

**Cork Walking Month
May 1st – 31st 2022
'Get Cork Walking'**

Following a turbulent few years and the ever increasing interest in walking and outdoor activity, Cork Walking Month will make a return and take place throughout the month of May for 2022. The month-long celebration of walking will take place throughout Cork and cater for people interested in getting more active through walking, getting involved in a programme or attending one of the many walking events scheduled to take place across the month of May. Cork Sports Partnership along with local and national partners such as the Health Promotion and Improvement Dept of the HSE South and Get Ireland Walking have a vested interest in supporting walking groups, programmes and initiatives in Cork and Cork Walking Month will provide a fantastic focal point for people to experience walking events and activities locally.

The Cork Sports Partnership has organised the schedule of walking events with local walking groups, agencies and organisations who are encouraging people to celebrate walking in their communities and to get active through walking for May and beyond. There are over 30 walking events & programmes scheduled to take place with more than 60 clubs and groups across Cork promoting walking for all ages and abilities.

Most programmes and events are open to beginners and those interested in perhaps trying a walking activity in a safe and supportive environment. The Walk Your Way workshops which are being facilitated by the Health Promotion and Improvement Department will encourage people to walk more often and enable people to get more health benefits from walking. The Active Community Walking programme seeks to support communities to be more active through walking and there are 8 programmes scheduled to take place across Cork. The Activator Pole Walking programme aims to increase physical activity levels through walking and functional fitness for older adults and is particularly focused at people with balance concerns or mobility issues. There are 6 programmes taking place across Cork communities. Frank Fahey is hosting a pole walking workshop where participants will get the opportunity to try both Nordic and Activator poles and learn their key benefits for walking. Maureen O'Brien is running a 4 week, Introduction to map reading skills programme which aims to support people to confidently navigate trails for themselves so that they can continue to walk independently or have the confidence to join a club thereafter.

With over 60 walking clubs and groups in Cork there are regular opportunities to join in a group for a walk locally and meet new people. The Rebel Ramble trail and hillwalking events will also make a comeback for 2022 with 4 events scheduled across the month. The objective of the Rebel Ramble Series is to promote walking and in particular trail and hillwalking to people in a safe and supportive environment. These events are being organised in partnership with local hillwalking clubs.

Speaking about the Cork Walking Month recently, Alison Chambers Walking Promotion Officer with the Cork Sports Partnership said, "We are delighted to be able to offer such an exciting calendar of events during Cork Walking Month 2022". "Walking and indeed the

outdoors have provided such an outlet for people over the last two years and we are delighted to be able to celebrate all that walking has to offer across our communities this May". "The addition of the Rebel Rambles for 2022 will hopefully encourage those new to walking/trail walking to get out and experience the outdoors in a safe and supportive environment". The support of local groups, clubs and agencies in getting involved in the month has been fantastic and shows the many opportunities people have to get out and get walking in Cork", she concluded.

To get involved in any of the walking events, programmes or workshops or to find out if there is a walking club or group in your local community hosting walks during May and beyond visit www.corksports.ie You can also contact Alison Chambers by emailing achambers@corksports.ie The Cork Sports Partnership would like to thank the host of walking groups, partners, organisations and agencies that have supported Cork Walking Month 2022 as events like these would not take place without such support.

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