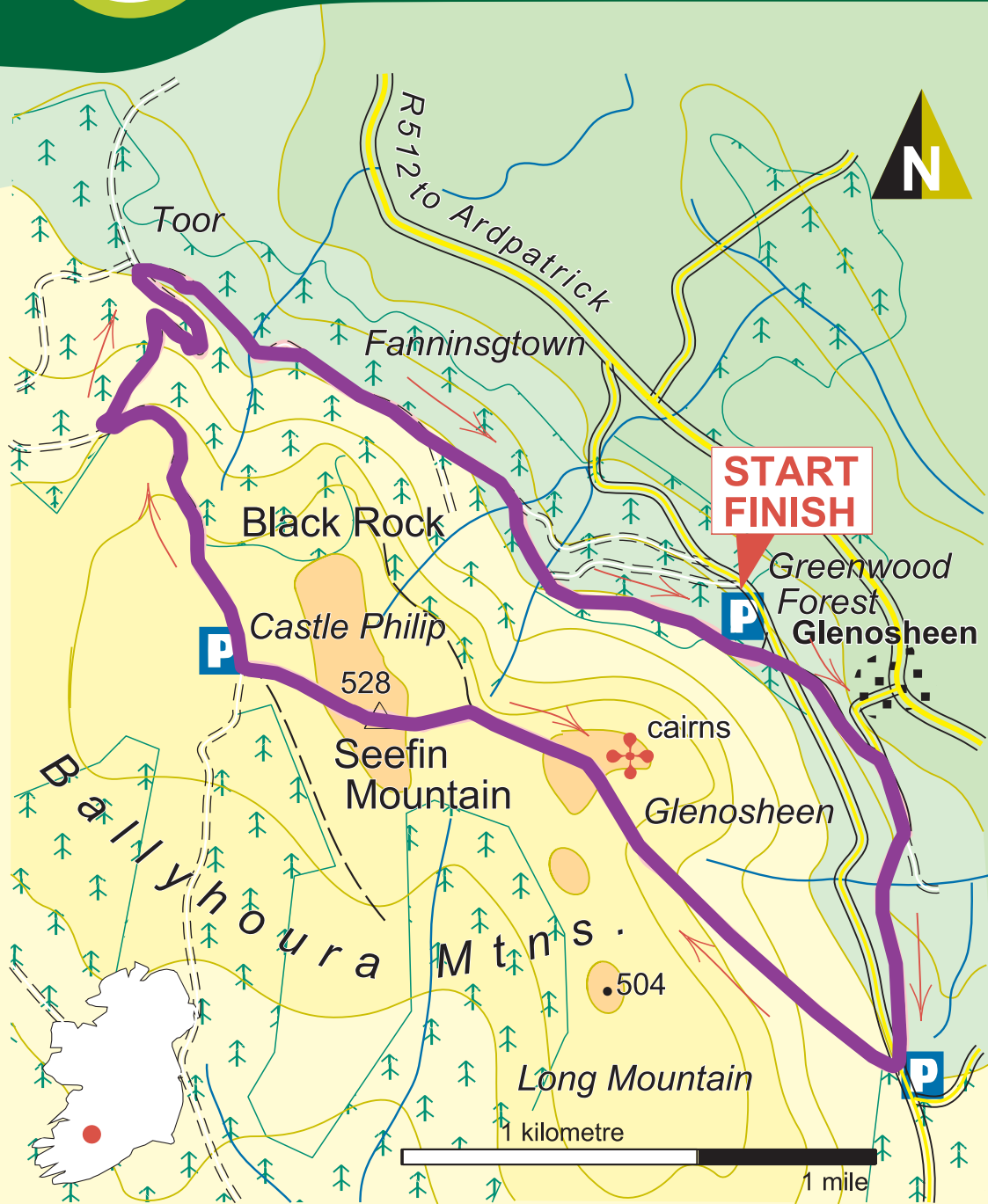




# Mountain Bike Trailhead 19

## Ballyhoura Country Walks

### Blackrock Loop



**TRAILHEAD SERVICES**  
**DIST / TIME**  
**DIFFICULTY**  
**TERRAIN**  
**MIN. GEAR**  
**GPRS**

Greenwood Forest, Ardpatrick, Co Limerick  
Kilfinane  
11km / 2hr30min - 3hrs  
Hard  
Mix of minor roads, paths and forest tracks  
Walking boots, raingear, liquids and mobile phone  
8 30' 16" W (Greenwoods carpark Ardpatrick) 52 19' 4" N



Simply different

**Ballyhoura Country**

## Blackrock Loop

The Ballyhoura area is already famous for its summertime walking festival. The Seefin climb on part of the Ballyhoura Way is a beautiful walk which on a good day takes in views across all six counties of Munster.

The Ballyhoura Way is a long distance walk which will take about 3 days and is about 90km in length. This walk follows the historic route of the O Sullivan – Bere Clan as they fled north from Cork in 1602. Part of this walk includes the Seefin Mountain and takes in spectacular views.

The Blackrock loop, while is part of the Ballyhoura Way is also a standalone loop walk which takes you up mountainsides, along forestry tracks and criss-crossing country lanes. The landscape is peppered with fascinating archaeological sites, old abbeys, churches and castles.

## Directions

Leave the Trailhead via the exit to main road and turn right uphill for 300m. Take the road to the left following purple arrows and pass by "The Goat's Path". Overhead is the hamlet village of Glenosheen. Veer right at junction and head uphill until you meet the reservoir on the right hand side. Turning right you travel upwards on a tar road for 1km. Turn left here and travel for 50m before turning right into carpark and upwards towards the highest peak in the Ballyhoura Mountains. On your right is Seefin at 528m above sea level. Take time here to wander about the peak and enjoy view of all the counties of Munster. Head back out onto route and turn right going downhill and you will reach the turn off for Glenanaar Bog to your left. Take the left and continue along this path and climb up the shoulder of the hill until you reach "The Black Ditch".

From here turn right along the ditch and pass through rocky outcrops leading into an old car park. Views include Blackrock Cliff Edge to the North and a rocky outcrop known as "Castle Phillip", an outlaw hideaway on the Southern horizon.

Leaving the car park, turn right facing out into the Golden Vale. Continue downhill past hairpins and cross the mountain bike track coming from your left. Past a left hand hairpin, look out for the Coillte Barrier on your right. Turn right here and continue straight on for 1.5km. Take the path to the right at handrail and continue to metal Bridge. After bridge turn to the right and follow path along beech covered ground. Look out for arrows to the right at a left hairpin bend. Walk on down through winding paths to the old car park. From here you will see the sixteenth century Castle Oliver and Oliver's Folly. Ballyorgan Village is to the east. Take the left path going west for 50m and turn left. After 50m turn right and back to the Trailhead to finish the walk.

**Ballyhoura Office 063 91300, Emergency 112,**  
**Office hours Monday to Friday from 9am - 5pm**

**Dogs must be kept on a lead at all times.**  
**[www.visitballyhoura.com](http://www.visitballyhoura.com)**



An Roinn Ealaíon, Cúlchúirt,  
Cultúir, Meánaonúcháin, Tuathán agus Gaeltachta  
Department of Arts, Heritage,  
Rural and Gaeltacht Affairs



Realising our  
Rural Potential  
Action Plan for Rural Development

