

Safety Notes

- Should not walk the path on windy or foggy days.
- Stay on the coastal path and away from the cliff edge.
- Portally Cove is a tidal area.
- No bikes.
- As part of the Leave No Trace principles for outdoor ethics, dogs are permitted on this walking trail, preferably on a lead, while adhering to this code for outdoor ethics which encourage people to make better decisions when using the outdoors such as encouraging people to do things like picking up their litter, keeping their dog under control to preventing the creation of new trails.

Minimum Gear

- Walking shoes and wind/rain jacket, fluids and mobile phone.

Emergency Contacts

- **999** or **112** are the numbers for local emergency services.

Portally Cove Beach

Red Head

Bench 2

Bench 1

The Saltees Islands
25km

FLAT ROCKS
View Point

PILOT STATION,
SHANOOAN

Dunmore East
Village

Harbour
Village

Convent Rd

R684

Park

Round Tower

Dunmore East –
Promontory Fort

Hookhead
Lighthouse 3km

DUNMORE EAST

CO. WATERFORD

WALK WATERFORD

Coastal Walk / Siúlóid Chósta:

History:

Iron Age people established a promontory fort overlooking the sea at Shanoon (referred to in 1832 as meaning the 'Old Camp' but more likely Canon Power's Sean Uaimh, 'Old Cave') at a point known for centuries as Black Nobb, where the old pilot station now stands, and underneath which a cave runs. Henceforth the place was referred to as Dun Mor, the Great Fort.

Geology:

The Coastal Path starts at the Flat Rocks and Red Head just west of the village of Dunmore. The conglomerate old red sandstone known locally as pudding stone carved out of this area was used to build the harbour in the 1820s. Red Head itself as you proceed along the Path is a good example of the layering of Old Red sandstone with the lighter coloured stone weathering and eroding faster than its darker coloured cousin. This results in the vertical collapsing of the rock which results in the sheer cliff face that we see at Red Head.



Flora:

Sea Thrift forming masses of mauve flowers are best seen in early summer all along the cliffs here. The small white flowers of Sea Campion blanket sections of the path in spring and early summer and blend in with the clusters of white flowers on the succulent scurvy-grass. With the coming of autumn days the star shaped blue aster begins to add another colour to the cliffs. Towards Portally Cove the smooth cliff top is covered with purple heather and the almond scented gorse.



Fauna:

The area is rich also in its fauna. Any visit to Dunmore between late January and mid August offers the delight of a Kittiwake colony right in the harbour. Fulmar, a seagull-like sea bird puts on displays of gliding at Red Head. The red-legged Chough, an increasingly rare bird, can often be heard before it is seen along the cliffs. Other sea birds include Cormorants and Shags. Cormorants can often be seen with outstretched wings on the sea stack near Portally Cove. Watch out for the occasional Seal popping its head up close inshore.

Log your findings:

If you come across any rare flora or fauna why not submit your findings on the National Biodiversity Data Centre website, www.biodiversityireland.ie, an initiative of the Heritage Council, to assist in documenting Ireland's Wildlife.



Leave No Trace:

In order to minimise the / your social and environmental impacts on the outdoors, please follow the principles of Leave No Trace. Leave No Trace is an outdoor ethics educational programme designed to promote and inspire responsible outdoor recreation through education, research and partnerships. It is based on 7 principles which encourage people to make better decisions when using the outdoors such as encouraging people to do things like picking up their litter, keeping their dog under control to preventing the creation of new trails.

Prohibited:



The Waterford Recreational Trails Committee and the Dunmore East Tidy Towns Committee promote/endorse the 7 principles of Leave No Trace:

- A Plan Ahead and Prepare
- B Be Considerate of Others
- C Respect Farm Animals and Wildlife
- D Travel and Camp on Durable Ground
- E Leave What You Find
- F Dispose of Waste Properly
- G Minimise the Effects of Fire

For more information please visit
www.leavenotraceireland.org.

Useful Information:

Local Walking Club & Festivals: Dunmore East Rambling Festival (May)
www.dunmorewalks.com
info@dunmorewalks.com

Walking Publications:

Guide to Seven Walks in Dunmore East and Surrounding Area
(Available at the Bay Cafe)

Dunmore East Tourism Contact Details:

www.discoverdunmore.com
dunmoreeasttourism@gmail.com
+353 (0) 51 383448

Nearest Town/Village:

Passage East (13km); Tramore (16km).

Points of Interest

- 1 Pilot Station Shanooan** Built around 1940, this freestanding single-bay, two-storey flat-roofed building on the cliff top was once used to direct portal traffic through Waterford Harbour.
- 2 Dunmore East – Promontory Fort** (1970's, the defences were levelled and the top soil was removed to create a car park.) "Shanooan is a coastal defence system built on this cliff headland at the narrowest part. Similar to most coastal defence systems on promontories/cliff headlands, to encompass bank and fosse, Shanooan had to be dug down to the bed rock. This probably dates from the Iron Age to the beginning of Christianity." (REF: Declan McGrath "A guide to the Waterford Coast")
- 3 RED HEAD** – Situated among many inlets carved out of the conglomerate red sandstones, known locally as "pudding stone". This stone was used to build the harbour in the 1820s.



Photography & Content: Ray Mc Grath, Noeleen Donnelly

WATERFORD
Where Ireland Begins

Comhairle Cathrach & Contae Phort Láirge
Waterford City & County Council

Coastal Walk

Moderate

Difficulty

Linear

Type

6km

Distance

2hrs

Duration

40m

Highest Point

Terrain



Gravel path. Coastal Path - Cliff top paths with some inclines and declines, steps, some marshy cliff top (slippery after rain).



Suitable



Average levels of fitness. However, not suitable for unaccompanied children.