

Walking Festival Information

1 May - 10 May

Now in its fifth year, Cavan Walking Festival promises 10 days of trails, rambles and hikes. All walks are led by guides who will take you on a journey into the local heritage, geology and archaeology of the breathtakingly beautiful landscapes in which you are walking. Walkers can look forward to the sharing of a wealth of knowledge as they stretch their legs in the welcoming company of group walks delivered by an enthusiastic local leader. The Cavan Walking Festival is a truly unique, friendly and enjoyable walking festival. See you there!

Pre-registration is only necessary on a few of our walks, please see walk information for details. Please arrive at least 15 minutes before walk starting time to allow time for registration.



Cavan Walking Festival Partners and Friends

Cavan Walking Festival works with our local community groups and volunteers so that we can offer a walk for everyone. We would like to thank all our partners for their work and supports.

- Arva Trotters
- Bailieborough Walking Group
- Ballinagh Walking Group
- Bawnboy Heritage
- Jampa Ling Buddhist Community
- Corlough Development Association
- Happy Feet Walkers, Cootehill
- Munterconnaught Heritage Society
- Virginia District Historical Society



Leave no Trace

Cavan Walking Festival supports Leave No Trace Principals of Outdoor Ethics. Please support our county by leaving nothing but footprints.



Walk for all

Cavan is a walker's paradise and each year Cavan Walking Festival provides an array of walks suitable for all.

This year you, your family and friends can all be part of the festival together by joining us in Bailieborough on Saturday May 2nd for our Festival Walk for All.

Summer Nature Trail: our first walk is 3k and will be over an easy surface and is suitable for family groups with buggies and those with limited ability. When you get to the clearing a host of fun will be waiting for all the family.

Summer Stretchers: Our second walk is 5.5k and for those with a moderate level of fitness. Once we enter the forest trail we will take you around the scenic Castle Lake. Walk with our guides and learn a little about the history and heritage of the area while you stretch out those muscles.

Forest Walk: Our final walk will take you on an 8k ramble around the lake and forest area. It is recommended that walkers choosing this walk have a higher level of fitness and that walkers wear appropriate trail footwear. Refreshments will be served afterwards.

Whichever walk you choose you will enjoy being part of this year's festival.

All walks begin at 11am (registration from 10.30am in Bailieborough Business Centre). Refreshments will be served afterwards.



Featured Walks

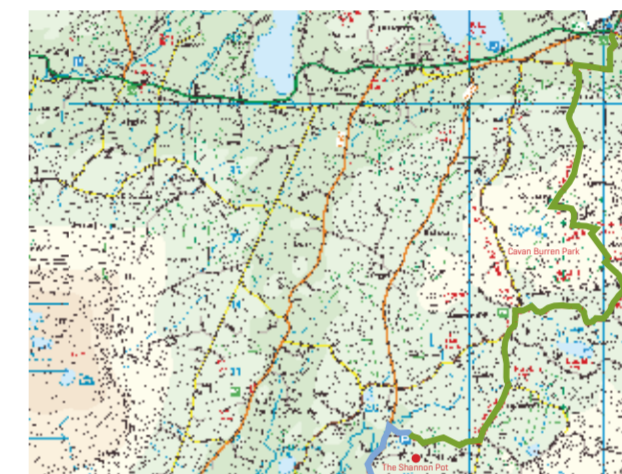
Cavan Way Walk
The Cuilcagh Climb

Welcome to the county where time stood still. Our May Bank Holiday walks offer experienced ramblers and hikers an opportunity to explore the fabulous Cavan Way walking route and the magnificent Cuilcagh Mountain, the highest peak in county Cavan.

Cavan Way Walk - Shannon Pot to Blacklion

Details: 2nd May
Distance: 13km
Grade: Strenuous

The Cavan Way is a pleasant hill and valley walk between the villages of Dowra and Blacklion in West Cavan. Part of the Marble Arch Caves Global Geopark this walk generally follows the course of the young river Shannon from its source at the magical Shannon Pot across quiet valley and forest landscapes through the magnificent Cavan Burren Park with its megalithic and geological wonders before crossing the limestone pavement of Corrickterrim and descending towards the village of Blacklion. Our walk covers 13km of the Cavan Way from the Shannon Pot to Blacklion (green line).



The Cuilcagh Climb

Details: 3rd May
Distance: 10km
Grade: Strenuous

"The Cuilcagh Climb" will be one of the most challenging walks in Cavan, Are you ready?

Wonderfully dramatic, rugged and varied, the Cuilcagh Climb is quite simply a hill walker's delight. Enjoy spectacular scenery and views over unspoiled landscapes, open hillsides and marshy uplands. The geographical features of Cuilcagh mountain become apparent as you make your way up the mountain, with stunning rock outcrops visible as you climb. This is a challenging walk and walkers must have a relatively 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.

There is a €15 charge for one days walking or €25 for weekend walking experience. Pre-registration is essential for these walks and we advise early booking. Your walk includes transportation from meeting point to the start of your walk, trained walk leaders and hot refreshments upon return.

To register please complete the attached form or register online at www.cavansportpartnership.ie



Registration

Registration and pre-payment required only for The Cavan Way Walk and The Cuilcagh Climb.

Limited places on The Teddy Bear Hike: please contact 0877610537 to reserve your place.

Community walks do not require pre-registration, however, please note all walks will have a small charge which goes towards refreshments costs only. We would ask that you arrive 15 - 30 minutes before community walk start time to register for the walk on the day.

Name:

Address:

Contact Tel. No.:

Email:

Walking Club (if applicable):

Please choose your walk (€15 per walk or €25 for both)

- Cavan Way Walk
- Cuilcagh Climb
- Cavan Way & Cuilcagh Climb
- I have enclosed payment

I accept that by registering for this walk I am agreeing to the terms and conditions of the walking festival committee (these can be found on www.cavansportpartnership.ie) Please return forms to: Cavan Sports Partnership, Farnham Centre, Farnham Street, Cavan and enclose the appropriate fee. All cheques / postal orders to be made payable to Cavan County Council.

Alternatively you can register online at www.cavansportpartnership.ie

Cavan Heritage

Cavan Heritage Office invites you to explore some of Cavan's hidden gems as part of Cavan Walking Festival. From East to West of the County and in between the Heritage Office has programmed walks that will allow participants to engage with all aspects of heritage. Some highlights include a dusk chorus at the Buddhist Centre in Bawnboy, for the little ones a teddy bear hike in association with Anke of Bear Essentials in Ballyconnell, a golden mile winner in Mullagh where one will find an abundance of built heritage or a golden way walk in Shruagh led by local historian Oliver Brady. Break up the week with a woodland walk for all of the family at Killykeen and why not experience the wonderful heritage at Deerpark Forest, Virginia in the company of the local heritage group. Finish off in the company of Geopark ambassador Bee Smith as she explores her favourite country lane in Dowra.



Marble Arch Caves Global Geopark

The Marble Arch Caves Global Geopark stretches from the rugged landscapes on the northern shores of Lower Lough Erne in Co. Fermanagh, down to the rolling lowlands of Lough Oughter in Co. Cavan. Designated the first cross-border UNESCO Geopark in the world it boasts a profusion of geological heritage spanning over 895 million years.

The Geopark contains internationally important rocks and landscapes at sites such as Cavan Burren Park, the Marble Arch Caves, Lough Navar Forest and Shannon Pot. The Geopark also contains a wealth of historical, archaeological and culturally rich sites as well as amazing walking routes and interpretation.

This year we have a number of walks highlighting the beauty and diversity of the Geopark including a tour of the built heritage of Gowlan, a trek along the Cavan Way taking in the Cavan Burren Park and the breathtaking Cuilcagh Climb spanning Cavan's highest peak.

www.marblearchcavesgeopark.com



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 the organisers and associated sponsors of the festival accept no liability for loss, 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: adequate 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 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.

thisiscavan.ie



Cavan Walking Festival

1-10
May
2015

THIS IS "LET'S WALK" CAVAN!




www.cavansportpartnership.ie

Date: Friday 1st
Walk: A guided Geopark walk through time, Gowlan Looped Walk
Meeting Point: St Phelim's Catholic Church, Gowlan
Distance: 5km
Time: 7pm
Duration: 2 hrs
Grade: Easy
Cordinates: 54.250499,-7.899621



1

Date: Monday 4th
Walk: Mullagh Golden Mile
Meeting Point: St Killians Heritage Centre, Mullagh
Distance: 4km
Time: 7pm
Duration: 1 hr
Grade: Easy
Cordinates: 53.812634,-6.95756



7

Date: Sunday 10th
Walk: Family Fun Adventure
Meeting Point: St Michael's Hall, Cootehill
Distance: 4km
Time: 2pm
Duration: 2 hrs
Grade: Easy
Cordinates: 54.074961,-7.082948



13

Date: Thursday 7th
Walk: Lough an Leagh
Meeting Point: Picnic Area, Lough an Leagh
Distance: 5km
Time: 7.15pm
Duration: 1½ hrs
Grade: Moderate
Cordinates: 53.912782,-6.900322



19

Date: Saturday 9th
Walk: Corlough View Walk
Meeting Point: St.Patrick's Church Corlough
Distance: 3.5km
Time: 11am
Duration: 1hr
Grade: Moderate
Cordinates: 54.125456,-7.768424




22

Date: Saturday 2nd
Walk: Cavan Way - Shannon Pot to Blacklion
Meeting Point: McNear Resource Centre, Blacklion
Distance: 13km
Time: 2.15pm
Duration: 5 hrs
Grade: Strenuous
Cordinates: 54.291129,-7.878217



24

Date: Wednesday 6th
Walk: Fitness Walking Workout
Meeting Point: St Michael's Hall, Cootehill
Distance: 9km
Time: 7pm
Duration: 2 hrs
Grade: Strenuous
Cordinates: 54.074961,-7.082948



26

Date: Friday 1st
Walk: Dusk Chorus and Woodland with inspirational words
Meeting Point: Jampa Ling Tibetan Buddhist Retreat Centre, Bawnboy
Distance: 3km
Time: 8pm
Duration: 2 hrs
Grade: Easy
Cordinates: 54.107381,-7.703146




2

Date: Tuesday 5th
Walk: Shruagh Golden Way
Meeting Point: Ballymac Inn, Ballymagauran
Distance: 2.5km
Time: 7pm
Duration: 45 minutes
Grade: Easy
Cordinates: 54.067668,-7.682664




8

Date: Saturday 2nd
Walk: Forest Walk
Meeting Point: Bailieborough Business Centre [behind recycling centre]
Distance: 8km
Time: 11am
Duration: 1½ hr
Grade: Moderate
Cordinates: 53.918895,-6.972875




14

Date: Sunday 10th
Walk: Dowra Biodiversity Ramble
Meeting Point: Doobally Church Carpark
Distance: 6km
Time: 3pm
Duration: 1½ hrs
Grade: Moderate
Cordinates: 54.218993,-7.990807




23

Date: Sunday 3rd
Walk: Cuilcagh Mountain Climb
Meeting Point: Trivia House, Swanlinbar
Distance: 10km
Time: 10am
Duration: 6 hrs
Grade: Strenuous
Cordinates: 54.191986,-7.70546




25

Date: Saturday 9th
Walk: Poll Dubh
Meeting Point: Corneen Windmill/Quinn Crossroads, Ballyconnell
Distance: 8km
Time: 3pm
Duration: 2½ hrs
Grade: Strenuous
Cordinates: 54.129873,-7.642537



27

Date: Saturday 9th
Walk: Long Forest Trek
Meeting Point: St Michael's Hall, Cootehill
Distance: 15km
Time: 10am
Duration: 4hrs
Grade: Strenuous
Cordinates: 54.074961,-7.082948



28

Date: Saturday 2nd
Walk: Summer Nature Trail
Meeting Point: Bailieborough Business Centre [behind recycling centre]
Distance: 3km
Time: 11am
Duration: 1hr
Grade: Easy
Cordinates: 53.918895,-6.972875




3

Date: Tuesday 5th
Walk: Dún a Rí
Meeting Point: Cabra Central School, Shercock Rd, Kingscourt
Distance: 3.5km
Time: 7.15pm
Duration: 1 hr
Grade: Easy
Cordinates: 53.920529,-6.811654




9

Date: Monday 4th
Walk: The Leitire Way Walk
Meeting Point: St Patrick's Church, Corlough
Distance: 7km
Time: 7pm
Duration: 1½ hr
Grade: Moderate
Cordinates: 54.125456,-7.768424




15

Date: Tuesday 5th
Walk: Killykeen Woodland Walk
Meeting Point: Killykeen Centre, Carpark at old restaurant
Distance: 3km
Time: 7pm
Duration: 1 hr
Grade: Easy
Cordinates: 54.005965,-7.466973




10

Date: Thursday 7th May
Walk: Killykeen Woodland Walk
Meeting Point: Killykeen Centre, Carpark at old restaurant
Distance: 3km
Time: 7pm
Duration: 1 hr
Grade: Easy
Cordinates: 54.005965,-7.466973




10

Date: Tuesday 5th
Walk: Dún a Rí
Meeting Point: Cabra Central School, Shercock Rd, Kingscourt
Distance: 6km
Time: 7.15pm
Duration: 1½ hr
Grade: Moderate
Cordinates: 53.920529,-6.811654



16

Date: Friday 8th
Walk: Flemings Folly
Meeting Point: Ballinagh Community Centre
Distance: 7.2km
Time: 7pm
Duration: 1½ hr
Grade: Moderate
Cordinates: 53.929847,-7.40941




20

Date: Saturday 9th
Walk: Drumhaldry Walk
Meeting Point: Breffni Arms Hotel, Arvagh
Distance: 7km
Time: 3pm
Duration: 1½ hr
Grade: Moderate
Cordinates: 53.924604,-7.583729




21

Date: Friday 8th
Walk: Skealon Lock Looped Walk
Meeting Point: Skealon Lock No. 3 signposted off the Ballyconnell-Carrigallen Rd
Distance: 5km
Time: 7pm
Duration: 1½ hrs
Grade: Moderate
Cordinates: 54.061724,-7.632677




17

Date: Saturday 2nd
Walk: Summer Stretchers
Meeting Point: Bailieborough Business Centre [behind recycling centre]
Distance: 5km
Time: 11am
Duration: 1hr
Grade: Easy
Cordinates: 53.918895,-6.972875



4

Date: Friday 8th
Walk: Deerpark Forest Woodland Walk with historic interpretations
Meeting Point: Virginia Rugby Club, Ballyjamesduff Road
Distance: 4km
Time: 2pm
Duration: 1 hr
Grade: Easy
Cordinates: 53.77297,-7.06254702




5

Date: Wednesday 6th
Walk: Skealon Lock Looped Walk
Meeting Point: Skealon Lock No. 3 signposted off the Ballyconnell-Carrigallen Rd
Distance: 5km
Time: 7pm
Duration: 1½ hrs
Grade: Moderate
Cordinates: 54.061724,-7.632677




17

Date: Sunday 3rd
Walk: Ballydurrow Heritage Walk
Meeting Point: Ballydurrow Community Centre, Munterconnaught
Distance: 4km
Time: 2pm
Duration: 1hr
Grade: Easy
Cordinates: 53.77297,-7.06254702




5

Date: Friday 8th
Walk: Deerpark Forest Woodland Walk with historic interpretations
Meeting Point: Virginia Rugby Club, Ballyjamesduff Road
Distance: 4km
Time: 2pm
Duration: 1 hr
Grade: Easy
Cordinates: 53.77297,-7.06254702




5

Date: Wednesday 6th
Walk: Skealon Lock Looped Walk
Meeting Point: Skealon Lock No. 3 signposted off the Ballyconnell-Carrigallen Rd
Distance: 5km
Time: 7pm
Duration: 1½ hrs
Grade: Moderate
Cordinates: 54.061724,-7.632677




17

Date: Sunday 3rd
Walk: Teddy Bear Walk & Picnic with Bear Essentials
Meeting Point: Ballyconnell Park [opposite Super Value]
Distance: 3.5km
Time: 3pm
Duration: 2hrs
Grade: Easy
Cordinates: 54.115792,-7.581865



6

Date: Saturday 9th
Walk: Darkness into Light
Meeting Point: Market Square, Cavan
Distance: 5km
Time: 4am
Duration: 1hr
Grade: Easy
Cordinates: 53.99109,-7.360561




12

Date: Wednesday 6th
Walk: Fitness Walking Workout
Meeting Point: St Michael's Hall, Cootehill
Distance: 6km
Time: 7pm
Duration: 2 hrs
Grade: Moderate
Cordinates: 54.074961,-7.082948



18

Date: Saturday 9th
Walk: Drumhaldry Walk
Meeting Point: Breffni Arms Hotel, Arvagh
Distance: 7km
Time: 3pm
Duration: 1½ hr
Grade: Moderate
Cordinates: 53.924604,-7.583729



21

Date: Wednesday 6th
Walk: Fitness Walking Workout
Meeting Point: St Michael's Hall, Cootehill
Distance: 6km
Time: 7pm
Duration: 2 hrs
Grade: Moderate
Cordinates: 54.074961,-7.082948




18

Date: Saturday 9th
Walk: Long Forest Trek
Meeting Point: St Michael's Hall, Cootehill
Distance: 15km
Time: 10am
Duration: 4hrs
Grade: Strenuous
Cordinates: 54.074961,-7.082948

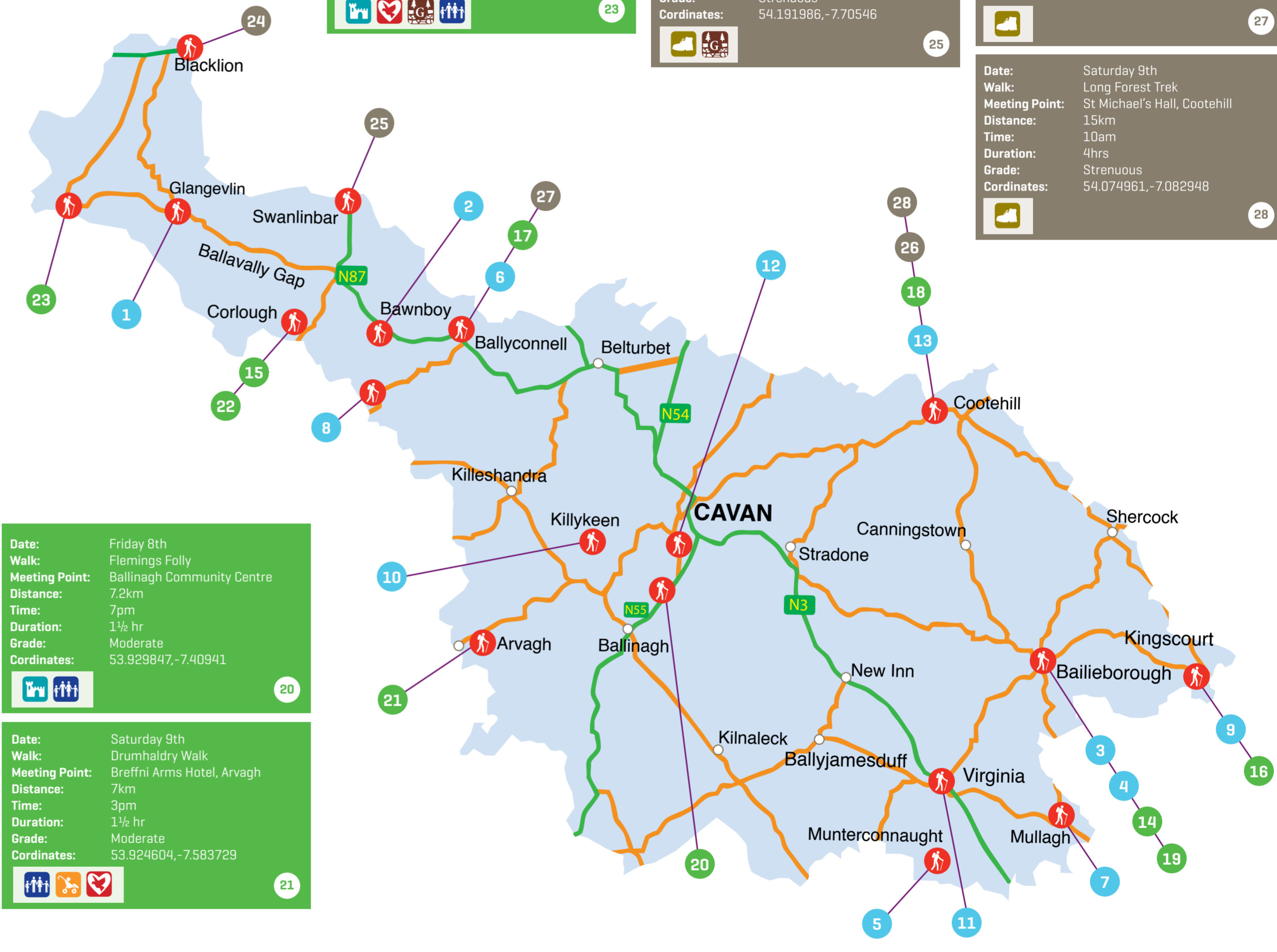


28

Date: Saturday 9th
Walk: Long Forest Trek
Meeting Point: St Michael's Hall, Cootehill
Distance: 15km
Time: 10am
Duration: 4hrs
Grade: Strenuous
Cordinates: 54.074961,-7.082948



28



Grading Levels for 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.

Get here easily by using our new GPS co-ordinates. Type them into your Sat Nav or smartphone to bring you straight to our walk meeting points.

Easy Walks










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 Walks

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.

Strenuous Walks

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.

-  Multi Access
-  For nature lovers
-  Fast paced
-  Off road buggy friendly [no strollers]
-  Family friendly
-  Geopark
-  Specific outdoor walking footwear and clothing
-  Heritage
-  Charity Walk