

All in a Day's Work

Tracey Wood Wolfe—Wild Atlantic Family Blogger

Tracey Wood Wolfe, as well as being a primary school teacher, writes a blog about walks that she and her family take on the Wild Atlantic Way.



Tracey Wood Wolfe

Photos courtesy of Tracey Wood Wolfe

www.wildatlanticfamily.com

Where do you work?

I am a teacher in a Primary School in West Cork. For the last 8 years, I have been teaching in classes for children who have Autistic Spectrum Disorder. I am currently teaching in the Pre-school class, so the children I teach are 3 to 6 years old.

Have you always been interested in what you do?

No! I actually wanted to be a police officer, but I was too short. Nowadays there is no height restriction, but 25 years ago there was. That's how I ended up teaching, but I actually love my job.

What led you to write a blog about the outdoors?

I trained to be a PE teacher as I have always been very active and love exercise, which is what led me to writing a blog about going walking and hiking with children called Wild Atlantic Family. I studied for my Primary Teaching degree in Winchester in the South of England and specialised in PE. I then went to work in several schools in the South of England before moving to Barcelona, where I taught for 5 years. I eventually moved to West Cork as this is where my husband is from.

Everywhere I have lived, I have been lucky enough to be surrounded by amazingly beautiful countryside. I find getting out into nature the best thing to do, not only to get some fresh air and to keep fit and healthy, but also to make me feel better mentally. Getting out into trees and fields does wonders for clearing your head of all the daily worries.

What is your day like?

Every morning I get up early like most households with children, to get ready for school. My children and I make breakfast, pack lunches, do music practise and do a few household chores before heading off to work and school. I then spend the day working with my class. After school, I sometimes have meetings, but generally I'm like any busy mum, taking my children to sports and music classes, cooking dinner, helping with homework, doing the washing, cleaning and tidying etc. Sometimes I even get a chance to go to a gym class myself, or go for a swim.

Because our days are so busy in the week, I try really hard to get out with my family at the weekend to go for a walk or a hike. Our favourite hikes are Seefin Loop on the Sheep's Head Peninsula and the Glanaclohy Walk in Drimoleague. We really like getting high up!

What is your main aim?

My main aim is keep my children as active as possible. Like all families we have electronic gadgets which sometimes get in the way of spending time together. So to make sure we do spend time together, we go out and about discovering new places along the Wild Atlantic Way.

I then write a blog about the walk and take pictures so that other families can do them too. A lot of families would find some of these walk intimidating, so I do the hard work for them by telling them where to go, how to get there, who it is suitable for, what they will need, how hard the walk is, how long it will take... The families can find all the walks I've written about on my website www.wildatlanticfamily.com

Photos from the top: The Western Way, Maam Cross, Co. Galway; Top of Diamond Hill, Connemara National Park; Seefin Loop, Sheep's Head, Co. Cork; Beecher's Loop, Fastnet Trails, Lisheen, Co. Cork; and another photo of Seefin Loop, Sheep's Head, Co. Cork.



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