

Lúb na Dúcharraige

Deis an tsíúlóid 10.5 km seo, ar lá breá, taitneamh a bhaint as radhairc iontach den talamh feirme atá mórthimpeall ar Mhachaire na Mumhan. Lean na marcanna síl corera agus caith súil ar roinnt gnéithe spéisilidh Bóthar Gorta Ghleann Oisín a thug Bord na gContar Cúige sna 1840idí mar sodán faoinmhin agus bain taitneamh as na radhairc ó Chnoc Súí Fínn, ag 510m. Caith tamall ag siúl mórthimpeall ar bharr na sléibhe agus bain ián do shúl as gach contae i gCúige Mumhan. Ar lá deas geal, beidh radhairc agat ar Na Gaibhtíe i dtreo an Oirthir agus ar Shléibhte Chnoc Mhaoldomhnaigh ag bun na spéire. Ó thuaidh, seans go mbeidh tú in ann Cnoc an Chláir agus Sliabh Eibhlínne a fheiceáil agus is i dtreo an Iarthair atá An Dá Chích i gContae Chiarraí le feiceáil. Chomh maith leis sin, tá an chonair seo gar do Charn Ársa, áit a ndéitear go bhfuil conablaigh Fhionn, athair Oisín, fear cáiliúil i mbéaloideas na hÉireann. Bí ag faire amach don lomán carraige feiceálach ar a bhfuil ainm na lúibe bunaithe, agus nuair a bheidh tú ag siúl ar an gcosán casta, feicfidh tú Cloch an Othaigh agus Baois an Othaigh a forbairidh sa 16ú haois. Filleann an chonair seo ar an gearrchlós trí chonairí agus bóithre foraoise. Ní mór coisbheart agus éadaí oiriúnacha a chaitheamh más mian leat tabhairt faoin tsíúlóid seo.

Túsphointe/Críochphointe na Conaire: Bealach isteach chuig carrchlós Fhoroais Bhealach Eabhra

Marc Síli na Conaire: Saighead Chorera

Fad na Conaire: 10.5 km

Grád na Conaire: Dian

Méid Ama atá ag Teastáil: 3 - 3.5 uair an chloig

Dreapadh Iomlán: 300 m

Formáid: Lúb

Tír-raon: Meascán de mhionbóithre, cosáin agus conairí foraoise agus claonta géara. Beostoc ar an mBealach.

Conair Dhúlra

Tá an chonair seo oiriúnach do theaghlaiigh agus do dhaoine anair freisin. Cuirtear tús leis an gconair ag an mbealach isteach chuig an gearrchlós agus ba cheart duit na saigheada dearga a leanúint más mian leat taitneamh a bhaint as raon leathan speiceas crainn agus gnáthóg ainmhi. Leanfaidh tú ar aghaidh tríd an bhforaois agus tá stadanna eolais feadh an bhealaigh ar a bhfuil eolas maidir le hainmhithe agus speicis dhúchasacha an cheantair. Leanann an chonair ar aghaidh feadh chosáin na foraoise agus trasnaíonn sé os cionn shruth Ladhar na bhFraochán, agus uaidh sin filleann sé ar an gearrchlós feadh bhóthar na foraoise.

Túsphointe/Críochphointe na Conaire: Bealach isteach chuig carrchlós Fhoroais Bhealach Eabhra

Marc Síli na Conaire: Saighead Dhearg

Fad na Conaire: 2.3km

Grád na Conaire: Measartha

Méid Ama atá ag Teastáil: 45 nóiméad - 1 uair an chloig

Dreapadh Iomlán: 70 m

Formáid: Lúb

Tír-raon: Rianta agus conairí foraoise

Ladhar na bhFraochán (Conair Bhaile Átha Troim)

Leanann an chonair 4.8 km seo an Chonair Dhúlra thuas, ach tá níos mó de bhóthar agus rian na foraoise i gceist agus ba cheart duit na marcanna síl óráiste a leanúint. Tá an chonair seo in aice leis an sruth, atá ag sreabhadh go tapa, ar a dtugtar Gleann Easa Meir. San áireamh sa lúb seo freisin tá Conair Bhaile Átha Troim, áit a bhfuil 19 gconaité dhifriúla bunaithe ar féidir le leanaí agus daoine fásta taitneamh a bhaint aisti, baog beann ar a leibhéal aclaíochta. Sampla é an choillearnach sa cheantar seo d'fhorais dhúchasach, leathnádúrtha agus tá sé beartaithe an áit seo a fhágáil mar atá. Dreap “Lenihan’s Steps”, mar a thugann pobal na háite air, agus bí ag faire amach do dhaoine ar rothair shléibhe, sula dtugann tú aghaidh ar an gearrchlós arís.

Túsphointe/Críochphointe na Conaire: Bealach isteach chuig carrchlós Fhoroais Bhealach Eabhra

Marc Síli na Conaire: Saighead Oráiste

Fad na Conaire: 4.8 km

Grád na Conaire: Measartha

Méid Ama atá ag Teastáil: 1 uair an chloig - 30 nóiméad

Dreapadh Iomlán: 70 m

Formáid: Lúb

Tír-raon: Rianta agus conairí foraoise

Seirbhísí in Aice Láimhe:

Cill Fhionáin 8km - Ionad seirbhísí, siopaí agus bialann. Ard Pádraig 3km - bialann.

Forbairidh na lúba seo le cabhair ó uinírí talún áitiúla agus Coillte. Glactar leis, má theann daoine isteach ar thalamh príobháideach, go ndéanann siad é sin i ndiaidh cead agus tóiliú a fháil ó na húinéirí talún agus is cuma cé mhéad uaireanta a dtéann siad isteach ar thalamh príobháideach, nó cé mhéad daoine a théann isteach ar thalamh príobháideach, nach bhfuil aon cheart acu i ndáil lena leithéid a dhéanamh.

Blackrock Loop

This 10.5 km walk, on a fine day, offers spectacular views of the surrounding farmland of the Golden Vale. Follow the purple way markers and take in a number of interesting features including: the Glensheen Famine Road, constructed in the 1840's by the Congested Distribution Board, as a relief scheme and enjoy the views from Seefin Mountain, at 510m. Take time here to wander about the peak and enjoy all the counties of Munster. On a clear day, you will get views of the Galtee Mountains towards the East and the Knockmealdown's on the horizon. Northwards, you may be able to see the Clare Hills and the Slieve Felim's and to the West are the Pap Mountains of County Kerry. The trail also passes close to an ancient Cairn that reportedly holds the remains of Fionn, the father of Oisín, famous in Irish folklore. Look out for the prominent rock outcrop that gives the name of the Gleann Easa Mór or the Glen of the Great Waterfall. This loop also incorporates the Trim Trail, which has 19 different obstacles in place that can be used by children and adults of all fitness levels to get and keep fit. The woodland in this area is an example of native, semi-natural forest and there are plans in place to keep it as such. Ascend, what is locally known as “Lenihan’s Steps”, taking care to look out for mountain bikers, before starting the return journey back to the car park.

Trail Start/Finish Point: Ballyhoura Forest entrance car park

Trail Waymarking: Purple Arrow

Length of Trail: 10.5 km

Trail Grade: Strenuous

Time to Complete: 3 to 3.5 hours

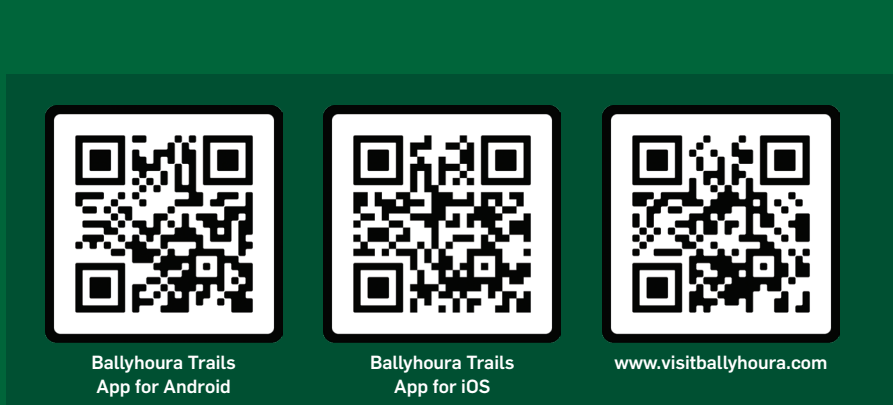
Total Ascent: 300 m

Format: Loop

Terrain: Mix of minor roads, paths and forest tracks and steep inclines. Live Stock on Route.

Nature Trail

This is a great trail for families and individuals alike. The trail begins at the entrance to the car park where you follow the red arrows to experience a wide range of tree species and animal habitats. It continues through the forest and there are information stops along the way where you can see and learn about animals and species native to this area. The trail continues along the forest paths and crosses over the Lyre Na Freaghaun stream, where it then travels back to the car park along the forest road.



The Ballyhoura Trail Guide app is your personal guide to discover trails of Ballyhoura Country, where a world of outdoor adventure, history and cultural heritage is waiting to be explored. 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.

Trail Start/Finish Point: Ballyhoura Forest entrance car park

Trail Waymarking: Red Arrow

Length of Trail: 2.3km

Trail Grade: Moderate

Time to Complete: 45 minutes to 1 hour

Total Ascent: 70 m

Format: Loop

Terrain: Forest tracks and trails

Lyre ne Freaghaun (Trim Trail)

This 4.8 km trail follows the Nature Trail above, but takes in a longer section of forest road and track where you follow the orange way markings. The trail passes close to the rapidly flowing stream that carries the name of the Gleann Easa Mór or the Glen of the Great Waterfall. This loop also incorporates the Trim Trail, which has 19 different obstacles in place that can be used by children and adults of all fitness levels to get and keep fit. The woodland in this area is an example of native, semi-natural forest and there are plans in place to keep it as such. Ascend, what is locally known as “Lenihan’s Steps”, taking care to look out for mountain bikers, before starting the return journey back to the car park.

Trail Start/Finish Point: Ballyhoura Forest entrance car park

Trail Waymarking: Orange Arrow

Length of Trail: 4.8 km

Trail Grade: Moderate

Time to Complete: 1 hour 30 minutes

Total Ascent: 70 m

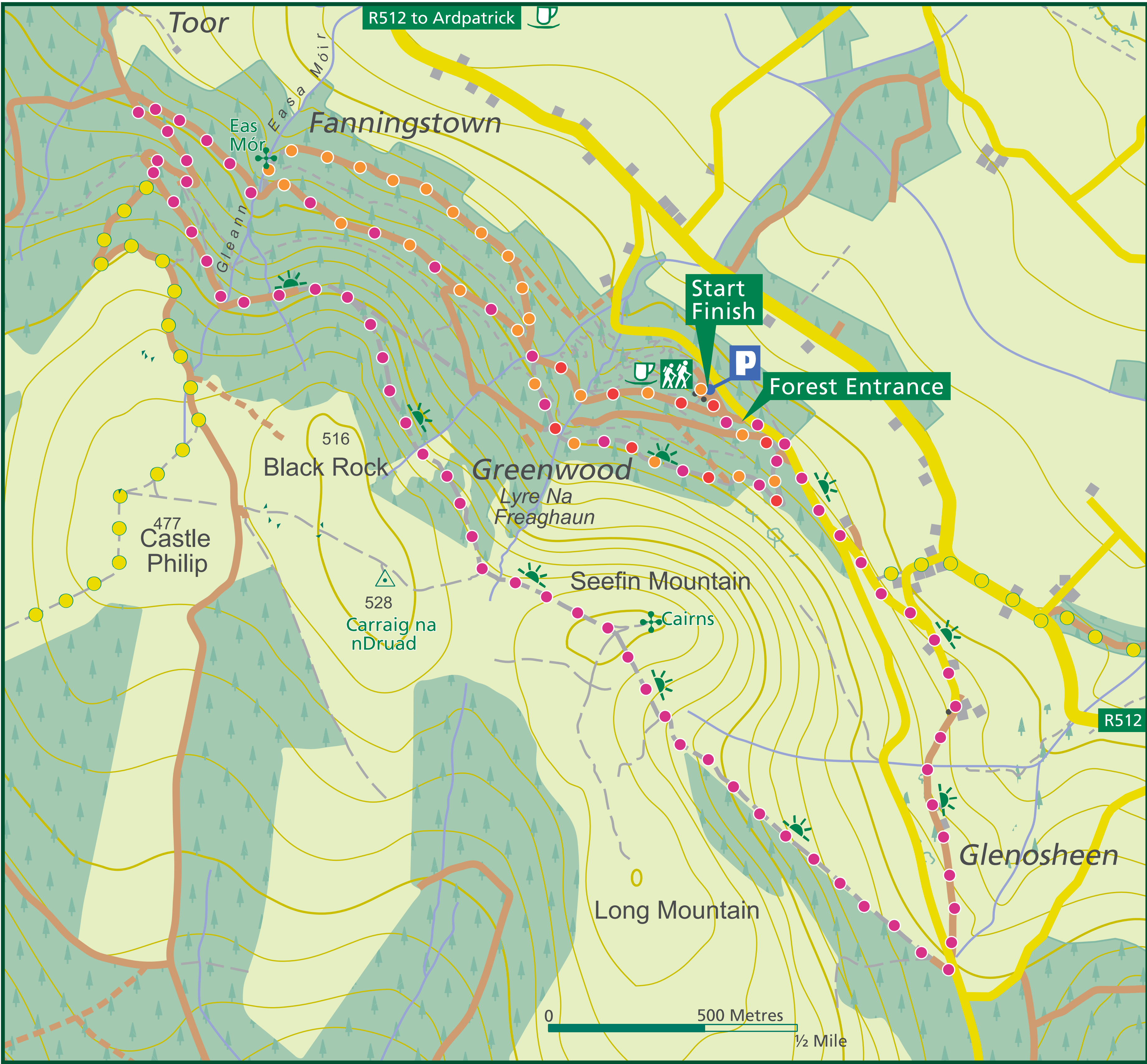
Format: Loop

Terrain: Forest tracks and trails

Nearest Services:

Kilfinane 8km-service station, shops and restaurant. Ardpatrick 3km - restaurant.

These loops have been developed with the kind assistance of the local landowners and Coillte. It is understood that if persons enter private land they do so by permission and with the consent of the landowners and no matter how often they enter, or in what numbers, they do not do so with any rights.



Níor chóir go léirmhíneodh an léiriúchán ar an léarscáil de na bóithre, raonta agus cosáin taobh amuigh de réadmhaoine Coillte mar go bhfuil ceart slí tugtha. The representation on the map of roads, tracks and paths outside Coillte property should not be interpreted as conferring a right of way.

I gcás Éigeandála cuir glao ar **112** nó **999** agus iarr na seirbhísí éigeandála a theastaíonn

In an **Emergency** Dial **112** or **999** and ask for required emergency services



GRÁDÚ NA GCONAIRÍ TRAIL GRADING

Measartha
B'fhéidir go mbeadh roinnt dreapadóireachta le déanamh mar chuid de na conairí seo agus go mbeadh an dromchla éagthrom in áiteanna atá garbh, agus seans go mbeidh roinnt constaicí ann freisin cosúil le fréamhacha, carraigeacha atá ag gobadh amach etc. Tá na bealaí seo oiriúnach do dhaoine atá measartha aclaí agus a bhfuil roinnt taithí siúil acu. Moltar coisbheart agus éadaí speisialta atá oiriúnach do shiúl amuigh faoin aer a chaitheamh.

Dian
Is conairí iad seo nach mór a bheith aclaí go fisiciúil chun iad a leanúint, de ghnáth bíonn fánaí géaraí le dreapadh le haghaidh tréimhsí fada agus d'fhéadfadh an talamh a bheith an-gharbh agus go mbeadh roinnt mhaith bacainní le sárú. Oiriúnach d'úsáideoirí a bhfuil taithí acu ar a bheith ag siúl ar thalamh garbh agus atá an-aclaí. Teastaíonn coisbheart agus éadaí speisialta atá oiriúnach do shiúl amuigh faoin aer.

Lean an chomharthaíocht ar na conairí seo. Tá na conairí rothar sléibhe agus an cosán siúil ag trasnú a chéile feadh an bhealaigh agus ní mór a bheith cúramach ag na háiteanna sin.

Moderate
These trails may have some climbs and may have an uneven surface where the going is rough underfoot with some obstacles such as protruding roots, rocks etc. The routes are appropriate for people with a moderate level of fitness and some walking experience. Specific outdoor walking footwear and clothing are recommended.

Strenuous
These are physically demanding trails, which will typically have some sections with steep climbs for long periods and the going underfoot can be extremely rough including many obstacles. Suitable for users accustomed to walking on rough ground and with a high level of fitness. Specific outdoor walking footwear and clothing required.

Please follow signage on these trails. The mountain bike trails intersect the walking path along the route and caution is needed at these intersections.

PRIONSABAIL FÁG GAN LORG LEAVE NO TRACE PRINCIPLES

- Tabhair aird ar “Na Prionsabail Ná Fág Aon Lorg”**
1. Pleanáil Chun Cinn agus Ullmhaigh
 2. Smaoinigh ar Dhaoine Eile
 3. Bíodh Meas Agat ar Ainmhithe agus ar Fhiadhútra
 4. Taisteal ar Thalamh Seasmhach
 5. Fág an Méid a Aimsíonn Tú i Do Dhiaidh
 6. Díoscair Dramhaíl i gCeart
 7. Ní cheadaítear tine a lasadh

- Please adhere to the “Leave No Trace Principles”**
1. Plan Ahead and Prepare
 2. Be Considerate of Others
 3. Respect Farm Animals and Wildlife
 4. Travel on Durable Ground
 5. Leave What You Find
 6. Dispose of Waste Properly
 7. Fires are not allowed

Cuideachta Bainistíochta Conaire:
CTR Oidhreacht & Comshaoil, An Phríomhshráid, Cill Fhionáin, Co. Luimnigh

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