

## **PRESS RELEASE**

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

The Kilkenny Trails Festival runs this year from the 1<sup>st</sup> to the 29<sup>th</sup> 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.

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!

A collaboration between Trail Kilkenny and Kilkenny Recreation & Sports Partnership, 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 history, paddling to picnicking, biking to bird-watching, scavenging to scones, and those all the more welcome after a mighty afternoon in the fresh air!

From bat walks along the River Nore, foraging for wild food, an introduction to the history of the city underneath your feet, a chance to meet the gardener and tour the walled gardens at Mount Juliet, to visit master craftsmen in their studios or to start a walking habit on a City Fit Walk, and from the very tip-top of Mount Leinster to the depths of the Dunmore Caves, every aspect of Kilkenny that can be explored will be, during the Kilkenny Trails Festival this September.

Get introduced to orienteering, to earthenware or enamelling, try some archaeology, a moonlight walk or meeting some very important trees!

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.

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.

Take part in an amazing activity trail, like the Hike & Bike, where you cycle part of the trail, then paddle the river in a Canadian canoe, giving you a whole new perspective on the countryside.

Pack a picnic and head off to one of the great picnic trail gatherings in Woodstock, Jenkinstown or at the amazing Harvest Picnic, the Grand Finale event of the Kilkenny Trails Festival with an artisan food & craft market at Highbank Organic Orchards, from 12 noon till 6 p.m. on Sunday 29<sup>th</sup> September.

Lots of events have been designed specifically with families in mind, with some particularly suited to older children and some that are intended only for accompanied teenagers and adults. For safety reasons, dogs are not allowed at any festival events, except the one specially designed for them – the Dog Walk! Places are limited on most events, and many are free, so do make sure to book early so you don't miss out. With something for everyone, at every level of fitness and experience, blaze a trail through Kilkenny this September with the Kilkenny Trails Festival!

For details of all the activities happening during the Kilkenny Trails Festival, and for further information on a whole range of walking, cycling, food and craft trails visit [www.trailkilkenny.ie](http://www.trailkilkenny.ie)

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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](http://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](http://www.facebook.com/TrailKilkenny) or pick up one of the free maps and brochures available in many tourism and hospitality outlets around the county.