

# Castlegregory Walking Festival

Organised and led by members of



**Cumann Sléibhteoireachta Chorca Dhuibhne**

**Saturday 8th October 2011**

**1. Difficult 6-7 hours Map 70 14km Start 9am**

**Starting and finishing at the bridge in Glen on the Mullach Bheal Road. Q491084.**

**Loch Cruite - Garrán Ceoil Ridge - Mt. Brandon 952m - Paternoster Lakes**

This walk is ideally suited to the experienced walkers with a good head for heights. The terrain is very rough and uneven. Start off at 50m above sea level climbing gently to Loch Cruite staying left of the river and lake. There is a steep but very manageable scramble taking you to the very dramatic Gearán Ceoil Ridge with great views of the Paternoster Lakes, Tralee Bay and beyond. Ahead of you are great rock towers. The view is magnificent all the way following the ridge to An GEARÁN (Brandon Peak) (840m) and to Mount Brandon (956m) Ireland's second highest mountain. Follow the steep track from Mount Brandon until it meets the stream, leave the path to continue parallel with the stream until it takes us to the various ponds and corrie lakes back to our start point. This part can only be walked in dry conditions as some areas are covered with large slabs of rock.

**2. Measartha, 5-6 uair, Léarscáil 70 12km (Moderate 5-6 hours Map 70 12k) Start 9.30am**

**Tús/deireadh ag Crosaire na Cille Móire Léarscáil Q523089. (Starting and finishing at Kilmore Cross. Q523089). Droim Chom Calláin Ridge – Cruach Sceirde (Strikeen) – An Cnapán Mór – Locha Com an Áir – Loch Com Calláin. Caoi agat Gaeilge a labhairt ar an siúlóid seo. (An opportunity to speak Irish but of course everybody is welcome to speak any language)**

Aim for the ridge taking in the rock art and the exposed pre bog wall. Looking west the Brandon Mountain range can clearly be seen. Once we reach the peak (670m) overlooking Loch Chom Calláin there is a spectacular panoramic view of Dingle Bay, the Macgillycuddy's Reeks and across the Shannon. Continue south to Cruach Sceirde, locally known as Strikeen which is a favoured spot for a well deserved break. Tóg bog é at the outcrop, a great vantage point. Below you are Lispolle and Dingle and if it is clear enough you can see the Blasket Islands. Next head for Locha Com an Áir on the west side of Loch Com Calláin.

**3. Easy 4 hour Map 70/71 12km**

**Starting at Glanteenassig Q60980 finishing in Castlegregory Village. Start 10am**

**Glanteenassig - Loch Slat - Loch Com - board walk back via Araglen.**

We start at Loch Slat in Glanteenassig Forest and spend a few moments looking at this much photographed lake. On our right is an interesting cliff locally known as Fail na gCraobh (Cliff of the branches). We leave the lake and follow the road to the upper lake - Loch Cam and on to the board walk around this beautiful lake, don't forget your camera. The reflections of the forest and the red stone covered cliff opposite can be spectacular when the lake is very calm. Continue through the forest until the valley below you opens up to reveal the stunning views of Tralee Bay and Fenit. Follow the track and road through Araglen to Castlegregory. During the walk Caroline Hurley, MSc. MIEEM will provide a commentary on the flora and fauna of the area. Walking boots are not essential on this walk.

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## Sunday 9th October 2011

**1. Difficult 6-6.5 hours Map 71 12.5km Start 9am**

**Starting and finishing on Bóthar na gCloch. Q716058 /Q716056**

**Caherconree Fort 683m - Caherconree 835m - An Géarán 792m –**

**Barr Trí gCom - Caherconree Fort - Ridge to road.**

The walk begins with a steep climb on the North side of the Slieve Mish Mountains leading to Caherconree. The climb is worth it as there are excellent views over Dingle, Iveragh and Tralee Bay as well as the ancient Caherconree Fort. The fort is a perfect spot to have lunch. Next, Caherconree (835m) and Bartregaum which is accessed via a narrow but grassy ridge to a saddle followed by a short climb on rocky terrain.. A large cairn and trig point marks the summit (851m) - the highest peak on the Slieve Mish Mountains. We retrace our steps back to the fort where we descend on the ridge on the southern side of the valley or if the weather is good we will descent to Derrymore Lough and head back via An Géarán Ridge.

**2. Moderate 5.5-6 hours Map 70/71 14km Start 9.30am**

**Starting Glanteenassig Q621083 ending at Baile Dubh. Q544101.**

**Loch Slat Stradbally Mountain - Beenoskee - Macha na Bó Q543098**

Starting at the main gate into Glanteenassig continue past the houses to Loch Slat until we reach the stream on the south side of the lake. Follow the stream almost to its source and continue on the short ridge giving a commanding view over Glanteenassig valley. Further along the route you come to the cliff which is a useful handrail to follow for most of the way to Stradbally Mountain (798m). Beenoskee (826m) is to the south west and only a short climb away. On a fine day there are great all-round views of Chorca Dhuibhne from the summit. The descent to Mhacha na Bó valley is relatively easy going through open bog land. The entrance to the valley is dramatic and changes gradually as we descend to the track.

**3. Easy 4-5 hours Map 70 9km Start 10am**

**Starting and finishing at Kilmore Cross. Q523089.**

**Loch A'Dúin Archaeological and Nature Trail.**

The walk is on a mixture of track, bog land and rocky terrain. It is mostly flat and on a good day the Brandon Range of mountains can be clearly seen. The Loch A'Dúin valley and townland has many sites dating back to the Neolithic period. There are over 80 stone structures dating from the end of the stone age to the present time including a wedge tomb, a cryst grave, standing stones, cup and circle rock art, ancient eating places (fulachta fiadh), clogháns and a fortified island. We stay west of Loch A'Dúin passing the river Scorid as it enters the lake. Continue past the clochan to a track back to the starting point. Mícheál O'Coiléain who completed an archaeological survey of the valley will provide a commentary on the unique archaeological features in the area.

**All walks may be modified by the leader depending on weather conditions on the day**