



<b>Trailhead</b>	Molly Gallivans Tourist Centre, Bonane, Co Kerry
<b>Services</b>	Bonane, Kenmare (12km)
<b>Dist/Time</b>	12km / 4hrs – 5hrs
<b>High/Ascent</b>	390m / 450m
<b>Difficulty</b>	Hard
<b>Terrain</b>	Laneways, woodland tracks, cross country, hillside.
<b>To Suit</b>	All levels of fitness
<b>Start/Finish Point</b>	Trailhead at Molly Gallivan's Tourist Centre.
<b>Minimum Gear</b>	Hiking boots, raingear, fluid, snack, and mobile phone.
<b>Grid Ref</b>	OS Sheet 85, V921 621

## Directions to Trailhead

Bonane is situated on the N71 – midway between the towns of Kenmare and Glengarriff road. From Kenmare, take the N71 in the direction of Glengarriff. After approximately 10km you pass through the small village of Bonane – continue for a further 2km to reach Molly Gallivans Tourist Centre – substantial car parking on your left. The trailhead is located at a gateway to the right of Molly Gallivans.

Bonane is a beautiful valley situated in the scenic south west of Ireland. Located on the main roadway between the picturesque towns of Kenmare to Glengarriff, the valley is surrounded by the Sheehy and Caha mountains. The area derives its name from Fionn Mac Cumhall, the legendary leader of the Fianna, who maintained a bothy (both) or hunting lodge here - hence the old Gaelic name Both-Fhionáin (Fionn's house), now anglicised to Bonane. Bonane is steeped in ancient history being home to over 250 archaeological sites. This identifies Bonane as having one of the highest concentrations of sites in the country. Recent studies show many of these sites are interrelated and some have major astronomical significance. In many ways unchanged by time, Bonane is a paradise for visitors offering a multitude of activities including hill walking, cycling, fishing, and an abundance of archaeological and historical sites. Separated from County Cork by a unique hand-cut tunnel, Bonane links both the Ring of Kerry and the Ring of Beara – both trips of breathtaking beauty. The River Sheen with its crystal clear waters (and subject of many ballads) flows through the parish and is a popular for fishing. For the less adventurous a visit to one of the local coffee shops to savour the home baking or view the local crafts is equally enjoyable.

## Loop Guiding

**A-B.** From the trailhead follow the purple (and green and blue) arrows through the gate and onto the farm laneway. The green and blue arrows are for shorter loops. Enjoy the journey through the traditional Irish farmyard as the laneway ascends to reach the top of the hill behind the farm. Now the loop descends and **crosses** the main road before descending along a farm roadway to reach an iron bridge over Esk Stream. Cross the bridge, **turn right** and follow the laneway to join a surfaced roadway. All three loops **turn right** here.

**B-C.** Now the loops join with the Beara Way - a long distance walking route around the Beara Peninsula, and marked with the familiar yellow arrows and walking man. At the second Y-junction note that the green and blue loops continue straight **ahead** - but you **veer left** and uphill following the purple arrows and the yellow arrows for the Beara Way. Follow the roadway uphill for over 1km to reach a Y-junction where you **turn right** - following the purple arrow and the Beara Way over a stile and onto an old roadway.

**C-A.** Follow the purple and yellow arrows uphill for 1km to reach a gateway and wire fence on the summit. The Beara Way crosses the stile and goes **straight** - but you **turn right** and follow the wire fence as the loop now ascends onto a ridge. The wire fence is your main guide for the next 3km as you cross the ridge. Nearing the N71 the loop reaches a small metal gate on your **left** - **turn right** here, leaving the fence.

**D-A.** Take care as the loop descends fairly steeply to reach a sandy farm roadway where you **turn left**, but after 200m **turn right** after the ruins of an old farmhouse and joins a green roadway.



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In case of emergency call 999

We welcome feedback on your walking experience. Contact us at: [walking@failteireland.ie](mailto:walking@failteireland.ie)



# Trailhead 105

Loop 105C

## Cailleach Beara Loop

**12km**  
**Hard**  
Laneways, woodland tracks, cross country, hillside.

