

Irish Examiner

100



Irish Trails

Volume 1



in association with



SPÓRT  
ÉIREANN  
FAOIN SPÉIR

SPORT  
IRELAND  
OUTDOORS

# Plan ahead and practice responsible outdoor recreation

Please ensure to follow the **latest government guidelines** and advice



Ensure you **park responsibly** and don't block gateways, forest entrances and narrow roads which need to be passable for emergency services



Distance yourself at least **2 metres** (6 feet) away from other people



Make sure to **check if dogs are allowed** on the trail before you visit and if they are, please **keep them on a lead**

Let's keep the outdoors litter free - **Love This Place Leave No Trace**



**Do not interfere** with livestock, crop or farm machinery



Whether walking, jogging or cycling - please **be considerate** and make sure to **give others space** who may be also exercising around you



Don't forget to bring your **hand sanitiser**

Respect private landowners - **don't trespass**



We love our scenic outdoor spaces - **don't destroy what you've come to enjoy**

## TRAIL GRADING

GRADE	DESCRIPTION
<b>Multi-access</b>	Flat and smooth, suitable for all users including people with reduced mobility, wheelchair users, people with a vision impairment, using crutches, with a buggy, with small children and older people.
<b>Easy</b>	Generally flat trails with a smooth surface and some gentle slopes or shallow steps. These trails are generally suitable for family groups including children and the elderly. Normal outdoor footwear can be worn.
<b>Moderate</b>	May have climbs and rough uneven surfaces with obstacles such as roots, rocks, potholes etc. For those who are moderately fit. Outdoor walking footwear recommended.
<b>Strenuous</b>	Physically demanding, typically with some steep climbs, extremely rough underfoot with many obstacles. For very fit walkers used to rough ground. Specific outdoor walking footwear

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Design: Dermot Ahern  
 Editor: Ciara McDonnell  
 Assistant Editor: Martha Brennan  
 Maps: Barry Dalby of EastWest Mapping

## Introduction

Over the last year, we have all rediscovered the importance and benefits of being in the outdoors for our health and mental wellbeing. As a result, walking has continued to be one of the most popular physical activities in Ireland.

In this, the first of three booklets produced by the *Irish Examiner* in association with Sport Ireland Outdoors, you will find a series of waymarked walking trails taken from the National Trails Register which have been developed by local communities and organisations in Ireland.

In the spirit of Leave No Trace and to keep activity-related impacts to a minimum, we have decided to stay away from the popular locations and showcase some of Ireland's hidden gems. Make sure to bring a camera! In this booklet we have selected a series of trails of varying length, grade and format so there is something for everyone. Consider your fitness level when choosing a trail and remember to bring appropriate clothing for the weather conditions.

We all enjoy the outdoors in different ways. Pay attention, expect to encounter others and be courteous. Park safely, keeping access open for landowners and remember to bring all waste home with you. Doing so ensures that our trails can be enjoyed by all.

Exercise and recreational activities are things that dogs, and their owners share and enjoy together. By knowing where you can bring your dog (as not all trails allow this due to livestock) and using a lead you are keeping people, dogs, livestock and wildlife safe.

For more information on responsibility in the outdoors visit [www.leavenotraceireland.org](http://www.leavenotraceireland.org).

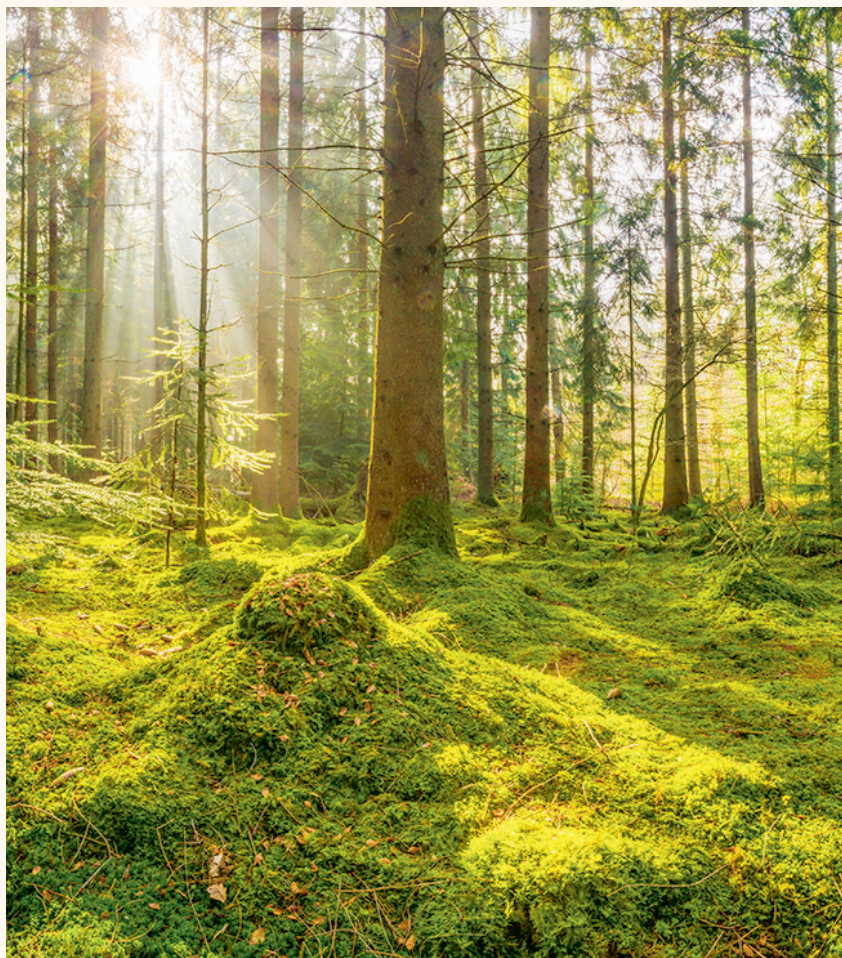
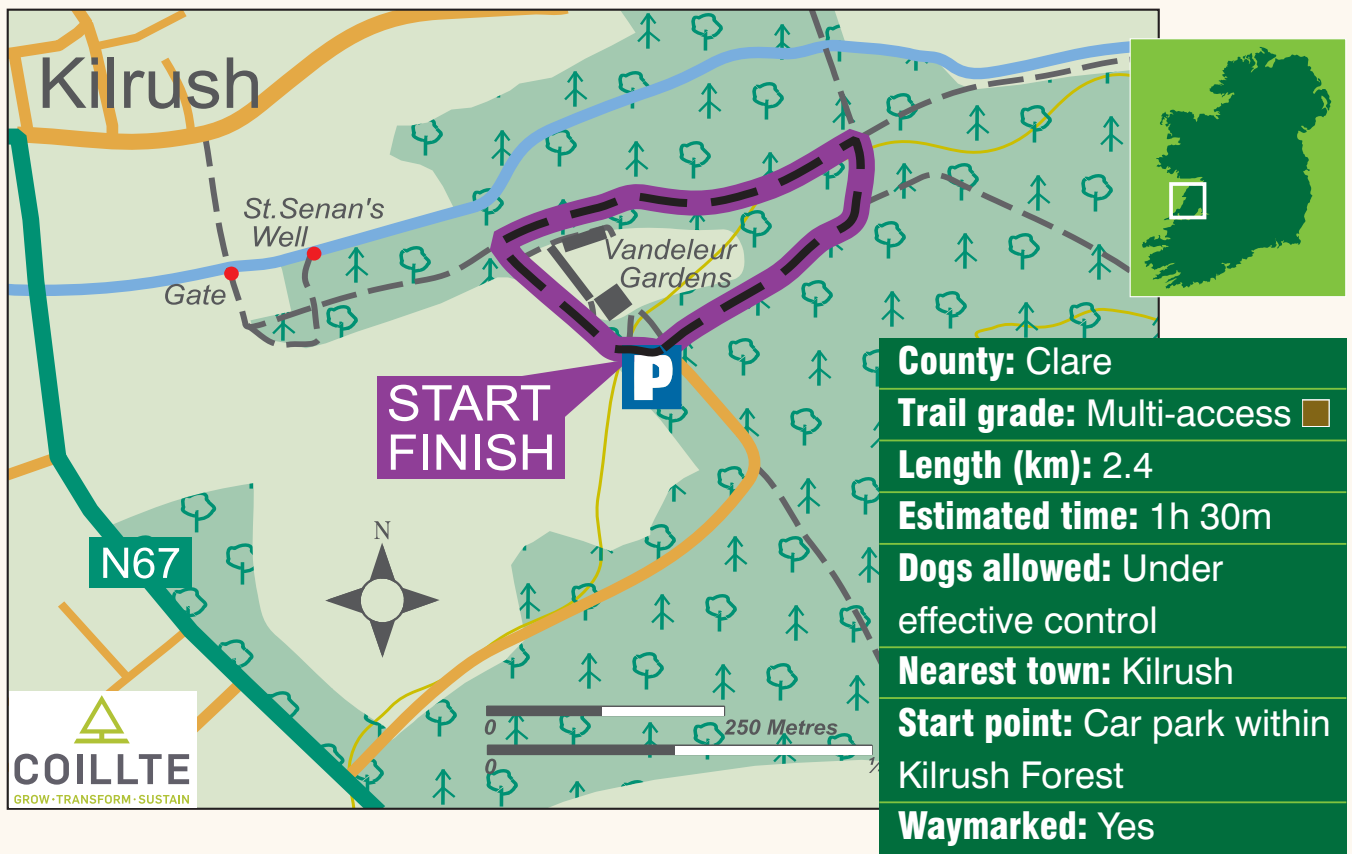
#LoveThisPlace #LeaveNoTrace

We hope you enjoy these booklets we have created and that they inspire you to get out walking in the great outdoors. Don't forget to use #Outdoorsforeveryone for any photos you are posting on social media. We all have a responsibility to protect ourselves and those around us. The latest information regarding Covid-19 is available at Gov.ie.

Stay safe,  
 John Treacy  
 Chief Executive  
**Sport Ireland**

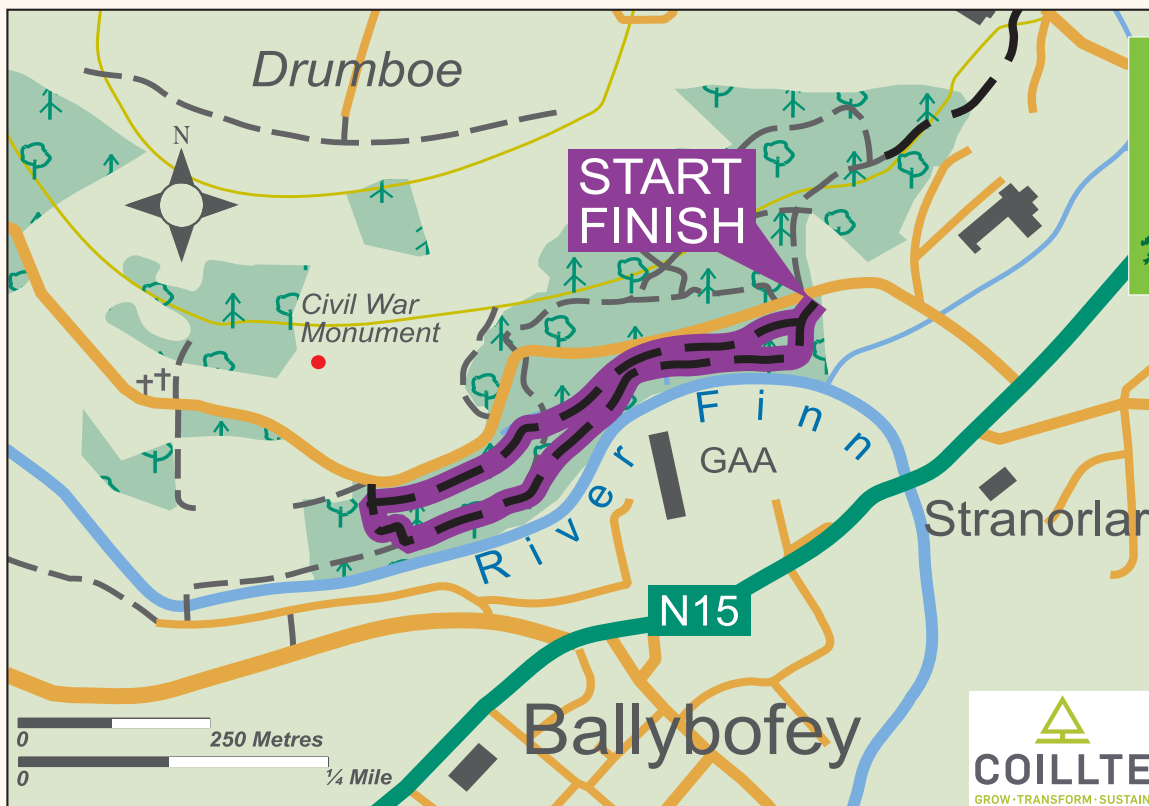
**TRAIL GRADE:** Multi-access ■ Easy ■ Moderate ■ Strenuous ■

# Kilrush Multi — Access



This trail takes the walker on beautiful well-surfaced tree-lined forest roads through a tranquil and peaceful diverse forest area of broadleaf, conifer and mixed woodland of variable age and classes. It sits within what was formerly the walled demesne of the Vandeleur family estate, now Kilrush Woods. The old house was knocked down in 1973. Some of the original broadleaf trees were planted over 100 years ago by the family. Situated in a quaint courtyard within the demesne the site also offers a coffee shop as well as the Vandeleur Centre which displays the history of the site with many photographs from that time. There are two other trails at this trailhead.

# Drumboe Multi — Access



**A**djacent to Stranorlar and Ballybofey this trail follows forest tracks looping through the southern part of Drumboe Woods to the western end with the return along the bank of the River Finn, offering fine views of the river. The walk passes through some of the quieter parts of the forest with many species of trees as well as shrubs, while bluebells and wild garlic are found in springtime. The car park was the site of a 17th century castle built to control the ford which was across the river. In winter parts of this trail along the river may be flooded. There are two other short trails starting at this trailhead.



<b>County:</b> Donegal
<b>Trail grade:</b> Multi-access <span style="color: brown;">■</span>
<b>Length (km):</b> 2
<b>Estimated time:</b> 1h
<b>Dogs allowed:</b> Under effective control
<b>Nearest town:</b> Stranorlar
<b>Start point:</b> Drumboe Forest Entrance Car Park
<b>Waymarked:</b> Yes

# Hazelwood



**County:** Sligo

**Trail grade:** Multi-access ■

**Length (km):** 3

**Estimated time:** 1h

**Dogs allowed:** Under effective control

**Nearest town:** Sligo Town

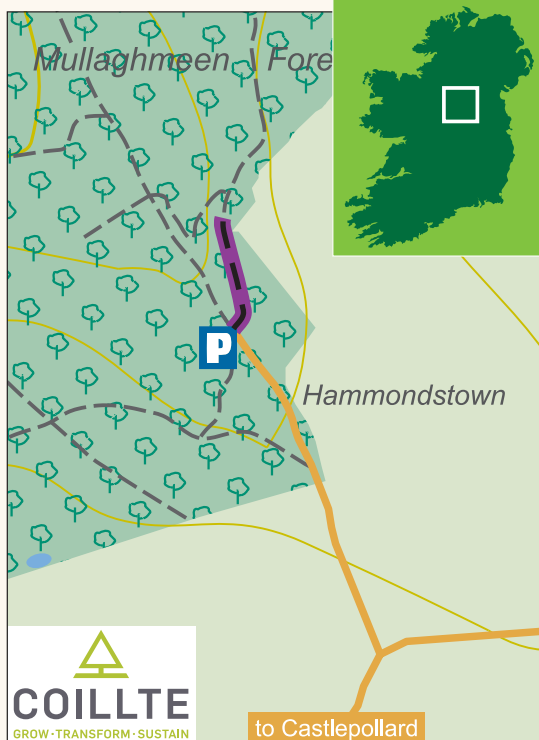
**Start point:** Hazelwood Car Park

**Waymarked:** Yes

This beautiful trail, with two shorter alternatives, is suitable for all ages and takes the walker on path and forest track through a great variety of trees, some of which were planted 250 years ago while some carry information signs. The first part brings you along the lakeshore and the second part runs inland. Among the trees is a quiet picnic area and from many viewing points along the lakeshore section you can watch swans glide past and see Wolf and Bernard's Islands close by with Church, Goat and Cottage Islands and Dooney Rock across the lake. Views of countryside and the full expanse of Lough Gill are panoramic and spectacular.



# Mullaghmeen Forest



**T**his short linear walk in an isolated area of forest rising above the farmland of north Westmeath takes the walker up a gentle tarmac path lined on both sides with young broad-leafed trees to a viewing point looking out to the northeast over the surrounding landscape. There are opportunities for picnics in this beautiful woodland and three other trails start at this trailhead.

**County:** Westmeath

**Trail grade:** Multi-access ■

**Length (km):** 0.4

**Estimated time:** 30m

**Dogs allowed:** Under effective control

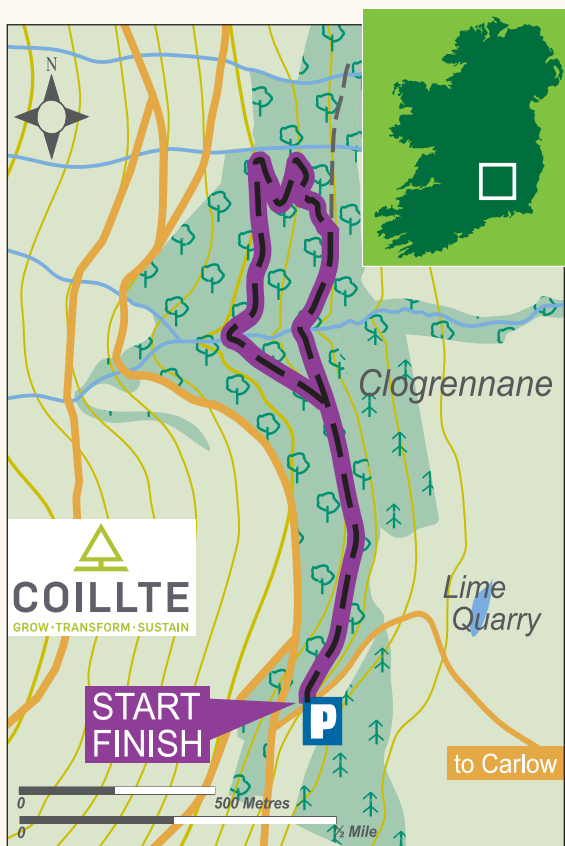
**Nearest town:** Oldcastle

**Start point:** Mullaghmeen Forest Car Park

**Waymarked:** Yes

## CARLOW

# Clogrennane Wood Loop



**T**his walk follows forestry roadways and woodland tracks through this old wood, with beech, spruce, larch and oak and vegetation consistent with that of an old woodland, including bluebells and wild garlic. Further along the walker takes to a narrow path to wind uphill between the trees to a higher road and the highest point on the trail, with glimpses of fine views over Carlow Town and the River Barrow on the ascent, expanding on reaching the top. The descent is gentler with the additional excitement of a shallow stream running across the road before the loop closes back on the initial tree-lined road and returns to the forest entrance.

**County:** Carlow

**Trail grade:** Easy ■

**Length (km):** 4

**Estimated time:** 1h

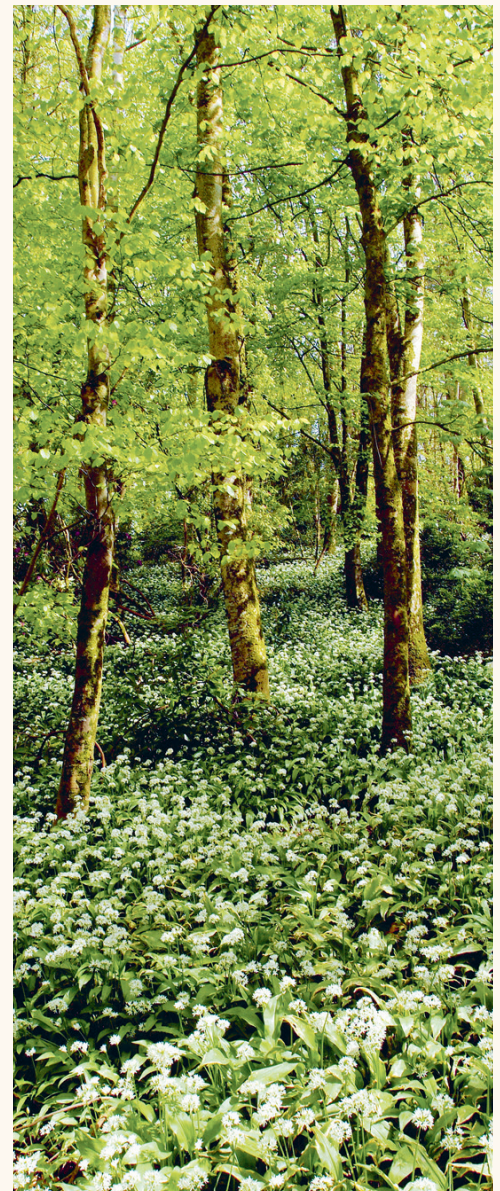
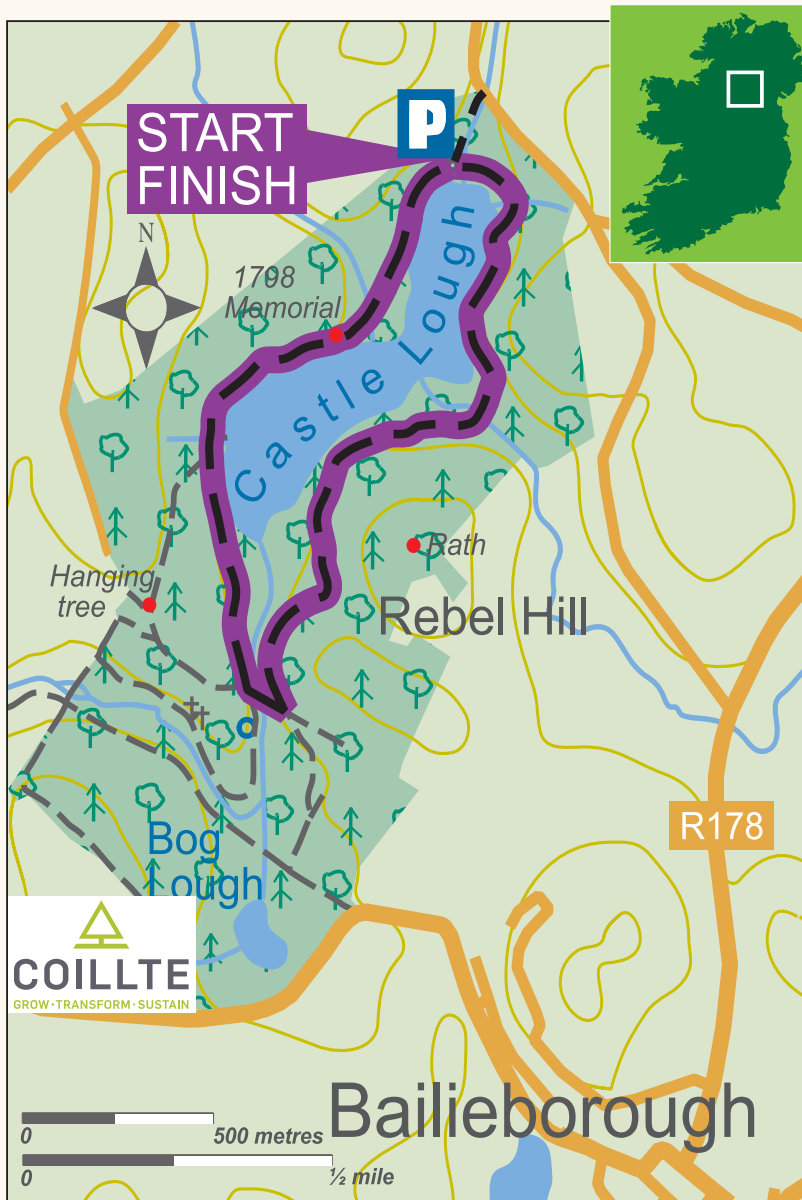
**Dogs allowed:** Yes

**Nearest town:** Carlow Town

**Start point:** Clogrennane Wood Car Park

**Waymarked?** Yes

# PJ's Way- Castle Lake Loop



**County:** Cavan

**Trail grade:** Easy ■

**Length (km):** 3

**Estimated time:** 1 h 15 m

**Dogs allowed:** On a lead

**Nearest town:** Bailieborough

**Start point:** Castle Lake

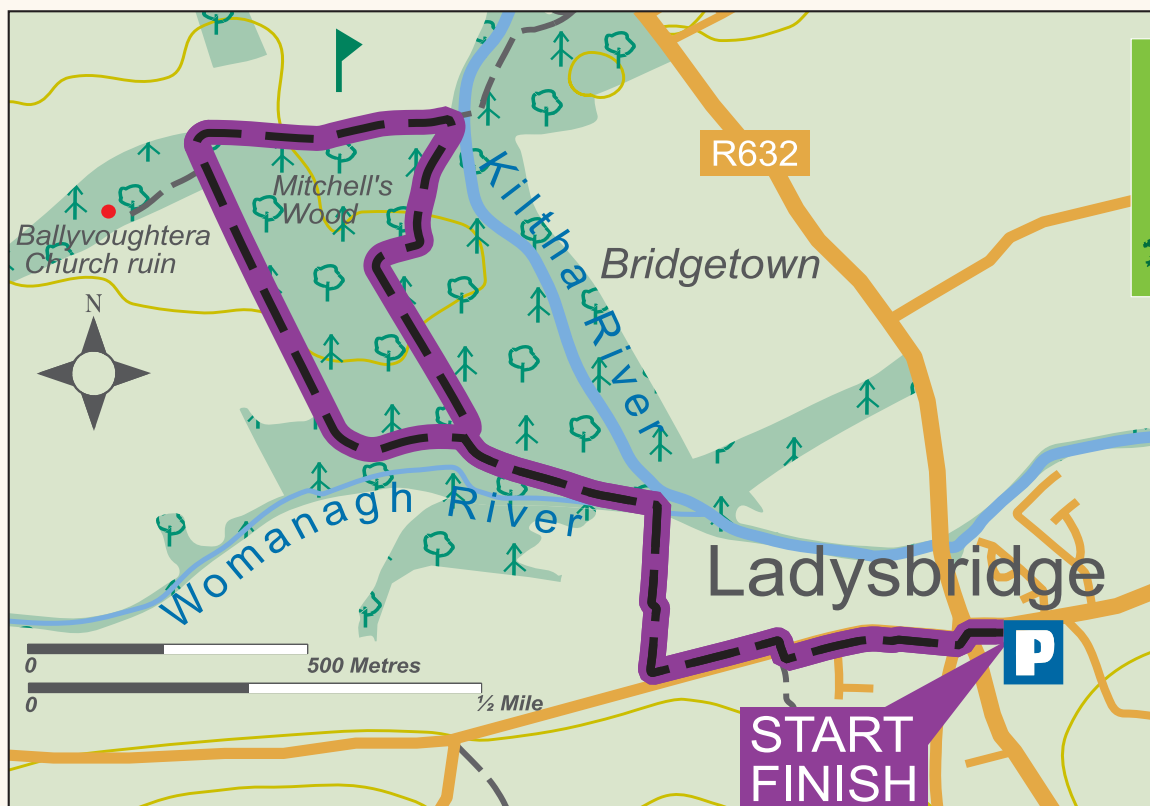
Car Park

**Waymarked:** Yes

The loop begins and ends at the car park in Castle Lake Forest and follows blue arrows around the lake. There are some spectacular views over the lake, which is visible for the entire duration of the walk, and also of the surrounding countryside from the highest point. There are many interesting sites along the way, including a memorial to those who died at Rebel Hill in 1798, graves of the Marist brothers who occupied Bailieborough Castle and the remains of Bailieborough Castle, built in the early 19th century and demolished in the 1940's. All on forest road, the walk is reasonably level with some gentle climbing and descent.



# Ladysbridge Loop Trail



**County:** Cork

**Trail grade:** Easy ■

**Length (km):** 4.7

**Estimated time:** 1h 30m

**Dogs allowed:** On a lead

**Nearest town:** Ladysbridge

**Start point:** Ladysbridge

Car Park

**Waymarked:** Yes

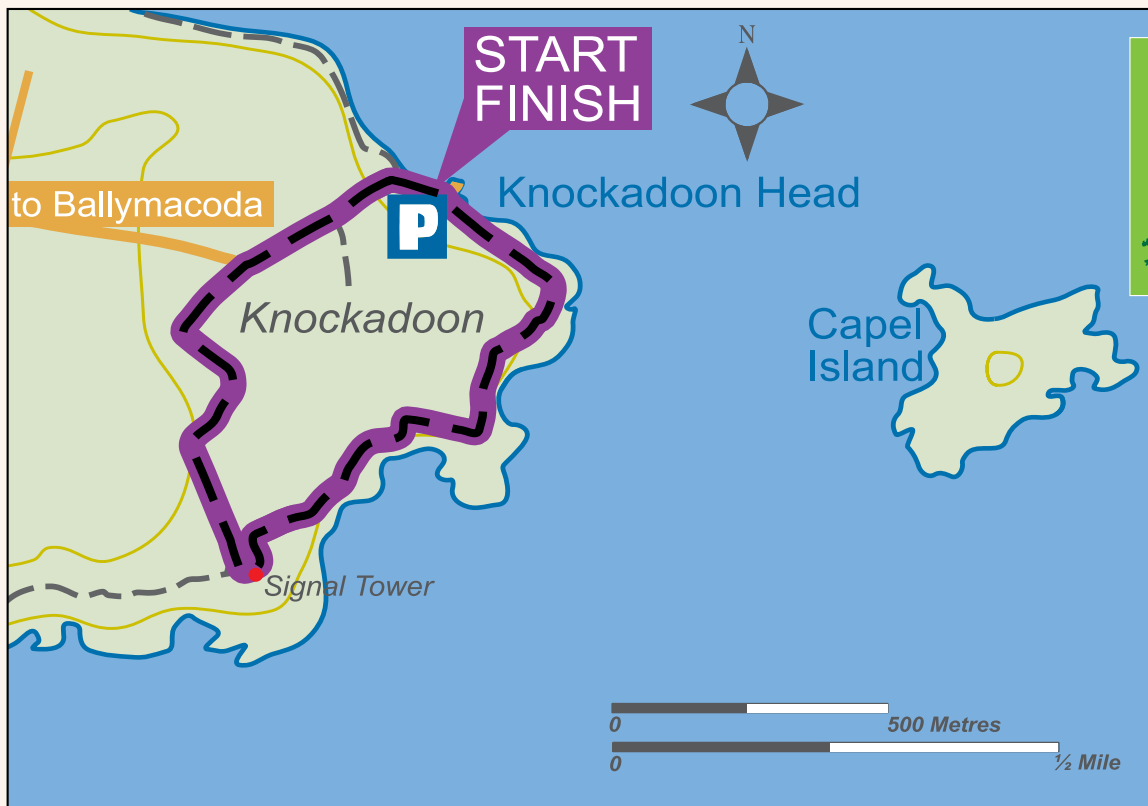


Picture: John Hennessy



This trail, linking Ladysbridge and Castlemartyr villages through Mitchells Wood, offers a very pleasant countryside and forest walk on quiet roadway and specially constructed path. It has a peaceful ambience, beautiful scenery, some interesting birdlife and flora and fauna such as otters and kingfishers visible crossing the bridge over the Womanagh River. The old woodland, once part of a larger demesne, has many features from bygone days with tales of wild boars, lepers, knights and hangings. It is a wonderful example of the fine house, planned landscapes with lake, specimen parkland trees, and adjoining woodland and carriage paths. While in the woods, learn about our native Irish trees from the Coillte identifying plaques.

# Capel Way Coastal Trail Glen Loop



**County:** Cork

**Trail grade:** Easy

**Length (km):** 6

**Estimated time:** 1h 30m

**Dogs allowed:** On a lead

**Nearest town:** Ballymacoda

**Start point:** Picnic area at Knockadoon

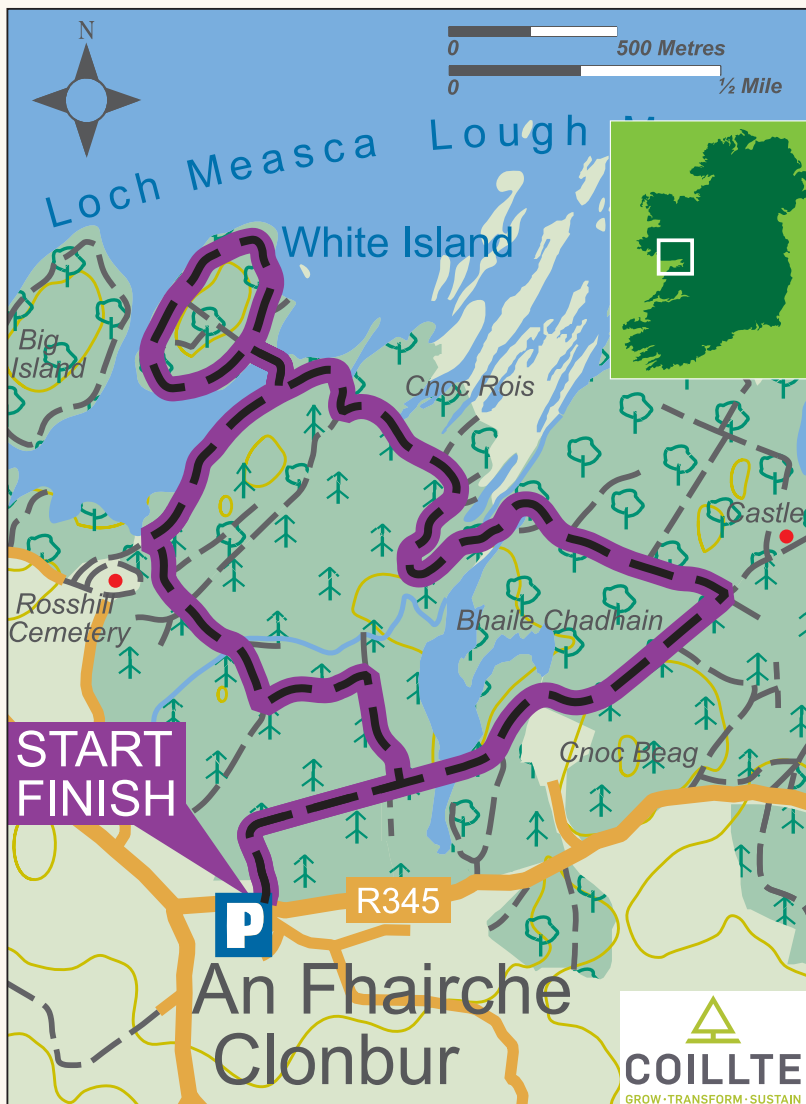
**Waymarked:** Yes



**A**s part of the Capel Way Coastal Trail this is a most enjoyable walk on gravel track and minor road bringing the walker along the coastal path around the tip of Knockadoon peninsula. You will pass the signal tower (a Napoleonic War lookout tower), a Second World War concrete lookout post and some beautifully maintained thatched cottages, with stunning views of the sea cliffs, Ballycotton Bay and Youghal Bay as well as Capel Island, eventually returning to Knockadoon car park along minor road. Knockadoon Head along with Capel Island and the area of sea between is a national nature reserve. The shorter Island Loop walk also starts at this trailhead.



# Clonbur Wood — Ballykine Loop



**County:** Galway

**Trail grade:** Easy ■

**Length (km):** 7.5

**Estimated time:** 2h 30m

**Dogs allowed:** Under effective control

**Nearest town:** Clonbur

**Start point:** Clonbur village

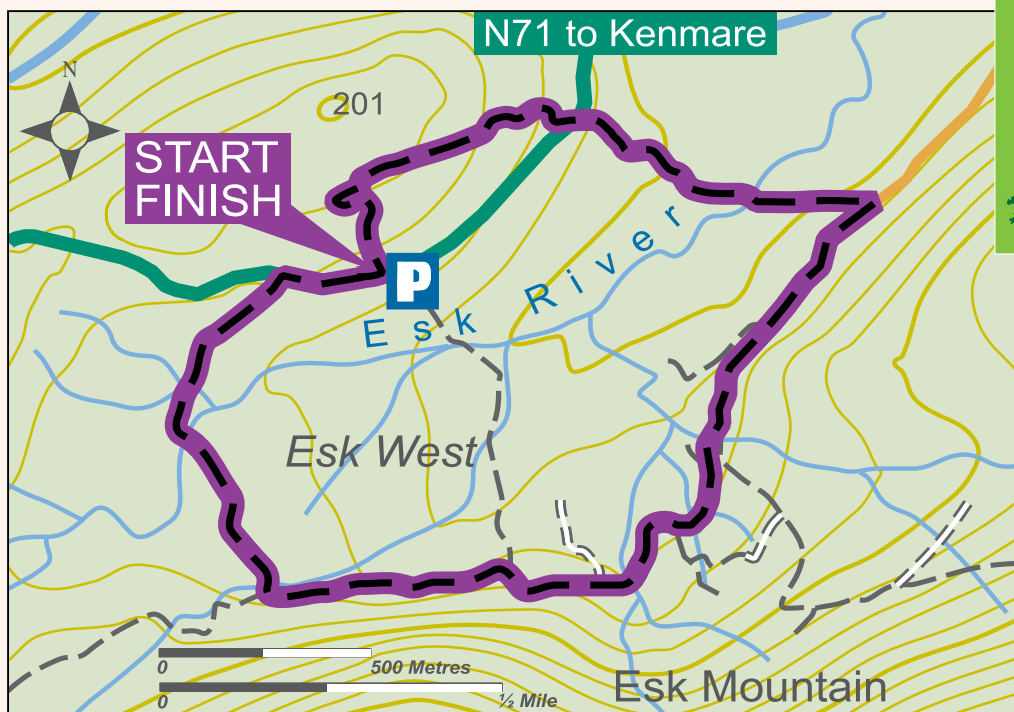
**Waymarked:** Yes

This loop walk takes the walker through mixed woodland with a wide variety of both native and exotic tree species such as beech, ash, hazel, birch, willow, yew, Scots pine and larch. The trail brings you along by the shore of lovely Lough Mask, around White Island and over Clonbur River, following forest road and track in Cong Wood. You will see some of Lough Mask's many islands and the striking geology of limestone pavement, with lovely views of the lake and its islands. Signage along the route outlines the work undertaken to restore 293ha of priority woodland. One other trail can also be found at this trailhead.



Picture: Michelle Fahy/Failte Ireland

# Fionn MacCool Loop — Bonane Beara



**T**his loop walk in the Caha Mountains near the Caha Pass brings the walker up Releagh Hill before circling the valley of the Esk River under the shadow of Esk Mountain, crossing the river by an iron bridge. Following laneway, sandy roadway, woodland track, cross country hillside and passing through working farms, the walk takes you as far as Esk West. The trail is located in the historical and archaeologically interesting parish of Bonane and offers beautiful scenery throughout with stunning views of the valley and its surrounding mountains as well as extensive vistas beyond over the Beara and Iveragh Peninsulas. There are two other trails starting at this trailhead.

**County:** Kerry

**Trail grade:** Easy

**Length (km):** 6

**Estimated time:** 1 h 30m

**Dogs allowed:** No

**Nearest town:** Bonane/  
Kenmare

**Start point:** Molly Gallivan's  
Visitor Centre, Bonane

**Waymarked:** Yes



Picture:  
Arthur Ward/  
Failte Ireland

# Emlagh Loop



**County:** Kerry

**Trail grade:** Easy ■

**Length (km):** 7.5

**Estimated time:** 1h 45m

**Dogs allowed:** No

**Nearest town:** Ballinskelligs

**Start point:** Inny Strand

**Waymarked:** Yes



This beautiful walk starts at Inny Strand and brings the walker through contrasting landscapes with a unique mix of coastal and bogland settings as it follows the sandy beach along Inny Strand and as far as the Inny Estuary. It takes minor roads, farm road, track and a short section of rough ground, briefly crossing a busier road, as it circles behind the Strand and Estuary passing through bogland, a small forestry plantation and farmland in a very scenic setting overlooking Ballinskelligs Bay. The trail offers the chance to see wildlife and wonderful views over the bay and the surrounding landscape. There is one other trail starting from this trailhead.



# Bóthar na Naomh



**County:** Leitrim

**Trail grade:** Easy

**Length (km):** 5.75

**Estimated time:** 1h 45m

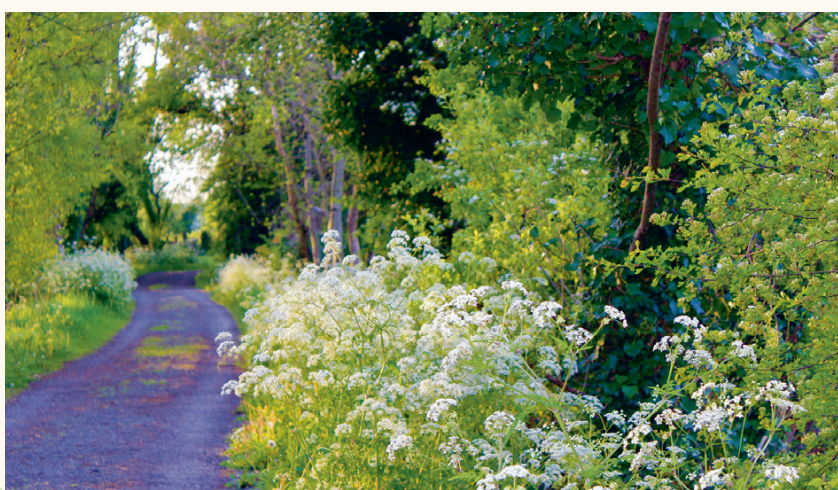
**Dogs allowed:** Yes

**Nearest town:** Cloone

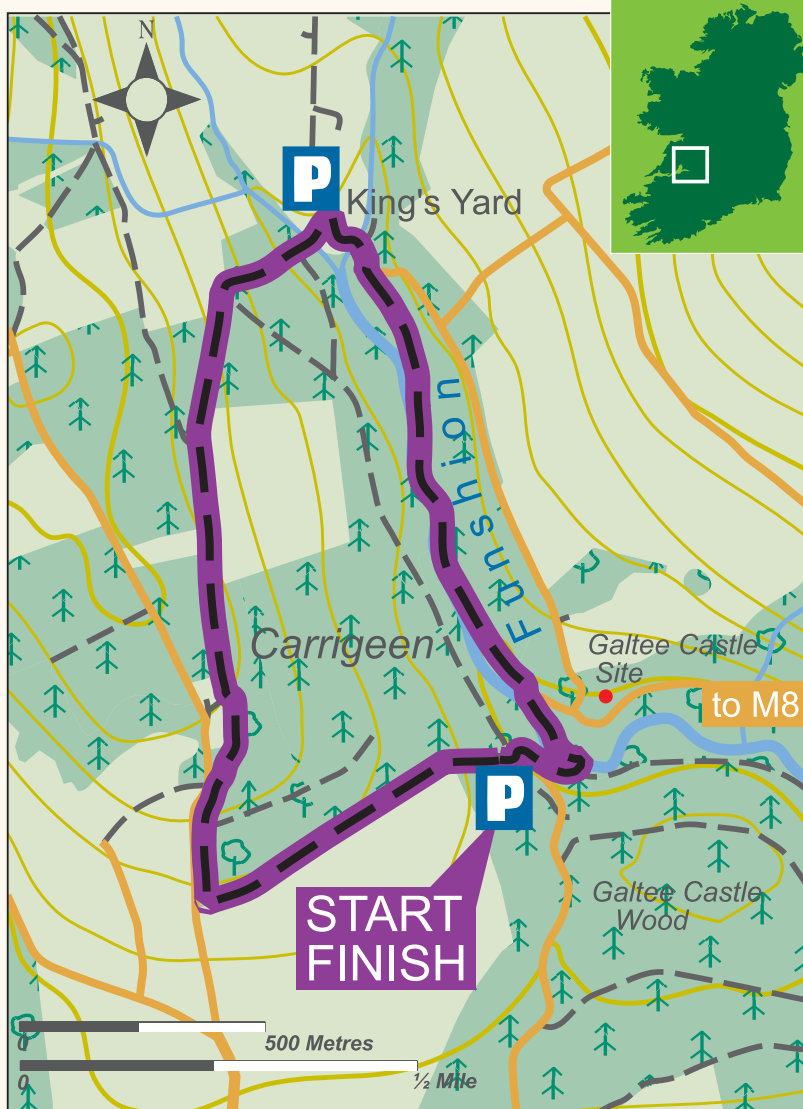
**Start point:** Cloone National School in Cloone Village

**Waymarked:** Yes

This bogland trail takes walkers through a quiet, scenic and rural landscape following reinstated paths and tracks with a loose gravel surface across deciduous woodland and regenerated cutaway bog as well as around Annaghmaconway Lough. It offers typical limestone wetland vistas of riverbank, damp meadow, woodland, bog and lakeshore with pockets of spring blossoming wild flowers and native trees. 'Bóthar na Naomh' was an old route connecting the early monastic site in Cloone village to the burial ground on Caldragh Hill nearby, part of which is incorporated in this trail, while more recent pathways to the school, church, village and bog are included too. Athletics and equestrian trails are also available.



# Ballyhoura — Attychraan Loop



**County:** Limerick

**Trail grade:** Easy ■

**Length (km):** 5

**Estimated time:** 2

**Dogs allowed:** No

**Nearest town:** Kilbehenny

**Start point:** Galtee Woods  
Car Park

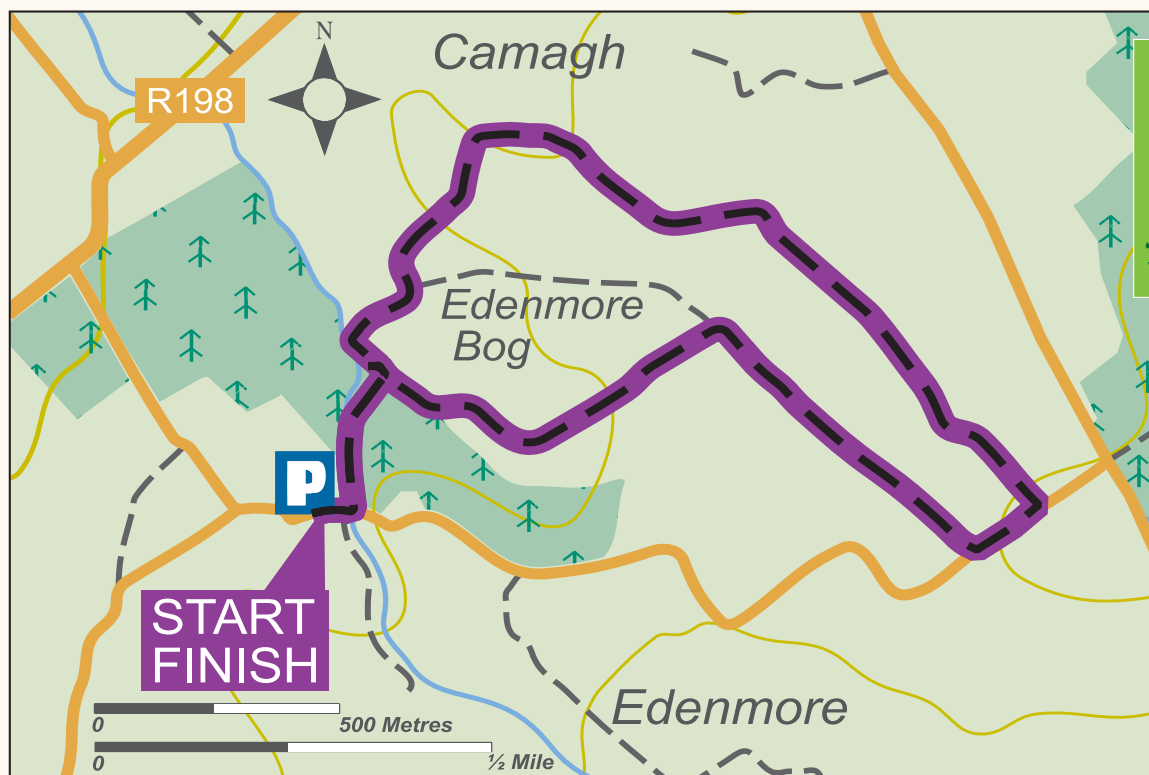
**Waymarked:** Yes



**T**his tranquil walk in Galtee Castle Woods takes you on grassy path, woodland pathway, sandy roadway, forest road and minor road through beech, pine and broadleaf trees, crossing the Funshion and Attychraan Rivers. Straddling the border, the walk crosses back and forth between Counties Limerick and Tipperary. The walker is treated to fine vistas of the countryside with spectacular views of the Galtee Mountains opening up as you travel. The 'castle' was a late 1700's hunting lodge with only the red sandstone stables, an outline of the tennis courts and the remnants of a water mill used to generate electricity for the 'castle' remaining. One other trail starts at this trailhead.



# Ballinamuck/ Edenmore Bog Walk



**County:** Longford

**Trail grade:** Easy ■

**Length (km):** 5

**Estimated time:** 2h

**Dogs allowed:** On a lead

**Nearest town:** Ballinamuck

**Start point:** Off R198 north of Gaique Crossroads onto L50581, next fork left and to car park at bog

**Waymarked:** Yes

This loop follows minor road, gravel road and grassy track around Edenmore Bog with some ascent and descent, giving expansive views of the area including over the highest quality section of the bog. The area is rich in flora, fauna and insect life including the elusive pine marten. Amongst the flora are foxgloves, cotton grass, heather, along with the strong smelling bog myrtle (a natural insect repellent). You will also see sphagnum moss, the most important plant in the formation of peat. There are butterflies and dragonflies and an abundance of birds, including kestrel. This is a working bog and turf cutting can be seen on sections of the trail.





# Grange Loops — Molly Loop



**County:** Louth

**Trail grade:** Easy

**Length (km):** 4

**Estimated time:** 1h 15m

**Dogs allowed:** No

**Nearest town:** Grange

**Start point:** John Long's Pub

**Waymarked:** Yes

This is a very attractive trail on the lower slopes of Barnavave, the most southerly summit in the Cooley Mountains. It brings you along very quiet roads and ancient cart tracks with grassy surfaces and dry stone walls each side, passing an old lime kiln and offering stunning views of the beautiful countryside, out over Carlingford Lough to the Mourne Mountains and south to Dundalk Bay. The trail is located quite close to the medieval town of Carlingford and one other trail starts at this trailhead.

MAYO

## Erris Head Loop



**County:** Mayo

**Trail grade:** Easy

**Length (km):** 5

**Estimated time:** 2h

**Dogs allowed:** No

**Nearest town:** Belmullet

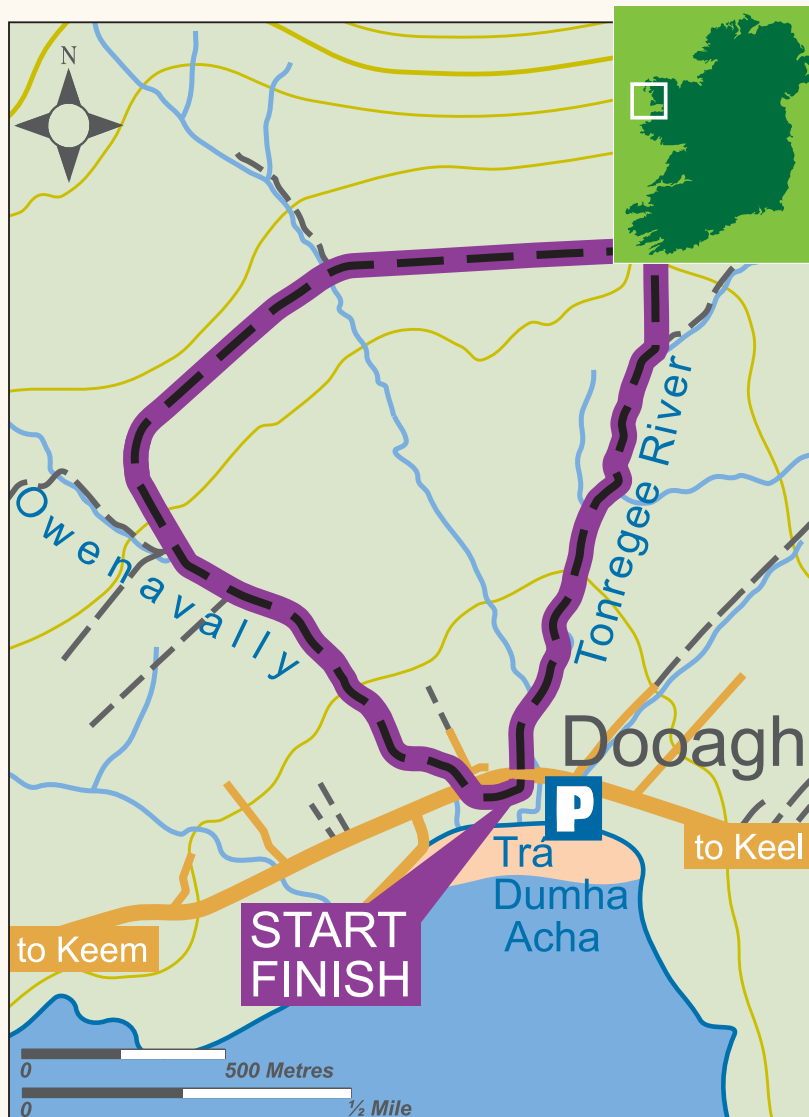
**Start point:** Erris Head Car Park

**Waymarked:** Yes

Spectacular scenery abounds on this walk which takes

you on grassy paths, earth banks and open ground around the steep cliffs of the rugged and beautiful Erris Head. You will encounter sheep grazing and a rich biodiversity of flora and fauna including nesting seabirds on the sea cliffs. There is a World War II Erris Head EIRE sign and lookout post – perhaps to inform potential invaders.

# Achill Island Dooagh Loop



**County:** Mayo

**Trail grade:** Easy

**Length (km):** 4

**Estimated time:** 1h

**Dogs allowed:** On a lead

**Nearest town:** Dooagh

**Start point:** First small road on sea side a few metres west of bridge over Tenregee/Chongie River in Dooagh Village and just east of Achill Field School

**Waymarked:** Yes

**A**dditional parking about 100m to east in the beach car park (also Deserted Village Walk trailhead). This trail follows quiet road and gravel track through a landscape of undulating blanket bog as it runs alongside the babbling Owenavally River near the start and the Chongie River on the descent towards the finish. You will pass the site of a 'booley' village along the way, with seats placed along the route as well as plaques containing place names and quotes from 'The Brook' by Lord Tennyson and the song 'Live Every Day' by Dordán, all the while offering spectacular views of the mountains of Croaghaun, Slievemore and Minaun as well as of the Atlantic Ocean.



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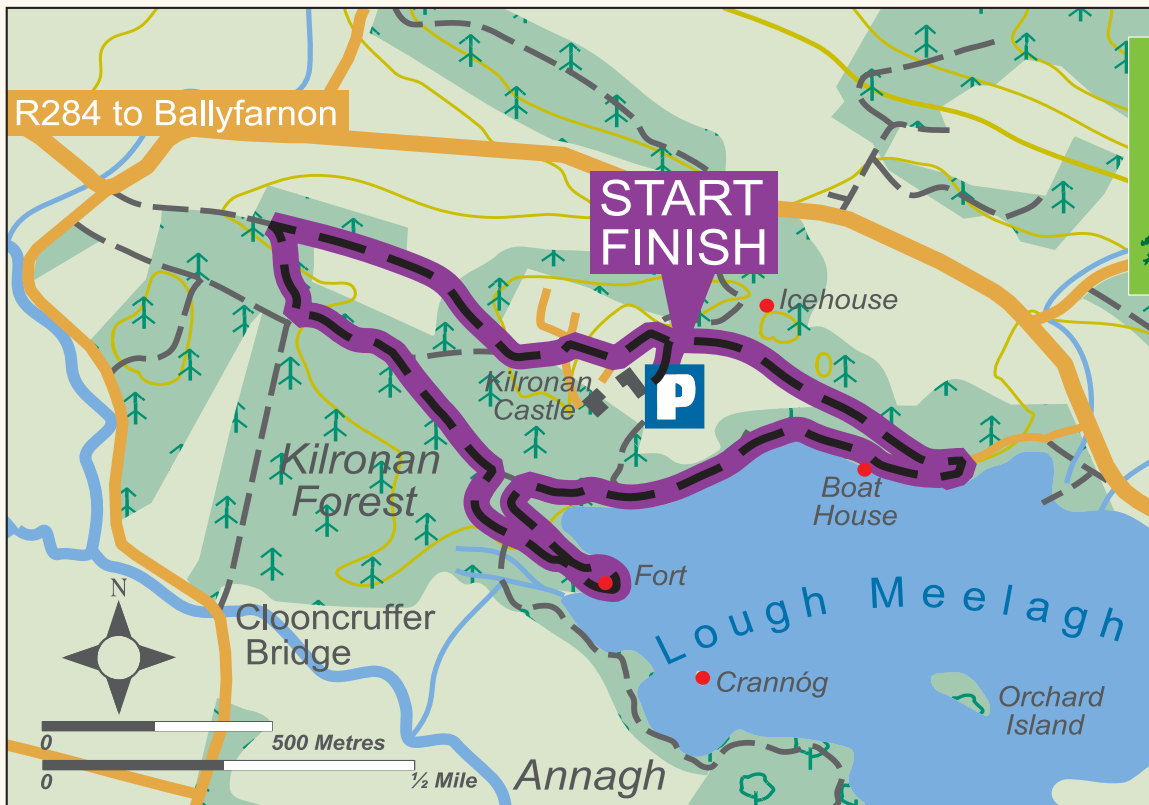
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# Kilronan Castle Looped Walk



This walk takes you on forest road, woodland path, lakeside path and avenue entirely within the grounds of the Kilronan Castle estate and Kilronan Forest, formerly known as Castle Tennyson, which occupies the western shore of Lough Meelagh. You are taken from the Castle along an avenue, through woodland and as far as Doon Point, the site of an old promontory fort, before returning along the lake's shore and the entrance avenue, all the while enjoying quiet woodland views and the wider expansive vista of lake scenery including Orchard Island. The lake also contains many Crannógs as well as the critically endangered European eel. Two other trails start at this trailhead.

**County:** Roscommon

**Trail grade:** Easy ■

**Length (km):** 4.6

**Estimated time:** 1h 15m

**Dogs allowed:** Under effective control

**Nearest town:** Ballyfarnon

**Start point:** Kilronan Castle Car Park

**Waymarked:** Yes



# Killaspugbrone Loop



**County:** Sligo

**Trail grade:** Easy

**Length (km):** 7.7

**Estimated time:** 2h

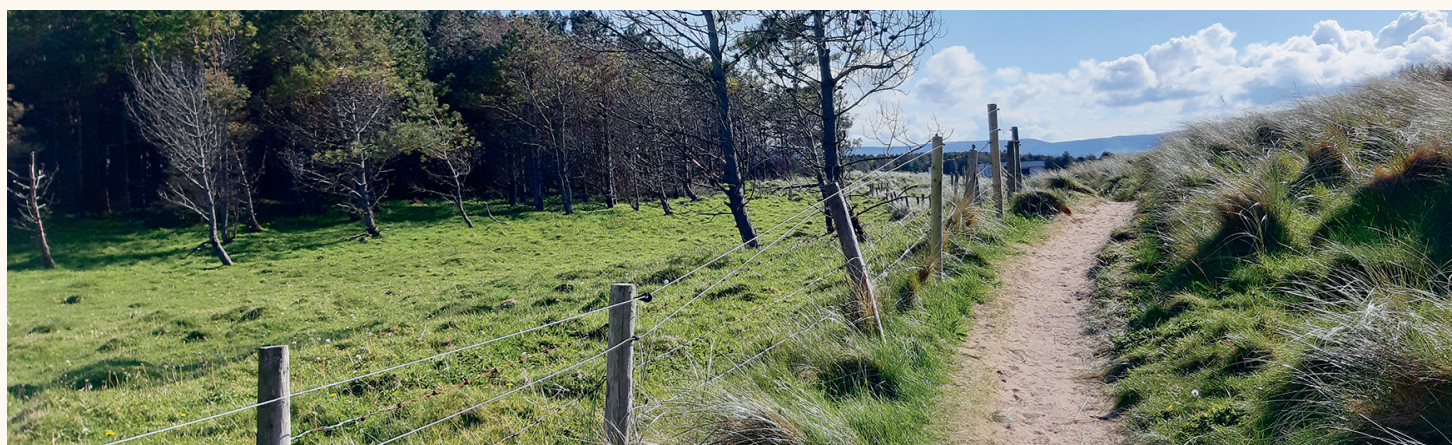
**Dogs allowed:** Yes

**Nearest town:** Strandhill

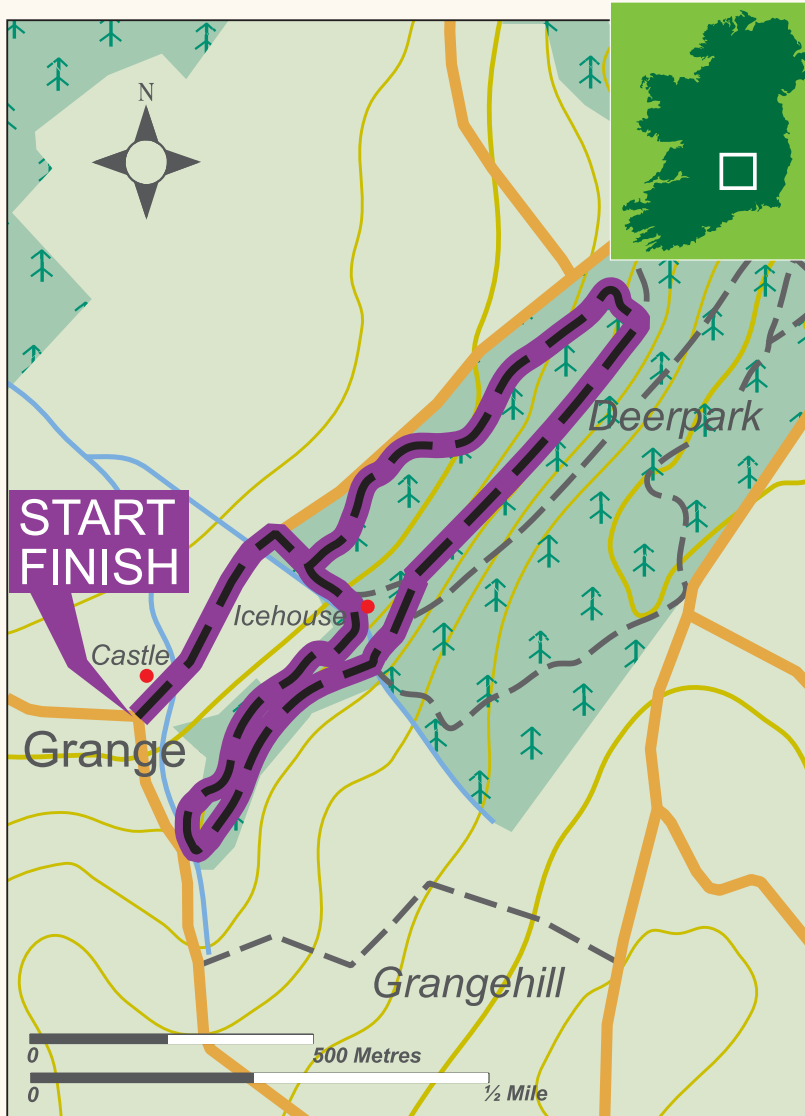
**Start point:** Northern end of the seafront promenade in Strandhill

**Waymarked:** Yes

This relatively remote stunning coastal walk through the north of the dune system in Strandhill passes the early Christian site of Killaspugbrone church (said to have been founded by St Patrick) before bringing the walker past Tra Bán. Continue around the exposed Killaspug Point and by Dorrins Strand on sandy, stony and gravel path as the walker is brought through a variety of coastal habitats including sand dunes, salt marsh and pine woodland around Sligo Airport runway, returning on roadside footpaths. Views of Ben Bulbin, Knocknarea, Sligo Bay and the Atlantic Ocean are magnificent and you can enjoy the sound of lapping ocean, birds singing and if you are lucky catch the sunset.



# Grange Loop



**County:** Tipperary

**Trail grade:** Easy

**Length (km):** 3

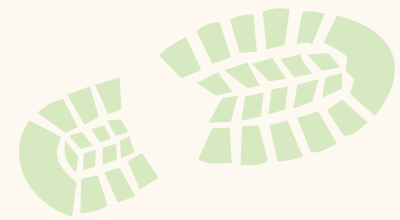
**Estimated time:** 1h 30m

**Dogs allowed:** Yes

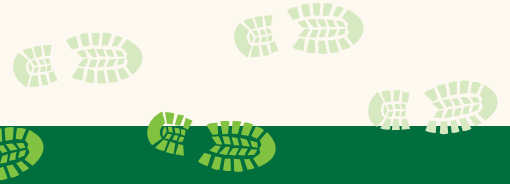
**Nearest town:** Urlingford

**Start point:** Hogans Pub,  
Grange

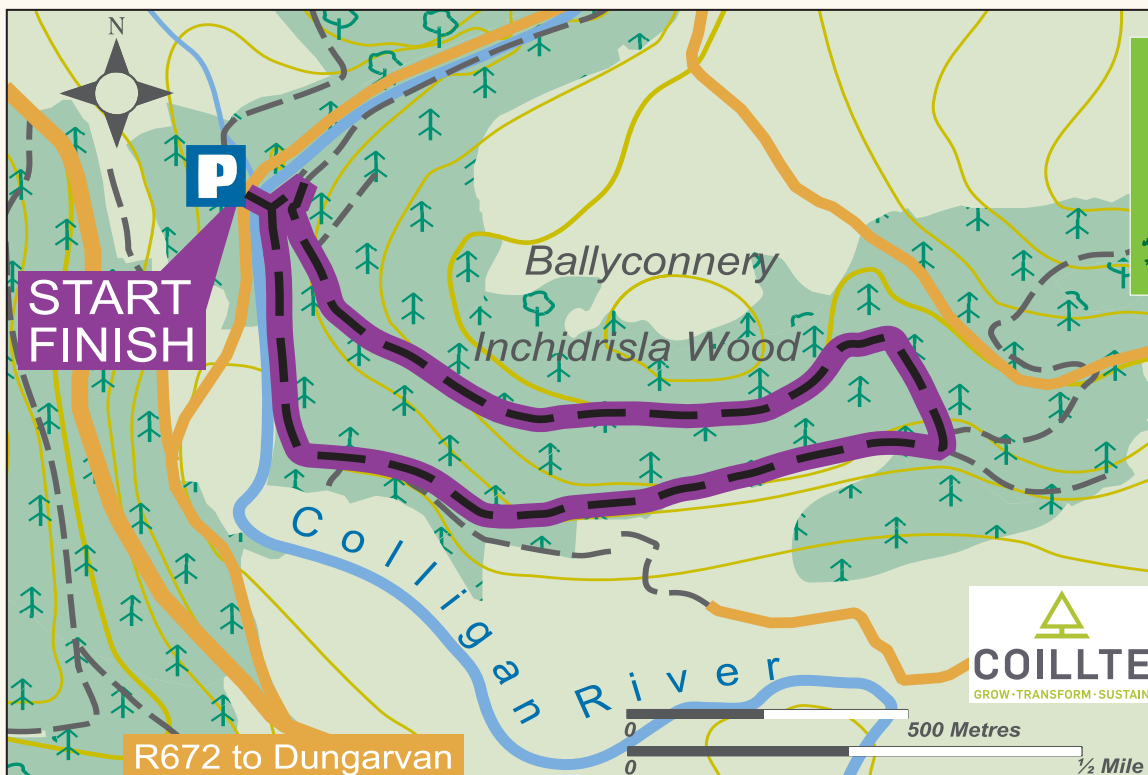
**Waymarked:** Yes



This walk brings you on minor road, woodland track and forest road into Grange Crag Wood, providing a very pleasant walking experience through Coillte forest and broadleaf woodland in the Slieveardagh Hills. It explores the lower slopes above Grange village – with its attractive scenery and historical heritage. The walker is brought past an ‘ice-house’ structure to a viewing point directly above the village for fine views of Grange’s medieval tower-house castle, Kilcooly Abbey, hills to the east, bog to the west and Devil’s Bit Mountain on the western horizon. You may glimpse deer, red squirrels and many species of native flowers including bluebells. One other trail starts from this trailhead.



# Colligan Wood Inchadrisla Loop



**County:** Waterford

**Trail grade:** Easy ■

**Length (km):** 5

**Estimated time:** 1h 15m

**Dogs allowed:** Yes

**Nearest town:** Dungarvan

**Start point:** Colligan

Woods Car Park

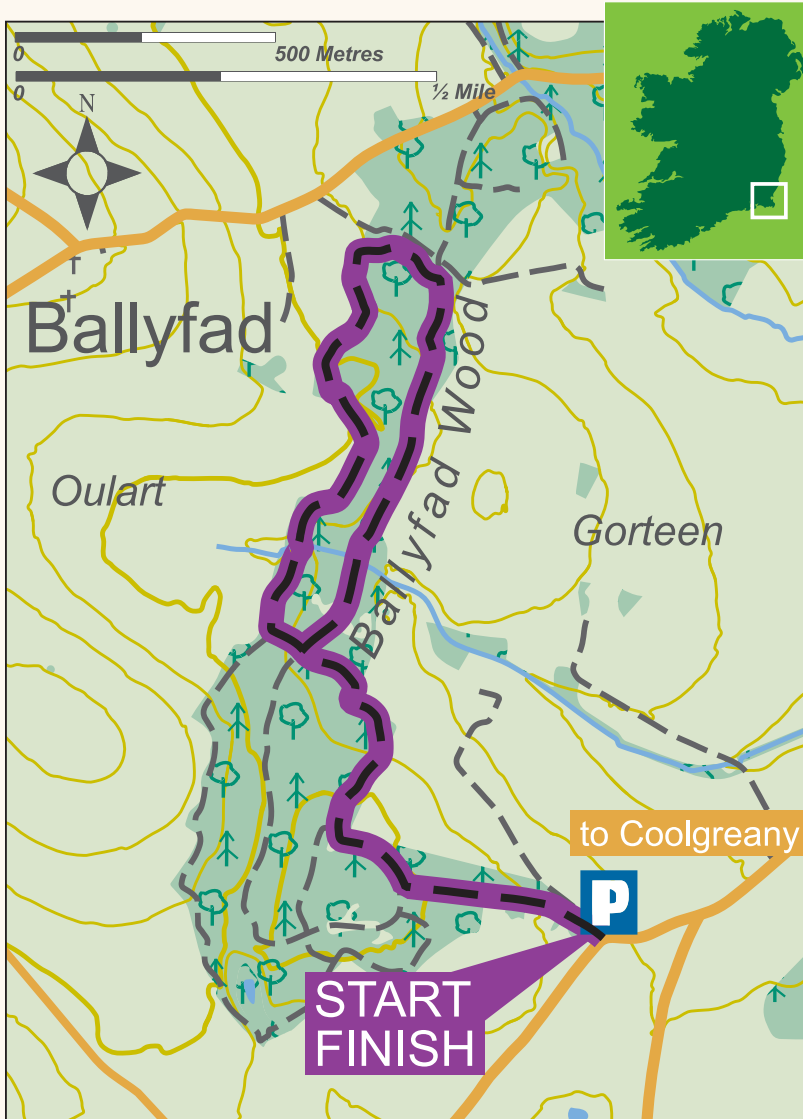
**Waymarked:** Yes

This loop takes the walker through the western section of the beautiful mixed woodland of Colligan Woods and along the Colligan River in its lovely scenic valley, before climbing gradually through a wide range of broadleaf and conifer. A number of viewing points offer wonderful vistas of the surrounding countryside and Dungarvan Harbour and Helvick Head. A sample of the wealth of flora and fauna includes wood sorrel, heather, bluebell and bilberry, fox, red squirrel, badger, otter, stoat, hare and deer and, if you are lucky, goldfinch jay, kingfisher and dipper. The river has spawning salmon and sea trout can also to be seen. One other trail starts at this trailhead.



Picture: David Lynch

# Coolgreany Ballyfad Wood Old Mass Path Trail



**County:** Wexford

**Trail grade:** Easy ■

**Length (km):** 4

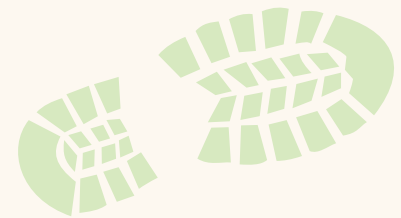
**Estimated time:** 1h

**Dogs allowed:** Yes

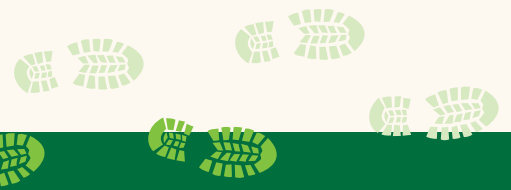
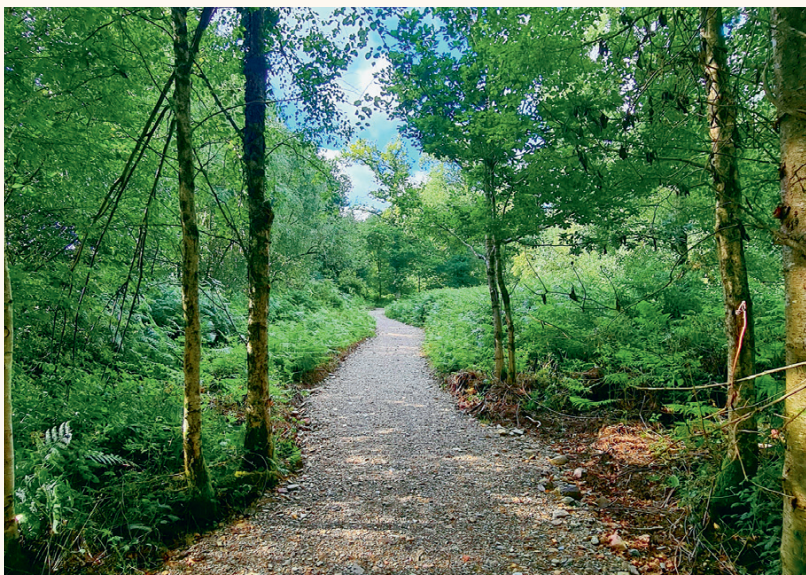
**Nearest town:** Coolgreany

**Start point:** Gurteen  
Entrance

**Waymarked:** Yes



**T**his trail follows forest road and path through a peaceful and stunning wood of old mature trees including oak, beech, Norway spruce, Western hemlock, Douglas fir and Scots pine with swathes of bluebells a particular feature. Old woodland sites such as this are relicts of the original vast forests in this country prior to the 16th century. Never having been clear-felled, the wood is rich in biodiversity and is home to some of the oldest oak trees in the country along with an abundance of wildlife and wild flowers. The walker is also treated to fine views of Croghan Mountain, Tara Hill and the coast. Three other trails start at this trailhead.





# Rathdrum Jubilee Loop



This loop includes minor roads, quiet lanes, forestry tracks and mass paths and goes cross country as it heads out on a circuit of Ballygannon Woods (part of which includes a fine example of native oak wood, the second largest in Ireland), passing through the Famine Graveyard before following an old mass path. It takes the walker into and through Ballygannon Woods, returning past St Michael's Well. Flora you are likely to encounter on your walk includes wild honeysuckle, bilberry, primrose, bluebell and violet growing on the forest floor while the fauna in the wood includes long-eared owls, woodcocks, red squirrels, badgers and foxes. This is also a millennium forest.

**County:** Wicklow

**Trail grade:** Easy

**Length (km):** 6

**Estimated time:** 1h 30m

**Dogs allowed:** Yes

**Nearest town:** Rathdrum

**Start point:** Car Park of Rathdrum Church

**Waymarked:** Yes



# Tinahely Railway Walk



**County:** Wicklow

**Trail grade:** Easy

**Length (km):** 2.7

**Estimated time:** 30m

**Dogs allowed:** Yes

**Nearest town:** Tinahely

**Start point:** Car Park at  
Togher Bridge

**Waymarked:** Yes

This peaceful linear woodland trail traverses a section of the dismantled Woodenbridge to Shillelagh Railway Line, providing safe off-road access to the famous oak woods at Tomnafinnogue so can be enjoyed by all the family. Two magnificent stone railway bridges mark each end of the walk and a wooden footbridge crosses the Derry River. The trail is rich in flora and fauna and each season offers a unique walking experience; from rich carpets of bluebell in spring to lush green summer vegetation, ripe with blackberry and crab apple and sloe in autumn, and the bare silhouettes of winter, while wonderful views out into the surrounding fields and farmland are on offer.



# Ballyvaughan Wood Loop



This loop takes the walker on minor roads, sandy roadways, green lanes, woodland and cross country, including fields with the hazel scrub typical of the area.

The trail starts in the seaside village of Ballyvaughan. It passes by the entrance to Aillwee Cave – the most famous of the ancient caves below the Burren. The Fanore to Ballyvaughan Trek finishes at the same trailhead in Ballyvaughan. Please note that the rocks are slippery when wet.

**County:** Clare

**Trail grade:** Moderate ■

**Length (km):** 8

**Estimated time:** 2h

**Dogs allowed:** No

**Nearest town:** Ballyvaughan

**Start point:** Ballyvaughan Town

**Waymarked:** Yes

# Sheep's Head Caher Loop



This loop brings the walker on laneways, tracks and paths as it climbs to a low ridge towards the western end of the beautiful Sheep's Head Peninsula. It continues

downhill through hill and farmland, passing the lovely Cahir Lake and reaching the road left earlier, then dropping to the coast and returning to the trailhead, offering spectacular views of Dunmanus Bay and Mizen Head as well as the surrounding countryside. Two other loops start at this trailhead.

**County:** Cork

**Trail grade:** Moderate ■

**Length (km):** 5.4

**Estimated time:** 3h 40m

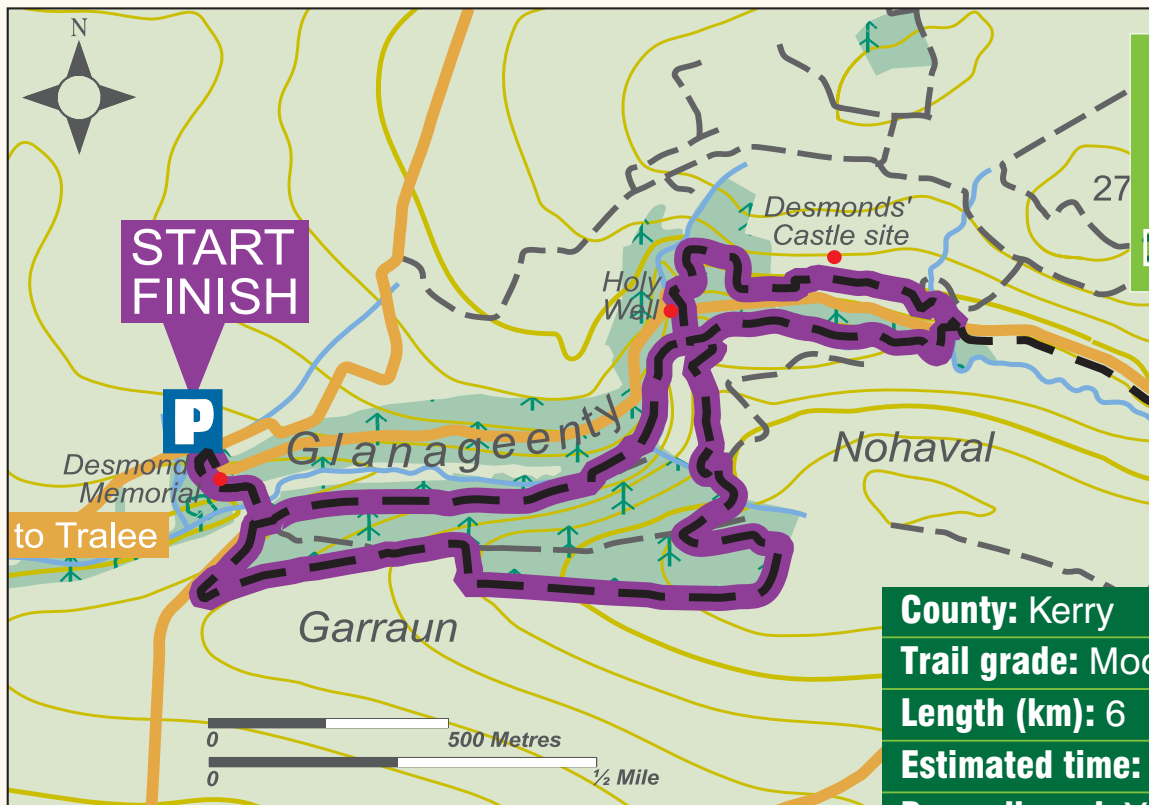
**Dogs allowed:** No

**Nearest town:** Kilcrohane

**Start point:** The Black Gate Trailhead

**Waymarked:** Yes

# Glanageenty Lenihan Loop



**County:** Kerry

**Trail grade:** Moderate ■

**Length (km):** 6

**Estimated time:** 2h 20m

**Dogs allowed:** Yes

**Nearest town:** Castleisland

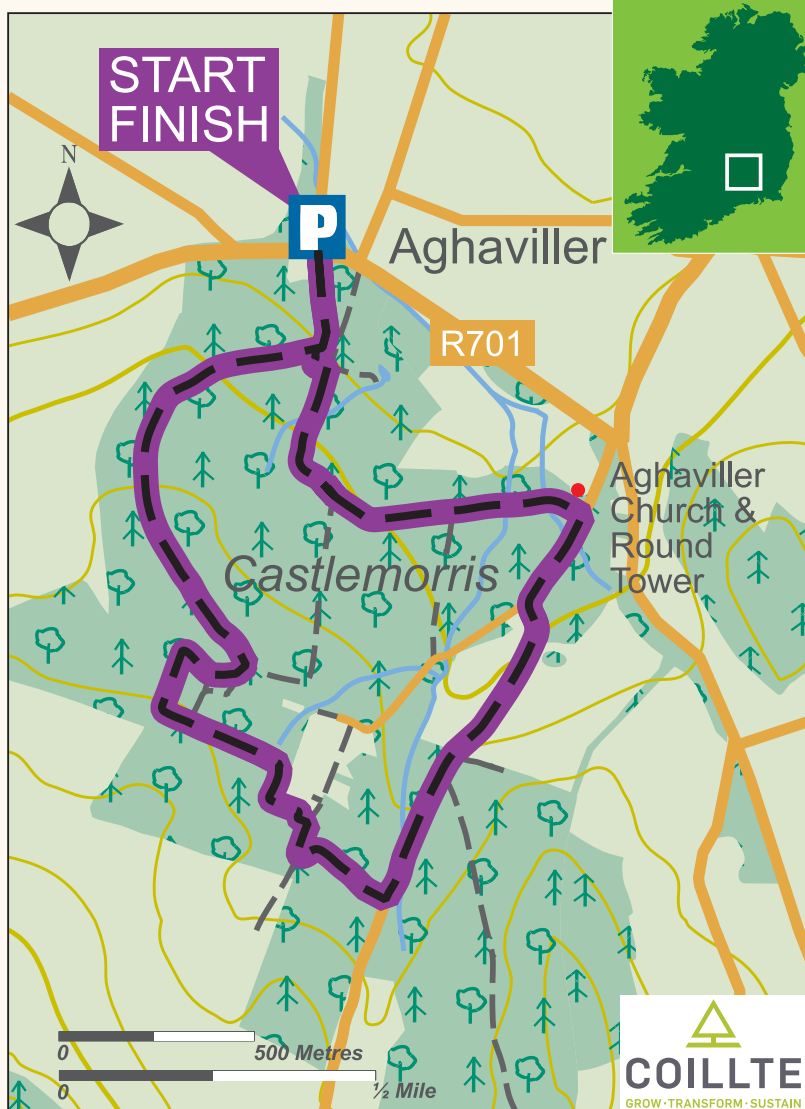
**Start point:** Entrance to Forest at Glanageenty

**Waymarked:** Yes

This loop takes the walker on river bank, forest road, track and path, through forest and farmland, bringing you through a mixture of broadleaf and conifer trees in a remote steep sided valley known as the Sherwood Forest of Munster or Valley of the Fairies, a place of peace and tranquillity along with wonderful variety and stunning views. The zone along the river forms an important wildlife corridor linking to the nearby bogs of Knockatarriv and Doolaig. It is steeped in history and folklore. These woods would have been used as a refuge both during the Desmond Rebellion and the Irish Civil War. Two other trails start at this trailhead.



# Castlemorris — Holly Loop



**County:** Kilkenny

**Trail grade:** Moderate ■

**Length (km):** 4

**Estimated time:** 1h 30m

**Dogs allowed:** Under effective control

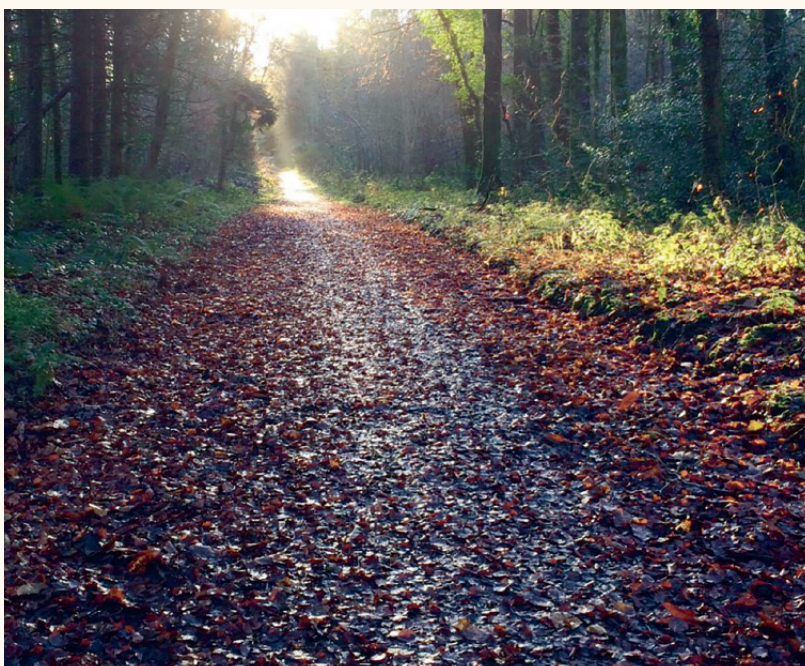
**Nearest town:** Knocktopher

**Start point:** Car Park at Grand Gates of Castlemorris Estate

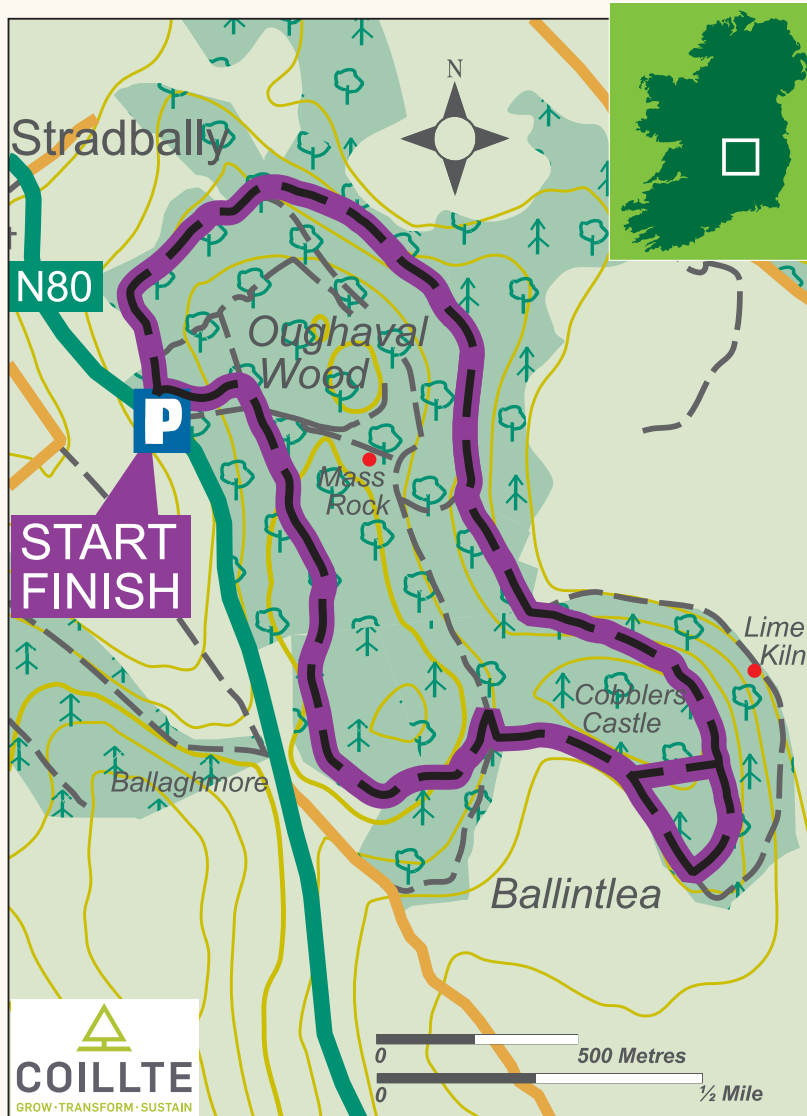
**Waymarked:** Yes



This walk follows forest road, forest track and minor road taking you through the fine woods of Castlemorris House's former demesne, passing the old stone outbuildings which were part of the courtyard of the original house which was one of the largest stately homes in the country. The walk brings you close to Aghaviller Church and the remains of an ancient Round Tower (about 200m from the trail) – the family vault of the original owners can be seen in the churchyard. The wooded demesne was previously known as 'Diore Lia' or Grey Wood and bluebells carpet the floor of the wood in springtime. There are two other trails at this trailhead.



# Oughaval Woods — Cobbler's Castle Walk



**County:** Laois

**Trail grade:** Moderate ■

**Length (km):** 6

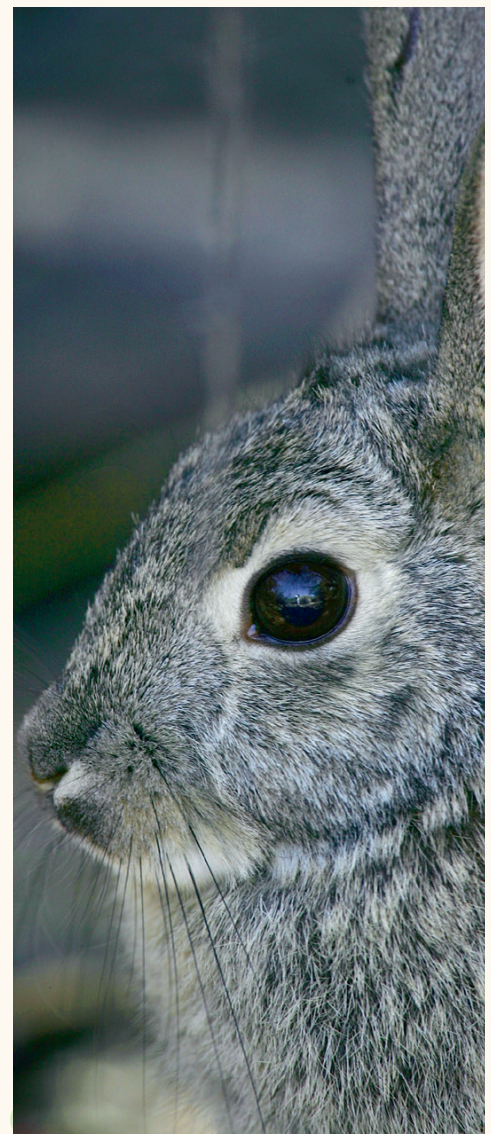
**Estimated time:** 1h 15m

**Dogs allowed:** Under effective control

**Nearest town:** Stradbally

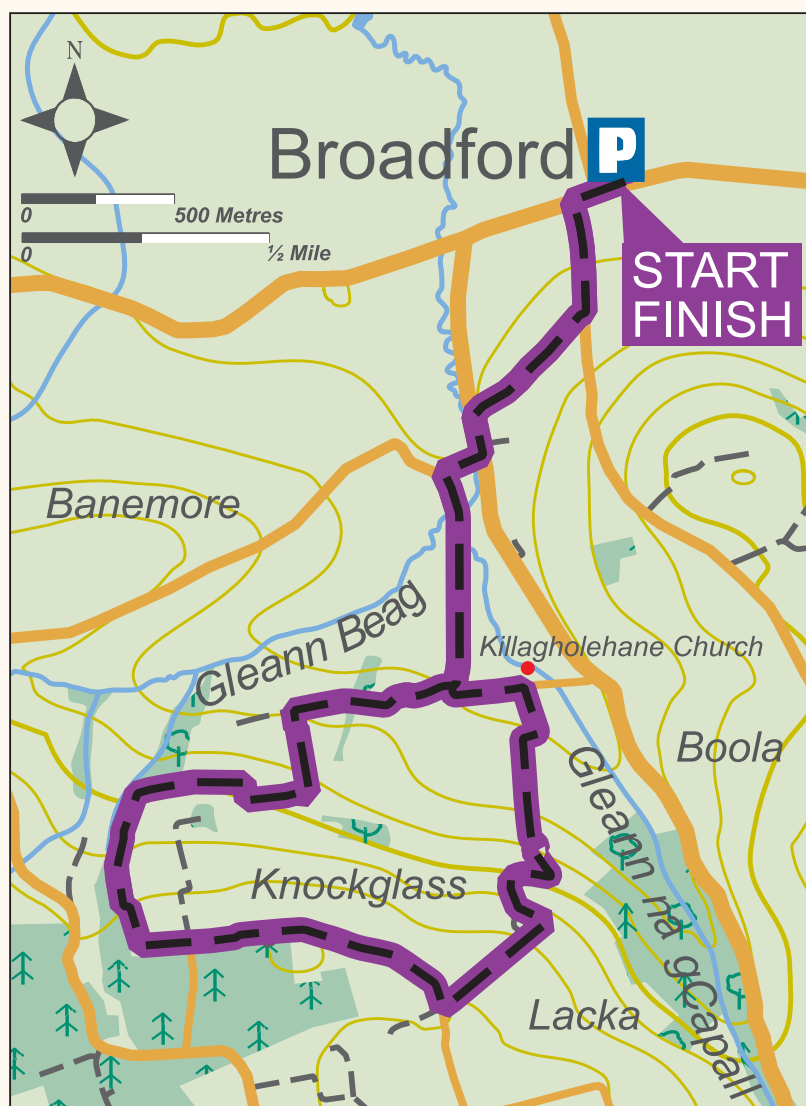
**Start point:** Oughaval Wood Car Park

**Waymarked:** Yes



**T**his walk follows forest road and path all the way around this wood of mainly broadleaf trees which are part of the Natural Heritage Area of Stradbally Hill. You pass close to the site of Cobbler's Castle folly which was constructed during the Famine, while a mass rock is hidden in the centre of the forest and old stone walls are evidence of the original Estate. The flora you may see includes bluebells and primroses and fauna offers badger, fox, rabbit and squirrel with all kinds of native birds. Viewing points along the way give splendid vistas over the surrounding countryside. There are two other trails starting at this trailhead.

# Broadford Ashford Walking Trails — Gleann Beag Loop



**County:** Limerick

**Trail grade:** Moderate ■

**Length (km):** 9.5

**Estimated time:** 2h 30m

**Dogs allowed:** No

**Nearest town:** Broadford

**Start point:** Broadford Car Park opposite church

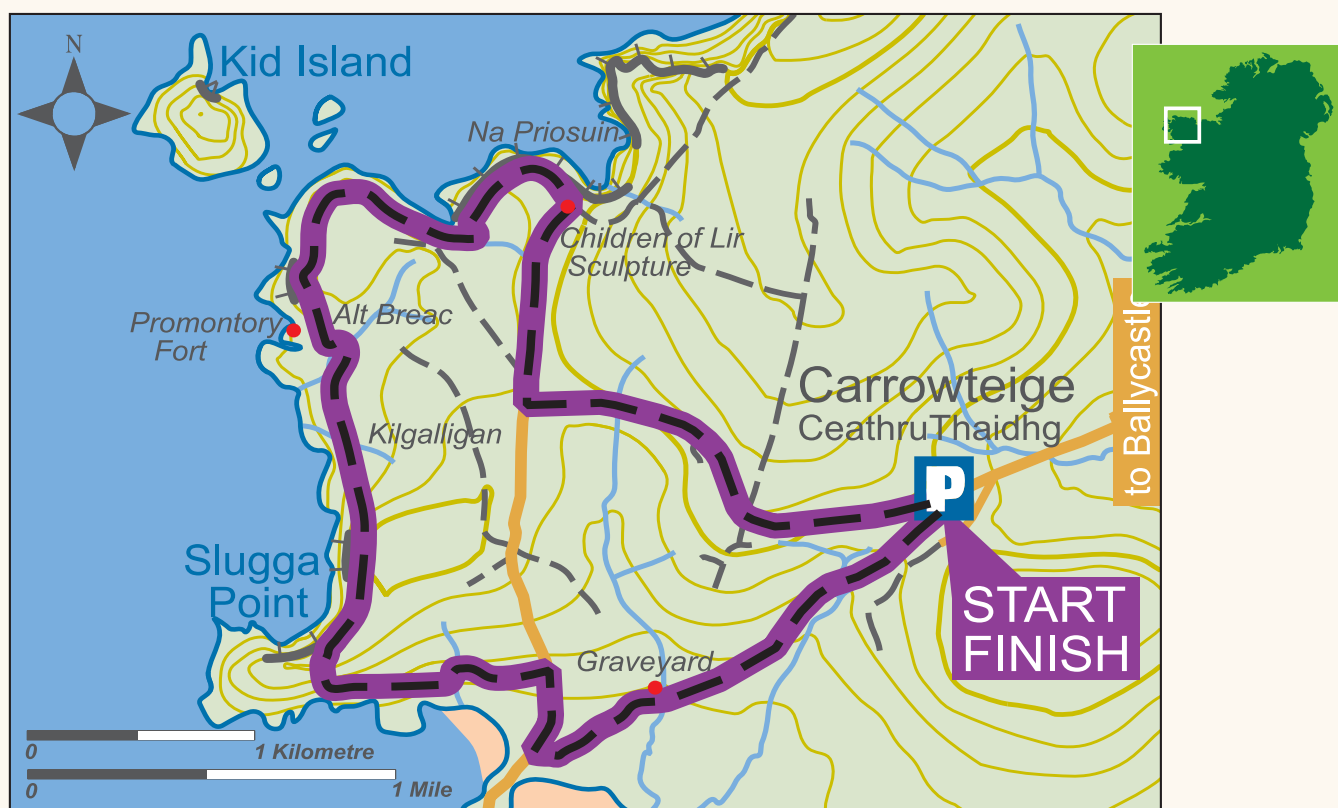
**Waymarked:** Yes



This walk takes you on quiet country road, a very short section on regional road, tree-lined laneways, farm track and grass track, on a lovely wooded path beside the glen and through fields on a working farm, passing the ruins of Killagholehane Church (worth a visit). Spectacular views of Limerick open up from the higher ground including the Shannon Estuary on clear days. You may also see birds such as meadow pipit, barn owl and pheasant, animals including hare, red squirrel, badger and fox, wild flowers like bluebells and honeysuckle, hedgerow trees such as hazel, hawthorn, blackthorn and ash as well as the Irish oak. Three other trails start at this trailhead.



# Carrowteige Children of Lir Loop



This is a beautiful wild coastal walk in a spectacular landscape of bog and windswept mountainside with stunning seaward panoramas of Broadhaven Bay from towering cliff edges, passing a profusion of precipitous cliffs, crags and islands, including the nearby Kid Island. The walker is brought on very quiet minor roadway, sandy track, grassy track and path along the black ditch which runs parallel to the coastline, leaving it briefly to rise to the highest point at Alt Breac, continuing along the coast and the ditch, passing the sculpture commemorating the legend of the Children of Lir and part of the Tir Saile sculpture trail. Three other trails start at this trailhead.

**County:** Mayo

**Trail grade:** Moderate ■

**Length (km):** 10

**Estimated time:** 2h 30m

**Dogs allowed:** On a lead

**Nearest town:** Carrowteige/  
Belmullet

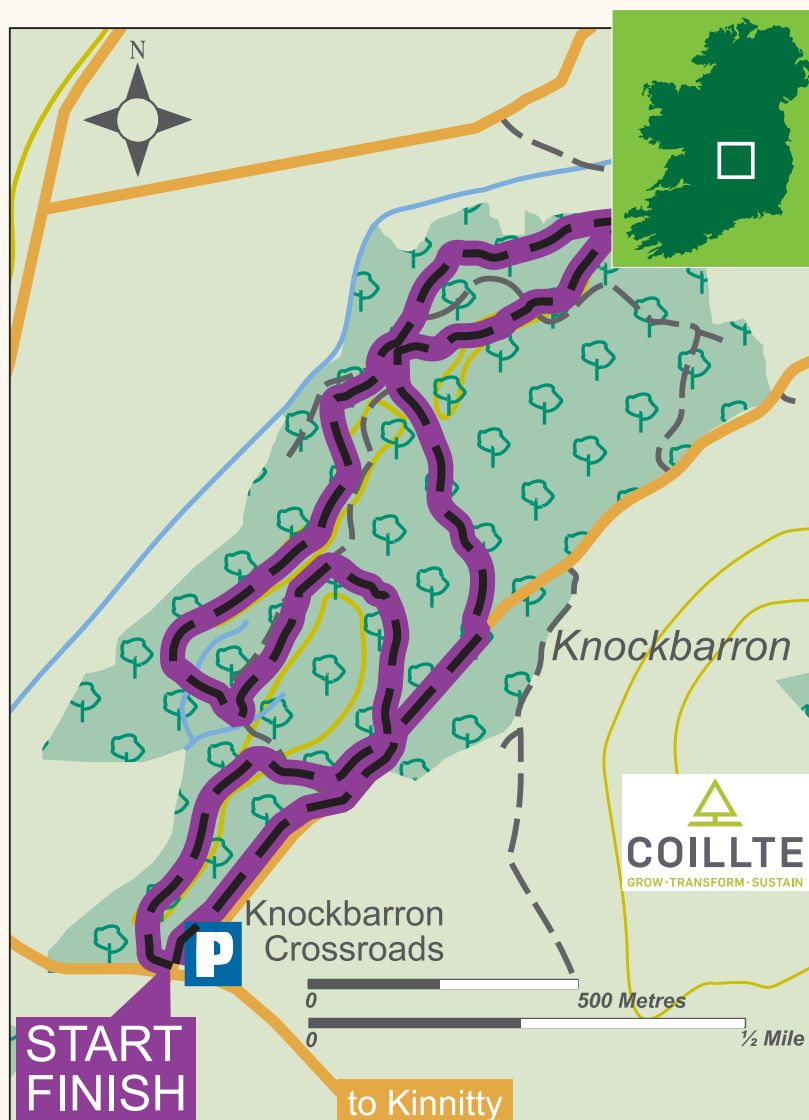
**Start point:** Carrowteige  
Village

**Waymarked:** Yes





# Knockbarron Wood Eco Walk



**County:** Offaly

**Trail grade:** Moderate ■

**Length (km):** 5

**Estimated time:** 1 h 30m

**Dogs allowed:** Under effective control

**Nearest town:** Kinnitty

**Start point:** Knockbarron Wood Car Park

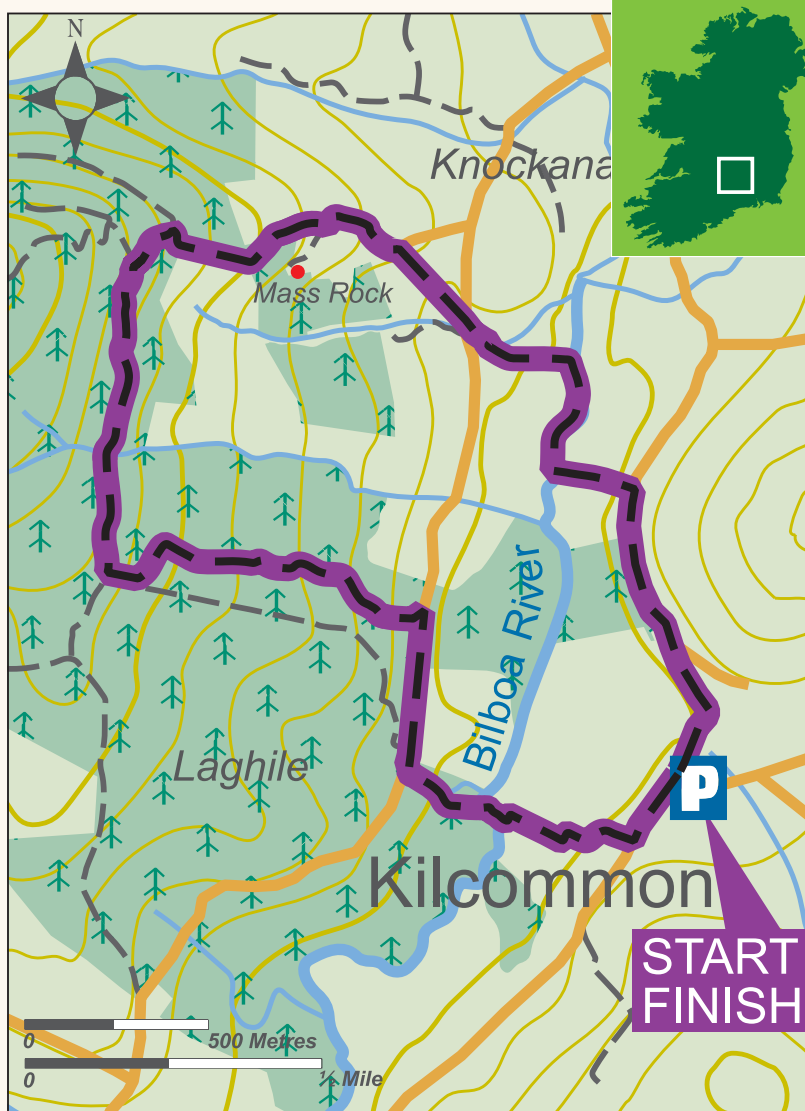
**Waymarked:** Yes



This walk on forest road and path is located in a landscape of moraine and esker in a wonderful area of old woodland and ecological interest. There is a variety of species of trees and areas of marsh where the flora and fauna is particularly diverse. You may see beech, oak, ash, Scot's Pine and Spruce trees, wild clematis, a haze of bluebells in spring when newts also frequent the marshes to breed, fungi, a colony of all female solitary bees in a roadside bank at the edge of the wood and the native adder's tongue fern and there is so much more to explore and discover at any time of year.



# Kilcommon Pilgrim Loop



**County:** Tipperary

**Trail grade:** Moderate ■

**Length (km):** 7

**Estimated time:** 2h

**Dogs allowed:** No

**Nearest town:** Kilcommon/  
Thurles

**Start point:** Community  
Centre, Kilcommon

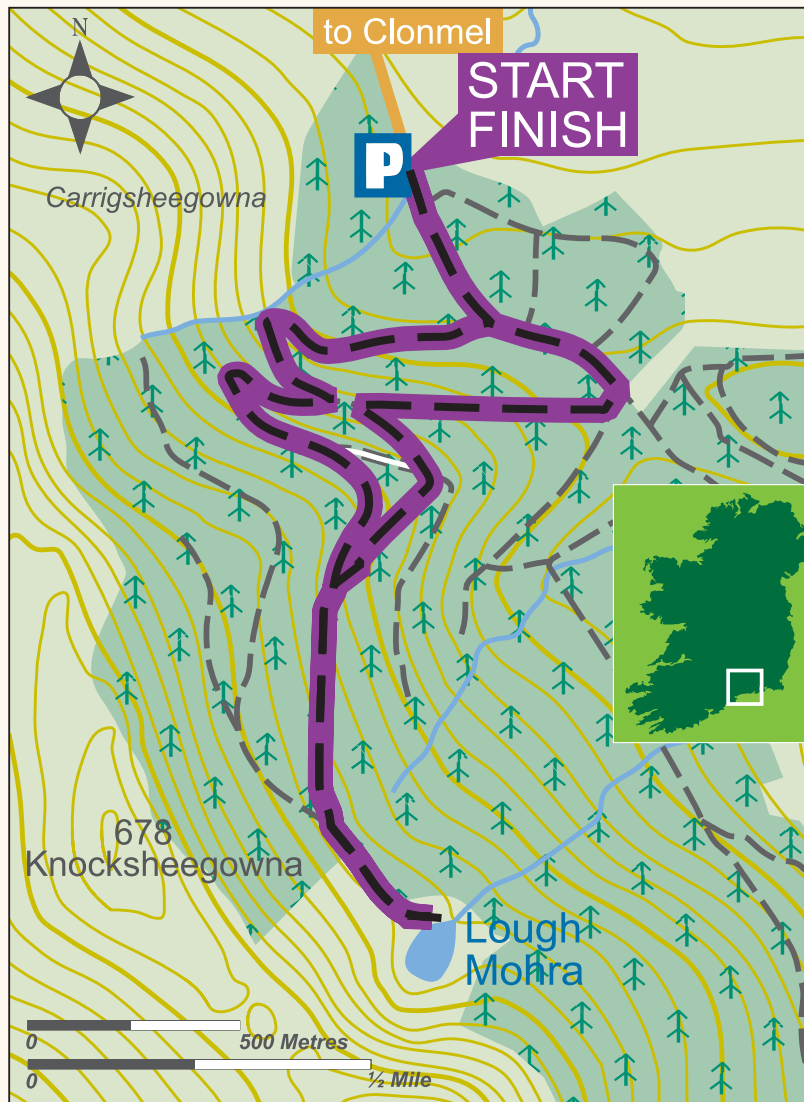
**Waymarked:** Yes



**T**his walk follows old mass paths leading to the church in Kilcommon village. These paths were created by centuries of Slieve Felim inhabitants travelling to Kilcommon to celebrate religious occasions. The walk is taken on minor roadways, forestry roads and cross country as the trail traverses the Bilboa River valley twice and takes in the forested lower slopes of Mauherslieve or Mother Mountain as well as some open hillside. A Mass Rock is about 200m off the trail on the outward journey in the townland of Laghile. As you walk, there are beautiful views of the river valley below as well as of the surrounding Tipperary and Limerick countryside.



# Lough Mohra Loop



**County:** Waterford

**Trail grade:** Moderate ■

**Length (km):** 6

**Estimated time:** 1h 15m

**Dogs allowed:** Under effective control

**Nearest town:** Rathgormack

**Start point:** Entrance to Glenpatrick Woods

**Waymarked:** Yes



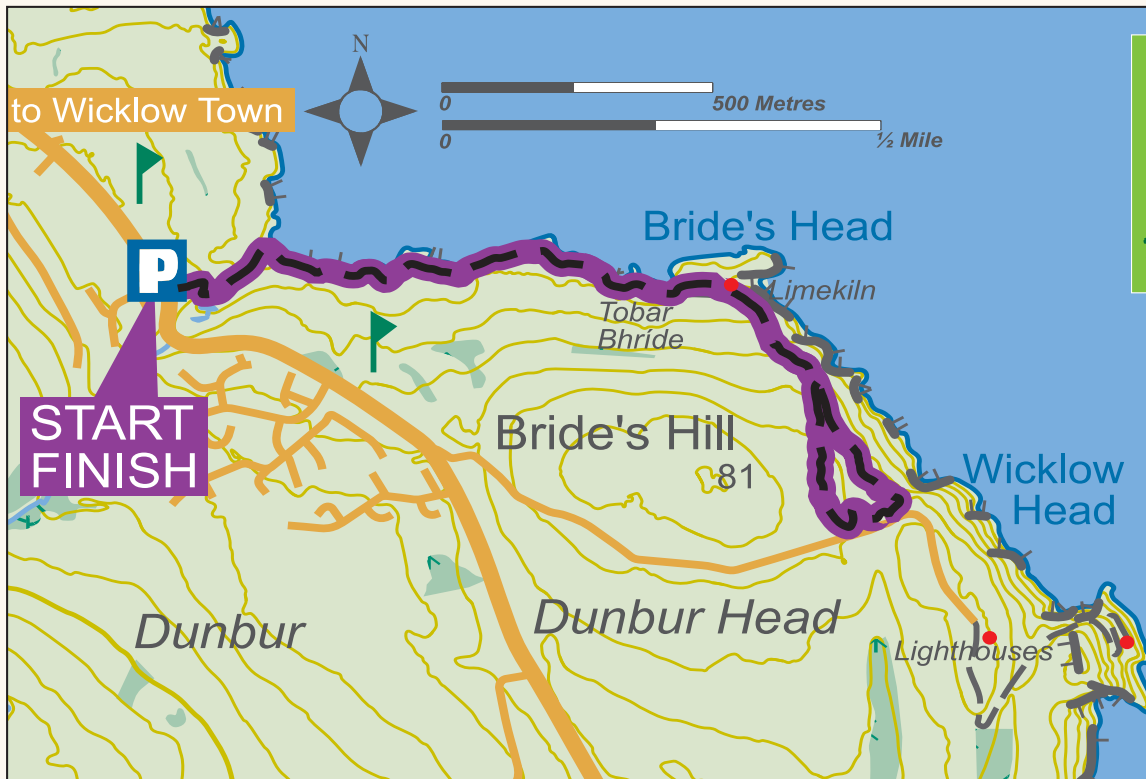
This looped walk in Glenpatrick Woods ascends on forest roads and across open country to reach the coum of Lough Mohra, nestled under the steep-sided, spectacular and breath-taking Knockanaffrin Ridge. The lake is situated in a marshy hollow which was created by glaciation. Having made the journey to the lake it is worth spending some time in this serene spot, from where the walker is treated to expansive stunning views of the surrounding countryside, including the River Suir below and, on a clear day, of the peak of Slievenamon, on the horizon. The walk traverses part of the old scenic Clonmel to Kilmeadean military road. One other trail starts at this trailhead.



Picture: Mario McRory



# Glen Beach Cliff Walk



**County:** Wicklow

**Trail grade:** Moderate ■

**Length (km):** 4

**Estimated time:** 1h 30m

**Dogs allowed:** Yes

**Nearest town:** Wicklow Town

**Start point:** Glen Turn

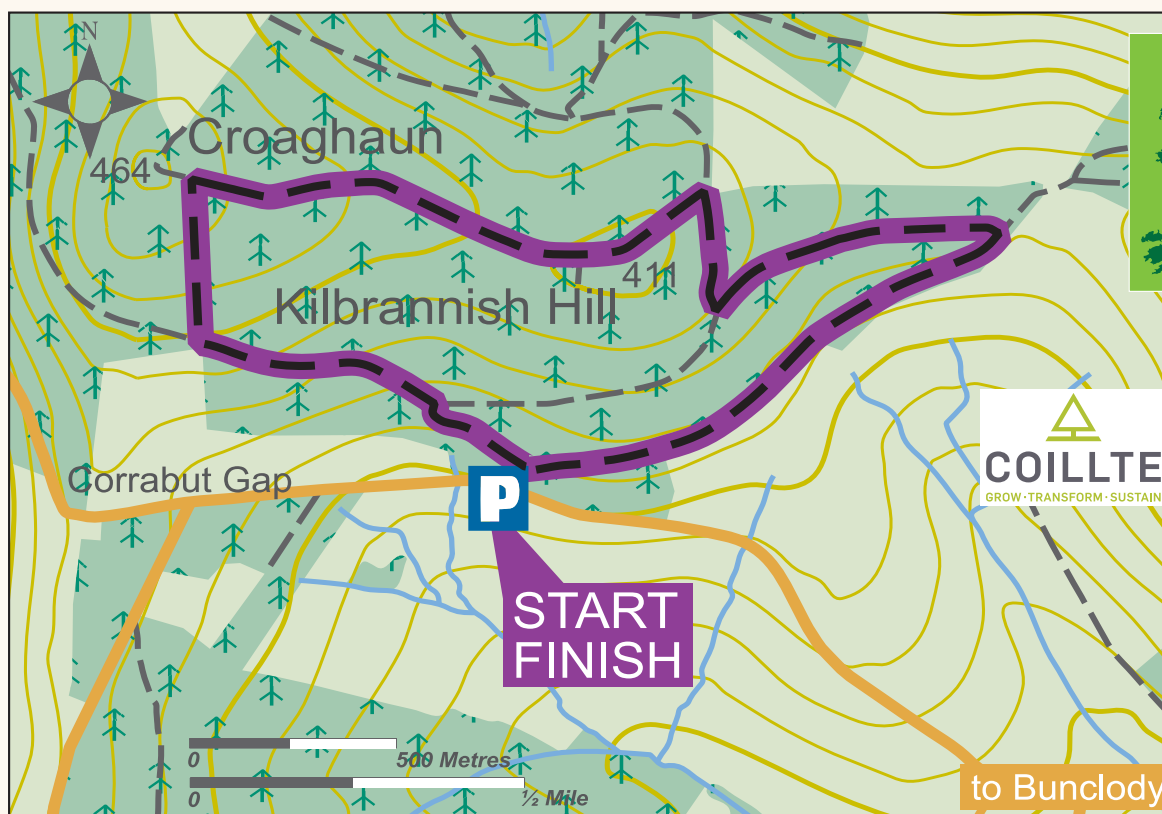
Beach Car Park

**Waymarked:** Yes

This trail follows cliff path as it takes the walker through a landscape of rich cultural interest on one of the most spectacular stretches of Wicklow's coastline. Walk towards Wicklow Head Lighthouse and a loop at the far end, passing Brides Holy Well, a church ruin, Lime-Kiln Bay (the site has remains of one), coves and beaches with opportunities to see grey seal, the occasional porpoise or dolphin and for bird watching in a Special Protection Area for breeding populations of several species of sea bird as well as Peregrine Falcon and Raven, all the while offering beautiful vistas of Wicklow Harbour, Bray Head, the Wicklow Mountains and the coast.



# Kilbrannish Loop



This loop follows forestry road as it makes its way through the woods and ascends to the top of Kilbrannish Hill and on to Croaghaun which has a standing stone. The route offers wonderful views of the surrounding countryside including the nearby wind farm, Mount Leinster with its 122 metre tall transmission mast and the Blackstairs Mountains, with particularly fine views from the summit of Croaghaun over the plains of Carlow with Myshall and Tullow spread out below. There is a second, appropriately named, Windfarm Loop at this trailhead with which the Kilbrannish Loop shares part of the route and from which there are fine views of the wind farm.

**County:** Carlow

**Trail grade:** Strenuous ■

**Length (km):** 5

**Estimated time:** 1h 45m

**Dogs allowed:** Under effective control

**Nearest town:** Bunclody

**Start point:** Kilbrannish Woods Car Park

**Waymarked:** Yes



# LOVE THIS PLACE, LEAVE NO TRACE

However you choose to enjoy the outdoors,  
Whether you're a fairweather hiker or a trailrunner,  
Take home what you bring,  
Leave the outdoors as you find it.

A woman with blonde hair, wearing a grey cap, a white long-sleeved shirt, a white quilted vest, and white pants, is crouching in a field of tall grass. She is smiling and looking to her right. She is wearing bright blue sneakers with white soles and grey socks. A black dog is sitting next to her, looking towards the camera. The background is a field of tall grass with some trees in the distance.

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