

DAY 2. - Sun. August 21st

LOCATION 7. - KILFINANE HISTORICAL TOWN WALK

11.00am Registration at Ballyhoura Centre, Kilfinane.
11.30am Start. The walk will be led by a leader with excellent local historical knowledge taking in sites such as the Gaol, the Church of Ireland, the Moat and the Market house.

GPS: 8° 47'01.63"W 52° 35' 86.32"N
Duration 1.5 Hours.
 Tel: Seamus Ryan 083 3933365
 Email: ryanseamusf@gmail.com

LOCATION 8. - MITCHELSTOWN COMMUNITY WALK

10.30am Registration at Mitchelstown Library.
11.00am Start with a lecture / demo GAA lore - Mackey, Cuchulainn, Ring, Doyle/Lore, history from famed GAA teams Kilfinane, Galtee Gaels, Mitchelstown Blackthorns, Garry bouncers, Stakers. Walk via Ring Road starting at Library, visit GAA pitch, Ice House & St. Fanahans Well.

Duration 1.5 Hours.
 Tel: 087 3589734 Email: foxseamus@gmail.com

LOCATION 9. - KNOCKSOUNA HARVEST TRAIL

2.00pm Registration at Deebert House Hotel, Kilmallock.
2.30pm Start. Family walk, taking in Tankardstown Neolithic House, Knocksouna Hill.

GPS: 8° 56'98.12"W 52° 40' 09.08"N
Duration 2 Hours.
 Tel: Marie Therese O'Brien 086 8641693
 Email: mtobrien64@gmail.com

LOCATION 10. - BRUFF TOWN HISTORICAL WALK

2.00pm Registration at the Church of Ireland, Bruff.
2.30pm Start. Take in the folklore of Binn Lisin, Collins Well, the Old Barrack and Sean Wall Memorial, follow the Fitzgerald Trail with its links to the late US President John F. Kennedy.

GPS: 8° 54'90.56"W 52° 47' 49.79"N
Duration 1.5 Hours.
 Tel: Maurice Lyons 086 3375207
 Email: maurice.lyons@yahoo.ie

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LOCATION 11. - GLENSTAL ABBEY

2.00pm Registration at Murroe Monument.
2.30pm Start. Pass Murroe National School by road through the townlands of Liscreagh, Garranbane, into the grounds of Glenstal Abbey and back to Murroe village. Talks along the way at historic points of interest.

GPS: 8° 39'97.139"W 52° 64' 96.6"N
Duration 1.5 Hours.
 Tel: Tom Holmes 086 3642673
 Email: thomasholmes@hotmail.com

LOCATION 12. - THE DONKEY SANCTUARY

2.30pm Registration at the Donkey Sanctuary, Visitor Centre, Liscarroll.
2.00pm Start. Guided or self guided tour followed by a presentation on our work. Light refreshments can be purchased. Wheelchair & child friendly with picnic area.

GPS: 8° 79'35.53"W 52° 26'54.71"N
Duration 1 Hour.
 Tel: Triona O'Mahoney 087 1267535
 Email: triona.omahoney@thedonkeysanctuary.ie

LOCATION 13. - CAHERCONLISH COMMUNITY WALK

2.00pm Registration at Molly's Pub, Inch St. Caherconlish.
2.30pm Start. A guided walk of key historic sites in the Caherconlish area.

GPS: 8° 50'51.82"W 52° 58' 97.46"N
Duration 1.5 Hours.
 Tel: John Kennedy 086 2565442
 Email: johnrkennedy47@gmail.com

LOCATION 140. - KILDORRERY PAST AND PRESENT

2.00pm Registration at the Kildorrery Community Office.
2.30pm Start. A historical Kildorrery including new developments in the Community.

GPS: 8° 42'56.71"W 52° 24' 62.65"N
Duration 2 Hours.
 Tel: Frank Murphy 087 7957229
 Email: communitykcda@eircom.net



Ballyhoura Country



WALKING PASS PRICES

Half Marathon	€15
C Walk	€5
C Walk Family (of 4) Rate	€10
A & B Walks	€15
Free Walks	

Call: 00 353 63 91300
 for more information
 Pre-registration essential

For local accommodation options
 Contact us on 063 - 91300
 Email: reception@ballyhoura.org



visitballyhoura.com

BALLYHOURA INTERNATIONAL WALKING FESTIVAL



20TH & 21ST
AUGUST 2016
 visitballyhoura.com

The Ballyhoura Bears Walking Club, Tuesday, Thursday, Saturday & Sundays. New members are always welcome. For more information on the Activities of the Ballyhoura Bears Walking Club, contact: catherine.ing@gmail.com or visit www.ballyhourabears.com

A WALK A Walks are only for very experienced hill climbers

B WALK B Walks are for experienced walkers. Moderate pace

C WALK C & Special Interest Walks are ideal for all the family

EQUIPMENT / SAFETY

For All Walks, Boots, Rucksack, Waterproofs, Packed Lunch, Hot Drinks, Tracksuit (no jeans), Warm Hat & Gloves and a change of clothing after the walk is recommended.

- Hill Walking is an adventure sport and not devoid of an element of risk. Those taking part in any of the walks do so at their own risk.
- Participants are advised to be properly prepared for the walks chosen, especially Grade A Walks.
- The decision and authority of the Walk Leader on all walks is final and is at all times to be accepted by the participants.
- Children under 16 must be accompanied by an adult on all walks.
- Please make sure you sign out at the end of each walk.

DAY 1. - Sat. August 20th



All walks on the Saturday will be going from the MTB Trailhead at Glenosheen, Ardpatrick.

HALF MARATHON - A

9.30am Registration at Nuala Mee's Pub, Ballyorgan.
10.30am Start from Trailhead, this 13 mile(20.8km.) led walk takes in Glenosheen Village of Joyce Brothers fame, Seefin Mountain the highest peak on the Ballyhoura Range, through the enchanted Canon Sheehan Way, along the Farrihy River, Quiterent, onto Coolfree mountain and back to Mee's Pub in Ballyorgan near the Famed Castle Oliver, where refreshments will be served.

Duration: 5 Hours.

RIVER & FOREST CIRCUIT WALK - B

9.30am Registration at Nuala Mee's Pub, Ballyorgan.
10.30am Start.(15km.) This is a led walk, suitable for families, taking in Glenosheen Village, Ballyhoura Mountain Lodges, Ballyorgan, River walk, Garryarthur, Kilcruig, Castlegale and return via McCarthy's farm passage, along river bank to finish at Mee's pub in Ballyorgan for well-earned refreshments.

Duration 4 Hours. Approx.

C. WALK

11.00am Registration at Trailhead Building, MTB Park.
11.30am Start. This walk will take in Trails and paths in and around the Trailhead Centre and will have spectacular views of the Golden Vale landscape, and local towns and villages. The walk also incorporates a nature trail, fitness trim trail, and orienteering Trails alongside. The terrain is relatively flat with some short climbs. Refreshments at the finish at the Trailhead.

Duration 1.5 Hours.

DAY 1. - Sat. August 20th

C. WALK - KILMALLOCK TOWN WALK

2.00pm Registration at the Church in Kilmallock.
2.30pm Starting at the church, this tour includes the town wall Dominican ruin, Collegiate church and the Famine Memorial park, the Poets House, and many other interesting historical features.

GPS: 8° 56'98.12"W 52° 40' 09.08"N

Duration 2 Hours.
Tel: Maureen Lynch 086 3264294.
Email: lynchmau@eircom.net

DAY 2. - Sun. August 21st

These C walks will be at different locations adjacent to the trailhead at Glenosheen and will require travelling to the different locations for Registration and the start points.

LOCATION 1. - DONERAILE PARK

11.00am Registration at Community Centre, Doneraile.
11.30am Start. Guided walk with leaders giving insights on the local history and stories on Doneraile Park and Demesne. Refreshments in Tea Rooms.

GPS: 8° 58'14.70"W 52° 22'10.09"N

Duration 2.5 Hours.
Tel: Mike O'Sullivan 087 2515965
Email: donerailepark@opw.ie

LOCATION 2. - LOUGH GUR

11.00am Registration in Reardon's Pub Holycross.
11.30am Start. Visit Grange Stone Circle and discover all about the Earls of Desmond, the plantation of Munster and the Vaults and Graves of Teampall Nua. Learn of Burial practices and local customs at the megalithic Tomb before hearing the legend Gearoid Iarla and the siege of Lough Gur Castle in 1641. Refreshments in Reardon's Pub.

GPS: 8° 31'17.3"W 52° 31' 31.6"N

Duration 3.5 Hours.
Tel: Kate Harold 087 2852022
Email: loughgur@gmail.com

DAY 2. - Sun. August 21st

LOCATION 3. - ANIMAL SANCTUARY DOG WALK

11.00am Registration at the Field of Dreams, Sanctuary, Moorstown, Kilfinane.
11.30am Start. An opportunity to walk your dog or indeed come and walk one of our canine friends at the animal sanctuary. The walk will take place in the field of dreams and forest walks.

GPS: 8° 44'7.159"W 52° 37' 26.92"N

Duration 1 Hour
Tel: Marie Quirke 087 6371044
Email: lawsanctuary@gmail.com

LOCATION 4. - CUSH EARTHWORKS ARCHAEOLOGY WALK

11.00am Registration at Ballinvreena Community Hall.
11.30am Start. A walk overlooking the fertile plains of East Limerick where you can learn about the Iron Age agricultural community dating from about 1,000BC to 400AD.

GPS: 8° 44'06.2"W 52° 38' 78.61"N

Duration 2.5 Hours.
Tel: Robert Sullivan 087 2587551
Email: robertsllvn10@gmail.com

LOCATION 5. - LABBAMOLOGGA TOWNLAND WALK

11.00am Registration at T.O. Car Park.
11.30am Start. Family orientated scenic walk exploring the community around Labbamlogga through the local field names, history and heritage.

GPS: 8° 34'28.49"W 52° 30'32.86"N

Duration 2.5 Hours.
Tel: Tom Flynn 086 8272761
Email: declan221@hotmail.com

LOCATION 6. - KILBEHENNY HERITAGE WALK

11.00am Registration at Galty Castle Wood.
11.30am Start. Family orientated archaeology and heritage walk exploring Galty Castle Wood.

GPS: 8° 17'79.49"W 52° 32'15.58"N

Duration 2 Hours.
Tel: Maurice Fitzgerald 087 8214991
Email: moss.fitzgerald@gmail.com