



Trailhead 133

Gleann na hUidhre

Nire Valley



Loop 133a Coumlara Loop

Trailhead Nire Valley, Co Waterford
Services Ballymacarbry (10km)
Dist/Time 6.5km / 3hrs - 4hrs
Highpoint/Ascent 550m / 350m
Difficulty Moderate
Terrain Hillside tracks, green paths
To Suit Average levels of fitness
Min. Gear Hiking boots, snack, fluid, mobile phone

Loop 133b Coumduala Loop

Trailhead Nire Valley, Co Waterford
Services Ballymacarbry (10km)
Dist/Time 9km / 3hr30mins - 4hr30mins
Highpoint/Ascent 630m / 540m
Difficulty Hard
Terrain Hillside tracks, green paths
To Suit Above average levels of fitness
Min. Gear Hiking boots, snack, fluid, mobile phone

The Gap Walk

Terrain Hillside tracks, green paths
Distance 6km Return
Difficulty Moderate
Duration 1hr30min - 2hrs
To Suit Average levels of fitness
Min. Gear Hiking boots, snack, fluid, mobile phone

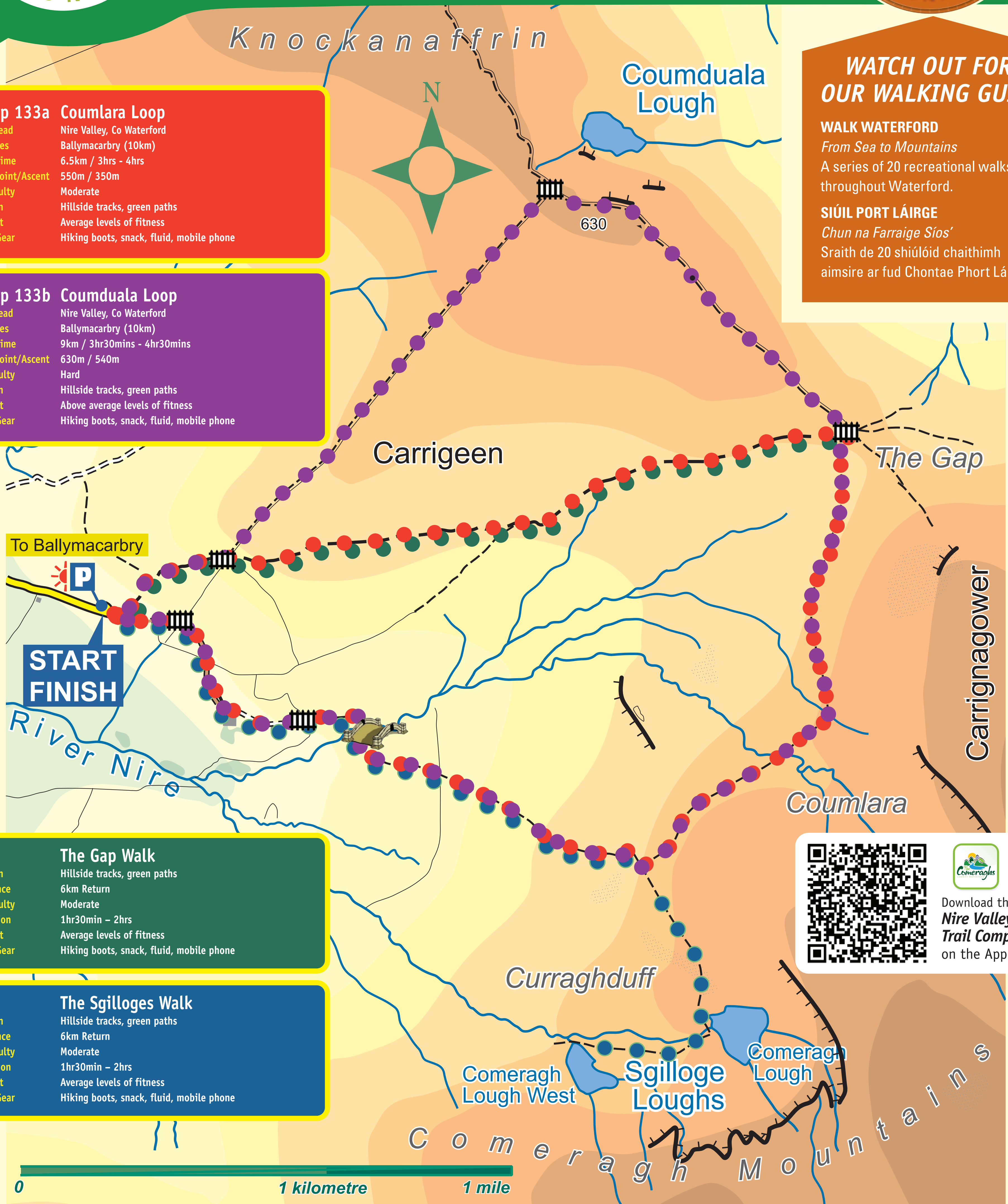
The Sgilloges Walk

Terrain Hillside tracks, green paths
Distance 6km Return
Difficulty Moderate
Duration 1hr30min - 2hrs
To Suit Average levels of fitness
Min. Gear Hiking boots, snack, fluid, mobile phone

WATCH OUT FOR OUR WALKING GUIDE

WALK WATERFORD
From Sea to Mountains
A series of 20 recreational walks throughout Waterford.

SIÚIL PORT LÁIRGE
Chun na Farraige Síos
Sraith de 20 shiúlóid chaithimh aimsire ar fud Chontae Phort Láirge.



Download the **Nire Valley Trail Companion** on the App Store

These loops are part of a countrywide network of high-quality, circular walks being developed by Fáilte Ireland. The Local Community and Waterford County Council in conjunction with Fáilte Ireland have developed the Nire Valley walks. The support of the Comeragh Mountains Forum is also acknowledged.

Further details about looped walks throughout Ireland including downloadable maps & information are available on:
www.discoverireland.ie/walking



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

We welcome feedback about your walking experience. Please contact us at: walking@failteireland.ie



- Leave No Trace on the Loops**
- Be Prepared**
Ensure you have the fitness, equipment and time needed for the loop you choose. Check the weather forecast and be prepared for changing weather conditions.
 - Be Considerate of Other People**
Park appropriately – do not block entrances or other cars. Leave gates as you find them. Do not damage property.
 - Respect Farm Animals and Wildlife**
Dogs should be kept under control. Keep a safe distance from farm animals. Leave habitats, plants and animals as you find them.
 - Protect the Environment**
No smoking. Do not light fires. Leave no litter – if you bring it in, take it out! Prevent erosion – stick to the official trail.

In the event of an emergency dial:
999

When venturing on the hills, it is essential that you are equipped with boots, wet gear, warm clothing, map, compass, fluids and food. Weather can change quickly on the mountains making visibility challenging so be prepared.



Welcome

Fáilte

to the Comeragh Mountains' Nire Valley

go dtí Gleann na hUidhre i Sléibhte an Chomaraigh

The Comeragh Mountains, which means place of 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 name Nire Valley comes from the Irish “Gleann na hUidhre”, which probably means glen or valley of the yellow/brown place or cow. The area known as the Nire, lies on the western side of the Comeraghs and hosts a treasure trove of coums and lakes and has a variety of walks of different lengths. Three of the four coums in the area contain six of the Comeragh’s thirteen lakes. Coumlara, which is the coum nearest to the Gap, is the Nire Valley’s only dry coum.



Coum Lara - “Com Ladhra” [meaning “River Fort 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*). Before 1862 there was no parish church in the Nire and this necessitated bringing the dead across The Gap for burial in Rathgormack. Though the Nire Church was completed in 1862, it would be 1926 before the graveyard was used to any extent.

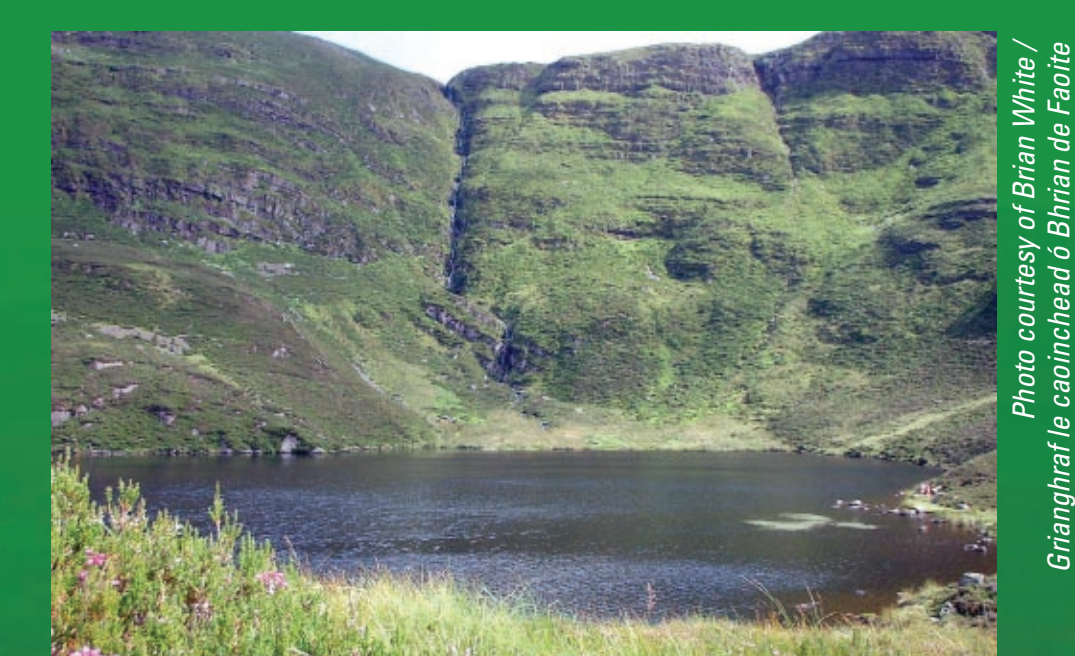
On the Coumduala loop, as you walk along the ridge to your right (south east) you should be able to pick out Tramore Bay, Hook Head, the cable-stayed bridge over the River Suir outside Waterford, Kilcash, Slievenamon, Mt Leinster and the Blackstairs Mountains. While on your left (south west) you should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



View of the Nire Valley from Knockanaffrin/Radharc ar Ghleann na hUidhre ó Chnoc an Aifrinn

Is cuid d’éascaíne Tuaisceart na Mumhan iad Sléibhte an Chomaraigh, a chiallaíonn áit na log nó na gcom, chomh maith leis na Gaibhlte, Cnoc Mhaoldomhnaigh, agus Sliabh na mBan. Ritheann na fillsléibhte *Armorican* (réigiún sa bhFrainc) seo ar fad Soir/Siar.

Tagann an t-ainm “Nire Valley” ón nGaeilge “Gleann na hUidhre”, agus is dócha go gciallaíonn sé seo gleann na háite nó an bhó atá buí/donn. Tá an dúiche ar a dtugtar an ‘Uidhir’ ar an dtaobh thiar de Shléibhte an Chomaraigh agus tá sé breac le comanna agus le locha agus tá roinnt mhaith siúlóidí ann d’fhaid éagsúla chomh maith. Tá sé cinn des na trí locha déag atá le fáil i Sléibhte an Chomaraigh le fáil i dtrí cinn des na ceithre chom i ndúiche na hUidhre. Sé Com Ladhra, an com is congaraf don Bhearna, an t-aon chom tirim atá i nGleann na hUidhre.



Sgilloge Loughs - “Com Sciollóg” [meaning “Hollow of the Cut-Off Halves”]

Bearnas nádúrtha i Sléibhte an Chomaraigh é an Bhearna a d’úsáideadh i rith na n-aoiseanna. Tugtar “Bóithrin na Sochraide” ar an mbóthar a théann tríd an Bhearna agus a nascann Gleann na hUidhre le Ráth Ó gCormaic. Ní raibh aon séipéal pharóiste i nGleann na hUidhre roimh 1862, agus bhí orthu na marbh a thabhairt trasna an Bhearna len iad a chur i Rath Ó gCormaic. Cé gur críochnaíodh Séipéal na hUidhre sa mbliain 1862, áfach, ba bheag gur bhaineadh úsáid as an reilig go dtí 1926.

Ar Lúb Chom Duala, agus tú ag siúil ar an ndrom, ba cheart go mbeifeá ábalta an méid seo a leanas a aithint ar thaobh na láimhe deise (oirdheisceart): Cuan na Trá Móire, Rinn Duáin, an Droichead Crochta thar na Siúire lasmuigh de Phort Láirge, Cill Chais, Sliabh na mBan, Sliabh Laighean agus Na Staighrí Dubha. Ar thaobh na láimhe clé (iardheisceart) is féidir feachaint síos chomh fada leis an gcósta in aice leis an Aird Mhór.



Waterford County Local Authorities
Udarás Aitiúla Chontae Phort Láirge

SIÚLÓIDÍ LÚIBE SHLÉIBHTE AN CHOMARAIGH
Maoinithe ag Rialtas na nÉireann faoin bPlean Forbartha Náisiúnta, 2007 - 2013

COMERAGH MOUNTAINS LOOPED WALKS
This project has been funded by the Irish Government under the National Development Plan, 2007 - 2013

