



DONEGAL Walking Week

Seachtain Siúil Dhún na nGall 2011

‘Lets Walk Donegal’

Donegal Walking Week 2011 (22nd May to 29th May)

The key objective of Donegal Walking Week:

- Promoting and making the general public more aware of the benefits of walking.
- Supporting communities in organising activities which encourage people to walk.
- Promoting Donegal as a quality walking location.

Who it's for?

The target audience is the general public - maybe those who haven't been walking in the past. We would hope that community groups, schools, workplaces and sports clubs would be interested in organising a walk or in participating in a walk during Donegal Walking Week 2011. There will be many different walks and trails aimed at many different user abilities reflecting the diversity of walks available in Co Donegal.

Getting the message across:

Donegal Walking Week will be launched at a central location in early April with a major media campaign through national, regional and local media to promote all events taking place during walking week 2011. Our website www.letswalkdonegal.com will host all the information on the various events around the county including the location of the walk, description, time and duration.

What events can be included for Donegal Walking Week 2011?

We hope to promote 40/50 walk related events throughout County Donegal. Some of the themes you may consider include:

- Organised walk/run events
- Themes promoting, history, heritage or environmental walks
- Events providing information on health or fitness related walking topics
- School based walking initiatives – walking bus, 1 mile challenge, 3 legged walk, walk backwards challenge, walking lunch etc...
- Walking Nature events
- Urban walks
- Leave No Trace awareness walks
- National Looped Walking events
- Upland walking
- Walk related events such as orienteering for beginners, treasure hunts etc...
- Fundraising events – charity fun walks, walking challenges, walk to work etc...



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Guidelines for planning events

Some guidelines for planning events are:

- All events delivered under Donegal Walking Week 2011 must be officially registered with DWW in order to be part of the programme.
- There must be a **clear leader/ host organisation** responsible for organising and running the event. (this includes any site clean-up that may also be required)
- Contact details for the person responsible for the walk will appear on the website, they must be willing to accept queries from the public in relation to the event.
- All events must be organised taking into consideration the health and safety of participants.
- Events should typically run for between **30 minutes and 3 hours**.
- Adequate and safe parking must be available for predicted level of visitors/participants.
- First-aid provision appropriate to the event should be available if necessary.
- Children at all events must be accompanied by a parent or guardian.

Partnership Approach:

Historically the organising partners of **Donegal Walking Week 2011** were Donegal Sports Partnership, Health Service Executive, Donegal Local Development Company, Fáilte Ireland, Donegal County Council, Gartan Outdoor Education Centre, Glenveagh National Park and Údarás na Gaeltachta and the Bluestack Centre.

We would like to encourage all community and voluntary groups, schools, workplaces and sporting organisations to participate in Donegal Walking Week 2011 by hosting a local walking event and to be part of the **'letswalkdonegal'** Initiative.

What Next?

- Organisations wishing to plan and run an event on the day should complete the registration form attached.
- Please fill in the form on the next page with details of your event.
- Partial or incorrect information will not be posted on the website.
- FREE Promotion of your event - Events approved by the organising partners will be listed on www.letswalkdonegal.com and organisers websites and advertised in local and regional newspapers.

DEADLINE FOR SUBMISSIONS: 20th APRIL 2011

For further details: Contact the Donegal Sports Partnership

Tel: 07491 16079 **Email:** info@activedonegal.com