



Rebels Ramble on National Walking Day

The Cork Rebel Ramble hillwalking event organised by Cork Sports Partnership was a welcome return to activity on Claragh Mountain to celebrate National Walking Day

Walkers recently took to Claragh Mountain in the Derrynasaggart Mountain range to mark National Walking Day. The day is coordinated by Get Ireland Walking as an annual celebration of walking across Ireland that encourages people to walk locally & discover some hidden gems. National Walking Day is part of European Week of Sport which invites people to be physically active in whatever way they can. One of the most accessible of these activities is walking, which can be adapted to challenge strollers and adventurers alike.

A beautiful autumn morning greeted walkers on Sunday September 27th as they set off on the 10km Claragh Loop taking in the fresh air and majestic views from the 452m summit near Millstreet.



One group makes their way through the forest section.

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The aim of the event is to promote walking, and hiking as a recreational activity, and the benefits of keeping physically active. The Claragh Loop is a walk that suits everyone, from those who are interested in taking up hiking, to those who want to try a family day out with a difference, or those who just want to stroll in the woods.

Barry O'Connell, Walking Development Officer with Cork Sports Partnership

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Following on from the success of Cork Walking Week 2020 in June, the Rebel Ramble event was held to introduce participants to hillwalking in a safe and supportive environment. This was achieved by having smaller groups led by experienced mountain leaders from Bishopstown Hillwalkers & IRD Duhallow, and held in accordance with public health guidelines. Also medical cover was provided by Kanturk & Millstreet Red cross who had a quiet incident free event.

The staggered start set walkers off on a route over varied terrain from woodland and meadow to open mountainside to the top of Claragh Mountain. On doing so, all enjoyed stunning views over North Cork and westward over the county bounds to the Paps in Kerry.

On completing the 10km, smiling faces and tired legs retired to the town of Millstreet for some well earned refreshments. There they were welcomed by Magella to Mrs. Meridith's Tea Rooms at the Wallis Arms Hotel in Millstreet.

Thanks to all who took part on the day and celebrated National Walking Day and European week of Sport. We look forward to seeing you again at future Rebel Ramble events which are planned for various trails around Cork in partnership with some of the great hillwalking clubs across the county. Check www.corksports.ie/walking for updates.



Some of the participants as they celebrate their achievement of completing the Claragh Loop.

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I just wanted to say a huge thank you for organising the super walk on Sunday in Millstreet. It was just fantastic, lovely crowd, lovely company, great leader Maureen and lovely finish with coffee and not to mention our gorgeous free bag and top.

Áine, Rebel Ramble Participant

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