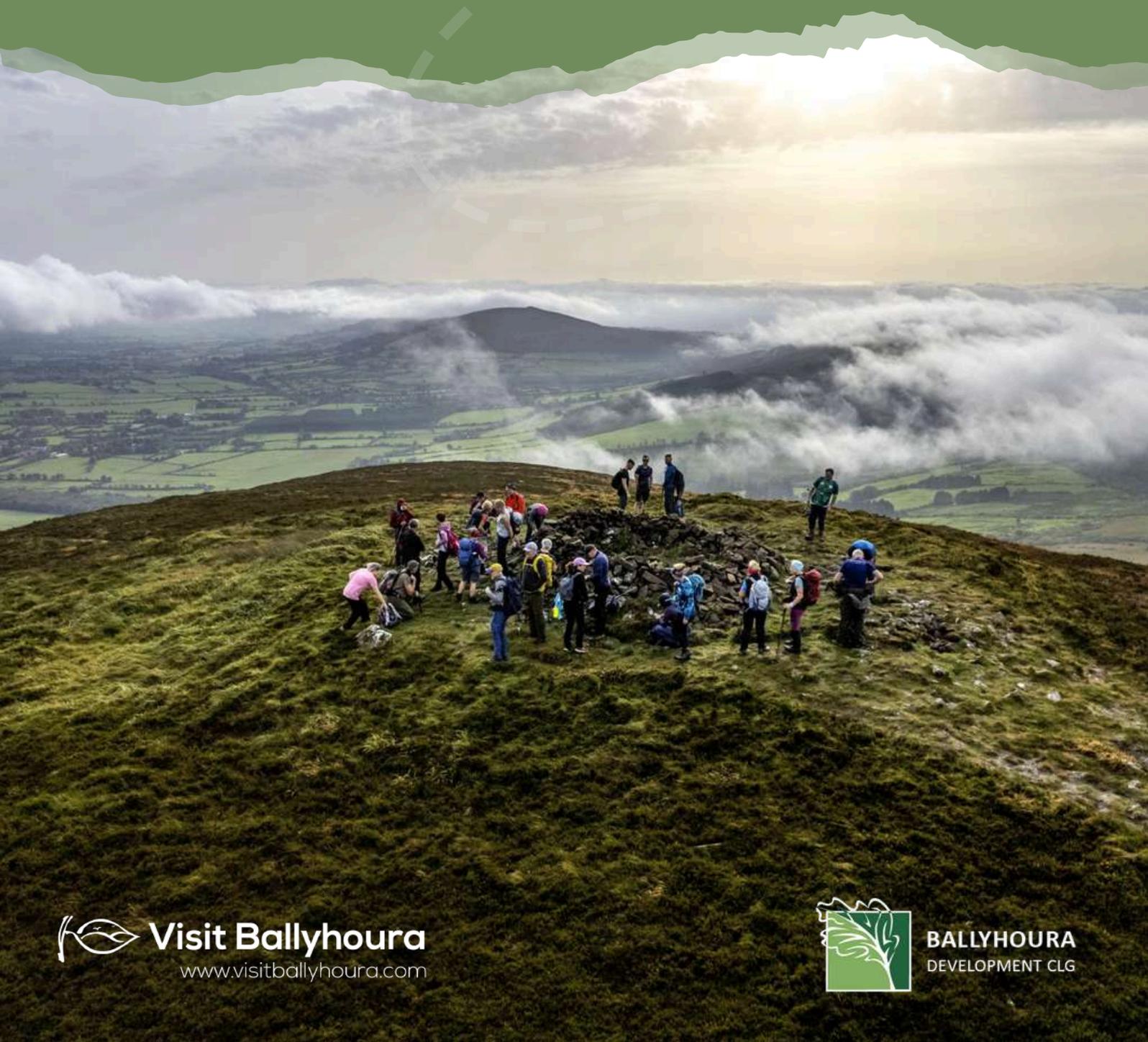


DISCOVER BALLYHOURA

WALKING & CYCLING

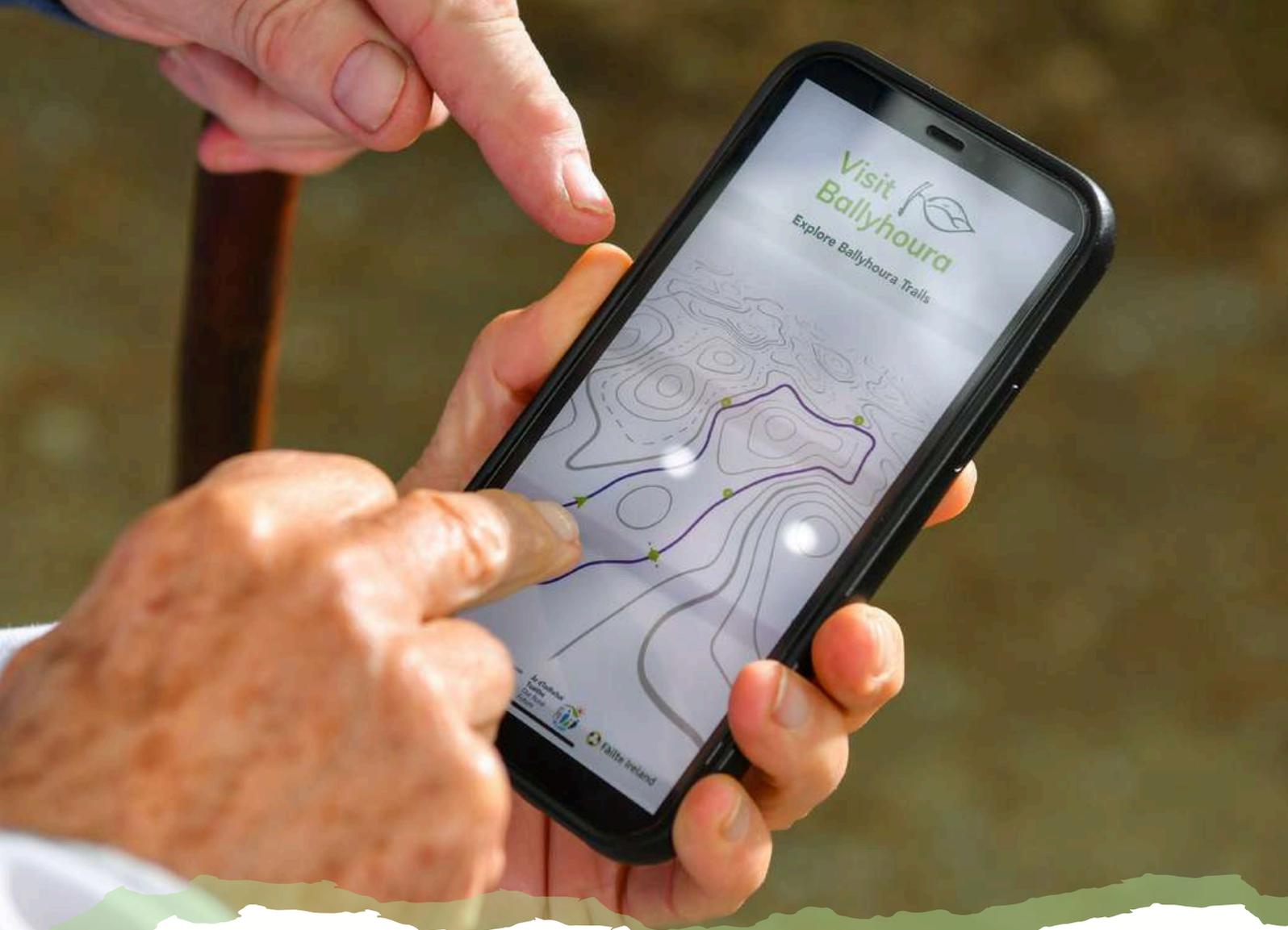
GUIDE FOR VISITORS



Visit Ballyhoura
www.visitballyhoura.com



BALLYHOURA
DEVELOPMENT CLG



BALLYHOURA TRAILS APP

Download the **free Ballyhoura Trails App** and **pre-download routes** for offline use (signal can be weak in the hills).

It will guide you through the **walking, road cycling** and **mountain biking trails** of Ballyhoura Country and help you find places to **stay, eat** and **explore** nearby.



[Download Here](#)



Download
For Android



[Download Here](#)



Download
For iOS

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HIKES CLOSE TO KILMALLOCK

BALLYHOURA NATURE TRAIL

A gentle woodland amble beside the MTB trailhead—ideal for a stretch of the legs before coffee.

- **Length:** 2km / 40 mins
- **Difficulty:** Easy
- **Start:** Ballyhoura MTB Trailhead (€5 car-park fee applies).

[More Details](#) ➤



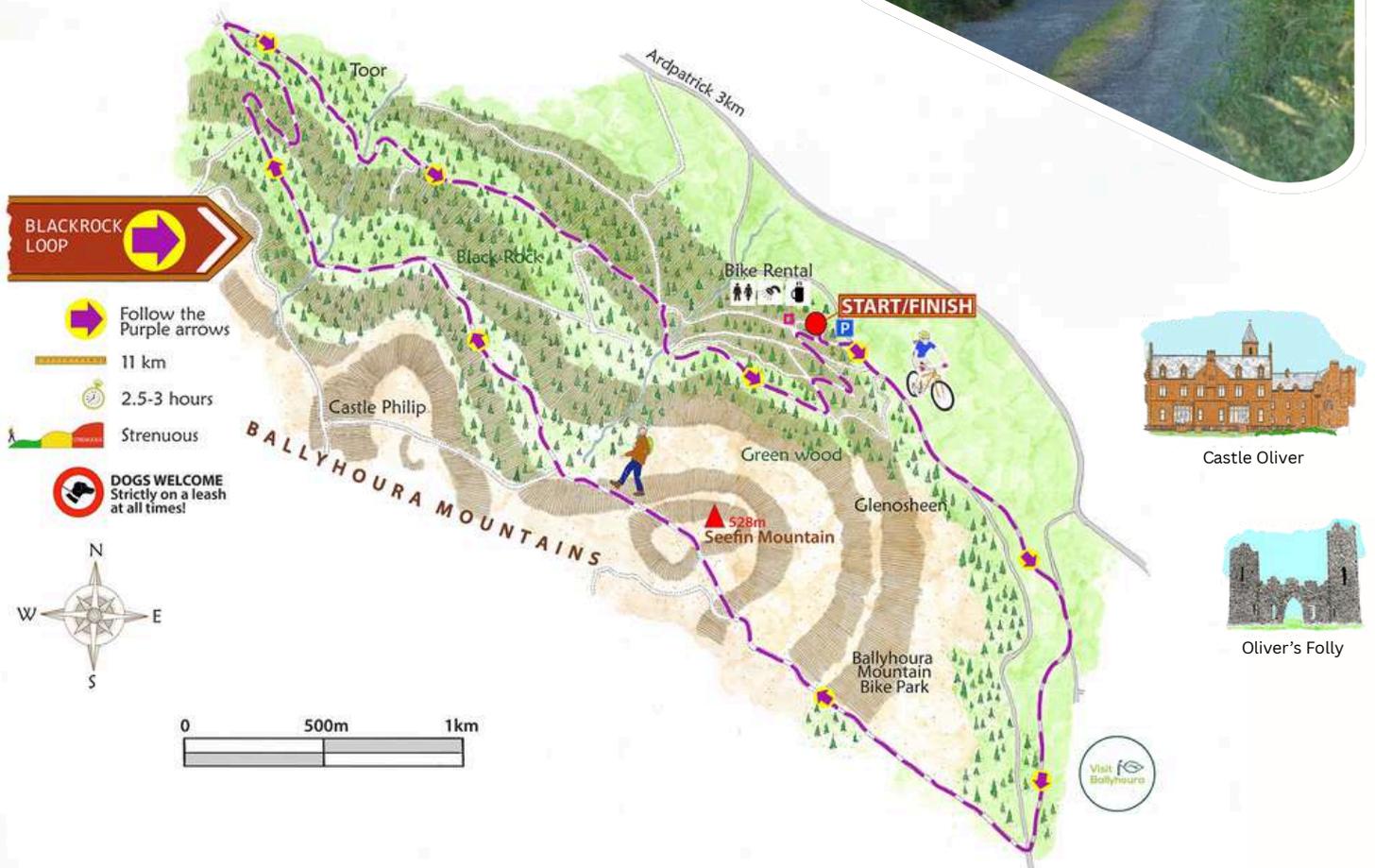
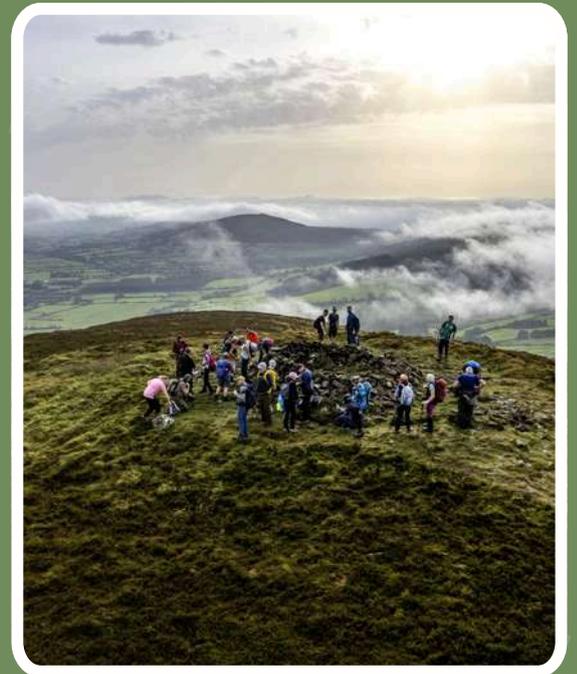
HIKES CLOSE TO KILMALLOCK

BLACKROCK LOOP

Over Seefin's shoulders with big views and rebel-road history from the O'Sullivan-Beara march

- **Length:** 11km / 3-3.5 hrs
- **Difficulty:** Moderate
- **Start:** Ballyhoura MTB Trailhead (€5 car-park fee applies).

[More Details](#) ➤



HIKES CLOSE TO KILMALLOCK

BALLINABOOLA WOODS LOOP

Tall conifers, birdsong and clearings with panoramas of County Limerick. Detour after to Ardpatrik Monastery for an amazing viewpoint.

- **Length:** 10km / 2.5-3 hrs
- **Difficulty:** Moderate
- **Waymarking:** Purple
- **Start:** Ballinaboola Woods Car Park.

[More Details](#)



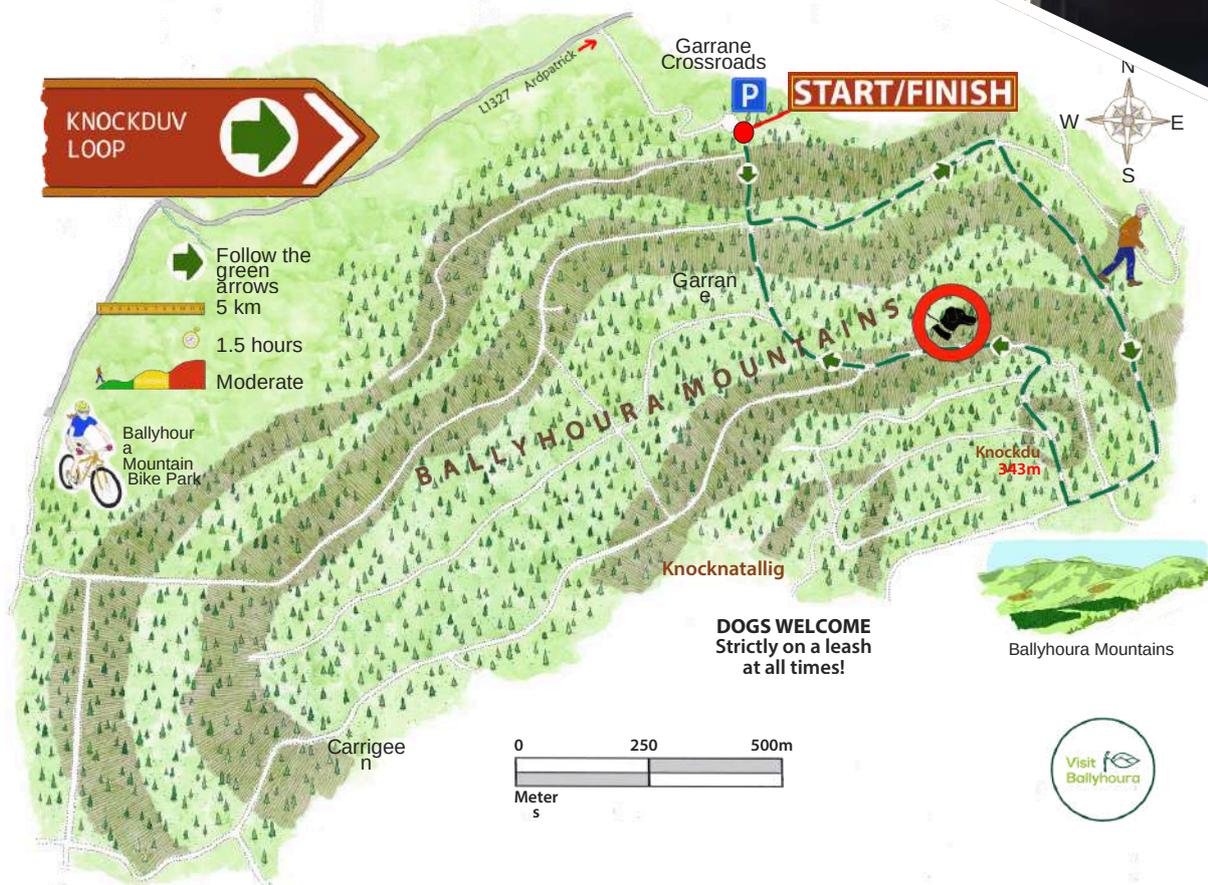
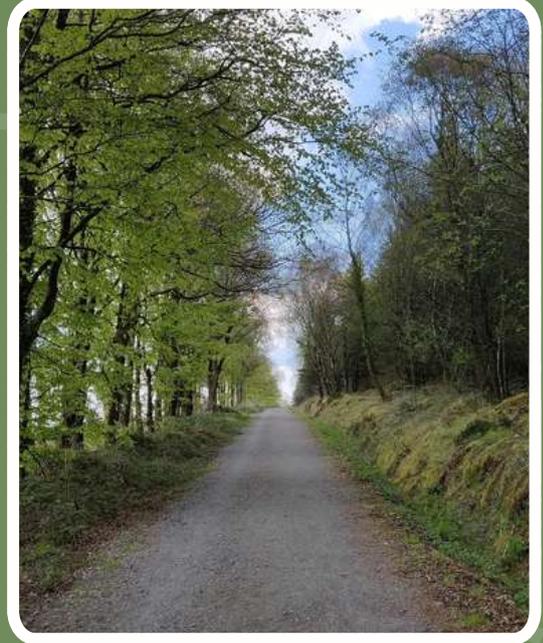
HIKES CLOSE TO KILMALLOCK

KNOCKDUV LOOP

A short, satisfying hill loop with stories of monks and Iron Age earthworks near the summit.

- **Length:** 5km / 1-1.5 hrs
- **Difficulty:** Easy -Moderate
- **Waymarking:** Green
- **Start:** Ballinaboola Woods Car Park.

[More Details](#)



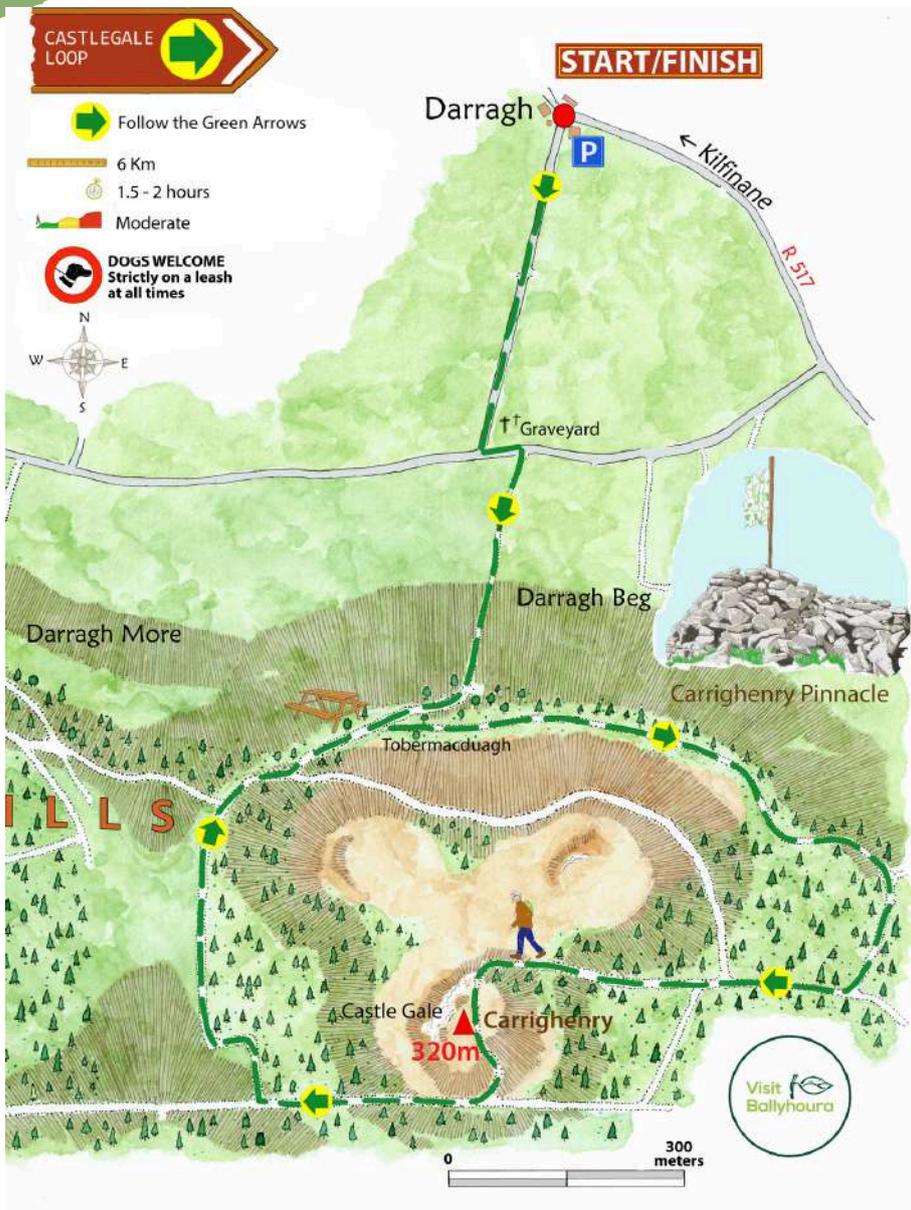
HIKES CLOSE TO KILMALLOCK

CASTLEGALE LOOP

- **Length:** 7km / 1.5-2 hrs
- **Difficulty:** Moderate
- **Waymarking:** Green
- **Start:** Darragh Bridge

Climb to the stone cairn of Castle Gale—locals once raised a flag here to warn of rent collection!

[More Details](#)



HIKES CLOSE TO KILMALLOCK

DARRAGH HILLS LOOP

Holy well folklore, a plaque from the 1798 battle, and wide views across the Ballyhouras.

- **Length:** 10km / 2.5-3 hrs
- **Difficulty:** Moderate
- **Waymarking:** Purple
- **Start:** Darragh Bridge

[More Details](#)



DARRAGH HILLS LOOP

10 km
3 hours
Moderate

Follow the Purple Arrows

Dogs Welcome
Strictly on a leash
at all times

Darragh START/FINISH

Killinane R.517

Graveyard

Darragh Beg

Carrigherry Pinnacle

Garryarthur

Darragh More

Quarry

Tobermacduagh

Castle Gale

Carrigherry

320m

Visit Ballyhoura

0 300 meters



DARRAGH HILLS

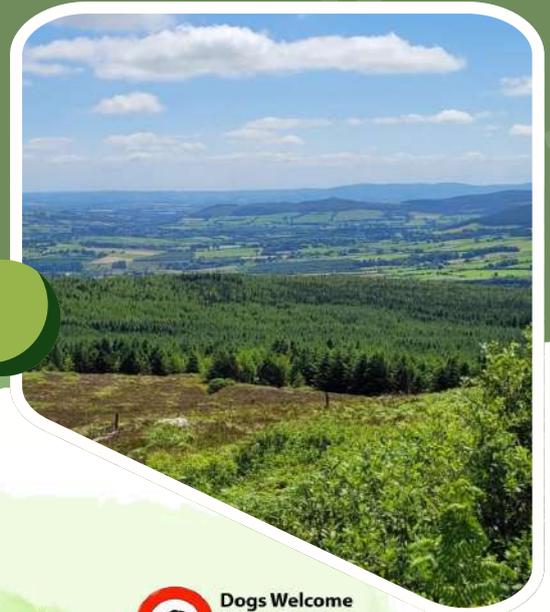
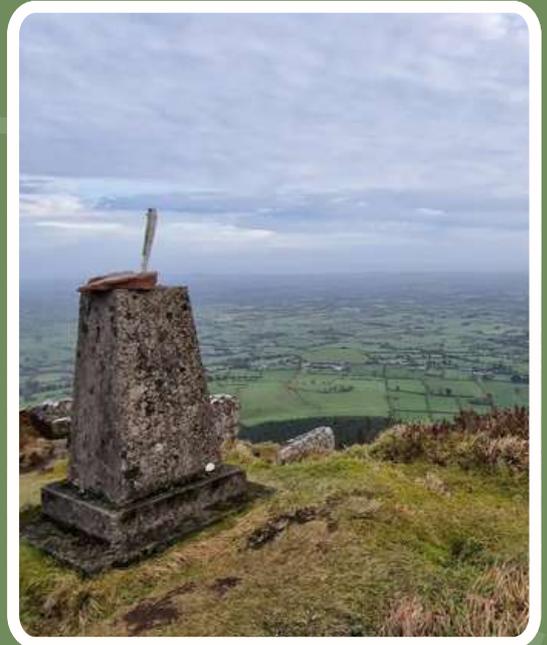
HIKES CLOSE TO KILMALLOCK

SLIEVEREAGH LOOP

Forest tracks and meadow clearings with old standing stones; big Galtee and Ballyhoura vistas on a fine day.

- **Length:** 15.7km / 3.5-4 hrs
- **Difficulty:** Moderate
- **Waymarking:** White
- **Start:** Water Fountain, Kilfinane Village

[More Details](#)



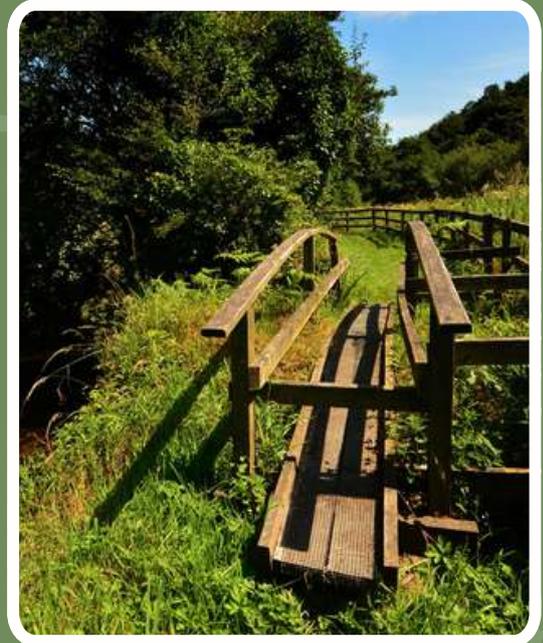
HIKES CLOSE TO CHARLEVILLE

KEALE RIVER & MOLANNA LOOP

A level riverside wander over little bridges, extending to Molanna Abbey ruins if you fancy more

- **Length:** Keale River 7km / 2 hrs; Molanna 15km / 4 hrs
- **Difficulty:** Easy - Moderate
- **Waymarking:** Blue
- **Start:** Ballyorgan Village

[More Details](#) ➤



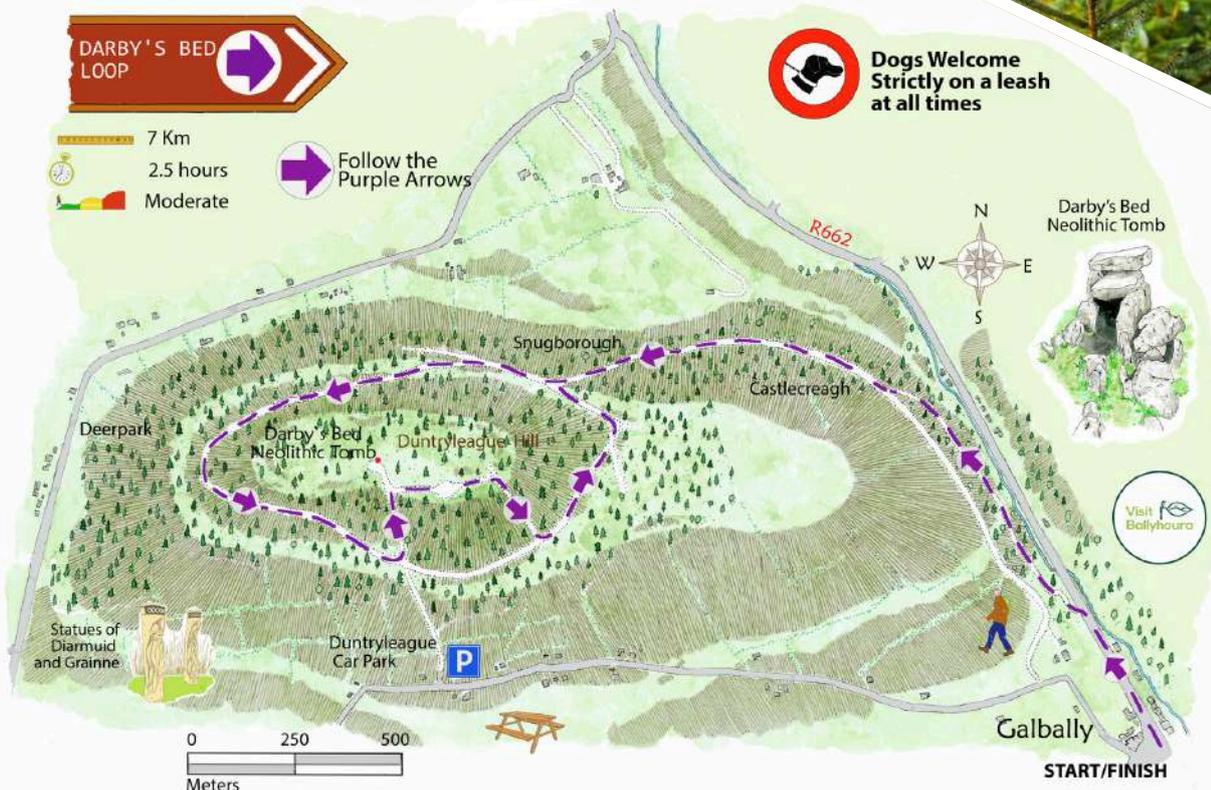
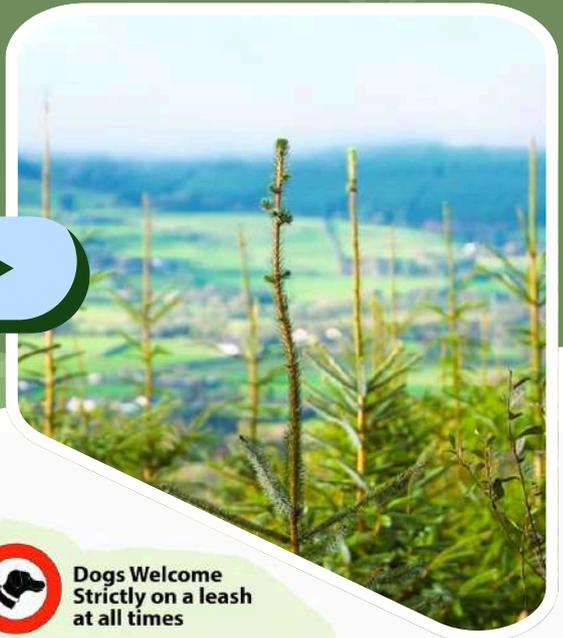
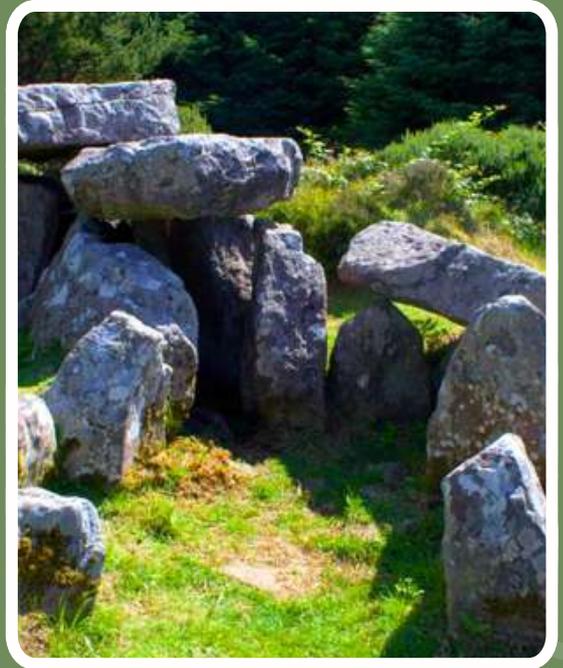
HIKES CLOSE TO CHARLEVILLE

DARBY'S BED LOOP

Climb to a megalithic passage grave —“Fort of the Three Pillar Stones”— and sweeping views over the plain.

- **Length:** 7km / 2-2.5 hrs
- **Difficulty:** Easy-Moderate
- **Waymarking:** Purple on white
- **Start:** Galbally Village Square

[More Details](#) ➔



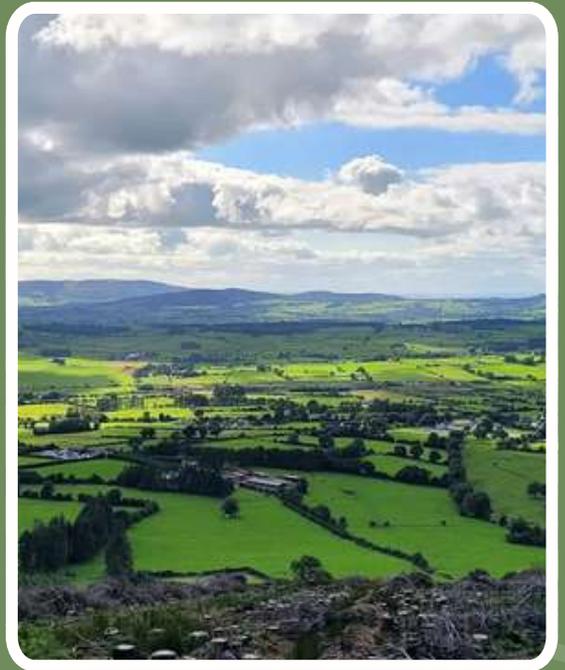
HIKES CLOSE TO
MITCHELSTOWN

COMBAUN LOOP

Forest roads to views of Temple Hill and the patchwork lowlands; gentle descent through White Hollow woods

- **Length:** 11km (short-cut 7km) / 2-2.5 hrs
- **Difficulty:** Moderate
- **Waymarking:** Red
- **Start:** Combaun Wood Trailhead (Anglesborough)

[More Details](#)



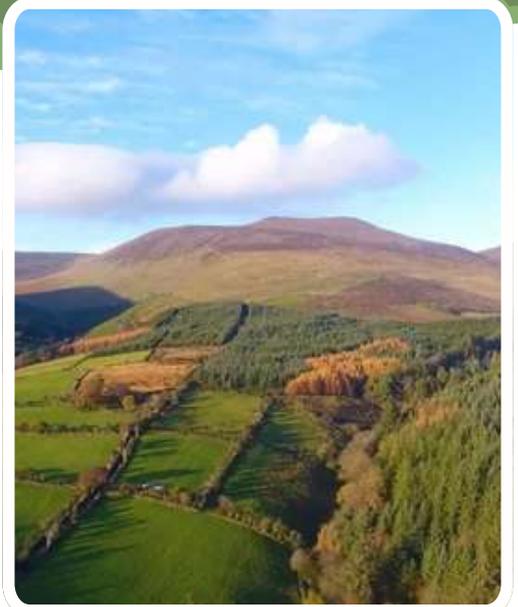
HIKES CLOSE TO MITCHELSTOWN

ATTYCHRAAN LOOP

A family-friendly circuit beside the site of old Galtee Castle; Kings Yard has toilets, showers and a wee café.

- **Length:** 4km / 1-1.5 hrs
- **Difficulty:** Easy-Moderate
- **Waymarking:** Purple
- **Start:** Galtee Castle Woods / Kings Yard

[More Details](#)



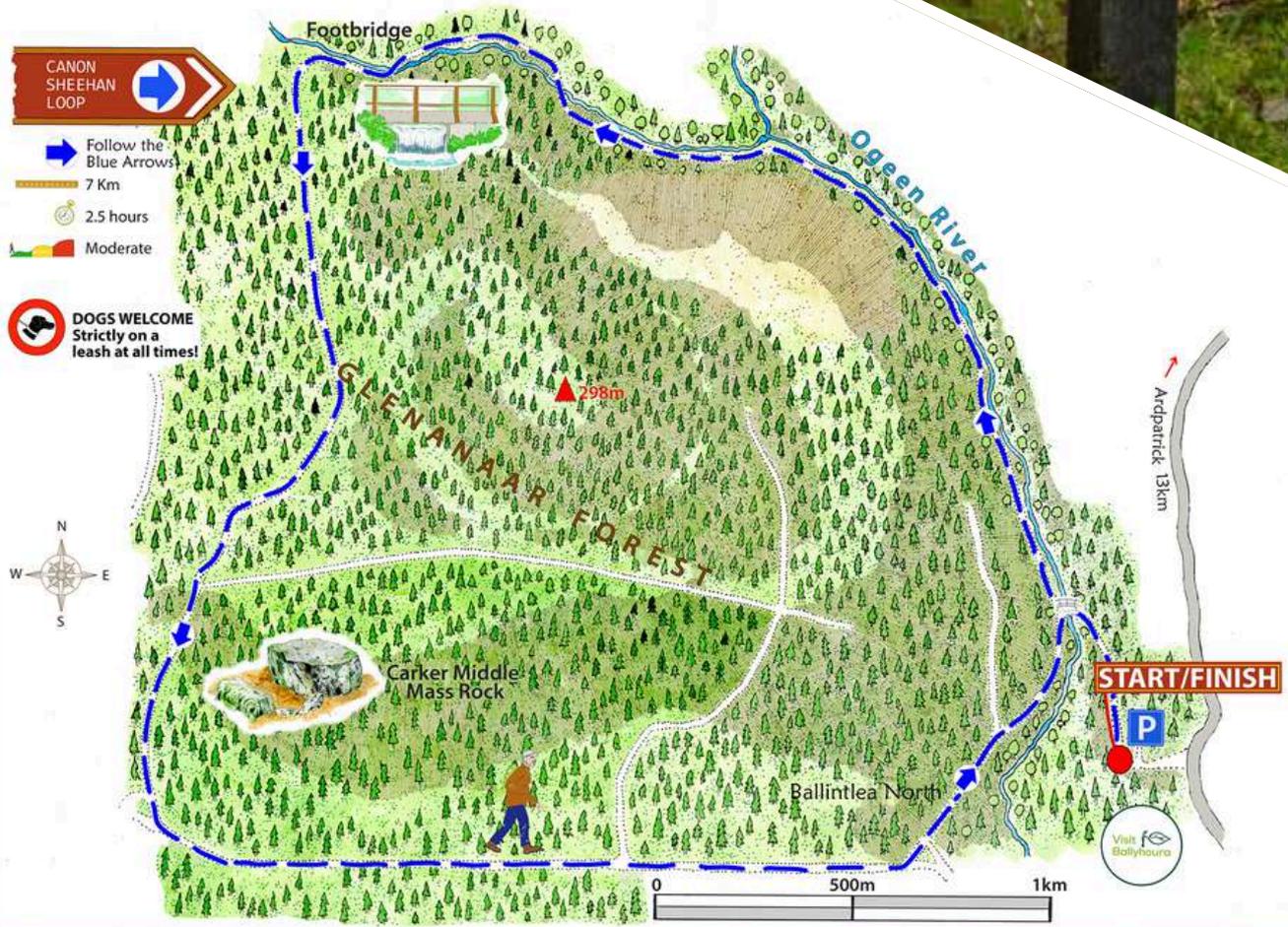
HIKES CLOSE TO
MITCHELSTOWN

CANON SHEEHAN LOOP

Peaceful woodland and river glens named for writer-priest Canon P. A. Sheehan.

- **Length:** 9km / 2-2.5 hrs
- **Difficulty:** Easy - Moderate
- **Waymarking:** Blue
- **Start:** Glenanaar Forest Car Park

[More Details](#) ➔





JOIN A LOCAL WALK

BALLYHOURA BEARS WALKING CLUB

Visitors welcome on the Bears' regular Sunday outings.
Schedule: [Ballyhoura Bears - Walking Lists](#)

Sunday, Sep 14

(A) Ballyorgan - Moderate

10am • 5 hrs • Teresa Brosnan - 087 900 2534

(B) Galtymore via Black Road

11am • 4 hrs • Liz Enright - 087 287 3937

Sunday, Sep 21

(A) Rossadrehid - Difficult • 10am • 6 hrs • 15km / 900m • Meet:
Lake Muskery Car Park • Jim Gallivan - 087 258 8765

(B) Ballyorgan

11am • 4 hrs • Josephine Hennessy - 085 143 3875

CYCLING IN BALLYHOURA & BEYOND

ROAD CYCLING

[Kilmallock Cycling Hub](#)

Scenic loops from Kilmallock. Some signage is missing in places—bring a GPS or pre-download maps on the Trails App. Bring your own bike (no rental shop available).



MOUNTAIN BIKING

Ballyhoura MTB Trails

- Trailhead: Greenwood Car Park, Ardpatrik
- Loops: 6km, 17km, 35km & 50km
- Singletrack, boardwalk, forest paths.
- **Bike hire (trail-use only):**
[Trailriders](#)

E-BIKE & HIKE

Galtee Mountains

Guided **E-bike + hike** experience starting at the base of the Galtees —cycle quiet lanes, then hike to a summit or viewpoint.

Contact: **Bryce at Galtee Glamping** ([Book here](#)).



LEISURE CYCLING

Limerick Greenway

- 40km+ off-road from Rathkeale to Abbeyfeale
- Flat, family-friendly.
- **Bike hire:** Limerick Greenway Bike Hire (Barnagh Hub)
- Greenway info:

<https://www.limerick.ie/greenway>

More cycling info: [Cycling & Mountain Biking in Ballyhoura](#)

VISITOR TIPS

- Wear sturdy footwear; pack water and a waterproof.
- Stay on waymarked trails; follow *Leave No Trace*.
- Most routes are self-guided; a local guide can be arranged on request (contact **Mike Cleary**: mcleary@ballyhoura.org, 0832049929).
- [Click here](#) to find **Places to Eat**.

General enquiries:

Ballyhoura Tourist Information (Mon-Fri 9am-5pm)



063-91300



reception@ballyhoura.org



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