



FESTIVAL SCHEDULE 2021

WELCOME

As part of the Colmcille 1500 celebrations there's a fun and energetic weekend planned with the inaugural Inishowen Walking Festival. Grab your walking shoes and camera and join us for the ultimate walking experience on the Inishowen Peninsula.

The Colmcille 1500 Inishowen Walking Festival will take place between the 10th-12th of September 2021. The event showcases a number of scenic walks throughout the peninsula over the 3-day weekend. With expert guides and local historians, explore Inishowen like never before!

FOLLOW THE COUNTRY CODE:

- Respect the people who live and work in the countryside.
- Respect private property, farmland and all rural areas.
- Park carefully; avoid blocking farm gateways or narrow roads.
- Stick to the planned walking route, following guides and walk leaders.
- Dogs should be kept under close control and should not be brought onto hills or farmland without the landowner's permission. Check that dogs are allowed on the walk before you arrive.
- Avoid damage to fences, hedges and walls; use gates and stiles when crossing.
- Leave all gates as you find them (open or closed).
- Do not interfere with machinery, crops or animals.
- Protect wildlife, water sources, plants and trees.
- Walk on the centre of the tracks; don't trample vegetation on the edges.
- Take your litter home; even biodegradable items can take years to disappear.
- Guard against all risk of fire and avoid making unnecessary noise.
- Always keep children closely supervised during a walk.

All walkers are advised to read walk descriptions before setting out.

*This brochure is solely for information purposes only. Explore Inishowen CLG cannot take responsibility for any accidents that may occur.

BEFORE YOU GO



Checklist

- Have you checked the weather forecast?
- Do you have clothing for wet and windy weather?
- Do you have enough food and drink?
- Have you booked your ticket?

In the event of an emergency call 999 or 112 and ask for appropriate service including mountain rescue.

For queries contact the Inishowen Tourist Office +353 (0)74 93 63451 / info@govisitinishowen.com

**Office Hours:
Mon-Fri: 9.00am-5.30pm**

Stay in view of our Leader(s)

If you feel unwell or have to leave the walk please inform one of our Leader(s)

Love this place
Leave NO trace

Respect Covid-19 protocols

INISHOWEN WALKING FESTIVAL SCHEDULE

KNOW YOUR WALK LEVEL:

PINK = MULTI-ACCESS

BLUE = EASY

GREEN = MODERATE

LIGHT RED = STRENUOUS

MULTI-ACCESS:

These walks are suitable for all users including wheelchair users, those with reduced mobility, and children in buggies etc. Typical outdoor footwear is suitable for these walks. Please check all walk descriptions to find out the distance of each walk, and judge their suitability according to your own level of fitness.

EASY:

Mostly flat trails along paths or roads. These shorter walks are suitable for family groups and the elderly. Please check all walk descriptions to find out the distance of each walk, and judge accordingly to your own level of fitness.

MODERATE:

These walks can go off road, through fields, beaches or other uneven surfaces. The distance tends to be greater than easy and may include some uphill. These routes are suitable for walkers with a moderate level of fitness. Specific hiking/walking footwear is recommended for these routes.

STRENUOUS:

These walks tend to be more physically demanding, either through greater distance, steep climbs or uneven surfaces. Suitable for regular walkers comfortable with hiking long distances and with a high level of fitness. Specific hiking/walking footwear is required for these routes, with hiking poles, and hiking clothing highly recommended.

FRIDAY 10/09/21

WALK NAME: HEART OF INISHOWEN HIKE

STARTING POINT / MEETUP: Sliabh Sneacht Centre, F93 K6PH

DATE: 10/09/21 **TIME:** 10:00a.m.

WALK NAME: MOVILLE GREEN / COLMCILLE WELL WALK

STARTING POINT / MEETUP: St. Eugene's Hall Car Park, F93 X6YR

DATE: 10/09/2021 **TIME:** 10:00a.m.

WALK NAME: HISTORIC WALK ALONG SCENIC FOYLE

STARTING POINT / MEETUP: Inishowen Maritime Museum, F93 T2KA

DATE: 10/09/21 **TIME:** 1:30p.m.

WALK NAME: ALONG THE BANKS OF THE FOYLE.

STARTING POINT / MEETUP: Greencastle Community Centre, F93 VXA9

DATE: 10/09/21 **TIME:** 06:00p.m.

WALK NAME: SUNSET WALK

STARTING POINT / MEETUP: Amazing Grace Viewing point, F93 WP78

DATE: 10/09/21 **TIME:** 7:00p.m.

SATURDAY 11/09/21

WALK NAME: ISKAHEEN COMMUNITY WALK / TURAS POBAL UISCE CHAOIN

STARTING POINT / MEETUP: St. Patrick's Church Iskaheen, F93 H594

DATE: 11/09/21 **TIME:** 10:00a.m.

WALK NAME: FORT DUNREE, AUDIBLE ART WANDER

STARTING POINT / MEETUP: Fort Dunree Car Park, F93 C424

DATE: 11/09/21 **TIME:** 11:00a.m. exact start time.

WALK NAME: SHROOVE HEAD LOOP

STARTING POINT / MEETUP: Shroove Head Car Park, F93 T2V3

DATE: 11/09/21 **TIME:** 11:30a.m.

WALK NAME: WATERFALL WANDER

STARTING POINT / MEETUP: Waterfall Carpark, Clonmany, F93 NV62

DATE: 11/09/21 **TIME:** 1:00p.m.

WALK NAME: FORT DUNREE, NATURE WALK

STARTING POINT / MEETUP: Fort Dunree Car Park, F93 C424

DATE: 11/09/21 **TIME:** 2:00p.m.

WALK NAME: TO CROCALOUGH, MALIN HEAD

STARTING POINT / MEETUP: Malin Head Community Centre Car Park, F93 A215

DATE: 11/09/21 **TIME:** 2:00p.m.

WALK NAME: FORT DUNREE, MINDFUL WANDER

STARTING POINT / MEETUP: Amach Anseo Community Garden.

DATE: 11/09/21 **TIME:** 6:00p.m.

SUNDAY 12/09/21

WALK NAME: GREEN HILL HIKE

STARTING POINT / MEETUP: Fort Dunree Car Park, F93 C424

DATE: 12/09/21 **TIME:** 10:00a.m.

WALK NAME: CLONMANY RIVER WALK & FORAGE

STARTING POINT / MEETUP: Clonmany Community Centre, F93 XV88

DATE: 12/09/21 **TIME:** 1:00p.m.

WALK NAME: D'ARCY MC GEE WALK

STARTING POINT / MEETUP: Carrowmenagh Community Centre, F93 EY77

DATE: 12/09/21 **TIME:** 1:30p.m.

WALK NAME: MALIN WELL WALK

STARTING POINT / MEETUP: Malin Head Community Centre Car Park, F93 A215

DATE: 12/09/21 **TIME:** 2:00p.m.

WALK NAME: CARNDONAGH HERITAGE WALK

STARTING POINT / MEETUP: The Diamond, F93 CKK6

DATE: 12/09/21 **TIME:** 3:00p.m.

WALK NAME: FORT DUNREE, AS GAEILGE

STARTING POINT / MEETUP: Fort Dunree Car Park, F93 C424

DATE: 12/09/21 **TIME:** 3:00p.m.

HEART OF INISHOWEN HIKE

COMMUNITY CENTRE: Sliabh Sneacht Centre

NAME OF ORGANISER: Gabriel Doherty

E-MAIL: dohertygabriel@gmail.com

LOCATION OF WALK: Sliabh Sneacht Centre

DATE: 10/09/21

TIME: 10:00a.m.

STARTING POINT / MEETUP: Sliabh Sneacht Centre, F93 K6PH

DURATION: 1 Hour 30 Minutes

DISTANCE: 6km

WALK GRADE: Moderate to strenuous

TRAIL SURFACE: Loose blue stone path

PARKING: Parking at the Sliabh Sneacht Centre, approx 40 spaces available.

ACCESSIBILITY: Limited Accessibility - only suitable for walking due to loose blue stone path

DESCRIPTION: This walk sets off from the Sliabh Sneacht Centre to the side of the twin hills called Barna Mór and Barna Beag, known locally as the King and Queen of the Mintiagh. This walk is 6 km in total with the first half mostly uphill on a loose blue stone path. This walk gives some of the most spectacular views in Inishowen. Overlooking Lough Swilly, Sliabh Sneacht is on one side with the beautiful Lough Min and Lough Fada on the other side and the Atlantic Ocean visible in the distance. This is a wonderful walk to experience unique upland flora and fauna and to find yourself very quickly in a completely unspoilt area of outstanding natural beauty. This walk will be led by local historian Dessie Mc Callion who is a very knowledgeable and entertaining walk leader. You will get an opportunity to stop along the way to explore the flora, fauna and hear remarkable stories on the culture and heritage of this area, located in every sense in the very heart of Inishowen.

WHAT TO WEAR: Good walking/hiking boots, waterproof clothing or shorts and T-shirt depending on weather

WHAT TO BRING: Walking Pole if desired as the path is fairly steep in parts.
Water

MOVILLE GREEN / COLMCILLE WELL WALK

COMMUNITY CENTRE: Moville Family Resource Centre

NAME OF ORGANISER: Martin Lynch

E-MAIL: martin@movillefrc.com

LOCATION OF WALK: Moville

DATE: 10/09/2021

TIME: 10:00a.m.

STARTING POINT / MEETUP: St Eugene's Hall Car Park, F93 X6YR

DURATION: 40 mins

DISTANCE: 1.5km

WALK GRADE: Easy

TRAIL SURFACE: Footpath / steps

PARKING: Parking available at St Eugene's Hall

ACCESSIBILITY: Partially wheelchair friendly until the well. Steps afterwards

DESCRIPTION: This gentle stroll starts at St Eugene's Hall Car Park and goes towards the shore walk and white wall in Moville. It descends to St Colmcille's well with a brief climb to the white wall viewing point, before returning to St Eugene's Hall Car Park. Wheelchair users, those with limited mobility, and prams can go as far as the iconic well, and return to St Eugene's Hall Car Park. Those who wish can take the steps up to the white wall viewing platform before returning and meeting up with the rest of the group at St. Eugene's. Martin Lynch, co-author of 'Inishowen Land of Eoghan', will give a brief talk and history of the local area. Martin is a local historian and will be open to questions on the day.

WHAT TO WEAR: Raincoat, weather dependant

WHAT TO BRING: Water



HISTORIC WALK ALONG SCENIC FOYLE

COMMUNITY CENTRE: Inishowen Maritime Museum.

NAME OF ORGANISER: Rosemarie Moulden.

E-MAIL: greencastlemaritime@outlook.com

LOCATION OF WALK: Greencastle

DATE: 10/09/21

TIME: 1:30p.m.

STARTING POINT / MEETUP: Inishowen Maritime Museum, F93 T2KA

DURATION: 2.5-3 hours.

DISTANCE: 6.5km

WALK GRADE: Moderate.

TRAIL SURFACE: Public road.

PARKING: Parking available at Inishowen Maritime Museum.

ACCESSIBILITY: Limited accessibility - this walk is not suitable for people with wheelchairs, mobility scooters or mobility issues due to uneven road surfaces.

DESCRIPTION: On this walk you will be taken along the banks of the scenic Lough Foyle and given an opportunity to absorb the rich history of Greencastle along the way. This walk will begin at the Inishowen Maritime Museum with an introduction to Colmcille and the Foyle by former Irish Ambassador James Sharkey. We will then make our way towards Northburg Castle and the Fort where local historians will give a brief history of the sites. We will continue to Kilblaney Burial Ground and then onwards to Shroove Lighthouse and beach. Throughout the walk there will be a host of locals and experts to provide information on a range of topics ranging from prehistoric times to Lough Foyle's significance during WW1 and WW2. The pinnacle of the journey will see people brought by shuttle bus up to Port Cille at Inishowen Head where archaeologist and Colmcille specialist Dr. Brian Lacey will talk about Colmcille leaving Ireland and going to Iona. At the end people will be brought by shuttle bus back to the Inishowen Maritime Museum.

WHAT TO WEAR: Good walking shoes or boots, suitable clothing

WHAT TO BRING: Walking poles (optional), water. Face masks for bus journeys.

NOTE: Shuttle buses will be available from Shroove up to Inishowen Head

ALONG THE BANKS OF THE FOYLE

COMMUNITY CENTRE: Greencastle Community Centre

NAME OF ORGANISER: Susan McAlee

E-MAIL: susan@greencastlecentre.ie

LOCATION OF WALK: Greencastle

DATE: 10/09/21

TIME: 06:00p.m.

STARTING POINT / MEETUP: Greencastle Community Centre, F93 VX A9

DURATION: 1 hour 30 mins

DISTANCE: 4km

WALK GRADE: All levels

TRAIL SURFACE: Tarmac, gravel path, sand

PARKING: 35 spaces parking available at Greencastle Community Centre

ACCESSIBILITY: Limited accessibility - not all of the walk suitable for wheelchair/buggies/mobility scooter.

DESCRIPTION: This walk leaves from Greencastle Community Centre along the upper road towards Moville, passing the Cairn Theatre and St. Mary's Chapel at Ballybrack before turning towards Greencastle on the lower road. We take a detour down Murdock's lane onto the shore path along the banks of the Foyle beside the Piper's cave and across the beach towards Greencastle. From here we join the lower road again, through the village via the Maritime Museum and ferry, and return to the community centre up Poundtown road.

WHAT TO WEAR: Comfortable shoes and waterproof clothing

WHAT TO BRING: Water, camera



SUNSET WALK

NAME OF ORGANISER: Ruth Garvey-Williams

E-MAIL: exchangeinishowen@gmail.com

COMMUNITY CENTRE: The Exchange Inishowen / Explore Inishowen

LOCATION OF WALK: Buncrana

DATE: 10/09/21

TIME: 7:00p.m.

STARTING POINT / MEETUP: Fishing Greens (beside the Amazing Grace Viewing Point), Cahir O'Doherty Avenue, Buncrana. F93 WP78

DURATION: 1hrs

DISTANCE: 4km

WALK GRADE: Multi-access

TRAIL SURFACE: Pathways

PARKING: Free car parking alongside Fishing Greens

ACCESSIBILITY: Fully accessible

DESCRIPTION: This sunset walk on World Suicide Prevention Day is organised by local charity Insight Inishowen in partnership with The Exchange. This is an opportunity to remember loved ones who have died by suicide, to recognise the importance of mental health and wellbeing, and to commit ourselves anew to preventing suicide. Walking together symbolises the connection we have and reminds us of the value of physical health for our mental wellbeing. We will share the stunning views across Lough Swilly as we walk along the shore path to Porthaw Beach and back, with opportunities along the way to pause and reflect creatively.

WHAT TO WEAR: Comfortable footwear and waterproof coat or umbrella

WHAT TO BRING: Water



ISKAHEEN COMMUNITY WALK / TURAS POBAL UISCE CHAOIN

NAME OF ORGANISER: Mura McLaughlin

E-MAIL: muffcommunityforum@gmail.com

COMMUNITY CENTRE: Muff Community Development

LOCATION OF WALK: Iskaheen

DATE: 11/09/21

TIME: 10:00a.m.

STARTING POINT / MEETUP: St. Patrick's Church Iskaheen. F93 H594

DURATION: 2.5 -3hrs

DISTANCE: 8km

WALK GRADE: Moderate to strenuous

TRAIL SURFACE: Largely on roads and tracks

PARKING: Parking and toilets available at start point/end point.

ACCESSIBILITY: The course is hilly with limited accessibility to some visiting points on the route for wheelchairs, buggies etc.

DESCRIPTION: The walk sets off from St. Patrick's Church at Iskaheen, which is the site of an early Christian settlement and reputed burial place of Eoghan, son of Niall of the Nine Hostages. The itinerary offers spectacular views over Lough Foyle and County Derry and includes visits to a ring fort, the Morton God Dolmen, and a sweep through Lís na Gra woodland. Contributions by three knowledgeable local guides will enhance a conversation covering local topography/geography, early history, Christian traditions, and local flora and fauna. Participants can expect a relaxed, enjoyable and informative experience.

WHAT TO WEAR: Good walking/hiking boots, waterproof clothing, sunscreen

WHAT TO BRING: Water, snack, camera



FORT DUNREE, AUDIBLE ART WANDER

COMMUNITY CENTRE: Artlink, Fort Dunree

NAME OF ORGANISER: Rebecca Strain

E-MAIL: artlinkfortdunree@gmail.com

LOCATION OF WALK: Fort Dunree, Buncrana

DATE: 11/09/21

TIME: 11.00a.m. exact start time.

STARTING POINT / MEETUP: Fort Dunree Car Park, F93 C424

DURATION: 1hrs

DISTANCE: 3km

WALK GRADE: Multi-access

TRAIL SURFACE: Pathway

PARKING: Free parking is available at Fort Dunree Car Park and access to toilets.

ACCESSIBILITY: Fully accessible.

DESCRIPTION: During this short walk uphill, we will come to a place where we can see the land of Cill Ard, where recently the West Inishowen History and Heritage Society engaged archaeological geophysics organisation, Earthsound, to undertake an electromagnetic survey of the site. For decades the site has been known locally as having a settlement; possibly monastic or Viking. This exploration has uncovered strong evidence that the site was indeed once the location of a medieval monastery. Artist Sarah Duffy, has acquired the electromagnetic data and transformed it into sound to reveal something of the hidden history that lies below the soil. During this short wander, we will listen to this newly created sound artwork for the first time, with the land and surrounding areas in view.

WHAT TO WEAR: Comfortable shoes, waterproof clothing, sunscreen

WHAT TO BRING: Smartphone and headphones, water.

SHROOVE HEAD LOOP

COMMUNITY CENTRE: Greencastle Community Centre

NAME OF ORGANISER: Susan McAlee

E-MAIL: susan@greencastlecentre.ie

LOCATION OF WALK: Shroove Head

DATE: 11/09/21

TIME: 11:30a.m.

STARTING POINT / MEETUP: Shroove Head Car Park

DURATION: 2 hours 30 mins

DISTANCE: 8km

WALK GRADE: Moderate to strenuous

TRAIL SURFACE: Gravel and hiking track

PARKING: Minimal parking (about 5/6) spaces available at Shroove Head Car Park

ACCESSIBILITY: Limited accessibility

DESCRIPTION: This walk leaves from Shroove Head Car Park past Port Cille where St. Columcille last stopped to bid a final farewell to his beloved Derry before departing for Iona. We then turn right to ascend the hill where spectacular views can be had of the Antrim coast. This area is rich in biodiversity and you will get an opportunity to stop along the way to explore the flora and fauna.

WHAT TO WEAR: Comfortable shoes and waterproof clothing

WHAT TO BRING: Water, sandwiches, flask, camera/phone



WATERFALL WANDER

COMMUNITY CENTRE: Clonmany Community Centre

NAME OF ORGANISER: Bebhinn Mullins

E-MAIL: manager@clonmanycommunitycentre.ie

LOCATION OF WALK: Straid Church & Glenevin Waterfall

DATE: 11/09/21

TIME: 1p.m.

STARTING POINT / MEETUP: Waterfall Carpark, Clonmany. F93 NV62

DURATION: 1hr 30mins

DISTANCE: 2km

WALK GRADE: Grade D - Easy Walk - All walks lead by trained walking leaders

TRAIL SURFACE: Pathways to Waterfall then old church grounds & graveyard

PARKING: Yes

ACCESSIBILITY: Waterfall is a fully accessible walk. Church grounds not accessible for those with additional mobility needs however this is only a small portion of the walk. This walk is suitable for children when accompanied by an adult. This walk is not suitable for dogs.

DESCRIPTION: We will start with a lovely guided wander around the grounds of St. Columba's (Church of Ireland), known locally as the old church in Straid. Built in 1772, this church is an integral part of the social, cultural and ecclesiastical history of the parish. Following on from that, there's a lovely relaxed walk with a slight incline to the beautiful Glenevin Waterfall.

WHAT TO WEAR: Comfortable walking shoes and a walking stick/pole if desired

WHAT TO BRING: Water and a snack



FORT DUNREE, NATURE WALK

COMMUNITY CENTRE: Artlink, Fort Dunree

NAME OF ORGANISER: Rebecca Strain

E-MAIL: artlinkfortdunree@gmail.com

LOCATION OF WALK: Fort Dunree, Buncrana

DATE: 11/09/21

TIME: 2:00p.m.

STARTING POINT / MEETUP: Fort Dunree Car Park, F93 C424

DURATION: 2hrs

DISTANCE: 3km

WALK GRADE: Multi-access

TRAIL SURFACE: Pathway

PARKING: Free parking is available at Fort Dunree Car Park and access to toilets.

ACCESSIBILITY: Fully accessible.

DESCRIPTION: This family friendly nature walk will be guided by local artist, historian and environmentalist Terry Tedstone who previously worked on site and established Fort Dunree Wildlife and Nature group. Terry has a wealth of experience and knowledge on wildlife and knows the site like the back of his hand. This will be a fun and engaging walk that celebrates the beautiful wildlife right here on our doorstep.

WHAT TO WEAR: Comfortable shoes, waterproof clothing, sunscreen

WHAT TO BRING: Water, camera



TO CROCALOUGH, MALIN HEAD

COMMUNITY CENTRE: Malin Head Community Centre

NAME OF ORGANISER: Ali Farren

E-MAIL: malinheadcom@gmail.com

LOCATION OF WALK: Malin Head

DATE: 11/09/21

TIME: 2:00p.m.

STARTING POINT / MEETUP: Malin Head Community Centre Car Park, F93 A215

DURATION: 2 hours, 30 mins

DISTANCE: 10km

WALK GRADE: Moderate

TRAIL SURFACE: All on a good road

PARKING: Plenty of parking at the community centre

ACCESSIBILITY: Very accessible

DESCRIPTION: This is a good family friendly walk that starts at the gate of the community centre and goes to Crocalough. We will be joined by members of the Malin Head Heritage Group who will give us a rundown of the local history of the area.

WHAT TO WEAR: Casual/waterproof gear

WHAT TO BRING: Water



FORT DUNREE, MINDFUL WANDER

COMMUNITY CENTRE: Artlink, Fort Dunree

NAME OF ORGANISER: Rebecca Strain

E-MAIL: artlinkfortdunree@gmail.com

LOCATION OF WALK: Fort Dunree, Buncrana

DATE: 11/09/21

TIME: 6:00p.m.

STARTING POINT / MEETUP: Amach Anseo Community Garden

DURATION: 2hrs

DISTANCE: 3km

WALK GRADE: All levels

TRAIL SURFACE: Pathway

ACCESSIBILITY: Fully accessible. Free parking available at Fort Dunree Car Park and access to toilets.

DESCRIPTION: Ecotherapist Michaela McDaid will guide us on this mindful wander around the majestic site at Fort Dunree. We will meet in Amach Anseo Community Garden for tea first and after a gentle walk we will come to settle in a 'sit spot' for a sunset meditation around 7.30-7.40pm. After the guided communal meditation participants will be invited to a solitary reflection.

WHAT TO WEAR: Comfortable shoes, waterproof clothing

WHAT TO BRING: Maybe a cushion or something to sit on. A cup for tea



GREEN HILL HIKE

COMMUNITY CENTRE: Artlink, Fort Dunree

NAME OF ORGANISER: Rebecca Strain

E-MAIL: artlinkfortdunree@gmail.com

LOCATION OF WALK: Green Hill, 55.194023, -7.494098

DATE: 12/09/21

TIME: 10:00a.m.

STARTING POINT / MEETUP: Fort Dunree Car Park, F93 C424

DURATION: 4/5 hrs

DISTANCE: 12km

WALK GRADE: Strenuous

TRAIL SURFACE: This walk is off road; over mixed terrain including track, bog and hill ground which may be boggy, slippery and rocky underfoot.

PARKING: Parking at Fort Dunree Car Park

ACCESSIBILITY: Limited accessibility – no mobility accessibility and not suitable for wheelchairs or buggies.

DESCRIPTION: Get away from it all with a local on this 12 km route steeped in cultural heritage with extensive views of the Urris Hills, Bulbin, Inishowen and West Donegal. There will be plenty to talk about as we ramble along this varied route including an old monastic site, turf cutting, windmills, a lough and the flora and fauna of the bogland. Our lunch stop will be on the summit of Aghaweel Hill giving panoramic views of Lough Swilly and West Donegal. Hear the Amazing Grace story and other tales as we take in the stunning vistas and chill-out above the Lake of Shadows. This walk is over mixed terrain including track, bog and hill ground which may be boggy, slippery and rocky underfoot. A good level of fitness is required for this walk with uphill sections and a total ascent of 220 metres.

WHAT TO WEAR: Waterproof coat and trousers, hat and gloves, walking boots, warm clothing.

WHAT TO BRING: Camera, sun cream, insect repellent, lunch and lots to drink (2L), face mask & hand sanitiser and a rucksack to carry it all in.

CLONMANY RIVER WALK & FORAGE

COMMUNITY CENTRE: Clonmany Community Centre

NAME OF ORGANISER: Bebhinn Mullins

E-MAIL: manager@clonmanycommunitycentre.ie

LOCATION OF WALK: Along the River edge in Clonmany

DATE: 12/09/21

TIME: 1.00p.m.

STARTING POINT / MEETUP: Clonmany Community Centre

DURATION: 2hrs

DISTANCE: 3km

WALK GRADE: Easy - All walks lead by trained walking leaders

TRAIL SURFACE: Pathways along the rivers edge / road surface

PARKING: Yes

ACCESSIBILITY: This walk is not accessible for those with additional mobility needs. This walk is suitable for children when accompanied by an adult.

DESCRIPTION: This walk will be a relaxed and slow paced wander along the rivers edge in Clonmany. With beautiful Bulaba mountain in the background, you will have time to take in natural beauty of the wild flora and fauna along the way. There will be expert guidance and information provided on the day from Claire @KeeperOfTheWays

WHAT TO WEAR: Comfortable walking shoes

WHAT TO BRING: Water, snack

D'ARCY MC GEE WALK

COMMUNITY CENTRE: Carrowmenagh Community Centre

NAME OF ORGANISER: Anne Marie Quigley

E-MAIL: carrowmenaghschool@yahoo.co.uk

LOCATION OF WALK: Carrowmenagh to Tremone Bay

DATE: 12/09/21

TIME: 1:30p.m.

STARTING POINT / MEETUP: Carrowmenagh Community Centre. F93 EY77

DURATION: 1.5-2 hours

DISTANCE: 6km

WALK GRADE: Moderate

TRAIL SURFACE: Dirt track pathway and tarmac road surfaces

PARKING: There is full parking and toilet facilities at the Community Centre where the walk will commence and where we will be returning to.

ACCESSIBILITY: Part of the route is on a dirt track road not suitable for wheelchairs or buggies.

DESCRIPTION: The walk begins at the Carrowmenagh Community Centre. As we leave the centre, we make our way through the picturesque village of Carrowmenagh taking us through the townlands of Drumaville and Ballyharry, then onto Tremone Bay where a commemorative plaque to Thomas D'Arcy McGee is situated. During your walk, you will have an uninterrupted view of the North Atlantic. You can also see a standing stone at the site of an early monastic settlement. From here we will be returning to the community centre.

WHAT TO WEAR: Good walking / hiking boots, waterproof clothing, sunscreen

WHAT TO BRING: Water, walking pole (optional), camera, binoculars, etc.



MALIN WELL WALK

COMMUNITY CENTRE: Malin Head Community Centre

NAME OF ORGANISER: Ali Farren

E-MAIL: malinheadcom@gmail.com

LOCATION OF WALK: Malin Head

DATE: 12/09/21

TIME: 2:00p.m.

STARTING POINT / MEETUP: Malin Head Community Centre Car Park, F93 A215

DURATION: 1 hour 30 mins

DISTANCE: 5.5km

WALK GRADE: Easy

TRAIL SURFACE: Beach/road/field

PARKING: Plenty of parking at the community centre. Toilets available

ACCESSIBILITY: Not wheelchair friendly

DESCRIPTION: This is a nice leisurely walk from Turas to Malin well. We will be joined by members of the Malin Head Heritage Group who will give us a rundown of the local history of the area.

WHAT TO WEAR: Good walking shoes

WHAT TO BRING: Water



CARNDONAGH HERITAGE WALK

COMMUNITY CENTRE: Colgan Hall Community and Resource Centre Ltd, Men's Shed, and other community organisations.

NAME OF ORGANISER: Nuala McLaughlin

E-MAIL: info@colganhall.com

LOCATION OF WALK: Carndonagh

DATE: 12/09/21

TIME: 3:00p.m.

STARTING POINT / MEETUP: The Diamond, F93 CKK6

DURATION: Approx. 1.5hrs

DISTANCE: 4km

WALK GRADE: Moderate

TRAIL SURFACE: Varies, most of the walk will include concrete pathway, however, there will also be some sections which include loose gravel and clay pathways

PARKING: Parking in the Diamond

ACCESSIBILITY: Fully accessible

DESCRIPTION: The Carndonagh Heritage Trail was developed by the Colgan Heritage Group. Carndonagh is situated at the 'heart' of the Inishowen Peninsula and is the main market and shopping town in North Inishowen. The town is a thriving center for gatherings, entertainment, and culture. Our walk will bring you on a guided tour, where you will learn about our unique history and culture. We will hear about Carndonagh's history and its textile factories. We will visit Barrack Hill and hear about its rich biodiversity. We will stop-off at the 7th century Donagh Cross which is one of the oldest free-standing crosses in Ireland. We will learn of the Workhouse of the 1800's which provided food and shelter for the needy and destitute. Our walk will give participants a real sense of the town, its people, the struggles endured, successes achieved and our aspirations for the future. Dessie Mc Callion, a local heritage and history expert, will be our Tour Guide on the day. Dessie's insights and expert knowledge will be complimented by information from other local contributors.

WHAT TO WEAR: Comfortable walking shoes, boots or trainers. A light jacket. Rain gear - if it's a wet day.

WHAT TO BRING: Water & perhaps your camera!

FORT DUNREE, AS GAEILGE

COMMUNITY CENTRE: Artlink, Fort Dunree

NAME OF ORGANISER: Rebecca Strain

E-MAIL: artlinkfortdunree@gmail.com

LOCATION OF WALK: Fort Dunree, Buncrana

DATE: 12/09/21

TIME: 3:00p.m.

STARTING POINT / MEETUP: Fort Dunree Car Park.

DURATION: 3-4hrs

DISTANCE: 7km

WALK GRADE: Moderate

TRAIL SURFACE: Pathway, beach

PARKING: Parking available along the road at Port Bán or at Fort Dunree Car Park and where there is access to toilets.

ACCESSIBILITY: This walk is all on a path but it might be a bit tricky for buggies and wheelchairs in parts.

DESCRIPTION: Glór Inis Eoghain is a community group formed to promote the use of Irish in the Inishowen peninsula. Glór will accompany participants on a walk and talk as Gaeilge for all those interested in hearing and using Irish. Starting at Dunree Beach going on the hillside walk to Mamore Gap road, then to the well of St. Colmcille/St Eigne and back via the Pinch Road. The route is all on road but there is a steep uphill climb.

WHAT TO WEAR: Comfortable shoes or walking boots, waterproof clothing

WHAT TO BRING: Water, camera, snacks

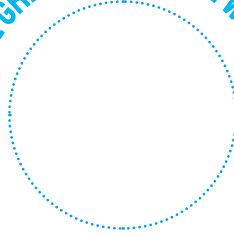


WALK ACCOMPLISHMENT AWARD

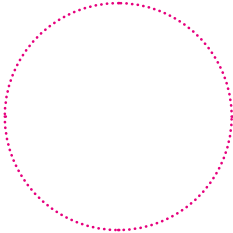
HEART OF INISHOWEN HIKE



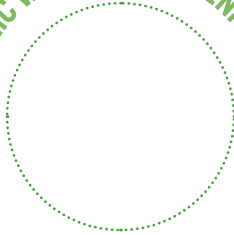
MOVILLE GREEN / COLMCILLE WELL WALK



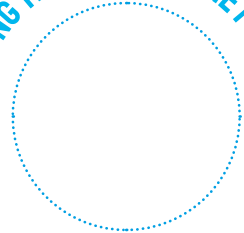
SUNSET WALK



HISTORIC WALK ALONG SCENIC FOYLE



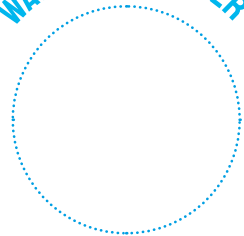
ALONG THE BANKS OF THE FOYLE



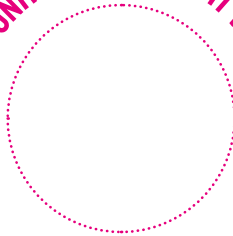
ISKAAHEEN COMMUNITY WALK / TURAS POBAL UISCE CHAOIN



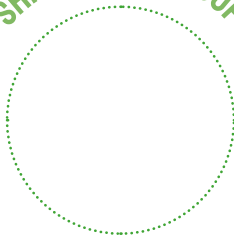
WATERFALL WANDER



FORT DUNREE, AUDIBLE ART WANDER

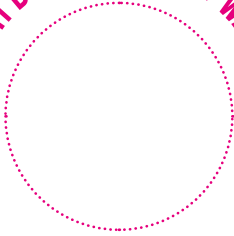


SHROOVE HEAD LOOP

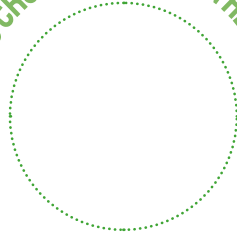


WALK ACCOMPLISHMENT AWARD

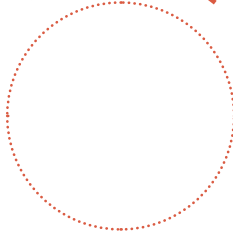
FORT DUNREE, NATURE WALK



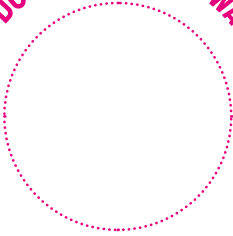
TO CROCALOUGH, MALIN HEAD



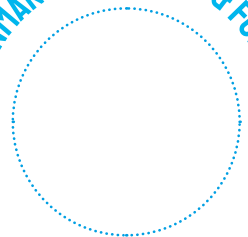
GREEN HILL HIKE



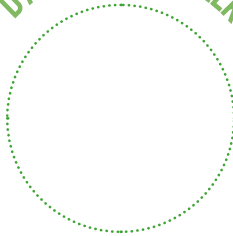
FORT DUNREE, MINDFUL WANDER



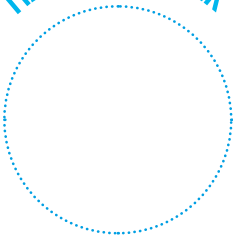
CLONMANY RIVER WALK & FORAGE



D'ARCY MC GEE WALK



MALIN WELL WALK



FORT DUNREE, AS GAELGE



CARNDONAGH HERITAGE WALK



The Inishowen Walking Festival is co-funded by The Colmille 1500 Grant Scheme and Donegal Sports Partnership.

This project links with the Colmille 1500 Celebrations in 2021 and promoted as an informative heritage based health and wellbeing community event for all. This project has been supported through the Colmille 1500 Grant Scheme which is funded by the North West Development Fund and Creative Ireland, in conjunction with and supported by The Executive Office and The Irish Government.

We would like to acknowledge the hard work of the ISEN (Inishowen Social Enterprise Network) Community Groups for their participation in this project. We appreciate our funding bodies support to make this happen and kind donations received from Local Councillors and TDs. IDP (Inishowen Development Partnership) have kindly contributed to our leaflet and supported the ISEN network throughout the past two years with dedicated staff to facilitate innovation.

Explore Inishowen team have immersed in this exciting opportunity and look forward to planning future community events that build on the visitor experience and will help create longterm sustainability.



ISEN Community Groups involved

- Inishowen Maritime Museum
- The Exchange Inishowen
- Carrowmenagh Community Centre
- Artlink, Fort Dunree
- Sliaibh Sneacht Centre
- Muff Community Development
- Clonmany Community Centre
- Greencastle Community Centre
- Malin Head Community Centre
- Moville Family Resource Centre
- Colgan Hall Community & Resource Centre Ltd, Men's Shed and other community organisations



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government supporting communities

ISEN
Inishowen Social Enterprise Network

IDP Inishowen Development Partnership

Donegal County Council
Comhairle Contae Dhún na nGall

Donegal Sports Partnership

Clár Éire Ildánach
Creative Ireland Programme
2017-2022

SPORT IRELAND
LOCAL SPORTS PARTNERSHIPS

An Roinn Forbartha Tuaithe agus Pobail
Department of Rural and Community Development

An Roinn Turasoíreacht, Cultúir, Ealaíon, Gaeltachta, Spóirt agus Meia
Department of Tourism, Culture, Arts, Gaeltacht, Sport and Media



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