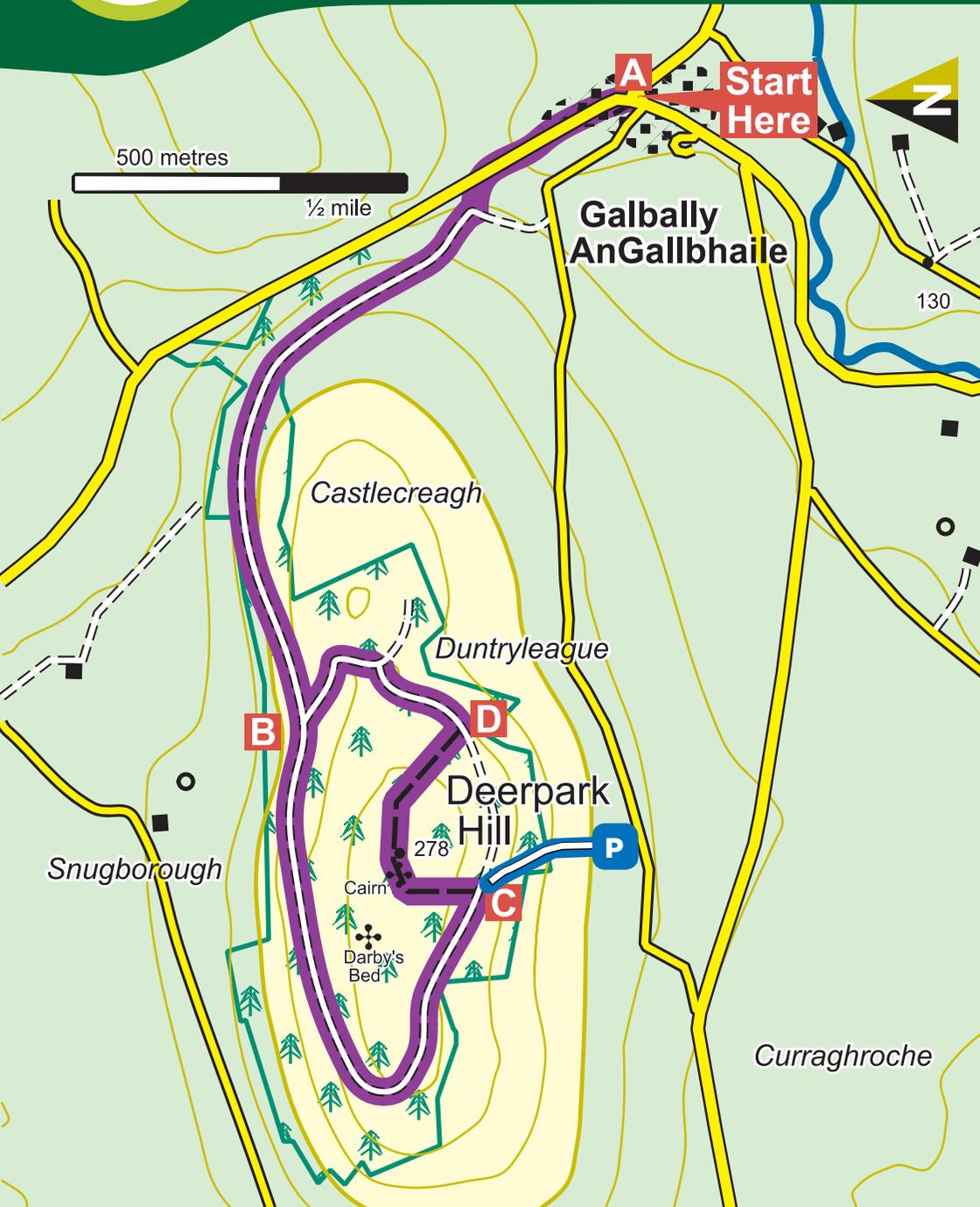




# Trailhead 88

## Ballyhoura Country Walks

### Darby's Bed Loop



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

Galbally in Co. Limerick. [OS Sheet 73, R799 277]  
Galbally in Co. Limerick  
7km / 2hrs30min  
Moderate  
Green paths, forestry roads and tracks  
Hiking boots, raingear, liquids, snacks, and mobile phone  
8 17°47'W (Galbally Square Carpark) 52 24'36"N



Simply different

**Ballyhoura Country**

## Darby's Bed Loop

The trailhead is located in the village of Galbally in Co. Limerick. [OS Sheet 73, R799 277]. A full range of services (accommodation, toilets, restaurant, etc.) is available in the village. North-west of Galbally, at the pinnacle of a 265 metre high hill, is the megalithic passage grave known as Dunryleague. The Fort of the Three Pillar Stones, which is perhaps 6,000 or more years old. Known locally as Darby's Bed, the tomb has a long almost inaccessible entrance passage. The roof rises like steps to the top of its chamber and is regarded as being similar to megalithic tombs in

Brittany, France. The entrance passage faces north-west in line with the Midsummer sunset.

Nearby in the surrounding woodland are eight smaller mounds, possibly dating back some 4,000 years to the Bronze Age. Also in the woodland is a circular mound, 19 metres in diameter, faced with drystone kerbs. This is the place to visit when you want to travel back thousands of years into the great and very interesting Irish history. According to fable and folklore it is believed that it is the grave of Oíll Olum, who was one of the early kings of Munster. It is also believed that the eloping couple Diarmuid and Grainne rested here in their flight from the angry Fionn MacCumhaill. The tomb and the cairn, which is nearby, are National Monuments.

## Directions

**A-B.** Starting from the trailhead in Galbally follow the purple arrow along the path out of the village towards Tipperary (R662). After 300m the loop turns left onto a track and ascends to reach a forestry roadway which takes you through the townland of Snugborough. Approx 2km into the loop you reach a 3-way junction - you will be returning to this point on the inward journey. For now - turn right.

**B-C.** Continue to follow the purple arrows along the forestry road as it ascends for almost 1km before swinging left to the top of Deerpark Hill. After 500m of gentle descent, watch for a 'crossroads' where you turn left and uphill on a green track.

**C-D.** Follow this track uphill for 200m to reach a point where the loop turns right - but a white arrow directs you straight ahead to a megalithic tomb. [The tomb is only 150m away and well worth a visit - remember to return to this point to continue the loop]. After another 100m you reach the ruins of a cairn on the highest point of the loop. There are fine views of the Ballyhoura and Galty Mountains from here - enjoy them before starting the descent along a green track which takes you back onto the forestry roadway where you turn left.

**D-A.** The loop starts to descend gently now and after 600m you rejoin the 3-way junction at B above. This time, turn right and follow the purple (Inward) arrows for 2km back to the village.

**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,  
Cultúir, Meánaonúcháin, Tuathle agus Gaeltachta  
Department of Arts, Heritage,  
Regional, Rural and Gaeltacht Affairs



Realising our  
Rural Potential  
Action Plan for Rural Development



Fáilte Ireland

