

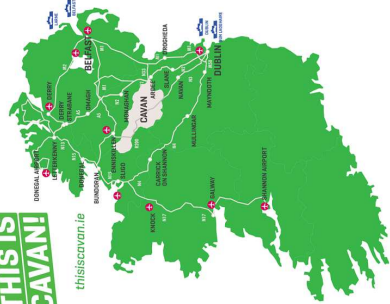
THIS IS CAVAN!



CAVAN WALKING FESTIVAL
28 APRIL - 5 MAY 2017
CAVANSPORTSPARTNERSHIP.IE

THIS IS CAVAN!

thisiscavan.ie



PERFECT FOR WALKING
Cavan is a beautiful land of forest walks in Kingscourt, Belleek, and the Marble Arch Caves. It's a peaceful place with a rich history and a special atmosphere. The Marble Arch Caves Geopark is a UNESCO World Heritage Site, offering a unique experience of ancient limestone caves.



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 and bring water and a camera to capture the moments!

Our walk leaders are very experienced but must take care 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.



CAVAN WALKING FESTIVAL
28TH APRIL - MAY 5TH
Now in its seventh year, Cavan Walking Festival returns with a wide variety of trails, rambles and hikes through Cavan's breathtakingly beautiful landscapes.

Whether you prefer a gentle walk and talk, or more challenging hikes across mountainous Cavan countryside, there is something for all ages and all abilities.
Join a welcoming group to stretch your legs, explore our county and hear the fascinating stories behind these places from an enthusiastic, trained local guide. Cavan Walking Festival is a truly unique, friendly and enjoyable walking festival. So lace-up and we'll see you there!

Pre-registration is only necessary for one of our walks, and can be done online at:
www.cavansportpartnership.ie
Please arrive at least 15 minutes before walk starting time to allow time for registration.



LEAVE NO TRACE
Cavan Walking Festival supports Leave No Trace Principles of Outdoor Ethics. Please support our county by leaving nothing but footprints.

THE CAVAN WAY

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 UNESCO Global Geopark, this walk generally follows the course of the young river Shannon from its source at the magical Shannon Pot, across quiet valley and forest landscapes through the magnificent Cavan Burren Park with its megalithic and geological wonders before crossing the limestone pavement of Corrickterram and descending towards the village of Blacklion.
Our walk covers 13km of the Cavan Way from the Shannon Pot to Blacklion.

Pre-Registration is essential for this walk.
The cost of the walk is €15 to cover transport, guides and refreshments.
Early bird fee of €12 until April 21st.
Register at:
www.cavansportpartnership.ie

2017 sees the 30th anniversary of the opening of the Cavan Way walking route. Culligh Mountain Summit Walk has not been included on the itinerary for Cavan Walking Festival 2017 due to ongoing assessment of issues relating to visitor management and conservation under the remit of the Marble Arch Caves UNESCO Global Geopark.
Cavan County Council is committed to the conservation and protection of Culligh Mountain, an area designated under EU Habitats Directive as a Special Area of Conservation. Cavan County Council is assessing the issue and hopes to include Culligh Mountain in future Cavan Walking Festival itineraries.

8 DAYS OF ACTIVE WALKING

28 APRIL - 5 MAY 2017
WALK FOUR CORNERS
Explore the trails of our 'corners' of Cavan and experience breathtaking landscape from every angle. These walks range from 10-13km and are suitable for more advanced/experienced walkers.

Walk Geopark
Located in the West of the County, the trails take in the sights and sounds of the Geopark. We recommend walking boots for the Cavan Way.



FRIDAY 28TH APRIL

1 Strolling through Cavan Burren A Prehistoric Park 6k
Organiser: Geopark Walk
Meet: 7pm Cavan Burren Park
GPS: 54.26-788

SATURDAY 29TH APRIL

2 Balliborough Forest Walk 5k
Organiser: Balliborough Walking Group
Meet: 11am Balliborough Business Centre
GPS: 53.912782-6.900322

FRIDAY 4TH MAY

13 Lough on Leagh 10k
Organiser: Balliborough Walking Group
Meet: 7pm Picnic Area Lough on Leagh
GPS: 53.912782-6.900322

THURSDAY 4TH MAY

14 Hollow Lane Golden Way Crossraugh 3k
Organiser: Arts Office/Heritage office
Meet: 7pm Cross Church
GPS: 53.654536-7.013397

FRIDAY 5TH MAY

15 Cloverhill/Keeney Walk 5k
Organiser: Cavan Strollers
Meet: 7pm Dilé Post Inn
GPS: 54.070896-7.370691

FRIDAY 5TH MAY

16 Castlesaunders & the Geopark Guided Walk 6k
Organiser: Geopark Walk
Meet: 7pm Castlesaunders, Castle Car Park
GPS: 54.114435-7.356594

FRIDAY 5TH MAY

17 Brankill Golden Way Anvagh 6k
Organiser: Anvagh Trappers/Heritage Office
Meet: 7pm Anvagh Hall
GPS: 53.924604-7.583729

WALK CAVAN
Walk the same distance, at the same time in a different location each day during the festival. These 5k trails of gentle slopes and shallow steps are suitable for moderate walkers, families and the elderly. Normal outdoor footwear can be worn.

The Marble Arch Caves UNESCO Global Geopark stretches from the rugged Lough Erne on the northern shores of Lower Lough Erne in Co. Fermanagh, down to the rolling lowlands of Lough Oughter in Co. Cavan. Designated the first crossborder UNESCO Geopark in the world it boasts a profusion of geological heritage spanning over 895 million years.

SUNDAY 30TH APRIL

4 Corneely/Clinny Slieve Rushen 6k
Organiser: Heritage Office
Meet: 3pm Mountain View, Garden Centre, Bawboy
GPS: 54.113995-7.642010

SUNDAY 30TH APRIL

5 The Boat Road 5k
Organiser: Munterconnaught Heritage Society
Meet: 2pm Knocktemple NS
GPS: 53.903575-7.088959

MONDAY 1ST MAY

6 Rocks and Flowers Garvagh Lough Looped Walk
Organiser: Geopark Walk
Meet: 2pm Gowlan Church, Blacklion
GPS: 54.250499-7.899621

MONDAY 1ST MAY

7 Killeshandra to Killykean 10k
Organiser: Killeshandra Leaguers GFC
Meet: 11.30am K.C.C. Centre Killeshandra
GPS: 54.019141-7.528003

MONDAY 1ST MAY

8 Heritage walk in Deerpark Forest 5k
Organiser: Virginia Ramblers
Meet: 7pm Virginia Show Centre
GPS: 53.837626-7.102191

HERITAGE / GOLDEN WAY
Beautiful newly developed trails showcasing local history, ranging from 1-4k. These trails are of natural and cultural interest and suitable for family groups including children and the elderly. Normal outdoor footwear can be worn.

The Geopark contains internationally important rocks and landscapes at sites such as Cavan Burren Park, the Marble Arch Caves, Lough Navar Forest and Shannon Pot. The Geopark also contains a wealth of historical, archaeological and culturally rich sites with amazing walking routes and interpretation. For 2017, we have introduced new walks that embrace the beauty and diversity of the Geopark including a tour of the natural and built heritage of Castle Saunderson and a 13km trek along a section of the 26km Cavan Way taking in Cavan Burren Park and the Shannon Pot.

TUESDAY 2ND MAY

9 Dun-A-Ri 5k
Organiser: Balliborough Walking Group
Meet: 7pm Cabra Central School
GPS: 53.920529-6.811654

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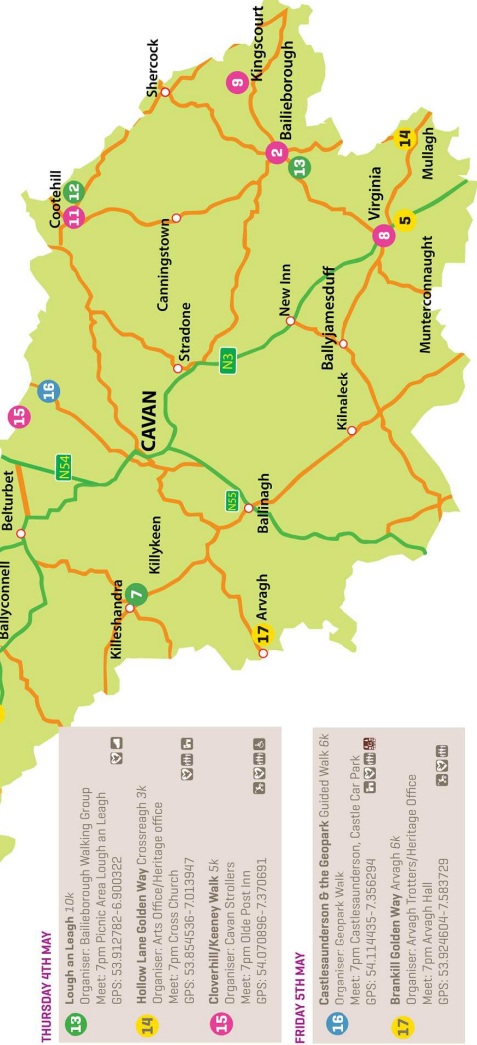
10 Jampa Ling Golden Way 3k
Organiser: Jampa Ling/Heritage Office
Meet: 7pm Overdoon House, Bawboy
GPS: 54.107381-7.703146

WEDNESDAY 3RD MAY

11 Forest Walk 5k
Organiser: Happy Feet Walkers
Meet: 7pm St Michael's Hall
GPS: 54.074961-7.082948

WEDNESDAY 3RD MAY

12 Forest Walk 10k
Organiser: Happy Feet Walkers
Meet: 7pm St Michael's Hall, Conehill
GPS: 54.074961-7.082948



- Outdoor footwear & clothing
- Cost
- Geo Park
- Family Friendly
- For nature lovers
- Fast Paced
- Heritage
- Off Road buggy No strollers
- Multi Access