

PRESS RELEASE

Blaze a trail with Trail Kilkenny during the Kilkenny Trails Festival, & take an activity trail that will give you insight, inspiration & experience!

Trail Kilkenny has a fantastic range of easily accessible, high quality walking, cycling, food and craft trails for visitors to County Kilkenny – the most rewarding way to spend time in the black and amber county.

There are trails to be taken all year around, but the Kilkenny Trails Festival runs this year from the 1st to the 29th of September, with a jam-packed and exciting programme of events designed to inspire you to get out and about, get active and get exploring the wonderful Kilkenny countryside.

Take a guided walk with Tyndall Walking Club along the River Nore, on Sunday September 22nd, from 9.30 a.m. to 12.30 p.m. This walk follows the Nore Valley from Kilkenny to Bennettsbridge and back into Kilkenny, or try a longer walk on Mount Alto and Rory's Hill on Sunday September 29th, from 9.30 a.m. to 3.30 p.m., taking you through the stunning countryside of Woodstock and the Inistioge area of south Kilkenny. Or why not try a guided moonlight walk to the summit of Brandon Hill, setting out at 6.30 p.m. on Friday, 20th September from the Boat House in Graiguenamanagh? Bring your torch!

Take a Trail Kilkenny trail on two wheels and cycle through some of the most historic and culturally significant towns of the county, along quiet country roads and laneways, visiting medieval monasteries, Anglo-Norman castles, Cistercian churches, 18th century bridges, all through the superbly scenic and heart-lifting surroundings of this gorgeous countryside. Biking through history while being fully present in the moment – pure Trail Kilkenny.

In Kilkenny there are Trail Kilkenny trails that allow you to enjoy some of the finest walks around, scenic, challenging, historic, adventurous, along the riverbank through the Nore Valley, along woodland paths, strolling leafy lanes or tackling exhilarating hill climbs. Described as 'delightful' by the Irish Times and 'delectable' by the Irish Independent and designed to suit many levels of enthusiasm and fitness, all Trail Kilkenny walking trails provide a relaxed and in-depth approach to a county that certainly repays close attention.

There are Trail Kilkenny trails full of taste and flavour, full of sights, sounds and textures, full of history, culture and beauty, to be experienced on two wheels, in a car, or on your own two feet, and to be experienced most importantly through the passion and commitment of local producers, residents and craftspeople, who help to make an adventure of every day spent in Kilkenny county.

With more than sixty events planned for the month of September, this year's Kilkenny Trails Festival has something perfect for everyone – for families, groups of friends, solo adventurers, keen cyclists, experienced hikers, absolute beginners and complete newbies, and even the dog!

The Kilkenny Trails Festival is a month-long celebration of everything special that Kilkenny has to offer, providing the opportunity to dip in and out of countless activities over the course of September. There are trails and fun for everyone, featuring everything from heritage to harvests, paddling to picnicking, biking to bird-watching, scavenging to scones, and those all the more welcome after a mighty afternoon in the fresh air!

Get introduced to orienteering, to earthenware or get re-introduced to cycling, try some Canadian canoeing, a moonlight walk or meeting some very important trees!

The Harvest Picnic and artisan food & craft market is the final big day out of the Kilkenny Trails Festival, bringing the Festival to a close with a massive gathering, a celebration of all the trails and a day of great fun, food and activities for all the family on Highbank Organic Farm from 10 a.m. until 6 p.m. on Sunday 29th September. Bring your own picnic, pre-order a Glasraí & Goodies picnic basket, or pick up picnic treats from the artisan food market and join in the events of the day. These include a guided family cycle from Kilkenny, Farm Train Tours, a Cycle Track and Orienteering Course around Highbank Farm, bread, butter and jam making demonstrations in the Cooking Pit from Anne Neary (Ryeland Cookery School), Breda MacDonald (ICA) & Edward Hayden (TV3 celebrity chef), pottery and candle making workshops and harvest games such as bob the apple and squash skittles as well as wildlife walks, art exhibitions and lots more.

Celebrate, explore and get active, with the Kilkenny Trails Festival – hikes, bikes and so much more, from 1st-29th September!

www.trailkilkenny.ie

To find and navigate Trail Kilkenny food, walking, cycling and craft trails, view the full range of trails on www.trailkilkenny.ie where you can also download trail maps, download the free App by searching for Trail Kilkenny in the App Store, follow Trail Kilkenny on Twitter on @trailkilkenny or on Facebook at www.facebook.com/TrailKilkenny or pick up one of the free maps and brochures available in many tourism and hospitality outlets around the county.

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NOTES TO EDITORS

There is a fantastic range of easily accessible, high quality walking, cycling, food and craft trails for visitors to County Kilkenny, with Trail Kilkenny trails full of taste and flavour, full of sights, sounds and textures, full of history, culture and beauty, to be experienced on two wheels, in a car, or on your own two feet. Most importantly, Trail Kilkenny trails are designed to be experienced through the passion and commitment of local producers, residents and craftspeople, who help to make an adventure of every day spent in Kilkenny. To find and navigate the walking and cycling trails as well as TASTE of Kilkenny Food Trail and MADE in Kilkenny Craft Trail, view the full range of trails on www.trailkilkenny.ie where you can also download trail maps, download the free App by searching for Trail Kilkenny in the App Store, follow Trail Kilkenny on Twitter on @trailkilkenny or on Facebook at www.facebook.com/TrailKilkenny or pick up one of the free maps and brochures available in many tourism and hospitality outlets around the county.

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