



WALKING THE WALK - FINDING A SUITABLE COMMUNITY WALK

Now you have your group where do you go? It can be fun and an adventure looking for walks as you get to discover places you never knew existed. Remember to check with other members of the group they may have suggestions or may like to help with finding suitable walking routes.

Here are some suggestions of places you might check out:

Generally you are looking for walks that are more-or-less on the flat.

- Do you know somebody in the area who walks and knows the locality? Perhaps they can give you some tips and ideas.
- **For those living in an urban area**
 - Can you make up an interesting walk around local streets?
 - What about the local housing estates? Are there interconnecting passages or pathways between them you could use to link them up?
 - Is there a park in the area with a network of paths inside where you could make a walk?
- **For those living in a rural area**
 - Are there quiet local roads and lanes around that could be used?
 - Is there a public forest nearby with signposted routes where you could walk?
- Is there a river or canal in the vicinity where you could include a section along the banks or even walk up one side and back the other?
- Do you have a local sports club or GAA pitch in the area which you could walk around? If it is floodlit, could you walk there at night?
- Do you have any of the Irish Heart Foundation's Slí na Slainte routes? Check out www.irishheart.ie to see if there is one in your area. They are easy to follow and mostly have signs at 1km intervals.
- Why not check out www.irishtrails.ie to see if any walks are listed near you. Walks on this website have directional signage and are of different lengths, from as short as a few hundred metres up to many kilometres, and varying levels of difficulty, starting with family and buggy friendly on up through Easy and Moderate.
- www.coillteoutdoors.ie will give you information on walks in the Coillte forests. They also have directional signage and are of different lengths and levels of difficulty.
- You could look at indoor venues for days when the weather is very bad, maybe a community hall or a shopping centre.

When you are looking for places to walk bear in mind that you want everybody to stay safe so:

- Stay off busy roads and those where traffic travels fast
- Avoid obvious dangers, such as exposed cliffs, tidal beaches, areas that flood, farm animals and working areas such as farms, building sites, etc.





WALKING THE WALK - FINDING A SUITABLE COMMUNITY WALK

- If walking at night choose places that have good lighting.
- Check out the walk before the group heads off so as everyone knows what to expect.

On the back of this sheet are two examples of what your local community walk might look like.

ENJOY THE ADVENTURE OF RESEARCHING YOUR WALK!

Rural Area – Country Lanes



Photo Credited to Doneraile Online

Urban Area – Mainly in a Park

