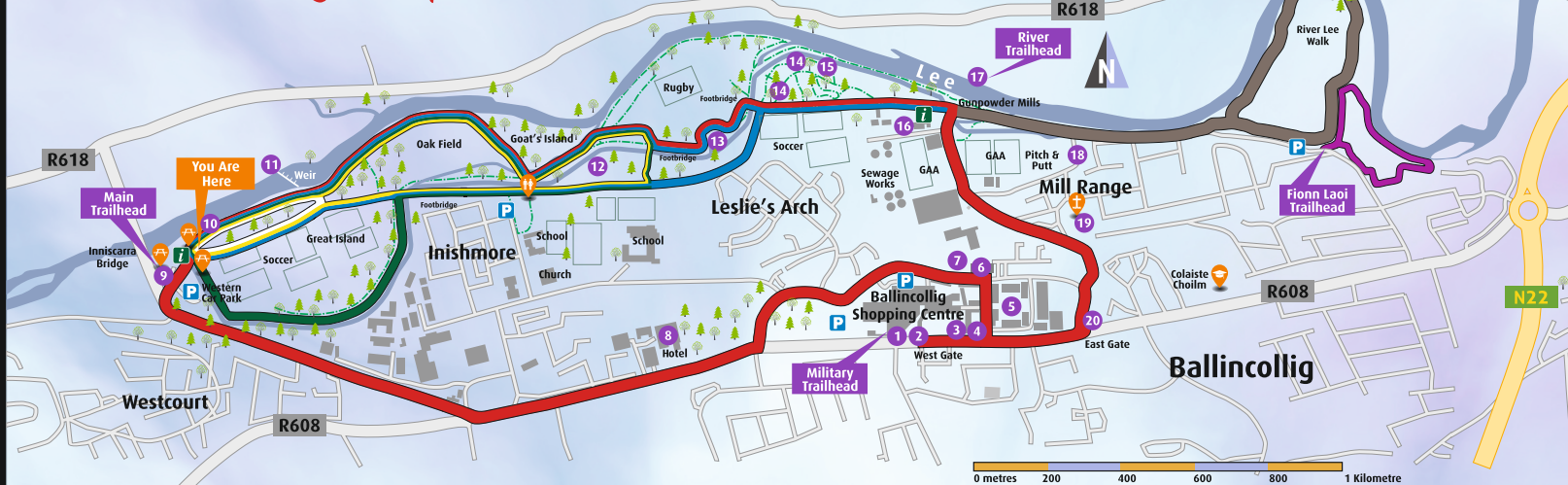


Ballincollig Gunpowder Trails



Gunpowder Trails

The Heron Trail Grade: Easy Multi-Access	1km - 20 minutes
The Ash Trail Grade: Easy	3km - 1 hour
The Powdermills Trail Grade: Easy	5km - 1.5 hours
The Military Trail Grade: Easy	7km - 2 hours
The Wood Trail Grade: Easy	3.2km - 1 hour
The River Trail Grade: Easy	3.2km - 1 hour
Fionn Laoi Trail Grade: Easy	1km - 20 minutes

Trail Grades: All trails are classed as 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 older people. Normal outdoor footwear can be worn.

Road	River & Canal
Information Point	Car Park
Picnic Area	Graveyard

The Gunpowder Trails are multi-access walking trails, making them accessible to all, including people with reduced mobility, wheelchair users, buggies etc. Dogs on leashes are permitted on the trail.



- | | | | |
|-------------------|------------------------|----------------------|--------------------------------|
| 1. West Gate | 6. Stables | 11. Weir | 16. Refineries Area |
| 2. Coach House | 7. Officers' Mess | 12. Expense Magazine | 17. Gunpowder Mills |
| 3. Main Gate | 8. Oriel House | 13. Steam Stove | 18. Long & Short Ranges |
| 4. Turf Store | 9. Western Watch House | 14. Magazines | 19. British Military Graveyard |
| 5. Barrack Square | 10. Canal System | 15. Coal Store | 20. East Gate |

The Gunpowder Trails feature a wonderful mix of parkland, riverside and woodland terrain, focusing on the heritage surrounding the old Royal Gunpowder Mills. The Military Trail (red) also takes in the town, including further buildings of historical significance, such as the former Military Barracks. There are 20 points of interest along the course of the trails.

The trails consist of seven looped walks, colour-coded according to length. Trail times are based on a leisurely walking speed. The Main Trailhead is at the western car park of the Regional Park, Ballincollig. The Military Trail begins and ends at the second trailhead situated in the shopping centre square and proceeds to the Regional Park by a westerly route. All trails are on hard surfaces and are multi-access.

The loops are clearly waymarked and each loop leads onto the next - just pick the colour of the loop you want to walk and follow the arrows. A series of waymarker posts placed at path junctions will guide you within the park. The Military Trail ascends 30m from the riverside back to the town. The other six trails are all on the flat.

For further information about the trails, or to report any issues on the trails contact the Parks and Recreation Department at Cork City Council, 021 492 4729, or email recreation@corkcity.ie.

In an emergency, call Ballincollig Garda Station: 021 487 1222

Leave No Trace

- Please take all of your litter and food waste home.
- Pack it in, Pack it out.
- Please keep your dog under effective control and remember that some users of the park are afraid of dogs.
- Please clean up after your dog. Don't leave your dog's mess for someone else.
- Be considerate of all other users of the park
- Respect the wildlife which lives in the park as this is their home.
- Leave what you find. Don't disturb any of the old walls or buildings in the park as they are part of our heritage.
- Park considerately... consider whether or not you will cause an obstruction.

"Can we leave for tomorrow what we enjoyed today?"

Leave No Trace is helping to create an ethic of understanding, responsibility and care for Ireland's natural environment.

To learn more about how you can Leave No Trace, visit www.leaveanotraceireland.org



Ballincollig Trails Group was supported by South and East Cork Area Development Ltd (SECAD) through the European Agricultural Fund for Rural Development and the National Development Plan for the development of a walking trail in The Regional Park, Ballincollig.

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