

REGISTER &  
BOOK ONLINE

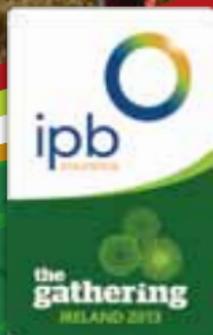


# Ballyhoura INTERNATIONAL WALKING FESTIVAL

**MAY BANK  
HOLIDAY  
3RD - 6TH**

**2013**

**FOOD FAIR  
KILMALLOCK  
MON 6TH**



**Over 26 Walks  
Guided Walks to suit  
all abilities**



**Ballyhoura Bears**



**ballyhouracountry.com**

The Ballyhoura Bears Walking Club, Thursday, Saturday & Sundays.

New members are always welcome.

For more information on the Activities of the Ballyhoura Bears Walking Club, contact: phevenor@yahoo.com ballyhourabears.com



**Fáilte Ireland**  
National Tourism Development Authority

**coilte**



**national trails office**  
An Irish Sports Council Initiative

**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.



Sheehy's Centra  
Hot/Cold Deli  
Tea/ Coffee, ATM

**Molly's Restaurant  
& Takeaway**

High Street, Kilfinane  
Open 7 Days  
www.mollyskilfinane.ie



# Saturday 4th May

*Choose from 10 Guided Walks*

## **A WALK** Ballyhoura Marathon Challenge (Walk/Jog/Run)

Start from Kilfinane. Challenging marked 26.2mile route traversing forest track, open mountain & river-banks through scenic Ballyhoura landscape. Return to Kilfinane Education Centre for showers & dinner.

**Registration:** 7.30am Kilfinane Education Centre

**GR Ref:** G680 230

**GPS:** 8° 22'12W 52° 21' 32.2'N

**Start Time:** 8.30am Kilfinane

**Duration:** 6 Hours +

## **A WALK** Half Marathon

Start from Ballyorgan. (Bus transfer from Kilfinane). This 13 mile walk takes in Glenroe, Darragh hills, a river bank walk to Kilflynn church, return to Kilfinane via Magner's wood. Refreshments after walk.

**Registration:** 9.30am Kilfinane Education Centre

**GR Ref:** G680 230

**GPS:** 8° 22'12W 52° 21' 32.2'N

**Start Time:** 10.30am

**Duration:** 5 Hours

## **B WALK** Walk - Slieveveagh

Start Kilfinane, through the magical Killeen Wood, following the Ballyhoura way onto Slieveveagh & return to Kilfinane for refreshments in the Green Bar.

**Registration:** 9.30am Kilfinane Education Centre

**GR Ref:** R680 230

**GPS:** 8° 22'12W 52° 21' 32.2'N

**Start Time:** 10.30am

**Duration:** 4 Hours

## **B WALK** Glenstal Woods Loop

Quiet beauty and natural rural charm surrounded with natural woodland, this loop gives fantastic views into Co. Limerick and South Tipperary. Refreshments at Crokers Bar & Restaurant.

**Registration:** 9.30am Glenstal Woods

**GR Ref:** R753 564

**GPS:** 8° 21'44.9W 52° 39' 38.7'N

**Start Time:** 10.00am

**Duration:** 2.5 - 3.5 Hours

## Saturday 4th May



### **B WALK** Castleconnell & Montpelier

Start at St. Joseph's Church, walk along the river's edge to world's end. See beautiful flora & fauna along the route to Montpelier taking in a forest plantation, newly re-generated greens, learn the history of the monks from Montpelier France. Return to Castleconnell. Refreshments at Hickey's Cafe.

**Registration:** 1.00pm ACM Community Centre

**GR Ref:** 668 624

**GPS:** 8° 30'4.23"W 52° 42' 50.13"N

**Start Time:** 1.30 pm St Joseph's Church car park.

**Duration:** 3.5 Hours

## 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 powerpoint 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 & Bank Holidays, 10am - 5pm. Wheelchair & Child friendly with a lovely picnic area. Admission and parking is free.

**Registration:** 10.30am Donkey Sanctuary Visitor Centre, Lisscarroll

**GR Ref:** 455 125

**GPS:** 8° 43'54.5"W 52° 16'18.1"N

**Start Time:** 11.00am

**Duration:** 1 Hour

### **C WALK** Animal Sanctuary Dog Walk

Walk your dog or indeed come and walk

one of our canine friends at the Sanctuary outside Kilfinane. The walk will take place in the field of dreams and forest walks. Refreshments will be served afterwards at the sanctuary.

**Registration:** 12.30am Field of Dreams Sanctuary, Moorstown, Kilfinane

**GR Ref:** 695 248

**GPS:** 8° 26'56.1"W 52° 22' 26.3N

**Start Time:** 1.00pm

**Duration:** 1 Hour

# Saturday 4th May

## Special Interest Walks

### C WALK

#### Cider Making in Churchtown

Celebrating the history of cider making in

Churchtown the walk will encompass a trip to Ballyhoura Apple Farm, taking in many of Churchtown's monuments. Refreshments at Ballyhoura Apple Farm.

**Registration:** 1.30pm Ballyhoura Apple Farm, Churchtown

GR Ref: 500 135

GPS: 8° 43'54.5"W 52° 16' 18.1"N

**Start Time:** 2.00pm

**Duration:** 1.5 Hours

### C WALK

#### Murroe & 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. Refreshments at Crokers Bar & Restaurant.

**Registration:** 2.00pm Murroe Monument

GR Ref: 730 554

GPS: 8° 28'25.0"W 52° 38' 58.6"N

**Start Time:** 2.30pm

**Duration:** 1 - 1.5 Hours

### C WALK

#### Griston Bog Night Walk

#### Ballyhoura Outdoor Classroom

#### Free Walk

We hope to see Barn Owls & Long Eared Owls which are often seen hunting over the bog. We will also be looking for Bats and doing some moth trapping. Bring a torch. Leader: Tony Kenneally, Wild Life Biologist.

Live Owl display - Animal Magic. Bring a flask & snack.

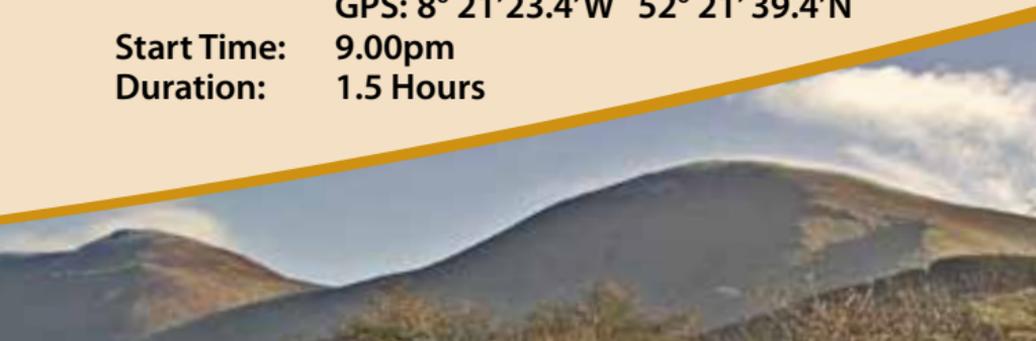
**Registration:** 8.30pm Griston Bog, Ballylanders.

GR Ref: 758 232

GPS: 8° 21'23.4"W 52° 21' 39.4"N

**Start Time:** 9.00pm

**Duration:** 1.5 Hours



Sunday  
5th May



*Choose from our 14 Walks*

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

Bus to Clydagh Bridge to start of walk. A most challenging walk, taking in Far Breaga, Greenane, Galtybeag, Galty Mór, Slievecusnabinnia, Carrignabionna & Lyracappall. Refreshments and entertainment afterwards at Moroneys Bar.

**Registration:** 8.30am Moroneys Bar, Lisvarrinane village

**GR Ref:** R846 289

**GPS:** 8° 13'42.6"W 52° 24' 43.0"N

**Start Time:** 9.15am Clydagh Bridge

**Duration:** 7 Hours +

**A WALK** **(Level) Moderate - Galtees**

Bus to Cush for start of walk. Takes in Cush Peak, the spectacular Corrie Lakes on the northern slopes of the Galty's and return by the Ice Road to Lisvarrinane for refreshments at Moroney's Bar.

**Registration:** 9.30am Moroneys Bar, Lisvarrinane village

**GR Ref:** R846 289

**GPS:** 8° 13'42.6"W 52° 24' 43.0"N

**Start Time:** 10.00am

**Duration:** 5 Hours +

**A WALK** **(Walk) Family Day To Galtymore - Galtees**

Car Pool Transfer to start. Walk the Black Road to Galtymore, Ireland's highest inland mountain, taking in the Airmens monument & return to start.

This is the gentlest of the routes to Galtymore but the achievement is very satisfying.

Refreshments at Kilbehenny Community Centre.

**Registration:** 9.30am Community Centre Kilbehenny.

**GR Ref:** R861 159

**GPS:** 8° 13'33"W 52° 17' 39"N

**Start Time:** 10.00am

**Duration:** 6 Hours +



## Sunday 5th May

### **B WALK** Walk- Galtees

Starting from the Lisvarrinane Village, we make our way to Ballinacourty, past Aherlow House Hotel & the holiday homes to Christ the King statue taking in the nature trail & return to village for refreshments at Moroney's Bar. Suitable for families.

**Registration:** 10.00am Moroneys Bar, Lisvarrinane village

**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

Explore the world of The Donkey Sanctuary with a guided or self guided tour followed by a presentation on our work here. Light refreshments can be purchased at our Visitor Centre Shop.

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

**GR Ref:** 455 125

**GPS:** 8° 43'54.5'W 52° 16'18.1'N

**Start Time:** 11.00am

**Duration:** 1 Hour

### **C WALK** Lough Gur Archaeology Walk

Visit Grange Stone Circle & learn of the Earls Of Desmond, the plantation of Munster, the vaults & the grave of Tempall Nua. Learn of burial practices & local customs at the Megalithic tomb before hearing of the legend Geroid Iarla & the siege of Lough Gur Castle. Refreshments Riordan's Pub.

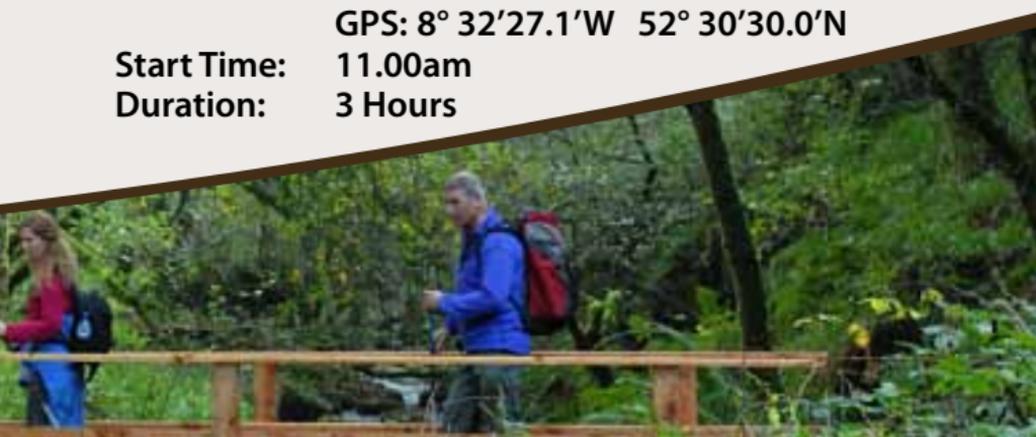
**Registration:** 10.30am Riordan's pub, Holycross

**GR Ref:** 633 397

**GPS:** 8° 32'27.1'W 52° 30'30.0'N

**Start Time:** 11.00am

**Duration:** 3 Hours



# Sunday 5th May

## Special Interest Walks



### **C WALK** Castleconnell North Way Walk

Taking in the history of Castleconnell, pass the Church along the riverbank taking in the flora & fauna, heading to World's End car park. Return same way. Refreshments Hickey's Cafe.

**Registration:** 1.30pm ACM Centre Castleconnell  
GR Ref: 668 624

GPS: 8° 30'4.23"W 52° 42' 50.13"N

**Start Time:** 2.00pm ACM Centre

**Duration:** 1.5 Hours

### **C WALK** Labbamogga Townland Walk

Family orientated walk exploring Labbamogga, local field names, history & scenery. Refreshments T.O. Park Club House.

**Registration:** 1.30pm T.O. Park, Labbamogga  
GR Ref: 766 169

GPS: 8° 20'35.0"W 52° 18'13.9"N

**Start Time:** 2.00pm

**Duration:** 2.5 Hours

### **C WALK** Doneraile Heritage Walk

Explore the history of Doneraile Park. Learn of the Georgian Doneraile Court, home to St. Ledger family until 1969. Follow the trail along the Portico Gate Lodge, hunting bridge, 300 year old trees, a herd of Irish deer and enjoy views of the park.

Refreshments Doneraile Tea Rooms.

**Registration:** 1.30pm Doneraile Park Gates  
GR Ref: 600 072

GPS: 8° 35'8.0"W 52° 12' 55.4"N

**Start Time:** 2.00pm

**Duration:** 2.5 Hours

### **C WALK** Kilbehenny Heritage Walk

Family orientated archaeology & heritage walk exploring Galtee Castle Wood.

Refreshments Kilbehenny Community Centre.

**Registration:** 1.30pm Galty Castle Wood  
GR Ref: 878 189

GPS: 8° 10'44.3"W 52° 19'18.1"N

**Start Time:** 2.00pm

**Duration:** 2 Hours

# Sunday 5th May

## Special Interest Walks

### C WALK

#### Kilmallock Walled Town Walk

Explore the Medieval Walled Town, a monastery founded by St. Malach, ruins of Kilmallock Abbey, Blossom Gate & surrounding town walls. Refreshments Deebert House Hotel.

**Registration:** 1.30pm Deebert House Hotel

GR Ref: 878189

GPS: 8° 34'45.31'W 52° 24'20.5'N

**Start Time:** 2.00pm

**Duration:** 2.5 Hours

### C WALK

#### Cush Earthworks Archaeology

Overlooking the fertile plains of East Limerick, learn of the Iron Age agricultural community and visit our newly opened Interpretive Centre. Refreshments Davey's Cottage.

**Registration:** 2.00pm Ballinvreena Community Hall

GR Ref: 701 265

GPS: 8° 26'22.2'W 52° 23'22.7'N

**Start Time:** 2.30pm

**Duration:** 2.5 Hours

### C WALK

#### Kilfinane town Historical Walk

A tour of the town, suitable for buggys and family walk. Refreshments Green Bar, Kilfinane.

**Registration:** 3.30pm Ballyhoura Centre, Kilfinane

GR Ref: 680 230

GPS: 8° 28'11.14'W 52° 21'31.10'N

**Start Time:** 4.00pm

**Duration:** 1.5 Hours

### C WALK

#### Griston Bog Wildlife Walk Ballyhoura Outdoor Classroom Free Walk

Explore the flora & fauna of the bog. Ideal for kids. Free Wildlife Posters for children. Leader: Tony Kenneally (Wild life Biologist). Live Owl display - Animal Magic. Bring a flask & snack.

**Registration:** 2.00pm Griston Bog, Ballylanders

GR Ref: 758 232

GPS: 8° 21'23.4'W 52° 21'39.4'N

**Start Time:** 2.30pm

**Duration:** 1 Hour

# Monday 6th May



*Choose from our 6 Walks*

## Ballyhoura Bears Mountain Navigation Challenge

This challenge is for walkers with an interest in navigation and mountain skills. Enter as an individual or as a team of 2 beginners or advanced level. Plan and follow a route across the Ballyhouras completing mountain skills tasks along the way. Check our web site for more details: [www.ballyhouracountry.com](http://www.ballyhouracountry.com)

Email: [phevenor@yahoo.com](mailto:phevenor@yahoo.com)

Refreshments Greenwood Inn.

**Registration:** 8.00am Ardpatrick Community Hall

GR Ref: 643 211

GPS: 8° 31'28.8"W 52° 20'28.3"N

**Start Time:** 9.00am Ardpatrick Village.

**Duration:** 2 - 3 Hours

## **B WALK** Darragh

Start at Darragh. Take in the Boreen Dearg, Castlegale, Kilcruaig. Refreshments at Daly's Pub.

**Registration:** 10.00am Daly's Pub, Darragh, Glenroe

GR Ref: 738 160

GPS: 8° 24'24"W 52° 20'25"N

**Start Time:** 10.30am

**Duration:** 2 - 3 Hours

## 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 powerpoint 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 & Bank Holidays, 10am - 5pm. Wheelchair & Child friendly with a lovely picnic area. Admission and parking is free.

**Registration:** 10.30am Donkey Sanctuary Visitor

Centre, Lisscarroll

GR Ref: 455 125

GPS: 8° 43'54.5"W 52° 16'18.1"N

**Start Time:** 11.00am

**Duration:** 1 Hour

# Monday 6th May

## Special Interest Walks

### **C WALK** Universal Access Walk

This walk is designed for persons with impaired mobility, wheelchair users & the visually impaired. Enjoy the delights of nature within Doneraile Wildlife Park assisted by members of the Ballyhoura Bears Walking Club. Refreshments afterwards in Doneraile Park. **Pre-booking is essential. Contact Eugene Stephens, Walks Facilitator on 087 2804637. THIS WALK IS FREE.**

**Registration:** 12.00pm Doneraile Park

**GR Ref:** 600 072

**GPS:** 8° 35'8.0"W 52° 12'53.4"N

**Start Time:** 12.30pm Doneraile Park

**Duration:** 1 Hour

### **C WALK** Griston Bog Ballyhoura Outdoor Classroom

Mary Murphy will lead a walk looking for birds, butterflies & dragon flies in our equipped outdoor Math and Science classroom and Science lab. There will be opportunities for pond dipping with nets for fish, water beetles, insect larvae etc. The first Discovery science and maths centre in Co.Limerick. Refreshments at Gallahue's Bar, Ballylanders.

**Registration:** 1.30pm Griston Bog, Ballylanders

**GR Ref:** 758 232

**GPS:** 8° 21'23.4"W 52° 21'39.4"N

**Start Time:** 2.00pm

**Duration:** 1.5 Hours

### **C WALK** Bruff Historical Walk

Take in the folklore of Binn Lisinn, Collin's Well, the Old Barrack and the Sean Wall Memorial, follow the Fitzgerald Trail with it's links to the late US President John F Kennedy and back to the Church of Ireland.

Refreshments Bruff Community Cafe.

**Registration:** 2.00pm Church of Ireland, Bruff

**GR Ref:** 627 360

**GPS:** 8° 33'0.0"W 52° 28'27.8"N

**Start Time:** 2.30pm

**Duration:** 1.5 Hours

## Accommodation



Billy's Cottage

**Gertrude Magner**

**The Farm House Cottages, Self Catering,  
Bridgetown, Castletownroche, Co. Cork.**

Email: [infothefarmcottage@eircom.net](mailto: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)



Sand Cottage

**Ben & Ann O' Sullivan**

**Deebert House B&B,  
Kilmallock, Co. Limerick**

Phone: 063 98106 Fax: 063 82002

Email: [info@deeberthouse.com](mailto: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](mailto: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](mailto: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](mailto: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: [palmodgebb@hotmail.com](mailto:palmodgebb@hotmail.com)

[www.palmodgebandb.com](http://www.palmodgebandb.com) GPS: 52.282567 -8.278050

3 night B&B €30.00pps. 2 nights B&B €31.00pps

1 night B&B €32.00pps. Small kitchenette available.

**Elizabeth O'Sullivan**  
**Grange Farm House B&B,**  
**Bruff, Co. Limerick**

Phone: 061-382512

Email: [grangefarmhouse@hotmail.com](mailto:grangefarmhouse@hotmail.com)

All prices include B&B, evening meals & packed lunch.

3 nights €110pps, 2 nights €75pps, 3 nights €40pps



**Breda O'Kelly**  
**The Mustard Seed at Echo Lodge Hotel,**  
**Ballingarry, Co. Limerick**

Phone: 069 68508 Fax: 069 68511

Email: [mustard@indigo.ie](mailto:mustard@indigo.ie) [www.mustardseed.ie](http://www.mustardseed.ie)

3 Nights: 2 dinners, 1 early bird, 1 four course menu &  
 2 packed lunches €118pps per night or €355 package.

2 Nights: 2 dinners, 1 early bird, 1 four course menu &  
 2 packed lunches €140 pps per night or €280 package.

1 Night: 1 four course dinner & 1 packed lunch

€155pps per night. Subject to availability, includes full  
 Irish breakfast and tax.



**Ita Kiely**  
**Ballyhoura Forest Homes Self Catering**  
**Ballyorgan, Kilfinane, Co. Limerick**

Phone: 063-91666 / 087- 2863337

Email: [ita@ballyhouraforesthomes.ie](mailto:ita@ballyhouraforesthomes.ie)

[www.ballyhouraholidayhomes.com](http://www.ballyhouraholidayhomes.com)

Only 3 miles from Kilfinane. 9 recently refurbished self  
 catering houses. 2 nights €350, sleep 6 (€58ea)

3 nights €380 (€63 ea) electricity extra and is metered.



**Mary Magner**  
**Hawthorn Self Catering Cottage**  
**Carrigacunna, Killavullen,**  
**Mallow, Co. Cork**

Phone: 022 26106 / 086 83243331

Email: [magnerm@eircom.net](mailto:magnerm@eircom.net)

[www.hawthornfarmcottage.com](http://www.hawthornfarmcottage.com)

3 Nights: €60 euro pp based on 5 people staying

2 Nights: €45 euro pp based on 5 people staying



# Map of Ballyhoura Region





## Booking Info

Guided walks across the North Cork and East Limerick area of Ireland known as Ballyhoura and the Galty Range. All walk details, maps, GPS, Trail metrics, etc., are available online at [www.ballyhouracountry.com](http://www.ballyhouracountry.com)



## Online Registration

Pre registration advised.  
 For further information and registration  
 Call: 00 353 63 91300  
 Email: [info@ballyhoura.org](mailto:info@ballyhoura.org)  
 Web: [www.ballyhouracountry.com](http://www.ballyhouracountry.com)

**Ballyhoura Autumn  
 Rambling Festival  
 Sat 19th & Sun 20th  
 October 2013**

### Walking Pass Prices

3 Day Walk Pass	€35
3 Day Walk Pass incl. marathon	€50
Half Marathon	€15
Marathon Pass incl. Hot Meal	€35
1 Day Walk Pass	€15
C Walk	€5
C Walk Special Family of 4 Rate	€10
A & B Walks	€15
Free Walks	

DA VINCI CREATIVE 086 086 5559



**[ballyhouracountry.com](http://ballyhouracountry.com)**  
**063-91300 [info@ballyhoura.org](mailto:info@ballyhoura.org)**

