

IMPORTANT NOTES FOR WALKERS

All walks will be guided

All walkers are advised to wear suitable footwear and clothing (including raingear)

Walkers can bring packed lunch (recommended on walks 3 hrs and longer)

Children must be accompanied by an adult

All walkers attend at their own risk

No dogs allowed

Ferry trips and routes –weather permitting

ACCOMMODATION

www.westcork.ie

www.baltimore.ie/accommodation

www.failteireland.ie/southwest



WEST CORK TOURISM
turasóireacht iarthair chorcaí

Tel: 086-8980709

www.westcork.ie

11th West Cork Tourism Walking Festival

May 15 - 17, 2009



Featuring
Baltimore
& the Islands

Supported by:



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An Roinn Gnóthaí Pobail, Tuaithe
agus Gaeltachta
Department of Community, Rural
and Gaeltacht Affairs

www.pobail.ie



WEST CORK TOURISM
turasóireacht iarthair chorcaí

15th May, 2009
Friday

HERITAGE

Length: 1 hr (1.5 km)
Registration: 18.00
Start: 18.30
Meet: Casey's Hotel
Level: D
Cost: free

20.00 Official Opening Casey's Hotel.

HISTORIC BALTIMORE

Start in Casey's car park for a walk past the old Tullagh church & graveyard, to the RNLI ALB lifeboat station, the Industrial School memorial, old BIM boatyards, railway station, harbour and Dún na Sead Castle, finishing in the Algiers for a debrief & some music.

Refreshments. Meet the guides. All welcome.

16th May, 2009
Saturday

DAWN CHORUS

Length: 2.5 hrs (7 km)
Registration: 06.00
Start: 06.30
Meet: InishBeg House
Level: C
Cost: €10 pp
€7.50 b/fast

INISH BEG ESTATE

From InishBeg House through birdsong-filled woodlands to the Boathouse on the river llen to look for otters which can often be seen fishing in the early hours of the morning. Optional breakfast upon return to the Sibin €7.50 pp (please prebook at the start)

MARINE / COASTAL

Length: 4 hrs (12 km)
Registration: 10.00
Start: 10.30
Meet: Lough Hyne (main car park)
Level: A / B
Cost: €10 pp

LOUGH HYNE

Up Knockomagh Hill through woodlands and many steps to the hill top with wonderful views over the lake and Atlantic incl. Roaringwater Bay, down the north side, through woodland, past the holy well, along the lake shore to Barlogue from where an optional loop of 1 hour, on tarred roads but quite hilly, returning to the car park.

FLORA & FAUNA

Length: 5 hrs (12 km)
Registration: 10.30
Start: 11.00
Meet: Baltimore Pier
Level: B / C
Cost: €20 pp
Return ferry from Heir Island at 16:00 OR departure from Cunnamore Pier at 10:55 and return 17:55

HEIR ISLAND (INIS UÍ DRISCEOIL)

Ferry from Baltimore or alternatively from Cunnamore Pier. Along tarred roads through Paris over the humpback bridge to the far west point An Dun with magnificent views over Roaringwater Bay, Cape Clear, Mount Gabriel, Kilcoe Castle and on the nearby shoreline regular sightings of porpoises and seals (bring along your binoculars), walking to the beaches Trá Mór, Trá Uisce & Trá Báirneath and returning to the pier for the return ferries.

MARINE / COASTAL

Length: 3 hrs (1 km)
Registration: 12.30
Start: 13.00
Meet: Baltimore Pier
Level: D
Cost: €22.50 pp

LOUGH HYNE

Boat departs from Baltimore Pier to the Beacon and Kedges ending up in Barlogue. Disembark and walk along the lake shore road at your leisure and return back to the boat for the return journey, departing Barlogue at 15:00

17th May, 2009
Sunday

BEACH

Length: 6 hrs (10 km)
Registration: 10.00
Start: 10.30
Meet: Baltimore Pier
Level: B
Cost: €20 pp
Return ferry from Sherkin at 17:45 or 19:15

SHERKIN ISLAND (INIS ARCHÁIN)

Ferry from Baltimore leaving at 10.30 to the main pier at Abbey Strand, walk past the Franciscan Friary to Horshoe Harbour and the Lighthouse, onto Killmoon and Slievemoore, then to the beaches at Trá Bán and Silver Strand, past Kinish Harbour and to Dún na Long and the Dock, before returning to Abbey Strand and optional stop over in the Jolly Roger or Islanders Rest for a bite to eat / music session. Choice of return ferries.

BIRDS

Length: 5 hrs (11 km)
Registration: 11.30
Start: 12.00
Meet: Baltimore Pier
Level: A
Cost: €22.50 pp
Return ferry from Cape Clear at 18:00

CAPE CLEAR ISLAND (OILEÁN CHLÉIRE)

Tour of North Harbour & St. Ciarán's Strand and the holy well. We walk uphill to Loch Loral with fine views of the Fastnet Lighthouse, along to South Harbour and to the highest point of the island. Then to the old lighthouse base and signal tower and to the Marriage Stones on the eastern side overlooking the Gascanane Sound and Sherkin Island. From here we walk back west, past the church and the Heritage Museum and return on a very steep downhill road to North Harbour. On the return ferry the journey will head south round the Bill of Cape, views of the Dun an Óir, Fastnet and the old light house, signal station and south side of Sherkin Island.

RIVER

Length: 1.5 hrs (5 km)
Registration: 13.00
Start: 13.30
Meet: Beacon Design Shop at the bridge
Level: C
Cost: €10 pp

RINGAROGY ISLAND

We start at the Beacon Design craft shop, walking over the lag bridge until the t-junction, turning south (left everytime) to Gortaliscaw and views over Church Strand Bay. After this we'll head for Ardnagrena and look-out over the river llen before heading back to the bridge and parking spot.

COASTAL

Length: 3 hrs (10 km)
Registration: 14.00
Start: 14.30
Meet: Casey's Hotel
Level: A
Cost: €10 pp

SPAIN

From Casey's we walk through Lahern to Trafraska beach, up to the Signal Tower, back to Ballylinch road through a section of Baltimore village and onto the hill and towards the Eastern Hole via Fox's Cliff and to Beacon from where we return to the village.

LEVEL OF WALK

- A Strenuous / Hilly - (hard – recommended proper walking boots)
- B Off-road, paths - (moderate)
- C Easy, tarred roads, some hills - (suitable for all ages)
- D Very easy - (suitable for all incl. wheelchairs & child buggies)