



WELCOME TO THE BALLYHOURA LOOP WALKS



Ballyorgan Loop

Embark on the Ballyorgan Loop, an 18km trail with red arrows, starting in Ballyorgan village passing Kilflyn Church, a captivating medieval church dedicated to St. Flann. Explore various terrains, from riverside paths rich in biodiversity, which include a beautiful Oak woodland, waterfall and also hilltop panoramas. At Darragh Creamery Trailhead, follow red arrows along the road, turning up onto 'Boreen Dearg' for forest paths, a strenuous ascent, and the challenging climbs of Carrighenry and Carrigeenamronety where splendid views await.

Continue to follow the red arrows on the descent through the forest and a farm path, rejoining the return leg along the Keale River and back to Ballyorgan village.

Exercise care around steep riverbank edges and fast-flowing water for a safe adventure.

Trail Start/Finish Point:	Ballyorgan, Co Limerick	
Terrain:	River walk, forest roads and woodland paths	
Trail Waymarking:	Red Arrow	Length of Trail: 18km
Trail Grade:	Strenuous	Time to Complete: 4.5 to 5 hours
Total Ascent:	300m	Format: Loop

Dogs allowed on a leash



Molanna Loop

Embark on the Molanna Loop, a 15km trail starting and ending in the charming village of Ballyorgan and marked by blue arrows. Traverse woodland paths, forest roads, and a 5 km river walk. Pass by Kilflyn Church which is a medieval church dedicated to St Flann. Enjoy a diverse river section with an Oak woodland, waterfall, and picnic benches before emerging at Darragh Creamery Trailhead.

Continue to follow blue arrows along the road before turning onto 'Boreen Dearg' for forest paths and scenic views. Keep an eye out for the blue arrows as the trail diverges, follow the forest road, pass a farm, and join the return leg along the Keale River to Ballyorgan village.

Exercise care around steep riverbank edges and fast-flowing water for a safe adventure.

Trail Start/Finish Point:	Ballyorgan, Co Limerick	
Terrain:	River walk, forest roads and woodland paths	
Trail Waymarking:	Blue Arrow	Length of Trail: 15km
Trail Grade:	Moderate	Time to Complete: 3.5 to 4 hours
Total Ascent:	220m	Format: Loop

Dogs allowed on a leash



Castle Oliver Loop

The Castle Oliver Loop takes in some unique historical sites of the region including views of Castle Oliver (1800s), the site of the original castle (Castle Oliver Farm), its gates, walls and woodland and traverses the grounds of what was once a 81km² estate with Oliver's Folly the dominant feature of the landscape.

Begin your walk at the Ballyorgan Community Park (adjacent to the Ballyoura Mountain Lodges), follow the purple arrows through and note spurs to Oliver's folly and a natural woodland habitat.

Trail Start/Finish Point:	Ballyorgan, Co Limerick	
Terrain:	Country Roads, Forest path and Pasture	
Trail Waymarking:	Purple Arrow	Length of Trail: 8km
Trail Grade:	Moderate	Time to Complete: 2 to 2.5 hours
Total Ascent:	90m	Format: Loop

Dogs allowed on a leash



Nearby Points of Interest

Greenwood Trailhead and Mountain Bike Trails:

This trailhead is located approximately 3km from Ballyorgan Village on the road towards Ardpark and includes walking and biking trails. Facilities at the trailhead include map boards, car parking, toilets, showers and bike wash facilities. On arrival, there is a secure car park with monitored CCTV cameras. There are also snacks, tea and coffee available at a reasonable price. Note: There is a pay barrier at this Forest Park entrance. Parking Fee: €5.00 per car. A contactless payment system is in operation. Annual Access Card is available which can be purchased via Coillte website.

The Ballyhoura Mountain Bike Trails are the largest trail network of their kind in Ireland. 98km of trails, which include forest road climbs, tight, twisty single tracks with lots of uphill's and downhill, boardwalks, tight turns and technical rocky sections, guaranteed to leave you smiling.

Kilflyn Church:

A ruined abbey founded by St Flann (circa 550AD) became a Trinitarian monastery in the late 13th century and later a Church of Ireland and final resting place of local Protestant families 1812. It was last used for public worship at midnight on Christmas Eve 1994. It's interesting chancel window, dating from the middle of the 19th century, has the Oliver-Gascoigne coat of arms. Access by prior arrangement.

Seefn and Seefn East (528m summit):

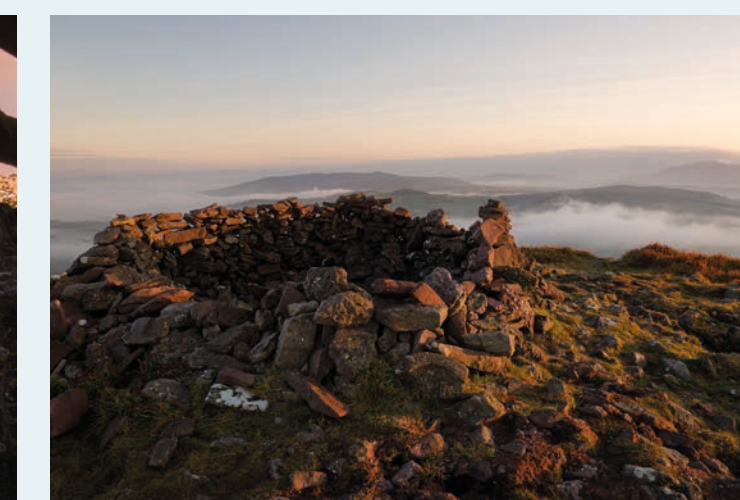
The highest points of the Ballyhoura mountains with a hilltop cairn and spectacular views of the surrounding countryside. Accessible via the way-marked Blackrock Loop.

Castle Oliver (Clonodfoy):

A magnificent Irish castle (1845-1850) built with Red Sandstone in the Scottish Baronial style in which replaced an original house approximately 1000m southwest of the existing castle. Associated originals buildings form part of the local landscape. (Castleoliver is a private residence and not open to the public)

Oliver's Folly:

Freestanding folly, built c. 1790, comprising three-stage pair of sham ruinous circular towers with connecting curtain wall. Rubble limestone walls. Loop windows to towers with pointed arch opening to the curtain wall. Lancet openings to towers. The castellated shape of this eyecatcher, with towers and curtain wall, exhibits mediaeval style influences in the design. Located on a hill near the site of the original Castle Oliver country house, this folly forms a focal point within the landscape.



IOS STORE



ANDROID STORE



VISITBALLYHOURA.COM

Download the FREE Ballyhoura Trails Guide App, your personal guide to explore the trails of Ballyhoura Country. It will guide you through walking, road cycling, and mountain biking trails, while helping you find nearby places to stay, eat and explore.

Definition of Grade:



Moderate

These trails may have some climbs and may have an uneven surface where the going is rough underfoot with some obstacles such as protruding roots, rocks etc. The routes are appropriate for people with moderate level of fitness and some walking experience. Specific outdoor walking footwear and clothing are recommended.



Strenuous

These are physically demanding trails, which will typically have some sections with steep climbs for long periods and the going underfoot can be extremely rough including many obstacles. Suitable for users accustomed to walking on rough ground and with a high level of fitness. Specific outdoor walking footwear and clothing required.

Please adhere to the "Leave No Trace Principles"

1. Plan Ahead and Prepare
2. Be Considerate of Others
3. Respect Farm Animals and Wildlife
4. Travel and Camp on Durable Ground
5. Leave What You Find
6. Dispose of Waste Properly
7. Fires are not permitted

Nearest Services

Kilfinane village (6 km) service station, restaurant and shop.

Trail Management Company
Ballyhoura Heritage and Environment CLG,
Main Street, Kilfinane, Co Limerick

Email
reception@ballyhoura.org

Website
www.visitballyhoura.com

Telephone
063 91300

Emergency Contact
999 or 112

These loops have been developed with the kind assistance of the local landowners and Coillte. It is understood that if any persons enter private land they do so by permission and with consent of the local landowner and no matter how often they enter, or in what numbers they do not do so with any rights.



FÁILTE GO SIÚLÓIDÍ LÚIBE BHEALACH EABHRA



Rialtas na hÉireann
Government of Ireland

Tionscadal Éireann
Project Ireland
2040

Ar dTodhchaí
Tuaithe
Our Rural
Future



Comhairle Cathrach
& Contae Luimnigh
Limerick City
& County Council

ATLANTIC EDGE
LIMERICK
EUROPEAN EMERALD

Leave
No
Trace

COILLTE

SPÓRT
ÉIREANN
FAOIN SPÉIR

SPORT
IRELAND
OUTDOORS

Is í an Roinn Forbartha Tuaithe agus Pobail a mhaoinigh an Clár Léarscáile seo faoin Scéim Bonneagair Áineasa Lasmuigh.



Lúb Bhaile Uí Argáin

Téigh ar Lúb Bhaile Uí Argáin, bealach 18km a threoraíonn thú le saigheada dearga, a thosaíonn i Sráidbhaile Bhaile Uí Argáin agus a théann thar Shéipéal Chill Fhlainn, séipéal mealltach meánaiseach atá tiomnaíte do Naomh Flann. Fiosraigh tír-raonta éagsúla, idir chosáin cois abhann a bhfuil saibhreas bithéagsúlachta ag baint leo, coillte áille Darach, easanna agus radhairc lánléargais ar bharr cnoic ina measc. Ag Tús Shiúlóid Uachtarlann na Dairthí, lean na saigheada dearga feadh an bhóthair, agus cas aníos go dtí 'an Bóithrín Dearg', áit a dtiocfaidh tú ar chosáin foraoise, dreapadh géar, agus dreapadh dúshlánach Charraig Anraí agus Charraigín na mBróinte, áit a mbeidh radhairc áille romhat.

Lean ort ag leanúint na saighead dearg ar an bhfána anuas tríd an bhforaois agus cosáin feirme, go bhfillfidh tú ar an stráice fillte feadh Abhainn Chaoil agus ar ais go Sráidbhaile Bhaile Uí Argáin.

Bí cúramach timpeall ar imill ghéara ar bhuach na habhann agus uisce mear chun go mbeidh eachtra shábháilte agat.

Túsphointe/Críochphointe an Bhealaigh:	Baile Uí Argáin, Co. Luimnigh
Tír-raon:	Siúlóid abhann, bóithre foraoise agus cosáin choille
Comharthaí Bealaigh:	Saigheada Dearga
Grád an Bhealaigh:	Dian
Fad an Bhealaigh:	18km
Am lena Chríochnú:	Idir 4.5 agus 5 uair an chloig
Dreapadh Iomlán:	300m
Leagan Amach:	Lúb

Ceadaítear madraí ach iad a bheith ar iall



Lúb Molanna

Téigh ar Lúb Molanna, bealach 15km a thosaíonn agus a chríochnaíonn i sráidbhaile gleoite Bhaile Uí Argáin agus atá marcáilte le saigheada gorma. Trasaigh cosáin choille, bóithre foraoise, agus siúlóid abhann 5 km. Téigh thar Shéipéal Chill Fhlainn, séipéal meánaiseach atá tiomnaíte do Naomh Flann. Bain sult as stráice éagsúil abhann ina bhfuil coillte Darach, eas, agus binsí picnice sula dtiocfaidh tú amach ag Tús Shiúlóid Uachtarlann na Dairthí.

Lean na saigheada gorma feadh an bhóthair sula gcasann tú isteach ar 'an mBóithrín Dearg', áit a mbeidh cosáin foraoise agus radhairc áille romhat. Bí ag faire amach do na saigheada gorma de réir mar a scarann an bealach, lean an bóthar foraoise, lean ort ag siúl thar fheirm, agus bain amach an stráice fillte feadh Abhainn Chaoil go dtí Sráidbhaile Bhaile Uí Argáin.

Bí cúramach timpeall ar imill ghéara ar bhuach na habhann agus uisce mear chun go mbeidh eachtra shábháilte agat.

Túsphointe/Críochphointe an Bhealaigh:	Baile Uí Argáin, Co. Luimnigh
Tír-raon:	Siúlóid abhann, bóithre foraoise agus cosáin choille
Comharthaí Bealaigh:	Saigheada Gorma
Grád an Bhealaigh:	Measartha
Fad an Bhealaigh:	15km
Am lena Chríochnú:	Idir 3.5 agus 4 uair an chloig
Dreapadh Iomlán:	220m
Leagan Amach:	Lúb

Ceadaítear madraí ach iad a bheith ar iall



Lúb Chloch an Oíthaigh

Tagtar ar Lúb Chloch an Oíthaigh ar roinnt suíomhanna stairiúla faoi leith atá sa réigiún, Cloch an Oíthaigh (na 1800idí), suíomh an chaisleáin bhunaidh (Feirm Chloch an Oíthaigh), a gheataí, a bhallaí agus a thalamh choille, agus trasnaíonn sé tailte a bhíodh mar chuid d'eastát 81km2 tráth den saol agus inarb i Baois Oilibhéir an ghné is suntasaí den tírdhreach.

Tosaigh do shiúlóid ag Páirc Phobail Bhaile Uí Argáin (taobh le Lóistí an tSléibhe Riabhagh), lean na saigheada corra tríd an bpáirc agus tabhair faoi deara na bealaí a théann chomh fada le Baois Oilibhéir agus gnáthóg nádúrtha choille.

Túsphointe/Críochphointe an Bhealaigh:	Baile Uí Argáin, Co. Luimnigh
Tír-raon:	Bóithre Tuaithe, Cosán Foraoise agus Féarach
Comharthaí Bealaigh:	Saigheada Corra
Grád an Bhealaigh:	Measartha
Fad an Bhealaigh:	8km
Am lena Chríochnú:	Idir 2 agus 2.5 uair an chloig
Dreapadh Iomlán:	90m
Leagan Amach:	Lúb

Ceadaítear madraí ach iad a bheith ar iall



Nithe is Díol Spéise i nGar

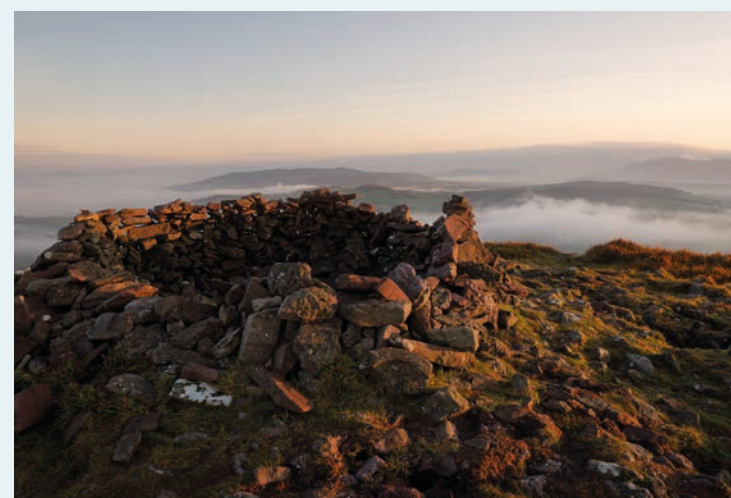
Tús Siúlóide agus Bealaí Rothaíochta Sléibhe na Coille Glaise:

Tá tús na siúlóide seo suite thart ar 3km ó Shráidbhaile Bhaile Uí Argáin ar an mbóthar i dtreo Ard Pádraig agus cuirtear bealaí siúil agus rothaíochta ar fáil. I measc na n-áiseanna ag tús na siúlóide, tá clár léarscáile, carpháircéil, leithris, cithfholcadáin agus áiseanna níos chéin rothar. Cuirtear carrchlós slán ar fáil ar theacht i láthair duit ina bhfuil ceamaraí TCI a ndéantar monatóireacht orthu. Cuirtear sneaiceanna, tae agus caife ar fáil ar phraghas réasúnta freisin. Nóta: Tá bacainn íocaíochta ag bealach isteach na Páirce Foraoise seo. Táille Pháircéala: €5.00 in aghaidh an chairr. Tá córas íocaíochta gan tadhall i bfeidhm. Tá Cárta Rochtana Bliantúil ar fáil agus is féidir é a cheannach ar shuíomh gréasáin Coillte.

Is iad Bealaí Rothaíochta Sléibhe Bhealach Eabhra an gréasán bealaí is mó dá leithéid in Éirinn. Tá fad 98km de bhealaí ann, dreapadh bóthair foraoise, raonta cúnga casta ar a bhfuil go leor fánaí aníos agus anuas, clárchosáin, castaí géara agus stráicí teicniúla carraigeacha ina measc – is cinnte go mbainfidh tú scoth an tainnimh astu.

Séipéal Chill Fhlainn:

Rinneadh mainistir Thríonóideach ag deireadh an 13ú haois de mhainistir a bhí ina fothracha a bhunaigh Naomh Flann (timpeall 550 AD). Rinneadh eaglais de chuid Eaglais na hÉireann agus reilig do theaghligh Phrotastúnacha áitiúla di ina dhiaidh sin sa bhliain 1812. Baineadh an úsáid dheireanach as le haghaidh adhradh poiblí ag meán oíche ar Oíche Nollag 1994. Is spéisiúil go bhfuil armas Oliver-Gascoigne ar fhuinneog an tsaingil, fuinneog a théann siar go lár an 19ú haois. Ní thugtar cead isteach ach trína shocrú roimh ré.



Sainmhíniú ar Ghrád:



Measartha

Beidh tú ag dul in aghaidh na fána ar na conairí seo. D'fhéadfadh an dromchla a bheith míchothrom ar chuid den tsí, le talamh garbh agus roinnt bacainní, amhail fréamhacha agus carraigeacha atá ag gobadh amach, srl. Tá na bealaí seo oiriúnach do dhaoine atá measartha aclai agus a bhfuil taithí éigin acu ar bheith ag siúl. Moltar coisbheart agus éadaí atá deartha go sonrach le bheith ag siúl taobh amuigh a chaitheamh.



Dian

Conairí iad seo a mbaineann dúshlán fisiciúil leo. Beidh dreapadh suas fána ghéar ar feadh tréimhsí fada le déanamh in áiteanna. D'fhéadfadh an talamh a bheith thar a bheith garbh in áiteanna agus cuid mhór bacainní ann. Níl siad oiriúnach ach do dhaoine ardclaí a bhfuil taithí acu ar bheith ag siúl ar thalamh garbh. Teastaíonn coisbheart agus éadaí atá deartha go sonrach le bheith ag siúl taobh amuigh.

Cloigh leis na Prionsabail 'Ná Fág Lorg'

1. Déan plean roimh ré agus bí ullamh
2. Léirigh meas ar dhaoine eile
3. Léirigh meas ar ainmhithe feirme agus ar an bhfadhúla
4. Déan do bhealach agus campáil ar thalamh láidir
5. Ná tóg aon rud ón áit
6. Faigh réidh le brúscar mar is ceart
7. Ní cheadaítear tinte

Na Seirbhísí is Gaire

Stáisiún seirbhíse, bílann agus siopa i Sráidbhaile Chill Fhlainn (6km).

Cuideachta Bainistíochta Bealaí

Ballyhoura Heritage and Environment CLG, An Phríomhshráid, Cill Fhlainn, Co. Luimnigh

Ríomhphost
reception@ballyhoura.org

Suíomh Gréasáin

www.visitballyhoura.com

Teileafón
063 91300

i gCás Éigeandála
112 (nó 999)



SIOPA IOS



SIOPA ANDROID



VISITBALLYHOURA.COM

Ioslódáil an Aip SAOR IN AISCE Ballyhoura Trails Guide App - treoir phearsanta duit chun bealaí Thír Bhealach Eabhra a shiúl. Treorófar san aip thú ar na bealaí siúil, rothaíochta bóthair, agus rothaíochta sléibhe, agus cabhróidh an aip leat freisin lóistín, bialanna agus áiteanna is díol spéise atá i ngar a aimsiú.

Forbraíodh na lúba seo le cúnamh cineálta na n-úinéirí talún áitiúla agus Coillte. Tuigtear, má théann aon duine isteach ar thalamh príobháideach go ndéanann siad amhlaidh le cead agus le toiliú an úinéara talún áitiúil agus is cuma cé chomh minic a théann siad isteach, nó cé mhéad daoine a bhíonn ann, ní bhíonn aon chearta acu déanamh amhlaidh.