



Selected Day Walks 2006

National Waymarked Ways



There are over 30 National Waymarked Ways located in different parts of Ireland today. These are multi-day walking trails that have been developed by local development groups and authorities with the agreement of landowners. They are waymarked with a yellow walking man logo and usually have a map or guidebook available for visiting walkers.

This publication highlights a selection of 24 day walks from this network. These day walks have been short listed by a panel of experienced walkers and include walks along rugged coastlines, down canals and riverbanks, through forests and quiet mountain valleys, right across the country. They are generally located on lower ground, are suitable for most walking enthusiasts and are a great way of getting out and active in the Irish outdoors.

The information provided on each day walk in this booklet is basic and only provides an overview. All distances given are approximate. If you are planning on taking on one of these walks, it is recommended that you purchase a copy of the relevant map/guide or Ordnance Survey Discovery map for the specific route on which the walk is located.

OS maps are generally available in local tourist offices and bookshops. Guidebooks may sometimes be obtained locally, but can definitely be ordered from EastWest Mapping. You should not attempt any of these walks without the relevant Guidebook or Ordnance Survey 1:50,000 Discovery map. Map and guidebook publications may not always reflect the exact route marked on the ground, as they may not be up to date. It is recommended that you follow the markers set out on each walk.

There is an element of risk inherent in countryside walking and all outdoor enthusiasts should act responsibly when taking part in countryside recreation activities. Some advice and guidance is offered at the back of this publication to assist you in planning your day walking adventures. A "Walk Safely" information leaflet is also available from the Irish Sports Council. You can obtain more information on Irelands National Waymarked Ways from the website www.walkireland.ie

We hope you enjoy some of the suggested day walks in this publication and find some of your own as you discover more walking trails in Ireland.



Cormac MacDonnell
National Waymarked Way Programme
Irish Sports Council



1. Sheep's Head Way

Nearest Town/Village: Kilcrohane, Co. Cork

Start: Finn MacCool's Seat on Goats Path Road (2 kms north of Kilcrohane, car park)

Finish: At start.

Distance: 13.5 kms. Grade: Hard

Transport: 1 car Footwear: Boots

Guidebook/Map: The Sheep's Head Way/ 05 Sheet 88

Description: All waymarked. On Peakeen Ridge Walk to Caher-mountain to Aughaleigue Beg to Letter East, onto Black Gate Path to Cahergal, onto Sheep's Head Way to Glanroon to Horseshoe Road to Finn MacCool's Seat.

What to expect: Open mountain, very minor road, boren; expansive views over Dunmanus Bay and Bantry Bay to Beara Peninsula, remote, lovely walking area.

Refreshments: Kilcrohane



2. Beara Way

Nearest Town/Village: Allihies, Co. Cork

Start: Car Park for Dursey Island Cable Car (From Allihies 4 kms south-west on R575, 8 kms west on R572)

Finish: At start

Distance: 10 kms. Grade: Hard

Transport: 1 car Footwear: Boots

Guidebook/Map: The Beara Way/05 Sheet 84

Description: All on Beara Way. Over top to White Strand to Garinish to Firkeel Gap to Glanarough to Ballynacarriga to R572 to car.

What to expect: Open country, road, one steep climb; views of Crow head, Cod's Head, Slieve Miskish Mountains and Dursey Island, beach for swim, cable car to Dursey Island off route.

Refreshments: Allihies



3. Kerry Way

Nearest Town/Village: Caherdaniel, Co. Kerry

Start: Caherdaniel

Finish: At start

Distance: 11 kms. Grade: Easy

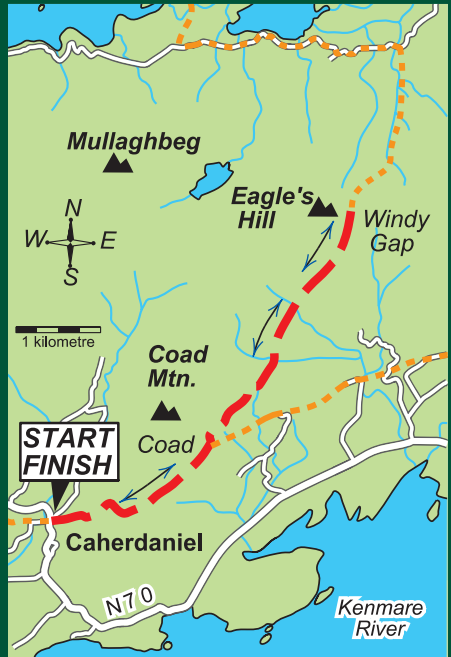
Transport: 1 car Footwear: Boots

Guidebook/Map: The Kerry Way (Rucksack Readers) or Kerry Way Map Guide/05 Sheet 84

Description: All on Kerry Way. From T-junction in Caherdaniel east to 3-way split in Kerry Way at Camomile Corner at Coad, fork left to Windy Gap below Eagle's Hill and return same route.

What to expect: Path/grassy track and gradual climb; spectacular views to coast below, Kenmare River and the Beara Peninsula.

Refreshments: Caherdaniel.



4. Blackwater Way

Nearest Town/Village: Rathmore, Co. Cork

Start: Farm 1 km west of Croohig's Cross Roads (From Rathmore 6 kms east on R582 then 2 kms south on minor road)

Finish: The City at Shrone (From Rathmore 5 kms west on N72 then 4 kms south on minor road)

Distance: 14 kms. Grade: Hard

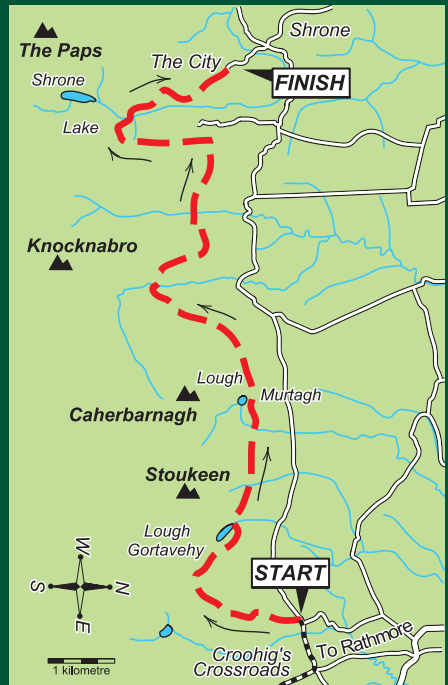
Transport: 2 cars Footwear: Boots

Guidebook/Map: The Blackwater Way/05 Sheet 79

Description: All on Blackwater Way. To Gortavehy East, Lough Gortavehy, Lough Murtagh, Awnaskirtawn, The City at Shrone.

What to expect: Mainly open country; good views by Loughs Gortavehy and Murtagh, ancient settlement at The City.

Refreshments: Rathmore



5. Dingle Way

Nearest Town/Village: Castlegregory, Co. Kerry

Start: Car Park at beach at Fermoyle (8.5 kms west of Castlegregory)

Finish: Fahamore (The Magharees)

Distance: 10 kms. Grade: Easy

Transport: 2 cars Footwear: Runners

Guidebook/Map: The Dingle Way Companion or Dingle Way Map Guide/OS Sheets 70 and 71

Description: All on Dingle Way. Turn right onto beach, to Fahamore.

What to expect: Mainly firm sand; extensive views of Brandon Mountains over Brandon Bay.

Refreshments: Fahamore



6. Munster Way/Blackwater Way

Nearest Town/Village: Clogheen, South Tipperary

Start: Clogheen (start of both Ways)

Finish: At start

Distance: 15 kms. Grade: Easy

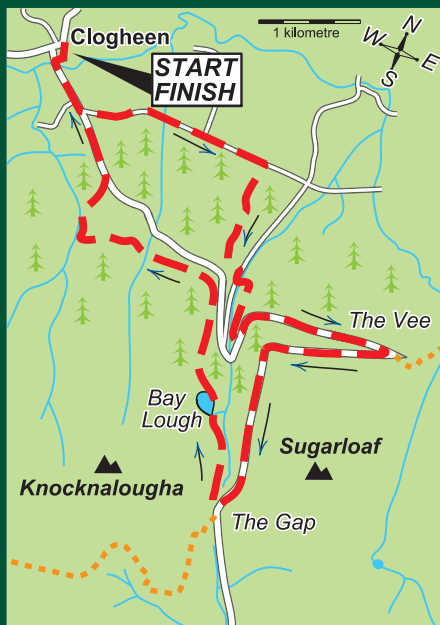
Transport: 1 car Footwear: Boots or runners

Guidebook/Map: The East Munster Way and The Blackwater Way/OS Sheet 74

Description: All on Waymarked Ways. On East Munster Way to The Vee, on Tipperary Heritage Way to the Vee Gap car park, on Blackwater Way to Bay Lough, to Clogheen.

What to expect: Road, forest road, boren; expansive views, very scenic, old Bianconi stage post (stone hut) at The Vee Gap, pretty lake.

Refreshments: Clogheen



7. Tipperary Heritage Way

Nearest Town/Village: Clogheen and Ardfinnan

Start: The Vee Car Park (6 kms south of Clogheen on R668)

Finish: Ardfinnan

Distance: 11.5 kms. Grade: Moderate

Transport: 2 cars Footwear: Boots

Guidebook/Map: The Tipperary Heritage Way/ OS Sheet 74

Description: All on Tipperary Heritage Way. To Glenmoylan to Glengalla River to River Tar to Garryduff to Ardfinnan.

What to expect: Road, forest road, boreen, path over open mountain; expansive views, very scenic, Lady's Abbey, Carmelite Friary.

Refreshments: Ardfinnan and Clogheen



8. South Leinster Way

Nearest Town/Village: Inistioge, Co. Kilkenny

Start: West bank near bridge carrying R700 over River Nore in Inistioge

Finish: At start

Distance: 9 kms. Grade: Easy

Transport: 1 car Footwear: Boots or runners

Guidebook/Map: The South Leinster Way/ OS Sheet 68

Description: On South Leinster Way through Woodstock Park to road, turn right to Coolshanvogh and right to Inistioge.

What to expect: Road, forest track; riverside walk, forest, partly restored gardens at Woodstock House off route.

Refreshments: Inistioge



9. Barrow Way

Nearest Town/Village: Graiguenamanagh, Co. Kilkenny/Carlow

Start: The Quay in St Mullin's (7 kms south of Graiguenamanagh, parking)

Finish: At start

Distance: 12 kms. Grade: Easy

Transport: 1 car Footwear: Boots or runners

Guidebook/Map: OS Sheet 68

Description: To Graiguenamanagh, explore town, return same route.

What to expect: Grassy bank and track; nice wooded country each side of river with views of the Blackstairs and Brandon Hill; picnic spot, monastic site, Norman motte and Bailey, Holy Well at St Mullin's, Duikse Abbey in Graiguenamanagh.

Refreshments: Graiguenamanagh



10. Ballyhoura Way

Nearest Town/Village: Ardpatrick, Co. Limerick

Start: Ballynaboola Forest Car Park (7.5 kms west-south-west of Ardpatrick)

Finish: Ardpatrick

Distance: 10 kms. Grade: Moderate

Transport: 2 cars Footwear: Boots

Guidebook/Map: The Ballyhoura Way/OS Sheet 73

Description: To Ballyhoura Way at Garrane, to top of Carron Mountain, to Castle Philip/Black Rock, leave Ballyhoura Way at sharp hairpin bend at Toor, track to R512, to Ardpatrick.

What to expect: Forest track, mountain path; good views, interesting rock formations at Castle Philip/Black Rock.

Refreshments: Ardpatrick



11. East Clare Way

Nearest Town/Village: Mountshannon, Co. Clare

Start: At Turkenagh (12.5 kms north-west of Mountshannon in any parking space east from 'E' of 'East Clare Way' on OS Sheet 52 or 106 km on East Clare Way Guide)

Finish: Forest entrance at Bohatch (4.5 kms north of Mountshannon, limited parking)

Distance: 8.5 kms. Grade: Easy

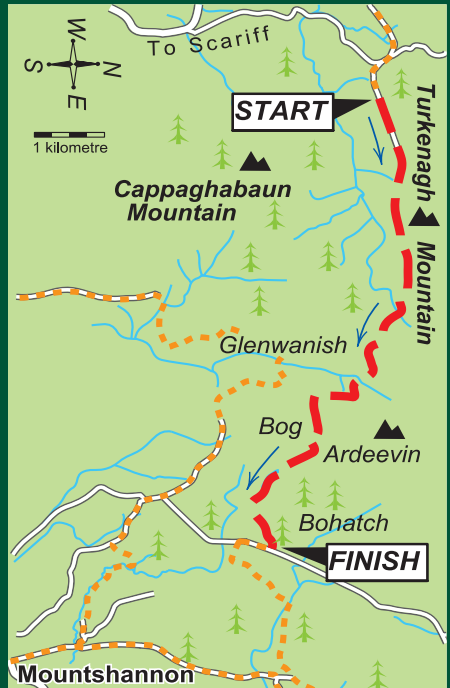
Transport: 2 cars Footwear: Boots

Guidebook/Map: The East Clare Way/OS Sheet 52 (Mountshannon on Sheet 58)

Description: All on East Clare Way. East on gravel road to Glenwanish, to Bohatch Bog, to Ardeevin, to forest to forest entrance.

What to expect: Gravel road, bog road, forest track, open mountain, path through trees; views over Lough Derg, working bog, remote.

Refreshments: Mountshannon



12. Offaly Way/Slieve Bloom Way

Nearest Town/Village: Kinnitty, Co. Laois/Co. Offaly

Start: Cadamstown (5 kms north-east of Kinnitty, Car Park at east of bridge)

Finish: At start

Distance: 11 kms. Grade: Easy

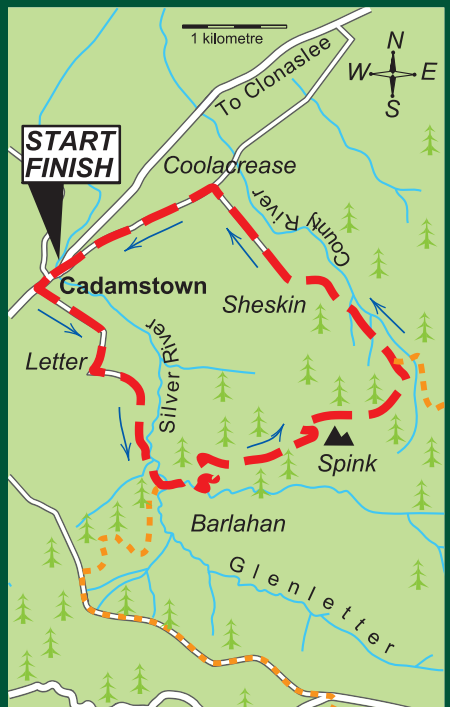
Transport: 1 car Footwear: Boots or runners

Guidebook/Map: The Slieve Bloom Way/ OS Sheet 54

Description: Offaly Way to Letter to Silver River to Slieve Bloom Way to Spink, leave Slieve Bloom Way where it goes right just over 1 km beyond Spink, to Sheskin to Coolacrease to Cadamstown.

What to expect: Road, forest track, boren; forest and quiet countryside, views from Spink, Tober Lugna off route at Letter.

Refreshments: Cadamstown and Kinnitty



13. Wicklow Way

Nearest Town/Village: Laragh, Co. Wicklow

Start: Glendalough Visitor Centre Car Park (2 kms west of Laragh)

Finish: At start

Distance: 15 kms. Grade: Moderate

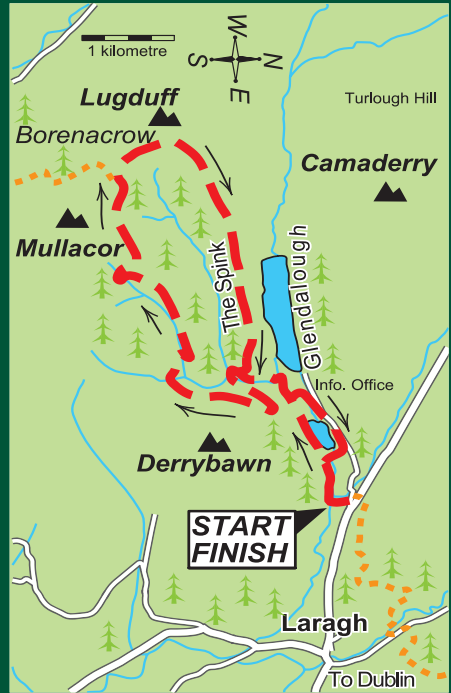
Transport: 1 car or St Kevin's bus Footwear: Boots

Guidebook/Map: The Wicklow Way/OS Sheet 56

Description: All waymarked. On Wicklow Way to WMNP Information Office to Pollanass Waterfall to Borenacrow, leave Wicklow Way onto National Park red walk to The Spink to WMNP Information Office to boardwalk to Visitor Centre.

What to expect: Forest track, boren, path, boardwalk; expansive views of mountains and Glendalough, Monastic City and Reefert Church, Visitor Centre.

Refreshments: Glendalough and Laragh



14. Burren Way

Nearest Town/Village: Ballyvaughan, Co. Clare

Start: Car Park south of Fanore Bridge (on R477 14 kms west of Ballyvaughan via Black Head)

Finish: At start

Distance: 14.5 kms. Grade: Easy

Transport: 1 car Footwear: Boots or runners

Guidebook/Map: The Burren Way/OS Sheet 51

Description: South on R477 for 300 m, onto boren, 1 km to minor road, to Burren Way at Faunarooska, green road to Caher River, road to Fanore Bridge to car park.

What to expect: Road, boren, green road; views of Aran Islands and The Burren, flowers, limestone landscape.

Refreshments: Fanore



15. Royal Canal Way

Nearest Town/Village: Enfield
(Innfield on OS map), Co. Meath

Start: Enfield (across main road from station)

Finish: At start

Distance: 12 kms. Grade: Easy

Transport: 1 car or train or bus Footwear: Boots

Guidebook/Map: OS Sheet 49

Description: All on Royal Canal Way. To Kilmore Bridge, cross canal and to Moyvalley. Return same route

What to expect: Mainly grassy canal bank (in places soft/muddy in damp conditions), boren; quiet canal bank walk, lovely stretch into Moyvalley.

Refreshments: Enfield and Moyvalley



16. Western Way (Galway)

Nearest Town/Village: Maum

Start: Car Park at Failmore River near Cur (From Maum Bridge 500 m south on R336, 3 kms west on minor road, 1.5 kms south-west on minor road)

Finish: At start or Car Park below Maumeen at Illion East in Inagh Valley

Distance: 6 kms to pass and back or 5 kms to Car Park at Illion East Grade: Moderate

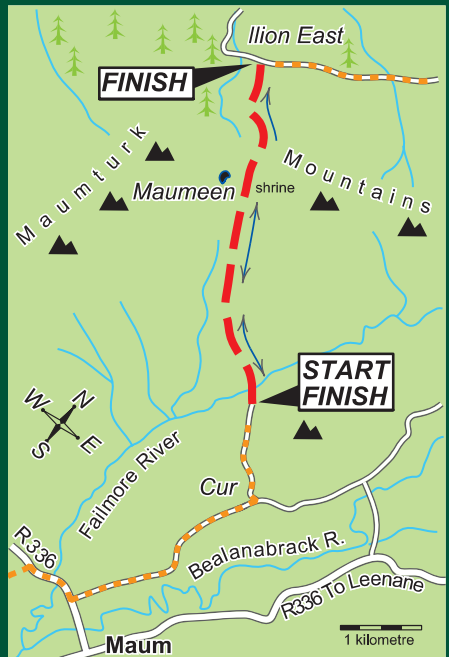
Transport: 1 car from/to Failmore River or 2 cars to Illion East (long drive around) Footwear: Boots

Guidebook/Map: Western Way Connemara/
OS Sheets 37, 38 and 44

Description: All on Western Way. To Maumeen and back or to Maumeen and Car Park at Illion East.

What to expect: Road, path over bog; stunning views (particularly on south side of Maumeen), religious interest, isolated.

Refreshments: Maum and Maam Cross (Sheet 45)



17. Suck Valley Way

Nearest Town/Village: Athleague, Co. Roscommon

Start: East side Castlecoote Bridge (From Athleague 5 kms north-west on R362, 3 kms north on R366)

Finish: Athleague

Distance: 8 kms. Grade: Easy

Transport: 2 cars Footwear: Boots

Guidebook/Map: The Suck Valley Way/
OS Sheet 40

Description: All on Suck Valley Way. To Ballinlig to Castlestrange and along River Suck to Athleague.

What to expect: Through fields and grassy river bank; pleasant countryside, La Tène Stone and many-arched bridge at Castlestrange.

Refreshments: Athleague

Note: Castlestrange to Athleague section can be flooded in wet weather.



18. Táin Way

Nearest Town/Village: Carlingford, Co Louth

Start: The Lumper's Pub, Ballymakellett in Ravensdale (from Carlingford 5 kms south on R173, 7 kms west on R173, 4 kms north-west on R174)

Finish: Carlingford

Distance: 14 kms. Grade: Moderate

Transport: 2 cars Footwear: Boots

Guidebook/Map: The Táin Way/OS Sheet 36

Description: All on Táin Way. To The Castle to Aghameen to Big River to The Golyin Pass (Barnavave) to Carlingford.

What to expect: Road, forest track, green road, open country; expansive views (particularly over Carlingford Lough and the Mourne Mountains).

Refreshments: Carlingford and The Lumper's Pub



19. Miner's Way & Historical Trail

Nearest Town/Village: Boyle and Castlebaldwin, Co. Roscommon

Start: Deerpark (3 kms north of Boyle, limited parking)

Finish: Carrowkeel Tombs Car Park (4.5 kms south of Castlebaldwin, limited parking)

Distance: 12 kms. Grade: Moderate

Transport: 2 cars Footwear: Boots

Guidebook/Map: The Miner's Way & Historical Trail/OS Sheets 25 and 33

Description: All on Miner's Way & Historical Trail. Into field at Deerpark to Red Earl's Road to Ballaghboy (all crossing Curlew Mountains) to Corradoo to Carrickahorna to Carrowkeel (Bricklieve Mountains).

What to expect: Field, open mountain, path in forest ride line and through trees, boreen, gentle climbs; views, contrast between 2 hill ranges, historic battle, Carrowkeel Passage Tombs off route.

Refreshments: Castlebaldwin and Boyle



20. Sligo Way

Nearest Town/Village: Dromahair, Co. Leitrim

Start: Slish Woods Car Park (From Dromahair to south of River Bonet on R288, west onto R287 and follow for 9 kms)

Finish: Dromahair

Distance: 9 kms. Grade: Easy

Transport: 2 cars Footwear: Boots

Guidebook/Map: The Sligo Way/OS Sheet 25

Description: All on Sligo Way. To Inishfree and Killery to Cullentra to Sradoon to Creevelea Friary to Dromahair.

What to expect: Road, forest track, boreen, path, open country; views over Lough Gill, short walk along Bonet River into Dromahair, Creevelea Friary, Millennium Forest.

Refreshments: Dromahair



21. Slí Liatroma

Nearest Town/Village: Dowra and Manorhamilton
Co. Leitrim

Start: Coollegreane Post Office (4 kms west of Dowra on R200, turn sharp right at church at Doolargy Glebe/Derrintawy Glebe, 4.5 kms north to Post Office, limited parking)

Finish: Moneenlom Forest Entrance (7 kms east of Manorhamilton on N16, 1 km south on minor road, then 600 m east on minor road)

Distance: 11 kms. Grade: Moderate

Transport: 2 cars (long drive around) Footwear: Boots

Guidebook/Map: OS Sheet 26

Description: All on Slí Liatroma. North along road, then boren to Dergvone, through forest to top of pass at Doo Lough to forest entrance at Moneenlom.

What to expect: Boreen, forest track, old road (wet in places); good views north descending off plateau, isolated, exposed/sheltered in different places.

Refreshments: Dowra and Manorhamilton



22. Cavan Way

Nearest Town/Village: Blacklion, Co. Cavan

Start: The Shannon Pot Car Park (8 kms south-south-west from Blacklion on R206)

Finish: Blacklion

Distance: 12 kms. Grade: Moderate

Transport: 2 cars Footwear: Boots

Guidebook/Map: OS Sheet 26

Description: All on Cavan Way. To Moneygashel, Manrath, Burren Wood, Blacklion.

What to expect: Road, some forest track, field, path, open mountain; views of Lough Macnean and mountains beyond, Shannon Pot (source of River Shannon) off route from Car Park.

Refreshments: Blacklion



23. Bluestack Way

Nearest Town/Village: Glenties and Ardara, Co. Donegal

Start: Glenties Main Street

Finish: Ardara

Distance: 12 kms. Grade: Easy

Transport: 2 cars Footwear: Boots

Guidebook/Map: The Bluestack Way/OS Sheets 10 and 11

Description: All on Bluestack Way. Road west from Glenties, fields to Owenea River bank, leave river at Clonconwal, to Ardara.

What to expect: Some road, mainly path/grassy river bank; pleasant river bank walk passing forestry and bog workings.

Refreshments: Ardara and Glenties



24. Slí Dhún na nGall

Nearest Town/Village: Glencolumbkille, Co. Donegal

Start: Car Park at Church of Ireland (west of Garda Station) Glencolumbkille

Finish: At start

Distance: 11 kms. Grade: Moderate

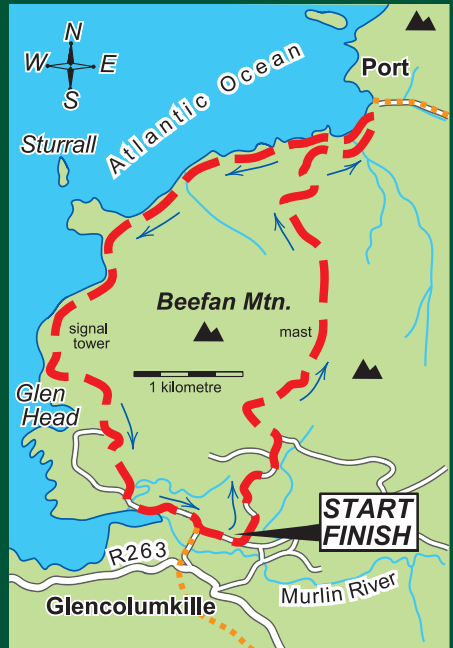
Transport: 1 car or bus (4/day summer, morning and evening winter) Footwear: Boots

Guidebook/Map: OS Sheet 10

Description: East on Sli Cholmcille to first road left to communications mast on top of hill to Port, leave Slí Cholmcille walking south-west along coast to old signal tower to Glen Head to Glencolumbkille.

What to expect: Road, old road, open country, climbing; spectacular cliff scenery, remote, deserted fishing village at Port.

Refreshments: Glencolumbkille



Walkers Country Code

1. Plan Ahead & Be Prepared
2. Be considerate to all who live in, work and visit the countryside
3. Respect private property and always leave gates as you find them
4. Respect and protect all plants and animals
5. Always keep pets under close control, especially near farm animals and wildlife
6. Dispose of Waste properly – “If you bring it in – Take it Out”
7. If driving, park smart

Walkers Checklist

1. Have you checked today’s weather forecast? You can get an up-to-date regional weather forecast by calling Weatherdial
2. Do you have suitable clothing for the expected weather, the time of year and the type of walk you are planning.
3. Do you have enough food and drink for the day?
4. Do you have a map or guide for your intended walk?
5. Have you left details of your planned walk with someone reliable?

Map key



Route for walk described



Route for Waymarked Way on which it is based

Acknowledgements:

The Irish Sports Council would like to acknowledge the contribution of EastWest Mapping, and all involved in the selection of the day walks contained in this publication. The Irish Sports Council would also like to acknowledge the excellent work of community groups, agencies and local authorities throughout the country in establishing these walking routes, the support given by all landowners, and also the ongoing support from all individuals involved with the maintenance and management of Waymarked Ways in Ireland.

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Maps & Guidebooks:

EastWest Mapping, Tel: 054 77835.

E-mail: eastwest@eircom.net

Web Link:

<http://homepage.tinet.ie/~eastwest/>

Ordnance Survey Ireland:

Tel: 01-802-5379, E-mail: mapsales@osi.ie

Web Link: www.osi.ie

Met Éireann

Web Link: www.meteireann.ie

Weather Dial: South West (1550123850), East & South East (1550123851), West (1550123852), North West (1550123853), Dublin (1550123854)

Emergency Services:

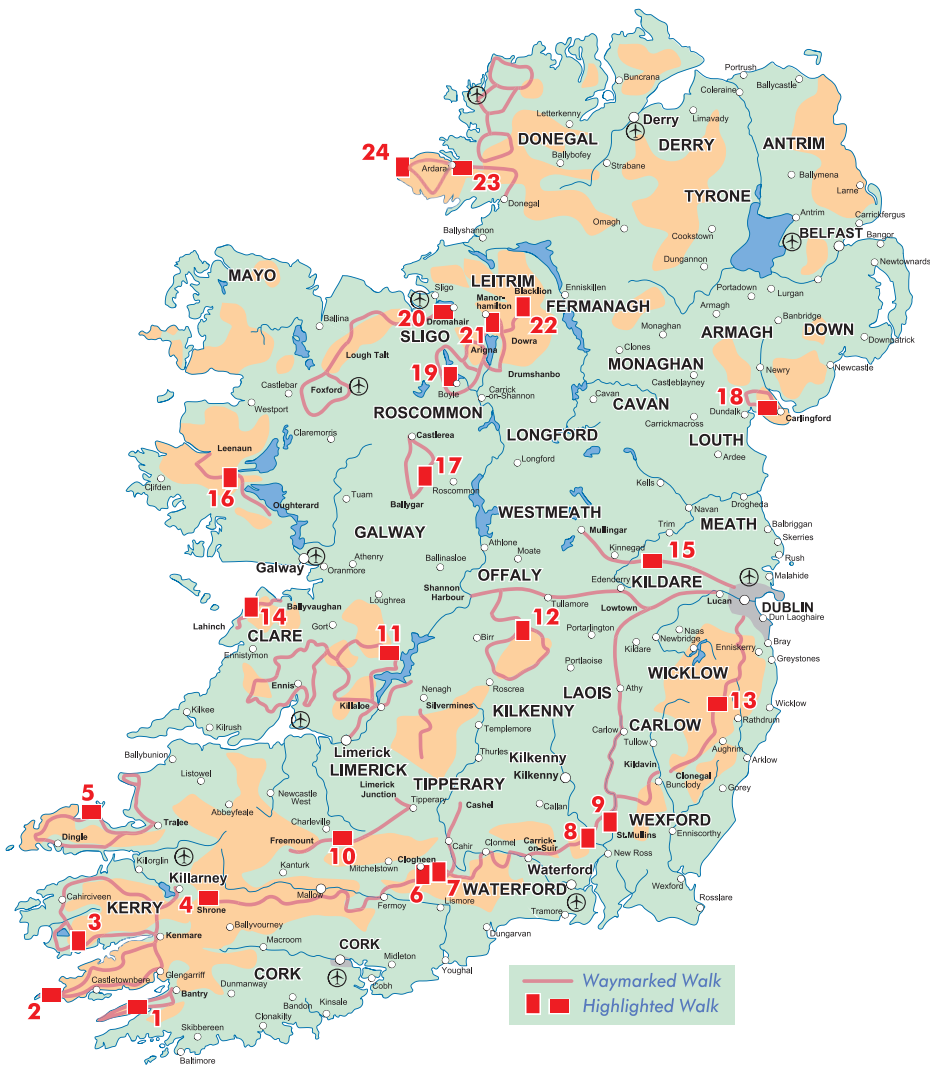
Dial 999 or 112

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AN CRUINNÁILÉ SPÓIRT



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