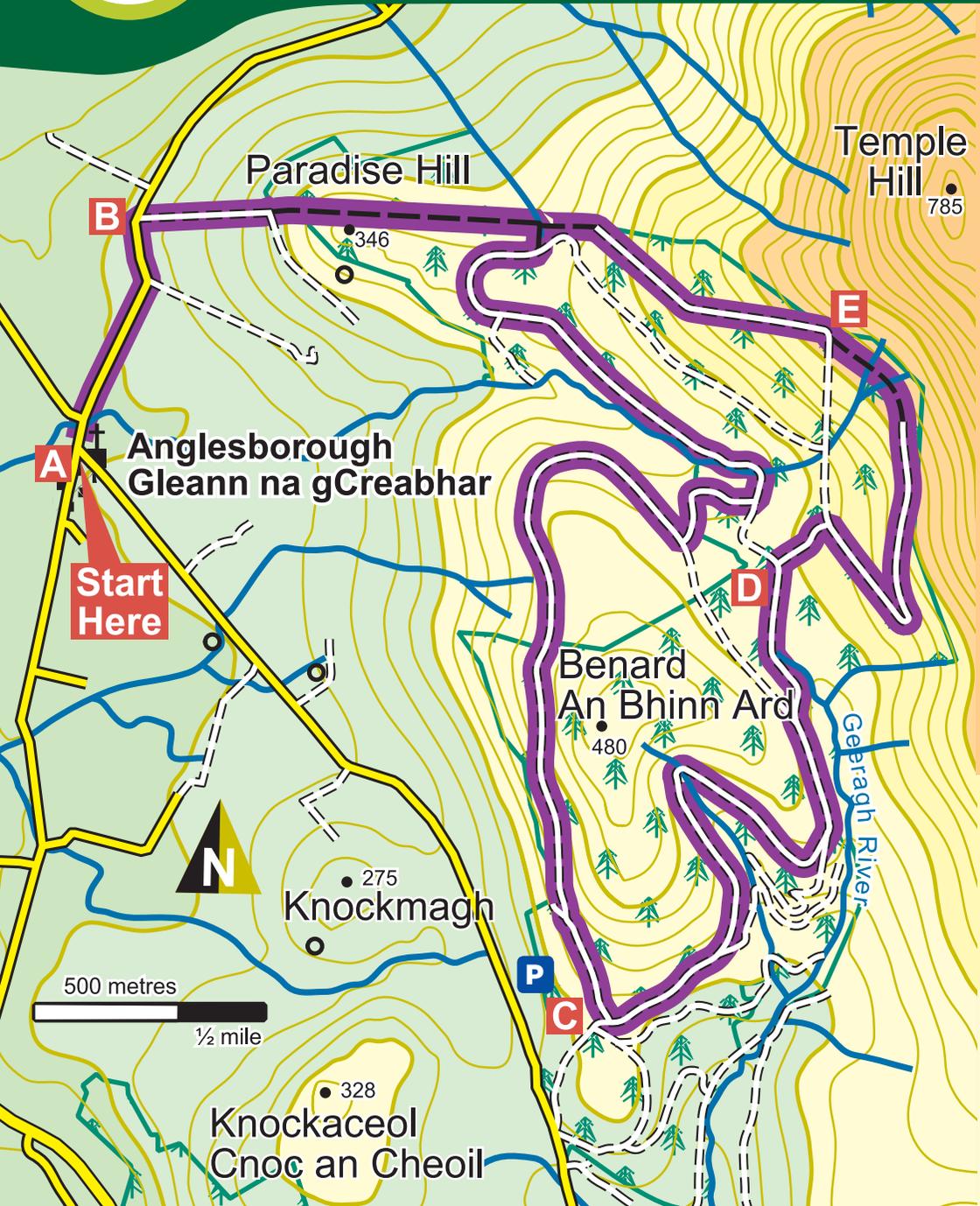




# Trailhead 86

## Ballyhoura Country Walks

### Benard Loop



**TRAILHEAD SERVICES**  
**DIST / TIME**  
**DIFFICULTY**  
**TERRAIN**  
**MIN. GEAR**  
**GPRS**

Community Centre, Anglesboro, Co Limerick  
Anglesboro, Mitchelstown (10km)  
18km / 4hrs - 5hrs  
Hard  
Green roads and forestry roads  
Hiking boots, raingear, liquids, snacks, and mobile phone  
8 17'22"W (Anglesboro Church Carpark) 52 20'25"N



Simply different

**Ballyhoura Country**

## Benard Loop

The town of Mitchelstown is situated just off the M8 (the main motorway from Dublin to Cork). From the roundabout on the northern side of Mitchelstown take the R513 in the direction of Kilfinnane. After 2km veer right at a Y-junction staying on the R513 in the direction of Ballylanders, and 4km later turn right at a road junction (signposted Anglesboro). A journey of 2km takes you into the village of Anglesboro – the trailhead is located at the Community Centre on your right.

## Directions

**A-B** Starting from the community centre car park in Anglesboro, follow the purple (and green) arrows downhill and veer right at the road junction. The green arrows are for the shorter Paradise Hill Loop. Pass Lane's shop on your right and continue out of the village and uphill to join a laneway on your right. Turn right here.

**B-C.** Follow the purple and green arrows along the laneway and into the forestry across Paradise Hill. On the descent watch for a stile on your right as both loops turn into the forestry. After 50m the loop turns right and follows the forestry road for almost 2km to reach a 3-way junction where the Paradise Hill Loop proceeds straight - but you turn right. Now follow a long section of forestry road - halfway through you are afforded fine views on your right of Knockaceol (the hill of music). At the end of this section you reach a crossroads where you turn left.

**C-D.** When the loop turns left at the T-junction, continue to follow the purple arrows for 500m and swing into a forested river valley. A sharp right bend marks the midway point and you exit at a junction with a green road on your right. Approx 1km later you rejoin the Paradise Hill Loop at a 3-way junction.

**D-E.** Now follow both loops for 200m to reach a T-junction where you turn right, and after 300m take a sharp left. Now follow a long ascent to the highest point of the loop on the shoulder of Temple Hill. Fine views open up on your left as you descend to reach a sharp left turn where the loop turns right and crosses a stile into a field and turns left and downhill.

**E-A.** The loop descends for 200m to reach the stile you crossed at B above. This time continue straight and rejoin the outward section of the loop on the return to the trailhead.

**Ballyhoura Office 063 91300, Emergency 112,**  
**Office hours Monday to Friday from 9am - 5pm**

**Dogs must be kept on a lead at all times.**  
**[www.visitballyhoura.com](http://www.visitballyhoura.com)**



An Roinn Ealaíon, Oidhreachta,  
Gnóthaí Réigiúnacha, Tuathle agus Gaeltachta  
Department of Arts, Heritage,  
Regional, Rural and Gaeltacht Affairs



Realising our  
Rural Potential  
Action Plan for Rural Development



Fáilte Ireland

