

Weekend 4

Fri, 25 July Grade C • 5 km • 1 hour

The Great Heath of Maryborough

Walk starts and finishes at the Heath Church, and travels around the perimeter of the Great Heath. The Terrain has a gentle climb and a slow decent. Not suitable for buggies or wheelchairs. Refreshments & Toilet facilities at the Community Hall.

Reg: 6.30pm the Heath Church car park R32 R8YD 7pm

Sat, 26 July Grade C • 4 km • 1 hour

Carrigmeal Woodland

The wood is looped with a number of shortcuts across the hill, making the full route of 4K. Some path sections not suitable for buggies or wheelchairs, but these can be bypassed. Refreshments at the carpark afterwards.

Reg: 10:30am Carrigmeal Woods carpark, R32 X5A4 11am

Sat, 26 July Grade A • 12 km • 2½ hours

Oakvale Woods is famous for its Mass Rock which dates back to penal time, and also the historic manuscript, the Book of Oughaval (Book of Leinster). Car park is limited to approx. 20 cars, so car-sharing from Stradbally is encouraged. Toilet Facilities and Refreshments at the carpark.

Reg: 2pm Car Park of Oughaval Forest Recreation Area 2:30am

Sun, 27 July Grade B • 6 km • 1½ hours

Fossy Walk

A splendid walk through forest path with breathtaking views of Timahoe and surrounding area. This route is NOT suitable for buggies or wheelchairs. Toilet Facilities and Refreshments at the Community Hall.

Reg: 10:30am Community Hall R32 KC82 11am

Sun, 27 July Grade B • 12 km • 2½ hours

Grand Canal from Vicarstown Return

This is a 12k 'out and back' walk starting and finishing at the Fisherman's Thatched Inn. While the terrain is suitable for buggies/wheelchairs, the distance of 12K is prohibitive

Reg: 2pm the Fishermans Thatched Inn R32 CR22 2:30pm

Sun, 27 July Grade A • 5 km • 1½ hours

The Fraughan Sunday Walk convenes at the Poets Cottage in Camross, where we will carpool to Shrahanboy due to limited parking in the area. The walk starts from Shrahanboy and follows a farm road and then a mountain path across the mountain to Arderin. Refreshments at poets cottage.

Reg: 2pm The Poets Cottage, Camross, R32 TX8Y 2:30am

GRADES OF WALKS:

A = Strenuous B = Difficult C = Moderate

Grade C walks are suitable for families

WALKING

...A WAY TO A HEALTHIER YOU!

WALKERS PLEASE NOTE:

REGISTRATION takes place 30min prior to each walk.

Festival ticket: €50

Weekend ticket: €20

Individual walk: €10

To ensure participation in the walks, tickets can be purchased on www.eventbrite.ie

Subject to availability, a limited number of tickets can be purchased on day of walk.

BRING RAIN GEAR

We walk as a group, please stay with Walk Leaders.

Walk routes may vary slightly to those listed due to weather conditions or walker numbers.

Bring sufficient snacks & water to sustain you during the walk.

COUNTRY CODE:

- Leave no trace
- No dogs allowed
- On open country roads walk in single file on the right hand side
- Respect private property, farmland, wildlife and the rural environment

FOR FURTHER INFORMATION PLEASE CONTACT:

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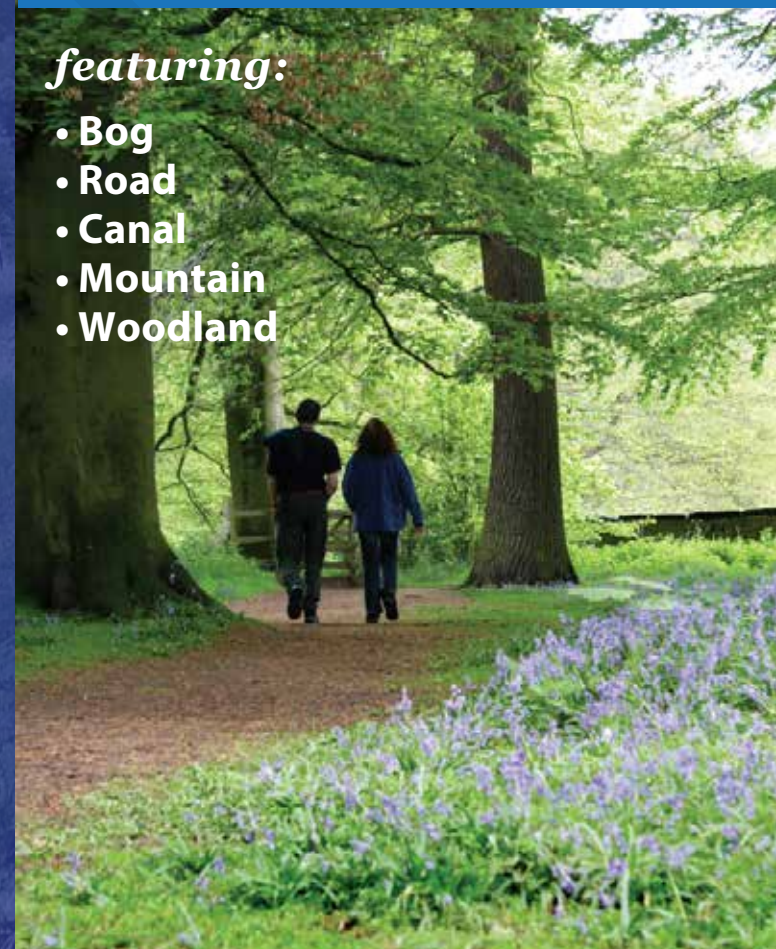
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July 4th – July 27th

featuring:

- Bog
- Road
- Canal
- Mountain
- Woodland



23 Walks
14 Communities

Walking Festival 2025

Weekend 1

Fri, 04 July Easy • 7 km/ All flat • 2 hours

A ramble through history from the Wooden Bridge to Newtown Mill

The Bridge is the last surviving Wodden Bridge in Ireland carrying vehicular traffic and was restored in 2023. Not suitable for buggies or wheelchairs. Afterwards light refreshments will be served at the Mill.

Reg: 6pm Wooden Bridge Car Park 6:30pm

Sat, 05 July Grade A • 7.6 km • 1hr 40mins

Cullohill Mountain hike

A challenging hike on road starting a Cullohill Castle, loops around Cullohill Mountain with breathtaking views. The walk returns to Cullohill castle to the Folly Festival where flavours from Laois artisan food producers will be served.

Not suitable for buggies or wheelchairs.

Reg: 9:30am Cullohill Castle R32 X8X4 10am

Sat, 05 July Grade C • 1-5 km • 1-1½ hours

Free – Lecture and self-guided historical walk

Self guided stroll celebrating 600 years of Cullohill Castle, Church ruins, Limekiln and site of Ireland's first medical school at Aughmacart (optional). Suitable for all walkers

Start: 1:30pm Cullohill Castle R32 X8X4 2pm

Sat, 05 July Grade C • 1 km • 1 hour

Foraging Walk

A stroll in a country lane adjacent to Cullohill Castle. Join 'Wild Food Mary', renowned Forager, Chef and Educator for an insightful stroll on our wild Nature Trail. Not suitable for buggies or wheelchairs. Enjoy festivities at the Folly Festival afterwards.

Reg: 3pm Cullohill Castle R32 X8X4 3:30pm

Sun, 06 July Grade C • 6 km • 1½ hours

The Little Derries Looped Walk

An Dáire Beag, The Little Oak Wood) is an island of land of approximately one acre, surrounded by bog, situated in the townland of Monamonra (Moin na Monrach). Not suitable for buggies or wheelchairs. Refreshments at Rays Bar afterwards.

Reg: 10:30am Church Carpark Errill R32 VF10 11am

Sun, 06 July Grade B • 10 km • 2½ hours

Dunmore Wood Loop

This walk on forestry paths and woodland tracks offers mixed broadleaf and conifer woods, rich farm land and the river Erkina. Hiking boots recommended. Refreshments available afterwards.

Reg: 6pm 6:30pm

Weekend 2

Fri, 11 July Grade B • 8 km • 1½-2 hours

Killamuck Loop

Mix of forest paths, quiet lanes, bog paths and 'bog bridge'. Not suitable for buggies or wheelchairs. Light refreshments afterwards at covered area by the pond dipping platform.

Reg: 6:30pm Manor Hotel Car Park R32 VE24 7pm

Fri, 11 July Grade C • 3 km • 1 hour

The history and ecology of Abbeyleix Bog

This is an easy-going evening walk through Abbeyleix bog, led by a local wildlife expert. Not suitable for buggies or wheelchairs. Light refreshments afterwards at covered area by the pond.

Reg: 6:30pm Manor Hotel Car Park R32 VE24 7pm

Sat, 12 July Grade C • 6 km • 1½ hours

Heywood Family Loop

Route is through quiet lanes, forest paths and the grounds of Heywood. A Gentle and scenic loop through the iconic Heywood Gardens and the charming village of Ballinakill. Suitable for buggies or wheelchairs.

Light refreshments afterwards at Ballinakill Parochial Hall.

Reg: 1:30pm Ballinakill Parochial Hall R32 A309 2pm

Sat, 12 July Grade A • 11 km • 2½-3 hours

Wolfhill Hack

Strenuous route with some steep inclines. Allow yourself to be drawn to the wild and beautiful landscape of Wolfhill as a counterbalance to everyday life.

Not suitable for buggies or wheelchairs.

Light refreshments afterwards at Leeches Bar, Wolfhill.

Reg: 5:30pm St Mary's Church Wolfhill, R14 AN83 6pm

Sun, 13 July Grade A • 10 km • 2½-3 hours

Coopers Walk

Route is through Cooper Estate – a mix of very quiet back roads and unpaved tracks.

Not suitable for buggies or wheelchairs.

Light refreshments afterwards at Knock Hall, Spink.

Reg: 10:30am St Laserian's Church, Spink, R32 F762 11am

Sun, 13 July Grade C • 6 km • 1½ hours

Togher Woods Stroll

A beautiful forest walk on the edge of Portlaoise town through mature woodland and forest trails. Suitable for buggies or wheelchairs.

Light refreshments afterwards at Rugby Club Portlaoise

Reg: 1:30pm Rugby Club Portlaoise, R32 YY89 2pm

Weekend 3

Fri, 18 July Easy • 5 km / All flat • 1¼-1½ hrs

'Pole and Stroll'

Showcasing Portarlinton's famous peatlands this novel walk offers the perfect introduction to the weekend ahead. Please bring your walking/activator poles with you if you have any. Poles will be available on site for those who have none. Suitable for all. Beginners and Children welcome. Light refreshments afterwards.

Reg: 6:30pm Derrycastle Trails Start point R32 E248 7pm

Sat, 19 July Easy • 5 km • 1¼-1½ hrs

Circular Route around Emo Court Lake

The perfect start to your Saturday morning. Asphalt prepared path throughout. Suitable for all. Children welcome. Buggy and wheelchair friendly route. Light refreshments available afterwards.

Reg: 11am Emo Court Lower Car Park R32 C44V 11:30am

Sat, 19 July Easy • 3 km • 1 hour

Borris in Ossory, Sli na Slainte – WALK & PLAY Family Friendly Event

The Borris in Ossory Slí na Sláinte is a mapped and signposted looped walking route starting from St Canice's Catholic Church car park.

After – enjoy National Play Day FREE fun and creative events in the adjacent playground from 2.30pm-4.30pm.

Reg: 1:30pm St Canice's Church Carpark R32 P2YK 2pm

Sun, 20 July Easy • 4 km • 1 hour

'Bike & Hike' / 'Rail & Scale' / 'Ride & Stride'

Use of rail transport encouraged. Start at Portarlinton Railway Station Carpark to the Spire in Carrick Wood nearby. After the walk all are invited to enjoy a heritage talk on the recent restoration of the Portarlinton Railway Station. Light refreshments available afterwards.

Reg: 10:30am Portarlinton Railway Station R32 P7W5 11am

Sun, 20 July Easy • 2 km • 1 hour

Nore Amenity Area – Walk & Discover Family Friendly

Self-guided discovery trails which will include a family friendly walk and activities suitable for all ages and fitness levels. All families will be given a discovery pack and together you will follow the clues and make amazing discoveries. Watching out for the Nore Magic Folk... and maybe some Fairies!

Refreshments and FREE fun and creative activities afterwards.

Reg: 1.30pm Castletown Community Centre Carpark F32 F624 2pm