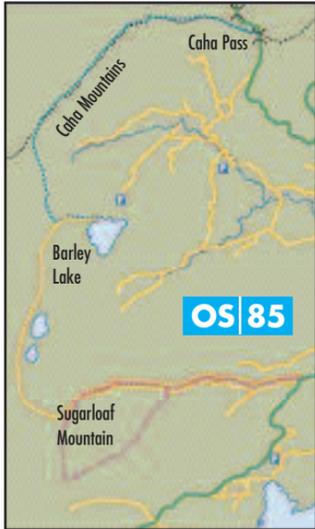


CAHA MOUNTAINS — National Heritage Area

Comprising of over 100 square km of spectacular mountain scenery, the Caha Mountains Heritage Area is some of Europe's last remaining natural wilderness. Try hiking amongst the peaks (the climbs are not steep), visit the central plateau and catch a wild trout in its many lakes, relish the solitude, unwind and let the scenery take your breath away. There are numerous hikes in this area but here are the three most popular. All three can be done in a day to complete the Great Glengarriff Horseshoe. A word of caution, as these routes are off-path and through remote high areas, good walking shoes/boots, an OS map, a knowledge of the weather



1 North Horseshoe — Distance: 10km Standard: steep

Accessed from Barley Lake or Caha Tunnel the route follows stream west of Barley Lake. Take ridge around valley and along county boundary. Views north to Macgillicuddy's Reeks and south to Bantry Bay.

2 South Horseshoe — Distance: 11.5km Standard: steep

Ascending from Barley Lake head south-west along ridge, keeping Coomerkane and Magannagan valleys on left. Spectacular views west of Bere Island and Beara Peninsula. May be combined with Sugarloaf ascent.

3 Sugarloaf Mountain — Distance: 11.5km Standard: steep

Can be climbed by shorter but steeper route from stream at Maganagan, or from south on longer but steeper route. 360° panorama views over West Cork, South Kerry and Bantry Bay.

SLÍ NA SLÁINTE



Slí na Sláinte literally translated, as "path to health" is an initiative of the Irish Heart Foundation as a new way to promote the benefits of walking and the maintenance of good health. The Glengarriff Slí starts and ends in the village, near the Grotto, where there is a map board and it is signposted by

markers all of the way.

The full Slí is 6.3km with level terrain all the way. Look at

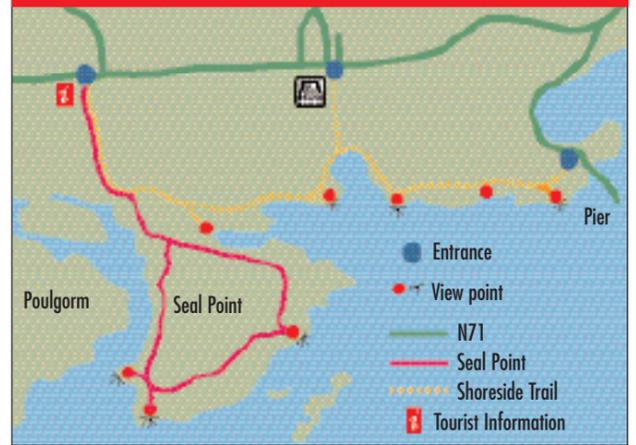
GARINISH ISLAND — 1–2 hours + ferry



Garinish (Innacullin) is Ireland's most outstanding garden island with its internationally famous collection of plants and world-renowned for its Italian Gardens and rare beauty. Garinish is reached by ferry across the placid waters of the inner bay and visitors are rewarded by views of the mainland, and a host of walks, from strolls in the forest with its rivers and glades of oak, to more ambitious treks up the peaks.

Note: A separate admission charge is payable upon arrival on the island.

BLUE POOL PARK — POULGORM



Blue Pool Park – Poulgorm is a beautiful public area in the heart of the Village. It is all accessible by foot from a number of points and is an ideal place for exploring and relaxing for all ages. It takes in the two ferry departure points within the village – the pier and The Blue Pool – together with several shore side trails and loop walks.

1 Seal Point — Distance: 750m Standard: easy

2 Shoreside trail — Distance: 1 km Standard: easy

Of particular note is Seal Point with its magnificent stand of Scots Pine trees – the only native conifers. A regeneration programme within this area has also identified a number of ancient sites and it is hoped to develop these in the future. Seal Point is also a particularly good viewpoint for all of the inner harbour, highlighting the Seal Colony and it is a popular traditional bathing area.



The Park has a newly installed rustic-style children's playground which is proving immensely popular and well worth a visit.

Dear walker,

Welcome to **Glengarriff**, The Rugged Glen, a paradise for walkers of all abilities. There are walks for everyone, from easy to hard levels, and both short or long treks. The walks feature some of the most beautiful scenery in Ireland and uniquely show case all of Ireland's geological features. Included in just one geographical location you will find amazing views to the sea, rivers and lakes or forest, bog and mountain. With **Glengarriff** as your chosen walking destination you are bound to be challenged and satisfied after a long day in the hills.



There is ample accommodation in the village to use as a holiday base and there is easy access to walks on both the Sheeps Head peninsula to the south and in the Kerry mountains further north.

WITH THANKS TO OUR SPONSORS

Rejuvenate

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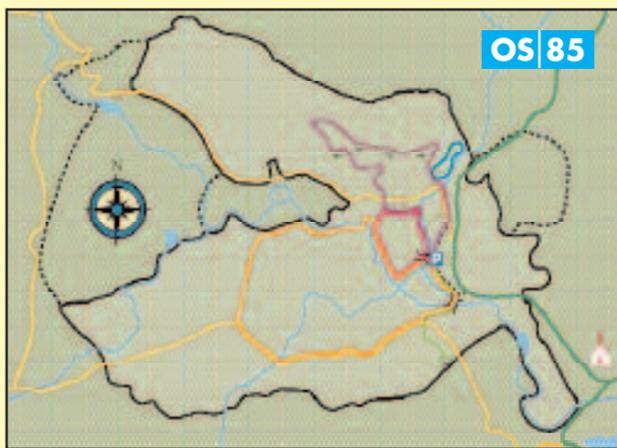
Walking in Glengarriff

strolls
rambles

hikes

GLENGARRIFF WOODS NATURE RESERVE

Situated just outside the village on the Kenmare Road, the nature reserve is one of the finest oceanic Sessile Oak woods in Ireland and its spectacular setting is second to none. There are trails to suit all abilities that are clearly signposted within the reserve. A detailed map is available.



Nature Reserve		River Walk	
Main road		Lady Bantry's Lookout	
Secondary road		Big Meadow Walk	
River		Esknamucky Trail	
Viewing point		Waterfall Walk	
Picnic area		Main car park	

1 The River Walk – Distance: 1km Standard: easy



This walk is a pleasant introduction to the Nature Reserve taking you on a gentle stroll through old oak woods and along river banks. The lush growth of ferns, mosses and lichens is typical of oceanic woodlands in South-west Ireland.

2 Lady Bantry's Lookout – Distance: 1km Standard: steep



This walk is a must on a fine day and the views from the top are well worth the steep climb. From here you can appreciate the full beauty of the Nature Reserve and Woodlands laid out below you and the mighty Caha Mountains.

3 Big Meadow Walk – Distance: 3.5km Standard: easy



This walk takes in an area of old grassland that has not been fertilised or ploughed for as long as anyone can remember. In summer it is full of wild flowers and cattle graze in the winter to protect the grassland from invading scrub.

4 Esknamucky Trail – Distance: 3km Standard: moderate



This is one of the longer walks and is also known as the High Walk. As it climbs through the woods it offers spectacular views over the trees to the mountains beyond. It can also be combined with the Waterfall Walk (see number 5 below).

5 The Waterfall Walk – Distance: 0.5km Standard: easy



This easy walk takes in the waterfall in the Canrooska River, which flows down to meet Glengarriff River. It is especially impressive after rain. After you cross the stone bridge over the Canrooska River, there is a good spot for a picnic.

PLEASE DO NOT: Drop litter, pick flowers, damage plants, disturb or injure animals or wildlife, light fires. Please keep dogs under control at all times.

EIGHT ROAD WALKS AROUND GLENGARRIFF

This series of eight road walks were originally identified and published by Hilda Allberry, a native of Dublin who lived in retirement here in the 1970s. An active and enthusiastic member of the community and avid walker, she published the collection of local walks in a pamphlet which has been a continuing success. The walks now form part of this wider publication and will hopefully continue to be used and enjoyed as Hilda would have wanted.



1 Carrigrou and Rosnashunsogue – Distance: 8km Standard: steep



Start on the Kenmare road, approx 2.5km from the village. Through the gate you walk on a roughish path ascending steadily around bends to the summit with magnificent views of the harbour area and Garnish Island. Continue downhill and after a steep descent you rejoin the main road at near the Eccles Hotel.

2 Coomhola Bridge By Bog Road – Distance: 19km Standard: easy

Follow signs from starting junction and you will travel in an easterly direction towards Coomhola. The road levels out with some peat bogs and after a 2km you emerge at a crossroads. From here roads lead to The Priests Leap, Borlin Valley, Ballylickey, Pearsons Bridge and Snave. To rejoin the main road take the road to the right and skirting the Coomhola River you eventually rejoin the main road at Snave. This is quite a long walk from Glengarriff but can be considerably shortened by using the scheduled bus service to drop-off or pickup point which reduces the distance from 19km to 9.5-14.5km.

3 O'Leary's Point, Esknafaelna and Creeven – Distance: 13km Standard: moderate

These walks are in an area rarely visited and are worth viewing. From the start point the road veers downwards and off to the right. After 100m another road leads off at right angles – this leads to O'Leary's Point. Retrace your steps to the road and continue along it keeping to your right to where the road divides in two, continue straight ahead and the pathway ends at the seashore with the offshore little island of Creeven. Return by the same route.

4 The Glen, Barley Lake, Rougham, Rossnagreena – Distance: 32km Standard: steep

This series of walks takes in the large valley to the North West of the Village. Leaving by the Kenmare road you arrive at The Gate Lodge which is the main entrance to Glengarriff Nature Reserve. Continue past the picnic area to a country road leading to the Glen. Follow this to your left through new and mature woodland. Take the second left towards Barley Lake over a stone bridge and follow the tarred road upwards for approx 0.8km to a steep road on the left. At the small car park on top keep directly ahead and after crossing some turf bogs the lake lies below you. Leaving the lake retrace your steps to the stone bridge by the whitewashed cottage. For Rossnagreena, follow the Glen road from the bridge by the cottage to a steep road to the right. Follow this road climbing steadily, keeping to your right and after 2.5km you will find yourself on the main Kenmare/Glengarriff road. On your left is the big tunnel

hewn from rock that is the border between Cork and Kerry. Head right downhill and you will be rewarded with beautiful views. Follow the road and the village is approx 8km.

5 Derreenboy & Coomerkane – Distance: 8km Standard: steep

Follow the aforementioned Glen road past the wooded pool called Pooleen, up a slight hill and take the first left just past an attractive stone cottage. The road leads through mature and new woodland and peat bogs and eventually joins another tarred road. Turning right will bring you to Coomerkane Valley with a lake set in the centre and a road skirting either side. To your right is the face of the Eagle Nest Cliffs and you can follow either road until they end. Further enquires here might tempt you to venture by the side of the Eagles Nest into a higher valley near the Twelve Cow Lake. Retrace your original path and this time continue directly on at the crossroads for Derreenboy following the road through the forest for about 5km and you will eventually rejoin the Castletownbere/Glengarriff road where a sharp left turn will take you back to the village.

6 Derrograne Walk – 4km Standard: easy



This off-the-beaten track road starts about 2.5km from the village on the Bantry road on the left beyond a terrace of pretty cottages. This is a sheltered pleasant stroll involving no uphill walking worth mentioning, running along a valley floor and ending at a homestead gate after passing over two

bridges. There are attractive scenes including Cobdubh Mountain to your right and particularly nice hedgerows in summer. Being sheltered on both sides this walk can be undertaken on days when weather does not permit higher more exposed walks to be explored.

7 Magannagan Walk – Distance: 4km Standard: easy

Heading west from signpost, directly ahead of you is Sugar Loaf Mountain with turf bogs and moorland at both sides. As the road peters out bear leftwards all the time until it joins with another road to lead you back to the main road. Here you can pick up the Beara Way long distance walking route that uses the old road from Glengarriff to Adrigole.

8 Seal Harbour & Bocarnagh – Distance: 8km Standard: moderate

Descending from starting point, the road will take you along by the seashore passing through a beautifully quiet area for about 3.25km with some breathtaking seascapes. When you reach the main road go left for 1.25km to the start point, or go right to get back to Glengarriff.

THE BEARA WAY – 196 km Standard: easy – steep



If you want to see more of the magical Beara Peninsula, the **Beara Way** is a great way to experience it. The sign posted walk is 196 kilometres long and starts and ends in Glengarriff. From Glengarriff you can go north towards Kenmare or west towards Castletownbere. The marked circuit includes some spectacular scenery and takes in Glengarriff, Kenmare and Castletownbere. On the western end of Beara lie the villages of Eyeries and Allihies – and Ireland's only cable car – to Dursey Island. Northwards you walk along the N71 until two miles up you see the old coach track across the Esk mountain. The views are fantastic towards Bantry Bay and then on the other side to Kenmare Bay. A detailed guide to the whole Beara Way is for sale.