Ballyhoura

INTERNATIONAL
WALKING
FESTIVAL

MAY BANK HOLIDAY
2ND - 4TH

FOOD FAIR
KILMALLOCK
MON 4TH

Guided Walks
to suit all abilities

visitballyhoura.com
A Walks are only for very experienced hill climbers

B Walks are for experienced walkers. Moderate pace

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.
Saturday 2nd May

Choose from 13 Guided Walks

**A WALK**
**Six Peak Ballyhoura Challenge**
Start from Kilfinane. Challenging led walk traversing forest track, open mountain and riverbank through the scenic Ballyhoura landscape. Return to Kilfinane for refreshments at The Dugout public house.

**Registration:** 8.30am Ballyhoura Office, Kilfinane
**GR Ref:** R680 230
**GPS:** 8° 22’12W  52° 21’32.2’N
**Start Time:** 9.00am Kilfinane
**Duration:** 7 Hours + 38km approx.

**A WALK**
**Half Marathon**
Start from Ballyorgan. This 13 mile walk takes in Glenroe, Darragh hills, a river bank walk, return to Ballyorgan. Refreshments after walk at The Village Inn, Ballyorgan.

**Registration:** 10.00am The Village Inn, Ballyorgan
**GR Ref:** R680 187
**GPS:** 8° 23’18W  52° 20’29’N
**Start Time:** 10.30am  Duration: 5 Hours

**B WALK**
**Walk -**
Start from Ballyorgan, onto Glenosheen, Seefin and Greenwood and return for refreshments to The Village Inn, Ballyorgan.

**Registration:** 10.00am The Village Inn, Ballyorgan
**GR Ref:** R680 187
**GPS:** 8° 23’18W  52° 20’29’N
**Start Time:** 10.30am  Duration: 4 Hours
Saturday 2nd May

Special Interest Walks

**C WALK** The Donkey Sanctuary Walk
Refreshments can be purchased at our Visitor Centre Shop. Open all year Mon - Fri 9am to 4.30pm. Weekends & Bank Holidays 10 am to 5pm. Wheelchair & child friendly with a lovely picnic area. Admission and parking is free.
Registration: 10.30am Donkey Sanctuary Visitor Centre, Liscarroll, Mallow, Co Cork.
GPS: 8° 43’54.5’W  52° 16’ 18.1’N
Start Time:  11.00am  Duration: 1 Hour
Contact:  Paddy Barrett  Phone: 086 3895931
Email:  info@thedonkeysanctuary.ie
Address:  Liscarroll, Mallow, Cork

**B WALK** Mitchelstown Historical Walk
An exciting Historical tour of Mitchelstown taking in up to 40 sites and points of interest.
Registration: 10.30am Mitchelstown Leisure Centre, Mitchelstown, Co. Cork. (near Tesco Car Park)
Start Time:  11.00am
Duration:  1.5 Hours. Break of ½ hour in the Clongibbon House, Mitchelstown. B Walk will commence from here at 1.00pm.
Contact:  Seamus Fox  Phone: 087 358 9734
Email:  foxseamus@gmail.com

**NB** Choose either walk or do both!

**C WALK** Animal Sanctuary Dog Walk
New Dog Walks just opened - Come & explore!
Refreshments afterwards at the Sanctuary.
Registration: 12.30am Field of Dreams Sanctuary, Moorstown, Kilfinane
GPS: 8° 44’7.159’W  52° 37’ 26.92’N
Start Time:  1.00pm
Duration:  1 - 1.5 Hours
Contact:  Marie Quirke  Phone: 063 91110
Email:  limerickanimalwelfare@gmail.com
Address:  Limerick Animal Sanctuary, Moorstown, Kilfinane, Co. Limerick.
Castleconnell & Montpellier (TBC)
Start at St. Joseph’s Church, walk along the river’s edge to world’s end.
Return to Castleconnell. Refreshments at Hickey’s cafe.
Registration: 1.00pm ACM Community Centre, Castleconnell
GPS: 8° 30’4.230’W   52° 42’ 50.13’N
Start Time: 1.30pm
Duration: 3.5 Hours
Contact: Paddy Tuohy  Phone: 087 916 3370

Doneraile Estate Village
Start at Catholic Church on the Main Street.
Suitable for families.
Registration: 2.00pm Catholic Church, Doneraile
GPS: 8° 58’48.9’W   52° 21’69.29’N
Start Time: 2.00pm
Duration: 1.5 Hours
Contact: Michael O’Sullivan Phone: 087 9049767
Email: doneraileddevelopment@eircom.net

Glenstal Abbey
Pass Murroe National School by road through the townlands of Liscreagh, Garranbane, then into the grounds of Glenstal Abbey and back to Murroe village. Talks along the way at historic points of interest.
Registration: 2.00pm Murroe Monument
GPS: 8° 39’97.139’W   52° 64’ 96.6’N
Start Time: 2.30pm
Duration: 1.5 - 2 Hours
Contact: Tom Holmes  Phone: 086 364 2673
Email: thomasholmes@hotmail.com
Strawberry Days Forever
- Fun for all ages
An easy going-stroll (approx. 2km) for nature lovers and gardeners in the company of local wildlife enthusiasts who are volunteers for the National Bumblebee Survey. We’ll be stopping lots, to look at flowers and spot wildlife along the hedgerows. Learn how the landscape around your home is likely to influence the size of your strawberries!
For those who want to test this out, there is the chance to win some locally grown strawberry plants and take part in a big fat strawberry experiment at home.
Registration: Ballyhoura Office Entrance, Kilfinane @ 3.00pm
Start Time: 3.10pm
Duration: 2 Hours
Contact: Veronica Santorum Phone: 063 91576 during work hrs, 087 264 5952 anytime
Email: veronica@limericksbuzzing.ie

Kilbehenny Sensory Walk (Galtee Castle)
Engage all the senses communing with nature.
A walking experience for all ages.
Registration: Galtee Castle Carpark at 3:30pm, & Start Time Kilbehenny, Co Limerick
GPS: 8° 17’79.49’W 52° 32’ 15.58’N
Duration: 2 Hours
Contact: Moss Fitzgerald Phone: 087 821 4991
Email: moss.fitzgerald@gmail.com

Flower Identification Walk - Meade’s Gate to Slieveraagh
Registration: 7.30pm Meade’s Gate, Ballylanders to Kilfinane Road
Start Time: 7.30pm Duration: 1.5 Hours
Contact: Morgan Murphy Phone: 087 648 9237
Sunday 3rd May

Choose from our 11 Walks

**A WALK**  The 7 Peaks Challenge - Galtys  
*Strenuous*

Bus to Clydagh Bridge to start. A challenging walk, taking in Far Breaga, Greenane, Galtybeag, Galty Mor, Slievecusnabinnia, Carrignabinnia & Lyracappul. Refreshments & entertainment afterwards at Moroney’s Bar.

**Registration:** 8.30am Moroney’s Bar, Lisvarrinane.

**GR Ref:** R846 289

**GPS:** 8° 13’42.6’W  52° 24’ 43.0’N

**Start Time:**  9.00am  **Duration:**  7 Hours +

**NB**  Obligatory Gear Check at registration

**A WALK**  Galtys  
*Moderate*

Bus to Clydagh Bridge to start of walk. Takes in Cush Peak, the Corrie Lakes and return by the Ice road to bus for refreshments at Moroney’s Bar.

**Registration:**  9.30am Moroney’s Bar, Lisvarrinane.

**GR Ref:** R846 289

**GPS:** 8° 13’42.6’W  52° 24’ 43.0’N

**Start Time:**  10.30am  **Duration:**  4 Hour approx

**B WALK**  Slievenamuck

Start from Lisvarrinane to Carroll’s Boreen and join a section of the Ballyhoura Way to Monour mountain - through Dolmen and return to Lisvarrinane for refreshments at Moroney’s Bar.

**Registration:**  9.30am Moroney’s Bar, Lisvarrinane.

**GR Ref:** R846 289

**GPS:** 8° 13’42.6’W  52° 24’ 43.0’N

**Start Time:**  10.30am  **Duration:**  4 Hours approx.

**Special Interest Walks**

**C WALK**  The Donkey Sanctuary Walk

Guided or self guided tour followed by a presentation on our work. Light refreshments can be purchased. Wheelchair & child friendly with picnic area.

**Registration:** 10.30am Donkey Sanctuary Visitor Centre, Liscarroll, Mallow

**GPS:** 8° 79’35.53’W  52° 26’54.71’N

**Start Time:**  11.00am  **Duration:**  1 Hour

**Contact:** Paddy Barrett  **Phone:** 086 389 5931

**Email:**  info@thedonkeysanctuary.ie
Sunday 3rd May

**C WALK** Lough Gur - A Unique Square Mile
Explore the History, Archaeology and Manor Houses of Grange, Rahin, Caherguillamore and Rockbarton
Registration: 11.30am: Reardon’s Pub, Holycross
GPS:
Start Time: 12noon Reardon’s Pub, Holycross
Duration: 3 Hours
Contact: Kate Harrold / Tom Lynch
Phone: 087 632 3032 / 061 385186
Email: loughgur@gmail.com
Address: Lough Gur, Bruff, Co Limerick

**C WALK** Castleconnell North Way Walk (TBC)
Taking in the history of Castleconnell, pass the Church along the riverbank taking in the flora and fauna, heading to World’s End car park. Return same way. Refreshments Hickey’s Cafe
Registration: 2.00pm ACM Community Centre
Castleconnell, Limerick
GPS: 8° 30’42.3’W 52° 42’50.13’N
Start Time: 2.00pm Duration: 1.5 Hours
Contact: Paddy Tuohy Phone: 087-9163370

**C WALK** Kilbeheny Heritage Walk
Family orientated archaeology and heritage walk exploring Galtee Castle Wood. Refreshments Kilbeheny Community Centre
Registration: 1.30pm Galty Castle Wood, Kilbeheny, Co Limerick
GPS: 8° 17’79.49’W 52° 32’15.58’N
Start Time: 2.00pm Duration: 2 Hours
Contact: Moss Fitzgerald Phone: 087 8214991
Email: moss.fitzgerald@gmail.com

**C WALK** Labbamologga Townland Walk
Family orientated walk exploring Labbamologga, local field names, history & scenery. Refreshments T.O. Park Club House
Registration: 1.30pm T.O. Park, Labbamologga, Co. Limerick.
GPS: 8° 34’28.49’W 52° 30’32.86’N
Start Time: 2.00pm Duration: 2.5 Hours
Contact: Stella Keane Phone: 087 982 1771
Sunday 3rd May

**C WALK** Ballingaddy - Robbers Walk Kilmallock
Starting at Barra O’Dwyers - Golden Vale Bar, walk the Cold Store Road, around to Ballingaddy Church visiting the fort & moat & other heritage sites.
Registration: 2.00pm Golden Vale Bar, Kilmallock
Start Time: 2.30pm
Duration: 2 Hours
Contact: Marie Therese Higgins
Phone: 086 864 1693
Email: mtobrien64@gmail.com

**C WALK** Caherconlish Community Walk
A Guided walk of key historic sites in the Caherconlish area.
Registration: 2.30pm Mollys Pub, Inch St. Laurence, Caherconlish
Start Time: 2.30pm
Duration: 1.5 Hours
Contact: John Kennedy Phone: 086 256 5442
Email: johnrkennedy47@gmail.com

**C WALK** Doneraile Demesne
Be transported through 400 years of garden and landscape evolution at Doneraile Park. The tour will focus on seventeenth century formal walled gardens, the extensive eighteenth century landscape demesne, and nineteenth century walled gardens with close links to Kiev. Suitable for families.
Registration: 1.30pm Car Park, Doneraile Park, Co. Cork.
Start Time: 1.30pm
Duration: 1.5 Hours
Contact: Michael O’Sullivan Phone: 087 904 9767
Email: doneraileddevelopment@eircom.net
**Monday 4th May**

**Choose from our 7 Walks**

### Special Interest Walks

#### C WALK The Donkey Sanctuary Walk
Explore the world of The Donkey Sanctuary with a guided or self guided tour followed by a power point presentation on our work here. Light refreshments can be purchased at our Visitor Centre Shop. Open all year round Mon - Fri 9am to 4.30pm. Weekends and Bank Holidays 10 am to 5pm. Wheelchair and child friendly with a lovely picnic area. Admission and parking is free

**Registration:** 10.30am Donkey Sanctuary Visitor Centre, Liscarroll, Mallow  
**GPS:** 8° 79’35.53’W  52° 26’ 54.71’N  
**Start Time:** 11.00am  **Duration:** 1 Hour  
**Contact:** Paddy Barrett  
**Phone:** 086 389 5931  
**Email:** info@thedonkeysanctuary.ie  
**Address:** Liscarroll, Mallow, Cork

#### C WALK Fairies, Folktales & Legends of Lough Gur - FAMILY WALK
Walk around the Lake shore where you will be regailed with stories through time & meet characters from times gone by.

**Registration:** 12.00noon Lough Gur Heritage Centre  
**GPS:** 8° 31’17.3’W  52° 31’ 31.6’N  
**Start Time:** 12.00pm  **Duration:** 1.5 Hours  
**Contact:** Aine Barry  
**Phone:** 086 6034575  
**Email:** loughgur@gmail.com

#### C WALK Kildorrery Past & Present
Historical Kildorrery including new developments in the Community

**Registration:** 1.30pm Kildorrery Community Office  
**GPS:** 8° 42’56.71’W  52° 24’ 62.65’N  
**Start Time:** 2.00pm  **Duration:** 2 Hours  
**Contact:** Kerene/Frank  
**Phone:** 022 25777  
**Email:** communitykcda@eircom.net  
**Address:** Kildorrery Community Office, Kildorrery, Co. Cork.
Monday 4th May

**C WALK** Cush Earthworks Archaeology
Learn of the Iron Age agricultural community and visit our newly opened Interpretive Centre. Refreshments: Davey’s Cottage.
Registration: 2.00pm Ballinvreena Community Hall
GPS: 8° 44’06.2’W  52° 38’ 78.61’N
Start Time: 2.30pm
Duration: 2.5 Hours approx
Contact: Robert O’Sullivan  Phone: 087 258 7551
Email: robertsllvn@gmail.com

**C WALK** Galbally Historical Walk
Historical Walk of Galbally
Registration: 2.00pm The Square, Galbally
GPS: 8° 29’52.62’W  52° 40’ 12.34’N
Start Time: 2.30pm  Duration: 2 Hours
Contact: Jim Fitzgerald /Tim Ryan
Phone: 087 274 1916  062 37919
Email: jimfitz125@eircom.net

**C WALK** Bruff Town Historical Walk
Take in the folklore of Binn Lisin, Collins Well, the Old Barrack & the Sean Wall Memorial, follow the Fitzgerald Trail with its links to the late US President John F. Kennedy and back to the Church of Ireland.
Registration: 2.00pm Church of Ireland Bruff
GPS: 8° 54’90.56’W  52° 47’49.79’N
Start Time: 2.30pm
Duration: 1.5 Hours
Contact: Maurice Lyons  Phone: 086 337 5207
Email: maurice.lyons@yahoo.ie

**C WALK** Knocksouna Harvest Trail
Family walk, starting in Kilmallock, taking in Tankardstown Neolithic House, Knocksouna Hill
Registration: 2.00pm Deebert House Hotel, Kilmallock Co Limerick
GPS: 8° 56’98.12’W  52° 40’09.08’N
Start Time: 2.30pm
Duration: 2 Hours
Contact: Maureen Lynch  Phone: 086 326 4294
Email: lynchmau@eircom.net
Accommodation

Gertrude Magner
The Farm House Cottages, Self Catering,
Bridgetown, Castlestownroche, Co. Cork.
Email: infothefarmcottage@eircom.net
Phone: 022-26103 / 087- 9829027
Sleeps 13 sharing, Sleeps 9 in separate beds.
3 nights €60pp (9 people), extra at €40 (13 people)
2 nights €45pp (9 persons) extra at €35 (13 people)

Ben & Ann O’ Sullivan
Deebert House B&B,
Kilmallock, Co. Limerick
Phone: 063 98106 Fax: 063 82002
Email: info@deeberthouse.com
Quote Festival Brochure for discount rate of €35 per night for single room or €60 for double including a packed lunch & maps. Self catering apartment available for €120 for 2 nights (Sleeps up to 6)

Margaret O’ Sullivan
Deebert House Hotel,
Kilmallock, Co. Limerick
Phone: 063-31200 Fax: 063 – 31212
Email: info@deeberthousehotel.com
2 nights Bed & Breakfast & 1 evening meal for €99pps.
Packed lunch, maps drying room, storage area provided.

Aisling O’Callaghan
Longueville House Hotel, Mallow, Co. Cork
Phone: 022- 47156 Fax: 022- 47459
Email: info@longuevillehouse.ie
3 nights B&B in luxurious accommodation with packed lunch €315 pps.
2 nights B&B in luxurious accommodation with packed lunch €209 pps
1 night B&B in luxurious accommodation with packed lunch €105 pps

Miriam & Patrick Mulcahy
Ballinwillin House B&B, Mitchelstown, Co. Cork
Phone: 086-2561578
Email: ballinwillinhouse@gmail.com
3 nights B&B, one dinner, one packed lunch €99 pps
2 nights B&B one dinner, one packed lunch €62.50 pps
1 night B&B no dinner and one packed lunch €55pps
Mary O’Connell
Palm Lodge B&B, Limerick Rd, Mitchelstown, Co. Cork
Phone: 025 24687 / 086 1080339.
Email: palmlodgebb@hotmail.com
www.palmlodgebandb.com GPS: 52.282567 -8.278050
 3 night B&B €30.00 pps. 2 nights B&B €31.00 pps
 1 night B&B €32.00 pps. Small kitchenette available.

Ita Kiely
Ballyhoura Mountain Lodges
Ballyorgan, Kilfinane, Co. Limerick
Phone: 063-91666 / 087-2863337
Email: info@ballyhouramountainlodges.ie
www.ballyhouramountainlodges.ie
 3 miles from Kilfinane. 9 self catering houses, sleeps 6. Special walkers offer, 3 nights €400. Electricity extra.

Mary Magner
Hawthorn Self Catering Cottage
Carrigacunna, Killavullen, Mallow, Co. Cork
Phone: 022 26106 / 086 83243331
Email: magnerm@eircom.net
www.hawthornfarmcottage.com
 3 Nights: €60 euro pp based on 5 people staying
 2 Nights: €45 euro pp based on 5 people staying

Seamus Nunan
Ballyhoura Luxury Hostel
Kilfinane, Co. Limerick
Phone: 063-91625 / 087-9755093
Email: info@ballyhourahostel.ie
www.ballyhourahostel.ie
Ideal for a short break or an adventure stay. Whether you are a club, team, family, on your own or as a couple, go online to see our terrific year round deals. Walking Offer. Stay 3 nights & stay 3rd night Half Price

Charleville Park Hotel
Limerick Road, Charleville, Co. Cork
Phone: 063-33700
Email: info@charlevilleparkhotel.com
www.charlevilleparkhotel.com
Minutes from town centre. Facilities inc. pool, sauna, jacuzzi & steam room. Walking Offer €109.00 pps for two nights bed and breakfast, 4 course meal one night & packed lunch each morning. Maps & info available on check in. Quote Walking Festival to avail of offer. 3rd night on Bank Holiday Monday just €50.00 (B&B)
Online Registration

For further information and registration
Call: 00 353 63 91300
Email: reception@ballyhoura.org
Web: www.visitballyhoura.com

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<tr>
<th>Walking Pass Prices</th>
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<tr>
<td>Half Marathon</td>
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Online Registration

visitballyhoura.com
063-91300
reception@ballyhoura.org