

Friday 30th September

Lee's Road Amenity Park, Ennis

Day & Time of event: Friday September 30th @ 4pm

Distance: 3km

Duration: 1.5 hours

Description of Event: Get away from it all, enjoy fresh air and enjoy nature on this Forest Trail on the outskirts of Ennis. Ideal for children and Buggy friendly. Get your weekend off to a healthy start!

Host Organisation: Clare Sports Partnership

Contact name: Catherine Ryan

Phone Number: 065 6865434

Email address: cathy@claresportspartnership.com

Website address: www.claresportspartnership.com

Nearest town: Ennis

Meeting point: Clubhouse, Lees road Amenity Park

How to get there: From Ennis follow N85 Lehigh road, take right turn signposted Lees Road Amenity Park, Park is located after junction on your left

Is pre-registration required: No

Suitable for: All ages and fitness levels, buggy friendly

Instructions: Bring raingear, suitable footwear, fluid and snack,

Friday 30th September

Burren National Park Nature Trail Walk

Day & Time of event: Friday September 30th, 12.00 midday

Distance: 3Km

Duration: 1.5 hours

Location: Burren National Park Slieve Carran Walk

Theme: Interactive Family Walk

Description of Event: General ecology walk

Host Organisation: Burren National Park NPWS

Contact name: Sheila Murphy

Phone Number: 065 6827693/ 087 7527938

Email address: burrennp@gmail.com

Website address: www.burrennationalpark.ie

Nearest town/village: Corofin, Co. Clare

Meeting point: Slieve Carran. GR:RM332 033

How to get there: From Corofin village, take R460 Gort road past Lough Bunny. Turn left at Boston/Tubber crossroads. Travel along this road and take 4th left to bring you to Slieve Carran.

Is pre-registration required: Yes

Suitable for: All families and inexperienced Hikers.

Instructions: Wear warm clothes, and suitable footwear. Bring raingear, fluid, snacks.

Saturday 1st October

Blackhead Mountain Trail

Day & Time of event: Saturday October 1st @ 2pm

Distance: 12km

Duration: 4 -5 hours

Description of Event: Trail and hill walk from the beach in Fanore to Cathair Dhuin Irghuis ringfort on Blackhead mountain approx 200 metre hill climb with spectacular views of The Burren, Aran Islands and Galway Bay

Host Organisation(s): Burren Guided Walks and Hikes

Contact Name: Mary Howard

Phone Number: 087 2446807

Email Address: mary@burrenguidedwalks.com

Website Address: www.burrenguidedwalks.com

Nearest town and county: Ballyvaughan/Lisdoonvarna

Meeting point: Car park, Fanore beach

How to get there: Take the R477 coast road south from Ballyvaughan and north from Lisdoonvarna for approx 15 Kms

Is pre-registration required: Yes by email or telephone

Suitable for: People with a reasonable level of fitness and for families with children over 8 years.

Instructions: Strong walking shoes required. No dogs allowed. Bring fluid, snacks and waterproofs.

Saturday 1st October

Ballinalacken to Ballyvaughan

Day & Time of event: Saturday October 1st @ 11am

Distance: 22km

Duration: 5+ hours

Location: Ballyvaughan

Description of Event: Scenic walk on Green road Trail, one climb. Enjoys splendid views of Aran Island, Galway Bay, Fanore & Ballyvaughan

Host Organisation: Ballyvaughan Fanore Walking Club

Contact name: John Sharry

Phone Number: 087 2750315

Email address: info@ballyvaughanfanorewalkingclub.com

Website address: www.ballyvaughanfanorewalkingclub.com

Meeting point: Ballyvaughan Pier at 10.15 am, Bus departs at 10.30 am

Is pre-registration required: Yes, essential as there is a bus required.

Suitable for: High levels of fitness

Instructions: Strong walking shoes required. Bring fluid, snacks and waterproofs. No dogs allowed. Walkers will be bused to start of walk in Ballinalacken.

Sunday 2nd October – *National Trails Day*

Loop Head Lighthouse Walk

Day & Time of event: Sunday October 2nd @ 9.30am

Distance: 10km to 12km

Duration: 4-5 hours

Location: Loop Head Peninsula

Description of event: A Scenic Walk between Loophead lighthouse and Kilbaha village. Starting from Kilbaha, walking on the road to Loophead lighthouse. From there walking along the northern side of the peninsula, taking in the spectacular cliffs and sea views, and finishing again in Kilbaha village. There is an optional visit to the Lighthouse @ €3 per person.

Host organisation: West Clare Walking Club

Contact name: Anne Haugh

Phone number: 086 8238657

Email address: info@westclare-walkingclub.com

Website address: <http://www.westclare-walkingclub.com/index.html>

Nearest town: Kilkee

Meeting point: Lighthouse Inn, Kilbaha, County Clare.

How to get there: Follow R847 from Kilkee to Kilbaha. 35mins drive.

Is pre-registration required? No, but desired.

Suitable for: Families with older children more than 12 years;

Experienced Hiker.

Instructions: Come prepared for the weather, terrain and breathtaking scenery. Bring fluid, snacks and suitable footwear, preferably walking boots.

Sunday 2nd October – *National Trails Day*

Black Head National Loop Walk

Day & Time of event: Sunday October 2nd @ 10.00am

Distance: 26km

Duration: 6-8 hours

Location: Black Head, Co. Clare

Description of Event: Long scenic walk in North Clare. The Black Head Loop is a 26Km strenuous National Looped walk commencing in Fanore. It climbs up through Ballelly, along part of the Burren Way to the Caher Valley and crosses part of the Gleinagh Mountain.

Host Organisation: Clare Outdoor Club

Contact name: Eoin Cleary

Phone Number: 086 2572792

Email address: eoincleary@ireland.com

Website address: www.clareoutdoorclub.net

Nearest town /village: Fanore / Ballyvaughan / Lisdoonvarna

Meeting point: Trailhead at Fanore Beach car park

How to get there: Fanore is located on the R477, half way between Ballyvaghan village and Doolin village in County Clare. Fanore is a one hour drive north of Ennis. The trailhead is located at Fanore Beach car park.

Is pre-registration required: Yes. Please contact Eoin Cleary 086 2572792 or Mary Conway 087 7675991

Suitable for: People with a good level of fitness and some hill walking experience

Instructions: Bring a packed lunch, fluid, snacks waterproofs and preferably walking boots.

Sunday 2nd October – National Trails Day

Ballycuggaran Loop Walk

Day & Time of event: Sunday October 2nd @ 11 AM

Distance: 8km

Duration: 3 hrs

Location: Two Mile Gate, Killaloe, Co. Clare

Description of event: Forest and mountain walk. Minor roads, forestry paths and tracks with extensive views eastwards over Lough Derg. Fairly steep start on track and footpath, then reasonably level route on forestry track along mountainside before a short sharp descent on track and footpath through a ford. A gradual descent on a minor road back to the finish.

Host organisation: East Clare Walking Club

Contact name: Alan Howe

Phone number: 087-2873985

Email address: eclarewalkingclub@eircom.net

Website address: www.eastclarewalkingfestival.com

Nearest town and county: Killaloe, Co. Clare

Meeting point: Two Mile Gate Lakeside Parking

How to get there: Two Mile Gate lakeside carparks are 3km from Killaloe on the Killaloe- Scariff R463 road .Meeting point is layby nearest Killaloe with height barriers. (overheight vehicles can be parked at adjacent layby).

Is pre-registration required: No

Suitable for: Families with older children > 4, Inexperienced Hiker, Experienced Hiker

Instructions: Walking boots or sturdy runners. In event of very wet weather an alternative route avoiding the ford (and the steep descent) will have to be taken.

Sunday 2nd October – *National Trails Day*

Abbey Hill

Day & Time of event: Sunday October 2nd @ 11am

Distance: 6km to 8km

Duration: 3-4 hours

Location: Bellharbour

Description of Event: This is a hill walk with some main road & green road. One climb. Visit Corcomore Abbey and enjoy views looking down on Bellharbour, Muckinish, Newquay, Duras and onto Galway bay.

Host Organisation(s): Ballyvaughan Fanore Walking Club

Contact name: Michael Queally

Phone Number: 086 0767776

Email address: info@ballyvaughanfanorewalkingclub.com

Website address: www.ballyvaughanfanorewalkingclub.com

Nearest town/village: Ballyvaughan, Kinvarra

Meeting point: The Pier Bellharbour, at 10.30 am walk at 11 am

Is pre-registration required: Preferred

Suitable for: Medium fitness levels, families with older children 12 years plus.

Instructions: Bring fluid, snacks, waterproofs and wear walking boots.

Sunday 2nd October – *National Trails Day*

Carron National Looped Walk

Day & Time of event: Sunday October 2nd @ 2pm

Distance: 9km

Duration: 3-4 hours

Location: Carron National looped walk, Carran Village

Description of Event: Challenging Burren trek mostly off road, one climb. Be guided on this 9km National Looped walk by a local landowner, who will point out the many items of historical and archaeological interest along the route.

Host Organisation: Cassidy's Pub, Carran

Contact name: Robert Cassidy

Phone Number: 087 2414099

Email address: info@cassidypub.com

Website address: www.cassidypub.com

Nearest town/village: Corofin, Carran

Meeting point: Cassidys Pub, Carran

How to get there: Starting from the town of Ennis, follow the N85 towards Lahinch and turn off onto the R476 for Corofin. Continue on the R476 for 7km before turning onto the R480 near Lemenagh Castle. After 1km turn right for Carran.

Is pre-registration required: No

Suitable for: Above average fitness levels, children older than 12.

Instructions: Sturdy walking boots required. Waterproofs. Bring food, snacks and fluids.

Sunday 2nd October – *National Trails Day*

Carron Turlough loop

Day & Time of event: Sunday October 2nd @ 2pm

Distance: 5km

Duration: 1.5- 2 hrs

Location: Carron Turlough looped walk, Carran Village

Description of Event: Mostly flat, quiet country road walk in the heart of the Burren, around the worlds largest Turlough (disappearing lake). Buggy Friendly, 5km.

Host Organisation: Clare's Rock Hostel, Carran

Contact name: Pat Cassidy

Phone Number: 065 7089129

Email address: info@claresrock.com

Website address: www.claresrock.com

Nearest town /village: Corofin / Carran village

Meeting point: Cassidys Pub, Carran

How to get there: Starting from the town of Ennis, follow the N85 towards Lahinch and turn off onto the R476 for Corofin. Continue on the R476 for 7km before turning onto the R480 near Lemenagh Castle. After 1km turn right for Carran.

Is pre-registration required: No

Suitable for: All levels of fitness, buggy friendly.

Instructions: Bring raingear, fluids, snacks.

Sunday 2nd October – National Trails Day

Myths and legends of Slievenaglasha Mountain

Day & Time of event: Sunday October 2nd @ 2pm

Distance: 5km

Duration: 2.5hrs

Location: Slievenaglasha Mountain

Description of event: Patrick McCormack has an in-depth knowledge of the folklore, the legends, the history and the culture of time bygone in the Carron Hills. Patrick himself is a poet, an organic farmer and part of the Farm Heritage Coop Tours. The walk will continue down to his house, better known as the ‘Father Ted’ house where people will have the chance to have a cuppa after a good walk. It is free for Burrenbeo Trust Members, a donation is asked of non-members

Host organisation: Burrenbeo Trust

Contact name: Brigid Barry

Phone number: 087 9689486 / 091 638096

Email address: trust@burrenbeo.com

Website address: www.burrenbeo.com

Nearest town/village: Carron

Meeting point: Glencolumkill Hill.

How to get there: Carron-Boston road (OS51 N30.9 W99.8).

Is pre-registration required? No

Suitable for: Inexperienced Hiker, Experienced Hiker

Instructions: This walk is off-road so please wear the right shoes, be of reasonable fitness and bring waterproofs, fluids and snacks.

Sunday 2nd October – National Trails Day

Cratloe Woods

Day & Time of event: Sunday October 2nd @ 11am

Distance: Various

Duration: 4 hrs

Event Name: Family / Group Orienteering

Location: Cratloe Woods

Theme: Orienteering

Description of event: Short, medium and long orienteering courses available to walk in non competitive environment for beginner and intermediate orienteers. There will be an introduction briefing on how to orienteer for all people attending.

Host organisation: Meelick Venture Scout Crew

Contact name: Paul Walsh

Phone number: 086 3310992

Email address: premierfc1@gmail.com

Website address: n/a

Nearest town /village: Cratloe, Co Clare

Meeting point: Cratloe Woods Entrance.

How to get there: Take turn off on the main Limerick Ennis road for Cratloe. Continue through the village for about 150 metres and take right hand turn (signposted). Continue up the hill until you reach the woods car park.

Is pre-registration required? No

Suitable for: All, Buggy Friendly

Instructions: Please bring water, warm clothes, waterproofs and strong footwear.