Key Information

- Distance: 9 km
- Time: 3-4 hrs
- Ascent: 420 m
- Grade: Hard
- Category: Mountain
- Min. Gear: Walking boots, raingear, fluid, and snack

Directions to Trailhead

Cahersiveen is on the N70 Ring of Kerry road between Killorglin and Waterville. In Cahersiveen, the trailhead is located at a car park known locally as The Fairgreen – behind the Londis petrol station and beside the Garda station.

The Beentee Loop - Forest, Farmland & Hillside

A steep climb to the summit of Beentee Mountain provides panoramic views of Cahersiveen the birthplace of Daniel O’Connell the ‘Liberator’. Sigerson Clifords song ‘The Boys of Barr na Sraide’ describes Cahersiveen as “the town that climbs the mountain and looks upon the sea”. Cahersiveen lies on The Fertha River, overlooking Valentia Harbour. It is the main centre for the western end of the Ring of Kerry and is an ideal location for exploring the rugged coast of the southwest of Ireland.

Starting from the trailhead at The Fairgreen Car Park in the heart of the town, follow the blue arrows and purple National Loop arrows out the rear of the car park and ascend via Carhan Lower passing the water reservoir from where you have a panoramic view of the town and Valentia Harbour. You are also on the Kerry Way (a long-distance route) marked with yellow arrows and the familiar trekking man logo. After 1.5 km the loop joins an old mass path through Carhan Upper.

Follow the Mass path along the lower slopes of Beentee Mountain to join a tarred surface at Gurteen. After 300 m watch out for a signpost which directs you to the right across a stile onto a track which ascends steeply by the side of forestry onto the ridge south of Beentee.

At the end of the steep ascent, the loop swings sharp right and continues to climb along the ridge following ditches and wire fences (on your left). Near the end of the ascent, the loop crosses a stile and takes you onto the summit of Beentee from which you have spectacular views of the town, the harbour, and the marina.

Continue to follow the blue arrows as you descend to Garranebane by well worn paths and towards the end of an old laneway. The end of this section exits onto a tarred roadway where you turn right.

The final 1 km section takes you back to town via a minor roadway. Use the blue arrows as guidance.

If you like that – try this

Join the Laharn Bog loop at the foot of Beentee, take a left on the road instead of going right for town. Enjoy views of hillside farms and pass peaceful homesteads enroute.

Distance: 12 km, Grade: moderate.
Walking time: 4-5 hrs approx.
**Key Information**

<table>
<thead>
<tr>
<th>Loop</th>
<th>Distance</th>
<th>Estimated Time</th>
<th>Grade</th>
</tr>
</thead>
<tbody>
<tr>
<td>Blue Loop</td>
<td>500 m</td>
<td>15 mins</td>
<td>Easy</td>
</tr>
<tr>
<td>Red Loop</td>
<td>1 km</td>
<td>30 mins</td>
<td>Easy</td>
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</tbody>
</table>

**Directions to Trailhead**

Turn right off N22 Killarney-Cork Road onto R569 signposted Kenmare/Kilgarvan. 5.5 km to Rossacroo Forest Park, located on the left side of the road. Coming from Kenmare, drive approximately 16 km from Kenmare on R569 to arrive at Rossacroo Forest Park car park on the right side of the road.

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**Rossacroo Wood – Walk the Line**

Rossacroo derives its name from the old Irish name Ros a chro which means the wood of cro or cattle hut. This suggests that the area has been under forest for quite a long time. The focal point of Rossacroo is the Millennium forest site. The largest section of the forest is on the northern side of the valley. You will walk a stretch of the historic Kenmare railway line on enroute. All of the regular forest inhabitants are to be found in Rossacroo such as foxes, badgers, hares, rabbits and a diverse population of birds.

**A to B** Cross Loo River using wooden bridge beside info board. Follow waymarker at beginning of walk shows a blue arrow & red arrow pointing straight ahead - walk the hard surface trail straight ahead into the forest.

Sessile Oakland dominates the environment since the focal point of Rossacroo is the Millennium Forest Site. There are 3 plots of Millennium trees - Oak, Alder & Birch where one can go and visit a tree which was planted then.

**B to C** Arrive at a little junction in the path - red arrow points straight ahead towards an open gate - follow this path. To your right is the continuation of the blue loop which you will follow on your return walk.

To your left, alongside the river, what looks like a rough path is the disused railway line which used to service Kenmare between 1891 & 1959. Passing also on your left, further on the path, is a sign for the Millennium Tree Project Site where the new native trees are growing.

**C to D** Meeting the next wooden waymaker with two red arrows - follow the arrow pointing to the right taking you deeper into the ancient woodland. The red arrow pointing straight ahead leads to another Millennium Tree plot. Continue around until you meet your original path, turning left and left again 50m along where you will join the remainder of the blue route for your return walk. You are now on the old Kenmare railway line.

In April and May expect to walk through an enchanting glade of Bluebells and other native flowers.

**If you like that – try this**

Visit Dromore wood near Blackwater Bridge (park at sign for Holy well) or stroll around the old market town of Kenmare. Dromore trail is marked with yellow arrows.

Time: 1 – 1.5 hrs approx. Grade: easy. Terrain: forest path along Kenmare Bay shoreline, joining the Kerry Way along an old coach road.
Walking in Kerry

Derrynane Mass Path Loop 12
Timeless Walk through Our Liberators Shores

To Waterville

To Kenmare

START HERE

Derrynane Beach Derrynane House

Kerry Maps 23/03/2010 17:08 Page 5
Key Information
Walking Time: 2.5 - 3 hrs depending on fitness
Distance: 6.3 km
Grade: Moderate
Gear: Hiking Boots, Rain Gear, Water, Snack
GPS for Car Park: 51 45.789° N 010 07.716° W.

Directions to Trailhead
Leave the N70 (Ring of Kerry road) turning down the minor Derrynane Road to Derrynane House – signposted on the road as home of Daniel O’Connell. Leave the car at the Car Park beside Derrynane House.

Derrynane Mass Path - Timeless Walk through Our Liberators Shores
This walk over the hillside and shoreline and through the grounds of Our Liberator, Daniel O’Connell’s home, tells the history of our people in a time when Catholics were banned from celebrating Mass. The people of Caherdaniel parish living in Farranaragh, Coomaflauckane, and the islands of Scariff & Deenish (who rowed in by Curragh to Beal-tra-pier) walked this Mass Path during the Penal Times (in the 17th Century) to attend Mass at the Mass Rock which you will visit on your walk. It is fitting indeed, that Daniel O’Connell, one of Europe’s greatest Statesmen, led the Irish people and achieved Catholic Emancipation for our country and that during this walk you will visit his home, the Gardens & Derrynane National Park which his family left to the State.

A to B Take a right turn out of the car park heading for the double metal gates, leading to a green hard surface road and the grassy sand dunes ahead. Look right at the end of the path, after approx 150 m and a low stone marker with a yellow walking man symbol points away to your right along the bottom of the sand dunes. Passing through the next car park on your right, join a sealed track which leads to a minor road. Turn left here and walk uphill.

C to D After another 200-300 m along the minor road you approach a car park with a slipway for boats. Veer to the right and exit the car park through a gap in the old stone wall. Follow rock steps down a narrow track.

Continue following the mass path climbing along rock-steps and through native woodland to an inlet where a stone marker post with a yellow arrow marks the shoreline. Turn right towards the rock slab and climb along the gap in the slabs. This section can be slippy in wet weather as it is worn from years of boots treading along it.

Approach the quay, Bealtra Pier, on your gentle descent to another sealed track and take the minor public road away from the pier on your right.

D to E Follow the roadway gradually back uphill, past farmhouses and grazing fields. Don’t forget to look back to see the vista of Derrynane Bay.

After approx. 1.5 kms you will arrive at a sign pointing right off the road for the Kerry Way. Turn right here.

E to F Your walk now takes you along the famous long distance trail, the Kerry way. Close by as you walk, you will pass ruins of pre-famine homesteads, where they have overlooked Derrynane Bay for hundreds of years. Continue to follow the arrows taking you in a south easterly direction along this ancient road until you begin your descent to the Derrynane Road through native woodland. Turn right at this road, going downhill and arrive at Derrynane House through the whitewashed facade of the bell gate. Follow the hard surface track through the estate and back to your car.

If you like that - try this
Enjoy the grounds of Derrynane House, the National Heritage Park, walk on Derrynane beach and visit Abbey Island.
Muckross Lake – A Royal Route

Just minutes from Killarney, Muckross House offers the possibility to escape the hustle and bustle of the busy town. The walk is a wonderful stroll through native forest, here and there the path visits the lake shore and the views of Torc Mountain and MacGillycuddy’s Reeks come into view. The road continues over the local landmark of Brickeen bridge where you can linger and look out over Lough Leane and Muckross lake. Or continue for a few more minutes to Dinis Cottage, an old hunting lodge now a café. From here you can continue walking through the lakeshore and back to Muckross, or travel by boat back to Killarney.

A to B: Make your way along the signposted route from the 19th century Muckross House, stopping off to discover the traditional working farms and afterward descending down to Muckross Abbey.

B to C: The trail then brings you to Muckross Peninsula, with the spur of the land separating the Muckross Lake from the larger Lough Leane. Here, you enter Reenadinna Wood. carpeted by moss and ferns, it’s worth watching out for red squirrels and the majestic red deer.

C to D: At the western end of Muckross Lake is the 200-year-old Dinis Cottage. You can grab refreshments here before heading behind the Cottage to a short path leading to the Meeting of the Waters – where Killarney’s Upper Lake flows down to join the lower loughs.

D to E: Lakeside tracks and wooded paths lead you back to Muckross House. Shortly before you arrive, an optional sidetrip leads to the top of Torc Waterfall, but this 4 km circuit can also be tackled in its own right.

If you like that – try this

Join the Kerry Way in the National Park to Lord Brandons Cottage (park at Galways Bridge) or take a boat trip on the majestic Killarney Lakes.

Grade: Moderate, ground can be rough underfoot.
Walking Time: 1.5 – 2 hrs. Enjoy lunch at the Cottage before your return journey.
Walking in Kerry

Torc Waterfall Loop 10
Mythical Landscapes

START HERE

Muckross Peninsula
Reenadinna Wood
Muckross House
Dundag
N70

Torc Waterfall

MUCKROSS LAKE
Owenarriff River
Goleen
To Kenmare
To Killarney

km

N

0 1
Key Information

Ascent: 150 m
Distance: 4.5 km
Estimated Time: 2 hrs
Grade: Moderate
Terrain: Paved lanes and earthen footpaths

Directions to Trailhead
Start from Muckross House, only 3.6 miles/6 km from Killarney town centre, along the main Kenmare road (N71).

Torc Waterfall – Mythical Landscapes
Torc waterfall derives its name from the gaelic word Torc meaning a wild boar. According to legend the waterfall was created by a man who had been cursed by the Devil to spend each night transformed into a wild boar. He lived in a cavern beneath the cliffs of the mountain. His secret was discovered one night by a local farmer out looking for missing animals. The boar offered him great riches not to reveal his secret but became furious when his plight was revealed. In his anger he is said to have burst into a ball of flame and disappeared into the Devil’s Punchbowl lake on nearby Mangerton Mountain. The lakewater burst forth and created the waterfall to hide forever the Boar’s cavern beneath the waterfall.

A to B Leaving Muckross House the track turns sharply to the left with panoramic views of the mountains and meadows. Keeping to the left and situated on the right hand side is the notable landmark of the Old Boathouse - home for centuries to the many rowing and fishing boats on the lakes. From here one can take the short but spectacular “Old Boathouse Nature Trail” which includes the scenic limestone cliffs of Dundag Point with its splendid panorama over the Muckross/Middle Lake.

B to C You’ll climb steadily through the trees to cross the Owengarriff River, just above the main falls.

C to D A series of steps leads you back down through the woodlands on the eastern side of the river to the viewpoint of the 18 m high Torc Waterfall cascade.

D to E The trail continues to the N71 which you will need to cross. Keep left along the path to rejoin the Lake Loop to return to the car park at Muckross House.

E to A Known locally as “Springfield” this pleasant path runs parallel to Muckross Lake and the lovely sandy Goleen Bay which is popular with bathers. Also one can see the distinct and fully black breed of the Kerry Cow grazing in the fields which is unique to the Muckross Estate and County Kerry. The path runs all the way to Muckross House with the option of visiting the magnificent Sub-Tropical gardens.

If you like that - try this
The route for Torc Mountain [The Boar] continues up from the Waterfall, joining the Kerry Way, signposted for Kenmare and the Black Valley. Turning right off the Kerry Way, join the board walked track leading 300m uphill.
Distance from Waterfall: 5.5 km, Ascent: 530 m, Grade: Hard, Time: 4 to 5 hrs from car park.
Walking in Kerry & Cork

Pulleen Loop 14
Where Mountains and Ocean Meet
Key Information

Ascent: 100 m  
Distance: 5 km  
Estimated Time: 1.5 - 2 hrs  
Grade: Easy  
Minimum Gear: Walking boots, raingear and fluid  
Services: Ardgroom (5 km), Castletownbere (14 km)  
Start and Finish: Trailhead at Cuas Quay  
Terrain: Firm coastal tracks and paths  
Trailhead: Ardgroom, Beara, Co. Cork  
Map Ref: OSI 84 v686 572

Directions to Trailhead

Start from the village of Ardgroom, Beara, Co. Cork, on the R571 between Lauragh and Eyeries. In the village take the minor road signposted Cuas Pier and Pallas Harbour. Follow this road for approximately 5 km to reach Cuas Pier on your right. [The trailhead is signposted from Ardgroom.]

Pulleen Loop – Where Mountains and Ocean Meet

The Pulleen Loop walk lies to the north of Ardgroom village on the northern shore of the Beara Peninsula. This is an area of rich land, seascapes, history and culture. As you walk along the southern side of the Pulleen Loop you will have a fantastic view of the rugged Beara mountains. Continuing along the Loop you pass Ardgroom harbour, a natural haven from the atlantic swell. The coastline leads on past Dogs Point and back towards the start point with the mountains of the Iveragh Peninsula rising above the ocean on the far side of the bay.

A to B Starting from the trailhead at Cuas Quay follow the blue arrow onto the tarred road and turn left. After 200m you reach a grassy track onto open ground on your left. Turn left here.

B to C Follow the grassy track across open ground and join a line of old stone walls. Keeping close to the walls, watch out for a variety of walled holdings, sheep pens and ruins of homesteads as you make your way to Dogs Point.

C to D From Dogs Point sweep left to join the return section along the coastline (reaching 50m above sea level) and enjoy the breathtaking views over Kenmare Bay. In the distance the coastline of County Kerry is visible. Continue to follow the purple arrows to reach Coosmore Caves - well worth a visit.

D to A From the caves enjoy the 250 m back to the trailhead.

If you like that – try this

Experience the beauty of the Ring of Beara drive, the Healy Pass or take a boat trip to Bere Island and experience some more great walks. Visit the Bere Island Heritage Centre for more information.
Dursey Island Loop – Splendid Isolation

Dursey Island’s location at the westernmost tip of County Cork, ensures it has both a special atmosphere and also a dramatic landscape formed by the ravages of sea and wind. Access to the island is by a small cablecar. This also adds to the sense of isolation – and make sure you don’t miss the last return trip! Once across you will find yourself walking on the quiet roads and byways of this beautiful island. Magnificent views of the ocean and coastlines of the Beara Peninsula and Kerry are all around you. The dramatic cliffs and coastline are home to many species of seabird.

Starting from the cablecar*, follow the purple arrow along the roadway which travels the southern side of the island. You are also on the long-distance Beara Way marked with yellow arrows and the familiar trekking man logo. After 1 km you reach Ballynacallagh the first of three villages on the island. Continue along the roadway.

Follow the roadway for a further 1 km to reach the village of Kilmichael where it is said that monks from Skellig Rock founded the ancient church - now a ruin. Stay on the roadway.

Continue along the roadway for a further 3 kms – and enjoy the spectacular views of the Beara Peninsula on your left. To your right runs a range of steep hills along which you will return – the Signal Station is at the highest of 252 m. Within 100 m of the end of the roadway, you turn right at a stone wall onto the hillside section. [Note: You may wish to consider the option of continuing from here to Dursey Head, the westernmost point of the island. The out-and-back journey will add 1 hr - 1 hr 30 mins to your trip.]

Follow purple and yellow arrows along the well-worn track uphill – a 15 min walk will take you to the impressive Signal Tower (ruins). From here you have fine views of the northern side of the island and of the west Cork coastline. Two distinctive islands to the West are named the Bull and Cow. Continue straight from the tower - careful to follow the direction of the waymarker.

The loop now begins to descend, crossing a stile and joining a ‘green’ road for approximately 500 m. As you round a right bend, the loop takes a sharp left turn uphill again onto a grassy track.

The loop ascends briefly and then descends steeply to reach an old roadway where you turn left and after 200 m cross a stile.

The loop follows a series of old green paths to exit via a gateway onto the roadway you travelled out on in the village of Ballynacallagh. Turn left here and enjoy the remaining 1km back to the trailhead or take the mountain pass back to the cable car.

*The cablecar operates only certain periods of the day – please check timetable and allow at least 5hrs for your trip.

If you like that – try this

Experience the beauty of the Ring of Beara drive or visit the picturesque town of Castletownbere.

Directions to Trailhead

Start from Castletownbere (or Castletown Berehaven) on the R572 on the southern side of the Beara Peninsula. Follow the R572 for 15 km to reach a junction with the R575 near Bealbarnish Gap – turn left here following the signs for Dursey Island. Another 7 km will take you to the Cable Car at Ballaghboy.
Walking in Kerry & Cork

Creha Quay Loop 15
The Oceans Edge

Eyeries

Creha Quay
Coosmore
Black Rocks
Pallas Strands
Eyeries point
Eyeries Point
Standing Stone
Standing Stone
Stone Row

START HERE
To Castleownbere

km
0 1

Kerry Maps 23/03/2010 17:09 Page 15
**Key Information**

- **Ascent:** 50 m  
- **Distance:** 6 km  
- **Estimated Time:** 1.5 - 2hrs  
- **Grade:** Easy  
- **Minimum Gear:** Walking boots, rain gear and fluid  
- **Services:** Eyeries Village, Castletownbere (8 km)  
- **Terrain:** Laneways and coastal tracks  
- **Theme:** Coastal  
- **Trailhead:** Eyeries, Beara Peninsula, Co. Cork  
- **Map Ref:** OS 84 v647 506

**Directions to Trailhead**

Start from Castletownbere (or Castletown Berehaven) on the R572 on the southern side of the Beara Peninsula. Opposite the car ferry in the town, follow the R571 for 7 km to reach Eyeries.

**Creha Quay Loop – The Oceans Edge**

Overlooking the entrance to Kenmare Harbour these walks offer an opportunity to savour the wildness of the Atlantic Ocean. Between the five peninsulas of Kerry and West Cork lie many natural harbours that for centuries have given safe haven to mariners. The many headland watch towers and signal towers bear testament to its turbulent past. But here can also be found peace and solace, for with the storms will also come moments when the vast ocean to the west is clear and calm. The Skellig Islands sit just beyond the western tip of the Iveragh Peninsula across the entrance to Kenmare Harbour.

**A to B** Starting from the trailhead at O’Sullivans shop in the heart of the village follow the blue arrow onto the access road towards the beach. You are also on the long-distance Beara Way marked with yellow arrows and the familiar trekking man logo. After approximately 1 km the loop (and the way) leaves the roadway at a metal gate and accesses Eyeries Point.

**B to C** Follow the sandy roadway to reach the edge of the water and turn right to follow the rugged, rocky shoreline - with high quality scenic views of Coulagh Bay and, in the distance, the coast of Kerry. After 1 km you will briefly rejoin a tarred roadway before accessing the shoreline again.

**C to D** Now the loop traverses a large number of small farm holdings common to this area before reaching Creha Quay. You turn right here following the blue arrow onto the tarred roadway.

**D to E** Continue to follow the tarred roadway for 200 m to where the Coastguard Station Loop (red arrows) rejoins it at a laneway on your left. Keep straight ahead here.

**E to A** The loop ascends for 500 m to enter the cheerfully painted village at its northern end. Turn right and enjoy the remaining 200 m through the village and back to the trailhead.

**If you like that – try this**

Enjoy a walk in Bonane Heritage Park and visit Molly Galvins Heritage Centre.
Walking in Kerry

Listowel Loop 1
A Literary Ramble

START HERE

Listowel Castle

St. Johns Theatre and Arts Centre

River Feale

To Tralee

Listowel Bridge

Childers Park (Cows Lawn)

Pitch and Putt

Garden of Europe

The Dandy Lodge

Kerry Literary & Cultural Centre

Kerry Maps 23/03/2010 17:09 Page 17
Listowel Walk - A Literary Ramble

The walk is an easy ramble along the banks of the River Feale and around the Listowel Town Park. Listowel as “Literary Capital of Ireland” has produced many famous writers including John B. Keane and Brian McMahon. Listowel is home to Writers’ Week, the annual Literary Festival held in June, the famous Listowel Horse-Racing Festival held in September and Listowel Food Fair held in November.

Starting at St. John’s Theatre and Arts Centre which is a former Church of Ireland Gothic Style church located in the centre of the Town Square; follow the finger signs which will bring you to the banks of the River Feale passing the Seanchai and the restored Listowel Castle.

At the river follow the green arrows along the River Feale, famous for its Salmon fishing. After 1.5 km you go beneath Listowel Bridge via a Gantry which will bring you the edge of the Childers Park known locally as the Cows Lawn.

With the river on your right, after a short distance you take a sharp left turn and follow the arrows which will lead you through the Garden of Europe. It contains more than 2,500 trees from all over Europe and also contains Ireland’s only public monument to the memory of the millions of people who died in the Holocaust.

On exiting the Garden of Europe, veer right and continue to walk along the edge of the Park. At the southern end of the Park keep left and with the wood on your right, skirt the park, passing a pitch and putt course on your left.

Continue to descend along the path, passing a much admired stone cottage on the right. This is known as “The Dandy Lodge” and was the first house built on the Bridge Road. It was dismantled stone by stone and reconstructed on its present site in 1994. On leaving the Park you turn right on Bridge Road and take the footpath which will take you back to the start in the Town Square.

If you like that - try this

The ‘Sive’ walk starts at St John’s Theatre and Arts centre and goes via the old railway line on the Ballybunion road and takes the walker through wild bogland of the countryside. Or for something different visit The Seanchaí Centre - Kerry’s Literary & Cultural Centre.
Key Information

Distance: 4.9 km
Time: 1 - 1.5 hours
Ascent: 30 m (Healy’s Cross)
Grade: 1/25
Category: Easy
GPS: 83,181.4 113,684.75
Minimum Gear: Walking shoes

Directions to Trailhead
Follow signs for Aqua Dome Waterworld on N86. Park in Car Park

Tralee Lee Valley Walk - Step Back in Time
Picturesque walk along the old tow path of Tralee Ship Canal to Blennerville Village with the Slieve Mish mountains as the backdrop. Crossing the Canal Swing Bridge and Blennerville Road Bridge with fine views of Tralee Bay and the restored Windmill. Returning along Kearney’s Road with Tralee Bay Nature Reserve on your left. A gradual rise to Healy’s Cross and return via the leafy suburb of Ballyard Hill to the Aqua Dome Car Park.

A to B  Your starting point is the Aqua Dome Car Park and the Tralee terminus of the Tralee-Blennerville Vintage Railway. Exit the car park, cross the Ballyard road and turn to the right. The Ballyard Fountain is ahead of you. Turn left at the fountain and proceed a distance of about 50 m along the footpath to the Basin of the Tralee Ship Canal. You will be crossing the busy Tralee-Dingle Peninsula Road (N86) so exercise caution. Cross the road to the footpath on the opposite side and follow the canal basin around to the new Marina Apartments on your right.

B to C  This is a leisurely walk along the tow path of the Tralee Ship Canal (1832-46). It affords you beautiful views of the Slieve Mish mountains. At weekends, members of Tralee Rowing Club can be seen training on the canal. As you approach Blennerville, there is a small lake on your right, known locally as the swan pond. As you can see it is home to a variety of bird species, not just the mute swan.

C to D  You will exit the Canal bank walk at Blennerville. You have the option here of continuing a further 500 m to the Lock Gates where the Canal enters Tralee Bay and onto the extended North Kerry Way but our route takes us over the metal Swing Bridge and Blennerville Road Bridge. Keep on the right hand footpath. This affords you beautiful views of Tralee Bay and Blennerville Windmill, the largest working windmill in Ireland which is now a visitor attraction. Blennerville was developed by the Blennerhassett family in the 18th century and served as the main port of emigration from County Kerry to North America during the Great famine (1845-50). Use the pedestrian crossing to cross to the other side of the road.

D to E  The return route to Tralee takes you down Kearney’s Road, parallel to the railway line and the Tralee Bay Nature Reserve, an internationally renowned wildlife habitat. It is one of only five such reserves in Ireland specifically protected by the Ramsar Convention. The entire nature reserve extends east and west of Blennerville Bridge and comprises some 755 ha of estuarine mudflats an important breeding ground for migratory birds. You are sharing the route with motor traffic, though while infrequent exercise due care. You will cross a tributary of the river Lee at about 500m from Blennerville. Continue up the slight incline until you reach Healy’s Cross where you will be turning left back to Tralee.

E to A  The last section takes you down the tree lined Ballyard Hill back to the Aqua Dome Car Park.

If you like that – try this
Muckross Lake Loop, Killarney, Co. Kerry
Distance: 15 km, Time: 3.5 hrs, Ascent: 100 m, Grade: Moderate, Category: Nature
Enjoy a walk on the sandy beach at Banna Strand, Tralee, Co. Kerry.
The River Lee Nature Walk - Explore the Nature of North Kerry

This is a leisurely walk along the northern bank of the River Lee from which the town takes its name. It is a haven for wildlife including otter, heron and, beneath the water, salmon and trout. It extends on an elevated boardwalk as far as the ruins of the Geraldine Towerhouse at Castlemorris and returns along the public footpath bordering the N70 and N86 national routes. The return route affords beautiful views of Tralee town park (which you may detour to) and the Slieve Mish Mountains.

Your starting point is the Aqua Dome Car Park and the Tralee terminus of the Tralee-Blennerville Vintage Railway. Exit the car park, turn left and access the entrance to the walkway a distance of about 100 m.

Relaxing river walk, shared with cyclists. The river hosts many fish, bird and mammal species detailed on the riverside information boards. At approximately 550 m you will cross the access road to the Woodlands Caravan and Camping Park. Watch out for traffic exiting the park from your right. The walk takes you past the Carlton Fels Point Hotel and the open space where the Rose of Tralee Festival Dome is located. The final section is an elevated walk over the river channel with fishing stands incorporated. At Castlemorris you have the option of crossing the footbridge into the Peace Park or turning left directly onto Ballymullen Road (N70).

Cross over the footbridge into the Peace Park with the sculpture of the dove fashioned by local artist JJ Sheehy as a Tralee Millennium Project. There is a beautifully crafted timber bridge which you cross over and exit onto the main N70 Tralee-Killorglin road.

Follow the footpath to the left and this brings you around over the road bridge to the old towerhouse, now just a shell of its former glory. As you proceed down a slight descent the Ballymullen Army Barracks is on your right. Ballymullen was once a village on the outskirts of Tralee; it still retains its own Post Office. The Munster Bar, behind the Christ the King Park, on the opposite side of the road, takes its name from the Royal Munster Fusiliers who were billeted in the barracks before 1921.

Keep to your left as you cross the access road to Carlton Fels Point at the Ballymullen Roundabout. Proceed along the footpath. The festival dome site is now on your left and across the road is a vast expanse of green wetlands and further on Tralee Town Park. Beyond Carlton Fels Point hotel you have the option of returning onto the riverside walk at the entrances to Woodlands Caravan Park or continuing along the main road. On your left is the new 8 screen cinema and on the opposite side of the road there is an access point to Tralee Town Park and Rose Garden which you may detour to.

The large building to the right is the famous CBS The Green Boys Secondary School built in 1928. You will now see the Ballyard Fountain in the distance. Turn left when you reach the fountain and the car park is on your left.

If you like that - try this

Visit Ballyseedy Wood, Tralee
Distance: 1.5 km. Southern access is via N70 onto Skehanagh-Farmers Bridge Road (L2011)
Grade: Easy
Walking in Kerry
Lyracrumpane Loop 2
The resting place of Fionn Mac Cumhaill

Fr John O’Donoghue Commemorative stone

Kerry Maps 23/03/2010 17:09 Page 23
Key Information

Distance: 6.5 km
Estimated Time: 1.5 - 2 hrs
Grade: Easy
GPS: N52 15.796° W009 27.238°

Directions to Trailhead
Take the N21 road between Limerick and Tralee. Approx 3 km outside the town of Castleisland heading towards Limerick / Abbeyfeale, turn left onto a minor road signposted for Lyracrumpane.
Follow this road along forest plantations and bogland for approx 12 kms, until you reach the Four Elms pub on your left. Park here.
GPS - N 52 20.040° W 009 30.089°

Lyracrumpane Mass Path – The resting place of Fionn Mac Cumhaill
Lyracrumpane or Ladhar an Crompaine which means the space between converging rivers is located in the Stack’s Mountains of north Kerry between the Smearlagh river and the Crумpane river. The rivers converge just downstream from Lyracrumpane bridge. Folklore states that Fionn Mac Cumhaill, chief of Na Fianna fell to his death in the Stack’s mountains and is buried in Lyracrumpane.

Leaving the Four Elms pub, in front of you is a handdrawn and painted mapboard which shows the route of the Mass Path. Follow the green arrows along the route.

A to B  Turn left along the road going downhill, passing a traditional pump with natural spring water gushing out of it. Fill up your water bottle here for the journey ahead. Turn right after approximately 400 m into a forest track. You are now on the Lyracrumpane Mass Path. The local faithful used this route to walk to church every Sunday for many years. Soon you walk along the bank of the river Smearlagh, an important spawning ground for salmon.

B to C  Cross the Smearlagh River at the metal bridge, the village church sits at the other side of it. Walk through the church yard and out the gate, turning left onto the road. You will have passed 2 stones along the way by now with inscriptions on them. These stones commemorate the wisdom of Fr John O’Donoghue, author and poet, who’s memory is held dear in the sentiments of the Lyracrumpane community.

C to D  Passing the picnic area at the forestry site on your right along the road, your walking loop continues straight ahead. However, the mapboard and seat provided by the forestry services offers an informative break on the journey.

D to A  Continue following the green arrows which take you along the side of the local playing fields. If the time is right you could catch a game of gaelic football being played between Lyracrumpane and its local rivals. Follow the route behind the community centre and along the river Smearlagh once more. This route brings you back to the metal bridge. Continue straight ahead again along the mass path and back to the Four Elms pub.

If you like that – try this
Visit the picturesque seaside village of Ballybunion and experience the Ballybunion Cliff Walk and spot whales and basking sharks.
Distance: 2 km, Time: 20 mins, Grade: Easy
Key Information

GPS (at Car Park): N52 14.190° W009 58.889°

A. Blue Loop
Distance: 0.8 km
Estimated Time: 30 mins
Grade: Easy

B. Orange Loop
Distance: 0.4 km
Estimated Time: 15 mins
Grade: Easy

C. Red Loop
Distance: 1.8 km
Estimated Time: 1.5 hrs
Grade: Moderate

Directions to Trailhead

Glanteenassig is to be found 4 kms off the R560 road between Tralee and Dingle. It is approximately 24 kms from Tralee at the hermitage of Aughacashla. Approaching the Seven Hogs restaurant on the right coming from Tralee, 200m ahead prepare to take the next left at a small crossroads. GPS - N 52 degrees 14.190° W 009 degrees 58.889°. Follow this minor road for 4 kms, through some small farmsteads, to reach the main car park. You can choose to leave your car here for the day and walk to each site or follow the forest road up hill to the first trailhead at the River Walk.

Glanteenassig Forest – A Secret Wilderness

The first opportunity to experience the beauty of Glanteenassig is about 1.2 km from the car park. Just after crossing a wooden bridge, take a left along the trail to the shore of Lough Slat. This quiet lake lies below dramatic cliffs of Carrigaspanaig. This scene can be even more dramatic after heavy rain when “a thousand wild fountains rush down to that lake from their home in the mountains”. (J.J. Callinan). It is easy to understand the origin of the name Glanteenassig or Gleann Ti an Easaigh which translates to the Valley of the Waterfalls.

A. The River Walk begins at the timber bridge car park. It takes you along the banks of the Owencashla River as it runs through the forest.

B. Continue uphill to Lough Slat. This is a short linear trail to its shores. But it is idyllic and worth exploring and make sure you remember the camera.

C. Lough Caum Boardwalk loop is found at the uppermost car park via a left turn at the T junction on the forest road, marked ‘to the lakes’. You are experiencing the remnants of an ice age era as your walk takes you along the shores of deep lough Caum, a lake bed which the melting glacier left behind.

D. Glanteenassig Vista, as you leave the Lough Caum car park your return route takes you turning to the left, marked - viewing point 200 m - here Tralee Bay & the Stack’s Mountains open up before you. Continue your journey (by car or on foot) following the winding forest road downhill until you meet your original route at the T junction for the lakes.

If you like that – try this

Walk part of the Dingle Way through Castlegregory to the Maharees and visit the old village of Killshannig.
Walking in Kerry

Sneem Loop 13
A Geological and Scenic wonder...a unique landscape

Kerry Maps 23/03/2010 17:09 Page 27
Key Information

Distance: 14 km (9 miles)
Estimated Time: 4.5 hours
Grade: Moderate - terrain is mostly on sealed minor roads but crossing some hillside farms - boggy in patches.

Directions to Trailhead

The village of Sneem is located on the N70 ring of Kerry road between Caherdaniel and Kenmare. Park in the North Square of the village and find the signposts for the Fermoyle walking loop in front of the Charles De Gaulle sculpture. Follow the white arrow along the minor road out of the village.

Sneem, Fermoyle - A Geological and Scenic wonder......a unique landscape

South Kerry has been identified as one of the most significant geological areas in Europe due to its abundance of geological and historical features. In order to translate the significance of the landscape to visitors, the communities of South Kerry, have for a number of years, been developing the region as a Kerry Geopark. The colourful town of Sneem which is steeped in history is best appreciated by exploring the surrounding hills as mapped out in the Fermoyle loop walk. It is waymarked throughout (white walking man symbol) and takes in features such as a standing stone, rock art, fullacht fia (ceremonial cooking site) and a cillin (unconsecrated graveyard).

A to B  Beginning in the North Square, following the white arrows, the route leads out towards the GAA sports field (for Gaelic games) where the left hand fork will take you along a tarmac minor road.

B to C  For the next KM the road runs parallel to the Sneem River across glacial deposits which are now farmland.

Stop at an appropriate vantage point and take in this view. The increasing roughness of the landscape embraces the geological history of the GeoPark: Old red sandstone rocks tilted steeply now forming the mountain range. Broken rocky country once covered by glacial ice. The relatively smooth land you are now standing on - formed by material deposited by melting glaciers.

C to D  The route now forks right, away from the Lomonagh Loop (red arrows) and you cross the Lomonagh Bridge. Continue walking northwards. Ahead can be seen the rising rocky ground and behind this the mountains, including Knocknagantee - looking out for the waterfall racing in white floods down it’s slopes after heavy rains. After about 1.5 kms look left in the middle distance for Droumtine Standing Stone. This single stone is 4.4 m high and believed to be of late Bronze age construction.

D to E  Upon reaching a small group of houses the tarmac road ends and a gate leads to a farmyard. Proceed to the other side of the farmyard and pick up a green route leading to the hillside. Look for the small footbridge across a stream while following the white arrows on low stone posts. Continue gradually downhill to a metal footbridge across the Sneem River. Just before the final rise to the next group of farmhouses, a short detour to the right, along a grassy laneway leads to a Cillin (ancient unofficial graveyard) which is on the site of a Celtic Fullacht Fia (communal, ceremonial cooking site). Then, continue with due care, past the farmhouses and follow the minor road to the town land of Tullakeel.

E to A  The route now crosses the neighbouring townlands of Ardsheelhane, Maugallane, Inchinaleega and back to Sneem. These ancient Gaelic townlands names describe the land holdings and are still in use to this day. Note the turf cutting in the valley of the Sneem River, to the right and also in the valley of the Ardsheelhane River to the left. Turf is still used as winter fuel for heating. Continue down over the small bridge, past the graveyard and back to Sneem village. Be sure to enjoy the hospitality of Sneem before you collect your car!

If you like that - try this

Experience the landscape further by joining the Lomonagh Loop upon your return to the village (RED arrows). Climbing the hillside, views expand to take in the Kenmare River and the Beara Peninsula beyond.

Distance: 10.8 km (7 miles), Time: 3.5 hrs.
Grade: moderate - forest track, hillside grazing land and minor roads.
The 3 peaks of Annascaul

Start Here

Knockfehane

To Tralee

Standing Stone

Bunaneer Cove

To Dingle

Inch Strand

Photo courtesy of Annascaul Hill Walking Club

ANNASCAUL

N86

km

0 1

Ard Draighneain

Gleb Ho

N86

START HERE

Brackloon Loop 7

Walking in Kerry
Key Information

<table>
<thead>
<tr>
<th>Distance</th>
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<tbody>
<tr>
<td>Estimated Time</td>
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<td>Grade</td>
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</tr>
<tr>
<td>Terrain</td>
<td>Road and Mountain</td>
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</tbody>
</table>

Directions to Trailhead

Walk begins from the village of Annascaul on the Dingle Peninsula, where the main arterial road, the N86 Dingle to Tralee route, via Camp runs through the village. Park anywhere in the village. Hanafin’s bar is the local fountain of knowledge for walking in the area and the Sacred Heart Church is about 100m further up the street on the same side where the walk begins.

Brackloon Loop - The 3 peaks of Annascaul

The little mountain village of Annascaul on the Dingle peninsula echoes of mythical legends and modern day heroes. It was in these lonely hills that the fabled Celtic warrior CúChulainn fought and killed the mythical warrior Feirdia to win the love of the beautiful Scáil. However, she did not return his love as she remained true to Feirdia and Scáil drowned herself in the river - after which the village is named, Annascaul. Tom Crean, the Antarctic explorer who accompanied Ernest Shackleton, was born here. Upon his return to Kerry from his travels he settled in the village and opened the ‘South Pole Inn.’ A modern day hero, his memory is still very much alive among the people who live here. Enjoy walking the Brackloon Ridge with its trio of 300m peaks and magnificent views of the Slieve Mish mountains, the Com Dubh river system, majestic Dingle Bay and the neverending Inch Strand.

A to B
Beginning in the village walk through the church yard to the back and turn left onto the Maum Road now rising straight ahead of you. This road is an old butter road. Roads like this were used in the 19th Century to bring butter from the hills of Kerry to the Butter Exchange in Cork city.

B to C
At the walking club notice board climb the stile and follow the marking poles until you reach the peak at Knockfeehane.

C to D
Follow the marking poles along the ridge, taking in the views over Dingle Bay and the Slieve Mish Mountains, before carefully descending towards the main road at Bunaneer Cove.

D to A
Turning right, walk up hill along the R561 road for approximately 300m before taking the second road on the right, going uphill. This minor road brings you alongside the quiet dwelling places before returning to the village near the Post Office.

If you like that - try this

Walk the Com Dubh loop which circles the village and its quiet hinterland beneath Annascaul Lough. Follow the red markers and enjoy the quiet sounds of the landscape echoing around the walls of the Slieve Mish mountains.

Distance: 10 km, Estimated Time: 3 hrs.
Grade: easy - quiet country lanes and old roads.
Walking in Kerry

Siúlóid na Cille Loop 8
Walk in the footsteps of Robert Mitchum & Sarah Miles

To Dingle
To Tralee

START HERE

Gobnait's Well
Blascoal Heritage Centre
Dunquin (Dun Chaoin)

Gallarus Oratory

Walking in Kerry Siúlóid na Cille Loop 8 Walk in the footsteps of Robert Mitchum & Sarah Miles

To Dingle
To Tralee

START HERE

Gobnait's Well
Blascoal Heritage Centre
Dunquin (Dun Chaoin)

Gallarus Oratory
Key Information

Distance: 3.4 km
Time: 1 hour
Ascent: 130 m
Grade: Easy
Min. Gear: Walking boots.

Directions to Trailhead
Start from Dingle (An Daingean) on the R559 and take the Slea Head Road to the Heritage Centre in Dún Chaoin. Park the car and enjoy your walk.

Siúlóid na Cille - Walk in the footsteps of Robert Mitchum & Sarah Miles

An easy walk to the top of the hill with panoramic views of Smerwick Harbour (Cuan Árd na Caithne), The Three Sisters and The Blasket Islands. Walk in the footsteps of St. Gobnait and listen to the Irish Language being spoken at its very best. A trip to the Heritage Centre will bring you back in time to the rich literary life of the Blasket Islands.

Starting at the Blasket Heritage Centre just off the R559 in Dunquin (Dún Chaoin), follow the tarred road and the Dingle Way (Slí Chorca Dhúibhne) yellow Waymarked signage towards the R559, cross the road and follow the yellow walking man towards the top of the hill, where you are joined by the green and white plates indicating Siúlóid na Cille.

Turn left on to the old road used in the making of the world-renowned film ‘Ryan’s Daughter’. Follow the Waymarked track, which swings to the right and leads to the top of the hill, with spectacular views over Smerwick Harbour, Túr Baile Dhá, Triúr Deirfear and Bínn Diarmaid. Turn left and follow the green and white markers, walk the gentle slope to the top of the hill where you will get sight of An Fear Marbh and the Blasket Islands. The track takes a left, a right and another left turn (well marked) heading towards the R559 and the sea.

Cross the R559 and head across the heath, parallel to the sea towards the timber fence on the horizon. Here on close inspection flora and wildlife can be found in abundance. Cross the fence at the stile and follow the wire towards the ruins of the Old School House ‘Ryan’s Daughter Film’. Using the stile cross the fence and walk in the footsteps of Sarah Miles, Robert Mitchum, Trevor Howard and John Mills. Soak in the beautiful views, the stillness and the sun bouncing off the waves. Turn left at the old school house and follow the ditch to the top of the hill. Do not forget to stop and say a prayer at Cill Ghobnait. Saint Gobnait is the patron saint of the parish and it is said she had a church beside the cliffs in Ceathrú in Fheirtéaraigh. The 11th February is her feast day.

Passing through two kissing gates follow the track back to the R559, turn right and right again back to the car park at the Heritage Centre.

If you like that - try this

Why not try some of the other wonderful walks on the Dingle Peninsula. Visit the Blasket Centre or the tourist office in Dingle town to get more information.

Walk the Brackloon Loop, starting in the village of Annascaul.
Distance: 6 km, Estimated Time: 2 hrs,
Grade: Moderate, Terrain: Road and mountain.
Key Information

Distance: The looped walk within the wood (Red Route) is 1.5 km
Time: 30-45 minutes
Ascent: 15 m
Grade: Easy
Category: Recreational walk
Map Reference: GPS 86,691.01 (easting)
112,336.92 (northing)
Terrain: Paths and trails
Minimum Gear: Good walking shoes.

Directions to Trailhead
Take the Killorglin Road (N70) from Tralee. Turn left at Skehanagh Cross onto the Farmer’s Bridge Road (L2011). Access to the wood is 2 km further along this road to the left. It is well signposted. Park in the car park. Access is also possible on the northern side from the N21 – the main Castlesnake/Killarney approach. Take the turn-off for Ballygarry House Hotel, turn left at T-junction and park in the cul-de-sac near the entrance to the wood.

Ballyseedy Wood - A Tranquil Retreat
Ballyseedy Wood dates back at least to the 16th century when it was first mapped for Sir Edward Denny. Further planting took place by Col. John Blennerhassett in the early 18th century who had his castle nearby. Today, Ballyseedy is a sustainable woodland recreational amenity for the people of Kerry and visitors alike. It is a unique and tranquil retreat which extends to nearly 80 acres. It has at least 22 varieties of native trees and they are marked with their Gaelic and English names in the woods. As you wander along the Old Coach Road which served the Blennerhassett estate and plantation, look out for the majestic Ash, Oak and Beech trees - they have been growing here for centuries. There are a number of ruins and follies within the wood, dating back to the 17th century, with the River Lee (from which Tralee takes its name) forming the woodlands northern boundary.

A to B As you enter the woods from the Southern Carpark, take the path to the left. As you follow the path you will enjoy glimpses of the rolling open country side and the foothills of the Slieve Mish Mountain range. The path follows a route through Hazel trees and Ash, taking you to the western end of the woodland. Paths linking the Coach Road criss-cross this part of the route.

B to C Following the path down the incline you will pass a stand of lovely Yew trees and come to the most western point of the wood at C. Standing at C one can overlook the rolling meadow to the west. The gate piers here, mark the original entrance into the woods and forms the start of the Coach Road.

C to D This well defined route was the original Coach Road which accessed the estate plantation and the historical homes of the former owners, the Blennerhassets. The ruins of the original house are on your left as you follow the path and these date back to the 17th century. From there you will find yourself out into the open meadow area. The woodland on the other side of the meadow is the alluvial wetland part of the wood which has several specimen Alder within the extensive stand. Leaving the open meadow behind, the canopy closes in with Ash and Hazel before you get to the Coach Road marker stone at D which is the completion of the looped walk.

D to E If you continue along the Coach Road, it will bring you to the eastern end of the wood from where can be seen the Monument Wood.

E to F The trail can be taken to the left and this passes along the eastern boundary, from where it follows the river before finishing at the Northern Car park.

If you like that - try this
Tralee Lee Valley Walk
Time: 1 - 1.5 hrs, Grade: Easy.