

The National Cycle Network is being developed throughout Ireland. A number of Cycle Hub towns are located across the country. Each hub town has a number of looped cycle routes consisting of half day and day cycles.

The Kelly Comeragh Challenge: 160 kilometres (loop)

Route: Dungarvan-Lemybrien-Carrick on Suir-Clonmel-Ballymacarbry-Rathgormack-Mahon Falls-Kilrossanty-Dungarvan

This is a challenging route designed with the experienced touring cyclist in mind. At a massive 160 kilometres, it has four really tough climbs through some of the most scenic upland countryside imaginable. Taking cyclists due east out of Dungarvan, the route veers left in Lemybrien as far as Carrick-on-Suir. At Carrickbeg there is a loop which takes in the back-breaking Seskin Hill. This is Kelly Country! The route continues as far as Clonmel where it turns towards Ballymacarbry, followed by a meander through the gorgeous Nire Valley before crossing the Nier River and heading into the heart of the Comeraghs. The route climbs to over 400 metres at the wonderfully named Powers the Pot, whence it descends through enchanting uplands to the lovely village of Rathgormack. The return journey turns at Mahon Bridge to lead to the majestic Mahon Falls before reaching the village of Kilrossanty, the climb of the Máma Road and Kilbrien. At Bery's Cross, one can breathe a sigh of relief, although it is still over 13 kilometres back to Dungarvan, it is almost completely downhill!

The Kelly Legacy: 105 kilometres (loop)

Route: Dungarvan-Lemybrien-Carrick on Suir-Clonmel-Ballymacarbry-Dungarvan

At 105 kilometres this is a route that Sean Kelly has made rightly famous. It is indeed one of his legacies to cycling. Without actually entering the mountain terrain, it is basically a circuit of the Comeragh Mountains. Beginning in Dungarvan it follows the route of the Kelly Comeragh Challenge as far as Carrick-on-Suir, with the lovely Comeraghs on the left at all times. After Carrick the route runs parallel to, and south of, the River Suir to Clonmel taking in the tranquil setting of Glencomeragh House. Skirting the town of Clonmel on the southern side, it swings left at Kilmacoma and travels on to the picturesque village of Ballymacarbry. From here, the route continues in a southerly direction through Colligan Wood and past the Master McGrath Monument before eventually arriving back at Dungarvan.

The Heritage Route: 99 kilometres (loop)

Route: Dungarvan-Villierstown-Cappoquin-Lismore-Knockanore-Youghal Bridge-Ardmore-An Rinn-Dungarvan

As its name suggests this route brings cyclists through some of the most scenic and historic parts of the county. Heading due west out of Dungarvan the route travels a winding country road which leads to the delightful village of Villierstown, birthplace of John Treacy, Olympic Silver Medalist and World Cross Country Champion. Cyclists will enjoy the scenery afforded by the wonderful Dromana Drive and superb views of the River Blackwater. A delightful surprise awaits, just before the town of Cappoquin, with the appearance of the Hindu-Gothic Gate Lodge, built to mark the marriage of a local landlord and MP, Henry Villiers Stuart in the 19th Century. The heritage town of Lismore is the ideal place for a well earned rest. Take time to explore this historic town which dates back to 636 A.D. The route then turns southwards and cyclists can explore some of West Waterford's hidden splendour including Camphire Bridge, Knockanore and Glendine. At Youghal Bridge the route turns east towards Ardmore, renowned for its stunning 12th century Round Tower and Cathedral. The return leg of the route will take cyclists through the county's Gaeltacht (Irish speaking) area, An Rinn and Old Parish. The nearby Helvick Head, which is just off the route, is well worth a visit before returning to Dungarvan.

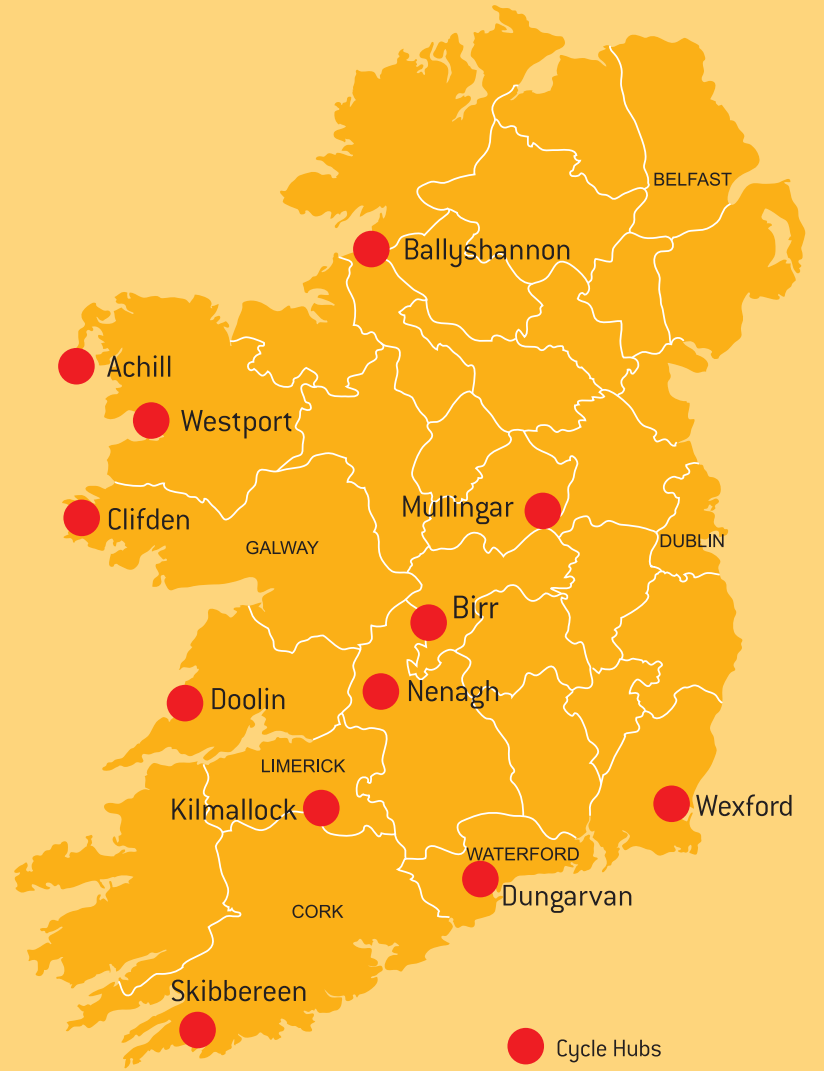
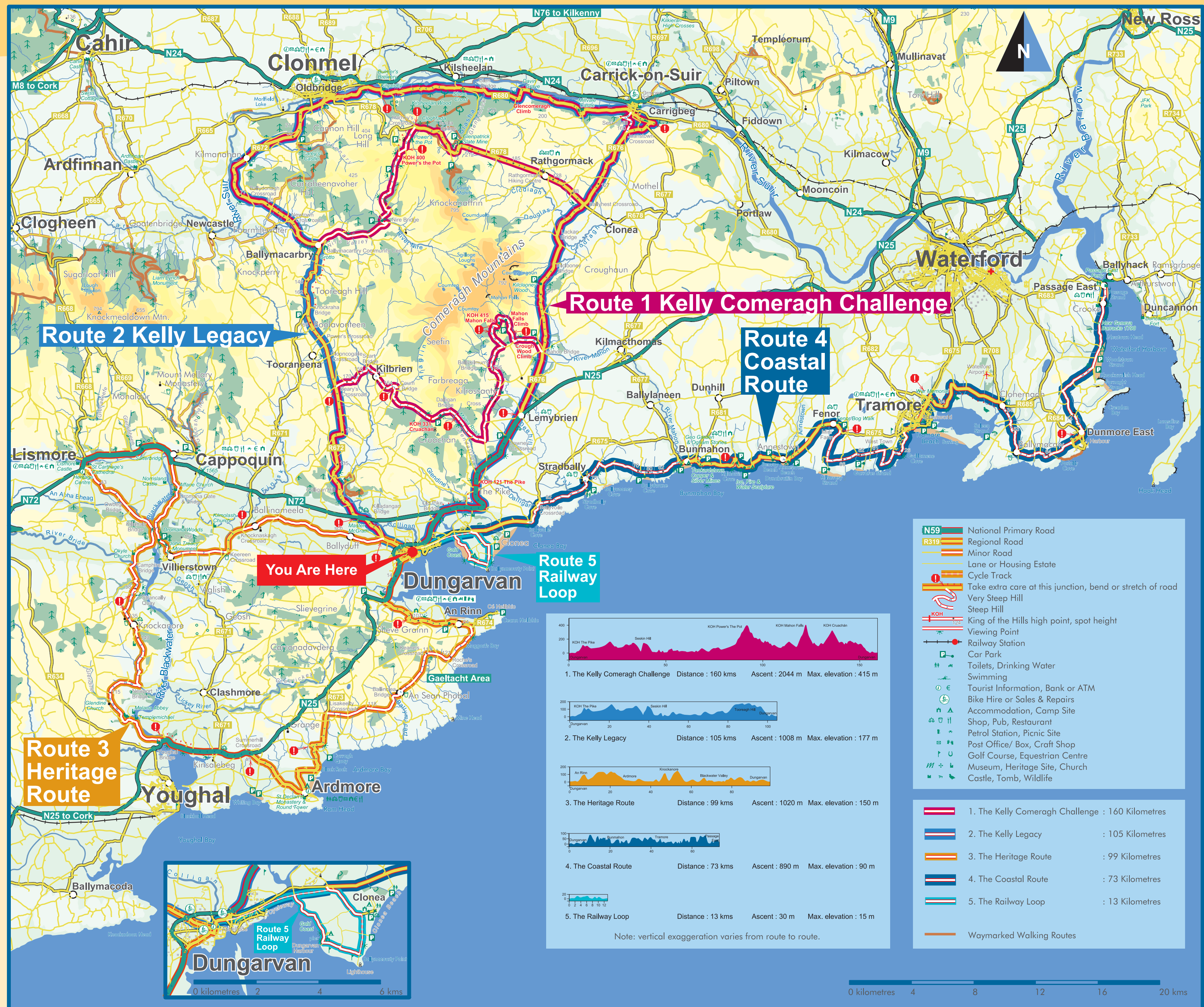
Waterford Cycling Trails

Waterford Cycling Trails invite you to see Waterford as you may never have experienced it before.

Stretching from Passage East to Lismore and from the coast to the peaks of the Comeraghs, Waterford Cycling Trails chart an epic course through this beautiful county. These routes are a fitting tribute to one of Waterford's greatest sporting heroes: the world renowned cyclist, Sean Kelly. Centred on the bustling market town of Dungarvan, the diverse Waterford Cycling Trails ensure that there is a trail to suit all ages and abilities.

Ardent cyclists can climb through Kelly's own training ground above the splendour of the Nire Valley and the magic of Mahon Falls. Treasures await those who wheel to the west of the county where evidence of Waterford's rich heritage abounds. Harbour villages, lovely beaches and seaside resorts comprise the shoreline scenery that greets those who venture east along the coast.

Welcome to County Waterford, welcome to Kelly Country: see it as it should be seen.



The Coastal Route: 73 kilometres (linear)

Route: Dungarvan-Stradbally-Bunmahon-Annestown-Fenor-Tramore-Dunmore East-Passage East

Cyclists choosing this route will be treated to amazing coastal vistas around every corner. Starting in Dungarvan, the route follows the old railway line out of the town for the first 5 kilometres. The first village encountered is Stradbally, which is the gateway to the Copper Coast UNESCO Geo Park and is a multi award winner in Tidy Towns and Entente Florale competitions. Next is Bunmahon which was the centre for copper mining in the 19th century. Further along this coastline Kilmurrin Cove, Dunabratton Head and the village of Annestown all offer ideal resting points to admire some great sea views. Alternatively, one can travel a little further along the route and visit Fenor Bog. Why not cool down with a swim at Newtown Cove near The Metal Man, before reaching the family seaside resort of Tramore. The cycle to the beautiful fishing village of Dunmore East affords the rider some wonderful views of Tramore Bay, dunes and backstrand. This coastal odyssey finishes off in the charming ferry village of Passage East where one can contemplate the return journey along the spectacular Waterford coastline!

The Railway Loop: 13 kilometres (loop)

Route: Dungarvan-Ballinacourty-Dungarvan

This is an ideal route for all the family to enjoy. It is flat and over half of the route makes use of the old Dungarvan to Waterford Railway line. For the 'Railway' sections of the loop both young and old can enjoy the cycle and the scenery without having to deal with traffic. The route begins at Walton Park, Dungarvan and follows a trail due east along the old railway line. This disused line between Dungarvan and Waterford was constructed during the 1870's and closed to passengers in March 1967. After the initial section of trail ends, cyclists join the Clonea Road and the nearby Clonea Strand is well worth a visit. The return journey by both trail and road affords the cyclist some wonderful views of Dungarvan Bay.



Tourist Information

Dungarvan Tourist Information Office,
Courthouse Buildings, Dungarvan, Co. Waterford.

Telephone 058 41741

Email info@dungarvantourism.com

Web www.discoverireland.ie/southeast
www.itsafeeling.com

**IN THE EVENT OF AN ACCIDENT
OR EMERGENCY PLEASE CALL:**

112 or 999

These routes are part of a countryside network developed by Fáilte Ireland in association with the Local Authorities.

Fuller details of these and other route options are available from

www.discoverireland.ie/cycling

Fáilte Ireland
National Tourism Development Authority

VNDP
National Development Plan 2007 - 2013

Leave no trace

- Plan ahead & prepare
- Be considerate of others
- Respect animals & wildlife
- Travel & camp on durable ground
- Leave what you find
- Dispose of waste properly
- Minimise the effects of fire