

WALKING & CYCLING IN IRELAND

Ireland is a lovely place to take a walk or a cycle. For such a small island, it offers a huge variety of landscapes to explore. Nowhere is too far from the start point of a good walking or cycling route.

GET WALKING

With an outstanding network of medium to long-distance walking routes known as National Waymarked Trails, there are at present 43 waymarked walking trails in over 25 counties in Ireland. Maps and updated information on these trails can be found on, www.irishtrails.ie and www.discoverireland.ie

Each trail is graded to suit different levels of abilities, and details are provided as to the length of time required for to do the walk. It's a great way to explore Ireland's rich flora and fauna, as well as history with many of these trails boasting a great deal of history and stories of the areas they are located in.

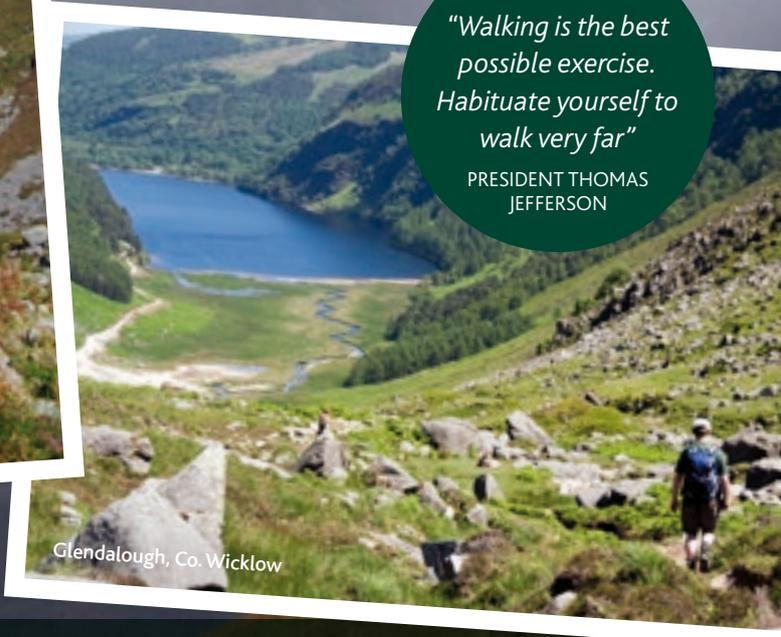
If looking for inspiration & ideas to add a nice walk or an off-road cycle to your Programme itineraries, then check out some of our recommendations here!



Cycling the Ring of Kerry



Nire Valley Comeragh Mountains



Glendalough, Co. Wicklow

“Walking is the best possible exercise. Habituate yourself to walk very far”
 PRESIDENT THOMAS JEFFERSON



5 WALKS IN IRELAND'S ANCIENT EAST

GLEN OF AHERLOW, TIPPERARY [LOOPEd]

Part of the Munster Vales, take a walk in the Glen of Aherlow in an area known as 'a walkers paradise' with 8 looped walks and two linear walks, enjoy all that the Galtee mountains have to offer for adventurers young and old.

MAP: www.discoverireland.ie/activities-adventure/glen-of-aherlow-looped-walks/78315

START: Christ The King Trail Head
 Lisvarinane Trail Head

Rock at Thorabh loop:
 6km – 2hrs 30mins (Moderate)

Bianconi Loop:
 4km – 1hrs 30mins (Easy)

Carroll's Loop:
 5km – 1hrs 30mins (Easy)

Padraig's Loop:
 7km – 2-2hrs 30mins (Easy)

Dolmen loop:
 10km – 3-3hrs 30mins (Moderate)

PILGRIM ROAD TO CLONMACNOISE, OFFALY [LINEAR]

Travelling along the ancient Pilgrim Road from Ballycumber to Clonmacnoise ancient monastic Site, in Co. Offaly on shores of the Shannon Estuary.

MAP: www.discoverireland.ie/Activities-Adventure/pilgrim-s-road-to-clonmacnoise/91093

Ballycumber Village

Linear – 24.4km Walk or cycle. Allow 3hrs 30mins for walking

KNOCKBARRON LOOP, SLIEVE BLOOM MOUNTAINS, OFFALY [LOOPEd]

Walk in the geographical heart of Ireland enjoying mountains, forests, blanket bog, and hidden valleys of interest to lovers of archaeology and nature.

MAP: www.irishtrails.ie/Trail/Kinnitty---Knockbarron-Loop/157/

Car park at Knockbarron Wood crossroads
 5km – 2 hrs (Easy – Moderate)

GREENWAY, COOLEY PENINSULA, LOUTH [LINEAR]

Carlingford Omeath Greenway is a 6.2km cycle & walking path from Omeath to Carlingford following the old Railway line. Offers cyclists and walkers a safe track midst the most spectacular views along the scenic coast of Carlingford Lough.

MAP: www.carlingfordandcooleypeninsula.ie/carlingford-activities/walking-trails/carlingford-greenway

Carlingford Marina beyond the Harbour and King John's Castle

6.2km walking & cycling path – 1hr (Easy)

GLENDALOUGH, CO. WICKLOW [LOOPEd & LINEAR]

Glendalough is an ancient monastic site with stunning views of lakes, mountains and the monastic site, located in the Wicklow National Park south of Dublin on 20,000 hectares of mountain scenery. The Glendalough Spink Ridge Loop rewards you with breath-taking views of not only the spectacular Glendalough Valley from above, but also as you climb higher, the vista over the Wicklow Uplands opens out around you.

MAP: www.visitwicklow.ie/activities/glendalough-spink-and-glenealo-valley-walk-white-route/

Upper Lake Parking Area

Various loops & linear routes from 3 to 30 km

The Glendalough Spink ridge and Glenealo Valley walking trail (White Route) – 10km – 4hr – 5hr loop (Moderate)

6 URBAN AND NATURE WALKS IN DUBLIN

COAST WALK TO PORTANE (LOOPED)

Take the train from Connolly station to Donabate. From Donabate enjoy a gentle walk along local roads with stunning cliff scenic views along north coast of Dublin out to Lambay Island. Winter time is best for bird life watchers here with cormorants, oyster catchers, scaups and bar-tailed godwits all available to be seen.

www.activeme.ie/guides/walks/donabate-to-portrane-loop-walk/

Donabate Martello Tower
5.5km – 3-4hrs (Easy)

DUN LAOGHAIRE EAST PIER (LINEAR)

Only 15mins southbound on the DART (train) from Dublin city to Dun Laoghaire. There are two piers (East & West) to choose from although the East Pier at 1.3km is slightly shorter and closer to the DART station. This Victorian harbour was built to protect ships from storms and you can feel and taste the salt spray on blustery days here. Why not finish the walk with an ice-cream from Teddy's or a coffee and cake along the Pavilion promenade.

www.dunlaoghaire.ie/ttd/stroll-dun-laoghaire-promenade

Dun Laoighaire East Pier
1.3km – 25mins each way (Easy)

DALKEY VILLAGE & KILLINEY HILL (LINEAR)

This walk starts from Dalkey train station and follows Sorrento Road towards the sea and then uphill to Dalkey Hill via stone steps known locally as the Cat's Ladder. Climb to the summit

for stunning views of Killiney Bay (Dublin's answer to the Bay of Naples). Pressing downward you will pass Dalkey Quarry, nowadays its sheer rock face makes it the abseiling and rock climbing hotspot for adrenalin junkies.

www.ireland.com/en-gb/destinations/republic-of-ireland/dublin/articles/dublin-five-walks-outside-the-city

Dalkey DART station
2km – 45mins
(Moderate)

HOWTH VILLAGE CLIFF WALK (LOOPED)

The Howth Cliff Walk is one of four looped walks which starts at the DART (train) Station in the heart of the village. Climbing around the Nose of Howth and onto the clifftops take in the stunning views of Lambay Island, Ireland's Eye and the The Baily Lighthouse before you ascend towards the car park at the Summit Inn and press downwards to Howth Village.

www.discoverireland.ie/Activities-Adventure/cliff-path-loop/71514

Howth East Pier
6km – 1hrs 10mins (Easy)

NORTH BULL ISLAND (LOOPED)

The North Bull Island Walk is an UNESCO Biosphere Reserve (only 1 of 10 in Europe). Take the Dublin Bus 130 to Bull Wall's Wooden Bridge to this amazing bird watching haven, a must see for nature lovers. There are high quality rare and threatened coastal habitats on the island, particularly significant given its location within a capital city!

www.discoverireland.ie/Activities-Adventure/bull-island/52737

Bull Wall/Wooden Bridge
5.07km – 1hr 15mins
(Easy)

STORY OF DUBLIN – DUBLINE DISCOVERY TRAIL (LOOPED)

Using the Dublin Discovery Trails app, you can take a free walking tour through Dublin's colourful and storied past... Starting off at Dublin Castle the trail continues to the grounds of Trinity College and the Book of Kells and Leinster House (home to the Irish Parliament). Stroll up to St Stephen's Green and St Patrick's Cathedral before finishing at City Hall, once the Royal Exchange for the city's Merchant class.

www.visitdublin.com/see-do/dublin-discovery-trails

Dublin Castle
7km – 1hr 30mins (Allow up to 4hrs if stopping at the various sites)
(Easy)



Dun Laoghaire

'WILD SIDE' WALKS FROM THE WILD ATLANTIC WAY

PILGRIM PATH TO SLIABH LIAG, CO. DONEGAL

NORTHERN HEADLANDS

An ancient religious path used by pilgrims since ancient times, offers a different way of experiencing the spectacular cliffs of Sliabh Liag, among the highest sea cliffs in Europe. Get a glimpse into the ancient history, passing church ruins and a holy well on the eastern summit of Sliabh Liag, with views of Teelin and Carrick in the valley below.

www.irishtrails.ie/Trail/Sliabh-Liag-Pilgrim-Path/377

Bluestack Centre, Letterbarrow, Co. Donegal

2.8km – 1hr 30mins (Moderate)

KILLASPUGBRONE LOOP, STRANDHILL, CO. SLIGO

SURF COAST

A stunning coastal walk through the North of the beach dunes in the busy seaside village of Strandhill. The trail takes you through a variety of coastal habitats including sand dunes, salt marsh and pine woodland. It passes by Killaspugbrone Church, an early Christian site with historic and legendary associations. The route features some magnificent views of Benbulbin and Knocknarea and out over Sligo Bay.

www.irishtrails.ie/Trail/Killaspugbrone-Loop/824

Strandhill Beach (north)

7km – 2hrs 15mins (Moderate)

CLARE ISLAND FAWNGLOSS LOOP, CLARE ISLAND, CO. MAYO

BAY COAST

This loop circles the valley of the townland of Fawnglass between the pier at the beach and Knocknaveen Hill on surfaced roadway and grassy track, venturing onto the lower slopes of Knocknaveen with fine views of Clew Bay. It brings you past the castle of the pirate queen Granuaile/Grace O'Malley.

www.irishtrails.ie/Trail/Clare-Island---Fawnglass-loop/143

Centre of town of Fawnglass 3km – 1hr 30mins (Easy)

LETTERKEEN LOOP, LETTERKEEN, FURNACE, CO. MAYO

BAY COAST

This loop follows purple arrows on an old cattle road, a narrow path through trees, sandy road, forest road and riverbank mainly in forestry. With climbs and descents, some of which are steep, it reaches a highpoint of 311m before descending to cross a pass in the scenic and relatively isolated lowlands of the Nephin Beg Mountains. A lovely quiet secluded walk with extensive views from the highest point.

www.irishtrails.ie/trail/letterkeen-loop/492

Car Park Near Brogan Carroll Bothy

12km – 3hrs (Difficult)

CAHER VALLEY LOOP, CLIFF COAST, CO. CLARE

CLIFF COAST

A gradual climb up the Caher Valley on a minor road, before following an elevated green road. Fine views of the surrounding Burren landscape with those to the west of the coast and the Aran Islands being particularly spectacular.

www.irishtrails.ie/Trail/Caher-Valley-Loop/674

Fanore Beach Co. Clare

14km – 3hrs 30mins (Moderate)

LISTOWEL VILLAGE RIVER WALK, LISTOWEL, CO. KERRY

SOUTHERN PENINSULAS

The walk follows track and minor road along the banks of the River Feale (famous for salmon fishing) as it flows by Listowel Castle into Childers Park (known locally as Cow's Lawn) and through the Garden of Europe with more than 2,500 trees from all over Europe and Ireland's only public monument to the memory of those who died in the holocaust.

www.irishtrails.ie/Trail/Listowel-Village-Walks---River-Walk/609

Main Street, Listowel

4km – 1hr (Easy)



'Go Green' Cycle Ireland's Greenways

With the interest in Ireland's latest off road infrastructural investment, the 'Greenways' are influencing so many Irish and International Tourists to get on a bike. These dedicated off-road walking and cycling routes developed along disused railway routes and coastal trails are an ideal place for visitors to enjoy a cycle in the fresh air while in Ireland.

UNIQUE OFF-ROAD WALKING & CYCLING GEMS

The **Great Western Greenway**, in Co. Mayo, awarded European Destination of Excellence (EDEN) Award, is a developed traffic free cycling and walking trail. Some 42km in length, it follows the route of the renowned Westport to Achill railway, which closed in 1937. The trail has 3 defined stages or routes running from Achill to Mulranny (13km), Mulranny to Newport (18km) & Newport to Westport (11km). Bike Hire (including electric bikes) as well as guided walking, nature, cycling, gourmet food tours and local food picnics are all available to book. www.greenway.ie

Waterford's Deise Greenway is a 45km off-road cycle and walking route from Dungarvan to Waterford City in the south east of Ireland's Ancient East. Built along the old railway line, it runs parallel to Waterford's stunning Copper Coast and UNESCO. Geopark. Highlights along the route include the world-famous Mount Congreve gardens (with access directly from the Greenway), The Durrow 7-arch Viaduct, The Kilmacthomas 8-arch stone viaduct, The Ballyvoyle brick-lined tunnel, spectacular views of the Comeragh Mountains and an ideal lunch stop in the pretty coastal town of Dungarvan with its stunning views across Dungarvan Bay. Bike hire, as well as walking and cycling tours are available locally in Waterford and Dungarvan and several accommodations and cafes along the route offer local gourmet food picnics for your clients to enjoy on their trip. www.deisegreenway.com





Dublin Grand Canal

"Nothing compares to the simple pleasure of riding a bike"

PRESIDENT
JOHN F. KENNEDY

'INTO THE BLUE' ENJOY IRELAND'S BLUEWAYS

Ireland's Blueways are a network of multi-activity recreational trails, based on or alongside idyllic lakes, canals and rivers in Ireland. They provide scenic routes into the heart of rural Ireland by canoe, bike or on foot. Here your clients can enjoy a guided paddling trip; build up an appetite on an exhilarating electric bike trip; or gently meander on a canal-side walk.

LOUGH DERG BLUEWAY

13,000 hectares of clear water; surrounded by beautiful and dramatic countryside in three Irish counties (Clare, Tipperary, and Galway), and traversed by a series of trails, on the water and on land, provide the opportunity for exhilarating activities and wonderful adventures. For Blueway activities at Lough Derg see www.bluewaysireland.org/loughderg



Tountina, Co. Tipperary

SHANNON BLUEWAY

The Shannon Blueway offers a network of paddling trails all the way from the foot of Lough Allen, in Boyle, Co. Roscommon to Carrick-on-Shannon and beyond to Ballyleague and Lanesborough. While a series of off road walking and cycling trails are available including the recently developed floating boardwalk around Acres Lake. For further information and suggestions on things to do on the Shannon Blueway see www.bluewaysireland.org/blueways/shannon

SHANNON ERNE BLUEWAY

The Shannon-Erne Blueway offers a series of scenic trails from Leitrim Village, Co. Leitrim to Belturbet in Co. Cavan, linking the Erne System at Crom, Co. Fermanagh. Visitors can choose from 15 individual paddling journeys over 70km on lakes, rivers and canals, with over 70km of paddling trails presented in three sections. These paddling trails are complemented by 30km of walking loops and linear trails along with 12.5km of superb cycling options around Ballinamore. For maps, routes and suggestions of places to eat and stay see www.bluewaysireland.org/blueways/shannon-erne

ROYAL CANAL BLUEWAY

The Royal Canal Blueway provides innovative, safe and easy to use water and land-based trails along the tranquillity of the 16km Royal Canal towpath from the picturesque Cloondara village to Killashee, and then winds its way alongside the Longford branch of the Royal Canal towards Longford town.

Walking & Cycling Operators 2018/19

ACTIVITY DAYS, BLARNEY, CO. CORK

Walking, Cycling with local guides in Co. Cork
E maire@adventuredays.ie
W www.activitydays.ie

ASHFORD OUTDOORS COMPANY CONG, CO. MAYO

Mountain Biking, Cycling tours
E info@ashfordoutdoors.com
W www.ashfordoutdoors.com

BALLYHOURA FÁILTE, LIMERICK

98km Mountain Biking Trails, Walking
E reception@ballyhoura.org
W www.visitballyhoura.com

BURREN FINE WINE & FOOD BALLYVAUGHAN, CO. CLARE

Walking & Cycling Tours
E info@burrenwine.ie
W www.burrenwine.ie

CONNEMARA ADVENTURE TOURS LEENANE, GALWAY

Walking & Cycling
E info@connemaraadventuretours.com
W www.connemaraadventuretours.com

CP ADVENTURE TOURS BLESSINGTON, CO. WICKLOW

Walking, Cycling
E info@cpadventure.ie
W www.cpAdventure.ie

CYCLE HOLIDAYS IRELAND BALLINASLOE, CO. GALWAY

Cycling Holidays in West Ireland
E info@cycleholidaysireland.com
W www.cycleholidaysireland.com

CYCLE WEST IRELAND CONNEMARA, CO. GALWAY

Cycling
E tours@cyclewest.com
W www.cyclewest.com

DELPHI RESORT LEENANE, CO. GALWAY

Cycling, Walking, Adventure Centre
E info@delphiresort.com
W www.delphiadventureresort.com

E-BIKE TOURS WILD ATLANTIC WAY CORCULLEN, CO. GALWAY

Cycling
E cycle@wildatlanticway.bike
W www.wildatlanticway.bike

ECLIPSE ADVENTURE CENTRE, KILLARNEY, CO. KERRY

Orienteering and Mountain Biking
E info@eclipseireland.com
W www.eclipseireland.com

ELECTRIC BIKE TRAILS LEITRIM VILLAGE, CO. LEITRIM

Cycling
E info@electricbiketrails.com
W www.electricbiketrails.com

FAR & WILD CLONMANY, CO. DONEGAL

Mountain Biking, Cycling
E hello@farandwild.co.uk
W www.farandwild.co.uk

GO VISIT IRELAND KILLORGLIN, CO. KERRY

Walking
E info@govisitireland.com
W www.govisitireland.com



**GOLEEN HARBOUR ADVENTURES
GOLEEN, CO. CORK**

Walking, Cycling
E adventures@goleenharbour.ie
W www.goleenharbour.ie

**IRISH ADVENTURES DINGLE, KERRY
[WILD ATLANTIC WAY PROGRAMMES]**

Cycling, Hiking, Horse riding,
Watersports
E info@irishadventures.net
W www.irishadventures.net

**CONNEMARA WILD ESCAPES
CONNEMARA, CO. GALWAY [WILD
ATLANTIC WAY PROGRAMMES]**

Packaged Activities including walking,
cycling, horse-riding and mixed
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E info@connemarawildescapes.ie
W www.connemarawildescapes.ie

**FOOTFALLS WALKING HOLIDAYS
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E info@walkinghikingireland.com
W www.walkinghikingireland.com

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Walking Tours, Walking Holidays
E info@irelandways.com
W www.irelandways.com

**IRELAND WALK, HIKE BIKE CO. KERRY
[ALL-IRELAND PROGRAMMES]**

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E mauricew@irelandwalkhikebike.com
W www.irelandwalkhikebike.com

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E sales@wildnhappy.com
W www.moractivetours.com
W www.wildnhappy.ie

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IRELAND PROGRAMMES]**

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E northwestadventuretours@gmail.com
W www.northwestadventuretours.ie

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W www.irelandbybike.com

RACHEL'S IRISH ADVENTURES

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E info@rachelsirishadventures.com
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W www.vagabondtoursofireland.com

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(NORTHERN IRELAND & NORTHWEST
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E smullan01@gmail.com
W www.walktalkireland.com

**WILDERNESS IRELAND CO. SLIGO
[ALL-IRELAND PROGRAMMES]**

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E info@wildernessireland.com
W www.wildernessireland.com

