Munster Vales

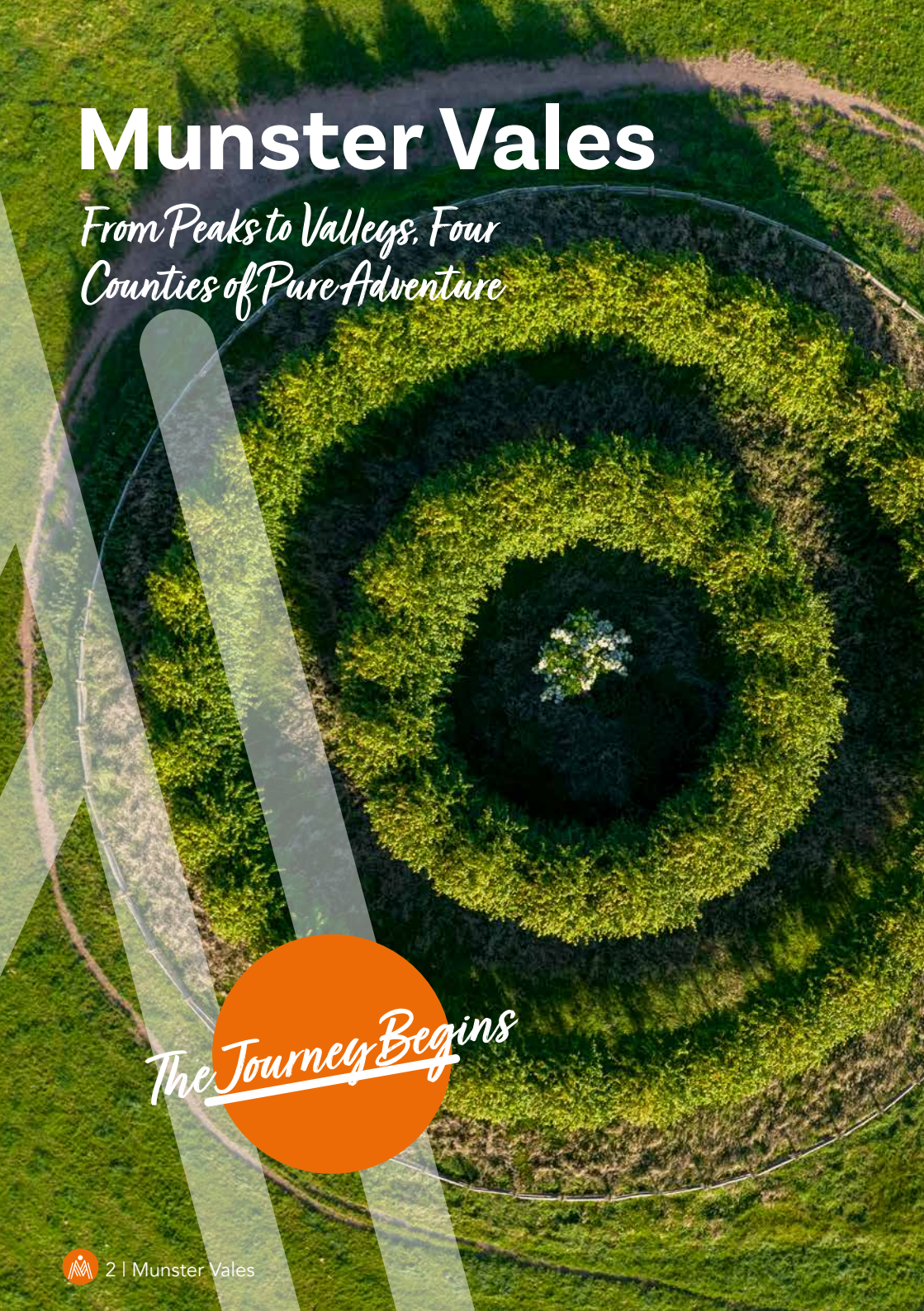
Celebrate
The Outdoors

Adventure your way

www.munstervales.com

Munster Vales

From Peaks to Valleys, Four Counties of Pure Adventure

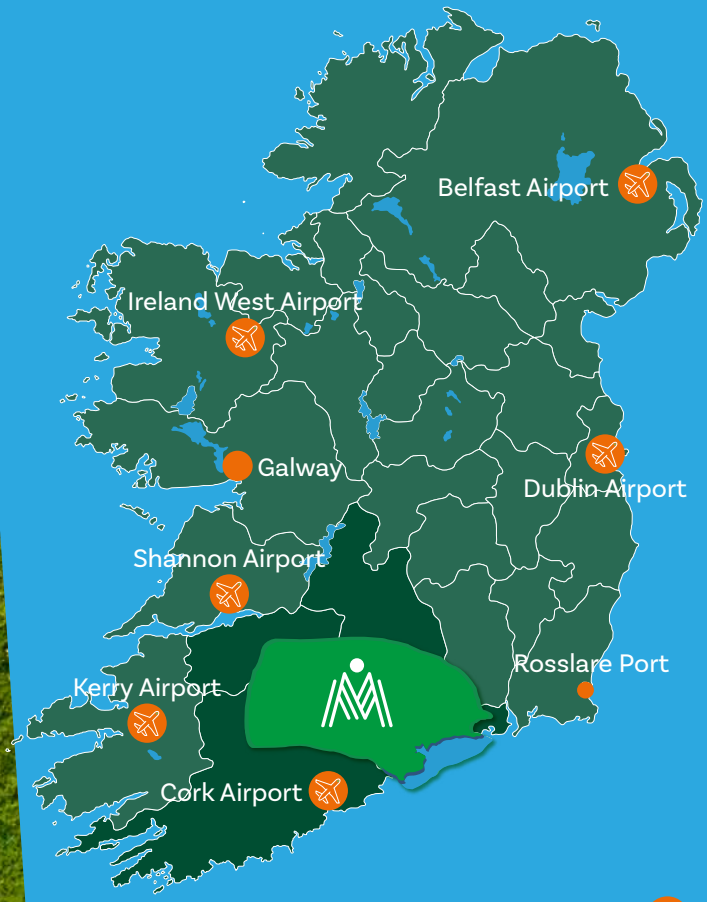


The Journey Begins

Immerse yourself in the heart of Munster, a southerly region in Ireland. Discover five mountain ranges, cliff walks, beaches, rural towns and villages filled with character and charm.

Along the way, visit heritage stately homes, castles, epic cultural experiences and ancient monumental sites.

Munster Vales is the perfect place to experience Irish culture and heritage while taking in those breath-taking views. Enjoy local food, live music and embrace the atmosphere of our traditional Irish cosy pubs along the way.



Limerick
M20
N24
N20
Lough Gur
Grange Stone Circle
Tipperary Town
N24
Bansha
Glen of Aherlow
Kilmallock
Dominican Friary
Charleville
The Galtees
Liscarroll Walls and Towers
Mitchelstown
The Ballyhouras
N73
M8
Buttevant
Labbacallee Wedge Tomb
The Knockmealdowns
Doneraile Court
House & Gardens
Mallow
N72
Fermoy
N72
The Nagles
Lismore Castle
N20
M8
Cork

Kilkenny
M8
Rock of Cashel
Cashel
N76
Fethard
M9
Swiss Cottage
Ormond Castle
Cahir
Cahir Castle
Clonmel
Carrick-on-Suir
The Suir Blueway
N24
N25
dfinnan
The Suir
Portlaw
Waterford
The Vee
The Comeraghs
Kilmeaden
Kilmacthomas
Waterford Greenway
Cappoquin
Lismore
N25
N72
Bunmahon Beach
Dungarvan
Clonea Beach
An Rinn
N25
Ardmore beach

Tipperary The Galtees & Knockmealdown Region

Must-See Spots Around Tipperary

Tipperary is packed with gems just waiting to be discovered – from ancient castles to picture-perfect cottages and hidden lakes. Whether you're a history buff, a nature lover, or just fancy seeing something beautiful, there's plenty to catch your eye (and fill your camera roll). Here are a few must-see spots:

Rock of Cashel

Perched dramatically on a hilltop, the Rock of Cashel is steeped in centuries of history and bursting with stories waiting to be discovered. The views over the Golden Vale are nothing short of breathtaking.

Cahir Castle

In the heart of Cahir town, you'll find one of Ireland's largest and best-preserved castles which dates back to 1142. Step inside and uncover towers and turrets & enjoy the riverside walks. It's a brilliant spot for families too, with interactive displays and loads of space for little ones to let their imaginations run wild.

Mitchelstown Caves

Mitchelstown Cave are one of the largest and most complex cave systems in Ireland. On the guided tour you will follow ancient passageways and visit massive caverns where you are surrounded by incredible dripstone formations, stalactites, stalagmites and huge calcite pillars and one of Europe's finest columns the inspiring "Tower of Babel" which stands some 9 meters in height.

Heritage Highlights

- ✓ Fethard Horse Country Experience
- ✓ Excel Centre, Tipperary Town
- ✓ Tipperary Museum of Hidden History
- ✓ Main Guard, Clonmel
- ✓ The Butler Trail
- ✓ Cashel Folk Village Museum

Ormond Castle

This impressive example of Elizabethan architecture is full of charm and packed with a rich, colourful past. Inside, you will find beautifully ornate plasterwork ceilings and fascinating stories, including Thomas Butler's close ties to royalty. If you get the chance, do the guided tour – it really brings the whole place to life.

Swiss Cottage

Just outside Cahir, this charming, fairy-tale retreat feels like something from another world. Created in the 1800s as a whimsical hideaway for the well-to-do, it's full of delicate décor and surrounded by beauty at every turn. It's a real treat to explore, with something magical around each corner.

Suir Blueway

The Suir Blueway is a walking/cycling path which runs for 53km from Carrick-on-Suir to Cahir via Clonmel beside the River Suir. Take in stunning views and experience tranquillity along the way.

See www.munstervales.com for more information.

Hidden Gems

- ✓ The Glen of Aherlow
- ✓ St Patrick's Well, Clonmel
- ✓ The Vee, Clogheen
- ✓ Athassel Abbey, Golden
- ✓ Suir Blueway Tipperary
- ✓ Horse-trekking in Cahir and Tipperary Town

Scenic Strolls and Hikes We Love

Whether you're in the mood for a gentle stroll or a proper hike, Tipperary has some truly stunning walking trails to explore. Each route offers its own mix of natural beauty, local heritage, and peaceful moments. Here are five favourites to add to your list:

Glen of Aherlow Loop

This picturesque looping walk offers stunning panoramic views of the Galtee Mountains, making it a favourite for walkers of all levels. The well-marked trail winds through peaceful forest paths and open landscapes, offering a lovely mix of scenery along the way. Keep an eye out for the statue of Christ the King – it's a popular viewpoint and the perfect place to pause for a photo.

Glengarra Trail – Cahir

This gentle trail weaves its way through Glengarra Wood, where native and exotic trees create a peaceful, storybook setting. As you follow the river, you'll cross charming wooden bridges and find inviting picnic spots perfect for a rest. Look up every now and then – you might just spot red squirrels darting through the branches or catch a flash of birdlife overhead.

Tipperary Heritage Way

This linear trail is rich in history, tracing parts of an old pilgrim route through the countryside. Along the way, you'll pass through quiet villages, stretch across open farmland, and follow the gentle flow of the River Suir. Keep an eye out for highlights like the impressive ruins of Athassel Abbey and the enchanting Swiss Cottage near Cahir – both well worth a stop.

Knockmealdown Trail

This walk is a bit more of a challenge, but the dramatic mountain scenery makes every step worthwhile. It follows old tracks and boreens that wind through remote, untamed landscapes, offering a real sense of escape. On a clear day, the views are truly spectacular – reaching all the way to the Comeraghs and even further beyond.

Galtymore Climb

Climbing Galtymore, the highest peak in the Galtees, is a real bucket list adventure. The route offers a steady challenge with sweeping views over lush valleys, mountain lakes, and on a clear day, right out to the coast. Whether you're an experienced hiker or just up for something a bit more epic, reaching the summit is an unforgettable moment.

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Local Flavours, Friendly Faces

Mikey Ryan's Bar & Kitchen

After a day out exploring, there's nothing better than good food in great company. **Mikey Ryan's Bar & Kitchen** in Cashel is a local favourite – just steps from the Rock of Cashel. With seasonal menus, local ingredients, and a relaxed setting (indoors or out), it's ideal for a tasty lunch or laid-back dinner.

Cashel Blue Cheese Visitor Experience, Fethard

Learn about cheese-making at the home of one of Ireland's most famous farmhouse cheeses. Sample cheese curd, young cheese and mature cheese to see how the flavour develops and matures.

Galtee Honey Farm, Glengarra Wood, Cahir

Master Beekeepers Micheál and Aoife Mac Giolla Coda keep 170 hives of native Irish Black Honey Bees in a huge area that stretches across 3 counties. Honey can be bought from the honey farm 7 days a week. For tours, pre-booking is essential.

The Apple Farm, Cahir

Owner and second-generation apple grower Cornelius Traas grows twelve varieties of apple, which he turns into delicious drinks all available in the on-site shop.

Waterford The Comeragh & Knockmealdown Region

Must-See Spots Around Waterford

Tucked between mountains and sea, Waterford's stretch of the Munster Vales is a treasure trove of natural beauty, history and hidden gems. From the dramatic peaks of the Comeraghs to peaceful forest trails and sparkling waterfalls.

The Copper Coast UNESCO Global Geopark

The Copper Coast has been keeping its ancient secrets for 460 million years – from fiery undersea volcanoes to vast ice ages. Now, the Geopark brings those stories to life through tours, talks, and activities across 17km of dramatic coastline and at the visitor centre in Bunmahon.

It's not just about geology either. Named after the 19th-century mines that once boomed here, the area's rich cultural heritage is just as fascinating. And if you're up for more, you can surf, forage for seaweed, make sand art or hop on a bike and explore the coast your own way.

Epic Days Ahead

Heritage Highlights

- ✓ Curraghmore House, Portlaw
- ✓ Ballysaggartmore Towers, Lismore
- ✓ Dungarvan Castle
- ✓ Lismore Heritage Centre
- ✓ Glencairn Abbey, Lismore
- ✓ Tourin House & Gardens
- ✓ Mount Congreve House & Gardens, Kilmeaden

Clonea Beach

With its wide stretch of golden sand and gentle waves, Clonea Beach is a firm favourite for families, walkers and sea swimmers alike. Just a short spin from Dungarvan, it's perfect for a paddle, a picnic, or a peaceful stroll with views out across Dungarvan Bay. On a sunny day, there's nowhere quite like it.

Ardmore Cliff Walk

The Ardmore Cliff Walk is a stunning loop that mixes coastal drama with a touch of history. As you follow the path high above the sea, you'll pass early Christian sites, a shipwreck, and a picture-perfect round tower. It's an easy-going walk with big views – the kind that stays with you long after you've left.

Lismore Castle & Gardens

Lismore Castle & Gardens is a real showstopper – a fairytale fortress overlooking the River Blackwater, with centuries of stories behind its walls. While the castle itself is private, the stunning gardens are open to explore, offering a mix of manicured lawns, woodland paths, and bursts of colour at every turn. It's a peaceful, picture-perfect spot that's full of charm.

Hidden Gems

- ✓ Robert Boyle Escape Room, Lismore
- ✓ Dromana House and Gardens, Cappoquin
- ✓ Beach Saunas
- ✓ Kayaking on the River Blackwater, Lismore
- ✓ Blackwater Eco Tours, Villierstown
- ✓ Bunmahon Beach
- ✓ Blackwater Distillery, Ballyduff

Scenic Strolls and Hikes We Love

Waterford's slice of the Munster Vales is made for walking – with trails that wind through quiet woodlands, across rolling hills, and up into the dramatic Comeragh Mountains. Whether you're after a gentle riverside stroll or a more challenging hike with big views, there's a path to suit every pace. It's the perfect way to discover the stories, scenery and hidden corners of this beautiful part of the world.

Colligan Wood Walks

Tucked just outside Dungarvan, Colligan Wood is a peaceful haven of tall trees, rushing riverbanks and woodland trails. With a mix of looped walks to choose from, it's ideal for a relaxed ramble or a family stroll – especially when the bluebells are out.

Glenshelane Wood Walks

A lush, leafy escape near Cappoquin, Glenshelane is all mossy paths, gentle streams, and birdsong. The trails here feel like something out of a storybook, winding through a quiet valley that's perfect for walkers looking to slow down and soak up the calm.

Rathgormack Walks

At the foot of the Comeragh Mountains, Rathgormack is a brilliant base for walkers of all kinds. Whether you're venturing into the hills or sticking to the gentler country paths, the views stretch out in every direction – with fresh air and wide skies guaranteed.

St Declan's Way

Follow in ancient footsteps on this historic pilgrim route from Cashel to Ardmore. Passing through peaceful countryside and heritage towns, St Declan's Way is perfect for those who like their walks with a bit of storytelling along the way.

Lismore Walks

With its riverside setting, historic backdrop and wooded hills, Lismore is a lovely place to lace up your boots. Choose from scenic looped walks around the town or head further afield for longer rambles that take in forest trails and castle views.

Nire Valley Trails

For those who like their walks wild and wonderfully remote, the Nire Valley is the place to be. Nestled in the Comeraghs, it offers everything from short loops to longer hikes, all with dramatic views, mountain lakes, and a sense of real escape.

Waterford Greenway

This scenic off-road trail runs for 46km from Waterford city to Dungarvan, and it's a delight to walk, cycle or simply take in bit by bit. With sea views, viaducts, tunnels and heritage stops along the way, every section has something to discover.

East Munster Way

A long-distance trail for the more adventurous walker, the East Munster Way passes through forest, farmland, and along the River Suir. Stretching from Carrick-on-Suir to Clogheen, it's a chance to really get off the beaten track.

Mahon Falls

A short, accessible walk with a big payoff – Mahon Falls is all wide-open landscape and moody mountain beauty. The waterfall itself is spectacular after rain, and the surrounding Comeragh scenery is pure drama, whatever the weather.

Ardmore Cliff Walk

A coastal classic, the Ardmore Cliff Walk is a gentle loop with some serious views. From early Christian sites to shipwreck tales and the crashing waves below, it's a walk that's rich in both history and atmosphere.

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Local Flavours, Friendly Faces

Barron's Bakery, Cappoquin

A proper local gem, Barron's Bakery has been serving up freshly baked goodness since 1887. Famous for its traditional crusty loaves and friendly, old-school charm, it's the kind of place where time slows down and the smell of fresh bread draws you in from the street.

Cookhouse 360, Dungarvan

At 360 Cookhouse, the charm of their casual dining setting is perfectly paired with a discreet nod to the rich tapestry of flavours that the Mediterranean ethos inspires.

The Tannery, Dungarvan

A favourite on the Irish food scene, The Tannery blends fine dining with a relaxed, welcoming feel. With menus rooted in local produce and seasonal flavours, it's the perfect spot for a special meal or a long lunch that lingers into the afternoon.

Learn more on
www.munstervales.com

Cork

Ballyhoura & Nagles Region

Must-See Spots Around Cork

Cork's stretch of the Munster Vales is brimming with charm – from rolling hills and leafy trails to lively heritage towns. Explore ancient castles, uncover hidden gems, and soak up the stories that shape this beautiful corner of Ireland.

Doneraile Court

Doneraile Court House dates back to the 1600's. The walled park, extends over more than 400 acres and has formal gardens, sweeping parkland vistas, groves of ancient trees, river cascades and lakes, deer and cattle herds and a profusion of wildlife and plants. Enjoy a Guided Tour of Doneraile Park & Gardens brought to life by the passion and storytelling of expert local guides.

Nano Nagle Centre, Killavullen

This peaceful retreat celebrates the life and legacy of Nano Nagle in a beautiful riverside setting. With tranquil gardens, heritage walks, and a focus on community and sustainability, it's a place for reflection, connection, and quiet inspiration.

Ballinwillin House & Farm

Known for its award-winning organic farm and welcoming hospitality, Ballinwillin House is a haven for food lovers and nature enthusiasts. Stay a while, enjoy the peaceful setting, and don't miss the chance to sample their venison, wild boar and locally produced wine.

Ballyvolane House

Full of old-world charm and relaxed luxury, Ballyvolane House is a country retreat with a difference, it offers stunning grounds, top-class dining and a warm, personal touch that makes every stay feel special.

Ballyhass Adventure Centre

If you're up for a bit of excitement, Ballyhass Adventure Centre is packed with thrills. With over 20 outdoor activities to choose from – including an aquapark, ziplining, kayaking and high ropes – it's the perfect spot for adrenaline-seekers of all ages. A brilliant day out, rain or shine!

www.munstervales.com

Heritage Highlights

- ✓ St George's Mitchelstown
- ✓ Visit Ballybeg Priory, Buttevant
- ✓ Labbacallee Wedge Tomb, Glanworth
- ✓ Mallow Castle
- ✓ Blackwater Castle
- ✓ Liscarroll Castle

Scenic Strolls and Hikes We Love

Discover the walking trails of Cork's Munster Vales, where every path tells a story. From peaceful riverside rambles to forest loops and long-distance adventures, there's a route to suit every pace – all wrapped up in rich history and stunning scenery.

The Ballyhoura Way

Stretching 87km through lush forest, farmland and rolling hills. It's perfect for dipping in and out of, with plenty of scenic spots along the way.

The Avondhu Blackwater Way

Following the course of the River Blackwater, this long-distance trail winds through charming towns, woodland paths and quiet backroads. It's full of heritage and natural beauty – a real favourite for walkers who enjoy the journey as much as the destination.

Corrin Hill, Fermoy

A short but satisfying climb, Corrin Hill offers forest trails that lead to panoramic views over Fermoy and beyond. At the summit, a large cross marks the spot – a great place to catch your breath and take it all in.

Guided Walks in Doneraile Park

Explore the historic estate with knowledgeable local guides. These walks are a lovely way to experience the beauty, heritage & wildlife of the park. The tours are brought to you by The Verdant troupe drama group. See Visit Doneraile on Facebook for more information.

www.munstervales.com

Ballard Waterfall Trail, Araglin

Tucked away near the village of Araglin, this peaceful woodland trail leads to a picture-perfect waterfall. It's a quiet escape into nature, with birdsong, mossy paths and the soothing sound of water along the way.

The Donkey Sanctuary Loop Walk

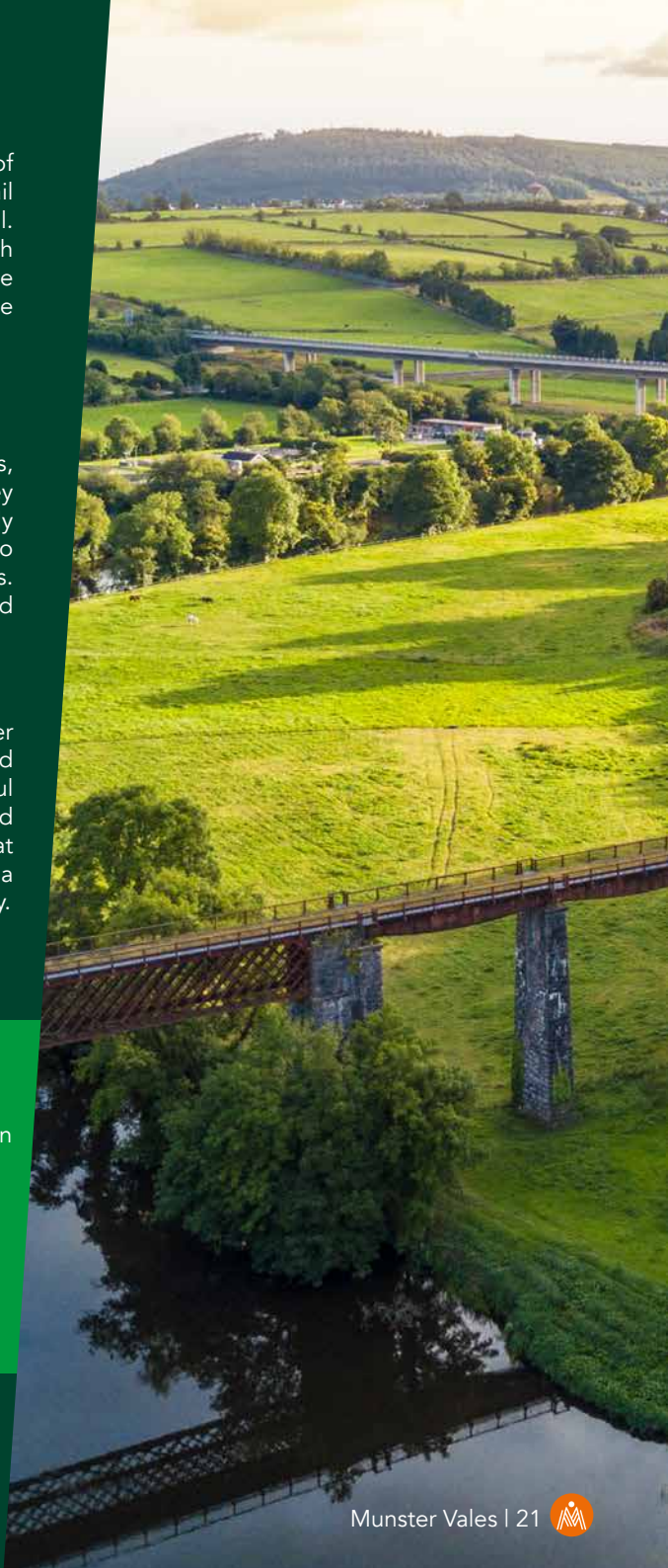
A heart-warming outing for all ages, this gentle loop around The Donkey Sanctuary in Liscarroll offers lovely countryside views and the chance to meet some of the resident donkeys. A relaxing walk with a feel-good twist.

Killavullen Loop Walk

This scenic loop near the River Blackwater takes in woodland paths, farmland, and peaceful rural views. It's well-marked and manageable, making it a great choice for a weekend wander or a refreshing break from the everyday.

Hidden Gems

- ✓ Nano Nagle Centre, Killavullen
- ✓ Ballinwillin House & Farm
- ✓ Ballyvolane House
- ✓ Springfort Hall Hotel
- ✓ Hanna's Restaurant, Fermoy



Local Flavours, Friendly Faces

O'Callaghan's Restaurant, Mitchelstown

A firm favourite in Mitchelstown, O'Callaghan's is all about hearty, flavour-packed food and friendly service. With a focus on local ingredients and a menu that suits all tastes, it's the perfect place for a relaxed meal in cosy surroundings.

The Olde Fiddle, Mallow

Steeped in character, The Olde Fiddle offers great food, a traditional pub feel, and a lively atmosphere that makes everyone feel at home. Whether you're after a casual bite or a pint and a chat, it's a proper local gem.

The Bodhrán, Mitchelstown

Known for its warm welcome and laid-back vibe, The Bodhrán is a great spot to unwind in the heart of town. With live music and a cosy setting, it's just the place for a fun evening with friends or family.

Thatch and Thyme Restaurant, Kildorrery

Everything is homemade with love and served with a smile. Serving up delicious breakfast, lunch and dinner in the heart of Kildorrery village.

The Four Winds Bar & Restaurant, Charleville

Spacious, stylish and always buzzing, The Four Winds in Charleville is great for a casual meal or a catch-up with friends. With a varied menu, generous portions and a relaxed vibe, it's a popular choice with locals and visitors alike.

www.munstervales.com

Limerick

Ballyhoura Region

Must-See Spots Around Limerick

Limerick's slice of the Munster Vales is a mix of rich history, striking landscapes, and warm welcomes. From the dramatic heights of the Galtee Mountains to heritage towns and ancient sites, there's plenty to explore.

Coolwater Gardens, Fedamore

A hidden oasis near Fedamore, Coolwater Gardens is a beautifully curated space filled with rare plants, quirky water features and peaceful corners. Guided visits make the experience even more special, with plenty of stories behind the planting and design.

Kilmallock Cycling Hub

A perfect starting point for cycling adventures, the Kilmallock Cycling Hub offers access to 82km of scenic routes through the Ballyhouras and beyond.

Ballyhoura Mountain Bike Trails

The Ballyhoura Mountain Bike Trails are the largest of their kind in Ireland, offering over 90km of thrilling tracks through forest, hills and open countryside. Designed for all levels, from beginners to seasoned riders, the trails are packed with twists, turns and stunning views. Whether you're chasing an adrenaline rush or just out for a spin, it's a brilliant way to experience the great outdoors.

Forge Your Own Path

Heritage Highlights

- ✓ Dominican Friary, Kilmallock (1291)
- ✓ Lough Gur
- ✓ Grange Stone Circle
- ✓ Kilmallock Heritage Trail
- ✓ Moor Abbey, Galbally

Ballyhoura Horse Trekking

There's nothing quite like exploring the Ballyhouras on horseback. With treks to suit beginners and experienced riders alike, you'll wind through forest trails, open hills, and quiet country lanes – all with a gentle four-legged guide to lead the way.

Lough Gur Ancient Lake & Beehive Huts

Lough Gur is a place where history, myth and nature come together beautifully. Wander lakeside trails, explore ancient beehive huts, and step back in time at one of Ireland's most important archaeological landscapes – it's peaceful, powerful and unforgettable.

Grange Stone Circle

Just a short drive from Lough Gur, Grange Stone Circle is the largest in Ireland – a striking and mysterious place that has stood for thousands of years. Still used for summer solstice gatherings, it's a powerful reminder of the land's ancient past.

Dominican Friary, Kilmallock (est. 1291)

Standing quietly in the heart of Kilmallock, this 13th-century friary is full of atmosphere and history. Its well-preserved ruins offer a glimpse into medieval monastic life and make for a peaceful stop as you explore the town's rich heritage.

Hidden Gems

- ✓ Coolwater Gardens, Fedamore
- ✓ Yoga walks in the Galtees with Yoga Walks Ireland
- ✓ Ballyhoura Mountain Bike Trails
- ✓ Lazy Dog Shooting Grounds, Kilfinane
- ✓ Old Irish Ways Museum, Bruff

Scenic Strolls and Hikes We Love

The Ballyhoura region is a walker's paradise, with trails to suit every pace – from gentle woodland loops to more challenging hikes across open hills. Well-marked and full of variety, each walk offers a chance to soak up the scenery, breathe in the fresh air, and discover the quiet beauty of this special part of the Munster Vales.

Ballyhoura Way

This long-distance trail weaves through the rolling hills and wooded paths of the Ballyhoura Mountains, linking quiet villages and scenic viewpoints along the way. Whether you take it on in sections or go the distance, it's a fantastic way to experience the heart of the Munster Vales.

Ballinaboola Loop

A peaceful woodland trail with gentle climbs and lovely views, the Ballinaboola Loop is perfect for a relaxed walk in nature. Expect birdsong, tall trees, and a real sense of calm as you follow the well-marked path through the forest.

Ballyhoura Black Rock Loop

One of the more challenging routes in the area, this trail rewards with dramatic views, open mountain scenery and a real sense of adventure. If you're after a proper hike with that "top of the world" feeling, this one's for you.

Ballyhoura – Canon Sheehan Loop

Named after the local writer and priest, this trail blends forest tracks with open stretches and sweeping views. It's a great mix of scenery, history and fresh air – and a lovely way to spend a few hours exploring the Ballyhoura landscape.

Keale River Walk

Starting from the charming village of Ballyorgan, this gentle river walk offers a laid-back walk through farmland, forest, and quiet country lanes. It's a great introduction to the area and ideal for families looking for a shorter stroll with plenty of charm.

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Local Flavours, Friendly Faces

The Village Inn, Ballyorgan

A true local favourite, The Village Inn is full of character and charm. Whether you're after a hearty meal, a pint by the fire, or a bit of lively chat with the locals, this cosy spot offers a warm welcome in the heart of Ballyorgan.

Deebert House Hotel

Nestled in the historic town of Kilmallock, Deebert House Hotel is a lovely blend of modern comfort and traditional hospitality. With a great restaurant, friendly staff and a perfect location for exploring the Ballyhouras, it's a brilliant base for a relaxing break.

Gallahue's Bar & Restaurant, Ballylanders

A welcoming stop in Ballylanders, Gallahue's serves up classic Irish fare in a friendly, no-fuss setting. It's the kind of place where everyone feels like a regular, whether you're in for a full meal or just a quick bite.

Spruce and Willow, Ardpatrick

Spruce & Willow offer hearty & healthy meals and freshly baked treats, that are bursting with flavour. The perfect place to stop for a bite to eat or to enjoy some live music and a dance.

The Windmill Cafe, Glenbrohane

A hidden gem in the Ballyhoura region, enjoy delicious breakfast, lunch & homemade cakes and treats.

Peak 100 Cafe and Recovery Rooms, Ballylanders

Located on the main street in Ballylanders, a great stop off for a delicious coffee, breakfast, lunch and some tasty homemade treats.

Walking Trails

	Distance	Level	Nearest Town
Limerick Trails			
Ballyhoura - Attychraan Loop	3.6 kms	Easy	Kilbehenny
Ballyhoura - Black Rock Loop	10 kms	Strenuous	Ardpatrick
Ballyhoura - Nature Trail	4.9 kms	Moderate	Ardpatrick
Ballyorgan Loop	12.5 kms	Strenuous	Ballyorgan
Darby's Bed Loop	4.8 kms	Moderate	Galbally Village
Cork Trails			
Donerail Wildlife Park Loop	2km to 5km	Easy	Doneraile
Ballard Waterfall Trail	5.3 kms	Moderate	Kilworth
Castleblagh - Woodland Trail	2.8 kms	Moderate	Ballyhooly
Corrin Wood	4.3 kms	Moderate	Fermoy
Donkey Sanctuary Red Loop	1.9 kms	Easy	Liscarroll
Killavullen Loop	11.9 kms	Moderate	Killavullen Village

	Distance	Level	Nearest Town
Tipperary Trails			
Glen of Aherlow Walks	1.1 to 9.3 kms	Easy Moderate	Lisvarrinane
Glengarra Walks	1.7 to 6.5 kms	Easy Moderate	Cahir
Knockmealdowns Trails	3.8 to 33.2 kms	Easy Moderate Strenuous	Goatenbridge
Lisvarriane Loop Walks	4.4 to 9.8 kms	Easy Moderate	Lisvarrinane
Marfield Woods Walk	2 to 3 kms	Moderate	Clonmel
Swiss Cottage Trail	4.7km	Easy	Cahir
St. Declan's Way	21km	Moderate	Cashel

Waterford Trails			
Rathgormack Walks	3.5 to 9 kms	Easy Moderate Strenuous	Rathgormack
Glenshelane Wood Walks	2 to 9.5 kms	Easy Moderate Strenuous	Cappoquin
Nire Valley Trails	2 to 7.5 kms	Moderate Strenuous	Ballymacarbry
Waterford Greenway	47.8 kms	Easy	Dungarvan
Lismore River Walk	5 kms	Easy	Lismore

National Waymarked Trails			
Ballyhoura Way	89 kms	Moderate	Kanturk
Blackwater Avondhu Way	125 kms	Moderate	Mallow
East Munster Way	69 kms	Moderate	Carrick-on-Suir
Tipperary Heritage Way	59.6 kms	Moderate	Clogheen to Cashel
St Declan's Way	116km	Moderate	Ardmore to Cashel
Suir Blueway	21km	Easy	Carrick-on-Suir to Cahir

Munster Vales

Oifig Fiontair Áitiúil
Local Enterprise Office

Comhairle Cathrach & Contae Luimnigh
Limerick City & County Council

Comhairle Contae Thiobraid Árann
Tipperary County Council

Comhairle Cathrach & Contae Phort Láirge
Waterford City & County Council

Cork County Council
Comhairle Contae Chorcaí

Rialtas na hÉireann
Government of Ireland

Tionscadal Éireann
Project Ireland 2040

Ár dTodhchaí Tuaithe
Our Rural Future

Arna chomhchistiú ag an Aontas Eorpach
Co-funded by the European Union

LCDC

Comhpháirtíocht Leader Phort Láirge
Waterford Leader Partnership

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