

# Castlegregory Walking Festival

## Saturday 29 and Sunday 30 September 2012

### **Saturday Difficult                      Mount Brandon**

Difficult 6 hours-7km

Mount Brandon is associated with St Brendan the Navigator from whom it gets its name.

The starting point for this walk is Faha near Cloghane and follows a marked route on the ancient Pilgrims Path. The route rises sharply in the early stages and then reverts to a more gradual incline. The route leads into the valley under the promontory fort on the Faha Ridge and overlooking the Paternoster Lakes. After crossing the river we will be faced with a section of the route known as the Eisc which is a sharp incline which has suffered greatly from erosion over the past few years. At the end of this incline we will reach a col where we will turn left for the final ascent to the summit.

### **Saturday Moderate                      Macha Na Bó Circuit**

Moderate 5 to 6 hours 10.5km

Starting at the entrance to Macha Na Bo valley. This is a peaceful 3 km stroll through the valley floor. The next km is a slow climb of 220m to a peat covered upland and later a view of Annascaul Lake. Our descent will be on the Beenbo (Gob an Iolair) along a mountain track which will give us great views of the Maharees, the Brandon Mountain range and the west coast of Ireland.

### **Saturday Easy                              Maharees - Wild life Coastal Walk**

Easy -3 to 4 hours-8km.

This walk starts and finishes at Sandy Bay car park. Commentary on the Flora and Fauna will be by ecologist Caroline Hurley. It is a loop walk along the beaches and sand dunes of Maharees which is mostly a sandy spit jutting into the Atlantic Ocean where we take in Tralee Bay, Kilshannig Graveyard, Candeehy, Scraggane Bay, the Seven Hogs, Fahamore & Brandon Bay.

### **Sunday Difficult                              Garran Ceoil Ridge**

Difficult 6 hours-10 km

Starting from Mullach Bhéal road we will gently ascend to Loch an Mhónáin (meaning unknown) and Loch Croichte (the hanging lake). Then to the left of Loch Croichte there is a rather steep climb up Garrán Ceoil (the music grove) with some scrambling requiring a good head for heights. At the top we swing left and on to the summit of An Géarán (the steep peak) known in English as Brandon Peak. From here we will make a westerly descent to the Mullach Bhéal road. This walk is reputed to offer the most spectacular views of both sides of the Dingle Peninsula.

### **Sunday Moderate                              Caherconree**

Moderate-5 to 6 hours - 8km

The starting point for this walk is to the south of the village of Camp.

The first part of the walk will be the ascent to the ancient promontory fort which is famous in folklore as the stronghold of Cú Roí Mac Dáire, a chieftain who fought a major battle with Cúchulainn. The ascent will be via the ridge approximately 500 metres to the north of the marked route. From the fort the route leads along the edge of the cliff to the summit of Caherconree where we will experience views of Dingle Bay and Tralee Bay.

From Caherconree we will head east to Baurtregaum which is the highest point in the Slieve Mish range. We will descend northwards into the valley of the Derrymore River and travel along the bank of the river for a distance of 3 km. We will then cross the Dingle Way to meet up with the main Tralee-Castlegregory Road.

### **Sunday Easy      Loch a'Dúin Archaeological and Nature Trail.**

Easy 3 to 4 hours - 9km.

The walk starts and finishes at Kilmore Cross. Q523089. Archaeologist and environmentalist Mícheál O'Coiléain leads group into the valley of Loch an Dúin.

This route leads you on a well-marked, three-hour walk through the valley's boglands. Structures associated with prehistoric habitation (2,000 B.C.), ritual, and agriculture, along with several kilometers of prehistoric field wall, still survive. We stay west of Loch a'Dúin passing the river Scorid as it enters the lake. Continue past the clochán to a track back to the starting point.