



# FESTIVAL SCHEDULE 2022

*"Walking back to happiness"*



*Walk organisers*



# WELCOME

Go Visit Inishowen welcomes you to the second annual Inishowen Walking Festival. This community event will give you the opportunity to Explore Inishowen like you never have before. With a series of guided walks of varying skill levels, from casual wanders to hardcore hikes, you will be in the company of expert activity guides that cover topics such as history, heritage, wildlife, wellness, flora and fauna. There is something for everyone. So grab your walking shoes and camera and join us for the ultimate walking experience on the Inishowen Peninsula.

## 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: 9.30am-5.30pm**

# INISHOWEN WALKING FESTIVAL SCHEDULE

## KNOW YOUR WALK LEVEL:

**PINK = MULTI-ACCESS**

**BLUE = EASY**

**GREEN = MODERATE**

**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.



# WALKING BACK TO HAPPINESS SCALP MOUNTAIN TREK

**COMMUNITY CENTRE:** Go Visit Inishowen

**NAME OF ORGANISER:** Heidi Doherty

**LOCATION OF WALK:** Burnfoot

**DATE:** Friday 16th September 2022

**TIME:** 11:00am

**STARTING POINT / MEETUP:** Follow signs in the village of Burnfoot, coordinates are 55.07384178901091, -7.381340703744232

**DURATION:** 4-5hrs

**DISTANCE:** 6km

**WALK GRADE:** Strenuous (due to steep incline)

**TRAIL SURFACE:** Open Country & Hard Surface Trail

**PARKING:** Follow signs to Michael McLaughlins Farm-yard Carpark. Walkers should car share or arrange drop-off or pick-ups, where possible.

**ACCESSIBILITY:** Route suits people with good level or fitness and prior experience of moderate+ hill walking in Ireland.

**DESCRIPTION:** This route is selected for walking up to view the panoramic views of the peninsula in the hills of Scalp Mountain. It is an upland route on a trail with open country on either side. The terrain contains irregular rocks off trail and the hidden vegetation is home to wildlife, rare flora & fauna due to the geology of the area. Care is required to keep particularly to the trail. The walk is led by a local expert from Far & Wild accompanied by the Go Visit Inishowen Team. There may be a special treat in store for walkers on the day, ask your guide!" The Go Visit Team extends a sincere thank you to the entire McLaughlin Family for allowing the community to share the value of wellbeing with nature here at their farm during the Inishowen Walking Festival.

**WHAT TO WEAR:** Hiking boots/shoes are essential. Waterproof coat and trousers, hat and gloves, walking poles & gaiters optional

**WHAT TO BRING:** Camera, sun cream, insect repellent, lunch and lots to drink (2L) and a rucksack to carry it all in. There will be a lunch stop and breaks where necessary

**DOGS ALLOWED:** No



## FORT DUNREE, AUDIBLE ART WANDER II

**COMMUNITY CENTRE:** Artlink, Fort Dunree

**NAME OF ORGANISER:** Sarah Duffy

**E-MAIL:** artlinkfortdunree@gmail.com

**LOCATION OF WALK:** Fort Dunree, Buncrana

**DATE:** Friday 16th September 2022

**TIME:** 3:00pm

**STARTING POINT / MEETUP:** Fort Dunree Car Park. F93 C424

**DURATION:** 1 Hour

**DISTANCE:** 3km

**WALK GRADE:** Easy-Moderate

**TRAIL SURFACE:** Pathway, steps

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

**ACCESSIBILITY:** Steep inclines and steps reduce the accessibility to this walk.

**DESCRIPTION:** During this short walk uphill, we will come to a place where we can see the land of Cill Ard, where 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 unveil new signage with a QR code that will enable the public to listen to the audio work virtually.

**WHAT TO WEAR:** Comfortable shoes, weather-appropriate clothing

**WHAT TO BRING:** Smartphone and headphones are essential to fully immerse yourself in this experience, drinking water

**DOGS ALLOWED:** No



# TRANQUILLITY RAMBLE

**COMMUNITY CENTRE:** Malin Head Community Centre

**NAME OF ORGANISER:** Ali Farren

**E-MAIL:** malinheadcom@gmail.com

**LOCATION OF WALK:** Malin Head

**DATE:** Friday 16th September 2022

**TIME:** 6:00pm

**STARTING POINT / MEETUP:** Malin Head Community Centre

**DURATION:** 1.5 - 2 hours

**DISTANCE:** 5.4km

**WALK GRADE:** Easy

**TRAIL SURFACE:** Quiet country road

**PARKING:** Yes, at the Community Centre

**ACCESSIBILITY:** Public Road

**DESCRIPTION:** This is a tranquillity walk over quiet country roads, on this slow-paced walk you will have the time to enjoy the beautiful scenery of Malin Head. This walk is suitable for walkers of all levels with the idea of appreciating the here and now and enjoying the moment.

**WHAT TO WEAR:** Comfortable shoes, weather-appropriate clothing

**WHAT TO BRING:** Camera

**DOGS ALLOWED:** Yes. Well-behaved dogs only, must be on a lead.



# ‘IF STONES COULD TALK’. A COMMUNITY, HISTORY AND HERITAGE WALK.

**COMMUNITY CENTRE:** Muff Community Centre

**NAME OF ORGANISER:** Mura McLaughlin

**E-MAIL:** muffcommunityforum@gmail.com

**LOCATION OF WALK:** Muff

**DATE:** Saturday 17th September 2022

**TIME:** 10:00am

**STARTING POINT / MEETUP:** Muff Community Park

**DURATION:** 2.5 hours

**DISTANCE:** 7.5km

**WALK GRADE:** Moderate to Strenuous

**TRAIL SURFACE:** Primarily on path and trail

**PARKING:** Parking and toilet facilities are available

**ACCESSIBILITY:** Part of the course is hilly, with restricted access to some viewing points for buggies/wheelchairs etc.

**DESCRIPTION:** A history and heritage walk through Muff and the surrounding areas of Ardmore, Cill Doire and Knowehead, with views over Lough Foyle and Co Derry. Contributions by three knowledgeable local guides will stimulate conversation, on the influence of Gaelic, Ulster Scots and English, and the legacy of these in the area. The discussion will be enhanced by contributions from participants.

**WHAT TO WEAR:** Comfortable shoes, weather-appropriate clothing

**WHAT TO BRING:** Water, snack camera, etc.

**DOGS ALLOWED:** No



# SHROOVE HEAD LOOP

**COMMUNITY CENTRE:** Greencastle Community Centre

**NAME OF ORGANISER:** Susan McAlee

**E-MAIL:** susan@greencastlecentre.ie

**LOCATION OF WALK:** Greencastle

**DATE:** Saturday 17th September 2022

**TIME:** 11:00am

**STARTING POINT / MEETUP:** Shroove Inishowen Head House car-park (NOT the beach) Follow signs on the day

**DURATION:** 2.5 to 3 hours approx

**DISTANCE:** 8km

**WALK GRADE:** Moderate to Strenuous

**TRAIL SURFACE:** Hilly rough terrain

**PARKING:** Yes – At Inishowen Head House car park. Limited parking available.

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

**DESCRIPTION:** This walk leaves from Shroove Inishowen Head Car Park past Port Cille where St. Columille 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 (and Scottish islands on a clear day). 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, weather-appropriate clothing

**WHAT TO BRING:** Water/snack/sandwiches/flask/camera/phone

**DOGS ALLOWED:** No, there are farm animals on the route.



# SIÚL AGUS CAINT AS GAEILGE / WALK AND TALK IN IRISH.

**NAME OF ORGANISER:** Sinead Walsh

**E-MAIL:** artlinkfortdunree@gmail.com

**COMMUNITY CENTRE:** Artlink, Fort Dunree

**LOCATION OF WALK:** Fox's Rock and Bulaba way Loop

**DATE:** Saturday 17th September 2022

**TIME:** 2:00pm

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

**DURATION:** 2-3 hours

**DISTANCE:** 7km

**WALK GRADE:** Moderate

**TRAIL SURFACE:** Pathway, hill trails, bog, uneven surfaces

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

**ACCESSIBILITY:** Not suitable for buggies or wheelchairs; uneven surfaces, a section with a long incline, small section on a bog

**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 Gaelige for all those interested in hearing and using Irish. Starting at Fort Dunree, drive to trail start on the Pinch road (10 mins); Fox's rock loop and Bulaba Way Loop. Mostly hill trails, uneven surfaces, small bog section, one section is a steady incline.

**WHAT TO WEAR:** Comfortable shoes, weather-appropriate clothing

**WHAT TO BRING:** A walking stick is helpful, water, picnic/snacks

**DOGS ALLOWED:** Yes. Well-behaved dogs only, must be on a lead. Extra care must be taken on this route as there are sheep on the hills.





# TO THE TOWER - COASTAL WALK TO IRELAND'S MOST NORTHERLY POINT

**NAME OF ORGANISER:** Ali Farren

**E-MAIL:** malinheadcom@gmail.com

**COMMUNITY CENTRE:** Malin Head Community Centre

**LOCATION OF WALK:** Malin Head

**DATE:** Saturday 17th September 2022

**TIME:** 11:00am

**STARTING POINT / MEETUP:** Malin Head Community Centre

**DURATION:** 2-3.5 hours

**DISTANCE:** 10.5km

**WALK GRADE:** Moderate to strenuous

**TRAIL SURFACE:** Country Road surface

**PARKING:** Yes, at the Community Centre

**ACCESSIBILITY:** Country Road.

**DESCRIPTION:** This walk is along the shoreline which leads to the tower in Ballyhillion, breathtaking views of Inishtrahull, the Garvin isles, and on a clear day the Scottish hills passing by Ballyhillion Raised beach. and the village of Ballyhillion where the remaining houses date back to the 18th and 19th centuries.

**WHAT TO WEAR:** Comfortable shoes/hiking boots, weather-appropriate clothing

**WHAT TO BRING:** Camera

**DOGS ALLOWED:** Yes. Well-behaved dogs only, must be on a lead



# BOG SAFARI HIKE

**COMMUNITY CENTRE:** Artlink, Fort Dunree

**NAME OF ORGANISER:** Rebecca Strain

**E-MAIL:** artlinkfortdunree@gmail.com

**LOCATION OF WALK:** Dunree

**DATE:** Sunday 18th September 2022

**TIME:** 10:00am

**STARTING POINT / MEETUP:** Fort Dunree Car Park. F93 C424

**DURATION:** 4/5 hours

**DISTANCE:** 12 km & a total ascent of 220 metres

**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:** This authentic hiking experience will provide a fascinating insight into this unique and primeval landscape. As we journey through time, we will explore how the bog (or peatland) was formed, its myths and legends, an ancient monastic site; traditional turf cutting as well as the unique biodiversity of the bog and its role in the fight against climate change. We will also see green energy in action as we ramble through this dramatic landscape. Our lunch stop will be upon a hilltop with panoramic views of Lough Swilly and West Donegal. This route is approx 12km in length with 220 metres of ascent. A good level of fitness is required for this hike. This walk is over mixed terrain including track, bog and hill ground which may be boggy, wet, slippery and rocky underfoot.

**WHAT TO WEAR:** Hiking boots/shoes are essential. Waterproof coat and trousers, hat and gloves.

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

**DOGS ALLOWED:** No.



# D'ARCY MCGEE 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:** Sunday 18th of September, 2022

**TIME:** 1:30pm

**STARTING POINT / MEETUP:** Carrowmenagh Community Centre. F93 EY77

**DURATION:** 2.5 hours max.

**DISTANCE:** 6km

**WALK GRADE:** Intermediate

**TRAIL SURFACE:** Dirt track pathway and tarmac road surfaces

**PARKING:** There are 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 Mc Gee 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. We will return to the Community Centre.

**WHAT TO WEAR:** Good walking/hiking boots, weather-appropriate clothing

**WHAT TO BRING:** Water, a Walking Pole (optional), camera, binoculars (optional) etc.

**DOGS ALLOWED:** Yes. Well-behaved dogs, must be on a lead.



## CARNDONAGH HERITAGE STROLL

**COMMUNITY CENTRE:** Colgan Hall Community and Resource Centre Ltd

**NAME OF ORGANISER:** John Doherty

**E-MAIL:** info@colganhall.com

**LOCATION OF WALK:** Carndonagh

**DATE:** Sunday 18th September 2022

**TIME:** 3:00pm

**STARTING POINT / MEETUP:** The Diamond, Carndonagh. F93 CKK6

**DURATION:** 1.5hrs

**DISTANCE:** 4km

**WALK GRADE:** Moderate

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

**PARKING:** Parking in the Diamond.

**ACCESSIBILITY:** Accessible, however, there will be inclines, declines and loose gravel.

**DESCRIPTION:** Carndonagh is situated at the ‘heart’ of the Inishowen Peninsula, filled with local history & is the main market and shopping town in North Inishowen. The town is a thriving centre for gatherings, entertainment, and culture. Our heritage walk will bring you on a guided tour of our fair town, learning about our unique history, culture and local interesting stories. Dessie Mc Callion, a local heritage and history expert will be our Tour Guide on the day. Our walk will give participants a real sense of the town, its people, the struggles endured, successes achieved and our aspirations for the future.

**WHAT TO WEAR:** Comfortable shoes, weather-appropriate clothing

**WHAT TO BRING:** Water & perhaps your camera!

**DOGS ALLOWED:** Yes. Well-behaved dogs only, must be on a lead.



# WELLNESS WANDER

**COMMUNITY CENTRE:** The Exchange Inishowen

**NAME OF ORGANISER:** Ruth Garvey-Williams

**E-MAIL:** exchangeinishowen@gmail.com

**LOCATION OF WALK:** Buncrana

**DATE:** Tuesday 20th September 2022

**TIME:** 7:00p.m.

**STARTING POINT / MEETUP:** The Exchange Community Centre, Castle Ave, Buncrana. F93 FE09.

**DURATION:** 45 minutes

**DISTANCE:** 2km

**WALK GRADE:** Multi-access

**TRAIL SURFACE:** Flat/smooth (mostly pathways)

**PARKING:** Shorefront or Nailor's Row

**ACCESSIBILITY:** All walks are gentle and easily accessible

**DESCRIPTION:** Take a gentle evening stroll with us to unwind and de-stress. Slow down, relax and enjoy nature for this lovely well-being walk with opportunities to enjoy mindfulness, poetry and music along the way. Discover the benefits of walking for mental health. Hosted by Insight Inishowen, this 45-minute walk will start from The Exchange Community Centre at 7 pm and end up back at the centre for refreshments. Watch out for some heart-warming surprises along the way.

**WHAT TO WEAR:** Comfortable shoes, weather-appropriate clothing

**WHAT TO BRING:** Just yourself

**DOGS ALLOWED:** Well-behaved dogs, must be on a lead.



# A JOURNEY THROUGH TIME

**COMMUNITY CENTRE:** The Exchange Inishowen

**NAME OF ORGANISER:** Ruth Garvey-Williams

**E-MAIL:** exchangeinishowen@gmail.com

**LOCATION OF WALK:** Buncrana

**DATE:** Thursday 22nd September 2022

**TIME:** 7:00pm

**STARTING POINT / MEETUP:** The Exchange Community Centre, Castle Ave,  
Buncrana. F93 FE09

**DURATION:** 1 hour

**DISTANCE:** 3km

**WALK GRADE:** Multi-Access

**TRAIL SURFACE:** Flat/smooth (mostly pathways)

**PARKING:** Shorefront or Nailor's Row

**ACCESSIBILITY:** All walks are gentle and easily accessible

**DESCRIPTION:** Buncrana is steeped in history – stories of triumphs and tragedies, loves and losses, battles and betrayals, voyages and shipwrecks. Here the ballads of lofty lords intertwine with the humble and wholesome songs of home. Join local historians for a journey through time and uncover the town's heritage. Translation offered on request (Arabic, Polish or Ukrainian/Russian). This one-hour walk will start from The Exchange Community Centre at 7pm and end up back at the centre for refreshments.

**WHAT TO WEAR:** Comfortable shoes, weather-appropriate clothing

**WHAT TO BRING:** Just yourself

**DOGS ALLOWED:** Well-behaved dogs, must be on a lead.





# CASTLE VIEW WALK

**COMMUNITY CENTRE:** Greencastle Community Centre

**NAME OF ORGANISER:** Susan McAleer

**E-MAIL:** info@greencastlecentre.ie

**LOCATION OF WALK:** Greencastle

**DATE:** Friday 23rd September 2022

**TIME:** 11:00am

**STARTING POINT / MEETUP:** Inishowen Maritime Museum Carpark

**DURATION:** 1 hour

**DISTANCE:** 2km

**WALK GRADE:** Easy

**TRAIL SURFACE:** Road/pathway.

**PARKING:** Yes. At the Inishowen Maritime Museum.

**ACCESSIBILITY:** Suitable for wheelchairs and buggies

**DESCRIPTION:** Leaving from the Museum through the village and then taking the coastal path past the Northburg Castle, the old fort and by the Manor House taking in some beautiful coastal scenery and accompanying wildlife, perhaps even glimpse the dolphins on the Foyle

**WHAT TO WEAR:** Comfortable shoes, weather-appropriate clothing.

**WHAT TO BRING:** Water.

**DOGS ALLOWED:** Yes. Well-behaved dogs only must be on a lead.



# AN AMAZING JOURNEY

**COMMUNITY CENTRE:** The Exchange Inishowen

**NAME OF ORGANISER:** Ruth Garvey-Williams

**E-MAIL:** exchangeinishowen@gmail.com

**LOCATION OF WALK:** Buncrana.

**DATE:** Friday 23rd September 2022

**TIME:** 6:00pm

**STARTING POINT / MEETUP:** Go Visit Inishowen Tourist Office car park, Railway Road, Buncrana, Co. Donegal, Ireland.

**DURATION:** 1 hour 15 minutes.

**DISTANCE:** 2.5 km

**WALK GRADE:** Multi-Access

**TRAIL SURFACE:** Flat/smooth (mostly pathways)

**PARKING:** Parking at the tourist office.

**ACCESSIBILITY:** Gentle and easily accessible.

**DESCRIPTION:** From pop concerts to civil rights marches and from folk music to funerals, the song Amazing Grace is known and loved around the world. To mark the 250th anniversary of the world's most famous hymn, join us for a walk through Amazing Grace Country discovering the story behind the song and its connection with Inishowen. Starting at the Amazing Grace Park, we will walk along the shore to the Amazing Grace Viewing Point before ending up at The Exchange Community Centre for refreshments (transfers back to the car park available on request). Watch out for a little music along the way!

**WHAT TO WEAR:** Comfortable shoes, weather-appropriate clothing.

**WHAT TO BRING:** Just yourself.

**DOGS ALLOWED:** Well-behaved dogs, must be on a lead.



# HEART OF INISHOWEN HIKE

**COMMUNITY CENTRE:** Sliabh Sneacht Centre

**NAME OF ORGANISER:** Gabriel Doherty

**E-MAIL:** admin@sliabhsneachtcentre.ie

**LOCATION OF WALK:** Sliabh Sneacht Centre

**DATE:** Saturday 24th September 2022

**TIME:** 10:00am

**STARTING POINT / MEETUP:** Sliabh Sneacht Centre, Drumfries, Inishowen F93 K6PH.

**DURATION:** 1 hour 30 mins

**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 Mintiaghs. 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 a local 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, weather-appropriate clothing.

**WHAT TO BRING:** Walking Pole if desired as the path is fairly steep in parts, and water.

**DOGS ALLOWED:** No, there are farm animals on the route.



# THE GREEN WAY TO WELLNESS

**COMMUNITY CENTRE:** Muff Community Centre

**NAME OF ORGANISER:** Mura McLaughlin

**E-MAIL:** muffcommunityforum@gmail.com

**LOCATION OF WALK:** Muff

**DATE:** Saturday 24th September 2022

**TIME:** 11:00am

**STARTING POINT / MEETUP:** Muff Community Park

**DURATION:** 2 hours

**DISTANCE:** 2.5km

**WALK GRADE:** Moderate

**TRAIL SURFACE:** Paved surface

**PARKING:** Parking is available at Muff Community Park

**ACCESSIBILITY:** Good

**DESCRIPTION:** This is a short walk & talk, through the newly opened Greenway exploring the benefits of social activity, bio-diversity and interests and their contribution to wellness. Michaela McDaid will introduce participants to the concept of ecotherapy.

**WHAT TO WEAR:** Comfortable shoes, weather-appropriate clothing

**WHAT TO BRING:** Water, snack camera, etc

**DOGS ALLOWED:** Yes. Well-behaved dogs only, must be on a lead



# AN INCH CLOSER TO HISTORY - THIS IS INCH, EXPLORE FOR MILES!

**ORGANISATION:** Trail Gazers

**NAME OF ORGANISER:** Mary Daly

**E-MAIL:** marydaly@donegalcoco.ie

**LOCATION OF WALK:** Inch Wildfowl Reserve

**DATE:** Saturday 24th September 2022

**TIME:** 13:30pm

**STARTING POINT / MEETUP:** McGrath's Car Park, Inch Island

**DURATION:** 2 hours max

**DISTANCE:** 5km

**WALK GRADE:** Multi-Access

**TRAIL SURFACE:** Path

**PARKING:** Yes, McGrath's Car Park

**ACCESSIBILITY:** Fully Accessible

**DESCRIPTION:** Come along and develop your sense of place as you hear the lost stories of the area. An informative walk around Inch Wildfowl Reserve which will look at the lost stories and tales of the local area with local historian and guide – Dessie McCallion.

**WHAT TO WEAR:** Comfortable shoes, weather-appropriate clothing

**WHAT TO BRING:** Water, snack camera, etc.

**DOGS ALLOWED:** No



THIS IS INCH, EXPLORE FOR MILES!

MULTI-ACCESS

# LEENAN COASTAL WALK

**COMMUNITY CENTRE:** Clonmany Community Centre

**NAME OF ORGANISER:** Bébhinn Mullins

**E-MAIL:** manager@clonmanycommunitycentre.ie

**LOCATION OF WALK:** Clonmany

**DATE:** Saturday 24th September 2022

**TIME:** 03:30pm

**STARTING POINT / MEETUP:** Tiernasligo school

**DURATION:** 1.5 hours

**DISTANCE:** 5km

**WALK GRADE:** Easy

**TRAIL SURFACE:** Road + off-road

**PARKING:** Parking is available at the school

**ACCESSIBILITY:** Most of this walk is fully accessible on a road. However, there is an option for some walkers to go off-road to see Leenan Head Fort

**DESCRIPTION:** This is a beautiful walk that highlights Inishowen's two most prominent features, our wild Atlantic coastline and the undulating hills of Donegal. We set out from Tiernasligo National School and head along the coastal road towards Leenan Head Fort. This will be a calm casual stroll along this stunning area of Inishowen with the Urris Hills as the backdrop for this coastal walk.

After the walk, there will be a genealogical event at the Market House in Clonmany everyone is welcome, here, there will be a short talk on the history of the local Clonmany area, and the people who lived there.

Come explore this lesser-known area of Inishowen, relax and enjoy the natural beauty and learn about the history of the area and the people who called it home.

**WHAT TO WEAR:** Comfortable shoes, weather-appropriate clothing.

**WHAT TO BRING:** Water, snacks.

**DOGS ALLOWED:** No, there are farm animals on the route.





# MIND THE GAP

**COMMUNITY CENTRE:** Clonmany Community Centre

**NAME OF ORGANISER:** Bébhinn Mullins

**E-MAIL:** manager@clonmanycommunitycentre.ie

**LOCATION OF WALK:** Clonmany

**DATE:** Sunday 25th September 2022

**TIME:** 12:00 noon

**STARTING POINT / MEETUP:** Glenevin Waterfall

**DURATION:** 4-5 hours

**DISTANCE:** 10.4km

**WALK GRADE:** Strenuous

**TRAIL SURFACE:** Road, off-road, hill and path.

**PARKING:** Parking is available near the Glenevin Waterfall.

**ACCESSIBILITY:** Not accessible for wheelchairs.

**DESCRIPTION:** This is one of our longer walks at the festival and it is recommended for experienced walkers only. This route offers views of rugged coastal scenery with panoramic views in all directions. We will meet near the beautiful Glenevin Waterfall and set off for Mamore Gap where we stop for a short break before returning to the waterfall.

**WHAT TO WEAR:** Hiking shoes + Walking poles optional, wet gear required (weather dependent).

**WHAT TO BRING:** Plenty of water

**DOGS ALLOWED:** No, there are farm animals on the route.



# INISHOWEN WALKING FESTIVAL 2022



The Inishowen Walking Festival is supported by a team of enthusiastic Social Enterprise Community Groups. It is funded through Donegal County Council, Pobal, Creative Ireland Programme and the Department of Tourism, Culture, Arts, Gaeltacht Sport and Media.

This year's 2022 theme is **"Walking back to happiness"**.

19 Walks are scheduled across the peninsula:- Buncrana, Fort Dunree, Clonmany, Carndonagh, Carrowmenagh, Malin Head, Greencastle, Drumfries, Inch, Burnfoot and Muff.

It builds on the inaugural Inishowen Walking Festival, "As well as an immediate positive mental impact, walking outside enhances social inclusion in a natural sensory environment. We believe this project has the potential to become a wider tourism economic development that will attract visitors from further afield.

The Go Visit Inishowen Team have eagerly participated in this project from the outset, coordinating this event as part of their commitment to their communities. They have shared interests, creating activities for the people, celebrating the place and welcoming new visitors to the area. We wish to thank all concerned for making it possible to run this event again this year. The funding & donations will provide vital building blocks to a bright future for walking in Inishowen.

**LOCAL COMMUNITY GROUPS INVOLVED;**

**Go Visit Inishowen, Artlink Fort Dunree, Greencastle Centre, Clonmany Community Centre, Colgan Hall, Muff Community Forum, Sliabh Sneacht Centre, Malin Head Community Centre, Carrowmenagh Centre & The Exchange Inishowen; Trail Gazers joins the project in conjunction with Donegal Connect Event.**



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