



For health and safety reasons pets cannot be allowed on our organised walks (guide dogs are an exception to this).

The walks taking place during Cavan Walking Festival are controlled walking events. Each walk will be led by a trained walking leader. All participants must follow walking leader instructions at all times and stay within the boundaries set by leaders.

Pre-registration (with Cavan Sports Partnership) is essential for all walks in order to plan for adequate walker/leader ratios. A limit exists on the number of people that can be accommodated on each walk. These are controlled walks therefore co-operation with walking leaders is essential. A walk registration fee of €2 will be payable on the day (to a maximum of €5 per family)

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Grade Title	Description
Multi-access	Flat smooth trails, suitable for all users including people with reduced mobility, wheelchair users, people with a vision impairment, using crutches, with a buggy, with small children, older people and so on. Normal outdoor footwear can be worn.
Easy	Generally flat trails with a smooth surface and some gentle slopes or shallow steps. These trails are generally suitable for family groups including children and the elderly. Normal outdoor footwear can be worn.
Moderate	These trails may have some climbs and going is rough underfoot with some obstacles such as protruding roots, rocks etc. The routes are appropriate for people with a moderate level of fitness and some walking experience. Specific outdoor walking footwear and clothing is recommended.
Strenuous	These are physically demanding trails, which will typically have some sections with steep climbs for long periods and the going underfoot can be extremely rough including many obstacles. Suitable for users accustomed to walking on rough ground and with a high level of fitness. Specific outdoor walking footwear and clothing required.

Please check grading level for each trail before registering – this will give you information on walk suitability and tips on fitness and clothing recommendations.

Grading Levels for Walking Trails



For more walk information log on to www.cavansportspartnership.ie



Cavan Walking Festival is a Cavan County Council initiative supported by Cavan Sports Partnership, Marble Arch Caves Global Geopark and local agencies and community groups.

Please check grading level for each trail before registering – this will give you information on walk suitability and tips on fitness and clothing recommendations.

Refreshments will be provided after each walk.

All walks will be led by trained Irish Heart Foundation walking leaders and local guides will be present on the walks to add a history/nature element.

Join a fantastic weekend of organised walking with a variety of options for all. Are you a seasoned walker prepared to challenge yourself with the Cullagh Mountain Trail? Perhaps you would prefer a leisurely stroll along the Ballyconnell Canal with your family or do something different and head out on a bird-watching dusk walk around the shores of scenic Lough Gowna? With nine walks taking place over the weekend, there is something for everyone.

Friday 4th May to Monday 7th May 2012.

County Cavan Walking Festival

Walking Festival Information

CAVAN WALKING Festival

Friday 4th May to Monday 7th May 2012.



To register

Return application form

or register online at

www.cavansportspartnership.ie

Application

Application Name.....

Address:.....

Contact Tel No:.....

Email:

If coming as part of a family or group please indicate number of total participants taking part:

Walk (you can choose more than one walk):

- Turbet Island, Belturbet (Walk 1)
- Castle Lake, Bailieborough (Walk 2)
- Garvagh Lough Loop (Walk 3)
- Sean Eamon Ruairi Trail, Glangevlin (Walk 4)
- Cornamuckla Dusk Walk, Gowna (Walk 5)
- Cuilcagh Mountain Trail (Walk 6)
- Deerpark Forest, Virginia (Walk 7)
- Bellamont Forest, Cootehill (Walk 8)
- Ballyconnell Canal Walk (Walk 9)

Please return application form to; Cavan Sports Partnership, Cavan County Council, Farnham Centre, Farnham St., Cavan.

Friday 3rd May

Turbet Island, Belturbet Accessible Walk



This short accessible walk takes people around the beautiful Turbet Island.



Starting Point: Car Park (N3)
Distance: ½ km
Start Time: 11am
Duration: 1hr
Grade: Multi Access

Castle Lake Walk, Bailieborough

This walk circles the historic Castle Lake. The area is steeped in natural beauty and history. Walkers will see Bailieborough Castle and the Boyle Lough amongst numerous other interesting sites.

Starting Point: Castle Lake (on the Shercock Rd. R178)
Distance: 7km
Start Time: 7pm
Duration: 1hr 45mins
Grade: Easy



Saturday 5th May

Garvagh Lough Loop



This walk circles the evocative Garvagh Lough in the heart of the west Cavan countryside offering spectacular views of Cuilcagh Mountain and the surrounding landscape.

Starting Point: Chapel at the Gowlan Crossroads
Distance: 5½ km
Start Time: 11am
Time: 1hr 30mins
Grade: Easy/ Moderate



Sean Eamon Ruairi Trail



This beautiful trail takes the walker through the homeland of Sean Eamon Ruairi – the last native Irish speaker in West Cavan. Walkers will really enjoy the spectacular views of Cuilcagh Mountain as they explore some of the most beautiful scenery in Cavan.

Starting Point: St. Pat's Hall, Glangevlin (R200)
Distance: 5km
Start Time: 2pm
Duration: 1hr 30mins
Grade: Moderate

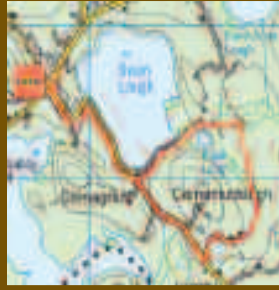


Cornamuckla Dusk Walk, Gowna



Heather Bothwell, wildlife enthusiast and local Geopark tourguide will lead this exciting walk at dusk to see wildlife, mammals and birds in their natural habitats along beautiful Swan Lake in Gowna.
(In association with Cavan Heritage)

Starting Point: Pikers Lodge,
Gowna
Distance: 4km
Start Time: 8pm
Duration: 1hr
Grade: Easy/ Moderate



Sunday 6th May

Cuilcagh Summit Walk



Leaving from Trivia House, Swanlinbar, you will take a bus trip to the start of this stunning summit walk. As you ascend to the summit you will see fabulous views of Cavan. Once you reach the summit of the mountain you will then begin your descent into County Fermanagh on the eastern side of Cuilcagh Mountain finishing off at the picturesque Gortalughany Viewpoint.

Note:

- Specific outdoor walking footwear and clothing is required.
- Walkers please bring flask and raingear

Starting Point: Trivia House Swanlinbar (N87)
Distance: 14km
Start Time: 10am
Duration: 6 hours
Grade: Strenuous



Sunday 6th May (con't)

Deerpark Forest Walk, Virginia



The Virginia Slí na Sláinte is located in the Coillte, Deerpark Forest, just outside Virginia. The route follows beautiful tree-lined paths winding through Deerpark Forest and skirts along the banks of Lough Ramor.

Starting Point: Virginia Rugby Club
Distance: 5.5kms
Start Time: 3pm
Duration: 1hr 30mins
Grade: Easy / Moderate



Ballyconnell Canal Walk / Family Treasure Hunt



This year the Canal walk also incorporates a Family Treasure Hunt. Children and adults alike will enjoy searching for clues along the Canal and in Annagh Woods. You might also see red squirrels and fallow deer as you search.

Starting Point: Ballyconnell Community Centre
Distance: 7km
Start Time: 3pm
Duration: 1hr 30mins
Grade: Easy



Disclaimer:

We have made every effort to make all our walks as safe and as enjoyable as possible, however, any event attended by you is done so at your own risk. Due care has been exercised by the organising committee of the Cavan walking festival however, sponsors and organisers of the festival accept no liability for loss of property, accident or injury to any person on the walks.

Participants need to check their capabilities before deciding what walks to participate in. Walkers should wear: suitable clothing for the walk they are participating in (e.g. Fleece jacket, raingear, hat and gloves, no denim), and bring drinks/water and a camera to capture the moments!

Our Walk Leaders are very experienced but must take your word that you are sufficiently fit for the walk you have chosen. Underlying health issues should be communicated to the Walk Leaders prior to taking part. Children under 16 must be accompanied by an adult.

Please note for health and safety reasons pets cannot be allowed on our organised walks.

The organising committee and Walk Leaders reserve the right to change or cancel any of the walks without prior notice. Walk Leaders must be obeyed at all times.

Refreshments will be served at the end of each walk.

Walkers are reminded to respect the environment at all times.

Log onto www.cavantourism.com for special Walking Festival accommodation rates.

Monday 7th May

Cootehill Walk

Starting in the town of Cootehill, walkers will enjoy the peaceful Bellamont Forest trails as well as the see notable sites of the historic market town of Cootehill.

Starting Point: Courthouse, Cootehill
Distance: 10kms
Start Time: 11am
Duration: 2hrs 30mins
Grade: Moderate



Quick Glance Symbols

Symbol	Meaning
	Accessible
	Off road buggy friendly (no strollers)
	Specific outdoor walking footwear and clothing
	For nature lovers
	Family Friendly
	Marble Arch Caves Global Geopark