



# Mid Ulster Walking for Wellness Week beginning 11<sup>th</sup> May 2026

DAY	TIME AND VENUE
Monday	6.15am <b>Eoghan Ruadh Hurling Club</b> , Dungannon (Roisin Dúthracht)
	10.00am <b>Cabin Wood</b> , Cookstown (NHSCT & Mid Ulster Agewell)
	7.000pm <b>Derrynoid Forest Trail</b> , Draperstown (STEPS Strollers)
Tuesday	10.00am <b>Coalisland Canal</b> , Men's Walking Group, walk & cuppa, meet at hub (Friends 2 Talk, with Coalisland & Loughshore Mens Shed, Lilac)
	6.00pm <b>Siúlocal</b> , Éalú Shambles Lane, Dungannon (Roisin Dúthracht)
	6.14pm <b>Eoghan Ruadh Hurling Club</b> , Dungannon (Roisin Dúthracht)
	7.00pm <b>Coalisland Canal</b> , walk & cuppa, meet at hub (Friends 2 Talk)
Wednesday	6.15am <b>Eoghan Ruadh Hurling Club</b> , Dungannon (Roisin Dúthracht)
	10.00am <b>An Creagán</b> , Kildress Health Matters
	6.50pm <b>Maghera</b> walk, meet at Leisure Centre (Kenny & Mandy)
Thursday	10.00am <b>Knocknagin</b> , walk & cuppa (Friends of Knocknagin Walking Group)
	6.14pm <b>Eoghan Ruadh Hurling Club</b> , Dungannon (Roisin Dúthracht)
	7.00pm <b>Fisherman's Walk</b> , Portglenone (Anne)
	7.00pm <b>Coalisland Canal</b> , walk & cuppa, meet at hub (Friends 2 Talk)
	7.00pm <b>Drumnaph Nature Reserve</b> , Slaughneil (STEPS Strollers, Mairead)
Friday	6.15am <b>Eoghan Ruadh Hurling Club</b> , Dungannon (Roisin Dúthracht)
	10.00am <b>Pomeroy Forest</b> , RowanTree Centre (Connect2Brilliance)

***Walks are suitable for all abilities - Everyone Welcome***

*New walkers please arrive 10 minutes earlier to complete a health questionnaire*

