

Irish Examiner

100 Irish Trails



Volume 2

in association with



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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
Multi-access	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.
Easy	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.
Moderate	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.
Strenuous	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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Introduction

Get your daily dose of physical activity and fresh air by visiting one of the many trails Ireland has to offer. In volume two of 100 Irish trails, we continue to look at walking trails from the National Trails Register.

Detailed within the pages of this booklet, you will find information on trails with varying grades, lengths and formats. From forest loops to walks along the coast, these trails showcase some of Ireland's most outstanding landscapes with something for everyone to enjoy.

Definition of grades can be found on page two of this booklet. Consider your fitness level when choosing a trail and remember to bring appropriate clothing for the weather conditions.

For more information on these trails and to discover more trails in Ireland, please visit the Sport Ireland Outdoors page on the Sport Ireland website.

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. Let's make sure 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. #LoveThisPlace #LeaveNoTrace

Don't forget to use #Outdoorsforeveryone for any photos you are posting on social media. Please make sure to follow the latest Government advice around Covid-19.

Finally, my message for everyone is to enjoy the Outdoors and Leave No Trace of your visit by taking care of the environment.

Enjoy the outdoors,
John Treacy
Chief Executive
Sport Ireland



TRAIL GRADE: Multi-access ■

Easy ■

Moderate ■

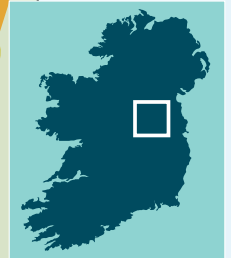
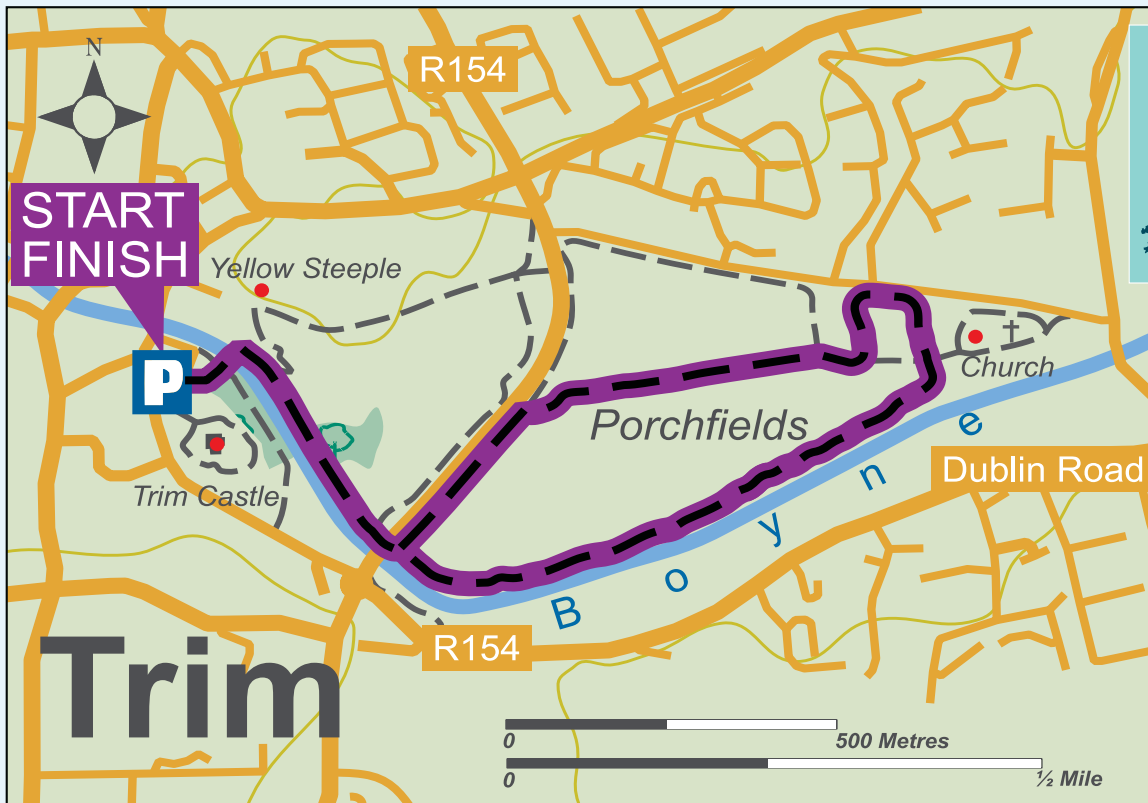
Strenuous ■



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Trim Porch Field Family / Buggy Friendly Walk



This tranquil trail, situated in a large area of parkland in Trim town, follows a surfaced path, initially along the River Boyne in both the western and eastern sections of the open parkland and then around the edge of the eastern section before returning along the river, passing historical sites with details on interpretative panels. The parkland was an area of medieval farmland between the old town wall and Sheep Gate to the west and the 13th century town of Newtown to the east with its large medieval cathedral, two monasteries and small church dating from 1206. Views of the surrounding area are wide-ranging. Three other trails start at the trailhead.

County: Meath

Trail grade: Multi-Access

Length (km): 3.2

Estimated time: 50m

Dogs allowed: On a lead

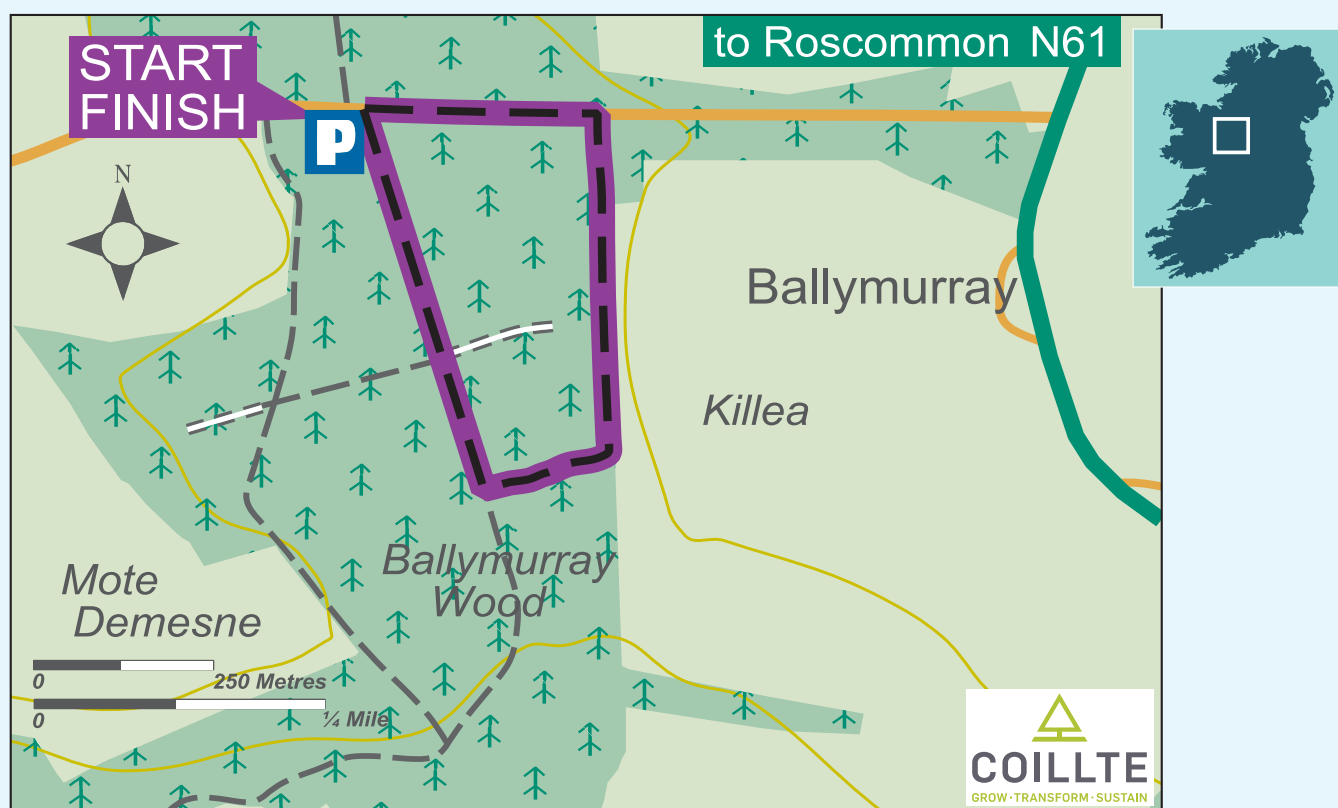
Nearest town: Trim

Start point: Car Park
beside Trim Castle

Waymarked? Yes



Mote Park Bluebell Loop

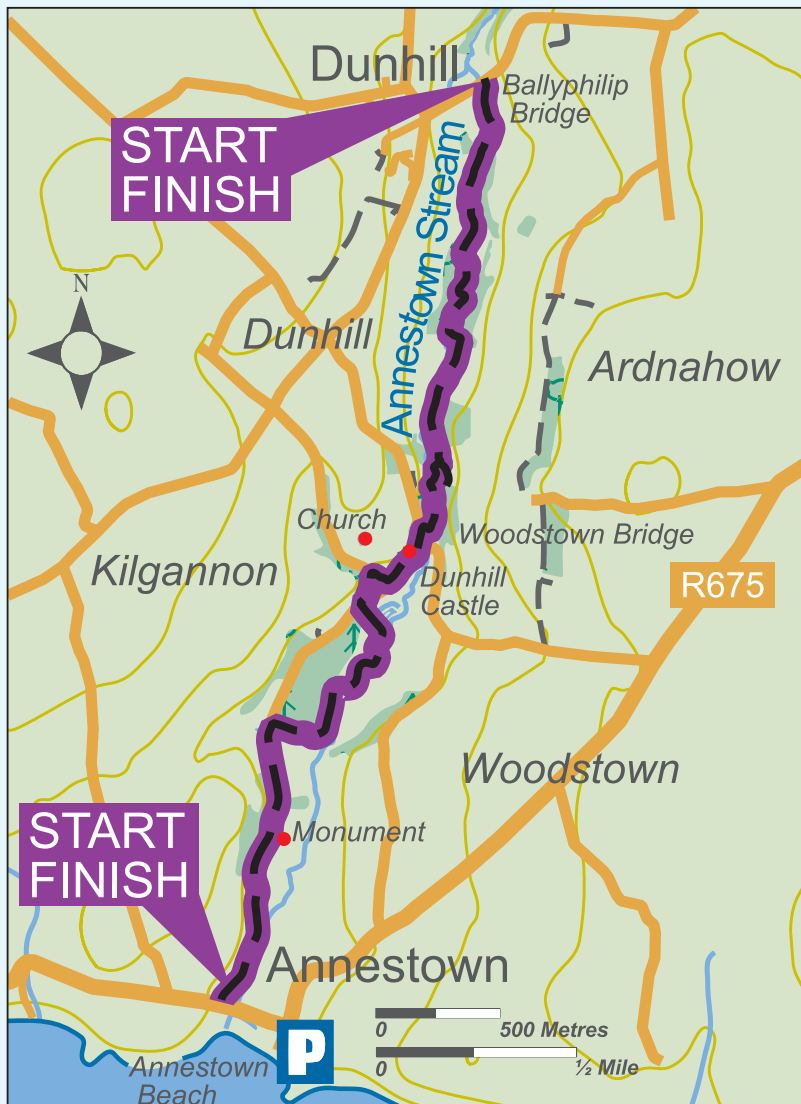


This short loop brings the walker on path and forest road through a mature plantation of Norway spruce and a replanted felled area made up of Scots pine and oak. Also present are naturally regenerated holly, ash and sally, and of course, as the name of the trail suggests, carpets of bluebell are on view in April and May. Wildlife in the area includes red squirrels and the elusive pine marten. Mote Park was once the seat of the Crofton Family and is widely known for its forests which provide habitats for many species of wildlife, both common and rare. There are three other trails at this trailhead.

County: Roscommon
Trail grade: Multi-Access ■
Length (km): 1.5
Estimated time: 30m
Dogs allowed: Under effective control
Nearest town: Roscommon Town
Start point: Car Park at entrance to forest
Waymarked? Yes



Anne Valley Walk



This walk follows the Anne River as it meanders through a protected area of forest and marshland on its way to the coast at Annestown. The walker is brought on a specially constructed gravel path which stays close to the river for most of its journey, passing many beautiful ponds which are home to a wide variety of flora and fauna and include an amazing range of protected species. If you are lucky you may see some of them including birds such as heron and kingfisher and you might even be treated to a glimpse of an otter. There are fine views throughout with a most awe-inspiring sight of Dunhill Castle.



Picture: John Foley

County: Waterford
Trail grade: Multi-Access ■
Length (km): 5
Estimated time: 1h 30m
Dogs allowed: Yes
Nearest town: Dunhill
Start point: Ballyphilip Bridge
Waymarked? Yes

Ballyconnell Canal Loop



Starting from the bridge in the middle of the town of Ballyconnell, this trail takes the walker on riverbank paths, woodland tracks, and sandy roadways as it explores a very pleasant river walk along the bank of the Woodford River, part of a canal linking the Shannon and Erne Rivers, and into the lovely Annagh Lough Woods, a natural deciduous woodland mainly of oak, ash and beech trees which is also a wildlife reserve and was once part of the old Ballyconnell Estate. While in the Woods the walker is brought close to the edge of Annagh Lough. The area is overlooked by Slieve Russell (also called Slieve Rushen) Mountain.

County: Cavan

Trail grade: Easy

Length (km): 6

Estimated time: 1h 45m

Dogs allowed: Yes

Nearest town: Ballyconnell

Start point: Ballyconnell

Bridge Car Park

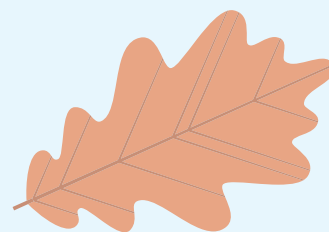
Waymarked? Yes



Killeshandra Loop



The village of Killeshandra is set in the middle of unspoilt countryside: green fields, forests, and rivers with half a dozen of Cavan's famous lakes encircling it. This peaceful walk takes advantage of these, threading its way on lakeshore paths along the shores of Town Lough and Pleasure Lake (with walkovers at water courses), on forestry roads through a mixed woodland of broadleaf and coniferous trees with bluebells, wood anemone, primrose, and violet among the plants on the forest floor, on sandy roadway, grassy paths, and minor road through a lovely low-lying lake rich landscape, finishing through the village main street. The area is part of the Marble Arch Caves Global Geopark.



County: Cavan

Trail grade: Easy

Length (km): 6

Estimated time: 2h

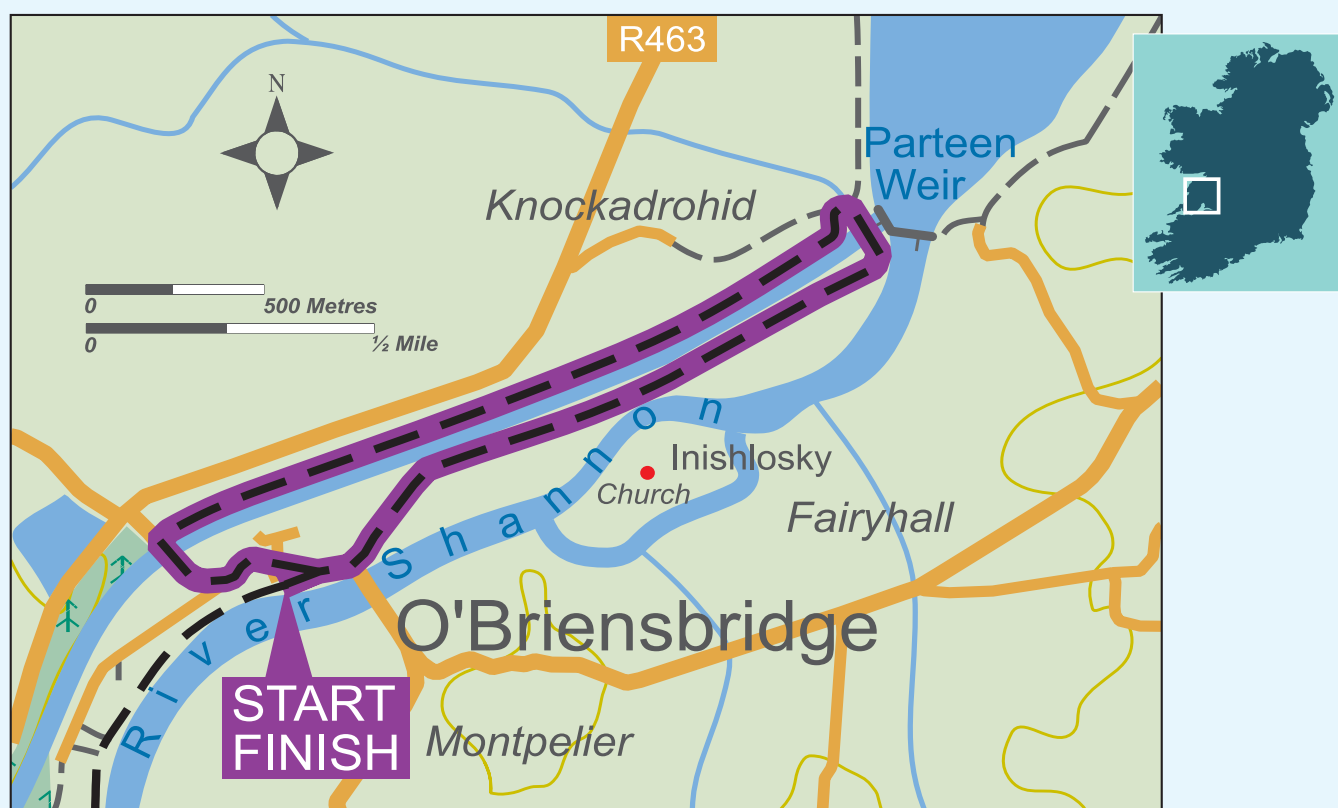
Dogs allowed: No

Nearest town: Killeshandra

Start point: Town Lough
Car Park

Waymarked? Yes

O'Briensbridge — Parteen Weir



This loop takes the walker along a towpath on the bank of the River Shannon as far as the striking structure of the Parteen Weir Hydro Dam, returning along the track at the base of the Ardnacrusha Headrace Canal embankment. Apart from the climb up the road to join the embankment and descent off it, this is a level walk on grassy and riverside path with firm durable surfaces. It is a very pleasant countryside walk although some of the riverbank may be wet. There are two fish ladders so that returning fish, such as salmon, can climb the river safely past the power station. Two other trails start at this trailhead.

County: Clare

Trail grade: Easy

Length (km): 5

Estimated time: 1h 15m

Dogs allowed: Under effective control

Nearest town:

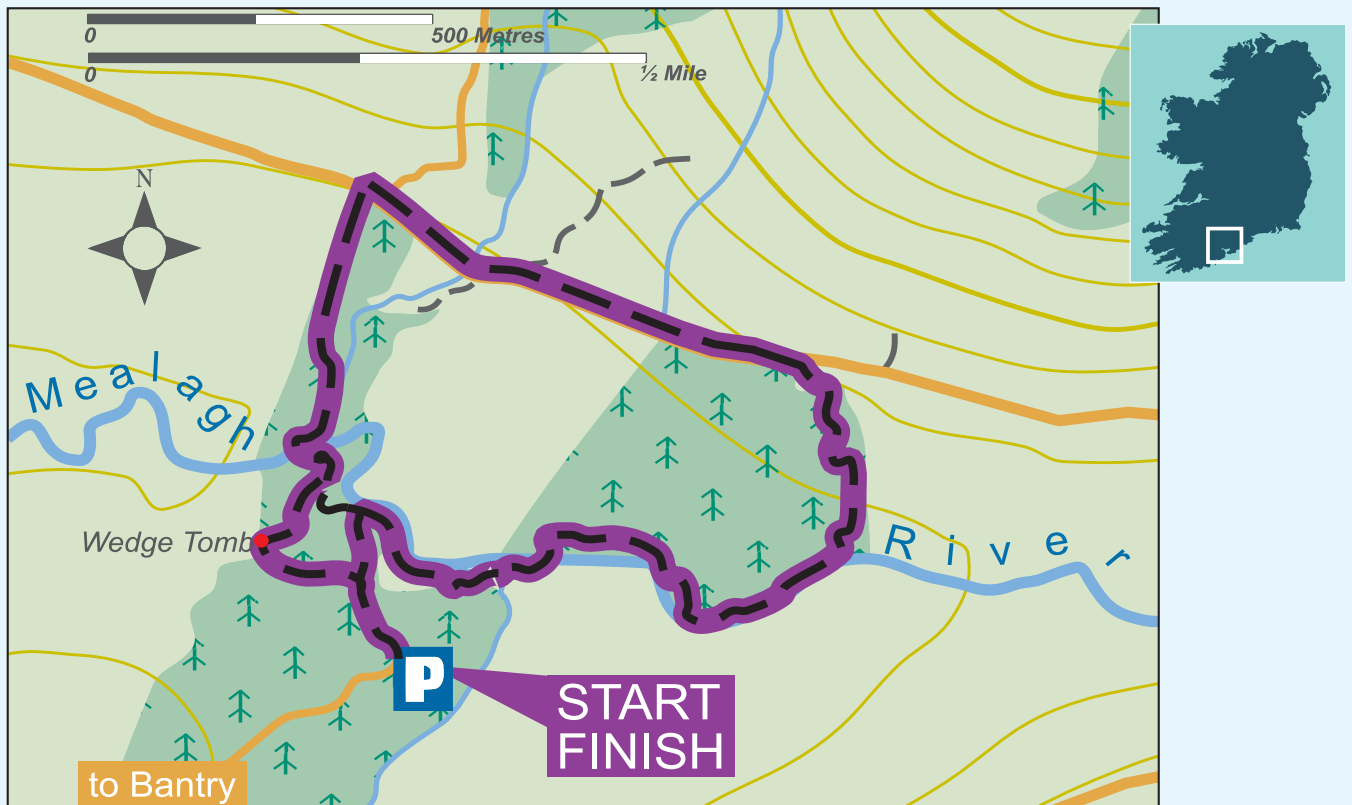
O'Briensbridge

Start point: Riverside Park in O'Briensbridge

Waymarked? Yes



Mealagh Woods Loop



This is a great trail for family walks as it takes the walker on paths meandering through pleasant woodland and follows the bank of the Mealagh River, crossing the river by footbridges at two points. The ancient Barnagowlanes Wedge Tomb is not far from the trail and an access path off the main loop will bring you by it, however this path can be slightly boggy. During heavy rain, and for a short while after, the area around the river can flood. If the ground is flooded please do not attempt to complete the route but return the way you came. If you are lucky you may see otters along the river.



County: Cork

Trail grade: Easy

Length (km): 3

Estimated time: 1h 15m

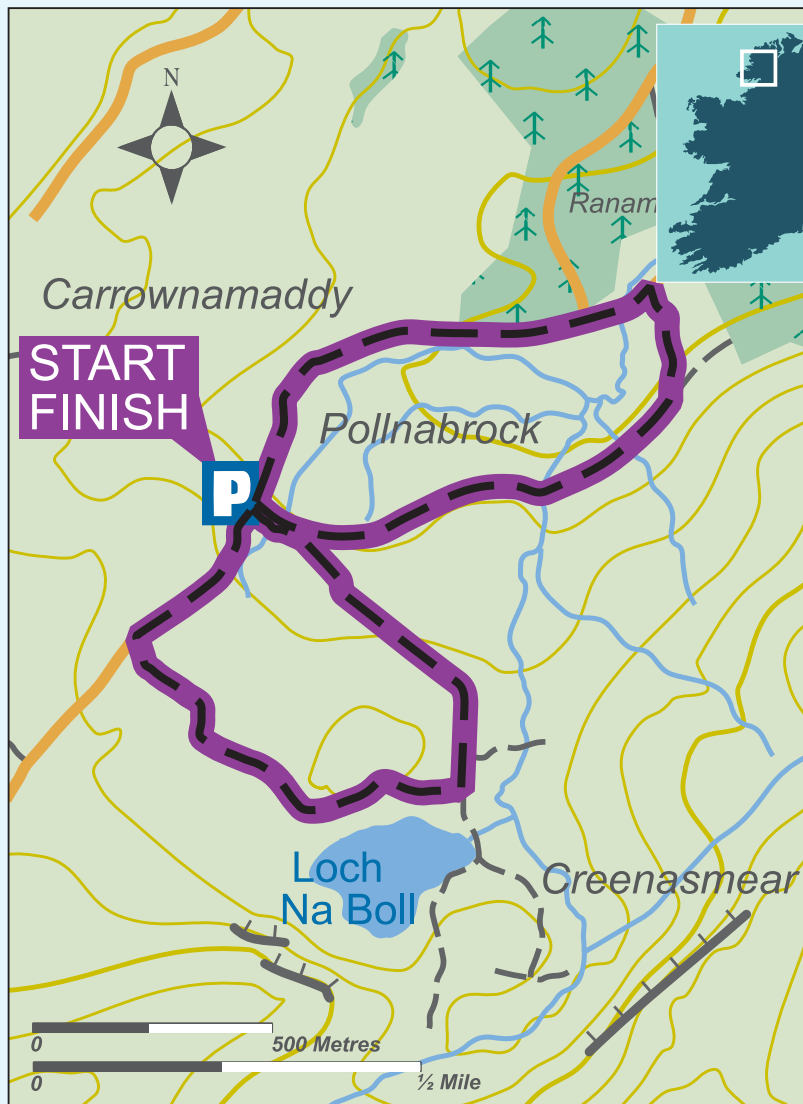
Dogs allowed: Under effective control

Nearest town: Bantry

Start point: Car Park at Barnagowlanes

Waymarked? Yes

Muckish Lub Loch na Boll

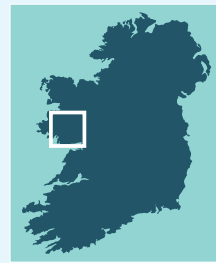


In the shadow of Muckish Mountain, this pleasant walk is located in a remote area of outstanding natural beauty at Bun na Mucaise. It follows a quiet road, bog track and open ground through bogland contained within a wild mountain landscape overlooking the lake, with points of interest and an information board detailing its original use as a working railway. Although the walk is short it provides a good atmospheric flavour of the vast walking potential of the area and is suitable for all the family. Views are varied, of sea, forest park, Lough na Boll and mountain. There are two other looped walks and a longer linear one at this trailhead.

County: Donegal
Trail grade: Easy
Length (km): 4
Estimated time: 1h 15m
Dogs allowed: No
Nearest town: Creeslough
Start point: At crossroads between minor road and tracks at Carrownamaddy
Waymarked? Yes



Marconi Loop



This walk, in a rugged and wild landscape and area of outstanding natural beauty within the Derrigimlagh bog complex, follows a roadway and gravel tracks with small sections of boardwalk. You will walk through sensitive areas, as it passes through the Industrial Heritage site of the first commercial wireless radio station, also the landing site for the first nonstop transatlantic flight, whose stories are explained with various interpretive elements. This is also the site of the Wild Atlantic Signature Point of Derrigimlagh. The walk includes natural heritage and has fine views of lakes, mountains, sea and Roundstone bog (a special area of conservation with its unique flora and fauna and a multitude of lakes).



County: Galway

Trail grade: Easy

Length (km): 5

Estimated time: 1h 45m

Dogs allowed: On a lead

Nearest town: Clifden

Start point: Marconi Station adjacent to R341

Waymarked? Yes

Caher Marsh Loop



Situated on the shore of Castlemaine Harbour where the River Main flows into the harbour, this family friendly walk follows quiet country road, tracks and a harbour levee along the shore and is ideal for birdwatchers. Castlemaine Harbour is a national nature reserve and also a Special Area of Conservation, a Special Protected Area and a Ramsar site. Sanderlings, oystercatchers, red-throated divers and greenshanks are among the birds recorded. The walker can enjoy superb views of the surrounding area, including Castlemaine Harbour itself, the Slieve Mish Mountains to the north and the McGillicuddy Reeks on the Iveragh Peninsula across the Harbour. The endangered natterjack toad is found in the area.

County: Kerry

Trail grade: Easy

Length (km): 3.9

Estimated time: 1h

Dogs allowed: No

Nearest town: Boolteens

Start point: Laughtalla Pier

Waymarked? Yes



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Moore Abbey Woods - Count John McCormack Way



Wander on forest road around this fine broadleaf and conifer woodland of beech, ash, oak, Norway spruce and Douglas fir and you might see grey squirrel, badger, pheasant and numerous species of bird along the way. It is also home to a variety of wildflowers and butterflies, including the pearl-bordered fritillary. Bluebells abound in spring and there are great views of Mooreabbey House, on the site of a 5th century monastery, re-founded Cistercian before the abbey and manor were owned by Edward Moore, hence the name Mooreabbey, while the trail is named after the famous Irish tenor who lived here for a number of years. Two other trails start at this trailhead.

County: Kildare

Trail grade: Easy

Length (km): 3.5

Estimated time: 1h

Dogs allowed: Under effective control

Nearest town: Monasterevin

Start point: Car Park at forest entrance

Waymarked? Yes

We've got a Mountain to Climb...

In the next few weeks as we explore Ireland again, why not consider fundraising for CUH Charity while you hike, run, swim... explore. Your funds will ensure we provide the best service to our frontline workers, our patients & their families
Visit www.cuhcharity.ie to find out more ...



CUH Charity

Cork University Hospital

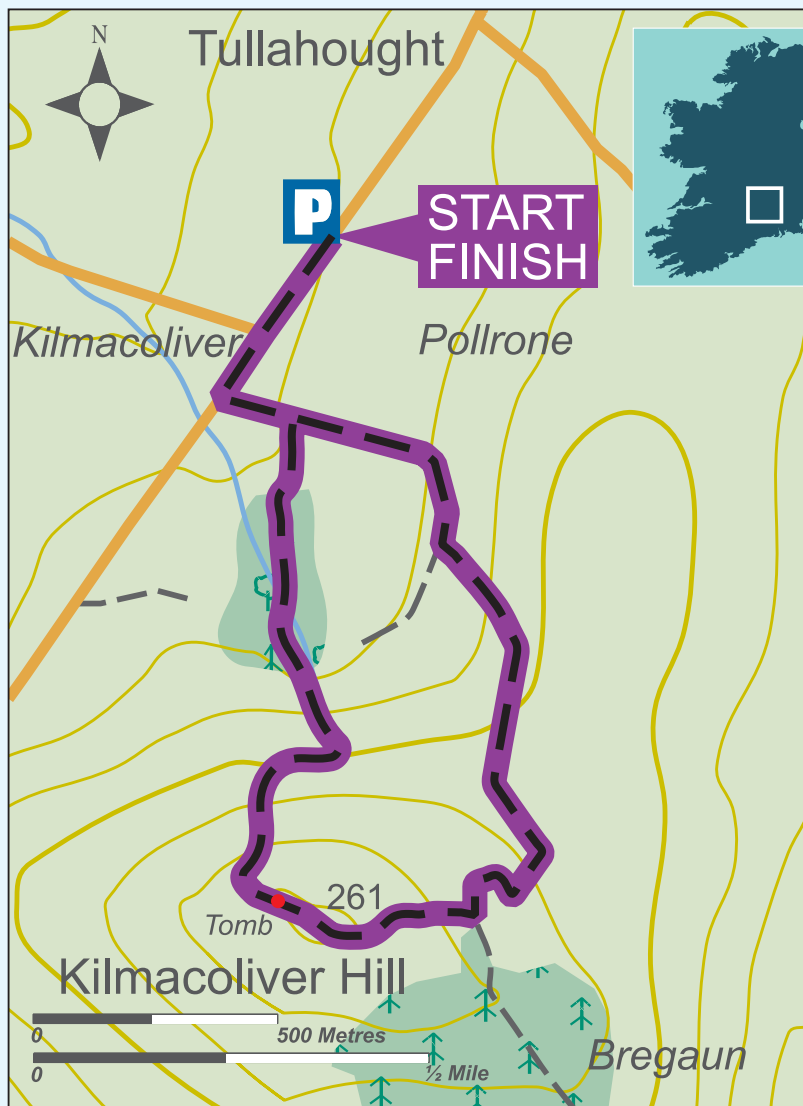
'Saving and Changing Lives'



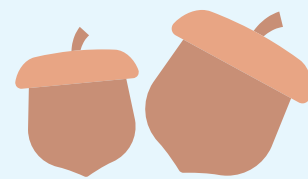
CUH Charity
Cork University Hospital,
Room 8, Main Concourse
Wilton, Cork, T12 DC4A
CHY 17293



Tullahought — Kilmacoliver Loop



This is a very attractive and varied walk which brings you on laneways, woodland trails, sandy tracks and through fields. It takes the walker to the top of Kilmacoliver Hill, which dominates the landscape, before descending through a pleasant young broadleaf woodland of oak, beech, birch, larch, ash and cherry. Take time to enjoy the vista from the summit where there are extensive views over the Kilkenny countryside and Counties Tipperary, Waterford, Carlow and Wexford as well as the substantial hill of Carrigadoon Hill in front of you. The area is well known for high quality quarried slate which is similar to Welsh slate in colour and lightness.



County: Kilkenny

Trail grade: Easy

Length (km): 4.2

Estimated time: 1h 30m

Dogs allowed: No

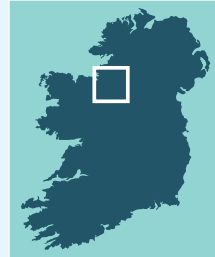
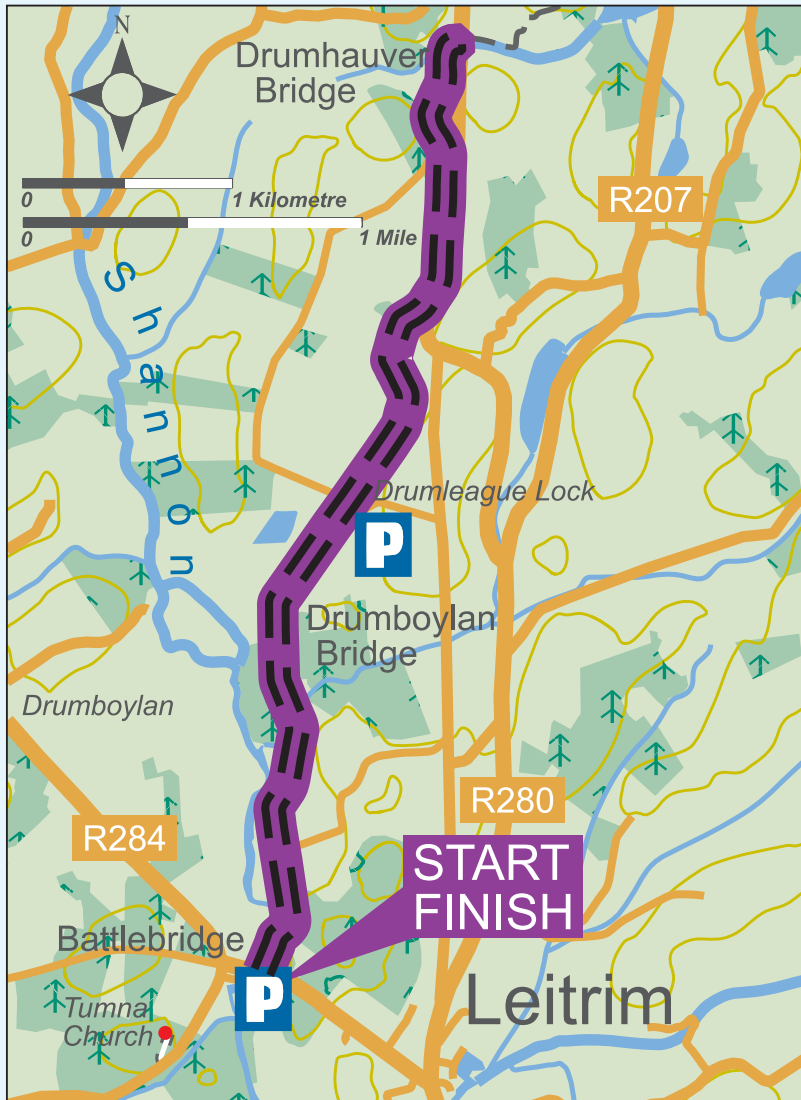
Nearest town: Kilmaganny

Start point: Watering Place
Car Park, Tullahought

Waymarked? Yes



Battlebridge — Drumhauver Bridge Loop



This walk forms part of the Shannon Blueway and brings the walker along the banks of the Lough Allen Canal as far as Drumhauver Bridge. Stretching between the lock at Battlebridge and Drumhauver Bridge you take a quiet road and grassy canal bank with comfortable walking surfaces and very little climbing, heading north along the east side of the canal before returning south on the west side. You are treated to very pleasant walking along a quiet waterway through a rural sylvan setting with fine examples of canal infrastructure along the way – bridges and locks – and glimpses of the more turbulent Shannon River waters nearby. One other trail starts at this trailhead.

County: Leitrim

Trail grade: Easy

Length (km): 10

Estimated time: 2h 45m

Dogs allowed: Yes

Nearest town: Leitrim

Village

Start point: Battlebridge

Lock

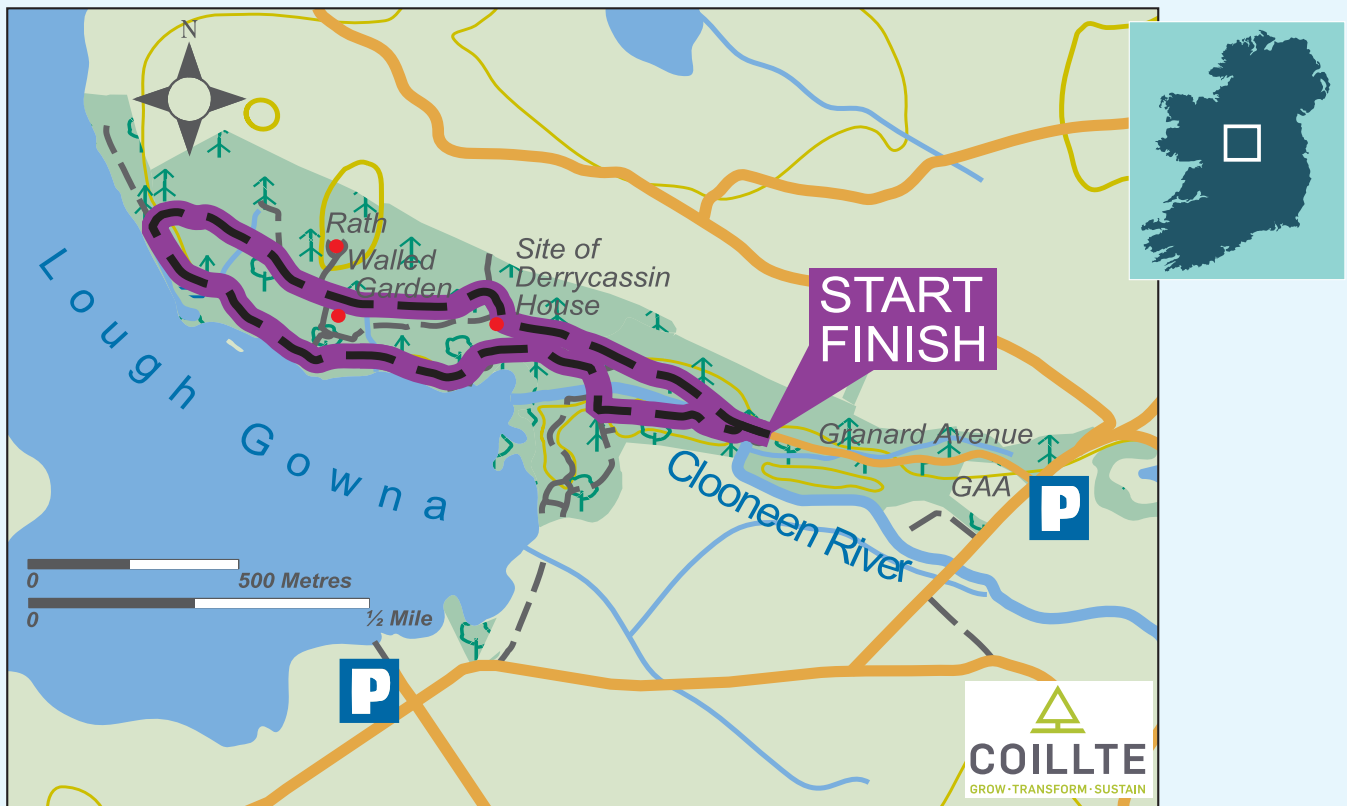
Waymarked? Yes



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Derrycassan Main Avenue Walk



This trail follows forest road as it brings the walker through Derrycassan Wood, along the shore of Lough Gowna and the bank of the Clooneen River in esker terrain, passing through a mixture of conifers and deciduous trees made up of 20 different species as well as lovely native flora and fauna. You pass the remains of Derrycassan House, a walled garden, a summer house, an old boat house, old stone bridges and a rath. Several viewing points provide the opportunity to enjoy the fine scenic views of Lough Gowna, while flora includes bluebells, rhododendron, laurel, holly, elderberry and periwinkles along the river bank. Two other trails start at this trailhead.



County: Longford

Trail grade: Easy

Length (km): 3.2

Estimated time: 45m

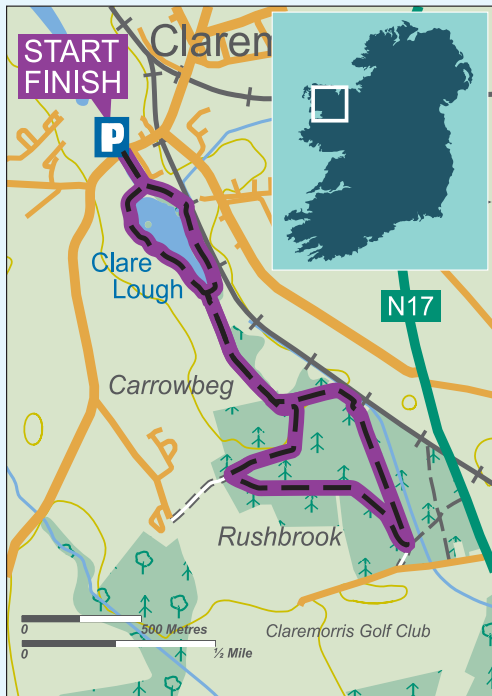
Dogs allowed: Under effective control

Nearest town: Granard

Start point: About 800m in from the forest entrance

Waymarked? Yes

Clare Lake Loop Walk / Land of the Giants



This trail of two parts on the south side of Claremorris, follows gravel path and track throughout as it circles Clare Lake and passes through forestry and open ground bringing the walker into a magic wonderland of giant features, such as a huge chair, an enormous wellington boot, a huge guitar and many more. This marvellous amenity and tranquil place was lovingly created by local people. You can experience the sweet scent of rhododendron and lilac, the soothing sound of gurgling water in a little brook along with dappling sunlight and tree shadow, possibly spotting several species of wild birds and animals as well as seeing ducks on the lake.

County: Mayo

Trail grade: Easy

Length (km): 3.2

Estimated time: 50m

Dogs allowed: On a lead

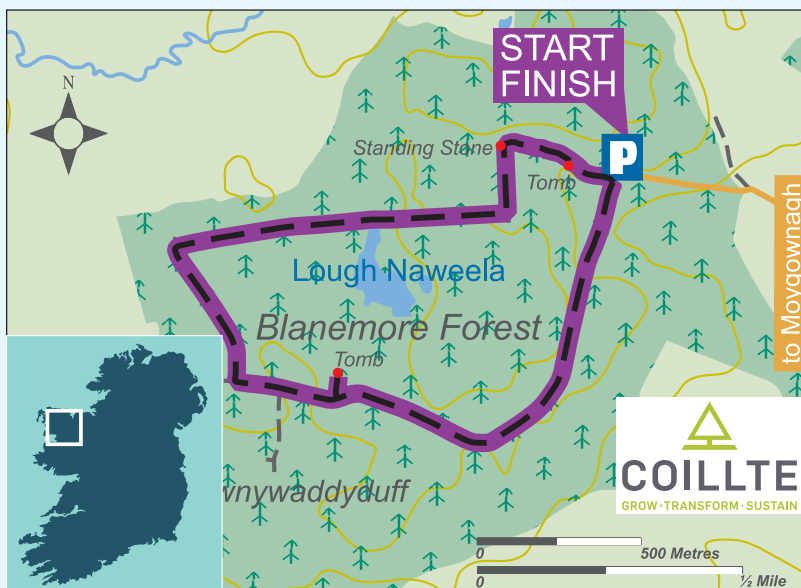
Nearest town: Claremorris

Start point: Entrance to McMahon Park

Waymarked? Yes

MAYO

Blanemore Forest Walk



County: Mayo

Trail grade: Easy

Length (km): 5

Estimated time: 1h 30m

Dogs allowed: Yes

Nearest town: Moygownagh

Start point: Blanemore Forest Entrance

Waymarked? Yes

Also known as Blanemore Forest Archaeological Walk, this trail circles Lough Naweela following forest roads and raised boardwalk and is partly on raised bog. It brings the walker through an area of rich cultural significance, passing many features and some fine sites of archaeological importance including two court tombs and a standing stone all clearly interpreted on strategically located information boards. Scenic views of the surrounding landscape are also on offer.

Clara Esker Ballinough Doorey Loop



This trail is mainly on forest gravel track, grassy track, boardwalk, and a small section of tarmac road. It takes the walker on NPWS managed land across bog and through beautiful deciduous woodland of native trees including oak (the oldest estimated to be 400-500 years), ash, hazel, hawthorn and blackthorn with bluebells, dog violet and wild garlic carpeting the floor of the wood in spring, while plants like aron's road (great mullein) grow on some of the most spectacular eskers in Europe, with splendid views from Rabbit Hill of Croghan Hill, Charleville Castle and the Slieve Bloom Mountains while pre-famine ruins are visible along the route. One other trail starts at this trailhead.



County: Offaly

Trail grade: Easy

Length (km): 4.5

Estimated time: 1h 30m

Dogs allowed: No

Nearest town: Clara

Start point: Mulligan's
Car Park

Waymarked? Yes

Lough O'Flynn Wild Goose Bog Loop



This inviting looped walk into the heart of a bog habitat takes you on minor roads and bog access tracks with a short section following gravelled path and some boardwalk across open peatland as well as crossing the River Suck by a stone bridge and passing close to the small shallow Lough O'Flynn as you traverse an attractive and diverse landscape with fine views of Lough O'Flynn, the Suck River, open peatland, evergreen forestry and typical bog scrubland of largely alder and willow. Bogbean and cotton grass are also found. Due to the lack of housing nearby it feels more remote than it actually is. One other trail starts at this trailhead.

County: Roscommon

Trail grade: Easy

Length (km): 6.4

Estimated time: 2h

Dogs allowed: On a lead

Nearest town: Ballinlough

Start point: Amenity Area
at Lough O'Flynn

Waymarked? Yes

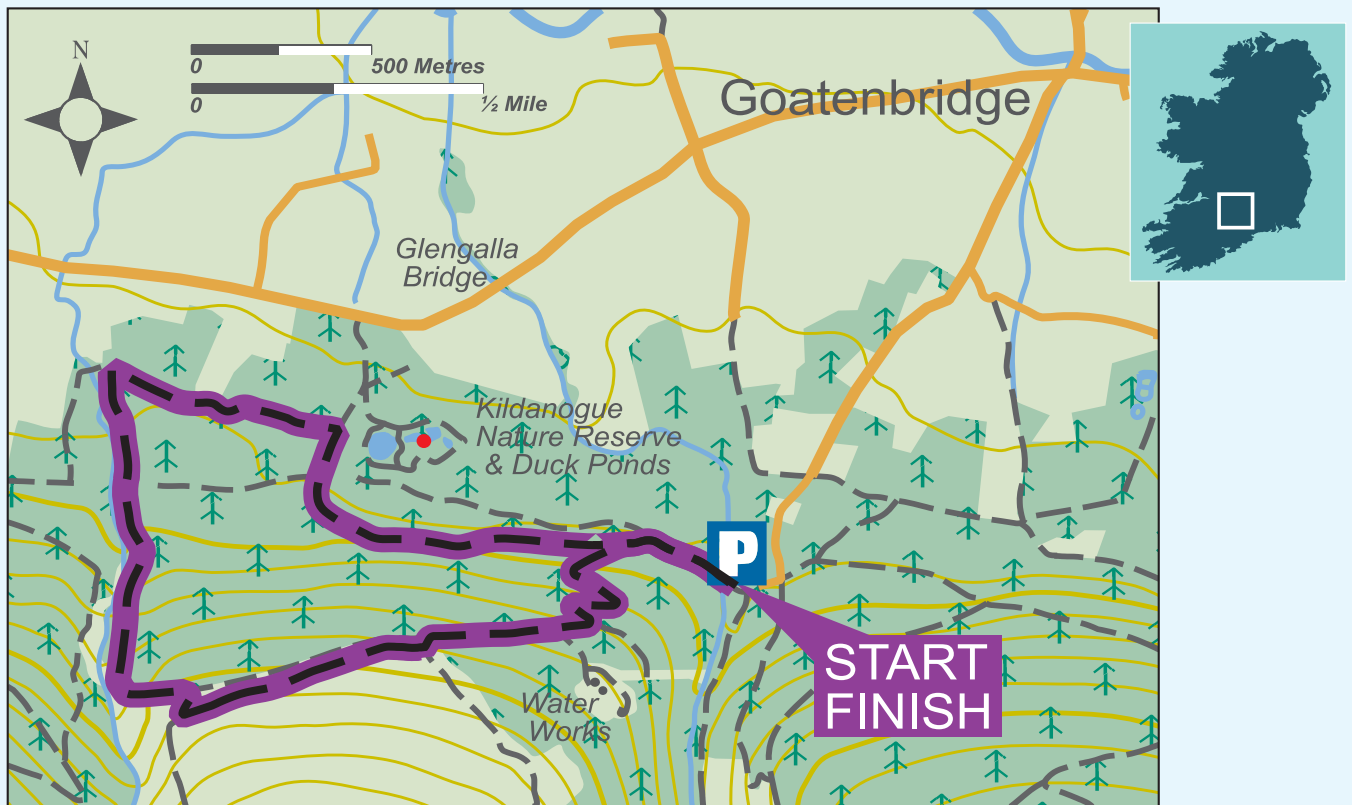


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Knockmealdowns Trails

Duck Pond Loop



This trail takes the walker on paths and gravelled forest tracks through Coillte forest below Roches Hill on the scenic lower slopes of the Knockmealdown Mountains, an area steeped in historical, cultural and ecological interest with attractive vistas across the rich agricultural lowlands to the north and the heather-clad mountain slopes above you as you walk. You are brought past the wildlife sanctuary at Kildanogue – a tranquil haven featuring seven interlinked ponds nestled amongst birch and ash trees where mallard swim in the ponds. On the walk you may also catch a glimpse of deer and overhead the rare White-Tailed Sea Eagle. Five other trails start at this trailhead.



County: Tipperary

Trail grade: Easy

Length (km): 5.5

Estimated time: 1h 20m

Dogs allowed: No

Nearest town: Goatenbridge

Start point: Knockballiniry
Car Park

Waymarked? Yes

Cahore Point Coastal Walk



This trail heads south along cliff-top path and beach as far as Old Bawn Beach, returning on quiet public lanes and roads to Cahore Village. It offers elevated views around the point, overlooking beach and dune systems as well as expansive vistas of North Wexford's stunning coastline both south and north, extending as far as Wicklow Head on a clear day. Stop and marvel at the magnificent Tudor Gothic country house of Cahore Castle also visible from the trail. On the coastal section away from the sound of traffic you can enjoy the sound of the waves lapping on the shore and birds calling as well as the fresh salty coastal air.



County: Wexford

Trail grade: Easy

Length (km): 4.8

Estimated time: 1h

Dogs allowed: On a lead

Nearest town: Cahore
Village

Start point: Cahore Pier

Waymarked? Yes



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Allihies North Engine Loop



County: Cork

Trail grade: Moderate ■

Length (km): 7

Estimated time: 2h 30m

Dogs allowed: No

Nearest town: Allihies

Start point: Allihies

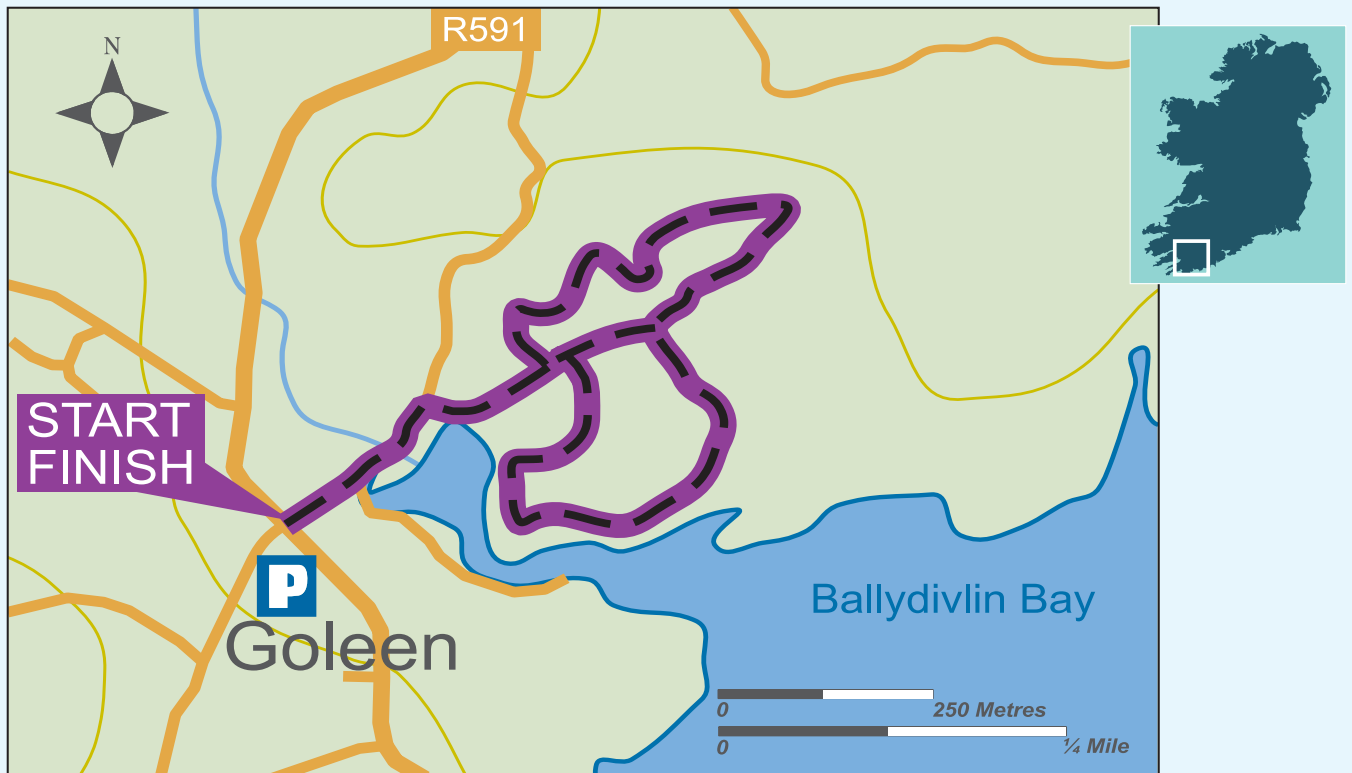
Heritage Centre

Waymarked? Yes

This walk is centred around the picturesque fishing village of Allihies nestled between Knockgour, at the western end of the Slieve Miskish Mountains, and the coast. Following minor road, laneway, hillside track and coastline path past the sandy Ballydonegan Strand and nearby quay you walk along a stretch of the beautiful coastline with views of the ocean as well as Cod's Head and Garinish Bay before turning inland and uphill to an area dotted with the disused mine sites and buildings of the Copper Mines. From pretty much all of this trail the walker is treated to spectacular coastal as well as mountainous scenery. Two other trails start at this trailhead.



Goleen Harbour Long Loop



County: Cork

Trail grade: Moderate ■

Length (km): 8

Estimated time: 45m

Dogs allowed: Yes

Nearest town: Goleen

Start point: Goleen Village
Cross Roads

Waymarked? Yes

This walk takes you past the pier to the off-road part of the trail on Goleen Harbour Farm which, among other things, produces organic vegetables, honey from the native Irish black bee and Connemara Ponies that graze the Special Area of Conservation and help encourage the scarce chough found on sea cliffs in the area. The trail meanders through wildflowers, meadows and new native woodland of oak, alder, hazel, hawthorn, birch and Scotch pine, with fine views of Goleen Pier and Harbour, the nearby coastline and extending across to Cape Clear and Sherkin Islands and out to sea as far as Fastnet Rock. Three other trails start at this trailhead.



Picture: Joleen Cronin



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Inishowen Head Loop



County: Donegal

Trail grade: Moderate ■

Length (km): 8

Estimated time: 2h 30m

Dogs allowed: On a lead

Nearest town: Stroove

Start point: Inishowen Head Car Park

Waymarked? Yes

This wild remote walk, between Inishowen and Balbane Heads on the coast and shoulder of the mountain of Crocknasmug inland, on the eastern side of the Inishowen Peninsula takes the walker along a mixture of bog roads, laneways, rough tracks, and quiet minor roads and includes both flat walking and some uphill and downhill. Items of interest to be seen are a WWII lookout tower and the point at Portkill from where St Columba left on his way to Iona. The views along this walk and from a viewing point atop the cliff are magnificent, offering wonderful coastal scenery stretching on clear days as far as the west of Scotland.



Luibin Garumna - Slí Chonamara



County: Galway

Trail grade: Moderate ■

Length (km): 8

Estimated time: 2h

Dogs allowed: On a lead

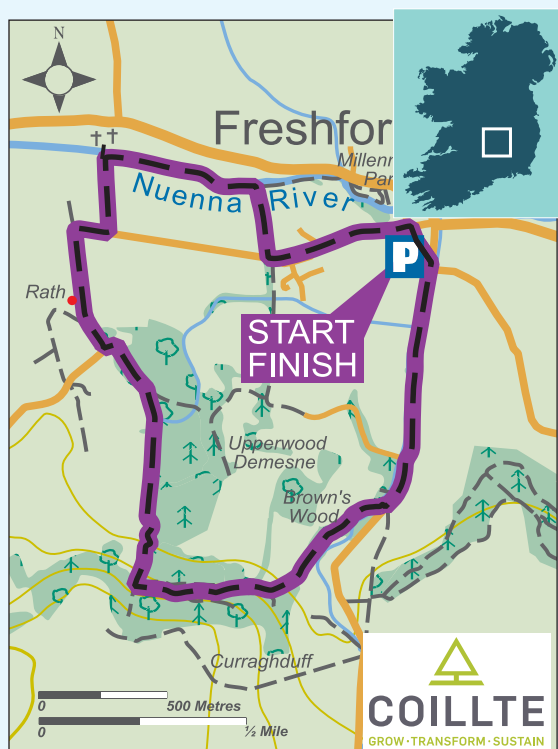
Nearest town: Leitir Móir

Start point: Tír an Fhia

Waymarked? Yes

This beautiful and very appealing walk is located on the south-eastern corner of Gorumna Island in the Connemara Gaeltacht. The walker is taken on coastal paths, which hug the coastline and visit a secluded inlet with a quay at An Caisleán, as well as small quiet winding country roads, one of which passes close to Loch Hibirt, along with lanes between characteristic West-of-Ireland stone walls passing by rocky fields. You are treated to extensive stunning views of the Maamturk and 12 Bens Mountains, Aran Islands, varying seascapes and the unique surrounding countryside which includes coral beaches and fields. In summer time you can see bright orange clumps of montbretia.

Freshford Loop



This attractive walk in north County

Kilkenny takes the walker along the bank of the River Nuenna, on woodland track, laneway, quiet minor road and field in a rolling landscape of pleasant pastoral and sylvan vistas around the village. You pass the site of an old mill on the outskirts of the village, go through the deciduous Brown's Wood with the trail finishing through a 'tunnel' of trees. Just off the trail in the village the Romanesque doorway in St Lachtain's Church of Ireland church is one of only two in Ireland.

County: Kilkenny

Trail grade: Moderate ■

Length (km): 8

Estimated time: 2h 30m

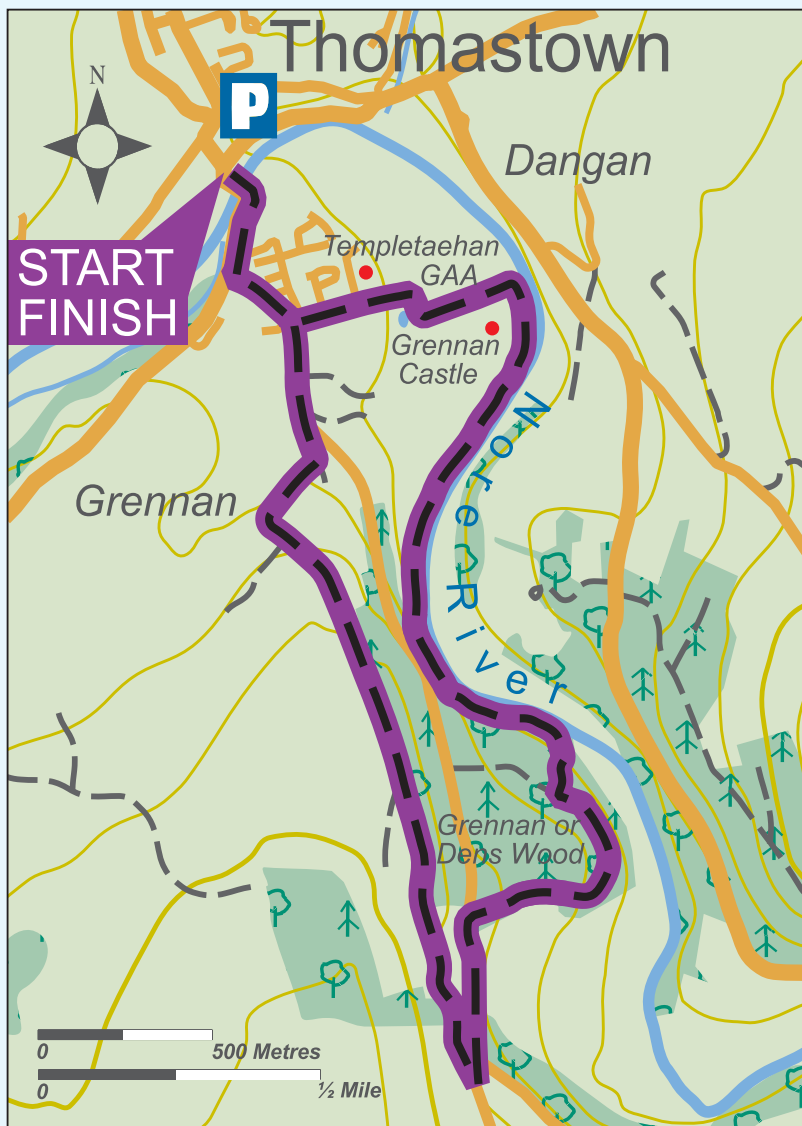
Dogs allowed: No

Nearest town: Freshford

Start point: Village Green
Freshford

Waymarked? Yes

Grennan Loop



This trail varies from footpath to the banks of the River Nore to deciduous woodland to quiet country road. You will pass many archaeological and historic features including the ruins of Sweetman Castle (a thirteenth century medieval tower house), a statue of Kilkenny hurler Ollie Walsh, the ruins of the Thomple (church of Grennan) with its intact east wall window and gothic arch, Dysert and Grennan Castles and mill buildings (the town has a long history in milling). Flora and fauna include sand martins, buzzards, oak, birch, beech, spindle and holly, wild garlic, wood anemone, and bluebells carpet the floor of the woodland in spring. Picturesque vistas along the way include views of Thomastown.



County: Kilkenny

Trail grade: Moderate ■

Length (km): 7

Estimated time: 2h

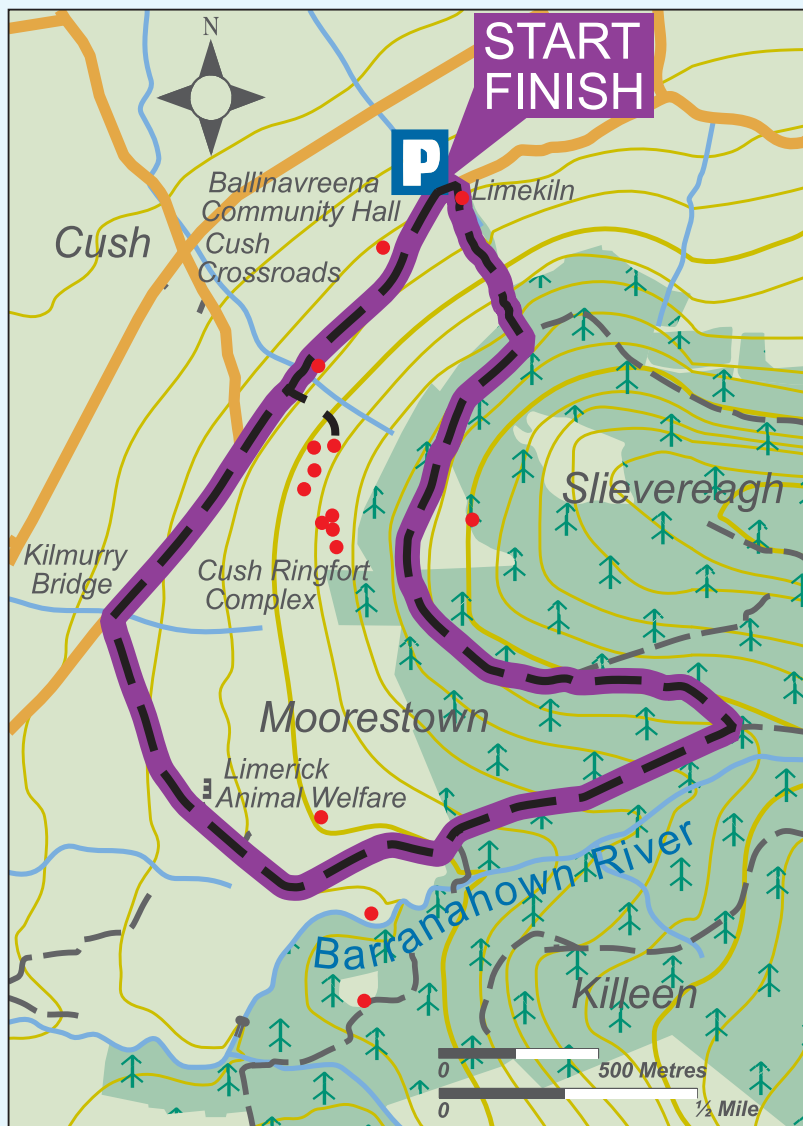
Dogs allowed: No

Nearest town: Thomastown

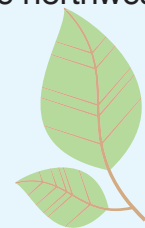
Start point: Town Centre

Waymarked? Yes

Ballyhoura — Ballinvreena Loop



This trail takes the walker through an area of beauty that changes with the seasons and is rich in history. It follows minor road, forest road and field track through farmland and forestry while crossing the slopes of Slieveragh and descends parallel to the Bannahown River in the valley below before bringing you past Limerick Animal Sanctuary. Amongst items of interest to enjoy as you pass, are a well-preserved lime kiln near the trailhead and a ringfort dating from around 1000BC at Cush which contains an extensive complex of ancient fields and enclosures – the history can be seen in the local community hall. There are great vistas to the northwest.



County: Limerick

Trail grade: Moderate ■

Length (km): 6.7

Estimated time: 2h 30m

Dogs allowed: On a lead

Nearest town: Kilfinane

Start point: Ballinvreena
Community Hall

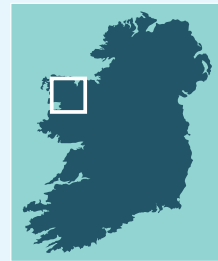
Waymarked? Yes



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Drumleen Loop



This delightful trail combines spectacular scenery, remote wilderness, and varied terrain, a beautiful valley, wild vegetation and crystal clear Drumleen Lake. It follows gravel path as it descends to pass through a working farm before circumnavigating the beautiful lake below the forested slopes of Tristia Mountain and progressing to cross open bogland on boardwalk before it returns you to the car park along a path partly separated from the road by bushes. There are picnic tables along the route and the area is rich in wildlife. The spectacular views include the surrounding landscape as well as the high mountains of the area. One other trail starts at this trailhead.



County: Mayo

Trail grade: Moderate ■

Length (km): 5.3

Estimated time: 2h

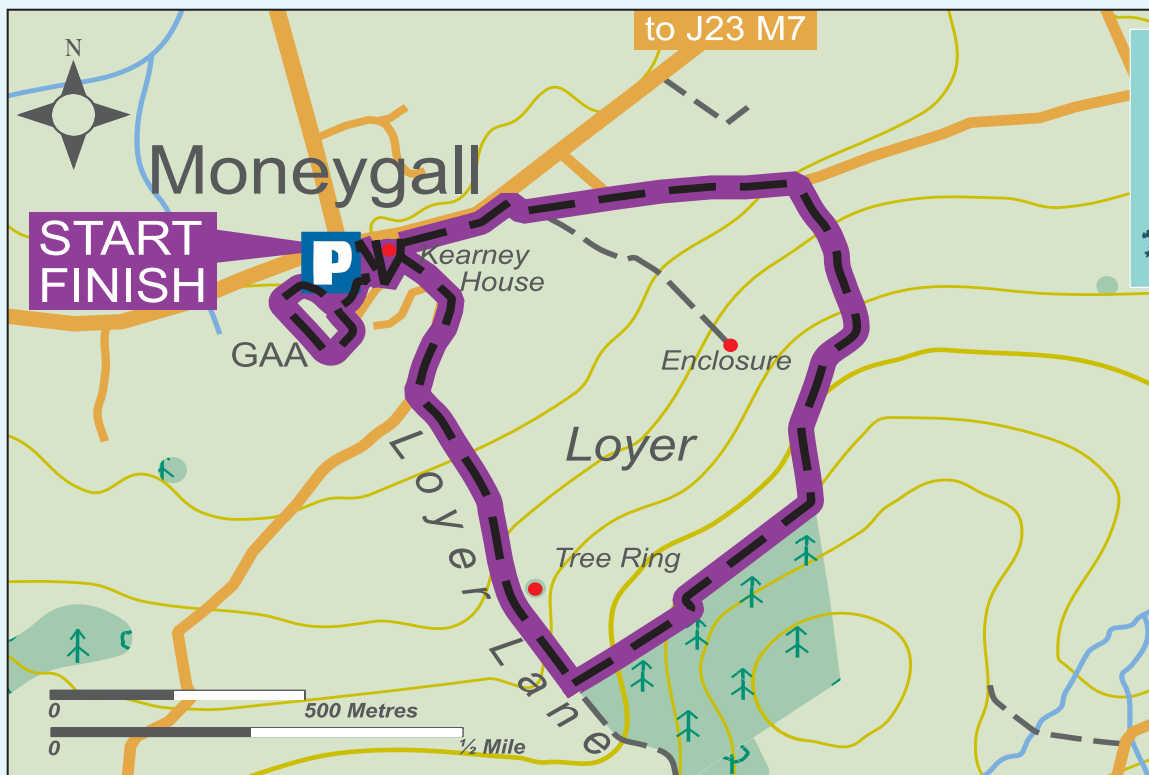
Dogs allowed: No

Nearest town: Crossmolina

Start point: Small layby on the R312 above Drumleen Lough

Waymarked? Yes

Moneygall Rock of Loyer Loop



This trail takes the walker through hills and farmland overlooking Moneygall village as it follows quiet minor road, track, lane, walking corridors along field edges and a high traverse along the lower edge of a forest, passing close to a ringfort along the way. You may hear skylarks singing overhead and, if you are lucky, catch a glimpse of the elusive pine marten. Extensive views over the village and surrounding countryside include wonderful panoramic vistas of the Arra Mountains and River Shannon to the west, the Slieve Aughty Mountains to the north and the Slieve Bloom Mountains to the east, while to the south Devil's Bit Mountain can also be seen.

County: Offaly

Trail grade: Moderate ■

Length (km): 4.5

Estimated time: 1h 30m

Dogs allowed: No

Nearest town: Moneygall

Start point: Moneygall

Activity Park

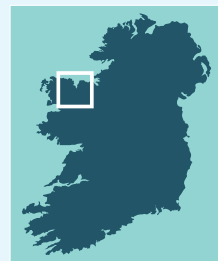
Waymarked? Yes



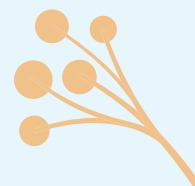
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Lough Easkey Loop



This very accessible and pleasant trail takes the walker on lakeshore track, laneway, bog road, sandy roadway, and minor road in a loop around the shoreline of beautiful Lough Easkey which is nestled in the heart of the Ox Mountain range. The lake is where the Easkey River rises. As you circumnavigate the lake you will encounter the odd outlying house or building as well as bogland and small forest plantations. You find yourself in an exceptionally scenic area with fine views of the surrounding countryside from locations around the lake. It is a wild and deserted area where you can enjoy the peaceful mountain, lake and bog landscape.



County: Sligo

Trail grade: Moderate ■

Length (km): 6

Estimated time: 1h 30m

Dogs allowed: No

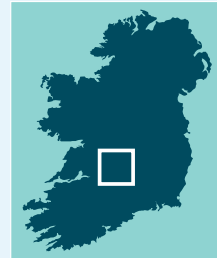
Nearest town: Tubbercurry

Start point: Lough Easkey
Car Park

Waymarked? Yes



The Loop of Laghile and Loughaun



CLICK
HERE



This walk takes you through a diverse landscape of old woodland in Sopwell Woodlands (Coill na Lathach), on an old bog road, sheltered breen and forest path network, passing through the townlands of Lahile (An Leathchoill) and Loughaun (an Lochán). A footbridge over the Silver Stream brings the walker into Scohaboy Bog LIFE site, an SAC and home to a unique tapestry of peatland life on an award-winning raised bog restoration project. The walk crosses the restoration area on a 1000m bog-bridge with the option of taking a spur to a viewing platform for expansive views south over high bog to low lying hills with a high point of Keeper Hill (Sliabh Coimeálta).

County: Tipperary

Trail grade: Moderate ■

Length (km): 5.75

Estimated time: 1h 20m

Dogs allowed: No

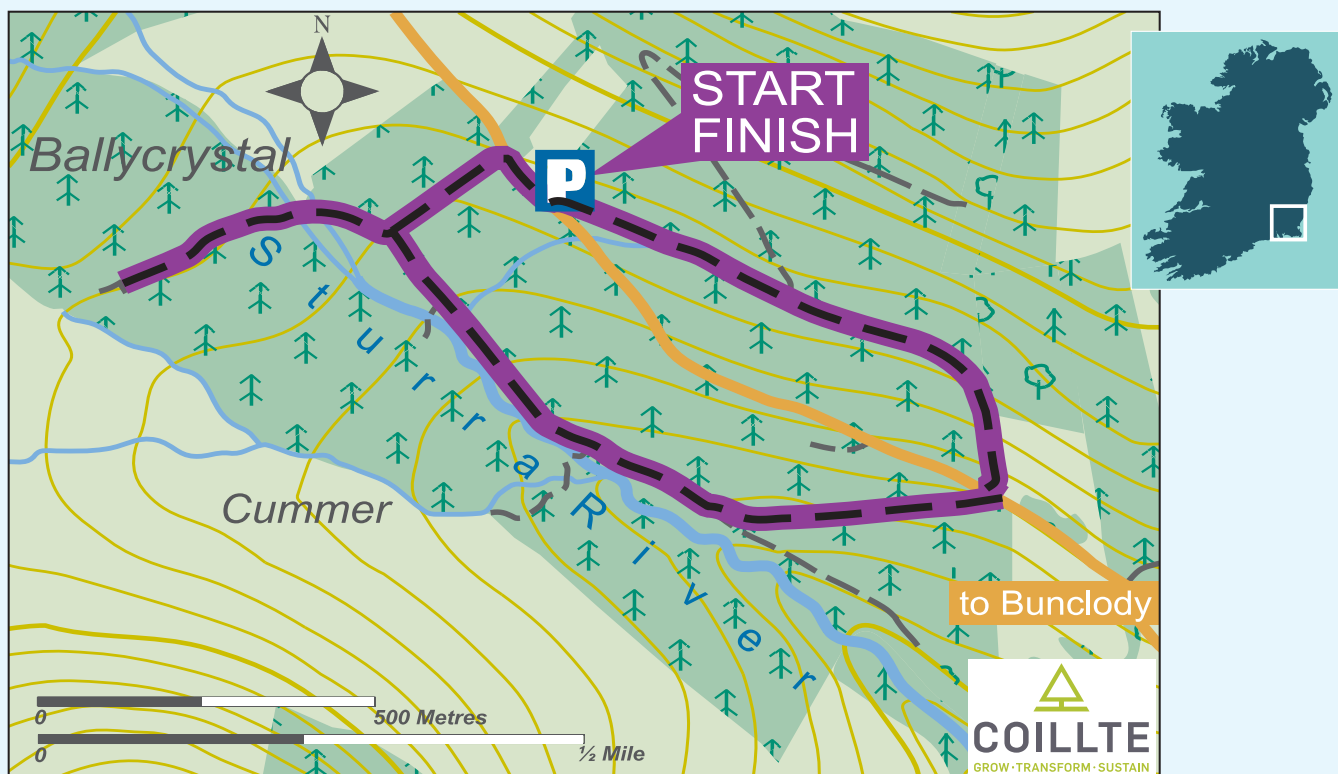
Nearest town: Cloughjordan

Start point: About 1km off the Old Birr Road on The Lime Avenue leading into Sopwell Woodlands

Waymarked? Yes



Kiltealy Ballycrystal Trail



This walk through forest in a valley under Mount Leinster, with its television transmitter on top, is divided in two by a minor road and takes the walker mostly on forest roadways. Passing through this peaceful countryside, where the silence is broken only by the wind in the tree tops or the cries of animals and birds, you are offered a tranquil escape with restful breaks at bubbling streams, the chance to hear birdsong, see deer, rabbits, foxes and hares, while birds of prey hunt the valley, fragrant pine scents the air and foxgloves and many mountain grasses surround. A spur to a viewing point gives fine views towards the Blackstairs Mountains.



County: Wexford

Trail grade: Moderate ■

Length (km): 3

Estimated time: 1h

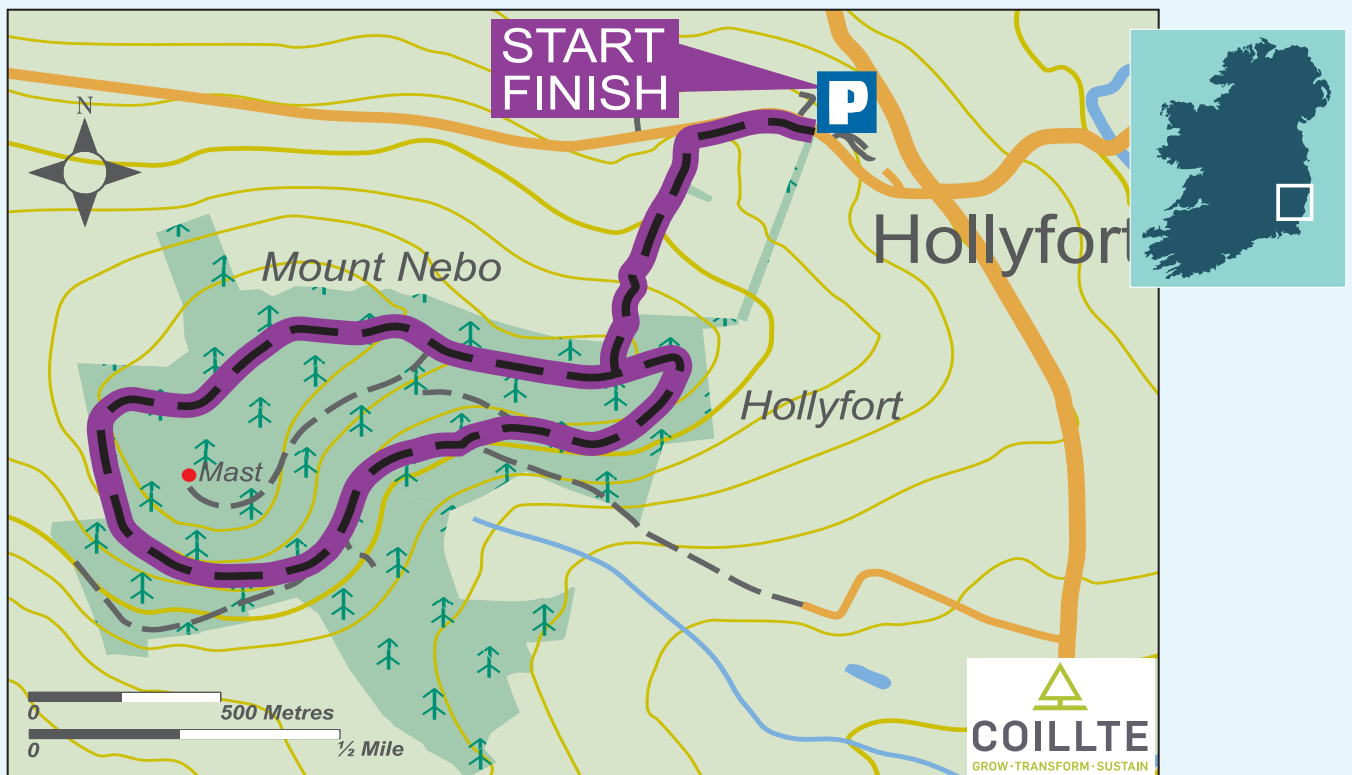
Dogs allowed: Under effective control

Nearest town: Kiltealy

Start point: Forest entrance about 5 km from Kiltealy

Waymarked? Yes

Mount Nebo Trail



This walk brings you on a woodland trail winding uphill to a Fairy Wood (also your descent) which leads onto the higher part of the walk on open forest road circling around the upper slopes of Mount Nebo and Slievebaun. This part of the walk passes an old moated site – said to date from Norman settlement times – and you have the opportunity to rest on benches at four locations. Flora includes the yellow and purple mixture of gorse and heather. The area has historical links to the Irish republican women’s paramilitary organisation, Cumann na mBan. You are treated to scenic views across the surrounding countryside, particularly on the descent.

County: Wexford

Trail grade: Moderate ■

Length (km): 6

Estimated time: 1h 30m

Dogs allowed: Yes

Nearest town: Hollyfort

Village 400m

Start point: Car Park at Old School House

Waymarked? Yes



Bray Head Loop Walk



This trail takes the walker on footpaths and tracks, an old Victorian Coach Road, a private road and public footpath, passing through Manweliers Wood beside a golf course and climbing to close to Bray Head Cross from where magnificent panoramic views open up of Bray to the north, the Irish Sea to the east and North East Wicklow to the south. You can also see neighbouring Little and Great Sugar Loaf Mountains and Carrickgollogan Hill with the Dublin and Wicklow Mountains beyond. Bray Head is cloaked in heather, woodland and beautiful wild flowers and is home to a number of rare plants as well as offering important habitat for sea birds.



County: Wicklow

Trail grade: Moderate ■

Length (km): 5.5

Estimated time: 2h

Dogs allowed: Yes

Nearest town: Bray

Start point: Vevay Road just east of the Wilton Hotel in Kilruddery

Waymarked? Yes

12 O'Clock Hills Looped Walks Blue Route



This trail follows forest track, hard-core pathway and boardwalk, climbing steadily to the 12 O'Clock Hills peaks and then descending, passing sites of historic and cultural interest such as abandoned dwellings, old wells and mass rocks and along a section of Crag River with its stone bridge and waterfalls after heavy rain, taking in very scenic countryside with shaded stream-side paths, forest trails (some of which can be covered in pine needles) and open bog offering the walker impressive 360 degree views from higher up, on a clear day extending to all the high mountains of Munster as well as mountains in Connemara. Two other trails start at this trailhead.

County: Clare

Trail grade: Strenuous ■

Length (km): 8.25

Estimated time: 2h 30m

Dogs allowed: Under effective control

Nearest town: Kilkishen

Start point: Snaty Car Park

Waymarked? Yes



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OUTDOORS

Cosan Barr a' Chuma



County: Kerry

Trail grade: Strenuous ■

Length (km): 2.7

Estimated time: 2h

Dogs allowed: No

Nearest town: Kilgarvan

Start point: Top of Coom
Pub

Waymarked? Yes

This trail is located opposite Ireland's official highest pub on the Kerry/Cork border at an area called Top of the Coom overlooking the two beautiful valleys of Glanlee to the east and Muscraí to the west in an area of great natural beauty. Completely off road, the walker starts gently through a working sheep farm before a moderate pull up the hill on an old turf road and following it back down. From the highest point of the walk, in an unexpected quietness, you are surrounded by mountain ranges with unlimited stunning views. Keep an eye out for flora and fauna including the possibility of seeing the white tailed eagle.

Cullahill Heathy Way Loop Walk



This walk brings the walker on field paths, woodland tracks, old quiet lanes and minor roadways on the slopes of Cullahill Mountain. Cullahill Mountain is a Special Area of Conservation as its grassland has a large population of the rare green-winged orchid and is also home to other varieties including frog, bee and early purple. One other trail starts at this trailhead.

County: Laois

Trail grade: Strenuous ■

Length (km): 8

Estimated time: 2h

Dogs allowed: No

Nearest town: Cullahill
Village

Start point: Cullahill Village
Car Park

Waymarked? Yes

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