

# National Trails Day 28th September

**National Trails Day will be held on 28th September 2008 with the objectives of:**

- *Promoting an awareness of the recreation trails (walking and biking) and allied outdoor recreation facilities that are currently available in Ireland*
- *Promoting an understanding of the need to manage and resource our trails and other facilities*
- *Promotion and awareness of the work of all key agencies in delivering trails and other facilities*

## **Who is it for?**

The target audience is the general public maybe those who haven't considered going out or using a trail or maybe those that don't know where to start. There are many different trails aimed at many different users across the country and National Trails Day is intended to promote the diversity of what we have to offer.

## **Getting the message across**

There will be a media campaign in local, regional and national press beginning September 1st, to promote the events taking place on the day.

There will be a new website set up to give all information on any particular event, including location, description, time and duration , who the event is aimed at, etc...

[www.nationaltrailsday.ie](http://www.nationaltrailsday.ie)

## **What events can be included for National Trails Day?**

There will be 50/ 60 trail events held on the day. They can include:

- Organised cycles
- Organised walks / organised runs
- Trail repair work shops/demonstrations
- Events on Multi access trails to highlight new wheelchair accessible trail
- Beginner's ride on a mountain-bike trail
- Nature trail events
- Leave No Trace awareness walks
- National Looped Walks events
- Ride out on an equestrian trail
- Orienteering for beginners on trails, etc...

Guidelines for planning events

## **Some guidelines for planning events are:**

- The events must be trail-based as the emphasis is on the use of trails across the country

- All events must be on ‘off-road’ trails
- Permission of the landowner to hold the event is required.
- There must be a clear leader/ host organisation who are responsible for organising and running the event. (this includes any site clean-up that may also be required)
- Events should typically run for between 1 and 3 hours.
- Adequate and safe parking must be available for predicted level of visitors at each site – the Gardaí must be informed of the proposed event.
- First-aid provision appropriate to the event should be available if necessary.
- Children at all events must be accompanied by a parent or guardian.
- All events must be free-of-charge.

### **Request for events**

The organising partners of National Trails Day are Coillte, Comhairle na Tuaithe, the Department of Community, Rural and Gaeltacht Affairs, the National Trails Office and Fáilte Ireland and we request interested groups or organisations to plan and run an event on the day.

Events approved by the organising partners will be listed on the National Trails Day website and advertised in local and regional newspapers. In this first year, we are limiting events to 50/ 60 events in total, which averages 2 per county.

Further information is available from National Trails Day Project Coordinator, Daithi de Forge at **086-2058873** or at [daithi.deforge@coillte.ie](mailto:daithi.deforge@coillte.ie)

Organised forest trail walk

**Event Name** Organised forest trail walk

**Location** Ballycuggaran, Co. Clare

**Description of event:** Our trail guide will bring you on a short loop giving fantastic views over Lough Derg along newly upgraded trails and tracks through the forest.

The forest is located on Crag Hill on the lower slopes of Slieve Bernagh mountains overlooking Lough Derg.

The name Ballycuggaran is derived from Baile Ni Chogarain, homeland of the O’Cuggarans an important family at the court of Brian Boru.

Enjoy the broad diversity of the different habitats as you take in the beautiful views of Lough Derg and the surrounding countryside.

Longer looped walks are also available at the forest.

**Host organisation(s)** Coillte

**Contact name:** *Christy O’Dea*

**Phone number:** *086 2536977 061 921587*

**Email address:** *Christy.odea@coillte.ie*

**Website address:** *www.coillteoutdoors.ie*

**Nearest town and county:** Killaloe, Co. Clare

**How to get there:** 3km north of Killaloe on R463 road to Scarriff  
Meeting point Car park at forest property

**Is pre-registration required?** No

**Time of event** 2.30pm

**Duration** 1 hour

**Suitable for** All the family

**Special instructions** Children must be accompanied by adult

**General instructions** Bring waterproof outdoor gear and suitable footwear.

**Event Name** Burren National Park Walk

**Location** Burren National Park, Co. Clare (GR R273954)

**Description of event** The guided walk will take approx 3 hours. The walk will take you to the top of Mullaghmór mountain (approx 300meters climb). The terrain is loose rock and steep ground. There are stunning views of turloughs, limestone rock formations, the Burren uplands and lowlands and on a clear day the Slieve Aughty mountains in east Clare.

**Host organisation(s)** National Parks and Wildlife Service

**Contact name** *Emma Glanville*

**Phone number** Office **065 6822694** Mobile **087-9888188**

**Email address** emma\_glanville@environ.ie

**Website address** www.burrennationalpark.ie

**Nearest town and county** Corofin, Co. Clare

**How to get there** From Corofin take the Kilfenora road, at Kilnaboy take a right. Follow this road for approx 5 kilometers. You meet a crossroad with a sign for the 'green road' on your left. Park here in the small parking area on the right.

**Meeting point** GR R 273954

**Is pre-registration required?** Please call **065 6822694** to register your interest

**Time of event** 2 pm

**Duration** 3 hours

**Suitable for** Anyone with reasonable fitness. Will need to be able for a three hour walk on rough terrain steep in places.

**Special instructions** Strong walking boots and rain gear essential, rough terrain and steep ground in places.

**General instructions** Bring food and water on this event.

**Walk Ireland**

[www.walkireland.ie](http://www.walkireland.ie)

**Ireland Leave No Trace**

[www.leavenotraceireland.org](http://www.leavenotraceireland.org)

**National Trails Day**

[www.nationaltrailsday.ie](http://www.nationaltrailsday.ie)