



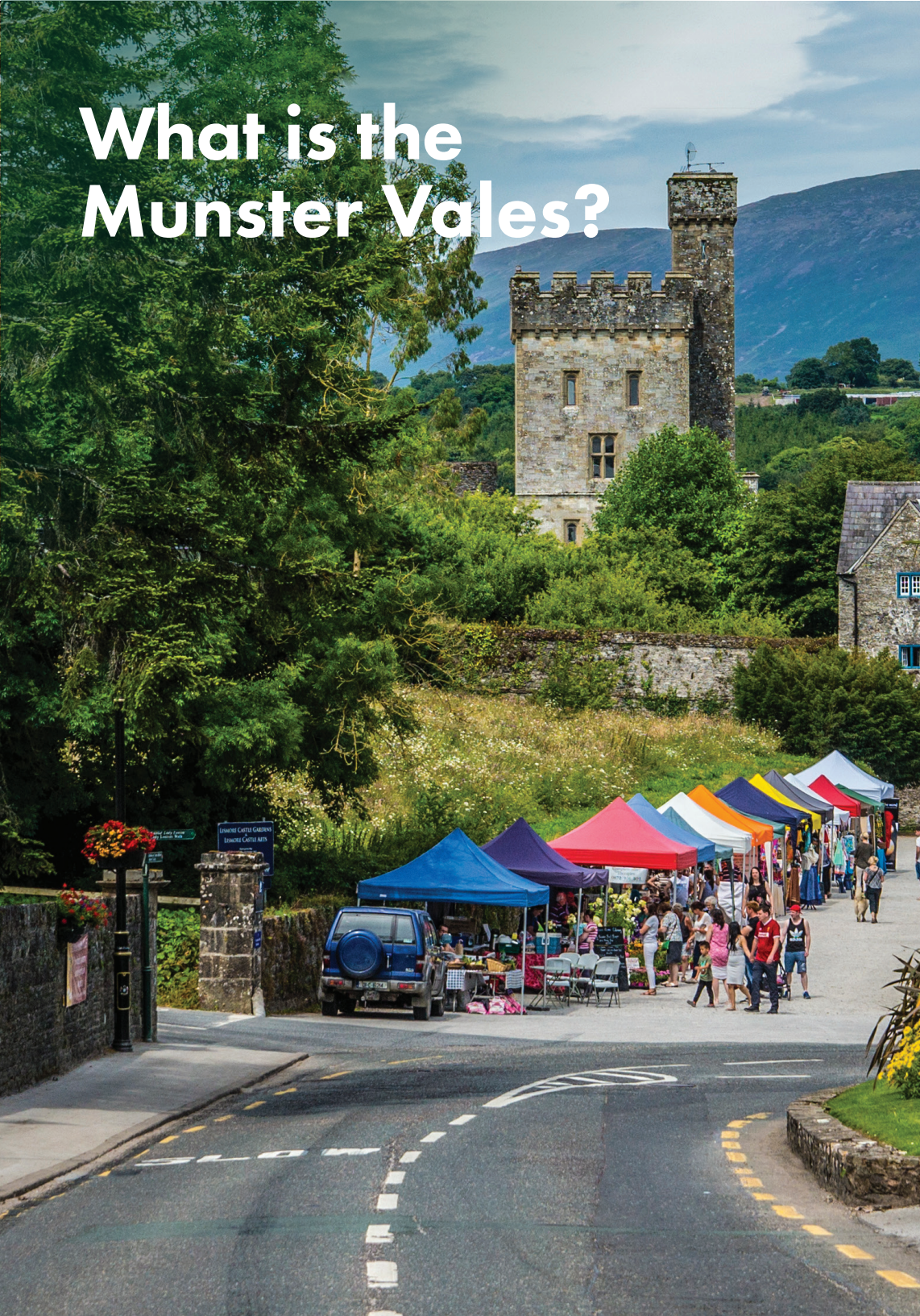
# Munster Vales

Escape to Authentic Ireland

[www.munstervales.com](http://www.munstervales.com)



# What is the Munster Vales?



The Munster Vales is a region of Ireland in which you'll encounter an exhilarating blend of adventure and slowness.

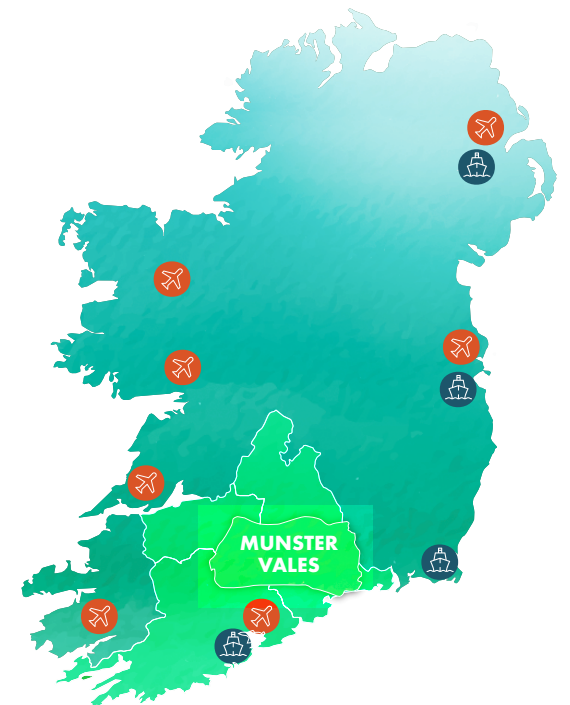
The Galtees, the Comeraghs, the Ballyhouras, the Knockmealdowns and the Nagles – the Munster Vales reach from the mid-west southwards to the sea through the magnificent counties of Tipperary, Waterford, Cork and Limerick taking in the patchwork of towns and villages, wilderness and farmland that lies around them.

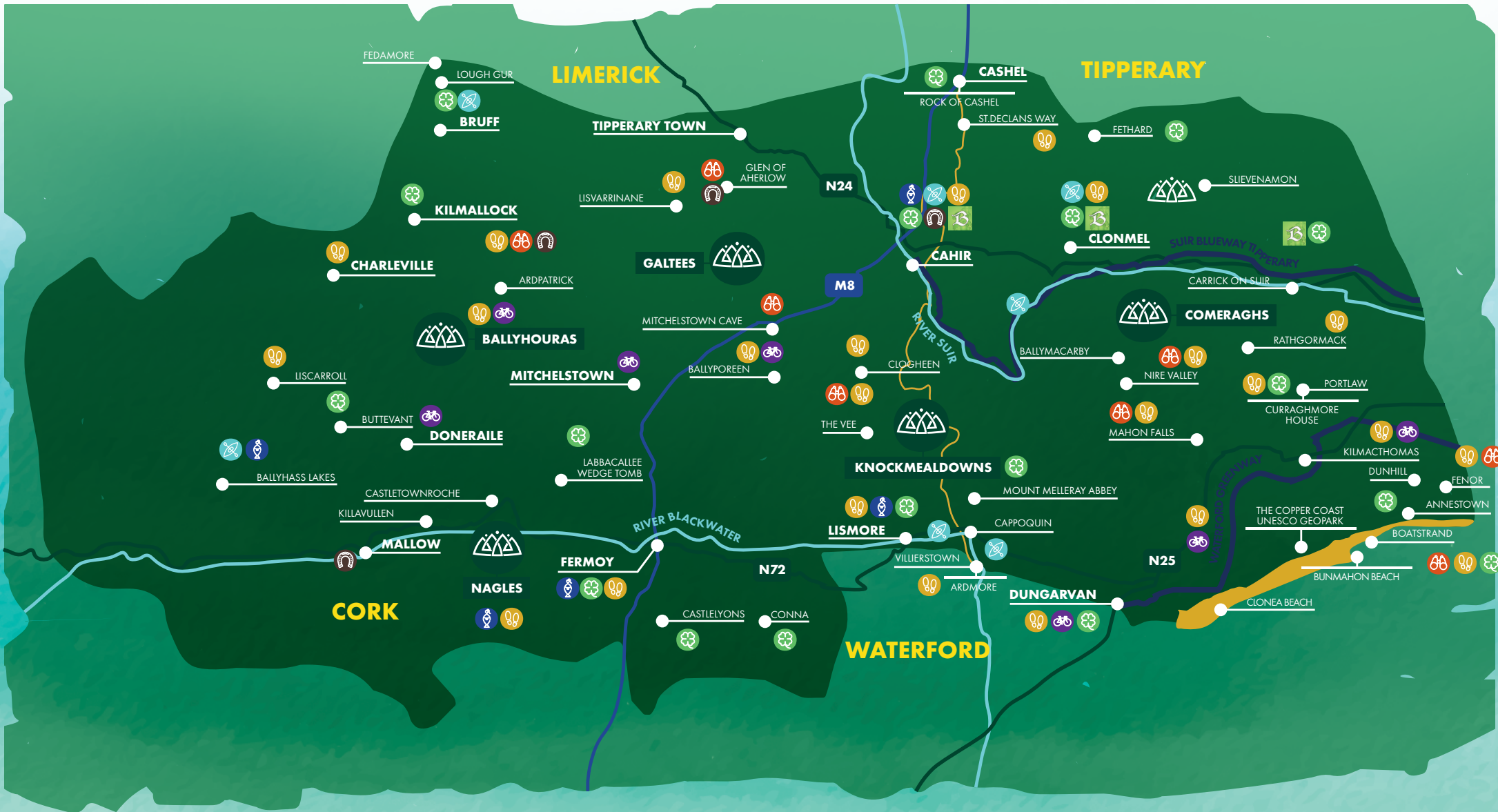
**Five mountain ranges, four counties, many terrains, one warm welcome**

Hike to the five highest points of the Munster Vales to experience unrivalled vistas – lush valleys, surging rivers, cascading waterfalls, rugged coastline; a millennia-old landscape, the origin of Ireland's great legends, folklore and genealogy. Bike through deep-cut gorges, gaze on shimmering lakes, breathe the pure air and immerse mind and body in the natural, unspoiled beauty of the region.

Crossing the Munster Vales, the history of our people comes to life. Ancient settlements, working castles, stately homes and humble labourers' cottages; life's rich tapestry awaiting discovery.

Slow down and switch on to authentic Irish country life.





MOUNTAIN RANGES



HERITAGE SIGHTS



WALKING TRAILS



CYCLING TRAILS



BUTLER TRAIL



WATER SPORTS



EQUESTRIAN



SCENIC



FISHING



GREENWAY/BLEUWAY



# TIPPERARY

## THE GALTEES AND KNOCKMEALDOWN REGION

### IF YOU DO ONE THING...

#### Cahir Castle

Tipperary



A medieval castle, morphing out of a rocky island on the River Suir; as well as being one of the most imposing, this is one of Ireland's largest and best preserved castles. Built by Conor O'Brien of the royal dynasty which held the kingship of Thomond until the 16th century, the castle fell into the hands of the powerful Anglo-Norman Butler family in the 14th century. It has been the target of many the siege and bombardment down through the centuries.

With the help of a guide and an audio-visual show, visitors can explore the castle keep, tower and much of its original defensive structure.

### WHILE YOU'RE IN THE AREA...

#### Swiss Cottage

Cahir

Cottage ornés like this one were all the rage among the wealthy in late 18th and early 19th centuries. This one was built in the early 1800s by Lord and Lady Cahir, Richard and Emily Butler. A guided tour of the Swiss Cottage, located in easy reach of the heritage town of Cahir, is a must!

### Walks

- Hiking in the Glen of Aherlow
- Glengarra loop walk and Millennium Trail, Cahir
- Knockmealdown Trails
- Marlfield walks, Clonmel
- East Munster Way
- Tipperary Heritage Way
- Beara Breifne Way

Refer to Pg. 16 for more information on Walks



### Eat Well, Drink Well

#### 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.

#### Farmers Markets

- Cahir Farmers Market ; Saturday 9am-1pm
- Carrick on Suir Farmers Market ; Friday 10am-2pm
- Clonmel Farmers Market ; Saturday 10am-2pm



# TIPPERARY

## THE GALTEES AND KNOCKMEALDOWN REGION



Refer to [www.munstervales.com](http://www.munstervales.com) for opening times and more info.



### Meet the Locals

#### Mitchelstown Caves

Make your way through 3 otherworldly caverns in the company of your informative guide and you'll understand why these are some of the best show caves in Europe.

### Heritage Highlights

- Ormond Castle, Carrick-on-Suir
- Fethard Horse Country Experience
- Excel Centre, Tipperary Town
- Tipperary County Museum
- Main Guard, Clonmel
- The Butler Trail

**App available to download**

### Hidden Gems

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

WHILE YOU'RE IN THE AREA...

### The Rock of Cashel

#### Cashel

Set on an outcrop of limestone, this fascinating site is a collection of medieval ecclesiastical buildings including a 12th century round tower, a Romanesque chapel and a Gothic cathedral. St Patrick's Cross is housed in the museum. Discover Hore Abbey, a short walk from the Rock of Cashel.





# WATERFORD

## THE COMERAGH AND KNOCKMEALDOWN REGION

### IF YOU DO ONE THING...

**The Copper Coast UNESCO Global Geopark**

Waterford



The rocks of the Copper Coast have guarded their secret history of undersea volcanoes, arid deserts and dramatic ice-ages for 460 million years. The Geopark unlocks those secrets for visitors by leading a whole host of tours, talks and activities in the park, which encompasses 17km of coast, and in the visitor centre at Bunmahon.

And then of course there is the story of the people who lived and worked here. The Copper Coast is named for the vast mines that ran here during the 19th century. They left their own archaeological and cultural heritage, which can also be explored. But that's not all! You can surf or make sand art, forage for seaweed or cycle the coastline!

### Walks

- Colligan Wood Walks
- Glenshelane Wood Walks
- Rathgormack Walks
- Lismore Walks
- Nire Valley Trails
- Waterford Greenway
- East Munster Way
- Mahon Falls, Waterford

Refer to Pg. 16 for more information on Walks



### Eat Well, Drink Well

#### The Tannery, Dungarvan

Paul and Máire Flynn are one of Ireland's best-loved restaurant partnerships serving up a warm and welcoming atmosphere and an ever-changing menu packed full of star Waterford ingredients.

#### Dungarvan Brewing Company, Dungarvan

Catch the Summer Series Tour and Tasting, the perfect opportunity to sample the many pale, red and blonde ales and stout, all made with the limestone-rich water of the area.

#### AndChips, Dungarvan

A fun and simple concept built around that staple of Irish cuisine, the humble chip. Have your chips with chicken, fish, a beef burger or a veggie falafel flatbread!

#### Blackwater Distillery, Ballyduff

At this low-tech micro distillery, where everything is done 'by hand and eye', two ex-TV execs make small batch gins and whiskies.

### WHILE YOU'RE IN THE AREA...

#### Lismore Castle

Lismore

With its exquisite castle and pretty main street, Lismore is a picture-postcard village. The Heritage Centre has all the information on the castle and its famous inhabitants and guests. There's also an Escape Room experience!





# WATERFORD

## THE COMERAGH AND KNOCKMEALDOWN REGION

Refer to [www.munstervales.com](http://www.munstervales.com) for opening times and more info.

### Meet the Locals

#### Barron's Bakery Tours, Cappoquin

Tour this beautiful third-generation bakery and see the famous Scotch Brick oven – one of the oldest in Ireland – still in use. Booking essential.

### Heritage Highlights

- Curraghmore House, Portlaoise, Waterford
- Ballysaggartmore Towers
- Dungarvan Castle
- Lismore Heritage Centre
- Glencairn Abbey, Lismore

### Hidden Gems

- Robert Boyle Escape Room, Lismore
- Mount Melleray Abbey
- Tourin House and Gardens, Cappoquin
- Dromana House and Gardens, Cappoquin
- Cappoquin House & Gardens
- Kayaking on the River Blackwater, Lismore
- Blackwater Eco Tours, Villierstown
- Bunmahon Beach
- Clonea Strand
- Comeraghs Wild Festival

WHILE YOU'RE IN THE AREA...



### Waterford Greenway Waterford to Dungarvan

Rent a bike and cycle all, or part of, the 46km route from Dungarvan to Waterford City safe in the knowledge that you can always get a shuttle bus back to your car!



Ballysaggartmore Towers



# CORK

## BALLYHOURA & NAGLES REGION

### IF YOU DO ONE THING...

#### Doneraile Estate Mallow, Cork



To explore Doneraile Park is to experience what the grounds of a 'big house' in the eighteenth century might have looked like, for the 166 hectares of parkland were carefully planned according to the school of garden design made famous by English landscaper 'Capability' Brown, the celebrity gardener of his time.

There are formal gardens, restored water features, groves of mature deciduous trees, an abundance of wildlife, including several distinct deer herds, a fantastic playground and tea rooms in the old kitchen of Doneraile Court. You can also enjoy a tour of Doneraile Court.

### Walks

- The Ballyhoura Way
- The Avondu Blackwater Way
- Corrin Hill, Fermoy
- Guided walks in Doneraile Park
- Ballard Waterfall Trail, Araglin
- The Donkey Sanctuary Loop Walk
- Killavullen Loop Walk

Refer to Pg. 16 for more information on Walks



### Eat Well

#### Longueville House Hotel, Mallow

The ethos behind the food at Longueville House is farm to fork. Don't miss the award-winning cider and apple brandy produced on site.

#### Cafe Townhouse, Doneraile

Exceptional local food in a beautifully restored three-story Georgian building. Open Tuesday-Saturday.

### Meet the Locals

#### The Cottage Market, Kildorrery

The Market is home to locally grown and produced food and goods. Takes place every second Saturday. When in Kildorrery drop into the Thatch and Thyme Cafe for a delicious meal or coffee and cake!

### Heritage Highlights

- Guided walking tours of the medieval walled town of Buttevant. Open June-Sept
- Visit Ballybeg Priory, Buttevant
- Labbacallee Wedge Tomb, Glanworth

### Hidden Gems

- Liscarroll Castle
- Nano Nagle Centre, Killavullen
- Grove Wellness, Shanballymore
- Ballinwillin House & Farm
- Ballyvolane House

### WHILE YOU'RE IN THE AREA...



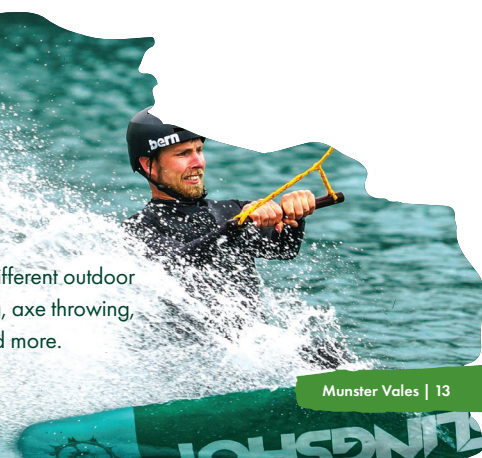
#### The Donkey Sanctuary Liscarroll

Stroll along the looped walk, meeting the friendly donkeys and enjoying the scenic views. Visitor information centre and picnic area on site. The lovely gift shop offers tea/coffee and light refreshments.

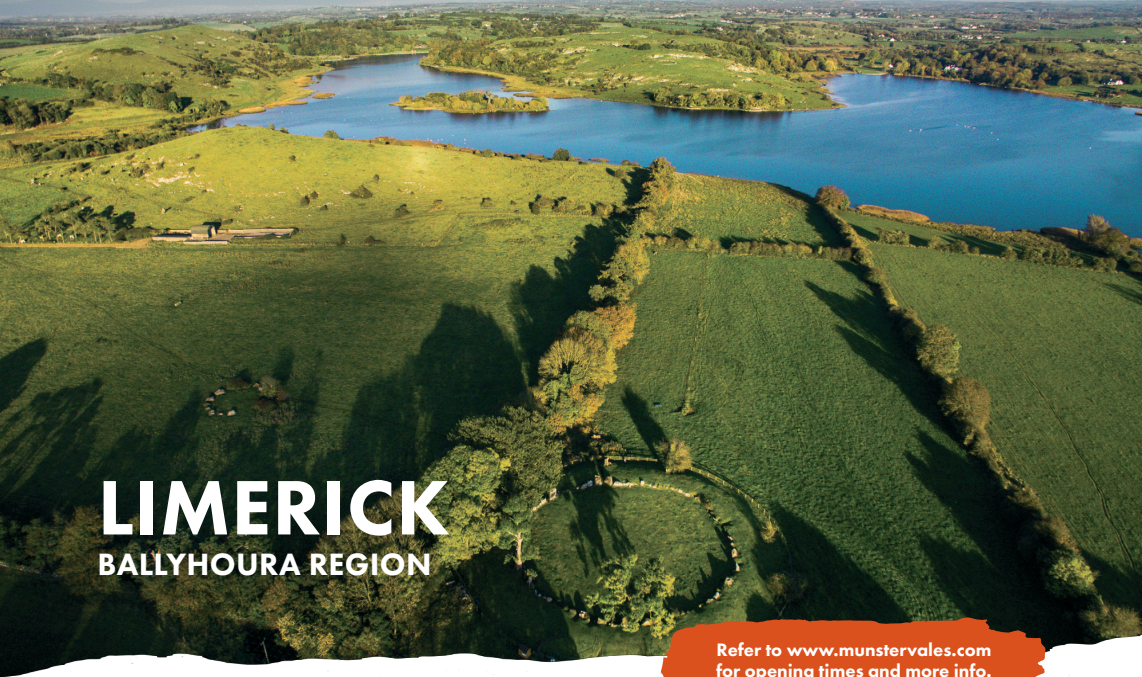
#### Ballyhass Adventure Centre

##### Mallow

For the thrill-seeking traveller! Choose from 20 different outdoor activities including the aquapark, wake boarding, axe throwing, kayaking, zip lining, high ropes, raft building and more.







# LIMERICK

## BALLYHOURA REGION

Refer to [www.munstervales.com](http://www.munstervales.com) for opening times and more info.

### IF YOU DO ONE THING...

#### Lough Gur

Bruff, Limerick



Some people come to Lough Gur for its beauty and tranquillity but many more want to find out more about this magical place, for humans have been drawn to the shallow lake since Neolithic times.

Lough Gur and the surrounding area is one of Ireland's most important archaeological sites; indeed, the site of Lough Gur is the only area in all of Ireland where you will see visible remains of every age of mankind across 6,000 years. The stone circle on the site is the oldest and largest in Western Europe. Discover more about the folklore, wildlife and the civilisations who lived here at the heritage centre. Guided tours are available.

### WHILE YOU'RE IN THE AREA...



#### Ballyhoura Mountain Biking

Limerick

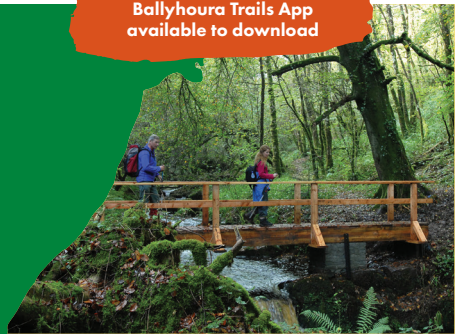
For the independent traveller – Hire a mountain bike from Trailriders Bike Rental and take off into the 92km of trails in Ballyhoura Mountain Bike Park. E-bikes are also available to hire. Suitable for beginners to advanced and people of all ages.

### Walks

- Ballyhoura Way
- Ballinaboola Loop
- Ballyhoura Black Rock Loop
- Ballyhoura - Canon Sheehan Loop
- Ballyorgan Loop

Refer to Pg. 16 for more information on Walks

Ballyhoura Trails App available to download



### Eat Well, Drink Well

#### Ballyhoura Apple Farm, Kilfinane

The farm's mixologist is busy perfecting recipes and devising new ones for the range of delicious and inventive apple based drinks – a Hot Friskey anyone?

#### JJ's Craft Brewery, Kilmallock

John Coughlan and Jim Lynch brew IPA, stout, red ale, pale ale and pilsner. Sample all the wares and tour the brewery (by appointment).

#### The Nun's Room, Bruff

Ireland's first non-alcoholic bar set in a spectacular location with close connections to the Kennedy family.

#### High Nelly Cafe, Pallasgreen

A quirky stop for lunch and a bike making factory all in one!

### Meet the Locals

Kilmallock is considered to be Ireland's best preserved walled town. A walking tour with Kilmallock Medieval Tours promises stories of battles, rebellion, treachery, corruption, bards and duels to the death!

Check out [Kilmallock Medieval Tours on Facebook](#).

### Hidden Gems

- Terra Nova Fairy Gardens, Dromin
- Coolwater Gardens, Fedamore
- Yoga walks in the Galtees with Yoga Walks Ireland
- Kilmallock Cycling Hub
- Ballyhoura Horse Trekking



# WALKING IN MUNSTER VALES

Refer to [www.munstervales.com](http://www.munstervales.com) for opening times and more info.

## National Waymarked Trails

### BALLYHOURA WAY

DISTANCE	GRADE	NEAREST TOWN	COUNTIES
89 kms	Moderate	Kanturk, Cork	Cork, Limerick, Tipperary

### BALLYHOURA WAY - AVONDHU

DISTANCE	GRADE	NEAREST TOWN	COUNTIES
94 kms	Moderate	Clogheen, Tipperary	Cork, Tipperary

### EAST MUNSTER WAY

DISTANCE	GRADE	NEAREST TOWN	COUNTIES
75 kms	Moderate	Carrick-on-Suir, Tipperary	Waterford, Tipperary

### TIPPERARY HERITAGE WAY

DISTANCE	GRADE	NEAREST TOWN	COUNTIES
56 kms	Moderate	Clogheen, Tipperary	Tipperary

## Limerick Trails

### BALLYHOURA - ATTYCHRAAN LOOP

DISTANCE	GRADE	NEAREST TOWN
5 kms	Easy	Kilbehenny

### BALLYHOURA - BLACK ROCK LOOP

DISTANCE	GRADE	NEAREST TOWN
11 kms	Hard	Ardpatrick

### BALLYHOURA - NATURE TRAIL

DISTANCE	GRADE	NEAREST TOWN
4.8 kms	Moderate	Ardpatrick

### BALLYORGAN LOOP

DISTANCE	GRADE	NEAREST TOWN
20 kms	Moderate	Ballyorgan

### DARBY'S BED LOOP

DISTANCE	GRADE	NEAREST TOWN
7 kms	Moderate	Galbally/ Michelstown

## Cork Trails

### BALLARD WATERFALL TRAIL

DISTANCE	GRADE	NEAREST TOWN
5.5 kms	Moderate	Kilworth

### CASTLEBLAGH - WOODLAND TRAIL

DISTANCE	GRADE	NEAREST TOWN
2.5 kms	Moderate	Ballyhooly

### CORRIN WOOD

DISTANCE	GRADE	NEAREST TOWN
4.5 kms	Moderate	Fermoy

### DONKEY SANCTUARY LOOP

DISTANCE	GRADE	NEAREST TOWN
2 kms	Easy	Liscarroll

### KILLAVULLEN LOOP

DISTANCE	GRADE	NEAREST TOWN
12 kms	Moderate	Killavullen

## Tipperary Trails

### GLEN OF AHERLOW WALKS

DISTANCE	GRADE	NEAREST TOWN
2-9 kms	Easy to Moderate	Lisvarrinane

### GLENGARRA WALKS

DISTANCE	GRADE	NEAREST TOWN
2-7 kms	Easy to Moderate	Cahir

### KNOCKMEALDOWNS TRAILS

DISTANCE	GRADE	NEAREST TOWN
4-11 kms	Easy to Strenuous	Goatenbridge

### LISVARRIANE LOOP WALKS

DISTANCE	GRADE	NEAREST TOWN
5-11 kms	Easy	Lisvarrinane

### MARLFIELD WOODS WALKS

DISTANCE	GRADE	NEAREST TOWN
2-3 kms	Easy to Moderate	Clonmel

## Waterford Trails

### RATHGORMACK WALKS

DISTANCE	GRADE	NEAREST TOWN
4-9 kms	Moderate to Strenuous	Rathgormack

### GLENSHELANE WOOD WALKS

DISTANCE	GRADE	NEAREST TOWN
2-10 kms	Easy to Strenuous	Cappoquin

### NIRE VALLEY TRAILS

DISTANCE	GRADE	NEAREST TOWN
6-9 kms	Moderate to Hard	Ballymacarbry

### WATERFORD GREENWAY

DISTANCE	GRADE	NEAREST TOWN
46 kms	Easy	Waterford City/ Dunganvan

### LISMORE WALKS

DISTANCE	GRADE	NEAREST TOWN
2-5 kms	Easy	Lismore





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Comhairle Contae Thiobraid Árann  
Tipperary County Council



Cork  
County Council  
Comhairle Contae Chorcaí



Waterford  
City & County Council  
Comhairle Cathrach  
& Contae Phort Láirge



South Tipperary  
Development CLG



The European Agricultural Fund  
for Rural Development  
Europe investing in rural areas



Rialtas na hÉireann  
Government of Ireland  
Funded by the Department of Rural and  
Community Development



  
Oifig Fiontair Áitiúil  
Local Enterprise Office