May 2009
Time Leaving: 12:00md **Finish Time:** 5:00pm
Start Point: Oideas Gael, Gleann Cholm Cille
Finish Point: Oideas Gael, Gleann Cholm Cille
Distance: 4½ hours (Level 3)
Contact Details: Mr Brendan Delap
Tel / Mob: 074 9730248 087 9173106
Email: oideasgael@eircom.net

Walk Details: Road walk, accessible for all abilities. Pathways to Glen Head onto Port Village (deserted since 1950) **(12 max. - book in advance)**

Donegal Walking Week 2009 – Programme of Walks (29)

Walk 21

Walk: Lough Colmcille Trail, Milford
Date: Friday 29th May 2009
Time Leaving: 7:00pm **Finish Time:** 9:00pm
Start Point: Public Services Centre, Milford
Finish Point: Public Services Centre, Milford
Distance: 4.5 miles (Level 3/4)
Contact Details: Ms Deirdre O'Toole
Tel / Mob: 074 9116079 087 9300756
Email: deirdre@activedonegal.com

Walk Details: This challenging road and track walk will start in Milford and travel along the Ramelton Road, onto the Loughross Road and then onto the Old Milford Road passing Lough Colmcille before emerging onto the Garrygort Road and back towards Milford. Suitable footwear is essential as surface conditions vary. Donations (if desired) in aid of Magee Bluestack Challenge - **All Welcome**

Walk 22

Walk: Creevy Coastline Walk
Date: Saturday 30th May 2009
Time Leaving: 3:00pm **Finish Time:** 4:20pm
Start Point: End of road, Ballyshannon
Finish Point: End of road, Ballyshannon
Distance: 5/6 miles (Level 3)
Contact Details: Ms Margaret Storey
Tel / Mob: 071 9852896 086 6001966
Email: creevy@iol.ie

Walk Details: Coastal walk, rugged land, steps & stiles. **(12 max. -book in advance)**

Walk 23 – 'Family Day'

Walk: Glenveagh Castle 'Family Day' - Derrylahen Nature Trail
Date: Saturday 30th May 2009
Time Leaving: 11:00am **Finish Time:** 12:00md
Start Point: Visitors Centre, Glenveagh
Finish Point: Visitors Centre, Glenveagh
Distance: 2 km (Level 1)
Contact Details: Ms Carol O'Callaghan
Tel / Mob: 074 9137698 087 2864341
Email: glenveagh-education@environ.ie

Walk Details: *Part of the Donegal Walking Week Opening Events* - Track road and nature trail. **(30 max. - book in advance)**

Walk 24

Walk: Inch Level Walk, Burt
Date: Saturday 30th May 2009
Time Leaving: 2:00pm **Finish Time:** 4:00pm
Start Point: Car Park at Inch Level
Finish Point: Car Park at Inch Level
Distance: 4 miles (Level 2)
Contact Details: Mr Des McCallion
Tel / Mob: 086 1080095

Walk Details: Includes an alternative route for children. This walk is on a flat surface and will be fully accessible signposted along the Trady Embankment to Farland to Inch Island. The entire walk is within a wildlife conversation area, please note dogs are not allowed. Promises to be a great stroll. **All Welcome**

Donegal Walking Week 2009 – Programme of Walks (29)

Walk 25

Walk: Sliabh Liag Family Walk (1)
Date: Sunday 31st May 2009
Time Leaving: 12:30pm **Finish Time:** 4:00pm
Start Point: Carrick Vocational School
Finish Point: Carrick Vocational School
Distance: 7 km (Level 2)
Contact Details: Ms Monica O'Donnell
Tel / Mob: 086 8177303
Email: odonnellbros@eircom.net

Walk Details: All track - not suitable for wheelchairs or buggies **(40 max. - book in advance)**

Walk 26

Walk: Sliabh Liag - Strenuous Walk (2)
Date: Sunday 31st May 2009
Time Leaving: 12:30pm **Finish Time:** 5:30pm
Start Point: Silver Strand
Finish Point: Silver Strand
Distance: 10 km **(Level 5)**
Contact Details: Ms Monica O'Donnell
Tel / Mob: 086 8177303
Email: odonnellbros@eircom.net

Walk Details: Track and open ground not suitable for wheelchairs or buggies. **(40 max. - book in advance)**

Walk 27 - *NEW

Walk: West End Walk, Bundoran
Date: Sunday 24th May 2009
Time Leaving: 3:00pm **Finish Time:** 4:00pm
Start Point: West End Playground
Finish Point: West End Playground
Distance: 4 km (Level 1)
Contact Details: Tracy Ferguson
Tel / Mob: 071 9841230 / 087 2237691
Email: tferguson@donegalcoco.ie

Walk Details: The Costal walk is accsssible to wheelchairs adn buggies but their is a steep incline on the Sligo end of the walk) **(All welcome)**

Walk 28 - *NEW

Walk: Trá Mháchaire Robhartaigh
Date: Sunday 24th May 2009
Time Leaving: 12:00md **Finish Time:** 2:00pm
Start Point: Ionad an Pobail, Mháchaire Rabhartaigh
Finish Point: Ionad an Pobail, Mháchaire Rabhartaigh
Distance: 3 km (Level 3)
Contact Details: Ms Máire Mhic Pháidín
Tel / Mob: 074 9135556 086 3174260
Email: marypmeehan@yahoo.ie

Walk Details: Families with small children and pushchairs may do shorter walk which will be clearly marked on the day. 90% of the route is on sand and may be soft in areas. (Light refreshments served afterwards in Community Centre) **(40 max. - book in advance)**

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Walk 29 - *NEW

Walk: Bridal Path, Glenveagh
Date: Wednesday 27th May 2009
Time Leaving: 10:00am **Finish Time:** 1:00pm
Start Point: Glenveagh Castle
Finish Point: Glenveagh Castle
Distance: 4 miles (Level 4)
Contact Details: Mr John Haran
Tel / Mob: 074 9122512
Email: johnjazzharan@hotmail.com

Walk Details: As the group of students is of different abilities the walk will prove more difficult for some of the children. **(24 max. - book in advance)**