



WALK
WATERFORD
FROM SEA TO MOUNTAINS





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.



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!

MAP INFORMATION

	Mótarbhealach Motorway		Pointe Eolais Information Point	
	Dábhhealach Dual Carriageway		Bia ar fáil Food available	
	Príomhbhóthar Náisiúnta National Primary Road		Páircéil Parking	
	Bóthar Réigiúnach Regional Road		Meaisín Bainc Pass Machine	
	Mionbhóthar Other Road		Lathrís Toilets	
	Bóthar Forais/Bog Forest Road		Páircéil Rothar Bicycle Parking	
	Cosán Neamsháinthe Undefined path		Ionad Amhairc Molta Recommended view point	
	Line Iarnróid Railway Line		Bail Suintais Point of Interest	
	Tús na Slúide Trailhead		Spotairde (Méadar) Spot height (Metres)	
	Cúilearnach Woodland		Cladach Carraigeach Rocky shore	
	Forais Forestry			
	Ailte/Talamh Crochta Cliffs/Sheep Ground			

TRAIL INFORMATION

	GRADE Multi-access, Easy, Moderate, Strenuous, Very Difficult		WAY MARKING
	DISTANCE Loop, Linear		PARKING & TRAILHEAD
	ESTIMATED TIME		TRAILHEAD OS1 GRID REF GPS
	ASCENT		NEAREST TOWN OR VILLAGE
	TERRAIN		MINIMUM GEAR
	DOGS PERMITTED On a lead / No		WEBSITE

TABLE OF CONTENTS

TRAIL NUMBER
REFER TO WATERFORD TRAILS MAP p.23

	Page	
COASTAL TRAILS	3	
Ardmore Cliff Walk	4	1
The Cunnigar	4	2
Dunmore East Walks	5	
Dunmore East Coastal Walks		3
Dunmore East > Portally Cove		
Dunmore East > Ballymacaw Cove		
Dunmore East Woods Walk	4	
Tramore Walks	6	
Tramore Nature Park	5	
Dunes Walk, Tramore	6	
Doneraile Walk	7	
Waterford Estuary Walks	7	
Cheekpoint Maritime Walk	8	
St. Ita's Walk, Faithlegg	9	
Passage East to Hurt Hill Walk	10	
LONG DISTANCE TRAILS AND GREENWAY	8	
East Munster Way	9	11
St. Declan's Way	10	12
Waterford Greenway	11	13
MOUNTAIN TRAILS	12	
Nire Valley Walks	13	
Sgilloges Walk		14
Gap Walk		15
Coumlara Loop Walk		16
Coumduala Loop Walk		17
WATERFORD TRAILS MAP	14	
Rathgormack Walks	15	
Glenpatrick Bridge Loop		18
Lough Mohra Loop Walk		19
Rathbeag Loop Walk		20
Boolas Loop Walk		21
River Mahon Walks	16	
Crough Wood Walk		22
Mahon Falls Walk		23
NATURE AND WOODLAND TRAILS	17	
Colligan Wood Walks	18	
Inchidriska Loop Walk		24
Greenane Loop Walk		25
Ramp Boreen Walk, Tallow	19	
Fenor Bog Walk	19	27
Glenshelane Woods Walks	20	
Blue		28
Green		29
Red		30
Melleray Walk		31
Lismore Walks	21	
Lady Louisa's Walk		32
Round Hill Loop Walk		33
The Towers Walk, Ballysaggartmore		34
Villierstown and Dromana Woods Walks	22	
The Sailors Rock Walk		35
Dromana Wells Walk		36
Anne Valley Walk	23	37
URBAN TRAILS	24	
Waterford City	25	
St. John's River Walk		38
Waterford Nature Park Walks		39
General Information	26	
Acknowledgements	27	



COASTAL TRAILS

ARDMORE CLIFF WALK 1



- 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.visitwaterford.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.

AN COINIGÉAR / THE CUNNIGAR 2

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 chúlphrat os do chomhair. Is tearmann é chomh maith d'éan-bhreathnóirí 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.visitwaterford.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.visitwaterford.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:

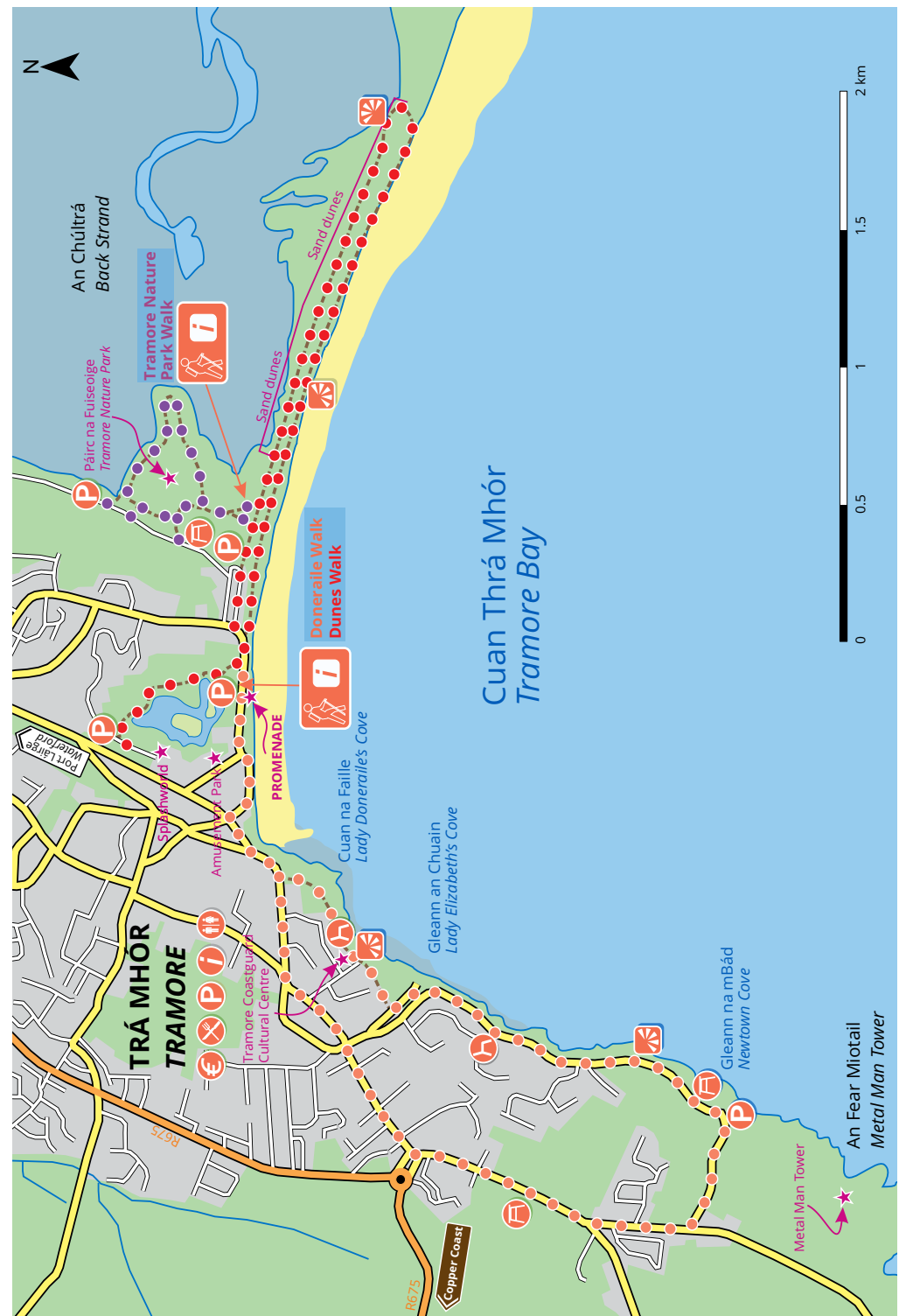
Tramore is well served with ample car parking for the walks highlighted here. Please see map for locations.

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, 5 578 009
52.15827, -7.15497
-  **Walking shoes, wind/rain jacket**
-  **On a lead**
-  **www.visitwaterford.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.

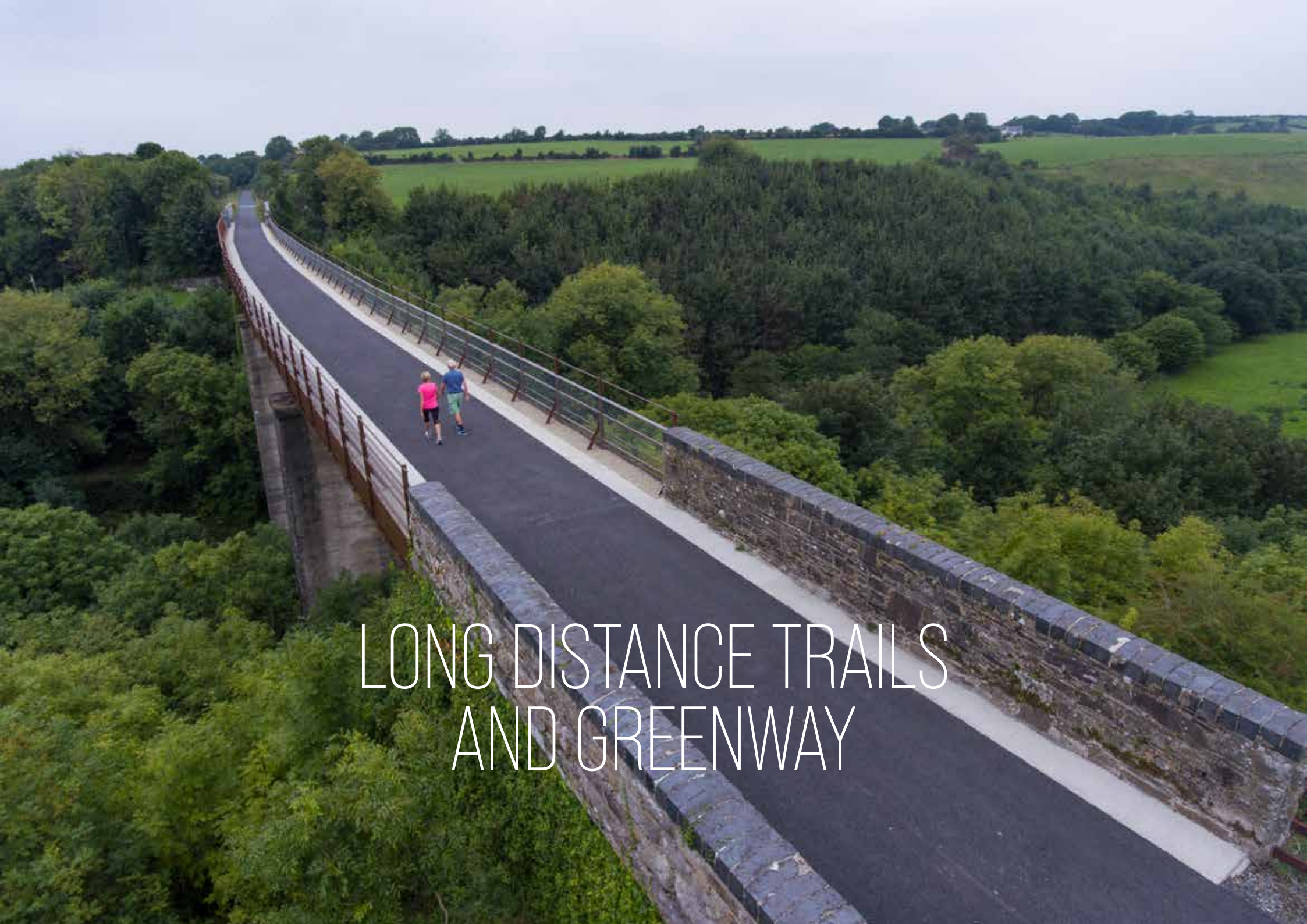
HOW TO GET THERE:

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.

CHEEKPOINT MARITIME WALK	ST. ITA'S WALK, FAITHLEGG	PASSAGE EAST-HURT HILL WALK
--------------------------	---------------------------	-----------------------------

-  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.visitwaterford.com





LONG DISTANCE TRAILS AND GREENWAY

EAST MUNSTER WAY 11

















DESCRIPTION:

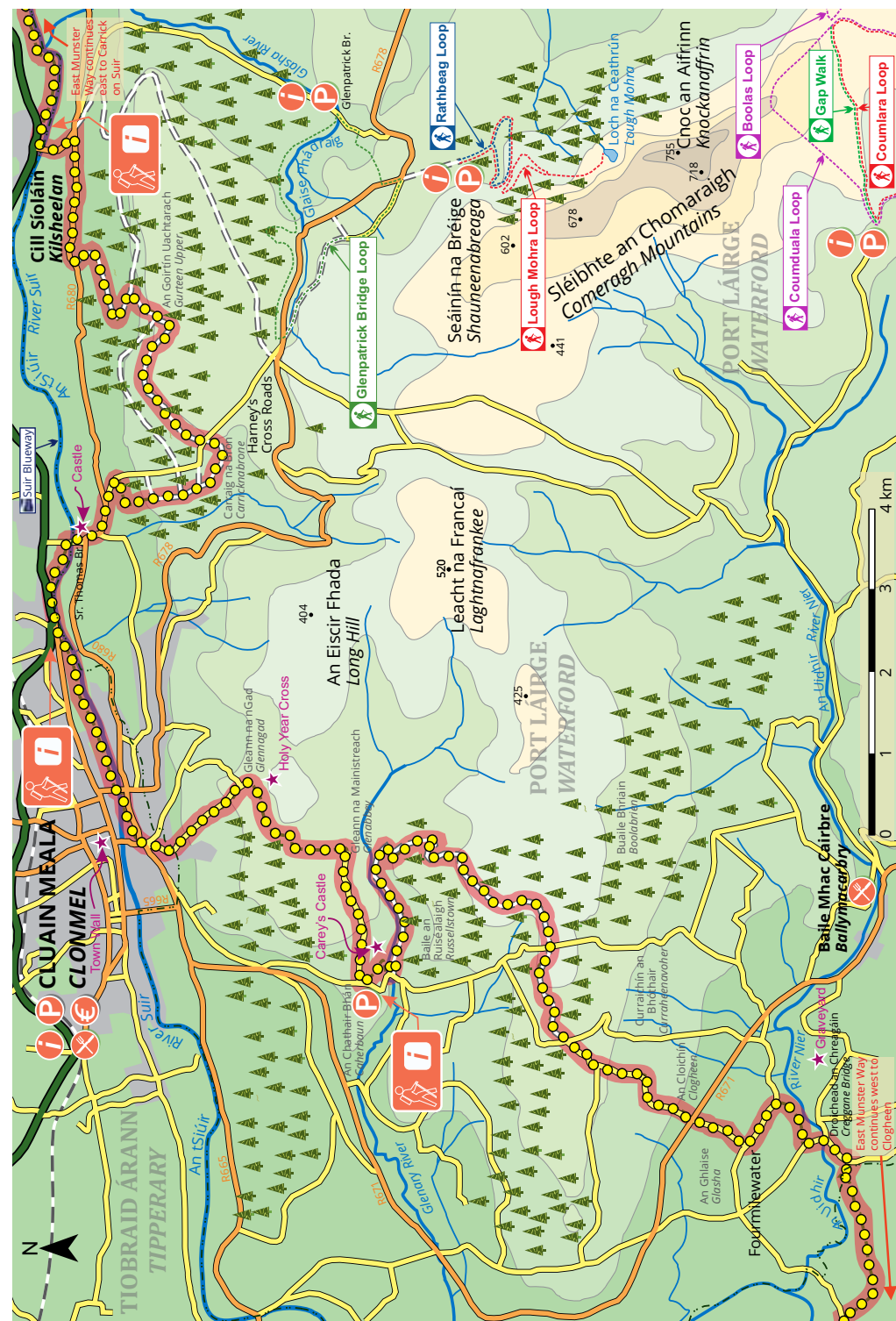
The East Munster Way is a 70km National Way Marked Way, which is located predominantly in Co. Tipperary but dips in and out of north Co. Waterford on a number of occasions with about 1/3 of its route set in the Déise County. Starting in the Tipperary town of Carrick-on-Suir, close to the Ormonde Castle 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.

DO 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:

Saint Declan's Way is a 115km pilgrim walking route linking Cashel in County Tipperary with Ardmore in County Waterford. It follows the route that Declan took when going to Cashel to meet Saint Patrick in the fifth century. In turn, it is the way that Pilgrims have taken to visit Saint Declan's monastery, holy-well and grave in Ardmore for the past one and a half thousand years.

A walk along Saint Declan's Way brings you through the heart of Ireland's Ancient East. On your journey you will encounter many historic places and hear incredible stories and legends from ancient Ireland. We hope you will come to appreciate the deep roots that Christianity has set down across this land over the centuries, and that your adventure will prompt you to delve deeper and explore further this fascinating heritage.



HOW TO GET THERE:

See Ardmore Cliff Walk (p3).

DIY DO YOU KNOW:




How did Declan come to build his monastery at Ardmore? When Declan was returning from Rome he sailed for the coast of Ireland with his disciples. Rúnán was in charge of Declan's special bell, but he forgot to put it on the ship.

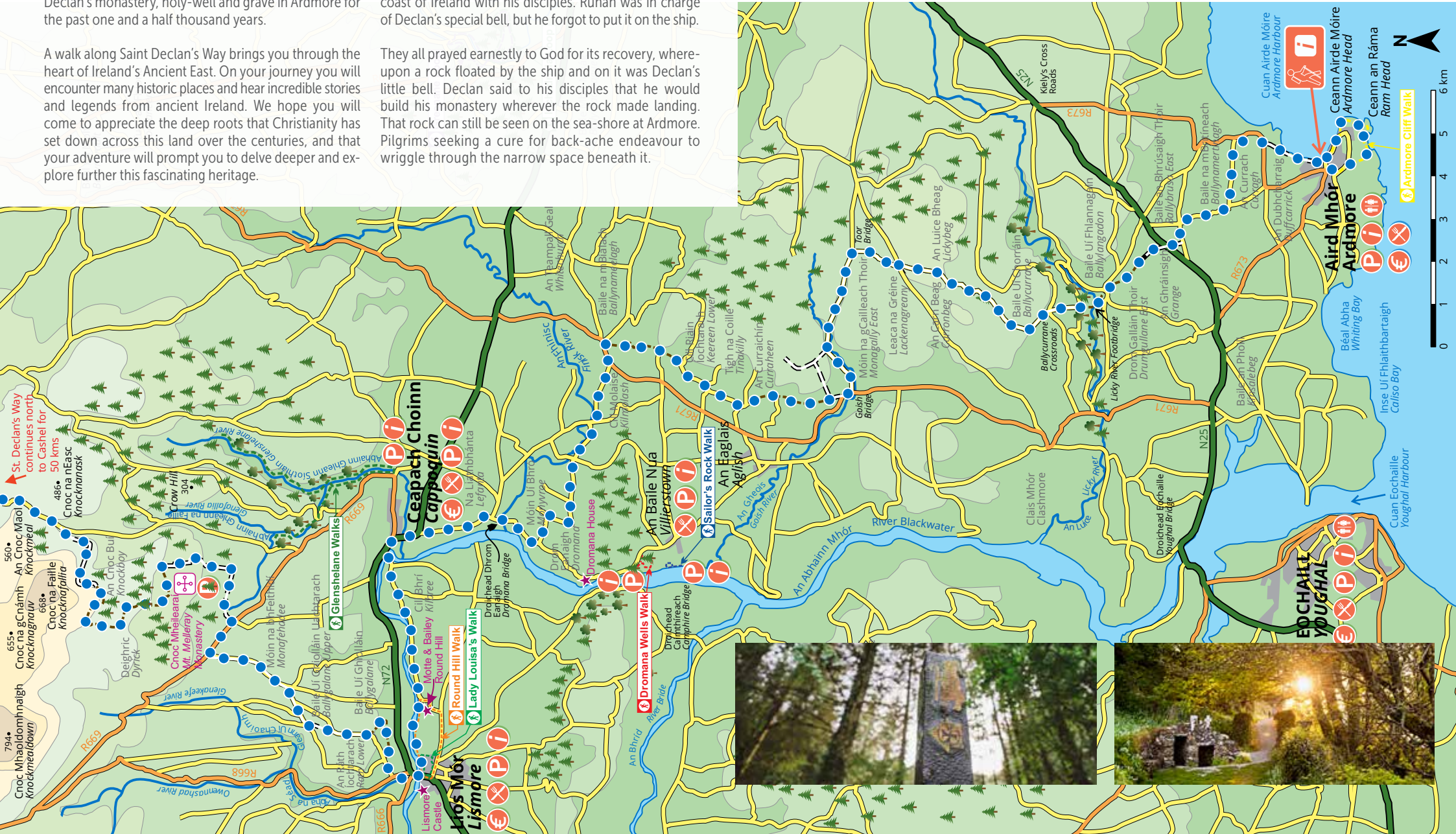
They all prayed earnestly to God for its recovery, where-upon a rock floated by the ship and on it was Declan's little bell. Declan said to his disciples that he would build his monastery wherever the rock made landing. That rock can still be seen on the sea-shore at Ardmore. Pilgrims seeking a cure for back-ache endeavour to wriggle through the narrow space beneath it.

-  Predominantly moderate within Co. Waterford.
-  115km (total); Approx 65km Co. Waterford.
-  National Way Marked Walking Trail

-  6 days (total); 3 days Co. Waterford.
-  Minor roads, forest roads /paths, upland tracks, farmland lanes and paths, riverside walks, coastal and cliff paths.

-  Blue arrow on white background
-  82, X 192 776; 51.95106, -7.72142
-  Lismore, Cappoquin and Ardmore

-  No
-  Walking shoes/boots, wind/rain gear, snacks/water, mobile phone
-  www.stdeclansway.ie



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; Kilmeadan WSVR; Workhouse, Kilmacthomas; Station, Kilmacthomas; Mill, Kilmacthomas; McGrath's Cross; Durrow; Clonea Road.

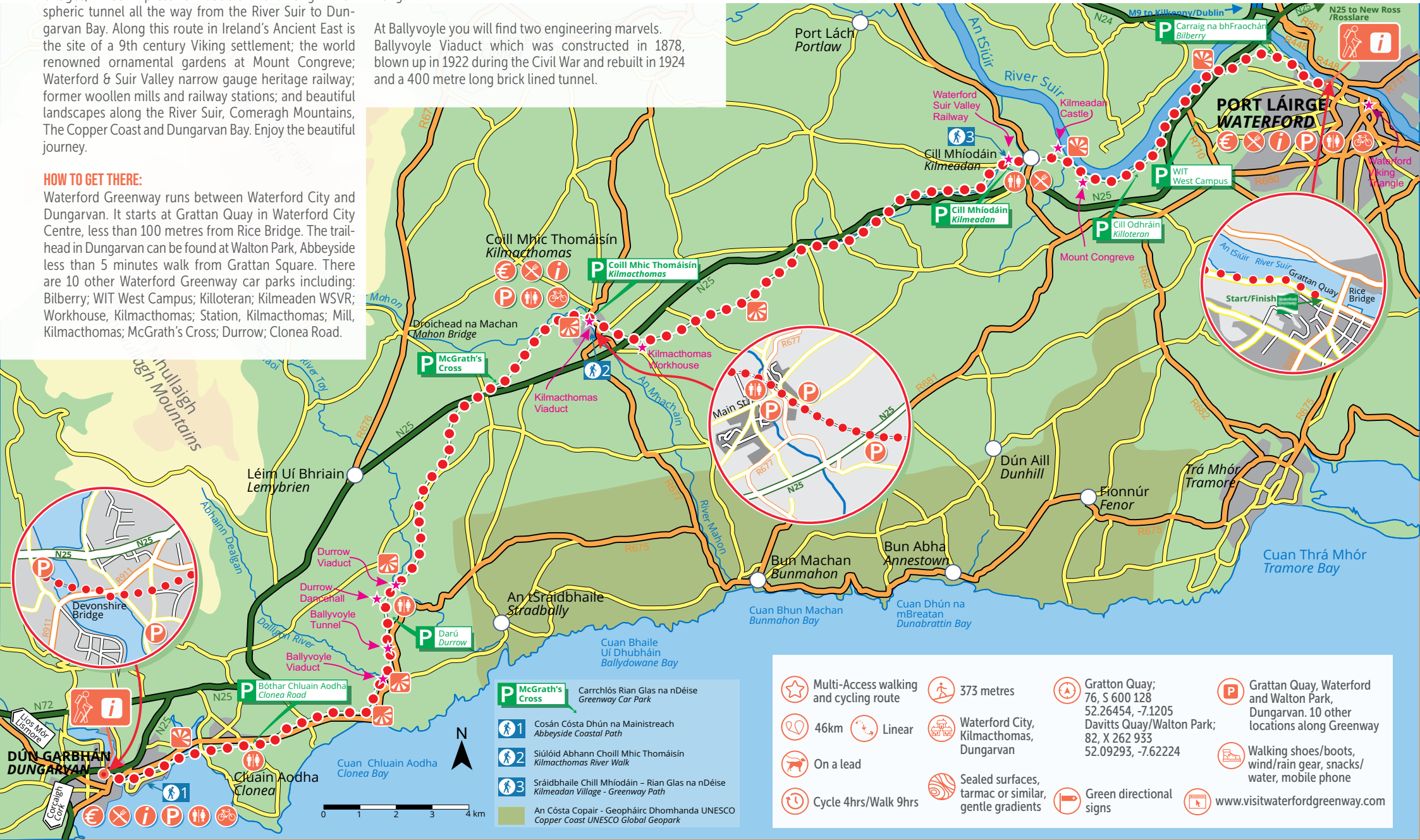
DID YOU KNOW:

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
- 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
- 46km
- Linear
- Walking shoes/boots, wind/rain gear, snacks/water, mobile phone
- On a lead
- Sealed surfaces, tarmac or similar, gentle gradients
- Green directional signs
- Cycle 4hrs/Walk 9hrs
- www.visitwaterfordgreenway.com



MOUNTAIN WALKS



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:

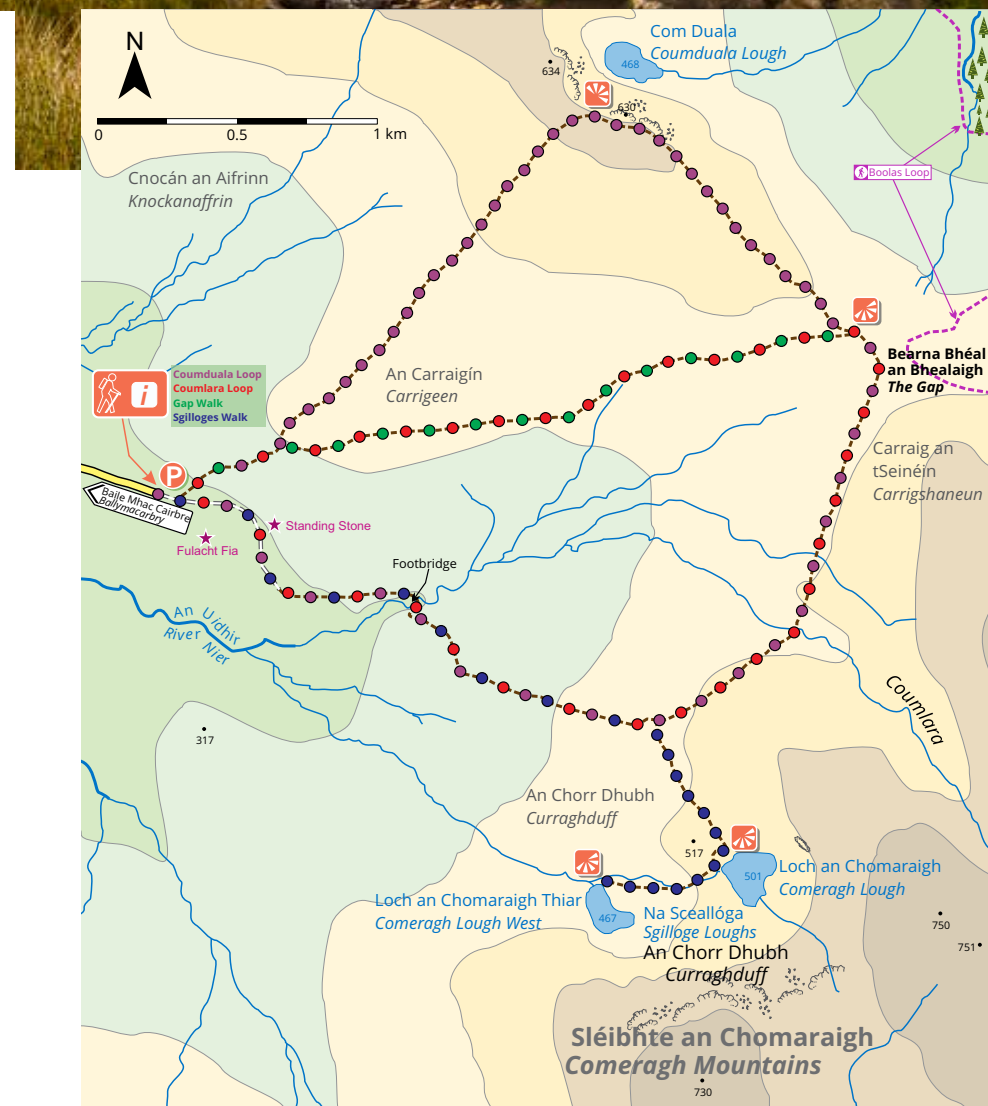
Before 1862 there was no parish church in the Nire and this necessitated bringing the dead across The Gap - 'Bóthar na Sochraide' for burial in Rathgormack. Though the Nire Church was completed in 1862, it would be 1926 before the graveyard was used to any extent.

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 Piobra" 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
--------------	--------------------	--------------------	---------------------

-  **Moderate | Strenuous**
Strenuous | 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,
Knockanafrinn
-  75, S 277 128
52.26704, -7.59515
-  Ballymacarbry
-  Trekking shoes/hiking
boots, rain gear, water,
snacks, mobile phone
-  No
-  www.visitwaterford.com







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 Boolas 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 Boolas 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 Clondonnell 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.

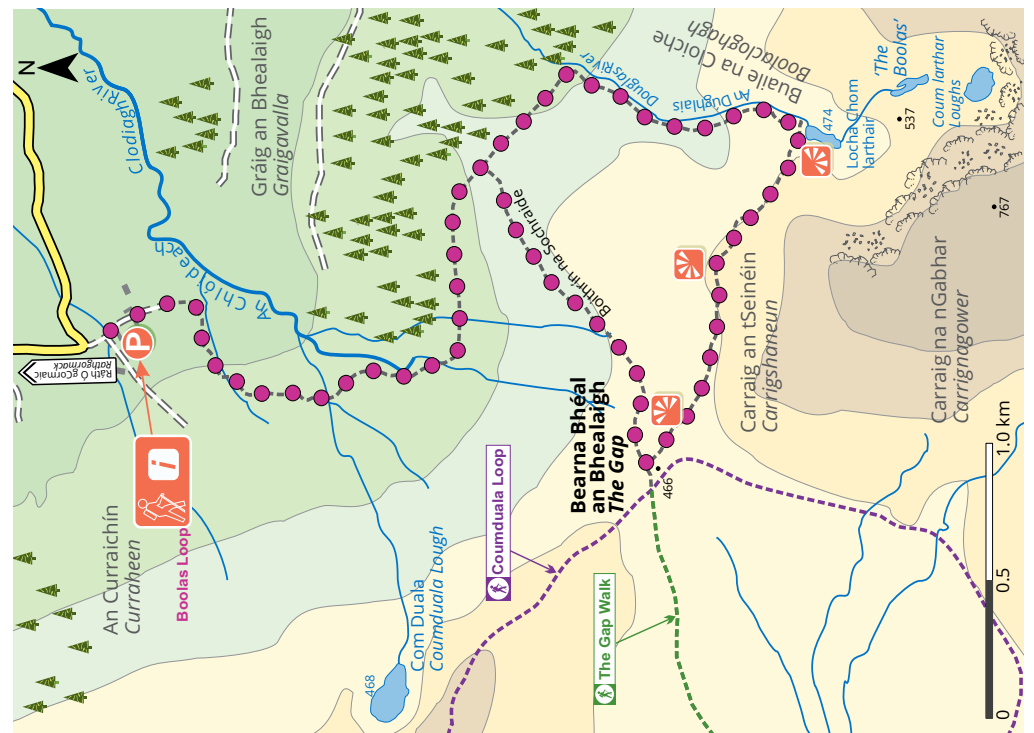
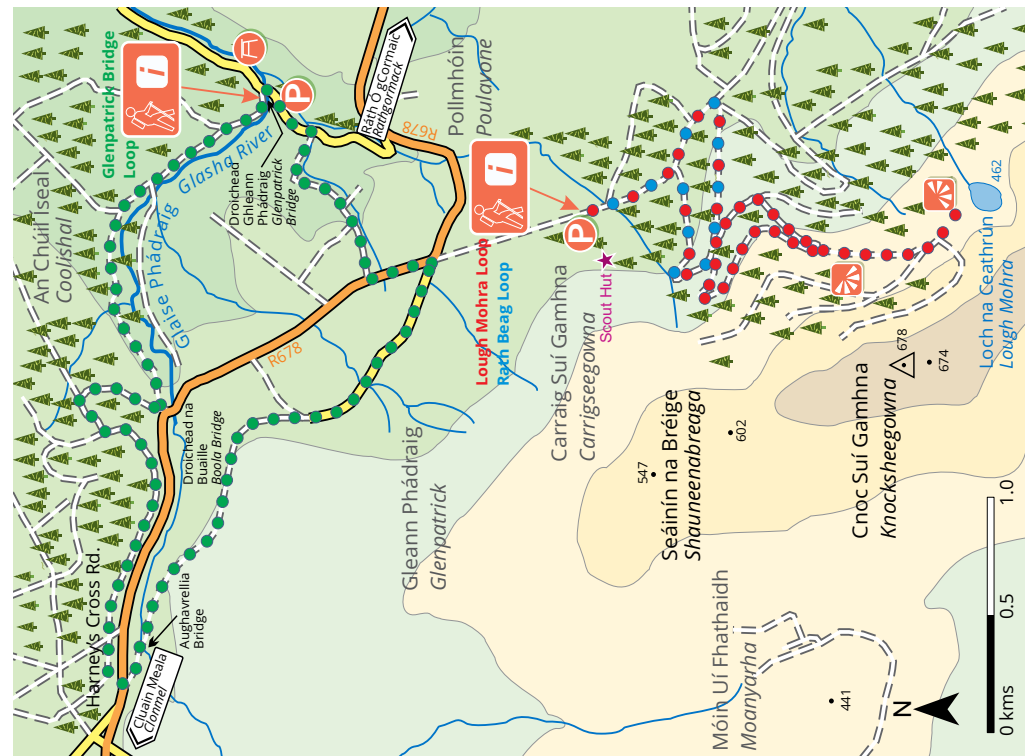
DID YOU KNOW:

The Boolas 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 Boolas. 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.

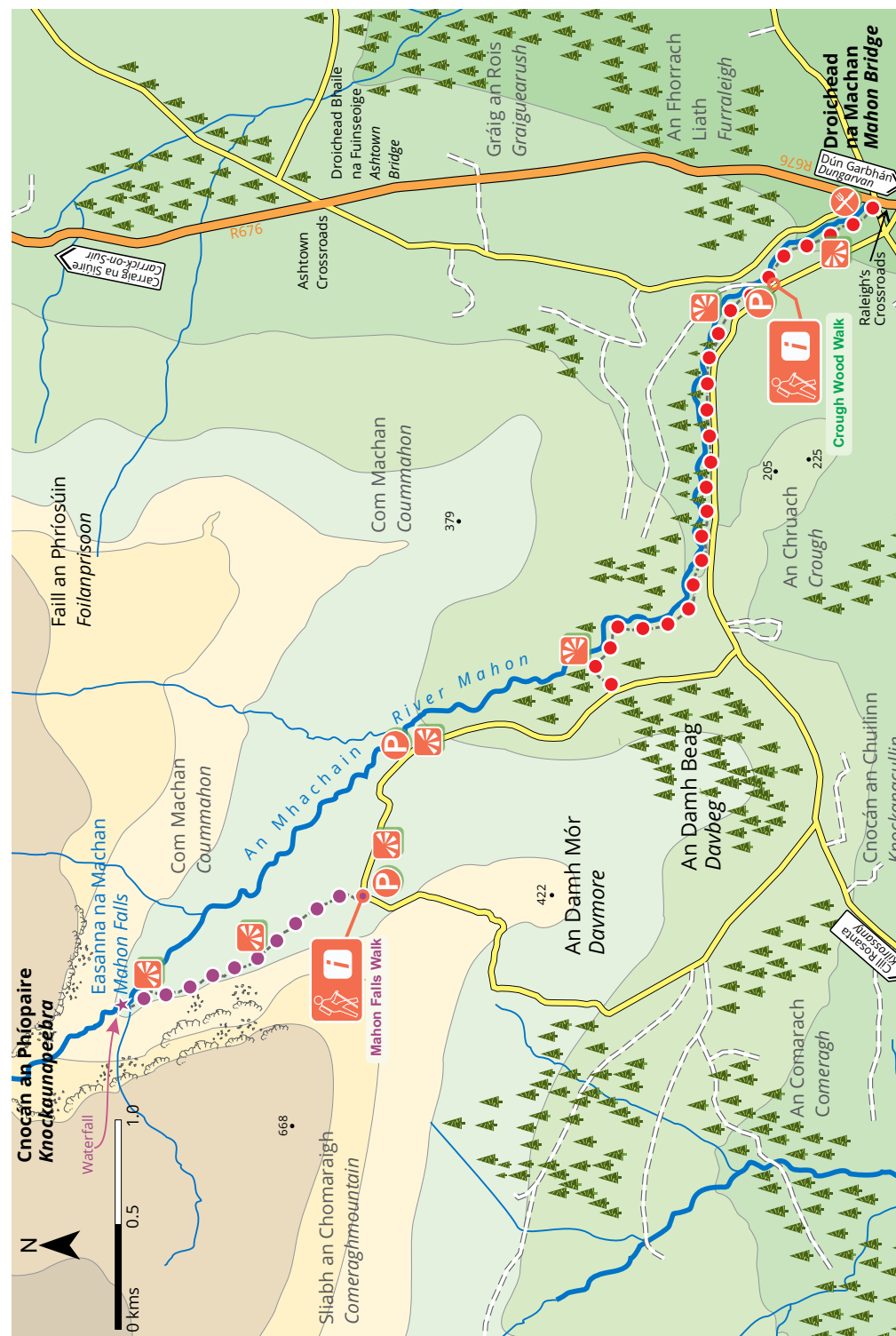
DID YOU KNOW:

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.

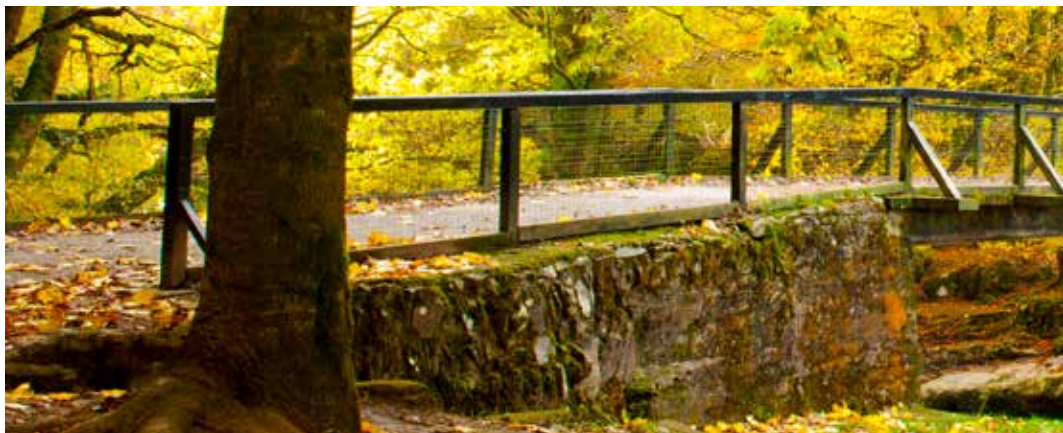
Check out the Magic Road phenomenon after you cross the cattle grid as you approach Mahon Falls.

CROUGH WOOD WALK	MAHON FALLS WALK
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.visitwaterford.com
Red arrows	



A dirt trail winds through a dense, lush green forest. The path is narrow and appears to be made of dirt and small stones. The forest is filled with various types of trees and a large number of ferns, creating a thick canopy. The lighting is soft and natural, suggesting a shaded woodland environment. In the center of the path, there is a small wooden post or marker. The overall scene is peaceful and inviting for a hike.

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.

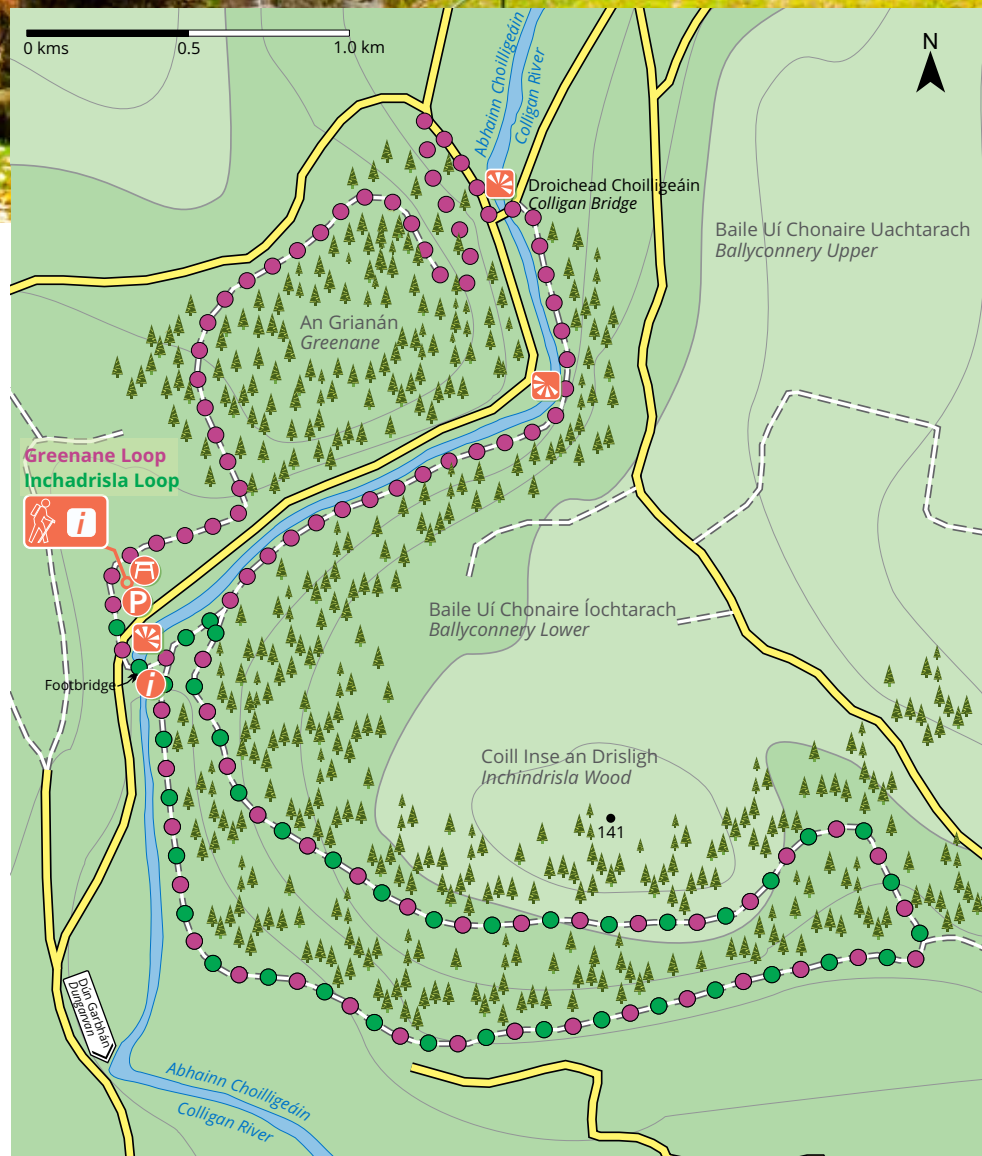
DID YOU KNOW:

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	



RAMP BOREEN WALK, TALLOW 26



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.

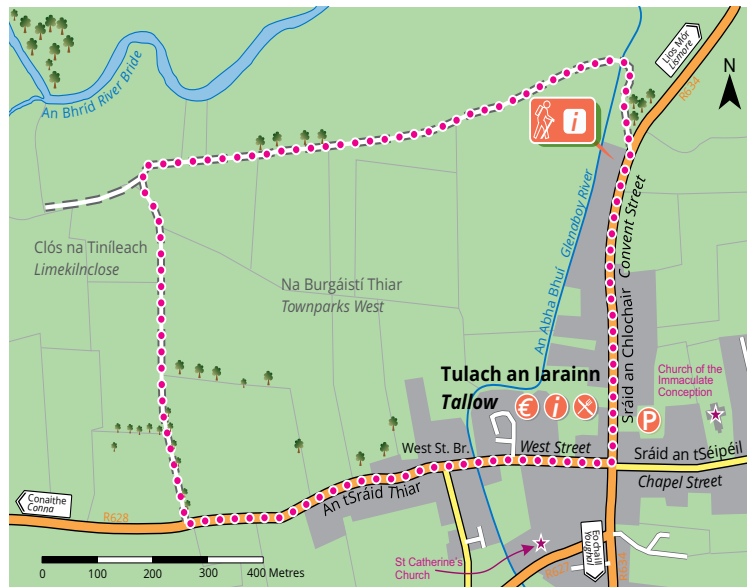
DID YOU KNOW:

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.

-  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.visitwaterford.com



FENOR BOG WALK 27

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:

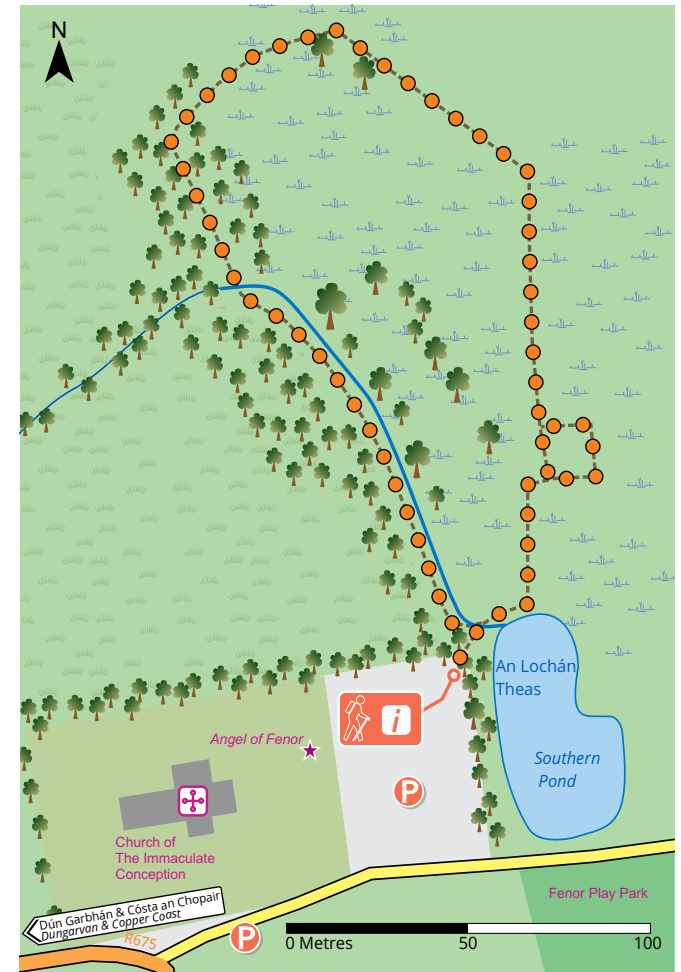
Fenor village is located at the eastern extent of the Copper Coast UNESCO Global Geopark. It is about 5kms west of Tramore along the R675. There is ample car parking beside the church in order to access Fenor bog walk.

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.visitwaterford.com





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:

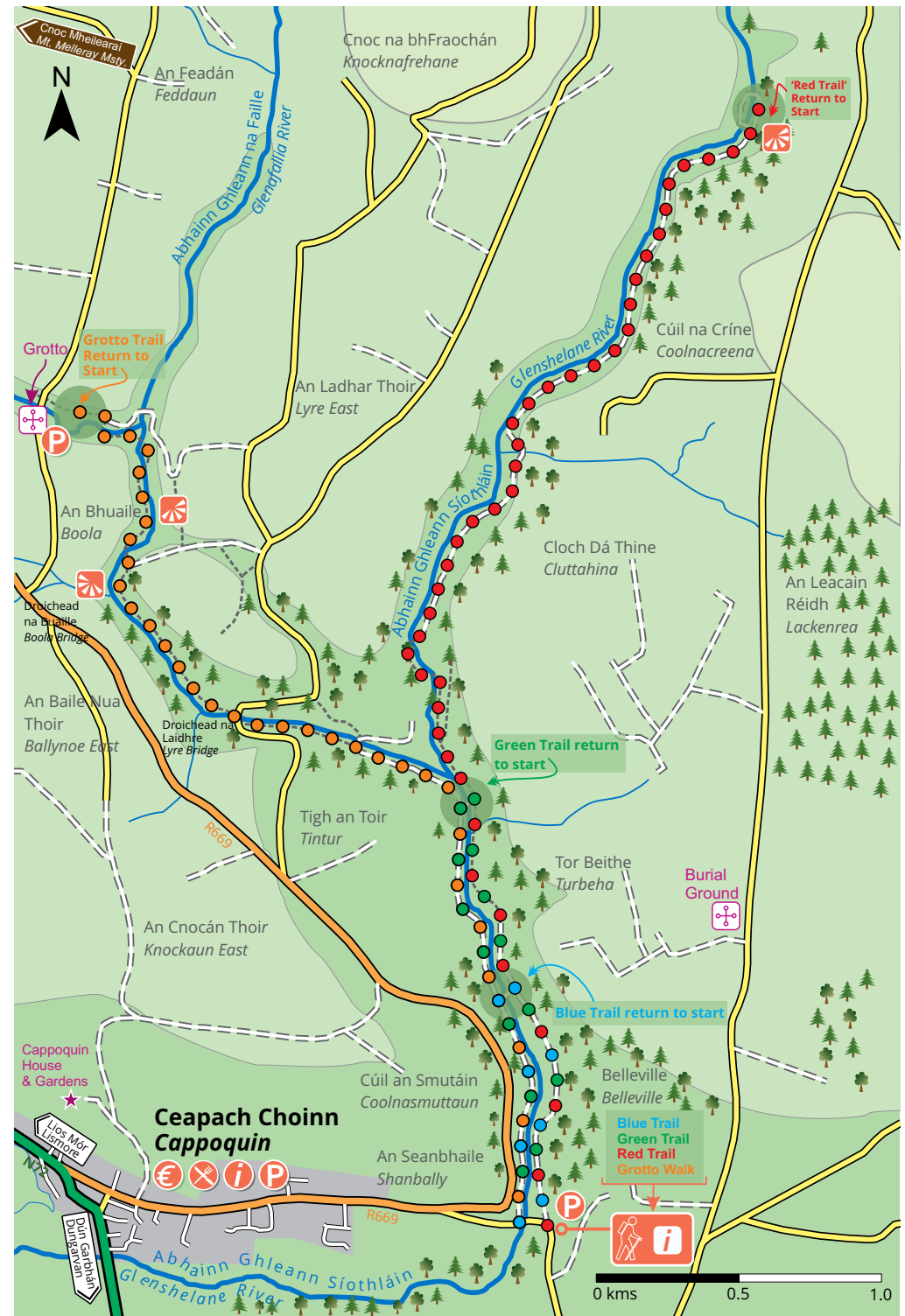
Glenn Sióthlám – the Glen of the Fairies, was owned by the Keane family of Cappoquin – Molly Keane, a well known novelist lived nearby in Bellville House.

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 | 5.5kms 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:

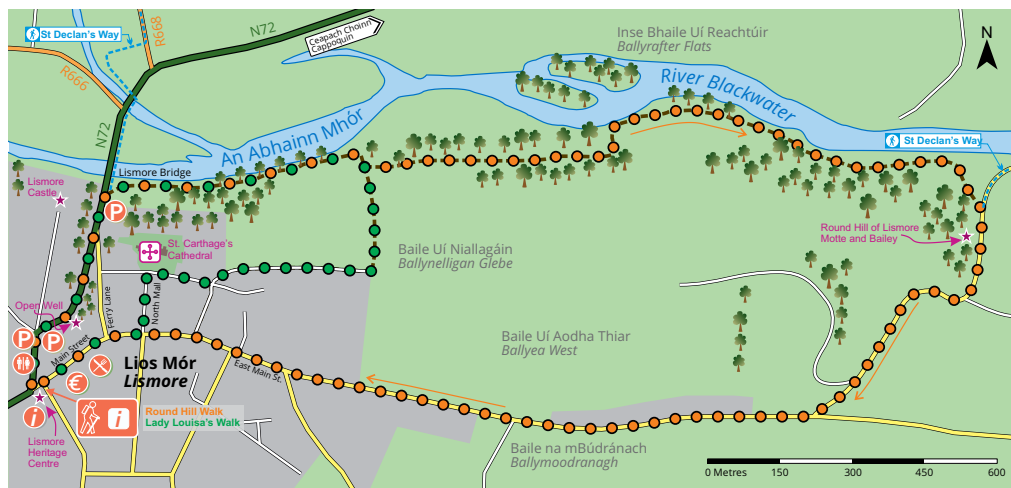
Lady Louisa's/Round Hill Walks: From Lismore Heritage Centre, follow the N72, past the spout to the start of the bridge. Lady Louisa's walk is located on the right just before the bridge. Parking is available.

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.

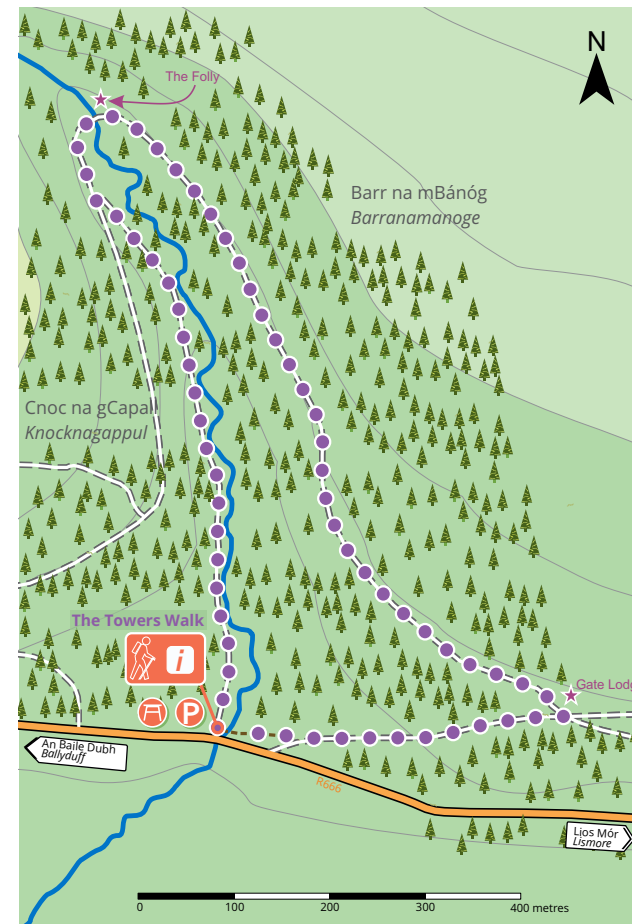


The Towers Walk, Ballysaggartmore

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 BALLYSGAGRTMORE	

- 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



VILLIERSTOWN AND DROMANA WOOD WALKS

35, 36

— p22



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

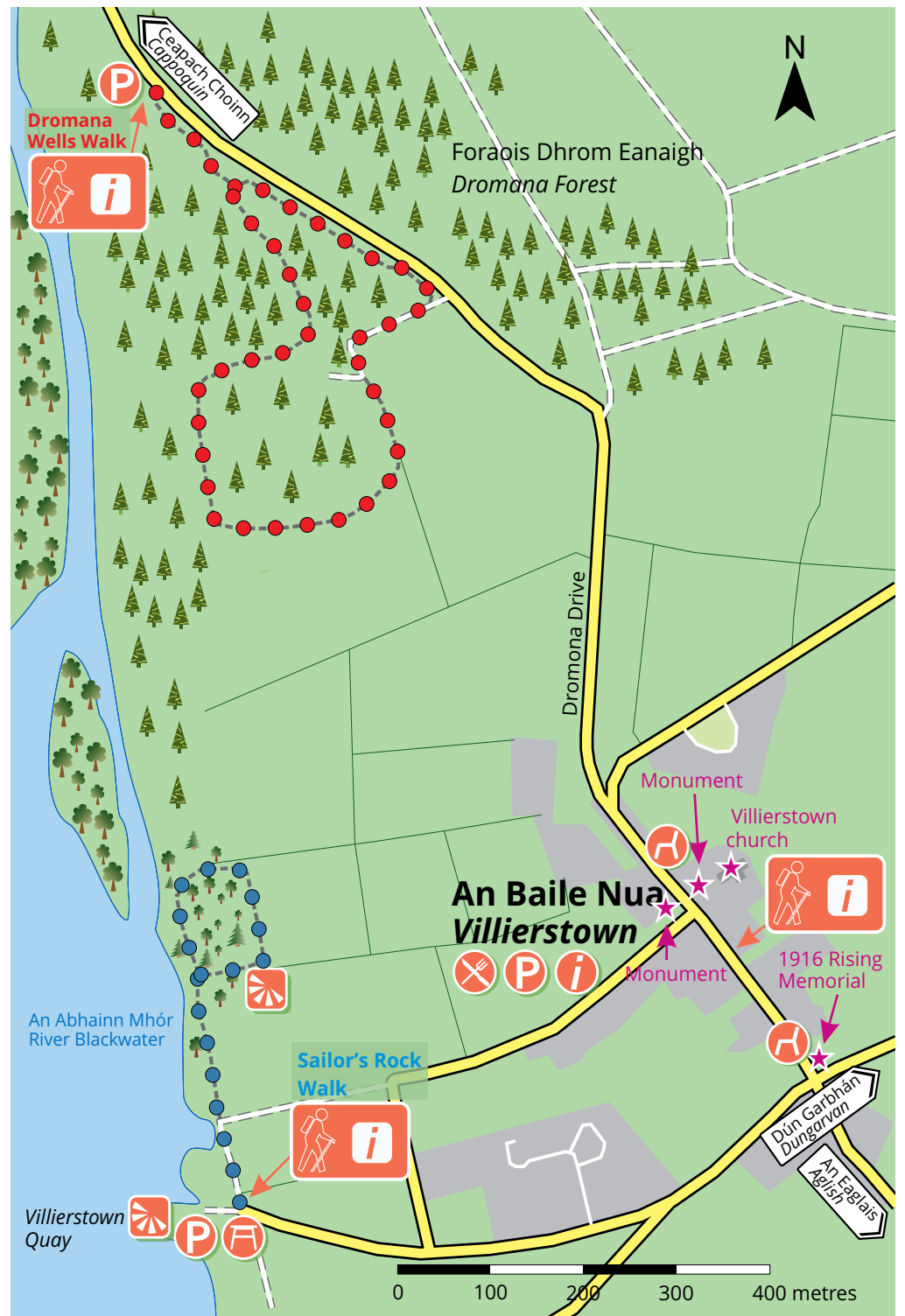
Village: 81, X 102 929
52.08881; -7.85183
Quay: 81, X 096 926;
52.08606; -7.85941
Village: 81, X 102 929;
52.08881; -7.85183
Dromana Woods:
81, X 096 938;
52.09667; -7.86036

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 Annestown, 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 Annestown. Annestown 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.

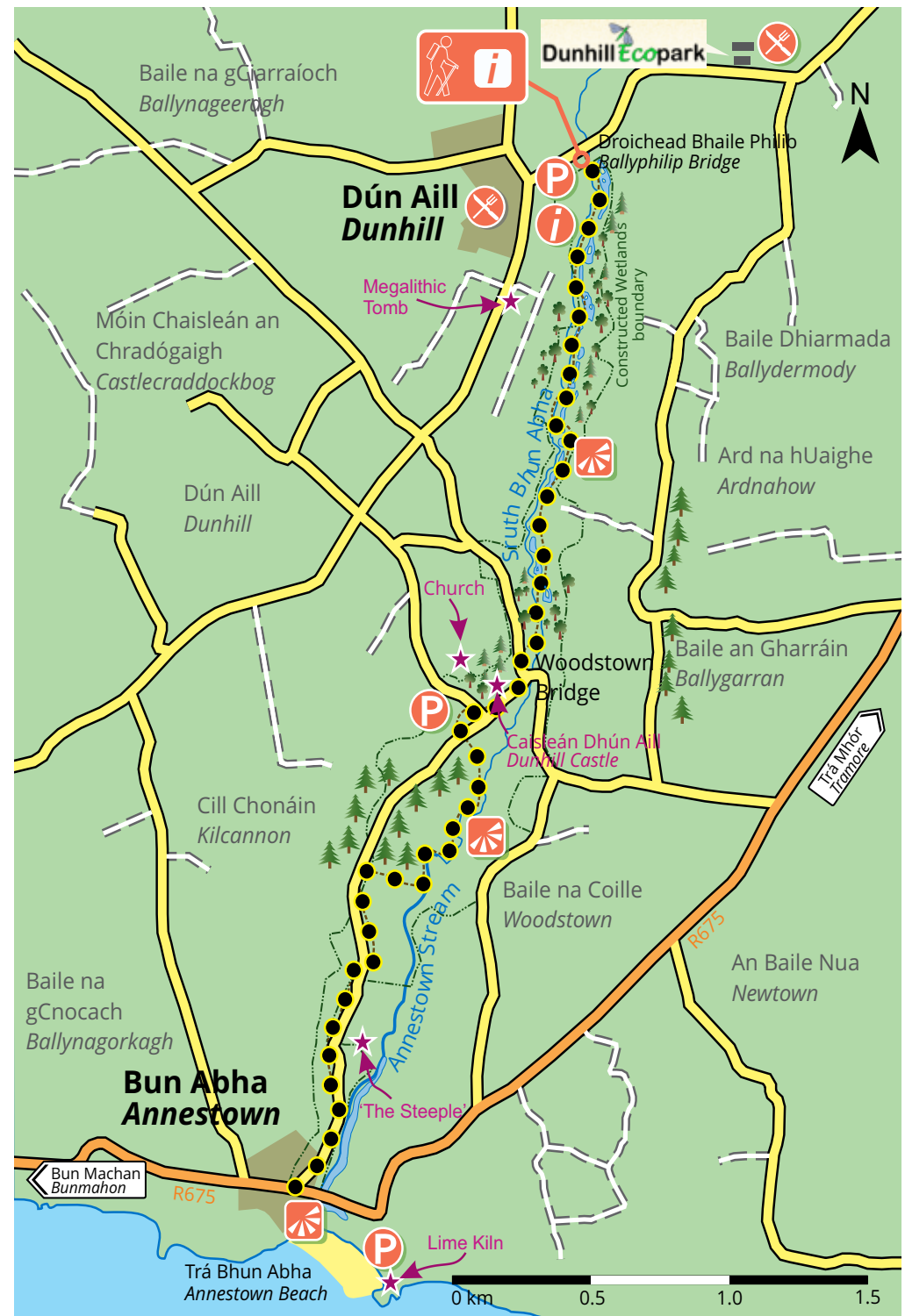
DID YOU KNOW:

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 Annestown 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 Annestown Village)
-  75, S 508 027 52.174, -7.2585
-  Dunhill
-  Walking shoes, rain gear, water, mobile phone
-  www.visitwaterford.com





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.

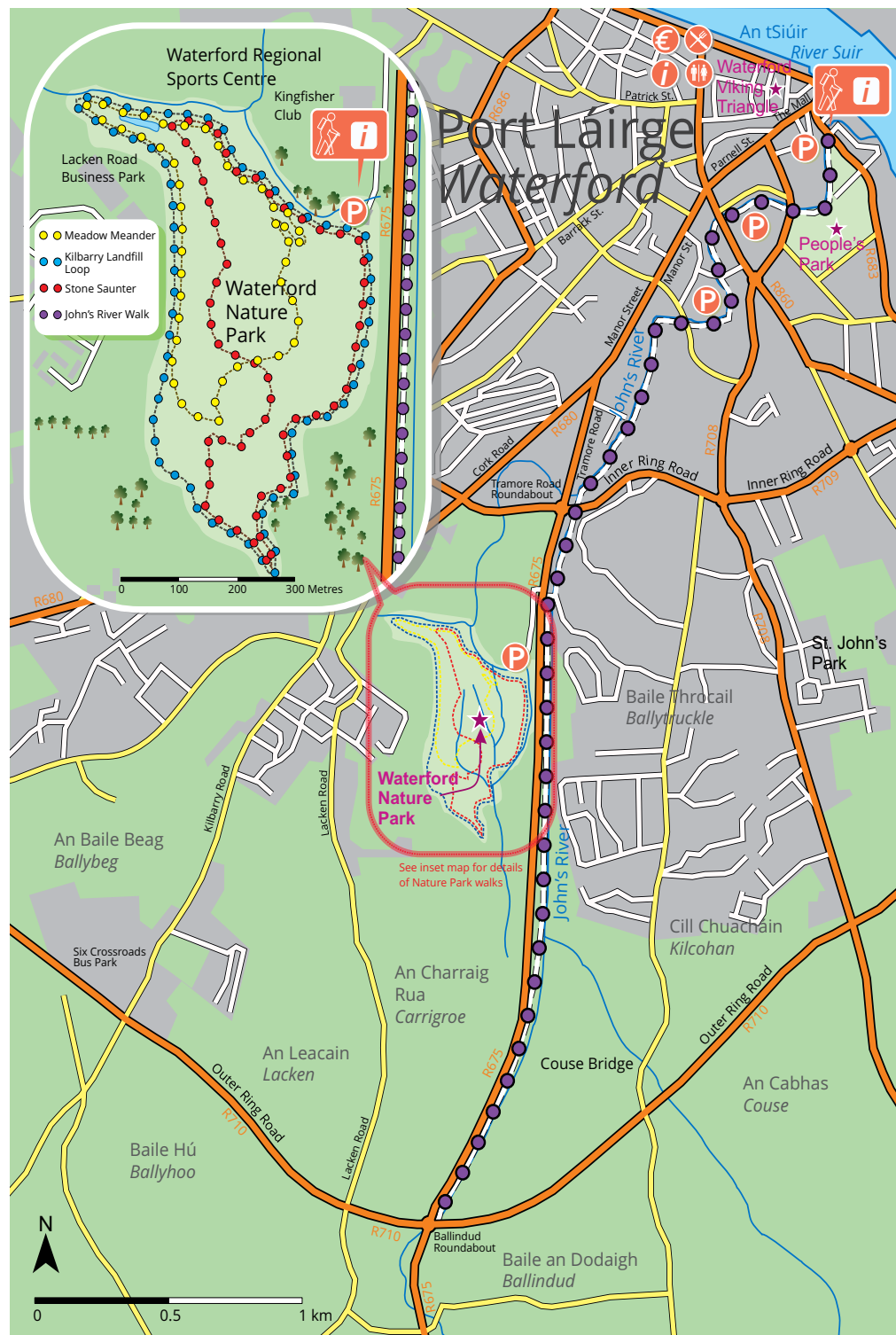
DID YOU KNOW:

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
- Kilbarry Nature Park Public Car Park**
 Longer option:
 Bolton Street Car Park
- 76, S 601 108
52.24201, -7.12174
- Waterford City
- Runners, trekking shoes, rain gear, water, mobile phone
- On a lead
- www.visitwaterford.com





Walking Waterford's trails is a great way to explore local heritage from ancient ruins to iconic buildings and wildlife. 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. Sgilloge 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!

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 p48).
- 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.

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 land-owners 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.'



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.

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.





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