



CONTACT INFO

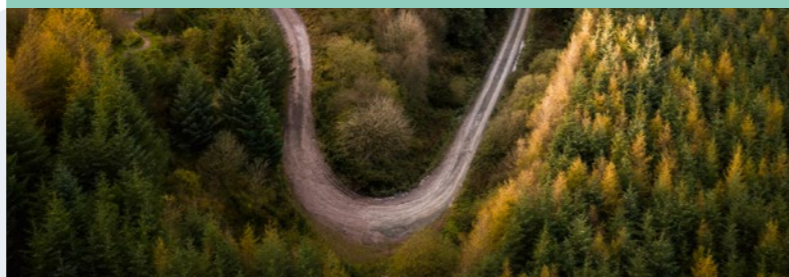
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Download our Ballyhoura Trails Guide app!



THE BALLYHOURA NATURE TRAIL, LOCATED AT THE BALLYHOURA MOUNTAIN BIKE TRAILS IS A 40-MINUTE 2KM INVESTIGATION OF OVER 20 HIDDEN CREATURES HIDING IN THE WOODS THAT YOU CAN UNCOVER ON YOUR WALK.



LOCATION & FACILITIES

The Ballyhoura Nature Trail is located near the village of Ardpatrick in Co. Limerick (3.5km) within the Ballyhoura Mountain Bike Trailhead.

Facilities at the trail head include map boards, car parking, toilets, showers and bike wash facilities. on arrival there is a secure car park with monitored cctv cameras.




















The nature trail begins at the entrance to the car park and is marked with red waymarking.

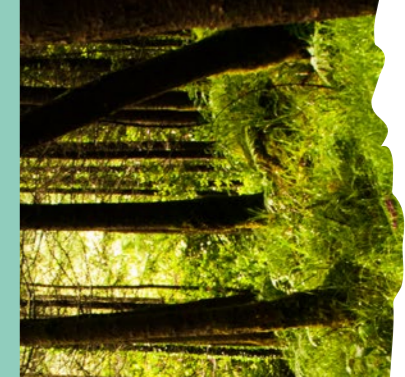
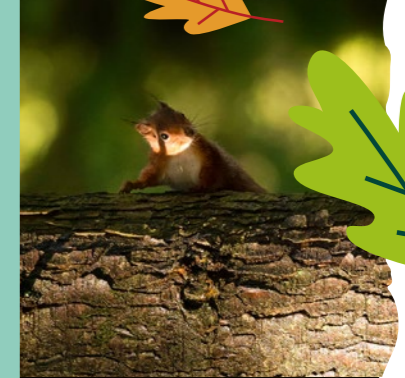
Parking fee:
A contactless payment system is in operation. €5 carpark fee. Annual access card €40.00.

*Not suitable for buggies or wheelchair users
*The trail crosses a bike-only trail - caution is required & always read the signage!

ACTIVITY TIME!

Nestled amongst the trees are little creatures that you have to keep your eyes peeled to uncover. Use this handy guide to see what animals may be hidden, and as you find them, tick them off your list!

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THE BALLYHOURA NATURE TRAIL

Welcome to one of the great outdoor playgrounds that's hidden in plain sight.



Visit Ballyhoura
www.visitballyhoura.com



Funded by the Department of Rural and Community Development and Fáilte Ireland under the Outdoor Recreation Infrastructure Scheme
Tionscail Eireann Project Ireland 2040
Rialtas na hÉireann Government of Ireland
Fáilte Ireland
Fáilte Ireland
Limerick City & County Council



WELCOME TO THE BALLYHOURA NATURE TRAIL

LEARN • LOVE • PROTECT

TRAIL INFO:

Duration:
2km length | 30-40min

Ascent: 124m

Descent: 119m

Max Altitude: 306m

Trailhead Location:
52.31687, -8.50286

Follow the **RED** arrow signs to follow this trail.

1. SPIDERS

Spiders are arachnids. They have eight legs and the majority have eight eyes. Most spiders are venomous, but luckily their venom is not poisonous to humans. Spiders are very common, come in all sizes and can be found all over the world.



DID YOU KNOW?

The most dangerous spider in the world is the Brazilian Wandering spider, which is 20 times more venomous than the Black Widow spider. Neither are native to Ireland.

2. RED SQUIRREL

The Red Squirrel lives on nuts from Oak, Hazel, Beech and Pine Trees. The Red Squirrel is native to Ireland. They are currently under threat from the larger grey squirrel, which was introduced to Ireland in 1911.

3. LONG-EARED OWL

The Owl is a solitary and nocturnal bird. Worldwide, there are more than 200 species of Owl. They have large bright yellow eyes, binocular vision and feathers that are specially adapted for silent flight.



DID YOU KNOW?

Owls are very good predators during the night, preying mostly on the Pine Marten and Rabbits.

4. GOLD CREST

The Gold Crest is Ireland's smallest bird. Its colourful golden crest gives rise to it being called "The King of Birds".



DID YOU KNOW?

Goldcrests are avid eaters of insects, yet also pursue other juicy morsels such as spiders and moth eggs.

DID YOU KNOW?

It feeds on insects, earthworms, berries and other fruits including apples.

8. BLACKBIRD

The Blackbird is a member of the Thrush family. The male is black, whilst the female is larger and brown in colour. They are easily recognised as they hop instead of walk.



DID YOU KNOW?

Hedgehogs are nocturnal feeders consuming insects such as beetles, slugs, caterpillars, earwigs and earthworms.

9. HEDGEHOG

The Hedgehog is covered in spines and uses them to defend itself. If frightened it can roll up in a ball.



13. MAGPIE

Magpies are familiar birds to most, with their distinctive black and white plumage. It's black feathers have a metallic sheen, bluish purple on the body and green on the tail.



DID YOU KNOW?

It will sometimes take the eggs and young of small birds.



DID YOU KNOW?

They are scheming hunters who primarily feed on insects such as beetles, spiders, woodlice, insect larvae & bugs.

14. SHREW

The Shrew is Ireland's smallest mammal. The Shrew must eat one and a quarter times its own weight in insects every day.

15. BUMBLEBEE

Bumblebees are social insects that form colonies with a single queen. Ireland has 21 species of bumblebees and they are our most abundant and widespread wild pollinator.



DID YOU KNOW?

Female Bumblebees can sting repeatedly, but generally ignore humans and other animals.

BALLYHOURA NATURE TRAIL



DID YOU KNOW?

The fox can be a dangerous predator, but also eat vegetables. He is very fast, and his favourite meal is chicken. Foxes live all over the world.



5. RED FOX

The Fox is a small mammal that is related to the wolf. They hunt mostly at night. Their main prey are rabbits and frogs.

6. BUTTERFLY

The Butterfly is an insect with a complex life-cycle. It starts as an egg, turns into a caterpillar, it then turns into a pupae and finally turns into a Butterfly.



DID YOU KNOW?

Adult butterflies have large and coloured wings. This rich color can act as camouflage, mate attraction and a warning signal.

7. DEER

The Deer is a hoofed grazing animal. There are four species of deer living in Ireland today including the Red Deer shown here.



DID YOU KNOW?

Its branched bony antlers are shed annually and typically borne only by the male.

10. MOUSE

The Mouse is a small rodent with large ears and eyes with a long tail. The tail is used for climbing.



DID YOU KNOW?

Mice are usually nocturnal animals. They have poor eyesight but make up for this with their very good hearing and smell.

11. KESTREL

The Kestrel is a bird of prey, that is easily recognised due to its behaviour whilst hunting. It eats small mammals particularly mice, small birds, lizards and large insects.



DID YOU KNOW?

Its branched bony antlers Kestrels often hover at a height above the ground before diving on their prey.

12. BADGER

Badgers have unusual track marks with five long toes & claws lined up parallel to each other giving them a rake like appearance which bend slightly inward. Both front & hind tracks are usually merged as the badger will place its hind feet where it's front print was located giving a double footprint impression.



16. PINE MARTEN

The Pine Marten is in the mustelid or weasel family. They spend most of their lives in trees.



DID YOU KNOW?

They eat small animals, fruit and berries.

17. RABBIT

Rabbits are small mammals, found all over Ireland. A male is called a Buck and the female a doe. A young rabbit is known as a kitten. Rabbits live in a burrow underground.



18. HARE

Hares are related to rabbits but much larger. They can run very fast which helps them to escape predators.



DID YOU KNOW?

Hare do not dig burrows, instead living their whole lives over ground.

19. SPECKLED WOOD BUTTERFLY

Speckled Woods start to fly early Spring and continue to fly until late October.



DID YOU KNOW?

They like to 'sunbathe' so can often be seen, resting in the sun.