



come join the fun

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changing the way kilkenny moves

FAMILY FUN DAY - Saturday 25th June 2011
PROGRAMME OF ACTIVITIES

Start time	Start Point	Event	Details
11am	Castle Park	FUN & GAMES	Join the members of Kilkenny City Harriers for some fun and games in the park - suit all ages.
11.30am	Bus from Padmore & Barnes	NORE VALLEY WALK (10km)	Kilkenny LEADER Partnership through "Trail Kilkenny" has developed a series of walks around the country. Join Martin Rafter & Eoin Hogan for a leisurely walk by the banks of the Nore. Get a demo on the new Trail Kilkenny i-phone app. To book phone 7752111.
1pm	Town Hall	MOBILITY WALK (3km)	Organised by Kilkenny Recreation & Sports Partnership - this walk is suitable for Mums/Dads with buggies, wheelchair users and anyone interested in a leisurely walk through the city.
1pm	Parade	RING ROAD CYCLE (6km)	Cycling is a great way to get around Kilkenny - join members of Marble City Cyclers & have a go!
2pm	Town Hall	FAMILY FUN RUN (5km)	5km Run led by Tom Kennedy & Fit for Life Group. Do it at your own pace - walk, jog, run through the city.
2pm, 3pm, 4pm	Town Hall	CITY CENTRE TRAIN TRIP	Join Ivan Sheridan on his new Kilkenny Train and take a tour with the kids through the city.
2.30, 3.30 & 4.30pm	Health Promotion Stand Town Hall	WALK FOR HEALTH (2km) & TREASURE HUNT	Join health promotion staff for a "walkshop". Learn about how to get the most out of your walk and hints & tips for being active.
2 - 4pm	Town Hall	VIDEO ON HEALTHY LIVING	Learn about the positive health effects if we change our travelling habits from fuel to foot & pedals!
2 - 6pm	High Street/Parade	UNICYCLE & TRICK CYCLIST WORKSHOP	Be entertained for the afternoon with skilled uni-cyclists jugglers and try your skills on a uni-cycle!
3-5pm	Parade	BIKE 'HEALTH CHECK' CLINIC	Is your bike functioning as best it can? FREE bike consultation & minor repairs.
3pm	Town Hall	PUPPET SHOW	Puppet show highlighting the benefits of getting around by walking and cycling.
3pm, 4pm, 5pm	High Street	CITY HISTORIC CYCLE	Led by Jason Morrissey, pedal around the city and learn about our wonderful historic sites.
3-5pm	High Street	ELECTRIC CAR DEMOS	Have a spin in an electric car...and see the benefits for your pockets!
4pm	High Street	CELEBRITY CHALLENGE	Who is the fittest sportsperson in Kilkenny? Stationary 5km bike challenge on watt bikes.
4pm	Kieran Street	HIGH NELLIE COMPETITION	Who has the best kept High Nellie in Kilkenny? Dust off your old bike and cycle on down to the Parade. Prize for the best kept old spokes!
5pm	Town Hall	FANCY DRESS CYCLE	Have a bit of fun and pedal through the city in the funniest costume you can create!
5pm	High Street	SCHOOLS RICKSHAW COMPETITION	Which school in Kilkenny have the fittest teachers?!! Rickshaw race from High Street to Parade via Kieran Street. Teacher will have to pull two members of staff in a rickshaw!
5pm	Town Hall	TALK ON REDUCING CO2	Reducing CO2 Emissions - how & why? Talk on the positive environmental effects if we change our travelling habits from fuel to foot & pedals!
5pm	Parade	SKATING DEMONSTRATIONS	Local Kilkenny Skaters give a demonstration on their skills.
All Afternoon	Main Stage	LIVE MUSIC PERFORMANCES	Enjoy music from young and not so young Kilkenny bands and musicians. Headlined by THE BROKEN SPOKES! MC Martin Bridgeman.
All Afternoon	Mayors Walk	HEALTHY DELICIOUS FOOD	Enjoy delicious food from Kilkenny Farmers Market operators. Learn about growing your own food.
All Afternoon	Majors Walk	GIANT CHESS & BOULES	Enjoy a leisurely game of chess or Boules on the Mayors walk with Age Friendly County Alliance
All Afternoon	Parade	TRADE STANDS	Displays and information from businesses/clubs / organisations & associations involved in 'smarter travel' and health & fitness.
6pm	Main Stage	PRESENTATION OF PRIZES	Join our entertaining MC for presentation of prizes.



ALL EVENTS ARE **FREE** & ARE SUITABLE FOR ALL AGES



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By changing our everyday journeys we can get around quicker, save money and add to our health & well-being. The table below provides some information that may be useful to you in your everyday trips around Kilkenny.

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FROM	TO	km	* WALKING	* CYCLING	* DRIVING TIME	* Avg Cost DRIVING	* Avg SAVINGS €
Callan Road Roundabout	Parade	1.4	16min	6min	3min	0.28c	145.60
Bennettsbridge Road Roundabout	Parade	1.6	19min	6min	2min	0.32c	166.40
Kells Road Roundabout	Parade	1.8	22min	7min	4min	0.36c	187.20
Hebron Road Roundabout	Parade	2.3	28min	9min	7min	0.46c	239.20
Johnswell Road Roundabout	Parade	2.6	31min	10min	8min	0.52c	270.40
New Orchard Road Roundabout	Parade	2.9	35min	12min	8min	0.58c	301.60
Castlecomer Road Roundabout	Parade	3.3	39min	13min	6min	0.66c	343.20
Waterford Road roundabout	Parade	1.9	23min	8min	3min	0.38c	197.60
McDonagh Junction	Parade	0.9	10min	4min	2min	0.18c	93.60
Dublin / Carlow Road Roundabout	Parade	2	24min	8min	6min	0.4c	208.00
Watershed	Parade	2.1	25min	8min	4min	0.42c	218.40
Purcellsinch Business Park	Parade	3.1	37min	12min	4min	0.62c	322.40
St Lukes Hospital	Parade	2.2	26min	9min	6min	0.44c	228.80
Full Ring Road							
from Callan Rd to 'Comer Rd roundabout		7.9	94.8min	32min	9min	1.58c	821.60
Linear Park - Riverside Drive to Weir & Back		4.8	57.6min	19min	n/a		
Outer Lap of Castle Park		1.9	23min	8min	n/a		

- * Walking time in min (avg 1km - 12 minutes)
- * Cycling time in min (avg spd 15km ph or 4 minutes per km)
- * Driving time taken between 1 & 3pm on Tue May 31st 2011

- * Avg cost in cents if driving (av family car ref AA Ireland)
- * Avg savings based on (10 trips per week) annually

DID YOU KNOW

We have 50km of bicycle lanes and 65 bicycle parking spaces in the city

Bicycle Parking Locations:

Market Yard, Canal Square, The Parade, Friary Street, County Hall, The Library Johns Quay, Kieran Street, Johns Green

This day is organised by the Kilkenny Smarter Travel Office whose aim is to promote and encourage people to get around by walking, cycling, using public transport and other forms of sustainable transport.



SMARTER TRAVEL - CHANGING THE WAY KILKENNY MOVES