Walk for all

Cavan 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 Ballinlough on Saturday May 2nd for our Festival Walk for All.

Summer Nature Trail: our first walk is 3km 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 5.5km and those with a moderate level of fitness. Once we enter the forest trail we will take you around the scenic Carra Luka. 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 8km 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 Ballinlough Business Centre). Refreshments will be served afterwards.

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 weather, good walking shoes and appropriate trail footwear. Please remember to use sunscreen, bring water and a camera to capture the moment.

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.

Welcome to the county where time stood still. Our May Bank Holiday walks offer experienced rambles 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 Pott 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 Pott across quiet valley and forest landscapes through the magnificent Cavan Burren Park with its majestic 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 Pott to Blacklion (green line).

The Cuilcagh Climb

Details: 3rd May Distance: 13km 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 unspoilt landscapes, open hillsides and moorland 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 some nourishing snacks to sustain them.

There is a £5 charge for one day walking or €25 for weekend walking experience. The 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.cavansportspartnership.ie

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 for registration.

Walks begin at 11am (registration from 10.30am in Ballinlough Business Centre). Refreshments will be served afterwards.

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 groups walks delivered by an enthusiastic local leader. The Cavan Walking Festival is a truly unique, friendly and enjoyable walking festival. See you there!

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Cavan Walking Festival Information

1 May - 10 May

New 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 groups walks delivered by an enthusiastic local leader. The Cavan Walking Festival is a truly unique, friendly and enjoyable walking festival. See you there!
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.

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.

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.