

Walk the Suck Valley Way on National Trails Day

The Suck Valley Way meanders through peaceful farmland, with a diverse range of flora, fauna and cultural heritage along the way. You are invited to celebrate this wonderful resource by joining us for a riverbank walk on

Sunday the 7th October 2012 for NATIONAL TRAILS DAY

Two options will be available on the day to cater for walkers of all levels of fitness. Both walks will **start and finish at the Angling Centre (Riverside Conference Centre) in Athleague**, with **free bus transport** provided to bring walkers to the starting point

Option 1: A 25km walking challenge will begin in Ballintober, from where we will explore scenic riverside landscapes, woodlands, rich heritage and culture and the picturesque villages of Donamon and Castlecoote. Registration will be from 9am at the **Angling Centre (Riverside Conference Centre) in Athleague**, with the bus leaving at **9.30am**

Option 2: This more relaxed walk, from Donamon to Athleague, will be suitable for people of all ages, allowing the enjoyment of abundant heritage and wildlife along the way. To join this walk, come to the **Angling Centre (Riverside Conference Centre) in Athleague** for registration at 9am, with the bus leaving at **9.30am**

Information on the rich natural and cultural heritage and points of interest will be highlighted along the way by local heritage guides. Refreshments will be provided for walkers on return to the Angling Centre in Athleague.

All are welcome to join these walks and there is **no charge for participation**.

Weatherproof walking shoes or boots are essential. Since we will be passing through open farmland, dogs are not permitted.

For more information please phone John on 086 0759854, Monica on 090 66 63602 or Úna on 086 7713550

or email riversideconferencecentre@gmail.com or una@ridc.ie

