<table>
<thead>
<tr>
<th>No.</th>
<th>Date</th>
<th>Walk Name Used</th>
<th>Duration</th>
<th>Distance (Kilometers)</th>
<th>Difficulty</th>
<th>Meeting Point</th>
<th>Walk Time</th>
<th>Symbol(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>02/05/14</td>
<td>Flemings Folly Walk</td>
<td>1 hour</td>
<td>5 km</td>
<td>Easy</td>
<td>Caughoo, Ballinagh</td>
<td>7.00 p.m.</td>
<td>G</td>
</tr>
<tr>
<td>2</td>
<td>02/05/14</td>
<td>Stone - working in the Geopark - a Walk</td>
<td>2 hours</td>
<td>2 km</td>
<td>Moderate</td>
<td>Gowlan Church, Moneygashel, Blacklion</td>
<td>7.00 p.m.</td>
<td>G</td>
</tr>
<tr>
<td>3</td>
<td>02/05/14</td>
<td>Night Ramble</td>
<td>1.5 hour</td>
<td>5 km</td>
<td>Easy</td>
<td>St. Michael's Hall, Cootehill</td>
<td>7.00 p.m.</td>
<td>G</td>
</tr>
<tr>
<td>4</td>
<td>02/05/14</td>
<td>The Cavan Way</td>
<td>1 - 1.5 hr</td>
<td>10 km</td>
<td>Moderate</td>
<td>Cahana School, Derrycrake Road, Kingscourt</td>
<td>7.00 p.m.</td>
<td>G</td>
</tr>
<tr>
<td>5</td>
<td>02/05/14</td>
<td>Blue Mountain Walk</td>
<td>1 hour</td>
<td>5 km</td>
<td>Easy</td>
<td>Jampa Ling Tibetan Buddhist Retreat</td>
<td>8.00 p.m.</td>
<td>G</td>
</tr>
<tr>
<td>6</td>
<td>02/05/14</td>
<td>St. Michael's Hall, Cootehill</td>
<td>1 hour</td>
<td>5 km</td>
<td>Easy</td>
<td>Swanlinbar Community Centre</td>
<td>8.00 p.m.</td>
<td>G</td>
</tr>
<tr>
<td>7</td>
<td>02/05/14</td>
<td>Family Forest Adventure</td>
<td>1 hour</td>
<td>4 km</td>
<td>Easy</td>
<td>St. Michaels Hall, Cootehill</td>
<td>2.00 p.m.</td>
<td>G</td>
</tr>
<tr>
<td>8</td>
<td>02/05/14</td>
<td>Foroige Walk</td>
<td>1 hour</td>
<td>4 km</td>
<td>Easy</td>
<td>Bridge Street Centre, Cavan</td>
<td>3.00 p.m.</td>
<td>G</td>
</tr>
<tr>
<td>9</td>
<td>02/05/14</td>
<td>Sports Inclusion Walk</td>
<td>1 hour</td>
<td>3 km</td>
<td>Easy</td>
<td>Killykeen, Cavan</td>
<td>11.00 a.m.</td>
<td>G</td>
</tr>
<tr>
<td>10</td>
<td>02/05/14</td>
<td>Bailieborough Forest Walk</td>
<td>1 hour</td>
<td>3 km</td>
<td>Moderate</td>
<td>Castle Lake Car Park, Bailieborough</td>
<td>7.15 p.m.</td>
<td>G</td>
</tr>
<tr>
<td>11</td>
<td>02/05/14</td>
<td>The Leitre Way Looped Walk</td>
<td>1 hour</td>
<td>3 km</td>
<td>Moderate</td>
<td>St. Patrick's Church, Corlough</td>
<td>7.00 p.m.</td>
<td>G</td>
</tr>
<tr>
<td>12</td>
<td>02/05/14</td>
<td>Fitness Walking Workout</td>
<td>1 hour</td>
<td>3 km</td>
<td>Moderate</td>
<td>St. Michaels Hall, Cootehill</td>
<td>7.00 p.m.</td>
<td>G</td>
</tr>
<tr>
<td>13</td>
<td>02/05/14</td>
<td>Nordic Poles Walking</td>
<td>1 hour</td>
<td>3 km</td>
<td>Moderate</td>
<td>St. Michaels Hall, Cootehill</td>
<td>7.00 p.m.</td>
<td>G</td>
</tr>
<tr>
<td>14</td>
<td>02/05/14</td>
<td>Skealon Looped Walk</td>
<td>1 hour</td>
<td>4 km</td>
<td>Moderate</td>
<td>Loch No. 3, Car Park</td>
<td>7.30 p.m.</td>
<td>G</td>
</tr>
<tr>
<td>15</td>
<td>02/05/14</td>
<td>Wake up and Walk</td>
<td>1 hour</td>
<td>3 km</td>
<td>Easy</td>
<td>Town Lake, Killeshandra</td>
<td>7.00 p.m.</td>
<td>G</td>
</tr>
<tr>
<td>16</td>
<td>02/05/14</td>
<td>Lough an Leagh, Bailieborough</td>
<td>1.5 hour</td>
<td>5 km</td>
<td>Moderate</td>
<td>Picnic Area, Lough an Leagh</td>
<td>7.15 p.m.</td>
<td>G</td>
</tr>
<tr>
<td>17</td>
<td>02/05/14</td>
<td>Ballyhaise Historical Walk</td>
<td>1 hour</td>
<td>5 km</td>
<td>Easy</td>
<td>Ballyhaise Agriculture College</td>
<td>7.00 p.m.</td>
<td>G</td>
</tr>
<tr>
<td>18</td>
<td>02/05/14</td>
<td>Deerpark Forest Walk</td>
<td>1 hour</td>
<td>5 km</td>
<td>Moderate</td>
<td>Virginia Rugby Club, Cavan</td>
<td>7.00 p.m.</td>
<td>G</td>
</tr>
<tr>
<td>19</td>
<td>02/05/14</td>
<td>Brankhill Walk</td>
<td>1.5 hour</td>
<td>7 km</td>
<td>Moderate</td>
<td>Breffni Arms Hotel, Arva</td>
<td>11.30 a.m.</td>
<td>G</td>
</tr>
<tr>
<td>20</td>
<td>02/05/14</td>
<td>Tory Hole Walk</td>
<td>3 - 4 hrs</td>
<td>15 km</td>
<td>Strenuous</td>
<td>Trivia House, Swanlinbar</td>
<td>2.00 p.m.</td>
<td>G</td>
</tr>
<tr>
<td>21</td>
<td>02/05/14</td>
<td>Woodford River Walk</td>
<td>1.5 hour</td>
<td>7 km</td>
<td>Easy</td>
<td>Car Park at old restaurant</td>
<td>2.00 p.m.</td>
<td>G</td>
</tr>
<tr>
<td>22</td>
<td>02/05/14</td>
<td>Corlough View Walk</td>
<td>1 - 2 hrs</td>
<td>7 km</td>
<td>Moderate</td>
<td>Corlough Chapel</td>
<td>2.00 p.m.</td>
<td>G</td>
</tr>
</tbody>
</table>

**Please arrive a minimum of 15 minutes before walk start time to allow time for registration.**

**Symbol Meaning**

- **Multi Access**
- **Off road buggy friendly (no strokers)**
- **Specific outdoor walking footware and clothing**
- **For nature lovers**
- **Family friendly**
- **Heritage**
- **Fast paced**
- **Geopark**
- **Pre-registration necessary**

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**TEDDY BEAR ADVENTURE WALK**

Category: Moderate  
Distance: 4.5 km

Sunday 11th May 2013

Visit [www.cavansportspartnership.ie](http://www.cavansportspartnership.ie) for full details.

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**WAKE UP & WALK Programme**

Meet one evening for six weeks

Let’s get together and get in gear for the Walking Festival

Visit [www.cavansportspartnership.ie](http://www.cavansportspartnership.ie) for more details.

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**The Cavan Way**

A view of Culcagh Mountain

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**Visit**

OSi License No. 620133-2013/CavanCountyCouncil

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This is "ON FOOT" CAVAN!
**Cavan Walking Festival**

**Partners & Friends**

The Cavan Walking Festival has been developed by Cavan County Council and local community groups. We would like to take this opportunity to thank all our partners and friends for their support. Without their participation, this programme of walks would not have been possible. We hope you have the opportunity to enjoy the wide variety of events organised for our festival.

**Walking Trails**

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

<table>
<thead>
<tr>
<th>Grade</th>
<th>Title</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Multi-terrain</td>
<td>Flat smooth trails, suitable for all users including people with reduced mobility, wheelchair users, people with visual impairment, using crutches, with a buggy, with small children, older people, etc. Normal outdoor footwear can be worn.</td>
<td></td>
</tr>
<tr>
<td>Easy</td>
<td>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.</td>
<td></td>
</tr>
<tr>
<td>Moderate</td>
<td>These trails may have some climbs and may have an uneven surface where the 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.</td>
<td></td>
</tr>
<tr>
<td>Strenuous</td>
<td>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 is required.</td>
<td></td>
</tr>
</tbody>
</table>

**Leave no Trace**

- Promoting and inspiring responsible recreation through education, research and partnerships
- Cavan Walking Festival supports Leave No Trace Principles of Outdoor Ethics.

**New members are always welcome**

For Further Information on Trails and National Looped Walks see www.nationaltrails.ie

Detailed maps of each 50 km nilai walks are available on: www.ishii.ie

For more information see www.irishtrails.ie

**Nordic Walking**

One of Cavan’s most active Walking Groups Happy Feet Walkers brings you “Nordic Walking”. From the social walker enjoying the outdoors with friends, to others looking for a more challenging workout, Nordic Walking is suitable for everyone. It is one of the most accessible and effective exercise techniques. It works your upper and lower body at the same time, strengthening your back, legs, arms, and reducing neck and shoulder tension – all this while improving the health of your heart and lungs.

Join Happy Feet Walkers Group on Wednesday 7th May at 7:00 p.m. at St. Michael’s Hall, Cusackhill together with Frank Fahy, leading walking consultant, with the Irish Heart Foundation and let Nordic Walking surprise you.

**Cave House**

Dolmen at Cavan Burren Park

A Geopark is an area recognised by UNESCO to offer a window into the area’s 895 million year geological story. The Geopark inhabits the rugged mountainous Marble Arch Caves Global Geopark. The Geopark includes the rugged mountainous uplands and the gentle rolling landscapes of counties Cavan and Fermanagh. Take in a multitude of viewpoints and environmentally diverse sites including the recently developed Cavan Burren Park and the intriguing Marble Arch showcaves, the Geopark showcases some of the finest natural landscapes in Ireland and offers a window into this area’s 885 million year past.

**Cavan Burren Park**

The Geopark has numerous sites in Cavan and Fermanagh, the sites provide for a variety of interests including geology, archaeology, history, folklore, wildlife, cycling and walking.

Some of the Geopark’s sites incorporated into the Cavan Walking Festival for 2014 includes Cavan Burren Park, Monaghan Gaeltacht, Swanboy Forest, Ballyconnell Forest Walk, Sean Earnern’s Ruin Trail in Swanboy and the spectacular Cuchulain Mountain.

A Geopark is an area recognised by UNESCO to have exceptional geological heritage.

www.marblearchcavesgeopark.com

**County Cavan, the beautiful land of lakes in the middle of our island.**

Wherever you are…

**We’re not far…**

**The Cullagh Climb**

Details: 4th May

Distance: 2km

Grade: Strenuous

"The Cullagh Climb" is one of the most challenging walks in Cavan. Are you ready? Wonderfully dramatic, rugged and varied, the Cullagh Climb is quite simply a hill walker’s delight. Enjoy spectacular scenery and views over unspoilt landscapes, open N812s and marshy uplands. The imposing outline of the Cullagh mountains becomes apparent as you make your way up the mountain, with outstanding views from atop hanging over the rim of the hill.

This is a challenging walk and walkers must have a relative high level of fitness. It is also important that walkers come with appropriate clothing and footwear for all weathers and have some nourishing snacks to sustain them.

**Registration**

Name:

Address:

Contact Tel No:

Email:

Are you part of a walking club?

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

Walk (you can choose more than one walk):

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**Marble Arch Caves Global Geopark**

[Website]

**Cavan Heritage**

Join Cavan Heritage during Cavan Walking Festival and experience some of Cavan’s wonderful best kept secrets. Kick off the walking festival on Friday May 2nd for a truly wonderful 5.5km walk at Fletching’s Folly, Ballinagh. Meet Wendy Swan local Historian at the site for wonderful interpretation and enjoy entertainment by local musicians.

At Ballyhaune House enjoy the company of historian Michael Tears on a guided walk, as he imparts some fascinating information about the house and its role in the development of the village of Ballyhaune.

For something different, have a truly relaxing evening in the company of Heather Bothwell and Nail Foulks as they lead us through the Jama Ling Tibetan Buddhist Centre, Bawbawn. Listen to the birds as they settle down for the night and hear Nail as he points out native trees and hedgerows along the walk. Join Bao Smith at Donegal as she explores her favourite country lane.

On Monday May 5th, join us at Castle Shamrock Estate for the 5.5km woodland family walk with plenty of stops to admire the nature and wildlife.

Finally, for the young at heart join us for the ever popular toddler bear adventure and picnic at Bawbawn in association with Bear Essentials. Suitable for children of all ages!