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Local Walking Guides

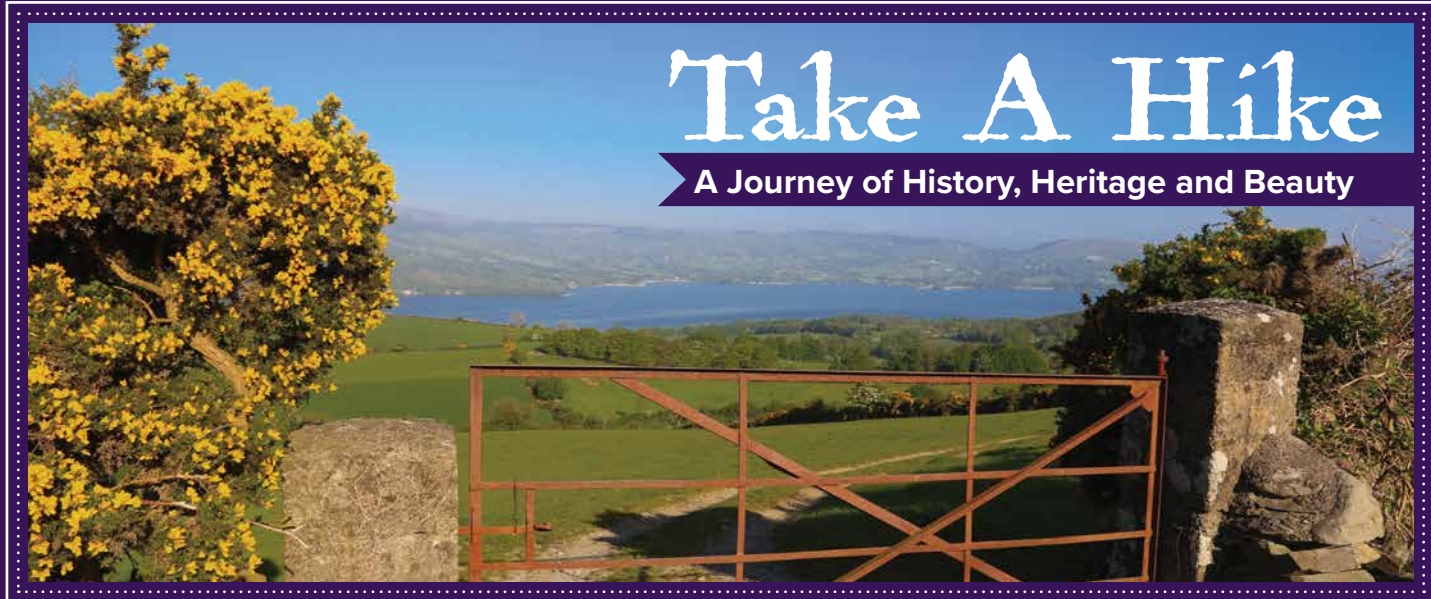
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This project received funding from the Department of Rural and Community Development and the Irish Government under the Outdoor Recreation Scheme.



Take A Hike

A Journey of History, Heritage and Beauty

Tipperary Walking Trails to suit all levels

A place of majestic beauty

Leave No Trace

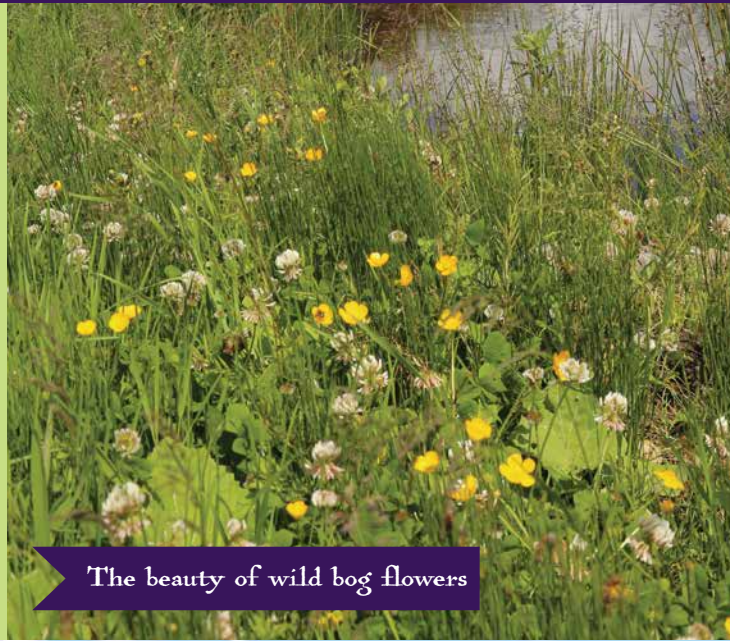
Heartland of Ireland

Tipperary is a place of majestic beauty situated in the heartland of Ireland. Bounded by stunning mountains and serene rivers and lakes, it offers a diverse array of spectacular walking trails with breathtaking views of open countryside and rolling hills.

Trails for All

Walk and hike through the many trails throughout the Munster Vales, the Knockmealdowns, Slieve Felims, the Silvermines, Galtee Mountains and The Devil's Bit taking in the splendour of the Golden Vale. Tipperary has walking trails to suit both the casual walker as well as experienced hikers.

Use our knowledge and your instincts and we're sure you'll enjoy these wonderful walks.



The beauty of wild bog flowers

1 Be Prepared

Ensure you have the fitness, equipment and time needed for the loop you choose. Check the weather forecast and be prepared for changing weather conditions.

2 Be Considerate of Other People

Park appropriately - do not block entrance to other cars. Respect people you meet and keep noise to a minimum. Do not damage property.

3 Respect Farm Animals and Wildlife Keep dogs under close control

Avoid disturbing wild animals and birds and do not feed them. Remain at a safe distance from farm animals.



Rhododendrons in full bloom in The Vee

4 Protect the Trail from Erosion

Travel in small groups and walk in single file on wet or eroded sections.

5 Leave What You Find

Leave gates as you find them. Do not damage structures, artifacts or monuments. Leave rocks, plants, animals and habitats as you find them.

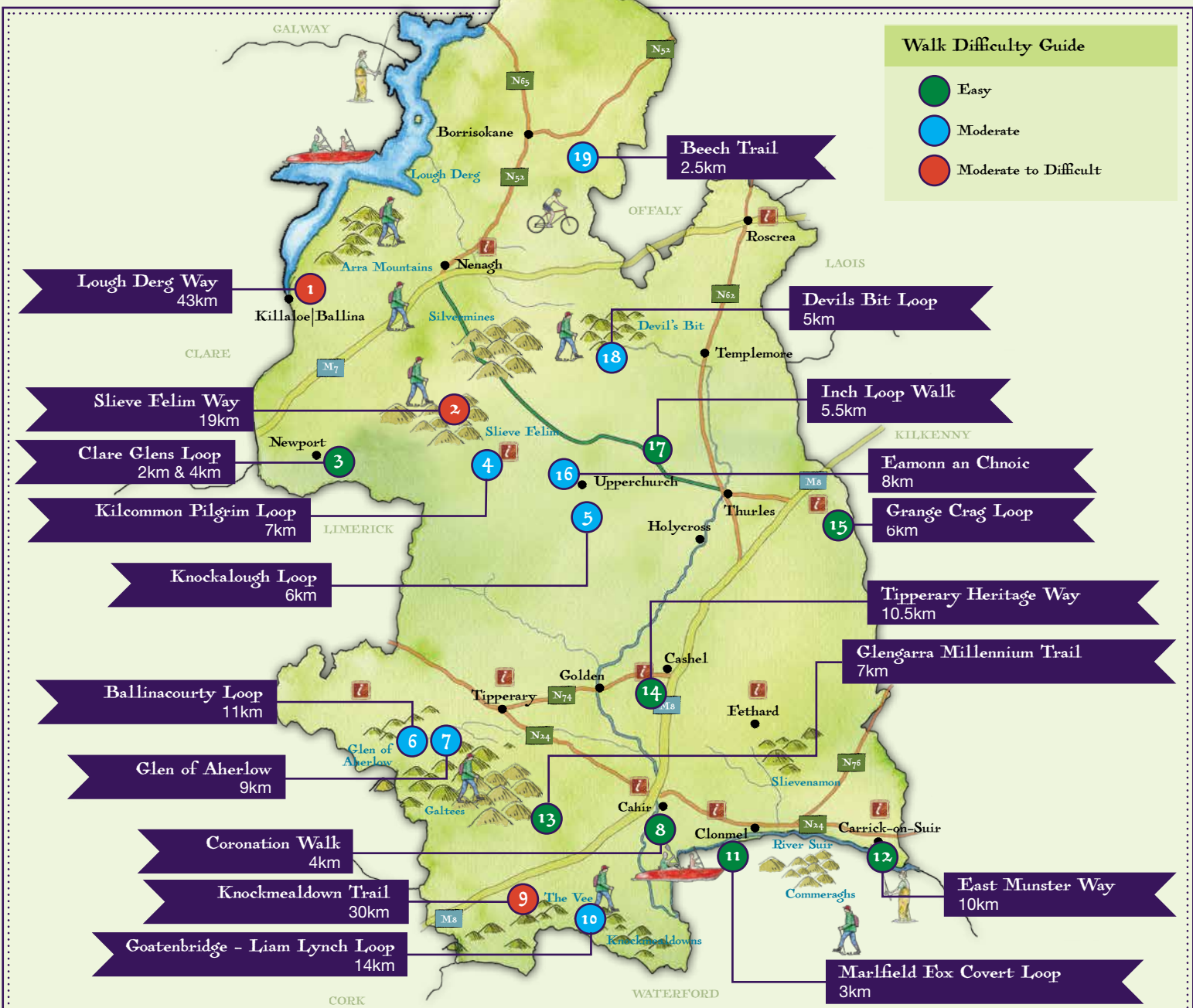
6 Dispose of Waste Property

Take home ALL litter and leftover food - If You Bring It In, Take It Out!

7 Minimise the Effects of Fire

Do not light fires and if you smoke, take used matches and cigarette butts home with you.

Tipperary Trailfinder



Walk Difficulty Guide

- Easy
- Moderate
- Moderate to Difficult

Lough Derg Way
43km

Beech Trail
2.5km

Devils Bit Loop
5km

Slieve Felim Way
19km

Inch Loop Walk
5.5km

Clare Glens Loop
2km & 4km

Eamonn an Chnoic
8km

Kilcommon Pilgrim Loop
7km

Grange Crag Loop
6km

Knockalough Loop
6km

Tipperary Heritage Way
10.5km

Ballinacourty Loop
11km

Glengarra Millennium Trail
7km

Glen of Aherlow
9km

Coronation Walk
4km

Knockmealdown Trail
30km

East Munster Way
10km

Goatenbridge - Liam Lynch Loop
14km

Marlfield Fox Covert Loop
3km

Walk Information

Distance: 43km

Ascent: 440m

Walk Type: Linear walk

Estimated Time: 2 Days

Terrain: Minor country roads and lanes, forestry tracks and pastureland

Trailhead: Ballina, Near Flanagans, Co. Tipperary

Finish: Dromineer, Co. Tipperary

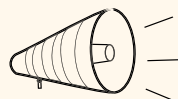
Nearest Town: Ballina, Killaloe & Nenagh, Co. Tipperary



A stunningly beautiful walking trail that stretches from Ballina to Dromineer and follows along the eastern shores of Lough Derg, with terrain consisting of open countryside, minor country roads and lanes and riverside pathways.

The Lough Derg Way showcases some of the finest scenery around Lough Derg and you also might be lucky enough to spot the white-tailed sea eagle.

Did you know?



Follow in the footsteps of Brian Boru (the famous High King of Ireland) on this walk with breathtaking views of Lough Derg. It gives you a bird's-eye view of the many islands dotted around the lake; one of which is home to the white-tailed sea eagle.

Walk Information

Distance: Nature Loop (Green Arrows) 2km / Glen Loop (Purple Arrows) 4km

Ascent: 60m

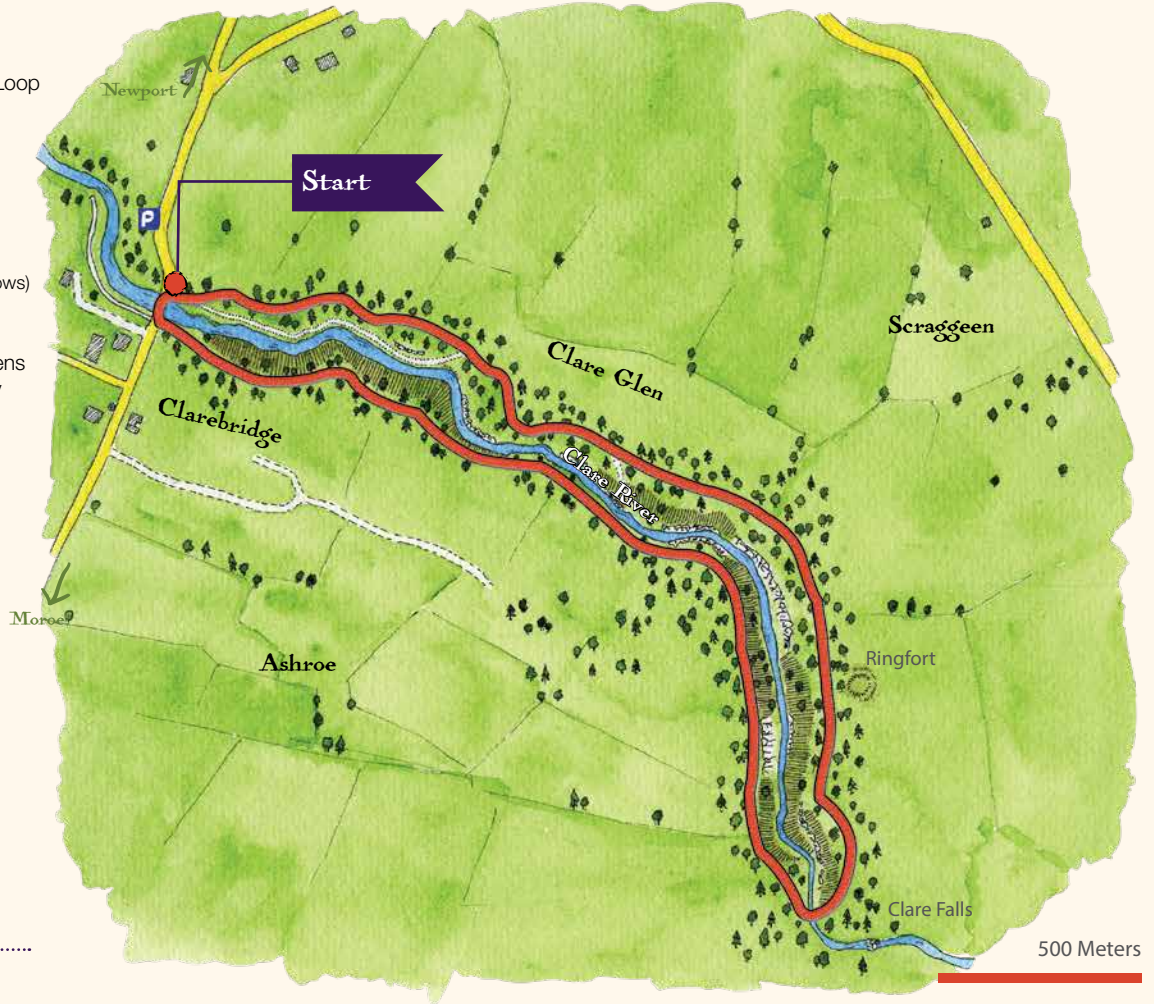
Walk Type: Looped Walk

Estimated Time:
30 mins - 1 hr (Green Arrows)
1 hr - 1hr 30mins (Purple Arrows)

Terrain: Woodland Paths

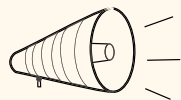
Trailhead / Finish: Clare Glens Amenity Area, Co. Tipperary

Nearest Town: Newport, Co. Tipperary



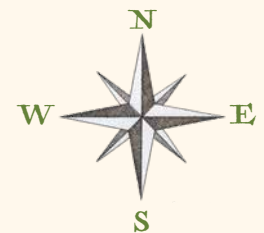
The Clare Glens is a wooded area along the banks of the Clare River, separating Co. Limerick and Co. Tipperary.

The Glens consist of a picturesque red sandstone gorge through which the Clare River flows, displaying numerous waterfalls. The scenery is nothing short of breathtaking, with rugged dense forestry and tranquil clear waters.



Did you know?

Michael Bourke writer of the internationally acclaimed song "Dear old Newport town" brought the Clare Glens to the World's attention when Ryan's Fancy sang "And sweet Clare Glens whose flowery dells I oft strolled up and down, Must I leave those scenes and the girl I love in dear old Newport town."



Walk Information

Distance: 7km

Ascent: 170m / 350m

Walk Type: Looped Walk

Estimated Time: 2hrs – 2hrs 30 mins

Terrain: Minor roadways, forestry roadways and cross-country

Trailhead / Finish: Community Centre, Kilcommon, Co. Tipperary

Nearest Town: Kilcommon, Co. Tipperary

Follow in the footsteps of pre-Christian pilgrims along the trail of Mother Mountain, once used for journeys of homage to the goddess Eilbhe.

Starting in the village of Kilcommon, it brings you along the old mass path, traversing the Bilboa River and the forested lower slopes of Mother Mountain and then loops all the way back to the village of Kilcommon. The trail provides stunning views of the Tipperary countryside.

Did you know?

Defined by its wonderful natural environment, its ancient legends and by centuries of Christian worship, the Pilgrim Loop evokes a sense of spirituality and serenity.



500 metres

Rear Cross 6km

Walk Information

Distance: 6km

Ascent: 280m / 400m

Walk Type: Looped Walk

Estimated Time: 2hrs – 2hrs 30 mins

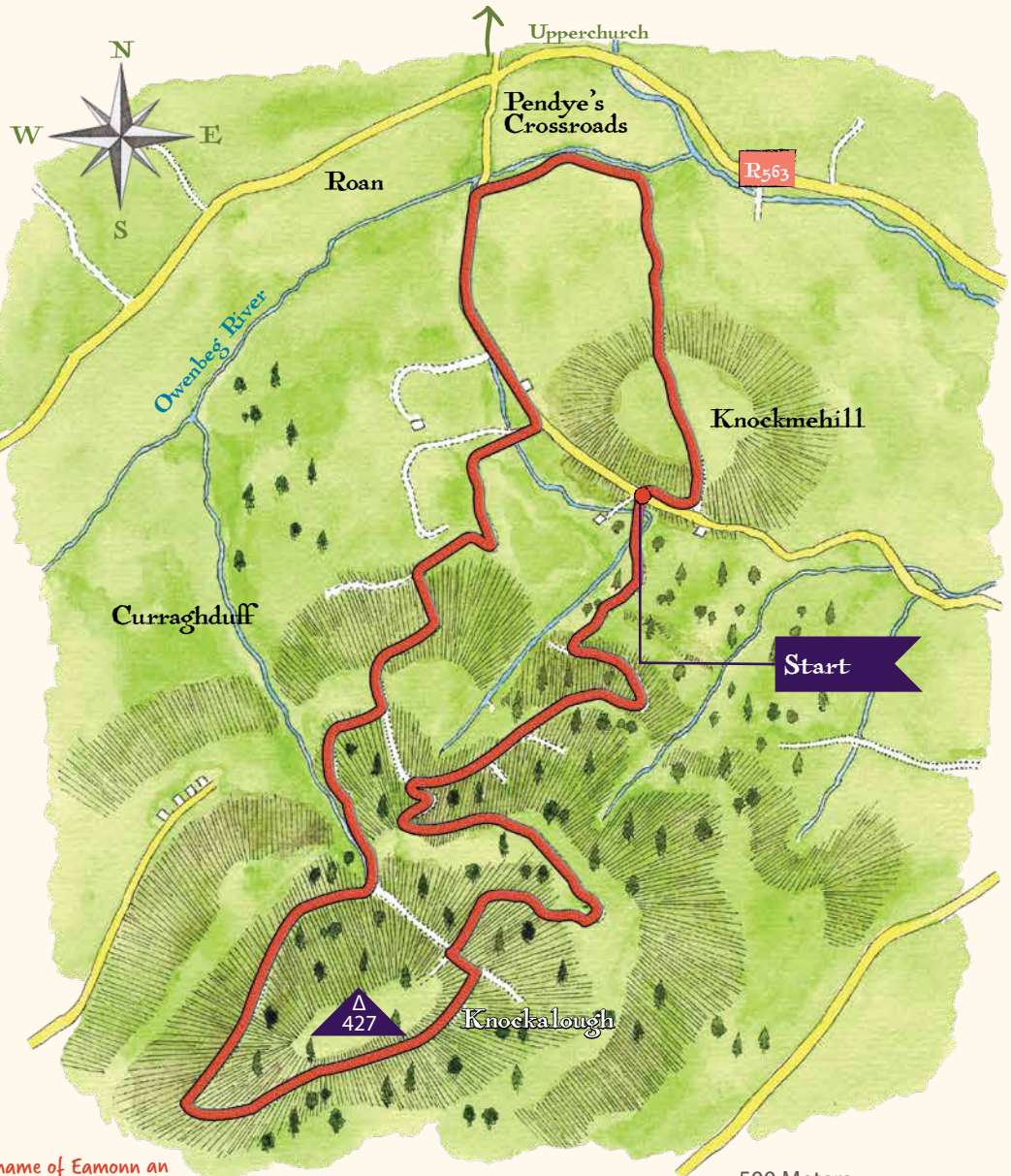
Terrain: Forestry roads, old laneways and agricultural land

Trailhead / Finish: Upperchurch Village, Co. Tipperary

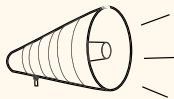
Nearest Town: Upperchurch Village, Co. Tipperary

This loop explores an area associated with Red Hugh O'Donnell – the last Chieftain of Tir Conaill (County Donegal). Born in 1572, Red Hugh is famed for his imprisonment in Dublin Castle in 1587 and escape attempts in 1591 and 1592. He was defeated at the Battle of Kinsale in 1601, having led his army along the entire length of Ireland to meet his Spanish allies.

Retrace his journey up and around the hill of Knockalough by following the purple arrows for a beautiful 6km loop.



Did you know?



A Robin Hood figure by the name of Eamonn an Chnoic was one of a gang of bandits who championed the cause of the poor. They roamed these hills and many legends are told of these men and their deeds.

500 Meters

Walk Information

Distance: 11km

Ascent: 240m

Walk Type: Looped Walk

Estimated Time: 2hrs 30 mins - 3hrs

Terrain: Forestry tracks and woodland trails

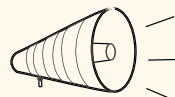
Trailhead / Finish: Christ the King Statue, Glen of Aherlow, Co. Tipperary, (Grid: R 886 308 OS map no. 66)

Nearest Town: Lisvarrinane & Tipp Town, Co. Tipperary



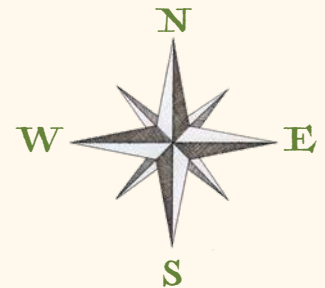
Follow the purple arrows from Christ the King Statue in the Glen of Aherlow and take in amazing views of the Galtee Mountains. This looped walk consists mainly of woodland trails and forestry tracks, traversing the southern shoulder of Slievenamuck Mountain.

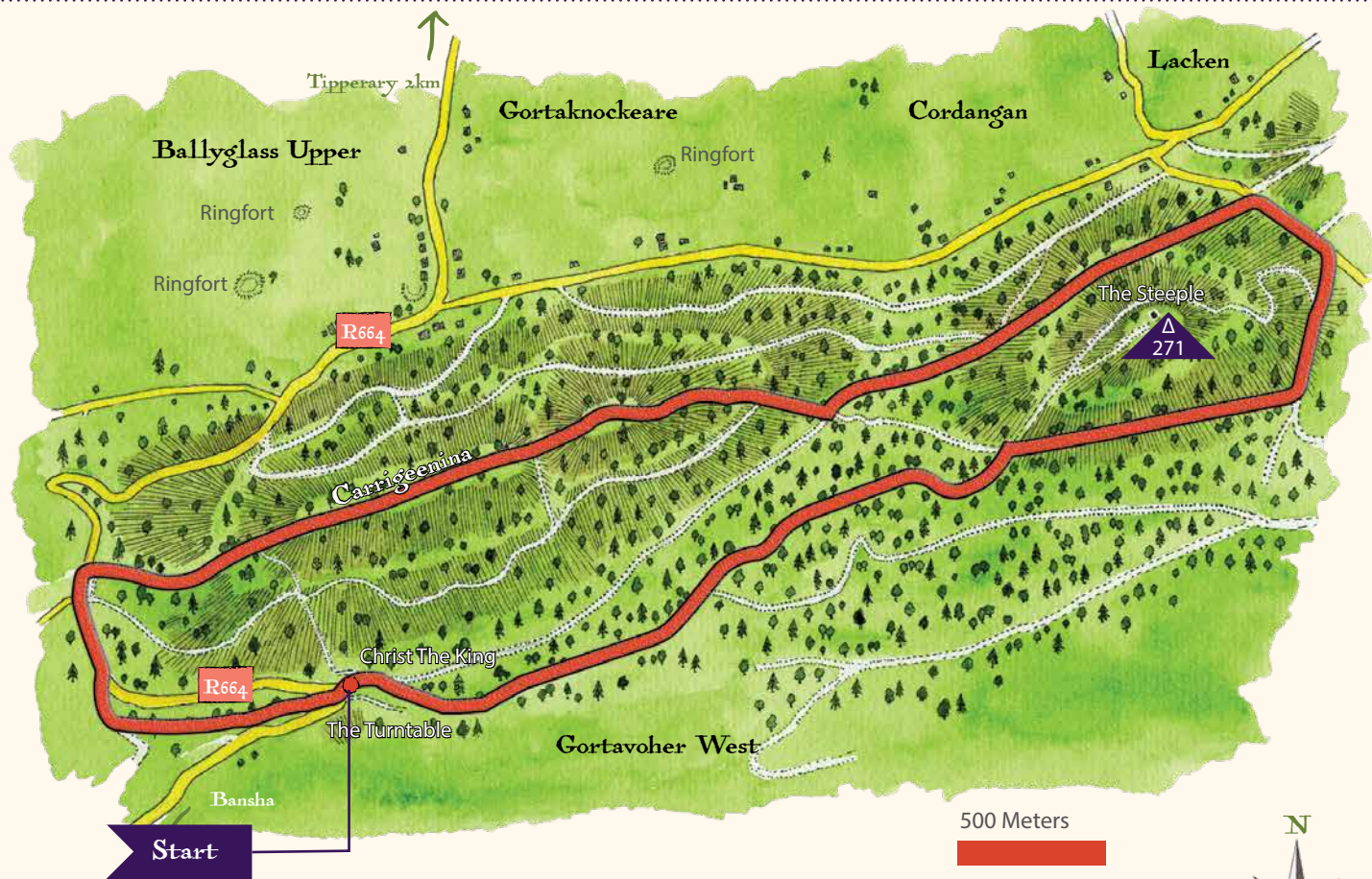
Revel in the freedom of the great outdoors; an adventure the whole family can relish. Bring your own picnic and enjoy the marvelous sights along the trail.



Did you know?

The River Aherlow runs between the Galtee Mountains and the wooded ridge of Slievenamuck. The Glen itself is an important historical pass between Co. Limerick and Co. Tipperary.





Walk Information

Distance: 9km

Ascent: 310m

Walk Type: Looped Walk

Estimated Time: 2hrs 30 mins - 3hrs

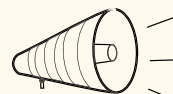
Terrain: Forest tracks and woodland trails

Trailhead / Finish: Christ The King Statue, Glen of Aherlow, Co. Tipperary

Nearest Town: Lisvarrinane village, Co. Tipperary

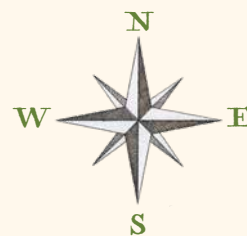
This wonderful looped walk brings you along Slievenamuck, the mountain of the pigs. The ridge of the mountain is mainly composed of old red sandstone.

The trail incorporates the Millennium Stone, which was erected to celebrate the new millennium. From a viewing area along the trail, walkers will be treated to magnificent views of Tipperary Town and the wider area.



Did you know?

The tradition of Geoffrey Keating lives on in folklore of the Glen of Aherlow. Keating preached sermons here, took refuge and, according to tradition, lived in a cave for a large part of the time while on the run and compiling his magnum opus, *Foras Feasa Ar Éirinn* (c. 1634)



Walk Information

- Distance: 4km
- Ascent: Gentle, even
- Walk Type: Linear walk
- Estimated Time: 30mins – 45mins
- Terrain: Riverside pathway
- Trailhead: Cahir Castle, Cahir, Co. Tipperary (Grid: S053247 OS map no. 74)
- Finish: Swiss Cottage Car Park, Farranagark, Cahir, Co. Tipperary
- Nearest Town: Cahir, Co. Tipperary

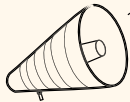


Follow the Butler Trail along the Coronation Walk starting at Cahir Castle, built by the Butlers and one of Ireland's largest castles. The path weaves towards the southwards to the Swiss Cottage. Swiss cottage is an exquisitely beautiful cottage orné that was originally part of Lord and Lady Cahir's estate and was used for entertaining guests.

The walk moves along even ground and is surrounded by native broadleaf woodland (planted in the 1790s), including mature beech, oak, Spanish chestnut, sycamore, laurel, rhododendron and elder. The area is also teeming with wildlife, such as red squirrel, pheasant, duck, swans and woodcock.

Did you know?

Swiss Cottage is not only Ireland's most beautiful cottage, it is arguably one of the most romantic cottages to be found anywhere in the world. Add to this the fairy villages along the way and you really have something special.





Walk Information

Distance: 30km

Ascent: 700m

Walk Type: Linear walk

Estimated Time: 1.5 days

Terrain: Forestry tracks, hillside slopes and minor roads

Trailhead: Newcastle Bridge, Co. Tipperary

Finish: Ballyporeen Community Centre, Ballyporeen, Co. Tipperary

Nearest Town: Ballyporeen, Clogheen & Newcastle, Co. Tipperary

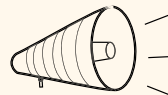
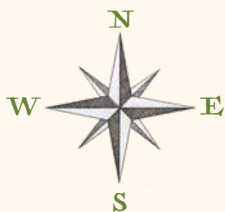
The Knockmealdown trail takes you on a 30km trek along country roads, old pathways and minor roads and through forestry tracks on the scenic northern slopes of the Knockmealdown Mountains.

This area is steeped in historical, cultural and ecological interest and has marvelous vistas stretching across rich agricultural lowlands to the slopes of the Knockmealdowns.

There are a number of loop walks that can be enjoyed along the way.

- » Knockballiniry loop
- » Knockroeh loop
- » Knockmealdown lakes loop
- » Crough loop
- » Duck Ponds
- » Clogheen loop
- » Sheephill Ballyporeen

www.irishtrails.ie



Did you know?

In the early summer months the lower areas of the hills are filled with rhododendron blooms.

Walk Information

Distance: 14km

Ascent: 280m / 360m

Walk Type: Looped Walk

Estimated Time: 3 hrs 30 mins – 4 hrs

Terrain: Forestry roadways

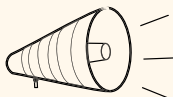
Trailhead / Finish: Car park at Goatenbridge, Co. Tipperary (Grid: S 080 124 OS map no. 74)

Nearest Town: Ardfinnan, Co. Tipperary

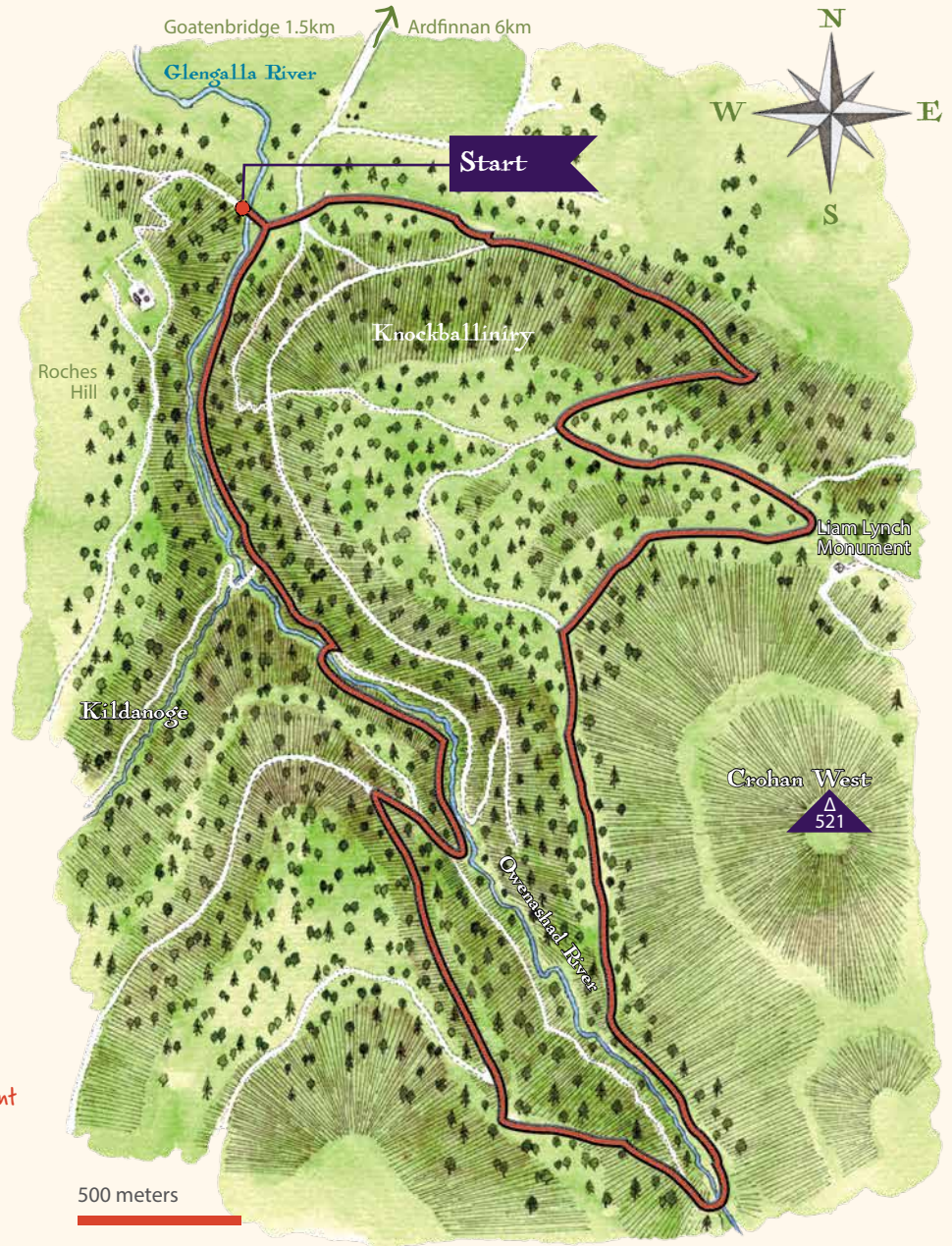
Follow beautiful forestry roadways and travel along the shoulder of Crohan Mountain; walk along the Glengalla River and take in fantastic views of the Knockmealdown Mountains.

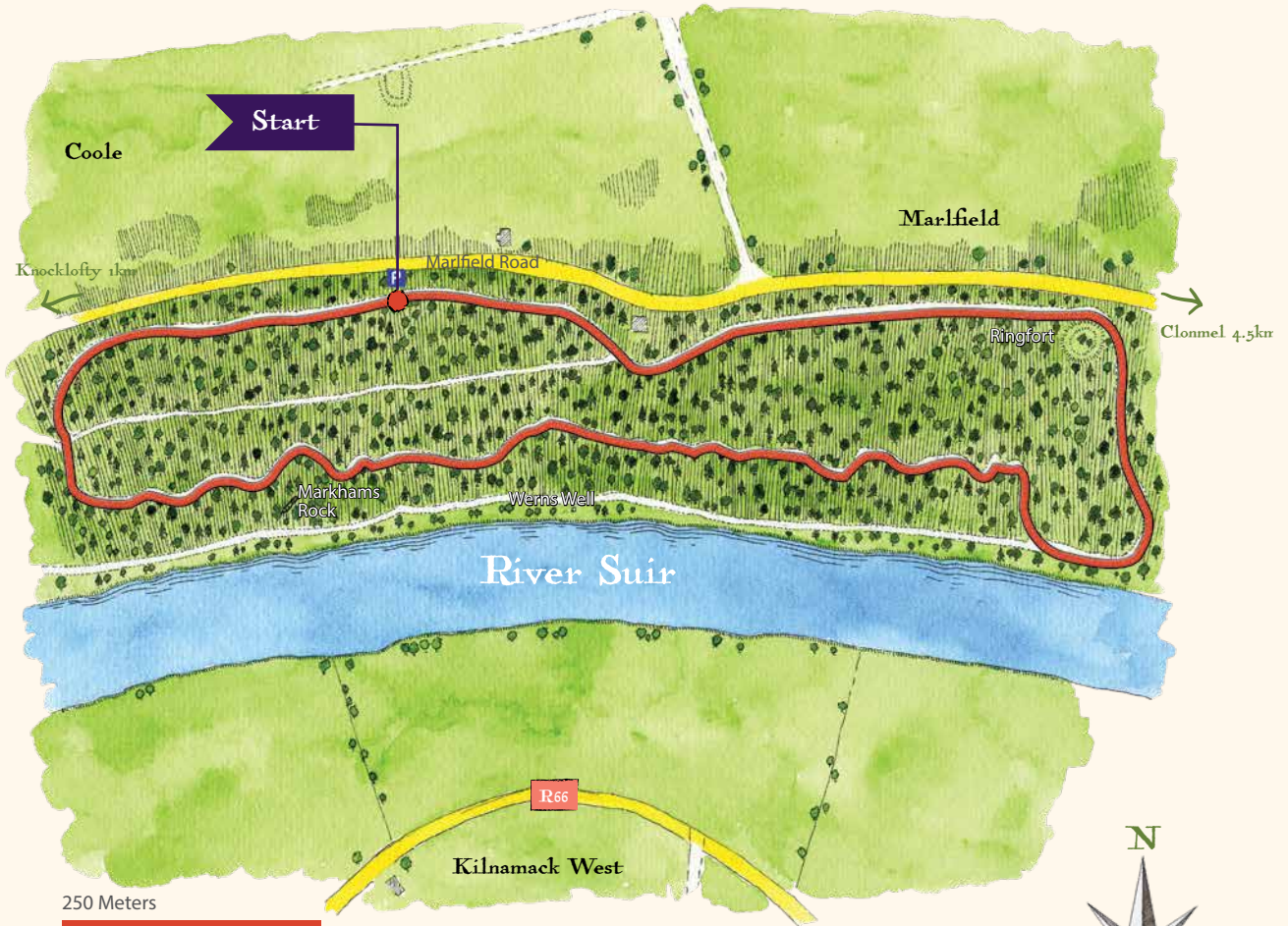
If you are looking to wander off the beaten track and experience the splendour of Tipperary's landscape, this walk is perfect for you. You'll be rewarded with lush green countryside and rolling landscapes.

Did you know?



This walk is a favourite with the local community. It is enjoyed in all weathers. The Good Friday agreement was signed on the 75th anniversary of the death of Liam Lynch.





Walk Information

Distance: 3km

Ascent: 40m / 70m

Walk Type: Looped Walk

Estimated Time: 1 hr – 1 hr 15 mins

Terrain: Woodland Trails

Trailhead / Finish: Clonmel,
Co. Tipperary, OS Sheet 74, S536 731

Nearest Town: Clonmel,
Co. Tipperary

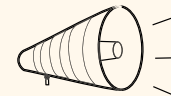
Fox Covert Loop is one of two looped trails in Mar1field Wood, the other being the Glenbawn Loop. The woods are teeming with wildlife and diverse plant species, making a very peaceful place for a leisurely walk. The blue arrows will guide you around the woodland and down to a riverbank roadway before turning uphill and ascending to reach a stone boundary wall at a gated entrance.

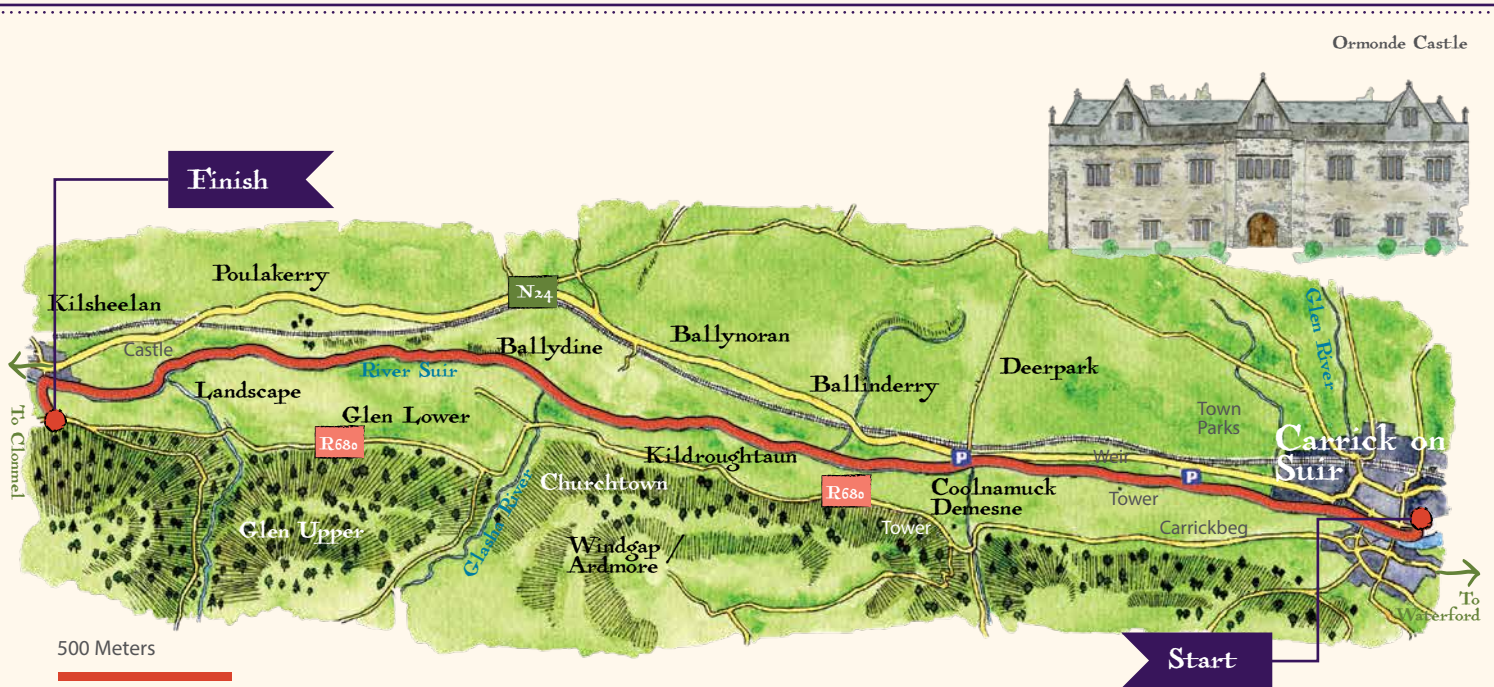
Follow the woodland trail along the inside of the boundary wall for 1km to return to the trailhead. Be sure to take in the short spur to the Dún Ui Faolain ring fort whilst exploring. Enjoy.



Did you know?

Glenbawn Wood was once the site of the fort of the o'Faolains, chiefs of the Déisi Clan.





Walk Information

Distance: 10 km

Ascent: Gentle, even

Walk Type: Linear Walk

Estimated Time: 2hrs 30 mins – 3hrs

Terrain: Riverside pathways

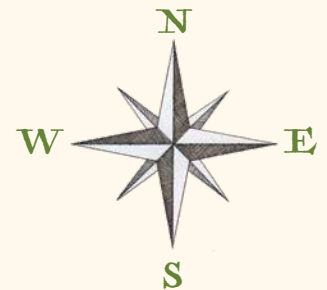
Trailhead : Pick up the East Munster Way at the front of Ormond Castle, Carrick-On-Suir, Co. Tipperary (Grid: S 404 215 OS map no. 75)

Finish: Kilsheelan, Co. Tipperary (Grid: S 285 232 OS map no. 75)

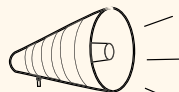
Nearest Town: Carrick-On-Suir, Co. Tipperary

Explore part of The Butler Trail, which starts at Ormond Castle in Carrick on Suir. The trail follows the River Suir as far as the quaint village of Kilsheelan.

Ormond Castle is the only unfortified manor house in Ireland and was built by Thomas 'Black Tom' Butler, 10th Earl of Ormond in 1560 while his cousin, Queen Elizabeth 1 was in power. Many of the Queens favourite symbols and workmanship were included in the manor as a symbol of Tom's allegiance however Queen Elizabeth never came to visit



Did you know?



Walk from Ormond Castle (the famous Butler home) in Carrick-on-Suir to Kilsheelan. Relaxing along the River Suir you can use the local bus to bring you back to Carrick-on-Suir.

Walk Information

Distance: 7km

Ascent: 250m

Walk Type: Looped Walk

Estimated Time: 2hrs – 2hrs 30 mins

Terrain: Forestry tracks and riverside pathways

Trailhead / Finish: Glengarra Bridge, Cahir, Co. Tipperary

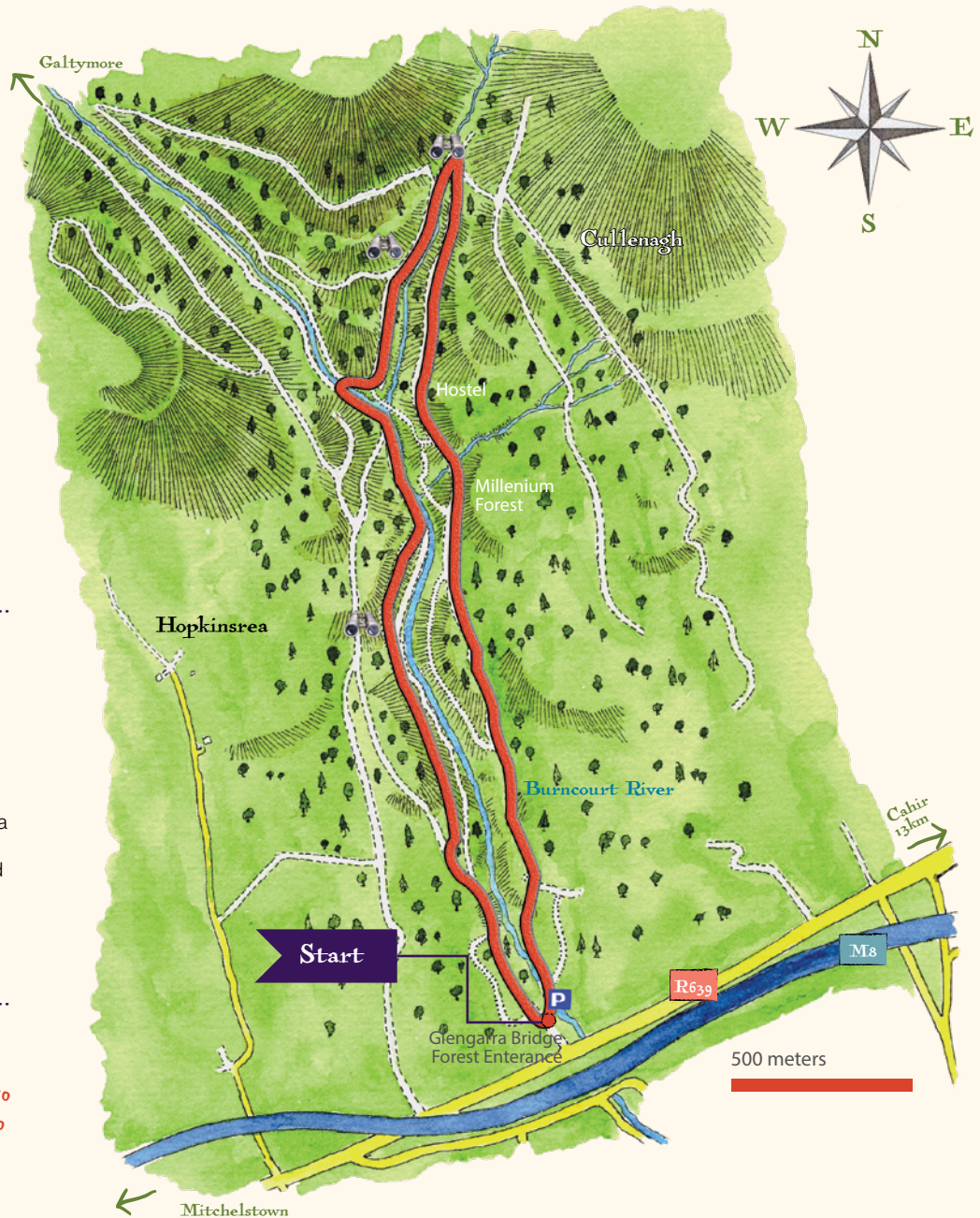
Nearest Town: Cahir, Co. Tipperary

Situated on the southern slopes of the Galtees, Glengarra Millennium trail provides walkers with spectacular views of the lowlands and Knockmealdown Mountains. A visit to this former demesne woodland is a real treat.

Its exotic tree and shrub species make for a unique experience. Impressive specimen trees of Bhutan pine, Monterey cypress, giant sequoia and yew stand tall within easy access of the main car park and forest road. There is a closed canopy of exotic rhododendron over the main access road that flowers in the early summer and is worth a visit to see in itself.

Note: All dogs should be kept on a lead

Did you know?
 This is a great walking trail to enjoy with your children or to take your dog for a walk.





Walk Information

Distance: 10.5km

Ascent: Gentle, even

Walk Type: Linear walk

Estimated Time: 2hrs – 2hrs 30 mins

Terrain: Quiet country roads and riverside pathways

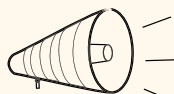
Trailhead: The Rock of Cashel, Cashel, Co. Tipperary

Finish: Bridge in Golden, Golden, Co. Tipperary

Nearest Town: Cashel, Co. Tipperary

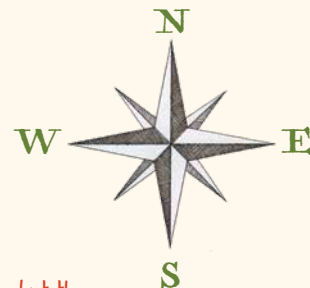
Explore part of the historic Tipperary Heritage Way and see ancient ruins and diverse wildlife along the banks of the River Suir. Archaeological and historical sites are located throughout the route.

Starting at the majestic Rock of Cashel, overlooking the Golden Vale, the trail moves along the riverside pathways in the direction of the village of Golden.



Did you know?

Legend associates the Rock of Cashel with St. Patrick, but the name comes from Caiseal, meaning "stone fort," and the hill was originally the residence of the kings of Munster.



Walk Information

Distance: 6km

Ascent: 230m / 310m

Walk Type: Looped Walk

Estimated Time: 1hr 30mins - 2hrs

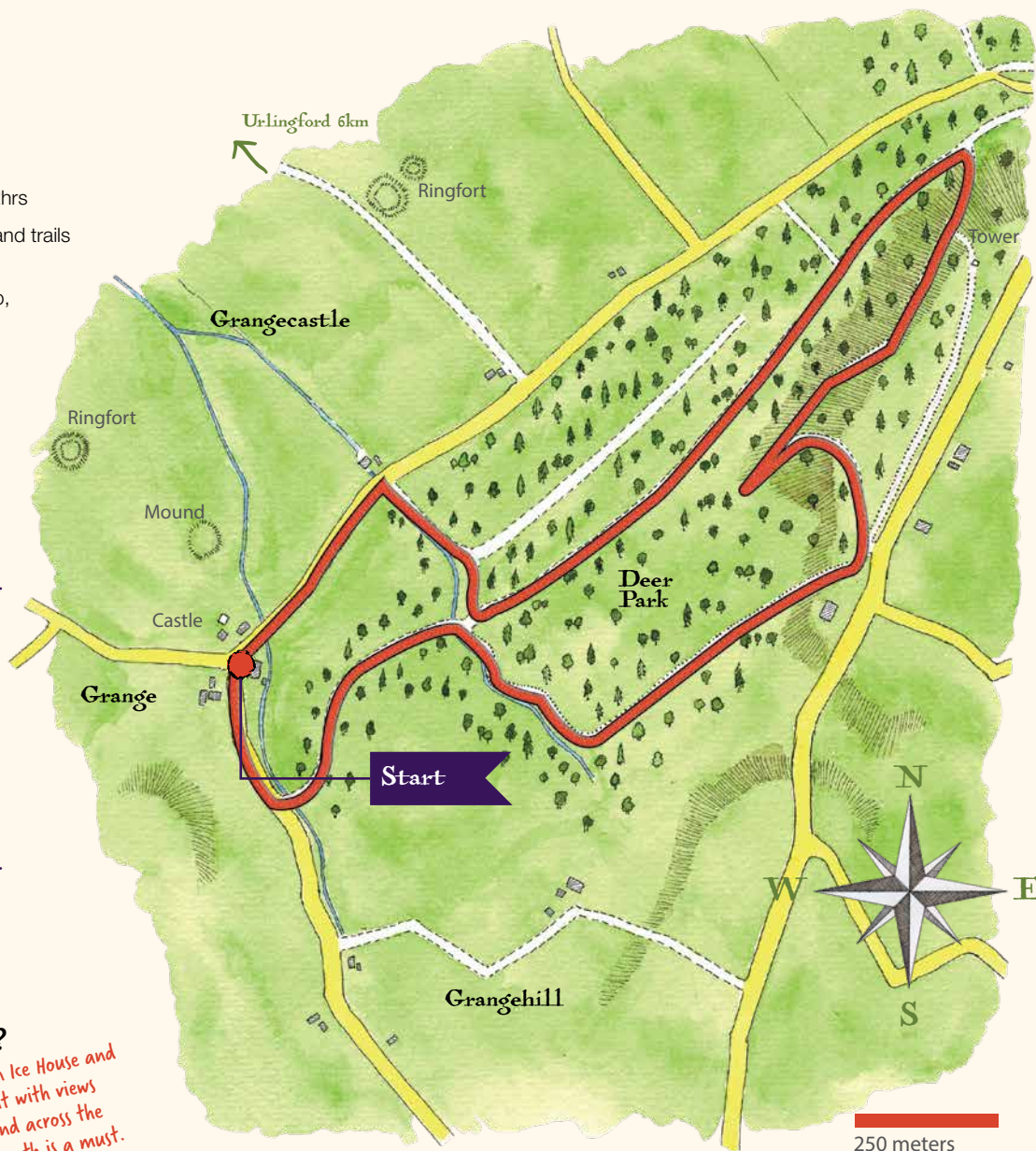
Terrain: Forestry tracks, woodland trails and country roads

Trailhead / Finish: Hogan's Pub, Grange, Co. Tipperary

Nearest Town: Glengoole (New Birmingham), Co. Tipperary

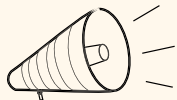
Grange Crag Loop is renowned for its beautiful views, bringing walkers along forestry pathways and past the historic Victorian 'Ice-House'.

As the trail ascends, you can look down on the magnificent ruins of Kilcooley Abbey and take in amazing views of the surrounding countryside as far west as the Devil's Bit Mountains and Keeper Hill.



Did you know?

Featuring a Victorian Ice House and Wellington Monument with views of Kilcooley Abbey and across the entire county. This path is a must.



Walk Information

Distance: 8km

Ascent: 150m

Walk Type: Looped Walk

Estimated Time: 2hrs 30 mins – 3 hrs

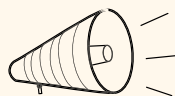
Terrain: Minor roads, old laneways and fields

Trailhead / Finish: Upperchurch Village, Co. Tipperary

Nearest Town: Upperchurch Village, Co. Tipperary

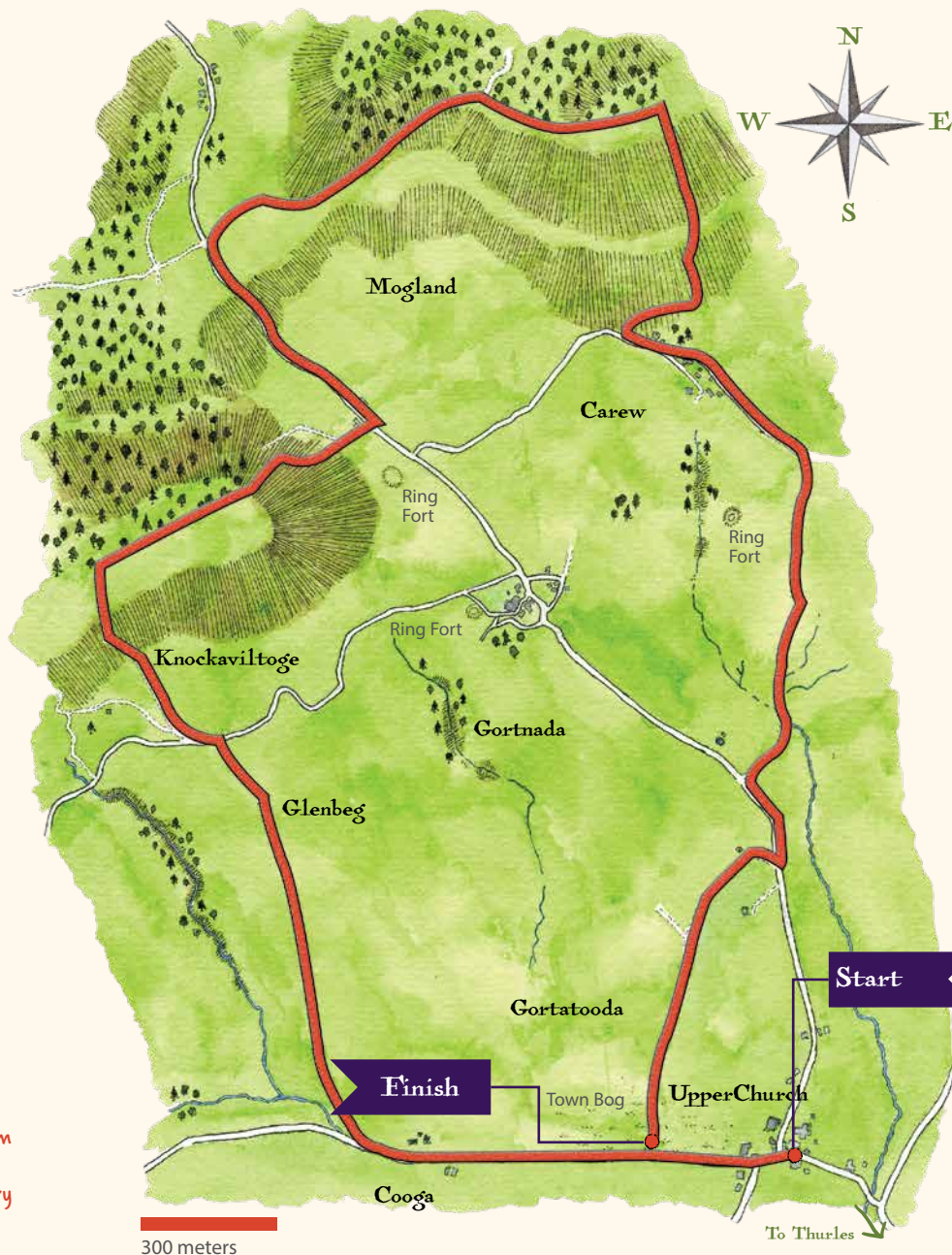
Located in the village of Upperchurch near Thurles, this looped trail passes along quiet country roads and forestry boundaries. It has beautiful views of the Comeragh, Knockmealdowns, Galtees, Slievenamon and Devil's Bit Mountains.

Watch out for the remains of a fulacht fia on your right (a mound of soil with a slight depression at its centre which acted as a cooking pit in the Bronze age) as you move along the forestry boundary.



Did you know?

The name of the walk comes from a Robin Hood figure, Eamonn, who roamed the hills of Tipperary in the 17th/18th century.



Walk Information

Distance: 5km

Ascent: 14m

Walk Type: Looped Walk

Estimated Time: 1hr 20mins

Terrain: Country Roads, woodlands, riverbanks and farmland pathways

Trailhead / Finish: Monroe Church, Inch, Co. Tipperary

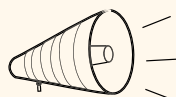
Nearest Town: Inch & Thurles, Co. Tipperary

The Inch Loop walk takes you along pleasant country roads, riverbanks, farmland pathways and woodlands. Walkers will traverse the historical heartlands of Monroe, Inch and Magherareagh. Along the route there are no fewer than five church sites, the earliest of which dates to the 6th century and a fine example of an Anglo Norman Motte beside the ruins of Inch Church.

The surrounding area is full of wildlife, particularly along the Cromogue River and around Toberfelim woodlands. The trail goes by Inch House and returns via the old chapel walk to Monroe Church.

Did you know?

This trail has beautiful and varied scenery along the way with quite a history behind it. Due to it's even terrain, it makes for a beautiful run.



Walk Information

Distance: 5km

Ascent: 200m / 430m

Walk Type: Looped Walk

Estimated Time: 1 hr 30 mins – 2 hrs

Terrain: Sandy laneways, forestry tracks and hillside paths

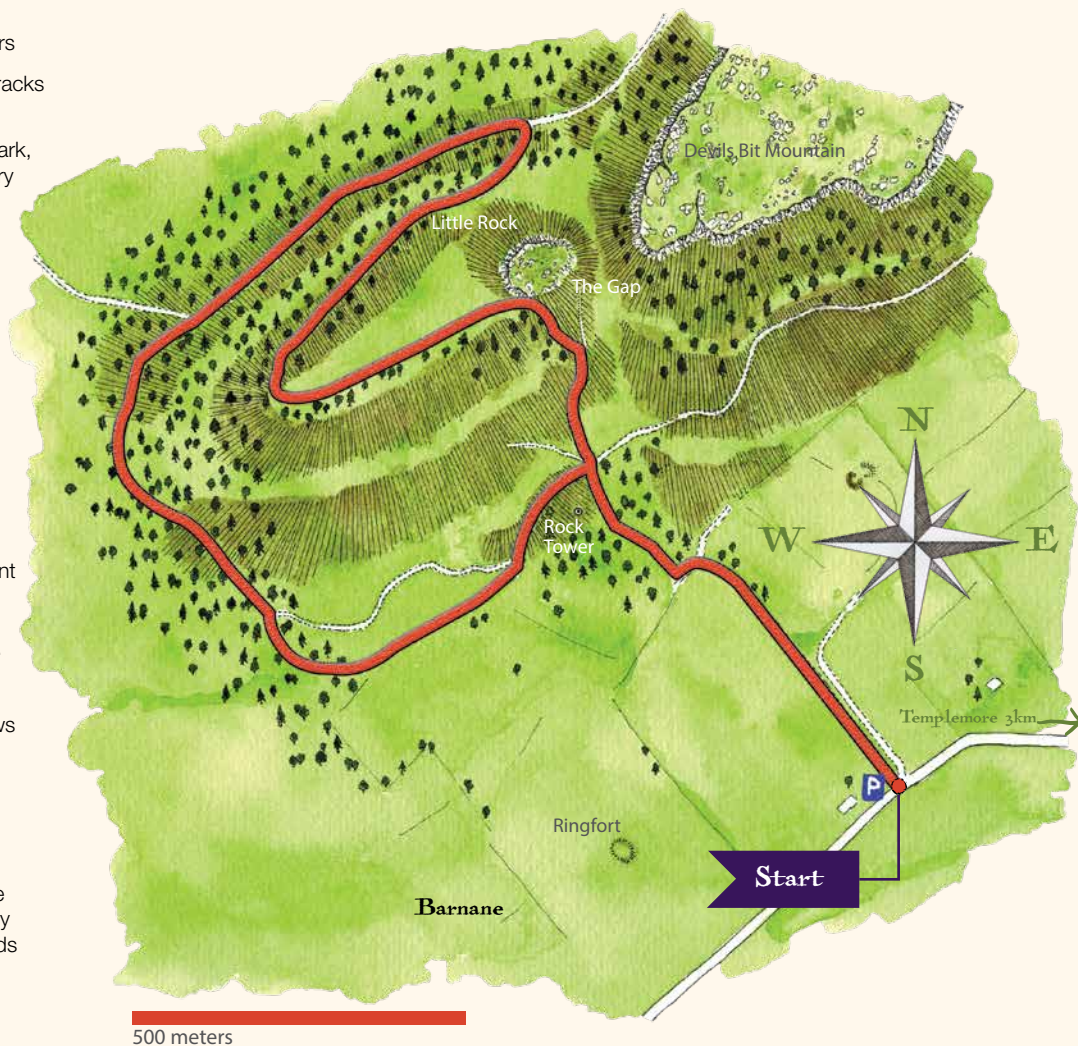
Trailhead / Finish: Devil's Bit Car Park, Barnane, Templemore, Co. Tipperary

Nearest Town: Templemore, Co. Tipperary

A wonderful 5km loop that utilises forestry tracks and hillside paths to provide a pleasant walking trail with views of Lough Derg and Slievenamon and distant views of the Comeragh and Knockmealdown Mountains. Although the loop does not ascend the summit, walkers have the option of taking a short spur to the top if they want to see views of the eight surrounding counties.

From your starting point the trail ascends a stony lane by a field and then reaches a forestry area, where you will encounter the Rock Tower. As you pass through a forestry road, you can enjoy spectacular views of the Galtee Mountains. As the trail ascends gently uphill and across open countryside, it rewards walkers with stunning views of Lough Derg and the Slieve Blooms while to the south you can take in the lush vales of Tipperary. Descend by following the track to rejoin the purple arrows and retrace your steps downhill to your starting point.

Did you know?
Legend has it that the Devil bit a chunk of rock out of the mountains (Devil's Bit) during an epic battle with St. Patrick. After the battle the Devil spat out the rock and it landed in Cashel (The Rock of Cashel).



500 meters

Walk Information

Distance: 2.5km

Ascent: 30m

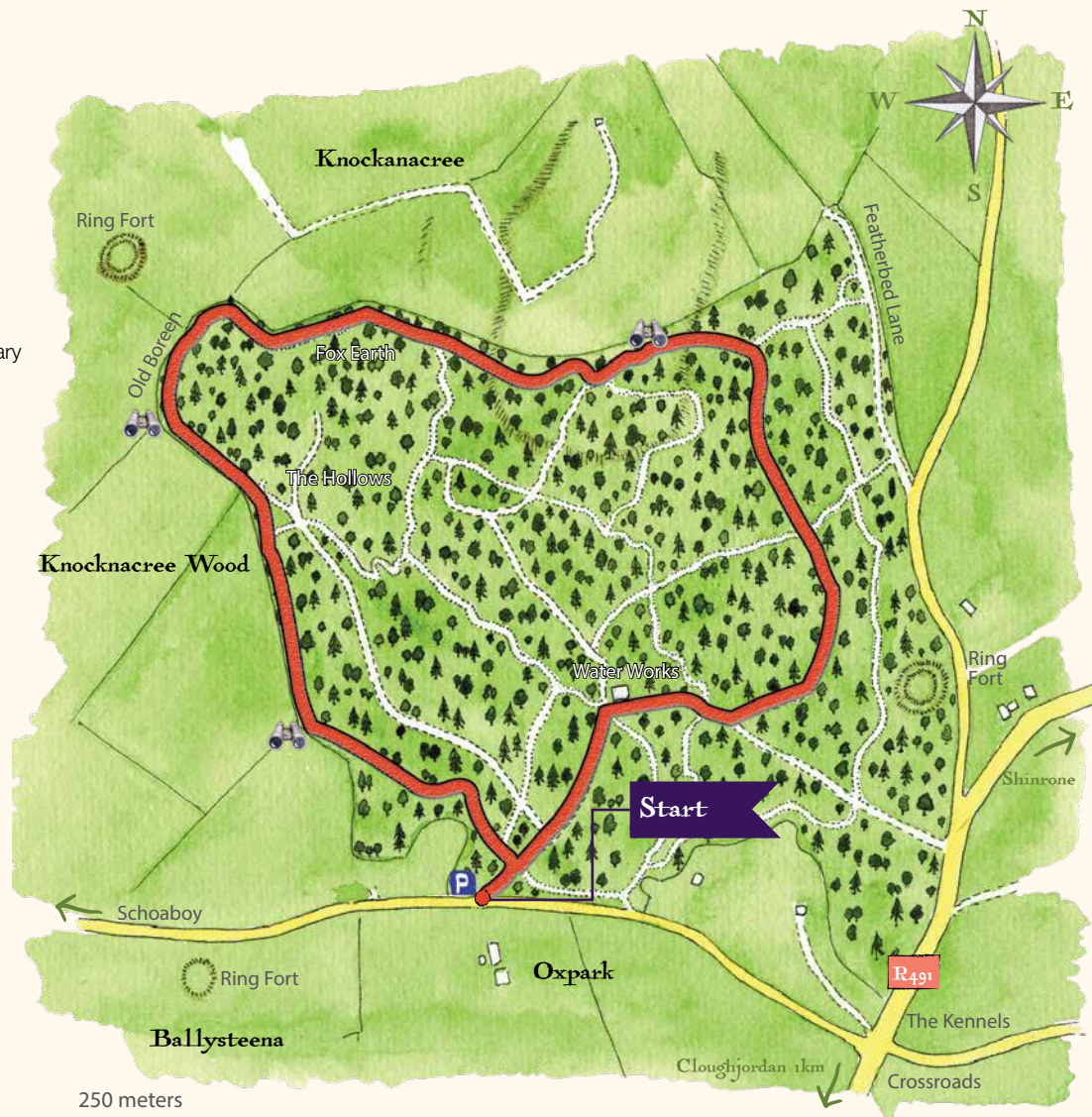
Walk Type: Looped Walk

Estimated Time: 50mins – 1hr

Terrain: Woodland trail

Trailhead / Finish: Knockanacree Woods, Cloughjordan, Co. Tipperary

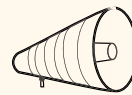
Nearest Town: Cloughjordan, Co. Tipperary



Knockanacree Woods covers 41 hectares (a little over a 100 acres) of land. It is teeming with wildlife, from sparrowhawks and red squirrel to foxes and badgers. The trail is particularly beautiful in springtime with the blossoming of bluebells and wild garlic.

The dominant tree species covering the trail is beech, hence the trail's namesake; they crowd together to create an amazingly beautiful cathedral-like impression.

Did you know?



Wild strawberries grow along the central paths during the summer months, alongside the yellow creeping St. John's Wort.