



WALK
WATERFORD



FROM SEA TO MOUNTAINS



FÁMAIREACHT PHORT LÁIRGE - IDIR MUIR AGUS SLIABH

Is éard is Fámaireacht Phort Láirge ann sraith siúlóidí fóillíochta ar fud Phort Láirge. Roghnaigh conair atá oiriúnach duitse: siúlóidí áille cois cósta, radharc tíre dochreidte na sléibhte, coillte suaimhneacha, bailte agus sráidbhailte gleoite, agus an baile mór is sine in Éirinn.

Gheobhaidh tú an chonair is fearr duit féin i bPort Láirge tús an aistir in Éirinn.

WALK WATERFORD - FROM SEA TO MOUNTAINS

Walk Waterford is a series of recreational walks throughout Waterford. Choose a trail that suits you: from stunning coastal walks to breathtaking mountain scenery to tranquil woodland settings to picturesque towns and villages and Ireland's oldest city.

Find your trail in Waterford...where Ireland begins.



AN TSLÍ CHUN AN BRÓISIÚR SEO A ÚSÁID

Sa bhróisiúr seo, Fámaireacht Phort Láirge, tá treoir duit i gcomhair nach mór 40 siúlóid ar fud Phort Láirge. Tá léarscáil, cur síos ar an gconair agus eolas tábhachtach faoin gconair ann i gcás gach aon siúlóide. Tá samplaí de na siombailí atá in úsáid sna léarscáileanna agus san eolas faoi na conairí seo thíos. Tá mioneoas le fáil sna léarscáileanna i dtaca leis an áit a bhfuil tús na siúlóide, an baile mór nó sráidbhaile is gaire chomh maith le slí na siúlóide. Cé go bhfuil gach iarracht déanta lena dheimhniú go bhfuil an t-eolas atá sa bhróisiúr seo go cruinn, ní féidir linn glacadh le haon dliteanas as aon earráidí nó easnaimh ann. Beidh tú in ann an bróisiúr seo a úsáid leis an gconair is fearr duit féin a roghnú. Ar aghaidh linn!

HOW TO USE THIS BROCHURE

This Walk Waterford Brochure is a guide to almost 40 walks all across Waterford. Each walk has a map, trail description and important trail information. Examples of the map and trail information symbols used are shown below. The trail maps give details of the trailhead location, nearest town/village and trail route. While every effort has been made to ensure the accuracy of information contained within this brochure no liability can be accepted for any errors or omissions. The brochure will make it possible to choose the trail that is right for you. Happy walking!

NODA LÉARSCÁILE / MAP INFORMATION

	Mótárbealach Motorway		Pointe Eolais Information Point	
	Dábhéalach Dual Carriageway		Bia ar fáil Food available	
	Príomhbhóthar Náisiúnta National Primary Road		Páircsall Parking	
	Bóthar Réigiúnach Regional Road		Meaisín Bainc Pass Machine	
	Mionbhóthar Other Road		Leithris Toilets	
	Bóthar Portairne/Foraois Bog Forest Road		Páircsall Rothar Bicycle Parking	
	Cosán Neamshainithe Undefined path		Ionad Amhairc Molta Recommended view point	
	Line Iarnróid Railway Line		Bail Surtais Point of Interest	
	Tús na Siúlóide Trailhead			
	Colleamach Woodland		Spotaíde (Méadar) Spot height (Metres)	
	Foraois Forestry		Cladach Carragaeach Rocky shore	
	Ailte/Talamh Crochta Cliffs/Sleep Ground			

EOLAS FAOIN gCONAIR / TRAIL INFORMATION

	GRÁD/GRADE Multi-access, Easy, Moderate, Strenuous, Very Difficult		COMHARTHAÍ BEALAIGH / WAY MARKING
	FAD/DISTANCE		TÚS NA SIÚLÓIDE / TRAILHEAD
	CINEÁL/TYPE Loop, Linear		TAG. EANG./GPS THÚS NA SIÚLÓIDE / TRAILHEAD OSI GRD REF./GPS
	AM MEASTA / ESTIMATED TIME		BAILE/SRÁIDBHAILE IS CÓNGARAÍ / NEAREST TOWN OR VILLAGE
	ARD/ASCENT		FEARAS BUNRIACHTANACH / MINIMUM GEAR
	TÍR-AON/TERRAIN		MADRAÍ CEADAITHE / DOGS PERMITTED
	LAITHREÁN GRÉASÁIN / WEBSITE		

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CONAIR CHÓSTA
Coastal Trails

SIÚLÓID NA HAILLE - AIRD MHÓR / ARDMORE CLIFF WALK



-  Easy
-  4km
-  Loop
-  1.5hrs
-  Cliff top path, laneways, minor roads
-  Sea front, car park
-  82, X 193 776; 51.951147, -7.721657
-  Ardmore
-  Trekking shoes, rain gear, water, mobile phone
-  On a lead
-  www.visitwaterfordtrails.com



SPECIAL NOTES:

This is a cliff top walk. Under 12's should be accompanied by a responsible adult. Check the weather forecast before embarking on your walk. Avoid the cliff walk on windy/foggy days.

DESCRIPTION:

Wrapped around a long sandy beach the picturesque village of Ardmore is steeped in history, being one of the oldest Christian settlements in Ireland. On your walk watch out for wonderful archaeology, coastal birdlife and the 'Samson' shipwreck.

HOW TO GET THERE:

From Dungarvan follow the N25 in the direction of Cork. After approx. 18km make a sharp left onto the R673 (signs for Aird Mhór/Ardmore). Once in Ardmore park at the beach car park and take the middle road past the Cliff House Hotel to where it becomes a path leading to the old ruins.

DID YOU KNOW:

St. Declan's Ecclesiastical Site, is one of the earliest ecclesiastical sites in Ireland, dating from the 5th century. Within the site is an impressive 29m high 12th century round-tower, an early stone oratory, and a ruined 12th century cathedral.

p5

AN COINIGÉAR / THE CUNNIGAR

DESCRIPTION:

Suite i nGaeltacht na nDéise, siúlóid álainne cois cósta atá sa Choinigéar, nó 'An Cois', mar a tugtaí air go háitiúil. Is féidir siúl amach ar an gCois trasna chuan Dhún Garbhán i dtreo Dhún na Mainistreach le Cruachán agus Na Comaraigh mar chúlbhrat os do chomhair. Is tearmann é chomh maith d'éan-bhreachnóirí agus lucht dúlra.

If you are looking for a refreshing and scenic coastal walk then the Cunnigar is for you. This iconic feature is clearly visible in Dungarvan Bay when approaching the town on the N25 from Cork. The sand spit is a feature of coastal deposition that extends from the Gaeltacht peninsula across Dungarvan Bay. It is one of Waterford's best sites for rare waders such as Ringed Plover and American Golden Plover. While walking admire the views, particularly those across the Bay towards Ballinacourty Lighthouse, Abbeyside Church and King John's Castle.

HOW TO GET THERE:

Leave Dungarvan heading west on the N25 towards Cork. Turn left on the R674 signposted for An Rinn (Ring). Follow the signs to 'An Coinigéar'.

DID YOU KNOW:

The Cunnigar comes from the Irish word An Coinigéar, meaning rabbit warren.

At the Cunnigar's northern extent you are a mere 250 metres from Abbeyside and approximately 400 metres from 'The Lookout', Dungarvan.



-  Moderate
-  6.5km
-  Linear
-  2hrs
-  Beach & Dunes
-  On a lead
-  Southern end of Cunnigar
-  82, X 274 896 52.05852, -7.60025
-  An Rinn
-  Walking shoes, wind/rain jacket, water, mobile phone
-  www.visitwaterfordtrails.com





DESCRIPTION:

Dunmore East Coastal Walk: Dunmore East is one of Waterford's most picturesque fishing villages and a haven for visitors. Whether you are looking for a beach break, to take part in some adrenalin pumping water based activities or simply to sample some culinary seafood delights, then Dunmore East is the place to be. The Dunmore East Coastal Walk was extended in 2020 and now stretches from the trailhead at the harbour car park as far as Ballymacaw Cove, almost 7kms further along the Waterford coast. The first section which takes walkers as far as Portally Cove is ideal for those with a moderate level of fitness; it includes steps and some undulations. This linear walk is about a 4km round trip. For those looking for a more challenging walk which requires a good level of fitness then the section beyond Portally Cove to Rathmoylan Cove and onto Ballymacaw Cove is an almost 15km round trip.

Dunmore East Woods Walk: There are numerous accessible pathways to enjoy in this beautifully maintained woodland. In 1924, John Charles De La Poer, 7th Marquis of Waterford, granted Dunmore East Woods and the park in a trust, for the recreational use of the people of Dunmore East, and so it remains today. Dunmore East Woods is particularly popular with families and those looking for a relaxing stroll in wonderful sylvan surroundings.

HOW TO GET THERE:

Follow the signs for Dunmore East and Passage East through Waterford City onto the Dunmore Rd/R683. Keep right at the fork in the road at the petrol station onto the R684. On entering Dunmore East follow the main road (R684/Dock Road) past the left for The Strand and after a further 1.25kms take a left towards the harbour followed by an immediate right towards the trailhead where there is ample car parking.

DID YOU KNOW:

Dunmore East Coastal walk is situated above many beautiful coves and inlets carved out of conglomerate red sandstones known locally as pudding stone and used to build the harbour in the 1820's.

Keep an eye out for the kittiwake colony in the harbour along with fulmar, red legged chough, cormorant and shag. Watch out for the occasional seal popping its head up close inshore.

DUNMORE EAST TO BALLYMACAW COVE	DUNMORE EAST TO PORTALLY COVE	SPECIAL NOTE
Strenuous Moderate		There is NO PARKING available at Portally Cove or Rathmoylan Cove.
15km return 4km return		There is only very limited parking space available at Ballymacaw Cove. Please respect local residents and park responsibly.
Linear Linear		Under 12's must be accompanied by an adult. Do not walk along this coastal walk on windy or foggy days.
4 to 5hrs 1.5hr to 2hrs		
Cliff top and grassy paths, footbridges, steps, stiles, stream crossings		
Dunmore East Harbour Car Pk		
76, X 689 996 52.14519, -6.99309		
Dunmore East		
Hiking boots/ walking shoes, wind/rain gear, water, snacks, mobile phone		
On a lead		
www.visitwaterfordtrails.com		





DESCRIPTION:

Tramore is a beautiful coastal town only 13km south of Waterford City, where land and sea meet to create an impressive 5km sandy beach ideal for walking, swimming, surfing, kite surfing or simply enjoying a coffee with a sea view. Tramore has a complete range of facilities for the holiday maker, from top class accommodation and a great selection of cafés and restaurants, to leisure activities such as surfing, fishing, horse riding, golf and an Amusement Park for all ages. Famous for its 5km of golden, sandy beach surrounded by the Atlantic Ocean, the panorama of Tramore Bay is truly magnificent. It blends natural beauty with a lovely traditional seaside town feel.

There are numerous walks in the area, three of which are recommended here:

Dunes Walk: Tramore Dunes are located to the east of the town of Tramore. To access the Dunes you walk either along the sandy beach, along the sea wall or over the saltmarsh behind the sea wall. An invigorating trip around the dunes is one of the best coastal walks in Waterford.

Doneraile Walk: This Walk provides panoramic views of Tramore Bay, Backstrand and the surrounding coastline. It takes you right past Tramore Coastguard Cultural Centre before leaving town and heading onto the Cliff Road in the direction of Newtown Cove and the Guillamene.

Tramore Nature Park: Tramore Nature Park is the site of a former landfill which closed in 2005. It is now a 12 hectare public park with grassland, scrub and saltmarsh, providing habitats for a range of bird and plant species.

HOW TO GET THERE:

Tramore is well served with ample car parking for the walks highlighted here. Please see map for locations.

DID YOU KNOW:

Coastal views towards Brownstown Head and Great Newtown Head are noteworthy for the pillars which were constructed in the early part of the 19th century, following the *Seahorse* disaster, as a navigational aid for mariners. The Metalman stands on top of one of the pillars at Great Newtown Head with his right arm outstretched warning ships to keep away from the dangerous rocks. Legend has it that he chants aloud a rhyme on stormy nights: *"Keep off, good ship, Keep off from me, for I'm the rock of misery"*.

TRAMORE NATURE PARK WALK	DUNES WALK	DONERAILE WALK
--------------------------	------------	----------------

-  **Easy | Moderate | Easy**
-  **1km | 5.5km | 5km**
-  **Loop | Loop | Loop**
-  **20mins | 1.5hrs | 1.5hrs**
-  **Gravel Path**
Gravel path, shingle path and sand
Tarmac, footpaths, road
-  **Green arrows**
Slí na Sláinte arrows
-  **Tramore**
-  **Tramore Nature Park Car Parking Area**
Public car park opposite Majestic Hotel Church Road (option to begin from The Prom)
-  **76, 92 015, 52.16394, -7.13378**
5 584 015
76, 52.16317, -7.14736
76, S 578 009
52.15827, -7.15497
-  **Walking shoes, wind/rain jacket**
-  **On a lead**
-  **www.visitwaterfordtrails.com**





DESCRIPTION:

Waterford Estuary Walks is a network of walks based around the communities of Passage East, Faithlegg and Cheekpoint in east county Waterford, just a 20 minute drive from Waterford City Centre. Take your time to immerse yourself in this scenic part of County Waterford, right here in Ireland's Ancient East. Delight in the rich history and heritage of the area, where nature abounds.

DID YOU KNOW:

Faithlegg was one of the first parishes to be established after the Norman conquest of Ireland 1169-1171.














Cheekpoint marks the meeting place of the Three Sisters river network; the Suir, Nore and Barrow which flow to the sea creating Waterford Harbour. It is also the meeting place of the provinces of Munster and Leinster and the counties of Waterford, Kilkenny and Wexford.

The Barrow Bridge, visible from Cheekpoint was once Ireland's longest bridge at 650 metres in length and consists of 13 fixed spans mounted on twin 2.5 metre diameter cast iron cylinders filled with concrete.

HOW TO GET THERE:

From Waterford City follow the Dunmore Road/R683 to Passage Cross. Turn left here for a further 1km. At a fork in the road continue straight ahead on the R683 for a further 5kms before reaching the village of Passage East. Alternatively take the right fork and follow the road past Jack Meades Pub for a further 3kms until you reach Faithlegg Church and parking on your left hand side.

CHECKPOINT MARITIME WALK	ST. ITA'S WALK, FAITHLEGG	PASSAGE EAST-HURT HILL WALK
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-  Moderate | Easy | Moderate  4.5km | 2.5km | 9km
-  Loop | Loop | Loop  121m | 25m | 150m
-  1hr 15 mins. | 40mins. | 2hrs 30mins.
-  Local roads, footpaths, steps, country lanes, and green laneways (please be aware of traffic)
-  Blue arrows | Red arrows | Green arrows
-  Opposite Faithlegg Church | Opposite Faithlegg Church Passage East Community Centre
-  76, S 672 121; 52.25745, -7.01498
76, S 672 121; 52.25745, -7.01498
76, S 702 101; 52.23921, -6.97175
-  Cheekpoint | Faithlegg | Passage East
-  Walking shoes/boots, phone, water, wet weather gear
-  On a lead
-  www.visitwaterfordtrails.com



A man and a woman are standing on a paved path next to a wooden fence, overlooking a coastal landscape. The woman is in the foreground, wearing a red sweater and blue jeans, leaning on the fence. The man is behind her, wearing a dark jacket. The background features rolling green hills, a small house on the left, and a rocky coastline with waves crashing against the shore. The sky is clear and bright.

CONAIR FHADA AGUS RIAN GLAS
Long Distance Trails and Greenway

















DESCRIPTION:

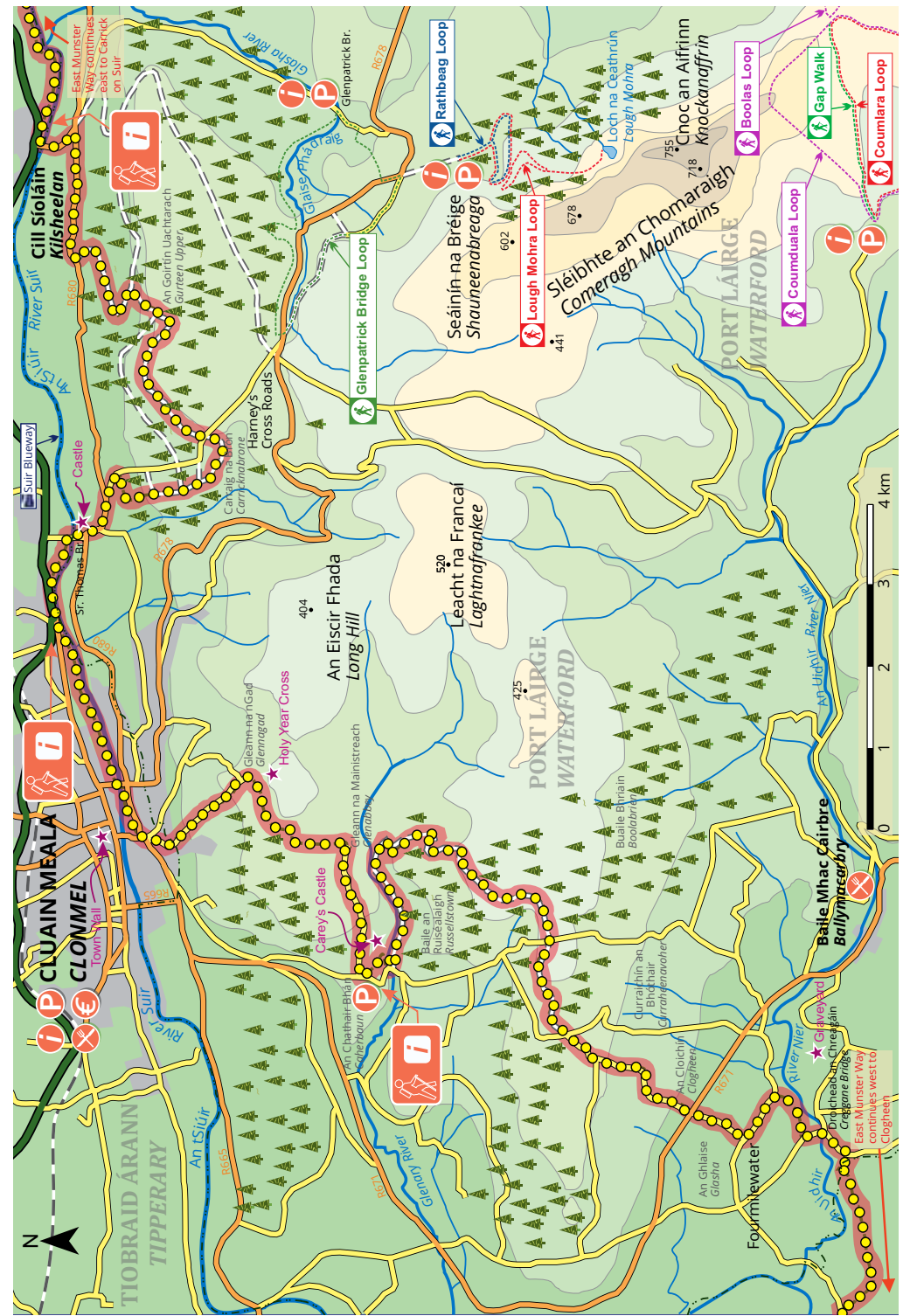
The East Munster Way is a 70km National Way Marked Way, which is located predominantly in Co. Tipperary but dips in and out of north Co. Waterford on a number of occasions with about 1/3 of its route set in the Déise County. Starting in the Tipperary town of Carrick-on-Suir, close to the Ormonde Castle the East Munster Way then takes a route westwards along the wonderful River Suir Blueway towards the multiple 'tidy towns' awarding winning village of Kilsheelan. After crossing the Suir in Kilsheelan walkers are into Co. Waterford and heading towards Gurteen Woods. This section is predominantly in Coillte Woodlands and walkers are afforded wonderful views of the Suir Valley and northwards to Slievenamon standing at 721 metres.

The route then crosses the River Suir once again into the town of Clonmel. After Clonmel walkers are back into Co. Waterford and make their way past the Holy Year Cross, which dominates the landscape here in the foothills of the Comeragh Mountains. It's then on towards the Glenary Valley and the wonderful woodlands around Carey's Castle south of Clonmel. After leaving this wooded area the route then heads to Fourmilewater, whence it leaves Waterford for the final time in the direction of its destination in Clogheen in the shadow of the Knockmealdowns.

DID YOU KNOW:

Carey's Castle is believed to have been built at some stage during the 1800s by the Carey family, who were local schoolmasters in the Clonmel area. A number of architectural styles are evident in the ruined remains, including; Gothic windows, a Celtic round tower, a Norman Keep, and both Romanesque and Gothic arches. The castle and buildings are located a mere 500 metres from the parking area and are well worth a visit.

-  Moderate
-  70km (approx 1/3 of entire route in Co. Waterford.)
-  National Way Marked Walking Route - Linear
-  3 days
-  1375m
-  Forestry tracks, riverside tow paths and quiet local roads
-  Yellow arrow on black background
-  Carrick-on-Suir and Clogheen, Co. Tipperary.
-  Carrick-on-Suir:
75, S 404 217; 52.34551, -7.40711
-  Clogheen:
74, S 004 138; 52.276, -7.99413
-  Carey's Castle:
74, S 186 191; 52.32379, -7.72779
-  Walking/hiking boots, rain/wind gear, water, snacks, mobile phone,
-  Not recommended (check local section when planning your trip)
-  www.sportireland.ie/outdoors



DESCRIPTION:

The old railway line from Waterford City to Dungarvan is a spectacular 46km off-road cycling and walking trail which travels through time and nature across eleven bridges, three impressive viaducts and a long atmospheric tunnel all the way from the River Suir to Dungarvan Bay. Along this route in Ireland's Ancient East is the site of a 9th century Viking settlement; the world renowned ornamental gardens at Mount Congreve; Waterford & Suir Valley narrow gauge heritage railway; former woollen mills and railway stations; and beautiful landscapes along the River Suir, Comeragh Mountains, The Copper Coast and Dungarvan Bay. Enjoy the beautiful journey.

HOW TO GET THERE:

Waterford Greenway runs between Waterford City and Dungarvan. It starts at Grattan Quay in Waterford City Centre, less than 100 metres from Rice Bridge. The trail-head in Dungarvan can be found at Walton Park, Abbeyside less than 5 minutes walk from Grattan Square. There are 10 other Waterford Greenway car parks including: Bilberry; WIT West Campus; Killoteran; Kilmeaden WSVR; Workhouse, Kilmacthomas; Station, Kilmacthomas; Mill, Kilmacthomas; McGrath's Cross; Durrow; Clonea Road.

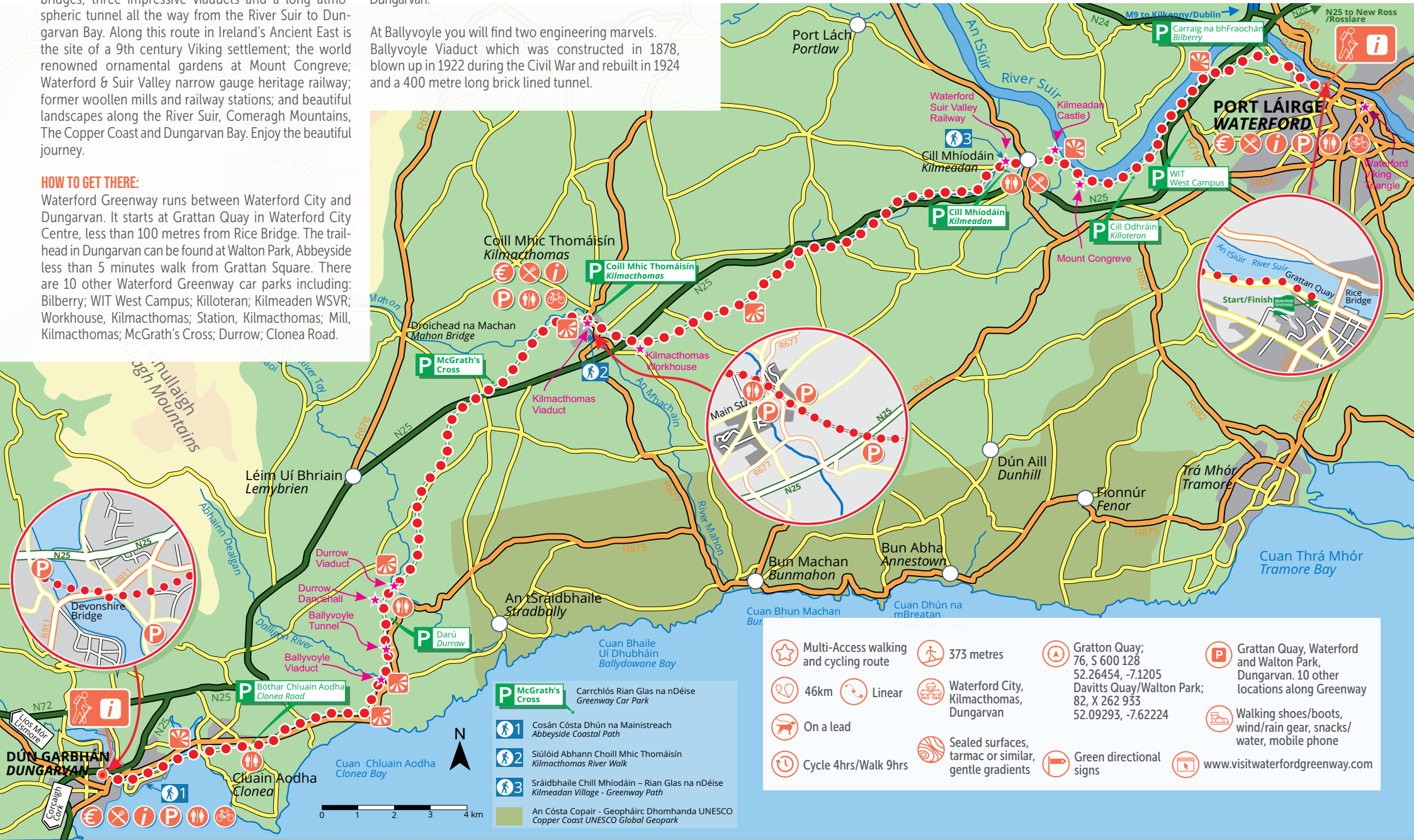
DID YOU KNOW:

The Waterford, Dungarvan and Lismore Railway Line opened in 1878, closed to passengers in 1967 only to re-open for freight again from 1970 to 1983, between Waterford and Dungarvan.

At Ballyvoyle you will find two engineering marvels. Ballyvoyle Viaduct which was constructed in 1878, blown up in 1922 during the Civil War and rebuilt in 1924 and a 400 metre long brick lined tunnel.

Kilmacthomas Workhouse was built in 1850 for the Poor Law Union. The buildings included a chapel, fever hospital and mortuary.

Woodstown Viking site is a designated national monument approx 8kms west of Waterford City Centre along the Greenway. Evidence suggests this site predates Waterford City as a Viking settlement.



- Multi-Access walking and cycling route
- 373 metres
- 46km
- Linear
- On a lead
- Cycle 4hrs/Walk 9hrs
- Grattan Quay; 76, S 600 128 52.26454, -7.1205 Davitts Quay/Walton Park; 82, X 262 933 52.09293, -7.62224
- Grattan Quay, Waterford and Walton Park, Dungarvan. 10 other locations along Greenway
- Walking shoes/boots, wind/rain gear, snacks/water, mobile phone
- Sealed surfaces, tarmac or similar, gentle gradients
- Green directional signs
- www.visitwaterfordgreenway.com

- McGrath's Cross Carrchríos Rian Glas na nDéise Greenway Car Park
- Cosán Cósta Dhún na Mainistreach Abbeyside Coastal Path
- Siúlóid Abhann Choill Mhic Thomáisín Kilmacthomas River Walk
- Sráidbhaile Chill Mhíodáin - Rian Glas na nDéise Kilmeadan Village - Greenway Path
- An Cósta Copair - Geopháirc Dhomhanda UNESCO Copper Coast UNESCO Global Geopark

A family of five is hiking on a grassy mountain trail. In the foreground, a woman with a large blue backpack is walking away from the camera, holding the hand of a young boy in a yellow jacket. To her left, a man in a red jacket and a young girl in a light blue jacket are also walking away. To the right, another young girl in a pink jacket is walking. The trail is a narrow path through a lush green field. In the background, a large, rugged mountain rises under a clear blue sky. A few other hikers are visible further down the trail on the left. The overall scene is bright and sunny, suggesting a clear day.

CONAIR SLÉIBHE
Mountain Trails



DESCRIPTION:

The Comeragh Mountains, which means place of the hollows or 'Coums', form part of the North Munster fault line along with the Galtees, Knockmealdowns and Slievenamon. All of these armorican fold mountains run East/West. The area known as the Nire, lies on the western side of the Comeraghs and hosts a treasure trove of coums and lakes. There are four marked walks of different lengths in this trail network. Coumlara which is the Coum nearest The Gap, is the Nire's only dry coum.

The Gap is a natural pass in the Comeragh Mountains and has been used through the centuries. The road through The Gap linking the Nire Valley to Rathgormack is called Bóithrin na Sochraide (The Funeral Road).

On the Coumduala Loop, as you walk along the ridge to your right (south east) you should be able to pick out Tramore Bay, Hook Head, TF Meagher cable-stayed bridge, Kilcash, Slievenamon, Mt. Leinster and the Blackstairs Mountains. While on your left (south west) you should see down to the coast near Ardmore.

HOW TO GET THERE:

From Dungarvan follow the signs for the N72 west in the direction of Cappoquin/Lismore. At the Master McGrath Monument turn right onto the R672 in the direction of Clonmel. In the village of Ballymacarbry turn right toward Knockaun. Proceed along this road in an easterly direction for about 4km until you come to a bridge. At this point take the right fork before you cross the bridge and continue on for about a further 4km, past the Nire Church and Hanora's Cottage until you come to a car park (52.267° N 7.595° W) on your left hand side.

From Clonmel take the R665 in the direction of Ardfinnan. Turn left onto the R671 at Kilmaccomma in the direction of Ballymacarbry/Dungarvan. At Ballymacarbry turn left. Then follow directions as above.

DID YOU KNOW:

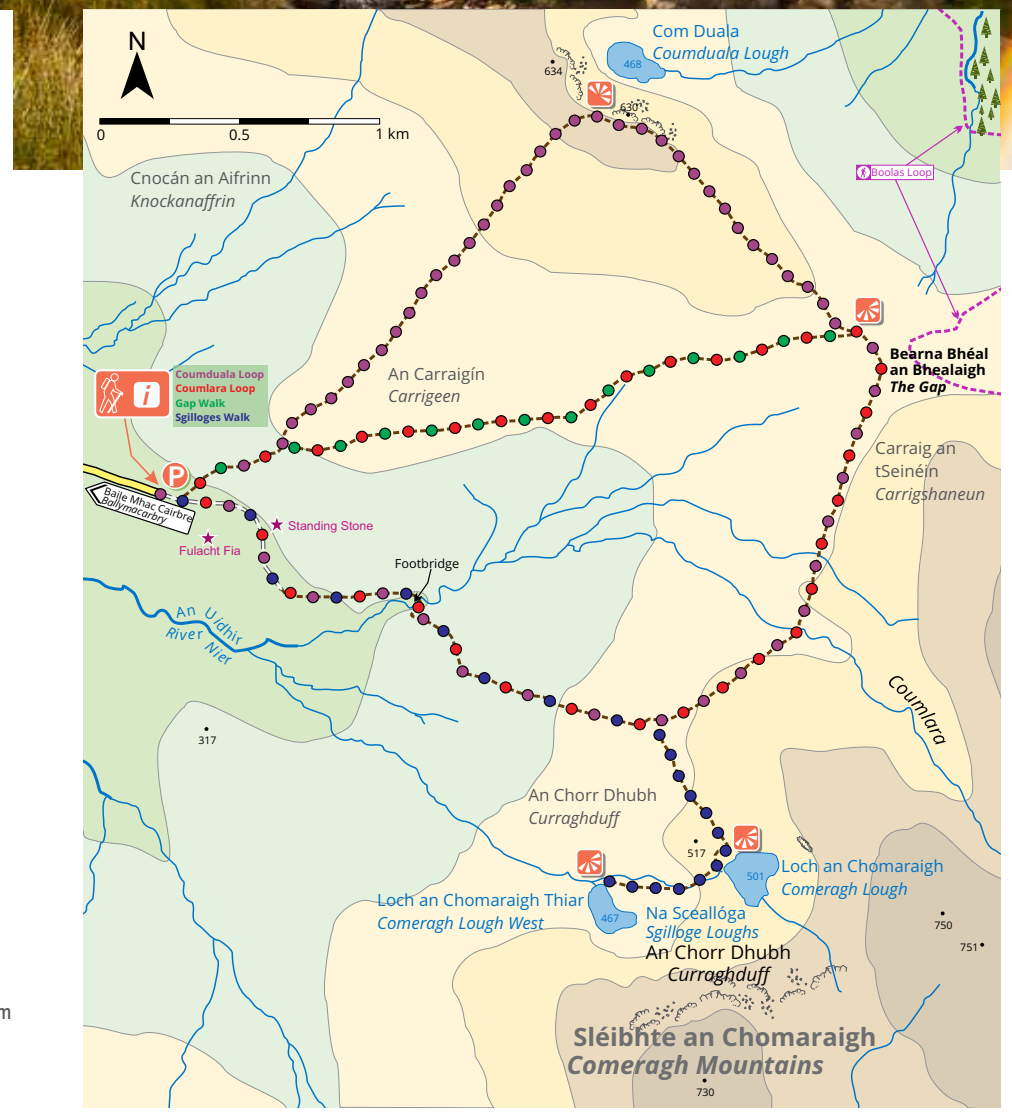
Before 1862 there was no parish church in the Nire and this necessitated bringing the dead across The Gap- 'Bóthar na Sochraide' for burial in Rathgormack. Though the Nire Church was completed in 1862, it would be 1926 before the graveyard was used to any extent.

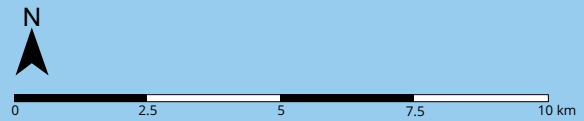
The Sgilloges are two of the six lakes in the Nire Valley. You will see a waterfall cascading from the top of the mountain on the back wall of the first lake. This waterfall is called "Bean Píobra" which means "Woman with the Pipe". It has been given this name because when the wind blows from the south west, the water is blown back over the waterfall, and from a distance it looks like smoke rising.

Not every coum has a lake. Coumlara is one of the Comeragh's best examples of a dry Coum – a hollow with no lake. Coumlara itself means, "hollow where the river forks", as 'Lara' or 'Ladhar' (pronounced 'lyre') in Irish, is the piece of ground at the confluence of two rivers.

THE GAP WALK	THE SGILLOGES WALK	COUMLARA LOOP WALK	COUMDUALA LOOP WALK
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-  **Moderate | Strenuous**
-  **5.5km Return | 6.5km**
-  **7km | 7.5km**
-  **Linear | Linear**
-  **Loop | Loop**
-  **2hrs / 2 to 2.5hrs**
-  **3 to 4 hrs / 3.5 to 4.5hrs**
-  **230m / 320m**
-  **290m / 415m**
-  **Hill and Mountainside tracks, Green paths**
- **Green arrows**
- **Blue arrows**
- **Red arrows**
- **Purple arrows**
-  **Nire Valley Car Pk, Knockanafrin**
-  **75, S 277 128**
-  **52.26704, -7.59515**
-  **Ballymacarbry**
-  **Trekking shoes/hiking boots, rain gear, water, snacks, mobile phone**
-  **No**
-  **www.visitwaterfordtrails.com**





WALK WATERFORD
FROM SEA TO MOUNTAINS

SIÚLÓIDÍ RATH Ó gCORMAIC / RATHGORMACK WALKS 18,19,20,21

p16



DESCRIPTION:

Rathgormack Walks are a series of way marked road, woodland and mountain walks in this wonderfully scenic part of north Co. Waterford. The village of Rathgormack can act as your base for all of your walks in this area. It is possible to visit 4 of the Comeraghs 13 impressive coums all within 7kms of the village of Rathgormack itself including Lough Mohra, Coumduala, The Bools and Crotty's Lake.

For those who relish somewhat of a mountain challenge then the trails which start in the parking area in the townland of Curraheen are for you. The Bools Loop, a Fáilte Ireland National Looped Walk, is the 'big one' here at over 9kms in length, over testing mountain terrain. For those looking for a mix of woodland and mountain terrain then you can start your walk from Glenpatrick Wood parking area or Glenpatrick Bridge Picnic Area. Breathtaking views of the Comeraghs and surrounding countryside are guaranteed.

HOW TO GET THERE:

Curraheen Trailhead: From Rathgormack follow the R678 in the direction of Clonmel for 3km. Turn left at Clononnell Cross. Parking further 3kms.

Glenpatrick Woods Trailhead: From Rathgormack follow the R678 in the direction of Clonmel. After 6km the road turns right at a 4-roadway junction – turn left onto a forestry roadway. Travel for 500m to reach the trailhead.

Glenpatrick Bridge Picnic Area: From Rathgormack follow the R678 in the direction of Clonmel. After a 5km straight stretch, the road swings left and reaches a downhill roadway on your right. Turn right and travel for Parking 500m on your right.

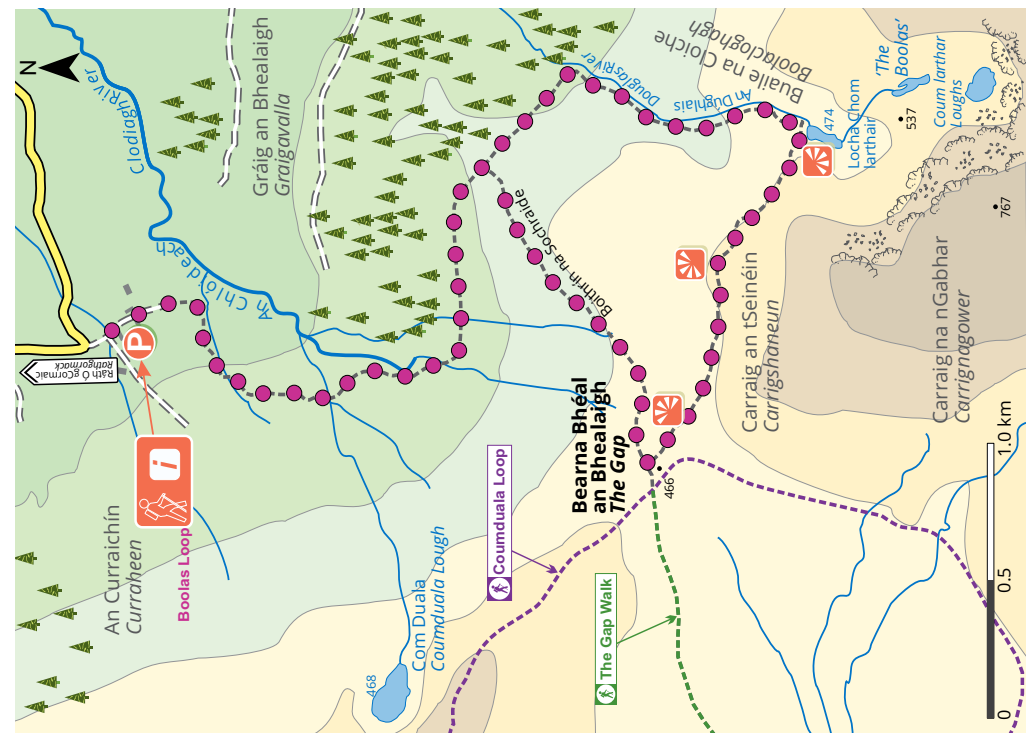
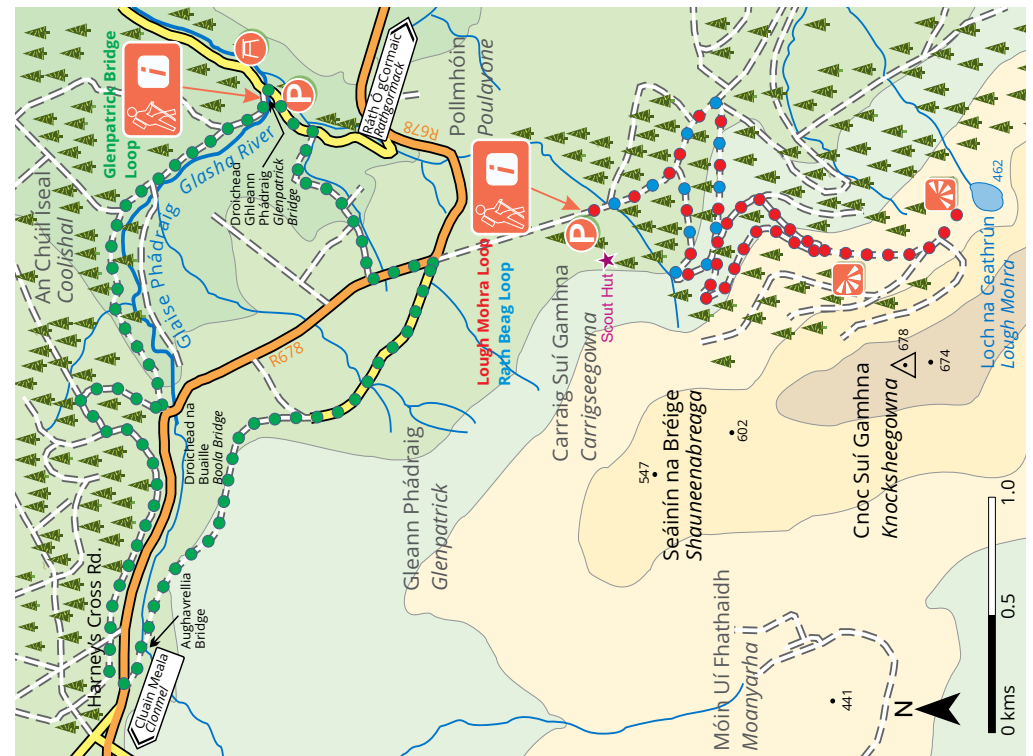
DID YOU KNOW:

The Bools Loop Walk links two of the most spectacular glacial features in the Comeraghs. At 1km in length, Coum Iarthar is the longest coum and houses the highest lake in the mountains and is known locally as the Bools. The Gap, which is the highest mountain pass in County Waterford has linked Rathgormack and the Nire Valley for centuries.

Hollywood legend, Stanley Kubrick filmed some of the outdoor scenes for the 1976 Academy Award-winning film, Barry Lyndon (starring Ryan O'Neal and Leonard Rossiter) in the area around Carrigsheenagowna which is adjacent to the Lough Mohra, Rathbeag and Glenpatrick Bridge Loops.

The local community have developed a series of on road looped walks around the village of Rathgormack and these are worth checking out on a visit to the area.

GLENPATRICK BRIDGE LOOP	LOUGH MOHRA LOOP	RATH BEAG LOOP	BOOLAS LOOP WALK
 Moderate Moderate Easy Strenuous	 Moderate Moderate Easy Strenuous	 Moderate Moderate Easy Strenuous	 Moderate Moderate Easy Strenuous
 8km 7km 3.5km 9km	 8km 7km 3.5km 9km	 8km 7km 3.5km 9km	 8km 7km 3.5km 9km
 Loop Loop Loop Loop	 Loop Loop Loop Loop	 Loop Loop Loop Loop	 Loop Loop Loop Loop
 2hrs 2hrs 1hr 3.5hrs	 2hrs 2hrs 1hr 3.5hrs	 2hrs 2hrs 1hr 3.5hrs	 2hrs 2hrs 1hr 3.5hrs
 160m 220m 100m 440m	 160m 220m 100m 440m	 160m 220m 100m 440m	 160m 220m 100m 440m
 Green arrows Red arrows Blue arrows Purple arrows	 Green arrows Red arrows Blue arrows Purple arrows	 Green arrows Red arrows Blue arrows Purple arrows	 Green arrows Red arrows Blue arrows Purple arrows
 Not permitted on mountain walks	 Not permitted on mountain walks	 Not permitted on mountain walks	 Not permitted on mountain walks
 Forestry roads, green tracks and laneways open mountain	 Forestry roads, green tracks and laneways open mountain	 Forestry roads, green tracks and laneways open mountain	 Forestry roads, green tracks and laneways open mountain
 Glenpatrick Bridge Picnic Area Glenpatrick Woods Glenpatrick Woods Curraheen Trailhead	 Glenpatrick Bridge Picnic Area Glenpatrick Woods Glenpatrick Woods Curraheen Trailhead	 Glenpatrick Bridge Picnic Area Glenpatrick Woods Glenpatrick Woods Curraheen Trailhead	 Glenpatrick Bridge Picnic Area Glenpatrick Woods Glenpatrick Woods Curraheen Trailhead
 75, S 289 194 52.32598, -7.577 75, S 285 180 52.3136, -7.58342 75, S 285 180 52.3136, -7.58342 75, S 306 154 52.28995, -7.55147	 75, S 289 194 52.32598, -7.577 75, S 285 180 52.3136, -7.58342 75, S 285 180 52.3136, -7.58342 75, S 306 154 52.28995, -7.55147	 75, S 289 194 52.32598, -7.577 75, S 285 180 52.3136, -7.58342 75, S 285 180 52.3136, -7.58342 75, S 306 154 52.28995, -7.55147	 75, S 289 194 52.32598, -7.577 75, S 285 180 52.3136, -7.58342 75, S 285 180 52.3136, -7.58342 75, S 306 154 52.28995, -7.55147
 Hiking boots/Walking shoes, wet weather gear, water, phone	 Hiking boots/Walking shoes, wet weather gear, water, phone	 Hiking boots/Walking shoes, wet weather gear, water, phone	 Hiking boots/Walking shoes, wet weather gear, water, phone
 www.rathgormack.ie	 www.rathgormack.ie	 www.rathgormack.ie	 www.rathgormack.ie





DESCRIPTION:

Crough Wood Walk: The Crough Wood Walk (5.4km-return; linear; moderate; 1.5 to 2 hours) runs along the River Mahon through deciduous woodland, open pasture and conifer forest between the road to Mahon Falls and Mahon Bridge. The woods are an important habitat for a range of wildlife including Red Squirrel, Pine Marten, Otter, Bats, Ring Ouzel and Dipper. The southern section of the trail provides panoramic views of Coum Mahon and Knockaunapeebra to the North. There is great diversity of trees such as Ash, Holly and Rowan - particularly attractive in Autumn with their colourful red berries. The flow of the River Mahon varies with the seasons and can be torrential after periods of high rainfall providing a dramatic soundscape along the trail.

Mahon Falls Walk: Coum Mahon is one of many coughts or corries in the Comeragh Mountains resulting from the Munsterian Ice Age glaciations some 100,000 years ago. Great masses of ice, or glaciers hollowed out the rock as they moved southwards over the Irish landscape. Coum Mahon is the Hollow of the River Mahon and the 300m cascade forms the Mahon Falls.

The damp habitat around the boulders and Falls favours plants such as Wilson's Filmy-fern and Fir Clubmoss. Great Wood-rush also occurs in the area. The wider landscape includes moorland, crags and conifer forests, which provide habitat for birds that nest in uplands and forage around coniferous forest. Look out for the Wheatear, Siskin, Crossbill and Meadow Pipit. Birds of Prey known in the wider Comeragh area include Peregrine Falcon, Buzzard, Kestrel and Merlin. Mammals sighted in the area include rabbit and fox, while forest areas provide habitat for Red Squirrel and the elusive Pine Marten.

HOW TO GET THERE:














Both trailheads are a short drive from Mahon Bridge, which is within easy reach of the N25 from the village of Lemybrien.

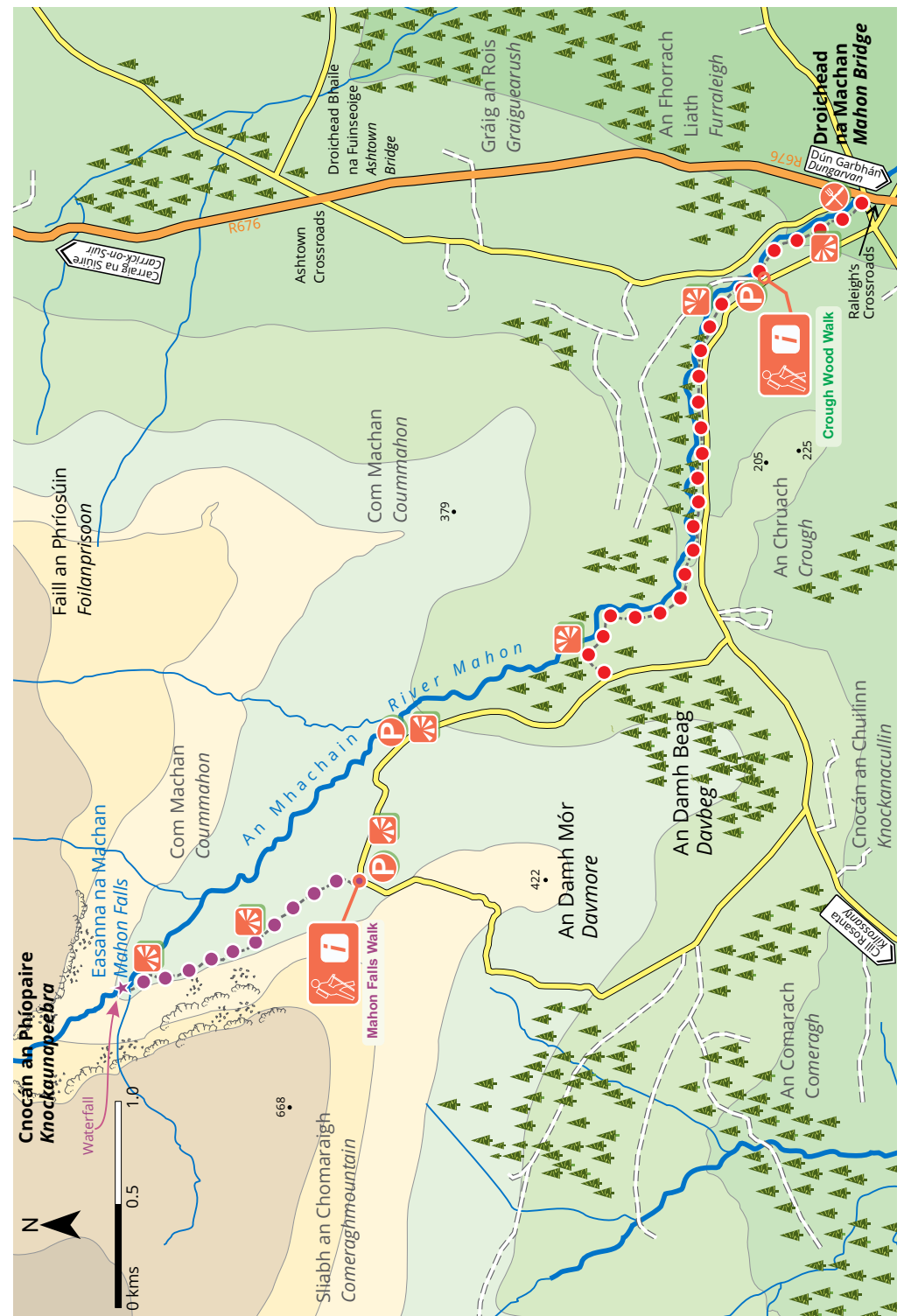
DID YOU KNOW:

Mahon Falls is overlooked by Knockaunapeebra (726m) meaning Hill of the Piper. It is said that on cold winter nights, the sound of the uilleann pipes can be heard over the mountain here from the piper of Kilclooney who lost his way and died.

Remnants of industrial heritage: The River Mahon once powered five mills along its course including the 19th century corn mill at Furraleigh of which a tunnel and chimney remain.

Check out the Magic Road phenomenon after you cross the cattle grid as you approach Mahon Falls.

- | | |
|--|--|
|  Moderate Easy |  Crough Wood entrance Mahon Falls Car Park |
|  5.4k return
2.5km return |  75, S 338 064,
52.20928, -7.50534
75, S 314 080,
52.22379, -7.54121 |
|  Linear Linear |  Kilrossanty |
|  1.5hrs 40mins |  Walking shoes, rain jacket,
water, mobile phone |
|  140m |  On a lead |
|  Woodland path
Gravel path |  www.visitwaterfordtrails.com |
|  Red arrows | |



COSÁIN OILITHRIGH CHNOC MHEILEARAÍ

MOUNT MELLERAY PILGRIM PATHS

24,25,26,27,28

p18



DESCRIPTION:

The pilgrim walking trails of Mount Melleray are steeped in tradition, collectively covering over 30kms of track in the lower hills of the Knockmealdown Mountains in scenic West Waterford. This beautiful area has been home to the Cistercian monks since they arrived here in 1832, having come from Melleray in Brittany, France. Today's Pilgrim walking trails cross the same paths used by the monks since the 1800s with a mix of meandering boreens, forest trails and open mountain tracks. The pilgrim trails allow us to step back into the past but also to imagine the future through the timeless beauty of this landscape. Welcome to the magnificence of Mount Melleray.

DID YOU KNOW:

The Cistercian Order was founded in France in 1098 and follows the rule of St. Benedict. When the monks arrived in 1832 from the monastery of Melleray in Brittany, they brought Cistercian monastic life back to Ireland after an absence of 300 years.

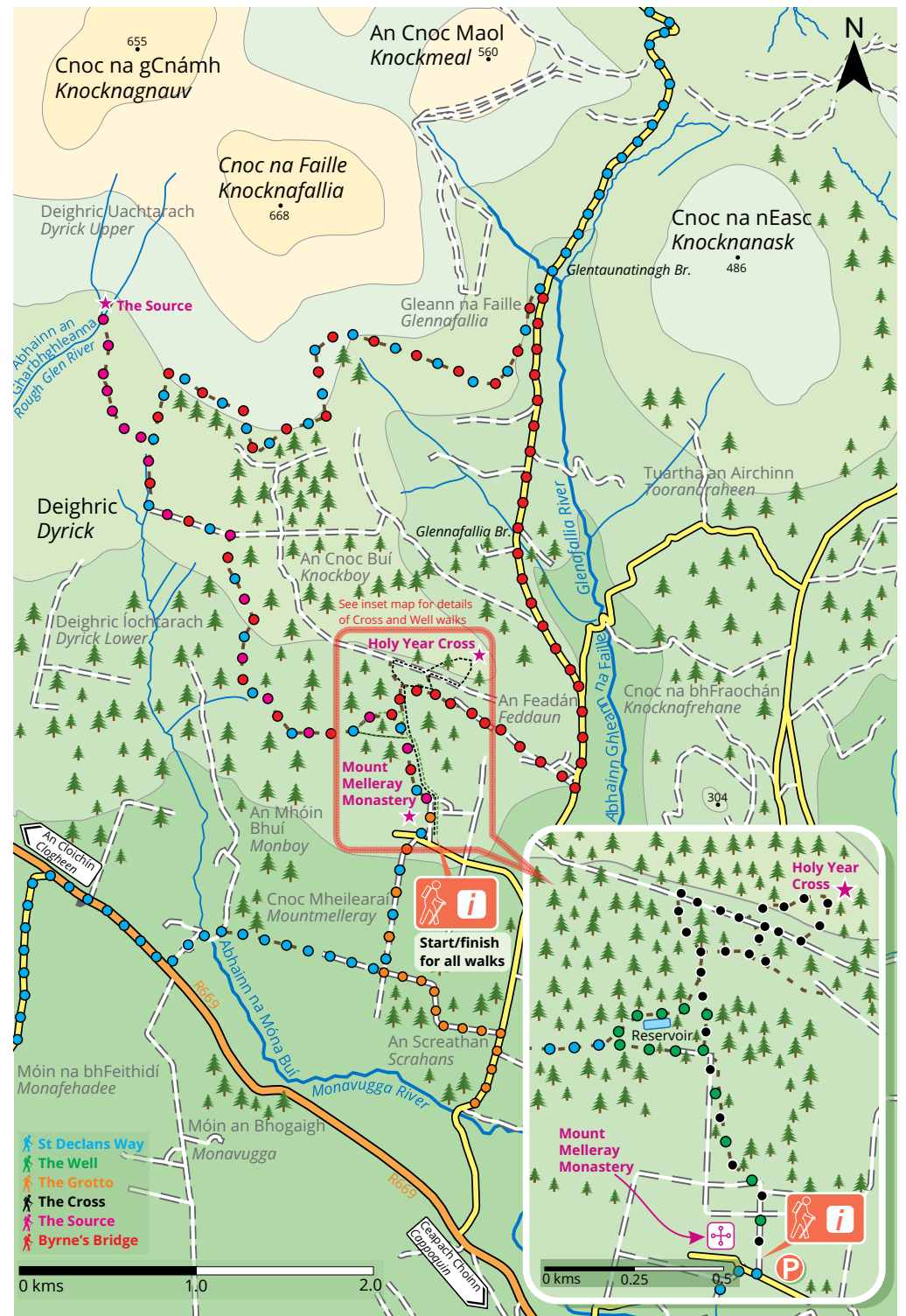
The Source: In 1887, Brother Vincent Stapleton and a team of workmen successfully created a permanent water supply to the monastery by directing water over a 4km route from the Rough Glen river. It is an extraordinary feat of engineering.

The Ponds: Built in 1898 the ponds were part of a system to filter and store water supplied by The Source. The system can still be seen today and consisted of a settling bed, screen house and several filter beds through which water was piped to the monastery.

HOW TO GET THERE:

Mount Melleray Abbey Trailhead lies about 6.5kms north of Cappoquin along the R669. 4kms after Cappoquin, turn right at The Cat's Bar onto the Melleray Road L-1024. After a further 2kms turn left shortly after The Pilgrims Rest in the direction of the Abbey itself.

THE WELL	THE GROTTA	THE CROSS	THE SOURCE	BYRNE'S BRIDGE
Easy Easy Moderate Strenuous Strenuous	2.3km 4.8km 3.7km 10.5km 13.4km	Linear Linear Linear Linear Loop	45min 1hr 30min 1hr 15mins 3hr 4hr	84m 107m 160m 200m 410m
Green arrows	Orange arrows	Black arrows	Purple arrows	Red arrows
74, S098 039/52.187178, -7.8565952	Cappoquin	Walking boots, wet weather gear, water, phone	No	www.visitwaterfordtrails.com



A dirt path winds through a dense forest. The path is covered in brown leaves and leads into the distance. On the left side of the path, there is a wooden post with a blue cap. The forest is filled with various green plants, including many ferns. The background is a thick wall of trees and foliage.

CONAIR DÚLRA AGUS COILLEARNAIGH
Nature and Woodland Trails



DESCRIPTION:

Colligan wood lies in a beautiful scenic valley through which the River Colligan flows and enters the sea at Dungarvan Bay. There are steep wooded glens on each side of the river. Spoilt for choice, the visitor has the option to picnic, jog or amble the way marked walks that are on offer. Colligan is a beautiful mixed woodland with a number of lovely viewing points of the surrounding area including Dungarvan Harbour and Helvick Head in the distance.

There are numerous forest tracks and paths along the riverside and through the mixed woodland of conifers and broad leaves. Two of these walks are marked trails with river, woodland and wonderful views as the backdrop to your walk or jog. Many trees around the picnic site and along the walks have been labeled for easy identification. Norway spruce, Western hemlock, Japanese larch, Sitka spruce, oak, ash, beech, maple and birch are the main tree species here. See how many you can recognise!

HOW TO GET THERE:

Colligan Wood is approximately 7km from Dungarvan. Take the R672/N72 towards Clonmel/Lismore. At Master McGrath Monument turn right on the R672 in the direction of Clonmel. After 1km turn right towards Colligan. The trailhead and parking is on your left after a further 1 km.

From Lismore: Take the N72 towards Dungarvan. Turn left at Master McGrath monument onto R672 in direction of Clonmel. Then follow instruction above.


From Clonmel/Ballymacarby: Take the R672 towards Dungarvan. Turn left at junction with L5103 in direction of Colligan. The trailhead and parking is on your left after 1 km.

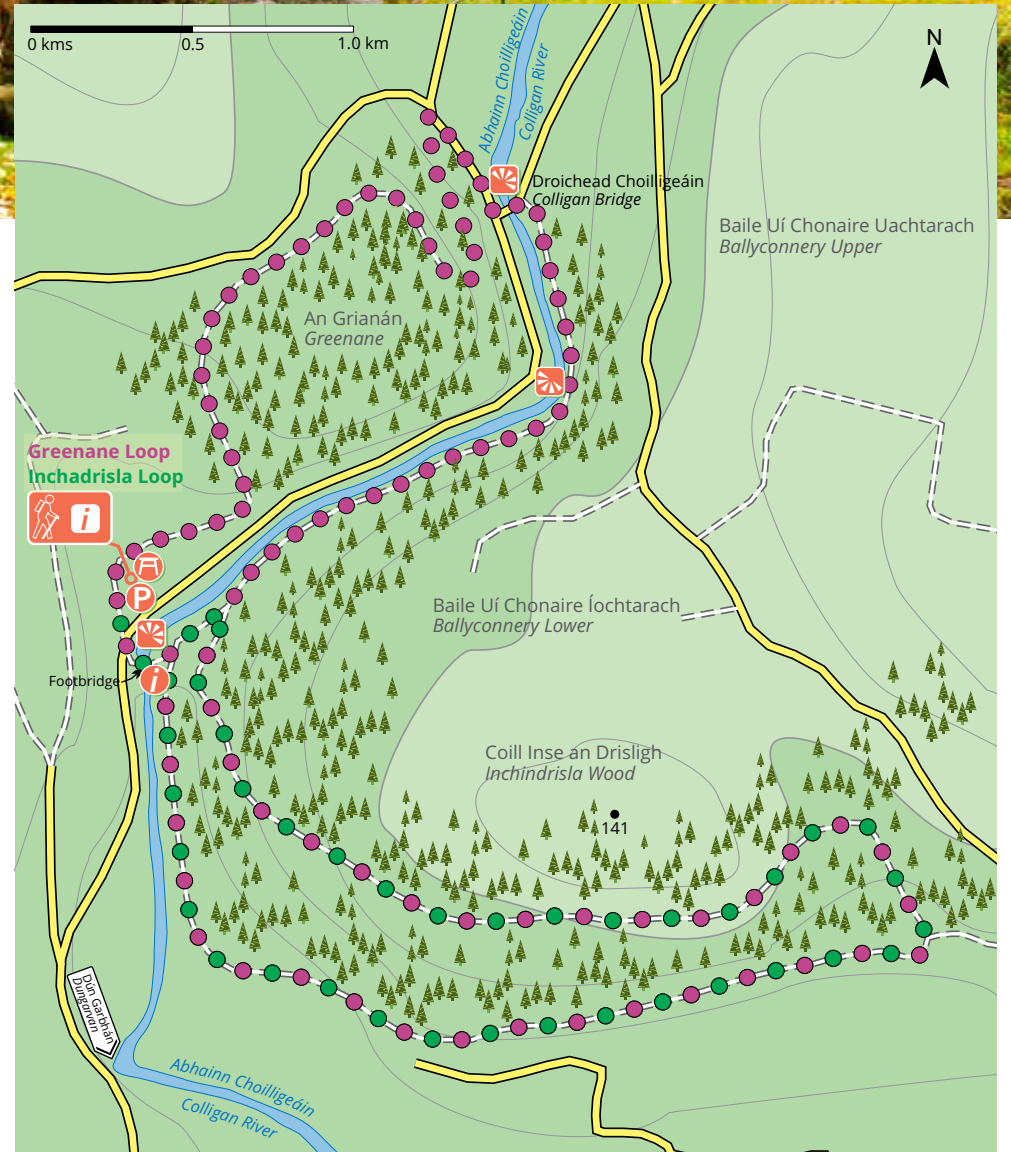
DID YOU KNOW:

The town land of Colligan, An Coilligeán means hazel abounding place.

The Colligan River is a salmon spawning river with sea trout also to be seen.

Because of the many clearings and deciduous trees, an excellent selection of woodland flora is present such as wood sorrel, wood rush, heather, blueberry and bilberry.

GREENANE LOOP	INCHADRISLA LOOP
 Moderate Easy	 Colligan Wood car park
 6km 3.5km	 82, X 214 973; 52.12774, -7.68761
 Loop Loop	 Dungarvan
 1hr 40mins 1hr 15mins	 Trekking shoes, rain gear, water, mobile phone
 100m 80m	 On a lead
 Woodland tracks, paths and forestry roads	 www.coillte.ie
 Purple arrows Green arrows	



SIÚLÓID BHÓITHRÍN AN FHÁNÁIN, TULACH AN IARAINN RAMP BOREEN WALK, TALLOW

31



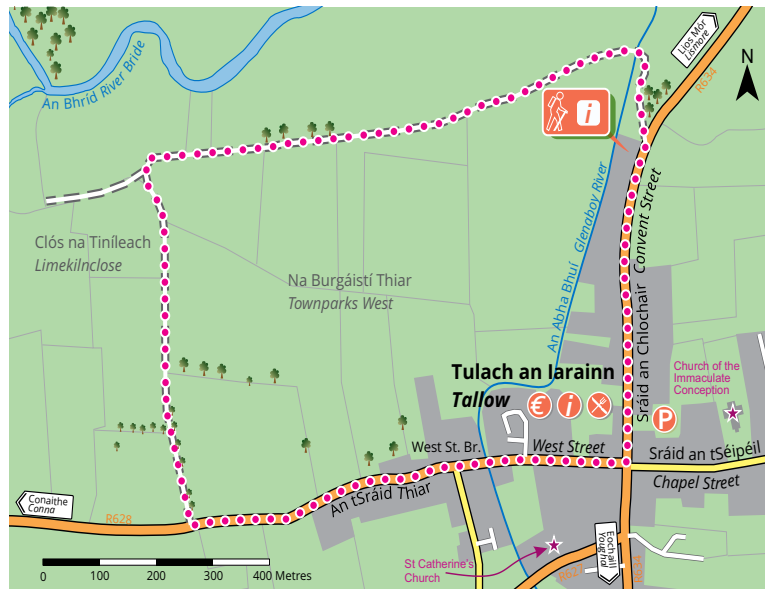
DESCRIPTION:

For walkers looking for a leisurely ramble in rural west Waterford then this is the walk for you. The Ramp Boreen walk is a well maintained community walk in Tallow, which is probably better known for its annual horse fair (the oldest in Ireland) which takes place at the start of September. This is a walk graded as 'easy' which means it is suitable for almost all levels of fitness. Walkers can enjoy views of the River Bride and the ruins of the nearby Lisfinney Castle before returning to the streets of Tallow itself.

HOW TO GET THERE:

From Lismore, take the N72 to Tallow. The walk commences at Tallow creamery on the right as you approach the town.

- Easy
- 3km
- Loop
- 45mins.
- Country lanes and local roads/street
- Near entrance to creamery beside R634
- 81, W 996 940; 52.09865, -8.00602
- Tallow
- Walking shoes, rain jacket.
- On a lead
- www.visitwaterfordtrails.com



DID YOU KNOW:

The River Bride is famous for its excellent stocks of brown trout and coarse fish of bream, eel and roach.

Lisfinney Castle, the ruins of which can be seen from the walk, was built in the sixteenth century by the Earls of Desmond (also of Dromana) and acquired by Walter Raleigh as was the town, for his part in crushing the second Desmond Rebellion.

Lisfinney was sold by Raleigh to Sir Richard Boyle of Lismore Castle who commenced Iron Smelting in Tallow - hence the Irish name Tulach an Iarainn (Hill of Iron). This industry continued until all the surrounding forests were consumed for charcoal.

p21

SIÚLÓID MHÓIN FHIONNÚRACH / FENOR BOG WALK

32

DESCRIPTION:

The 13 hectare site at Fenor Bog is one of the few community owned nature reserves in Ireland. It is a proposed Natural Heritage Area and is a wonderful location to enjoy a walk-particularly for nature lovers! There is a fantastic array of biodiversity in this very special location. As the boardwalk which allows access to part of the site is just 500 metres long it allows walkers to enjoy this location at a slow pace and enables visitors to get up close and personal with nature.

For families, no visit to Fenor would be complete without a trip to the simply wonderful Fenor Play Park just across the road-one of Waterford's best playgrounds!

HOW TO GET THERE:

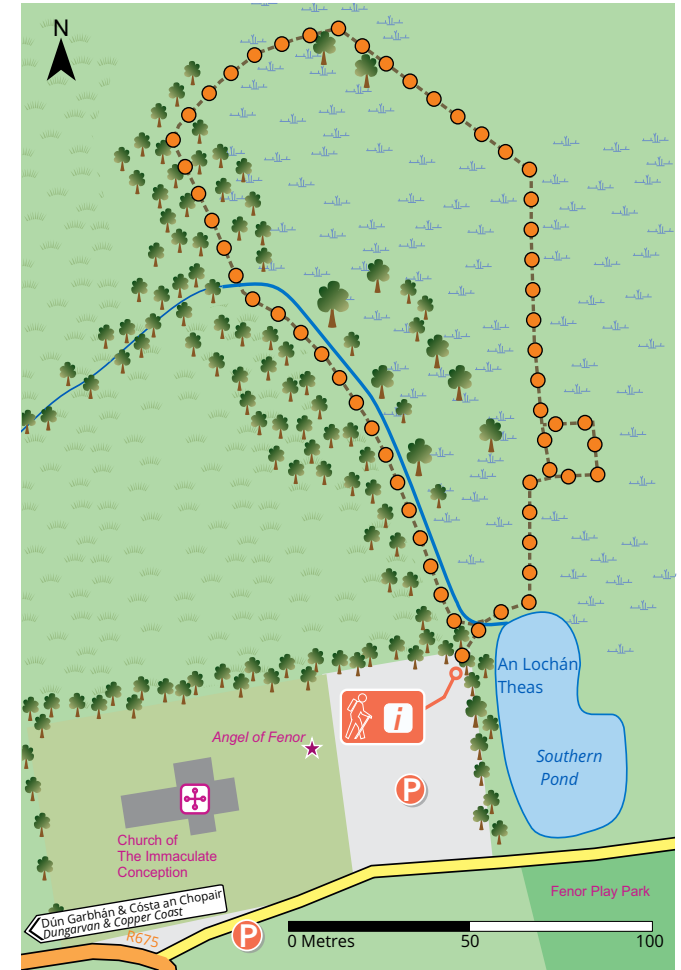
Fenor village is located at the eastern extent of the Copper Coast UNESCO Global Geopark. It is about 5kms west of Tramore along the R675. There is ample car parking beside the church in order to access Fenor bog walk.

DID YOU KNOW:

Fenor Bog is a naturally regenerating fen habitat, extremely rare nationally and internationally.

It has been described as one of the best sites in Waterford for observing dragon flies in summer.

- Easy
- 500m
- Loop
- 15mins
- Boardwalk
- Church car park
- 76, S 531 013; 52.16226, -7.22496
- Fenor
- Walking shoes/runners, rain gear
- On a lead
- www.visitwaterfordtrails.com



SIÚLÓIDÍ CHOILLTE GHLEANN SÍOHLÁIN

33,34,35,36

GLNSHELANE WOODS WALKS



DESCRIPTION:

Glenshelane Wood straddles two river glens, one a long glen through which the Glenshelane River flows, the other follows a section of where the Monavugga and Glenfalla Rivers converge a short distance upstream. All are tributaries of the mighty Blackwater. There is an extensive network of gently graded forest roads and trails. Walkers can expect to enjoy beautiful riverside walks through magnificent woodlands of conifers and broad-leaves. All walks run beside the rivers and are serviced by five timber footbridges and one underpass under Lyre Bridge that is worth exploring.

Birds such as dippers, herons and the grey wagtail frequent Glenshelane. Pine marten have also been spotted in the area.

HOW TO GET THERE:

From Cappoquin travel the Clogheen / Mellary Road (R669) for a distance of 1 km until you come to a grotto, veer right and the car park entrance is a short distance after crossing Bealick Bridge.



DID YOU KNOW:

Glenn Sióthlám – the Glen of the Fairies, was owned by the Keane family of Cappoquin – Molly Keane, a well known novelist lived nearby in Bellville House.

Glenshelane is now a Coillte managed forest; tree species to be seen on this site include Douglas fir, Sitka spruce, Norway spruce, Japanese larch, Lodge pole pine, Silver fir, Scots pine, Western Red cedar, Lawson cypress and broad leaves such as Spanish chestnut, beech, oak, ash, poplar, sycamore, birch and alder.

The Glenshelane River is an important salmon nursery stream for the River Blackwater; salmon can be seen fighting their way upstream to their spawning area north of the car park.

BLUE WALK	GREEN WALK	RED WALK	GROTTO WALK
-----------	------------	----------	-------------

Easy | Moderate
Strenuous | Moderate

2km | 3.5kms
9.5kms rtn | 8kms rtn

Loop | Loop
Linear | Linear

45mins | 1hr 15mins
3hrs 15mins | 2hrs

Forestry roads,
woodland tracks

Blue arrows
Green arrows
Red arrows
Orange arrows

Glenshelane Woods
Car Park

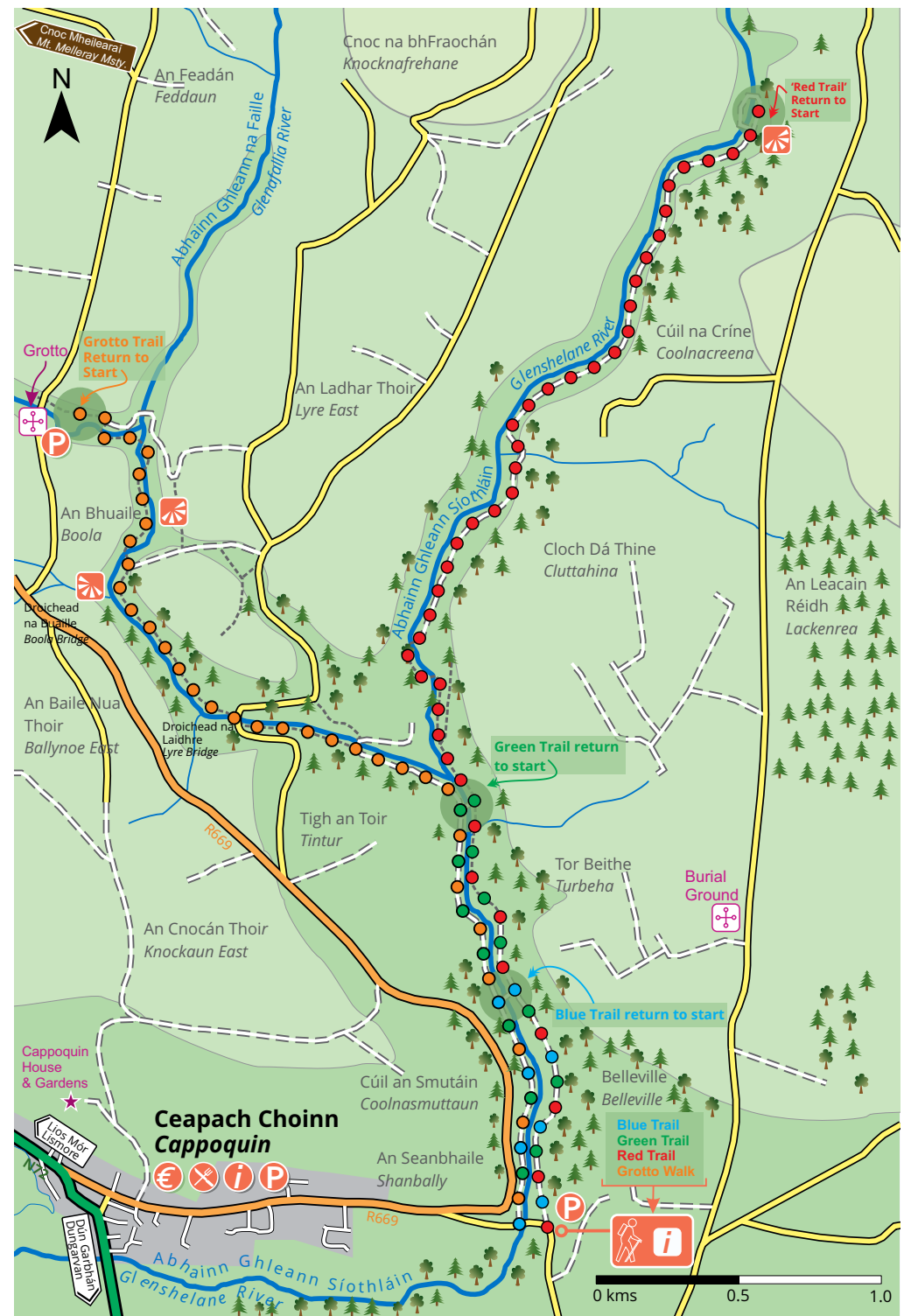
81, X 119 993
52.14656, -7.82640

Cappoquin

Trekking shoes/hiking
boots, rain gear, water,
snacks, mobile phone

On a lead

www.coillte.ie





DESCRIPTION:

The Heritage Town of Lismore enjoys one of the prettiest positions of any Irish town, overlooking the River Blackwater beneath the Knockmealdown Mountains. It's Lismore's Anglo-Norman castle that inevitably makes the lasting impression.

Lady Louisa's and Round Hill Walk:

Lady Louisa's Walk is primarily a woodland walk along the river bank. One can expect to find woodland plants such as beech, ash, ferns, spindle tree, holly and ivy as well as wood sorrel, golden saxifrage and wild garlic to name a few. After a short walk along the river bank and through a kissing gate walkers can choose to turn away from the river, uphill back towards the town.

Alternatively you can continue along the river bank a little further towards The Round Hill, where walkers may continue to spot numerous water birds. A stand of mature pine trees atop a mound will indicate you are approaching the famous Round Hill, a great earthwork covering almost three acres in extent.

HOW TO GET THERE:

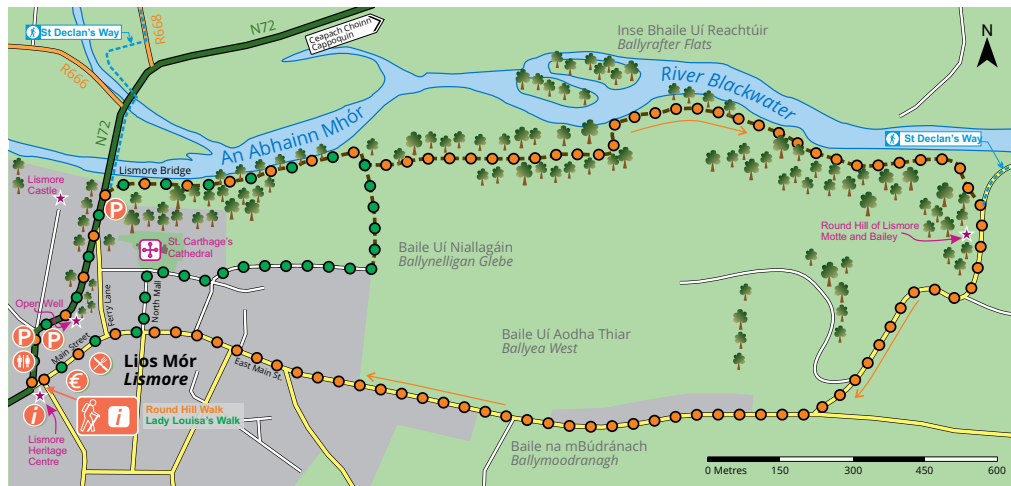
Lady Louisa's/Round Hill Walks: From Lismore Heritage Centre, follow the N72, past the spout to the start of the bridge. Lady Louisa's walk is located on the right just before the bridge. Parking is available.

The Towers Walk: Take the R666 from Lismore to Ballyduff and Fermoy, sign-posted at the bridge near Lismore Castle. Continue for approximately 3.5km to the Towers entrance on the right.

DID YOU KNOW:

The first monastic settlement in Lismore was founded by St. Carthage at Round Hill adjacent to the river, where he built a 'Lios', an Irish term used to describe a fort built of earth.

Ballysaggartmore Towers are imposing gothic style gate lodges built in 1850 by Arthur Kiely Usher for his wife. The gate lodge and towers provide a fairy tale setting which reflects the sad period in Irish history where extravagance and starvation lived side by side.

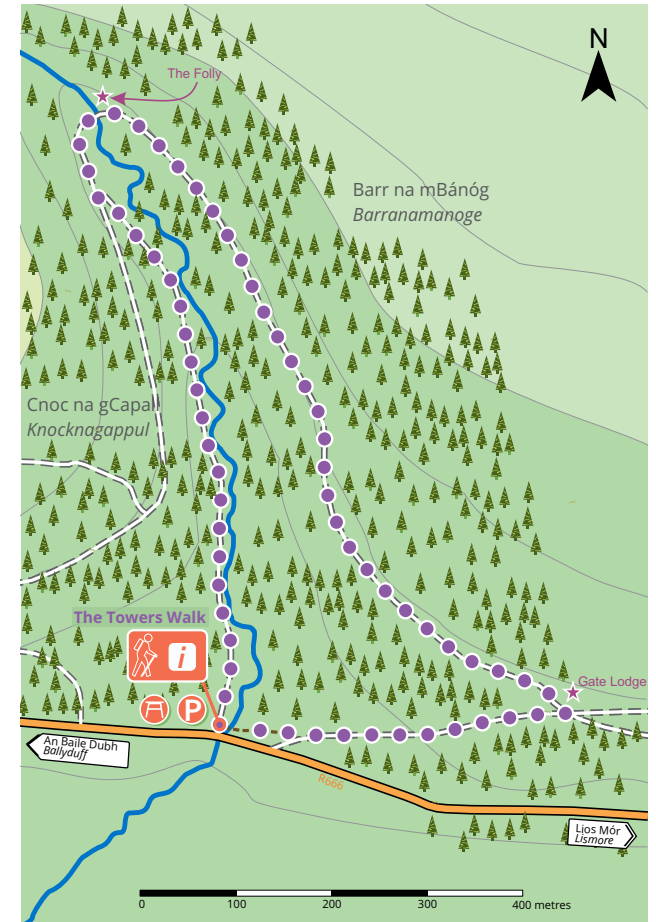


The Towers Walk, Ballysaggartmore

This charming, gently undulating, woodland walk can be found about 3.5km outside of Lismore on the Ballyduff Road. This is an ideal location for a pleasant walk and picnic at any time of year. The main avenue is planted with a row of tall shaking poplars and rhododendron, interspersed by pheasant berry, snow berry, holly to name but a few. A diverse range of tree species to be noted including, ash, oak, sycamore, horse chestnut, spruce, fir as well as shrubs of holly, hazel and bramble. Take your time to enjoy the sights and sounds of nature.

LADY LOUISA'S WALK	ROUND HILL LOOP WALK
THE TOWERS WALK BALLYSAGGARTMORE	

-  Easy | Moderate | Easy
-  2km | 5km | 2km
-  Loop | Loop | Loop
-  30mins | 1hr 30mins | 30mins
-  Riverside path, country lane, footpath, woodland path
-  Trekking shoes, rain gear, water, mobile phone
-  Green fingerpost signs
Orange arrows on white background
Green fingerpost signs
-  81, X-047 987; 52.1407, -7.93071
81, X-047 987; 52.1407, -7.93071
81, X-019 994; 52.14677, -7.9669
-  Lismore | Lismore Ballyduff Upper
-  By Lismore Bridge
By Lismore Bridge
Parking area, Ballyduff Rd (R666) at Southpark
-  On a lead
-  www.discoverlismore.com



SÍÚLÓIDÍ BHAILE NUA AGUS CHOILLTE DHROM EANAIGH

VILLIERSTOWN AND DROMANA WOOD WALKS

40,41

p24



DESCRIPTION:

Dromana Wells Walk is a way marked looped walk that takes the visitor through Dromana Wood. It has a variety of woodland habitats and beautiful views. Deer, fox, red squirrel and badger are in evidence in Dromana wood as well as uncommon bird species such as the Peregrine Falcon, Hobby and Osprey.

The Sailors Rock Walk can be accessed from the village of Villierstown and the quay. It is a looped woodland walk that takes in sections of the species-rich alluvial woodland beside the Blackwater River and a stand of Douglas fir. There are opportunities to view a variety of bird species on the river also. The 'Sailors Rock' is a cliff face inside the wood that is said to hold the wishes of many a sailor who passed by it along the River Blackwater. The main trailhead for both walks is the village of Villierstown Quay (Sailors Rock Walk) and at Dromana Woods.

HOW TO GET THERE:

From Lismore/Cappoquin: Follow the N72 in the direction of Dungarvan and take the 1st right after Cappoquin GAA Club onto the L-2017, signposted to Villierstown. After 2kms follow the L-2012 south over Dromana Bridge for a further 5kms before reaching Villierstown.

From Dungarvan: Follow the N72 towards Cappoquin and Lismore for 12kms. Turn left at Junction with R671 in direction of Youghal and Clashmore (follow signs for Dromana Drive). After 5kms turn right onto L-2015 for a further 3.5kms before reaching Villierstown.

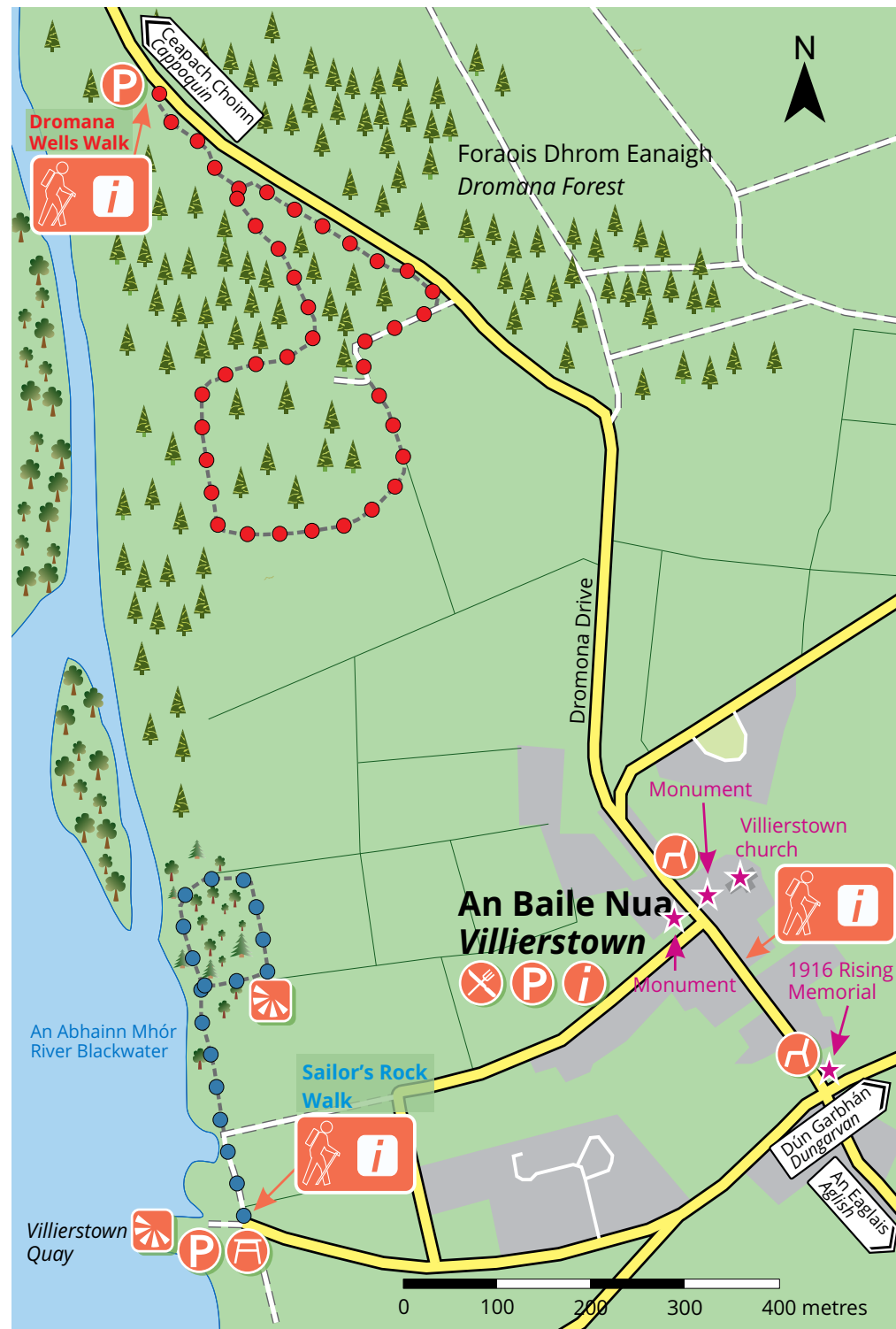
DID YOU KNOW:

River Blackwater Special Area of Conservation: The River Blackwater is tidal at Villierstown and is a habitat for many water birds including Heron, Egret, Cormorant, gulls and ducks. Other species such as Sandpiper, Grey Wagtail and Kingfisher can be occasionally seen and heard.

Dromana Bridge and Gate House: This unique architectural feature was built in the 19th century and was inspired by the Brighton Pavilion to commemorate the wedding of Henry Villiers-Stuart. Dromana Bridge crosses the Finisk, a tributary of the Blackwater less than 5kms north of Villierstown in the direction of Cappoquin.

SAILORS ROCK WALK	DROMANA WELLS WALK
-------------------	--------------------

- Easy | Easy
- 1km | 2km
- Loop | Loop
- 20mins | 40mins
- Gentle | Gentle
- Woodland paths and tracks
- Blue Arrows
- Red arrows
- Villierstown Village and Villierstown Quay
- Villierstown Village and Dromana Woods
- Village: 81, X 102 929
52.08881; -7.85183
Quay: 81, X 096 926;
52.08606; -7.85941
Village: 81, X 102 929;
52.08881; -7.85183
Dromana Woods:
81, X 096 938;
52.09667; -7.86036
- Villierstown
- Runners, trekking shoes, rain gear, water, phone
- On a lead
- www.coilte.ie





DESCRIPTION:

The Anne Valley Walk is a simply wonderful example of an amenity developed by local landowners and the community. The walk is fully accessible to those with reduced mobility including buggies, wheelchairs etc. The route which winds its way through the scenic Anne Valley wetland and woodland area, connecting Dunhill with the seaside village of Annewstown, is brought to life with information on the flora and fauna, as well as picnic and seating areas to relax and enjoy your surroundings. Stunning views of Dunhill Castle overlooking the trail are afforded about half way between Dunhill and reaching the coast at Annewstown. Annewstown beach on the Copper Coast is an attractive bathing place, popular with surfers and swimmers alike. The seclusion of this beach, its pristine waters and rugged scenery make it an ideal place to have a rest after your walk.

HOW TO GET THERE:

From Waterford: Exit city via the R680 in direction of Kilmeaden. At Kilmeaden take a left onto R681 in direction of Dunhill. After 3km turn left in direction of Dunhill. Arrive at Dunhill after 1.5km. Turn left. Trailhead will be on the right after 200 metres.

From Dungarvan: Take N25 as far as Carroll's Cross. Turn right as far as Kill village. In Kill turn left onto R681. Turn right after 2km. Turn left after a further 2km in direction of Dunhill. Arrive at Dunhill after a further 1.5km. Trailhead will be on the right.

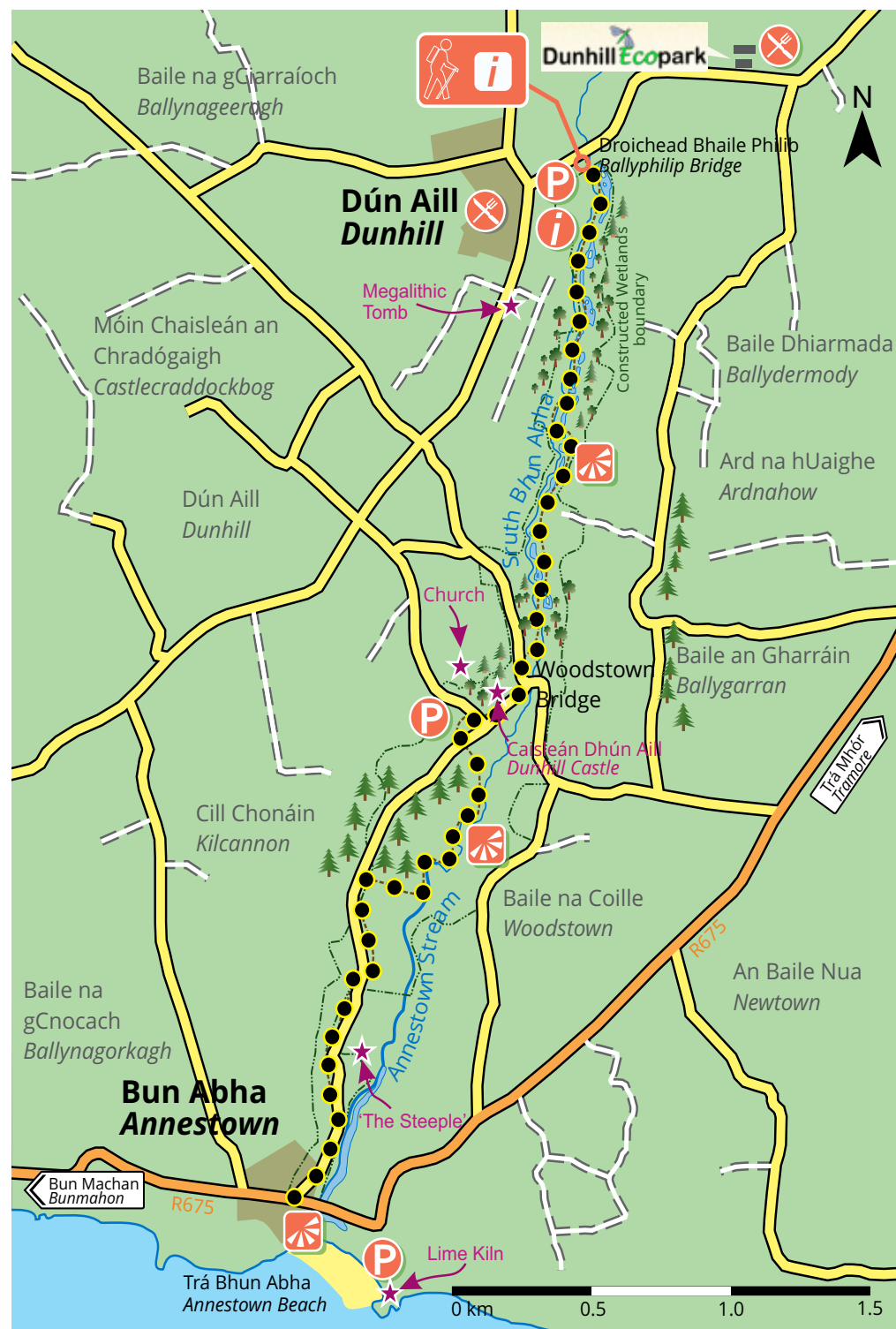
DID YOU KNOW:

Dunhill Castle: The name Dunhill derives from the Irish Dún Áill meaning 'the Fort on the Rock', an appropriate name for this spectacular site. The castle is built in a strategic location, commanding a crossing point where the Annewstown Stream once entered the sea.

Before the development of the walk, a constructed wetlands area was established to treat run off and contaminated water before it reaches coastal waters. This approach to treating waste water also has the effect of being an attractive eco system for numerous different species.

During your walk keep an eye out for heron, kingfisher and otter.

-  Multi- Access
-  10km return
-  Linear
-  2.5hrs
-  Accessible path suitable for buggies, wheelchairs-gentle gradients
-  Yellow arrows
-  On a lead
-  Dunhill (parking also available at Dunhill Castle car park and Annewstown Village)
-  75, S 508 027 52.174, -7.2585
-  Dunhill
-  Walking shoes, rain gear, water, mobile phone
-  www.visitwaterfordtrails.com



SIÚLÓID LÚIBE BHÓITHRÍN CHLÉIRIGH CLEARY'S BOREEN LOOP WALK



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DESCRIPTION:

Starting your walk near the heart of Portlaw and not far from Curraghmore Estate this delightful, short loop walk is one filled with history, heritage and scenery. Portlaw is well known as an elegant historic model village based on a design by the Malcomson family dating to the 1840's.

HOW TO GET THERE:

Start your walk adjacent to Portlaw Public Library near the junction of The Square and Church Road.

DID YOU KNOW:

Milford Folly Garden Tower was a bespoke viewing tower overlooking the splendour of the gardens of Milford House.

This was built circa 1850, designed by John Skipton Mulvaney.

Milford House: A group of structures remain on the site of the former Milford House and are significant as a reminder of the extent of the estate, designed by John Skipton Mulvaney and developed by the Malcomsons. The Gateway, in the form of a triumphal arch, is the best preserved of the remaining structures.

The Copper Lodge was situated inside the grounds of Milford House and consisted of a light copper roof on a circular building. The Lodge is no longer in existence having been dismantled and sold in the 1970's.

- Easy
- 2.9km
- Loop
- 45mins.
- 57m/42m
- Country lanes and local roads/footpaths
- Red arrows
- Church Road
- 75, S 465 153/ 52.287827, -7.3190685
- Portlaw
- Walking shoes, rain jacket, mobile phone, water.
- Permitted under control
- www.visitwaterfordtrails.com



SIÚLÓID LÚIBE CHAISLEÁN AN CHARRÚNAIGH CAREY'S CASTLE WOOD LOOP WALK

p26



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DESCRIPTION:

The main feature of this site is the ruins of the castle that nestles in this wood. It is believed to have been built at some stage during the 1800's by the Carey family who were wealthy schoolmasters from the Clonmel area. The woods themselves contain a mixture of broadleaf and conifer tree species. Oak, Beech, Scots pine, Ash, Western hemlock, Norway spruce and Birch are all present.

DID YOU KNOW:

Carey's Castle ruin is a mixture of architectural styles, built during the 1800's by the Carey family. Features include a Norman keep, gothic windows, a Celtic round tower and

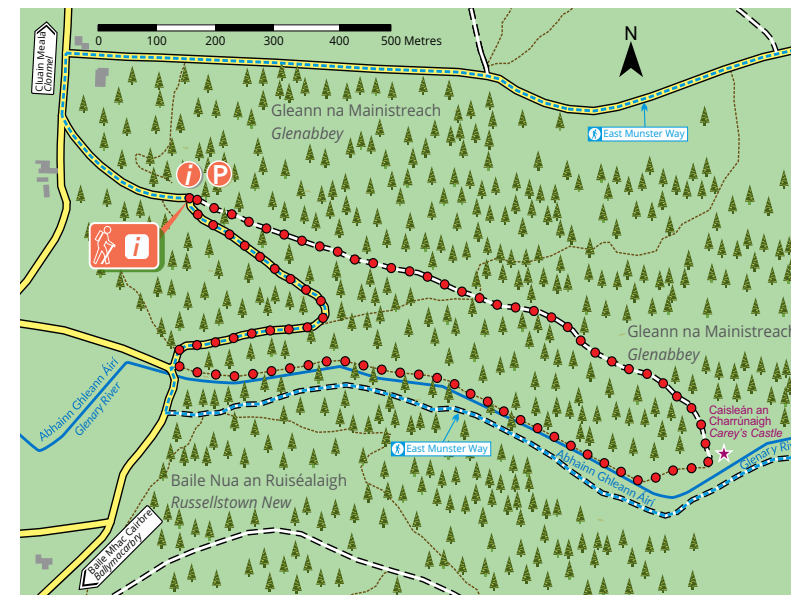
both Romanesque and Gothic arches.

The Glenary River rises in the Comeraghs and travels approximately 11kms to meet the River Suir in the townland of Kilmanahan.

HOW TO GET THERE:

From Ballymacbray, Carey's Castle Forest Recreation Area is in a northerly direction. Follow the R671 towards Clonmel through Kilmanahan, turning right at Russelstown onto the L5093 for a distance of 2kms and then left onto the L5094 for a further 1km.

- Easy
- 1.8km
- Loop
- 40mins.
- Woodland tracks and path
- Red arrows
- Carey's Castle Forest Recreation Area
- 74, S 186 191; 52.32379, -7.72779
- Ballymacbray and Clonmel
- Walking shoes, rain jacket, mobile phone, water.
- Permitted under control
- www.coillte.ie



An aerial night photograph of a city street, likely in Galway, Ireland. The street is illuminated by streetlights, and the long exposure of the camera has created vibrant light trails from cars, showing red and white streaks. In the center of the image, a prominent stone tower with a conical roof stands out. To the right, a body of water is visible, with a pier and some boats. The sky is a deep blue, suggesting twilight. The overall scene is a mix of urban architecture and natural light.

CONAIR UIRBEACHA
Urban Trails



DESCRIPTION:

There are three walking trails within the environs of the Kilbarry Nature Park itself and all are accessible to people with reduced mobility. The parkland is an oasis of calm located adjacent to Waterford City. St. John's River Walk was initially developed as 2.2km linear shared walking and cycling path running parallel to St. John's River and the R675 between Tramore Road Roundabout and Ballindud Road Roundabout.

It is possible to visit the city centre and extend your walk by parking in Bolton Street Car Park a mere 5 minutes from the Waterford Viking Triangle in the heart of Ireland's Oldest City. This option takes walkers through the People's Park, Waterside and Miller's Marsh heading out towards the Tramore Road Roundabout.












HOW TO GET THERE:

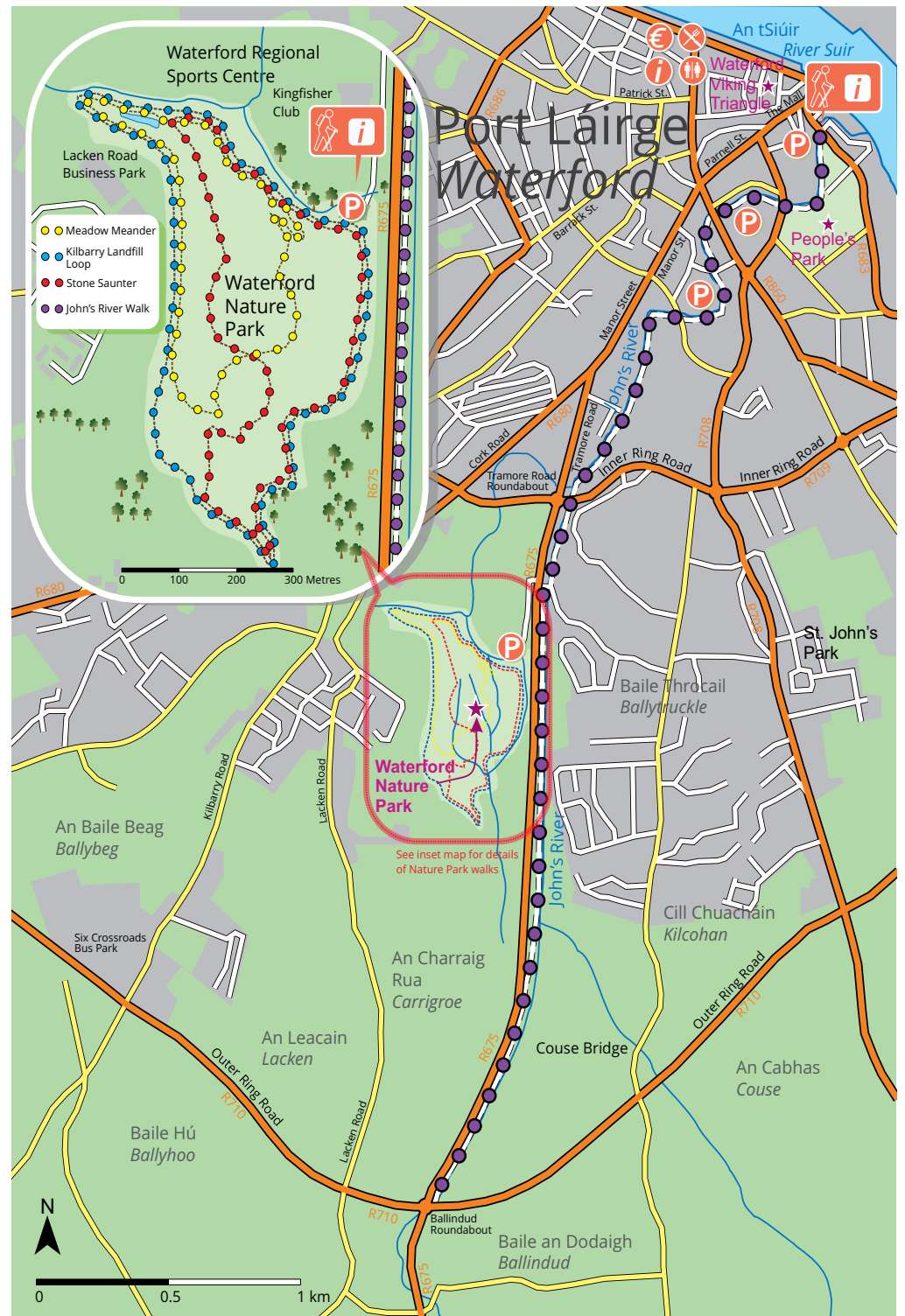
Exit Waterford City Centre via the R675 Tramore Road. At the Tramore Road Roundabout take the second exit and enter via the entrance to the Kingfisher Club where you will find public car parking at Kilbarry Nature Park.

DID YOU KNOW:

Kilbarry Nature Park is a safe, secure and accessible amenity in the heart of Waterford City which encompasses an integrated wetland, wildflower meadows, Kilbarry Bog and promotes good practice in the management of native flora and fauna. A former municipal landfill site, the area has been re-mediated to create a popular space for the community. Waterford City & County Council has been entrusted to do this in a sustainable and socially inclusive manner which seeks to protect and enhance biodiversity within the City bounds.

ST. JOHN'S RIVER WALK **WATERFORD NATURE PARK WALKS**

-  **Easy | Multi Access**
-  **4.5km | 9km (return)**
Kilbarry Landfill Loop: 2km
Stone Saunter: 1.7km
Meadow Meander: 2.1km
-  **Linear | Loops**
-  **1hr 15 mins / 2.5 hrs**
40 minutes
-  Gravel paths, shared cycle/walking path, foot paths
-  **66** 76, S 601 108
52.24201, -7.12174
-  **Waterford City**
-  Runners, trekking shoes, rain gear, water, mobile phone
-  **On a lead**
-  www.visitwaterfordtrails.com
-  **Kilbarry Nature Park Public Car Park**
Longer option:
Bolton Street Car Park



SIÚLÁN NA SIÚIRE / SUIR RIVER WALK 47



DESCRIPTION:

This is a wonderful 3km linear trail (6km out & back) graded as easy. The walkway is bounded by the River Suir to the north and sloping woodlands to the south. With intriguing glimpses of the River Suir, careful consideration has been given to the preservation of the indigenous woodland, which comprises of oak, yew, holly, beech and ash trees. The pathway that runs the length of the trail is littered with fallen leaves to give a slightly yielding surface, which is perfect for walkers and runners.

DID YOU KNOW:

In the woodland canopy listen out for the sound of robin, wren, goldcrest, blue tit and great tit in springtime.

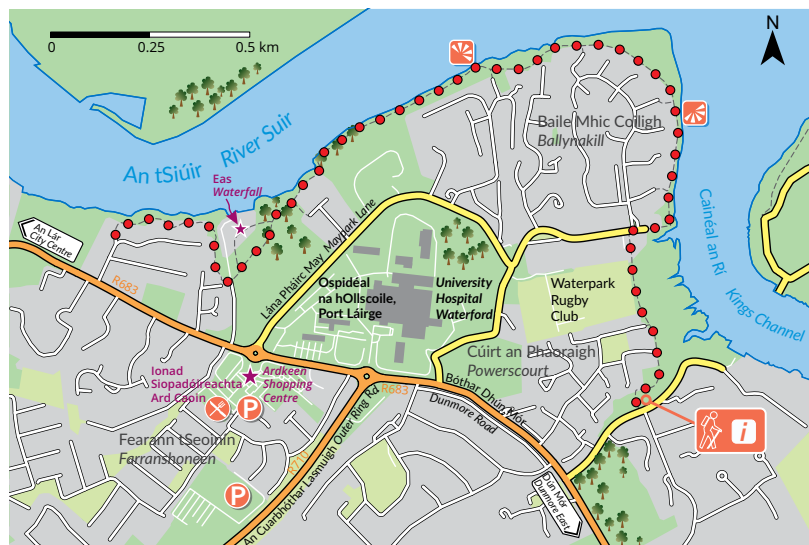
When views of the river open up look out for heron, little egret, lapwing and finch.

Enjoy views of Waterford's quays, the south Kilkenny shore and railway line, Belview, Waterford Castle and the Minaun in the distance.

HOW TO GET THERE:

There is limited car parking available for this walk. It is recommended to use public transport, cycle or walk, where possible.

-  Easy
-  6km (return)
-  1.5hrs
-  Linear
-  Woodland path
-  Riversdale Island Lane
-  76, S 636 108/
52.246098,
-7.0689270
-  Waterford City
-  Walking shoes,
rain jacket,
mobile phone,
water.



 Permitted under control  www.visitwaterfordtrails.com

OIDHREACT IONTACH PHORT LÁIRGE LE FEICEÁIL AGUS TÚ AG IMEACT DE SHIÚL NA GCOS

EXPLORE WATERFORD'S WONDERFUL HERITAGE ON FOOT

Slí iontach is ea na conairí atá ar Fhámaireacht Phort Láirge chun breathnú ar oidhreacht na háite, idir fhothracha ársa, fhoirgnimh cáiliúla agus an fiadhúlra. Is iontach an rud é a bheith amuigh faoin spéir, ach anuas air sin, is díol spéise iad láithreáin amhail Tobar, Cloigtheach agus Eaglais Mheánaoiseach Dhéagláin atá ar Chonair Chósta Airde Móire, agus Dún Mór a bhfuil teach solais galánta agus tithe áille ceann tui le feiceáil ann. Radharc iontach is ea Caisleán Leasa Móire agus Túir Bhaile na Sagart agus tá draíocht ag baint leo.

Walking Waterford's trails is a great way to explore local heritage from ancient ruins to iconic buildings and wild-life. Sites such as St. Declan's Well, Round Tower and Medieval Church along the Ardmore Coastal Trail and Dunmore East with its elegant lighthouse and attractive thatched houses add to the interest of getting outdoors. Lismore Castle and Ballysaggart Towers are particularly impressive and enchanting.

The Comeragh Mountains provide the best example of a corrie landscape in Ireland. Formed during the Ice Age corries are deep wide hollows many with lakes and vertical back walls e.g. Sgillige Lakes. Coum Mahon holds one of Ireland's finest waterfalls at Mahon Falls. Keep an eye out for wildlife on your walk - Choughs with their distinctive red legs can be spotted flying over coastal grasslands and you may be lucky enough to spot whales and dolphins in Waterford Estuary or from Ram Head. Wintering birdlife such as Brent Geese can be spotted from trails in Tramore where you can also enjoy panoramic views of Tramore Bay, Brownstown Head and the Metal Man.

Get walking and exploring!

Tá Sléibhte an Chomaraigh ar an sampla is fearr dá bhfuil againn de thírdhreach coire in Éirinn. Loig dhoimhne leathana atá sna coirí a múnlaíodh le linn na hoighearaoise. Tá lochanna agus cúlballaí ingearacha i gcuid mhór acu, mar shampla, Na Sceallóga. Tá cuid de na heasanna is fearr atá againn in Éirinn le fáil i gCom Machan, is iad sin Easanna na Machan. Coinnigh súil ar an bhfiadhúlra agus tú ag siúl leat. Bíonn an cáig gobdhearg agus a chosa dearga le feiceáil ag eitilt thar fhéarthailte an chósta agus seans go bhfeicfidh tú míol mór nó deilfeanna in Inbhear Phort Láirge nó agus tú ag féachaint ó Cheann an Ráma. Bíonn éanlaith gheimhrithe, an cadhan, cuir i gcás, le feiceáil ag daoine atá ag siúl ar na conairí i dTrá Mhór, mar a bhfuil radhairc lánléargais ar Chuan Thrá Mhór, ar Cheann Bhaile an Bhrúnaigh agus ar an bhFear Miotail.

Ar shiúl leat ag fámaireacht!



SIÚL SLÁN SONA SÁBHÁILTE:



Ceann de na rudaí is taitneamhaí atá againn sa saol ná a bheith amuigh ag siúl sa dúlra. Ceann de na rudaí is fearr faoi ná go bhfuil sé saor in aisce! Chun go mbeidh tú in ann taitneamh iomlán a bhaint as, seo roinnt leideanna beaga ar fiú cuimhneamh orthu agus tú ag imeacht de shiúl na gcos amuigh faoin spéir:

- Tá roinnt de na siúlóidí atá sa leabhrán seo suite in áiteanna ardtalún, roinnt acu taobh le himeallbhord sceirdiúil, i gcoillte nó taobh le bruacha abhann. Bíodh an tslí agus réamhaisnéis na haimsire ar eolas agat le go mbeidh tú réidh don tsíúlóid, agus bíodh na scileanna riachtanacha agus an trealamh ceart agat (féach grádú na gconairí, lch 55).
- Cuimhnigh nach mbeidh na háiseanna coitianta ar fáil, leithris, siopaí, caiféanna agus bialanna, mar shampla.
- Cloigh leis na prionsabail a bhaineann le gan aon lorg a fhágáil inár ndiaidh. Faigh réidh le bruscar i gceart: Má thógann tú isteach é, tóg leat amach é.
- Páirceáil d'fheithicil go freagrach in áit atá ceadaithe de réir dlí.
- Léirigh meas ar réadmhaoin phríobháideach.
- Má bhíonn madra leat, socraigh dul chuig áit a bhfuil cead ag madraí bheith ann. Bíodh do mhadra ar iall agat le do thoil, le meas a léiriú ar úinéirí talún agus ar dhaoine eile atá ar an gconair agus leis an bhfiadhúlra agus ainmhithe feirme a chosaint. Agus tú amuigh ag siúl le do mhadra, bíodh málaí dramhaíola leat, tóg aon rud a fhágann sé ina dhiaidh agus tabhair an mála chun an bhaile leat.

HAPPY AND SAFE WALKING:



Walking in nature is without doubt one of life's most enjoyable experiences and best of all...it's free! To further enhance your enjoyment here are a few tips worth remembering when you venture into the great outdoors:

- Some of the walks promoted in this booklet are located in upland areas, along exposed coastline, in woodland or along river banks. Be prepared for your walk by knowing your route, the weather forecast, have the required skills and be properly equipped (see grading of trails p55).
- Consider the lack of usual facilities such as toilets, shops, cafés and restaurants.
- Practice the principles of Leave no Trace at all times. Dispose of waste properly: If you bring it in, take it out.
- Park responsibly and legally.
- Respect private property.
- If taking a dog with you choose a location where dogs are permitted. Please keep your dog on a lead out of respect for landowners and other trail users and to protect wildlife and farm animals. Always carry waste bags with you when walking your dog, pick up after it, and bring the bag home.

p30

DAINE AG SIÚL GO SLÁN SÁBHÁILTE IN ÁITEANNA ARDTALÚN AGUS SLEIBHE:

Seo chugaibh scéala ónár gcairde maithe ar oibríthe deonacha iad i gCumann Tarrthála Sléibhe an Oirdheiscirt a dhéanann sárbair le siúlóirí a choimeád sábháilte ar shliabhraonta an réigiúin seo:

'Is cuma cén méid taithí atá ag an duine, d'fhéadfaí tuille a bhaint as aon duine nó d'fhéadfadh aon duine titim nó éirí trína chéile amuigh ar na cnoic agus an aimsir ag athrú. Más gá duit cabhair a lorg in am ar bith, cuir glao ar 999 nó 112 agus iarr an Tarrtháil Sléibhe ar an té a fhreagróidh an glao. Tá sé tábhachtach go mbeidh tú in ann tú féin a choimeád te tirim go dtí go dtiocfaidh an chabhair a fhad leat. Seo cuid de na rudaí ba chóir a bheith leat i gcónaí: éadaí breise (hata, lámhainní, geansaí, srl.), deoch the, bia, luchtair sa bhreis don bhfón, léarscáil agus compás, biobháig [mála éigeandála] nó foscadán stoirme. Bíodh bróga siúlóireachta ort le go mbeidh greim níos fearr ann agus cosaint i gcomhair na rúitíní agat. Leag amach an bealach roimh ré, fág go leor ama agat féin agus féach réamhaisnéis na haimsire don gceantar. Páirceáil d'fheithicil in áit chiallmhar, déan cinnte go mbeidh úinéirí talún agus na seirbhísí éigeandála in ann teacht agus imeacht de réir mar is gá. Más minic tú ag fánaíocht, cad faoi cúrsa i Scileanna Sléibhe a dhéanamh le tuilleadh a fhoghlaim faoi eolas na slí agus faoi aire a thabhairt duit féin agus tú amuigh sna sléibhte?'

WALKING SAFELY IN UPLAND AND MOUNTAIN AREAS:

Here is a message from our friends and volunteers from South East Mountain Rescue Association who carry out invaluable work in helping keep walkers safe in the mountain ranges in this region:

'Anyone, no matter how experienced, can have a slip or fall on the hills or get disorientated in changing weather. If you need to call for help at any time, dial 999 or 112 and ask for Mountain Rescue. It is important to be able to keep warm and dry until help gets to you. Here are some things you should always have with you, extra layers, (hat, gloves, top etc) a warm drink, some food, a back-up charger for your phone, a map & compass, a bivvy bag or storm shelter. Wear hiking boots for better grip and protection for your ankles. Plan your route in advance, give yourself plenty of time and check the weather forecast for the area. Park sensibly; make sure to leave access for landowners and emergency services. If you hike on a regular basis, why not do a Mountain Skills course and learn more about navigation and looking after yourself in a mountain environment.'



GRÁDÚ NA GCONAIRÍ:

Teacht ag go leor orthu: Conairí iad seo atá cothrom agus réidh, atá oiriúnach do gach úsáideoir, lena n-áirítear daoine nach bhfuil soghluaisteacht iomlán acu, daoine a úsáideann cathaoir rothaí, daoine lagamhairc, daoine atá ag úsáid maidí croise, daoine a bhfuil bugaí leo, daoine a bhfuil páistí óga leo, daoine breacaosta, agus dá réir sin. Is féidir gnáthbhróga lasmuigh a chaitheamh.

Éasca: Conairí atá cothrom den chuid is mó agus a bhfuil a ndromchla réidh. Bíonn roinnt fánaí réidhe agus céimeanna beaga orthu. De ghnáth bíonn na conairí seo oiriúnach ag grúpaí teaghlach, lena n-áirítear leanaí agus daoine aosta. Is féidir gnáthbhróga lasmuigh a chaitheamh.

Measartha: B'fhéidir go mbeadh roinnt dreapadóireachta le déanamh ar na conairí seo. D'fhéadfadh go mbeadh dromchla aimhréidh ar chuid den tslí, áiteanna a bheadh garbh faoi chois agus a mbeadh bacainní éagsúla iontu, fréamhacha agus carraigeacha atá ag gobadh amach, srl. Tá na slite seo oiriúnach do dhaoine atá ar leibhéal measartha aclaíochta agus a bhfuil taithí éigin acu ar bheith ag siúl. Moltar do shiúlóirí coisbheart agus feisteas sainiúil a bheith orthu le bheith ag siúl lasmuigh.

Dian: Conair atá deacair go fisiciúil atá sna slite seo. Sna codanna seo, beidh dreapadh géar i gceist ar feadh tréimhsí fada. Tá na dálaí faoi chois thar a bheith garbh in áiteanna agus tá cuid mhór bacainní ann. Tá na codanna seo oiriúnach do dhaoine a bhfuil taithí acu ar bheith ag siúl ar thalamh garbh agus atá ar leibhéal ard aclaíochta. Is gá do shiúlóirí coisbheart agus éadaí faoi leith a bheith orthu le bheith ag siúl lasmuigh.

An-deacair: Is in áiteanna iargúlta ardtalún is mó atá na bealaí seo. Beidh fánaí géara agus dálaí an-éagsúil agus an-gharbh faoi chois i gceist leis na bealaí seo agus conairí míshoiléire ann in amanna. Tá seans ann nach mbeidh aon chomharthaíocht ann ina dtaobh agus, mar sin, beidh léarscáil agus scileanna maidir le heolas slí ag teastáil. Níl na bealaí seo oiriúnach ach amháin i gcás na siúlóirí sléibhe is aclaí agus is cumasaí a bhfuil leibhéal ard taithí acu. Is gá do shiúlóirí coisbheart agus éadaí faoi leith a bheith orthu le bheith ag siúl lasmuigh.

GRADING OF TRAILS:

Multi-access: Flat smooth trails, suitable for all users including people with reduced mobility, wheelchair users, people with vision impairment, using crutches, with a buggy, with small children, older people and so on. Normal outdoor footwear can be worn.

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.

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 a moderate level of fitness and some walking experience. Specific outdoor walking footwear and clothing is 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.

Very Difficult: These routes are predominantly in remote upland areas. They will typically include steep slopes and very variable and rough underfoot conditions on sometimes indistinct trails. They may be unmarked so the use of a map and navigational skills will be required. Suitable only for the very fit and competent mountain walkers with a high level of experience. Specific outdoor walking footwear and clothing required.



TREORAITHE ÁITIÚLA SIÚIL

Mura bhfuil cur amach agat ar an gceantar nó ar an gconair féin, d'fhéadfá imeacht le grúpa áitiúil siúil nó le treoraí siúil aitheanta. Tá treoraithe siúil éagsúla i bPort Láirge agus an-eolas acu faoi na siúlóidí atá againn agus faoin stair, oidhreacht, flóra agus fána áitiúil. D'fhéadfá idir thaitneamh agus tairbhe a bhaint as siúlóid i gcuideachta treoraí a bhfuil taithí aige nó aici.

Le tuilleadh eolais a fháil i dtaca le treoraithe áitiúla, féach www.visitwaterford.com.

Bíodh fón leat i gcónaí agus cuir glao ar 999 nó ar 112 má bhíonn éigeandáil ann

NÁ FÁGAIMIS LORG INÁR NDIAIDH

Bíodh meas againn ar an gcomhshaol. Léirimis meas-ná fágaimis aon lorg. Ná déanaimis dearmad na príonsabail Ná fágaimis lorg inár ndiaidh a úsáid agus sinn amuigh ag siúl.

Éireann

Ná Fág Lorg

www.leavenotraceireland.org

7 bPrionsabal

- 1 Déan Réamhphleanáil agus Ullmhaigh
- 2 Smaoinigh ar Dhaoine Eile
- 3 Bíodh Meas agat ar Ainmhithe Feirme agus ar an bhFíadhúlra
- 4 Taistil agus Campáil ar Thalamh Daingean
- 5 Fág Rud ar bith a Fhaigheann Tú
- 6 Faigh Réidh le Dramhail mar is Ceart
- 7 Damáiste ó Thine a Laghdú

LOCAL WALKING GUIDES

If you are not familiar with the area or the specific trail why not go with a local walking group or an experienced walking guide. There are a number of walking guides in Waterford who have a fantastic knowledge of our walks and local history, heritage, flora and fauna. A walk with an experienced guide can really add value to your walk and is very enjoyable.

For more information on local guides log onto www.visitwaterford.com.

In case of emergency always carry a phone and dial 999 or 112

LEAVE NO TRACE

Respect the environment. Love this place-Leave no trace. Remember to practice the Leave no Trace Principles while out walking.

Ireland

Leave No Trace

www.leavenotraceireland.org

7 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 Minimise the Effects of Fire



Is í an Roinn Forbartha Tuaithe agus Pobail agus Comhairle Cathrach & Contae Phort Láirge a mhaoinigh an tionscadal seo faoin Scéim Bonneagair Áineasa Allamuigh.

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Where Ireland Begins

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