



## Trailhead 38

Loop 38c

# Dolmen Loop

### Dolmen Loop

11km

Moderate

Ascent 320m

Forestry tracks

Slievenamuck

Shrough  
Dolmen  
369

Ballynacourty

Lisvarrinane

Map not to scale. Ordnance Survey Ireland  
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Map Ref. OSI Sheet 74, R845 278

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[www.discoverireland.ie/walking](http://www.discoverireland.ie/walking)



500 metres

Moanour  
Mountain

½ mile

Start  
Here

<b>Trailhead</b>	Lisvarrinane Village, Glen of Aherlow, Co. Tipperary. OSI Sheet 74, R845 287		
<b>Services</b>	Lisvarrinane Village, Co. Tipperary.		
<b>Dist/Time</b>	11km/3hrs - 3.5hrs		
<b>Difficulty</b>	Moderate		
<b>Terrain</b>	Forestry tracks and woodland trails	<b>Theme</b>	Mountain
<b>To suit</b>	Medium level of fitness		
<b>Min. Gear</b>	Hiking boots, raingear, snack and fluid		

## Dolmen Loop

This loop is the longest of three that start and finish at the trailhead in the middle of the village.

**A-B.** Starting from Lisvarrinane village pass the church on your left and turn left onto Carrolls Bohereen from where the loops proper begin. After a short trek along this roadway, you reach a laneway on your right. Turn right here following the red (and green and blue) arrows.

**B-C.** The laneway ascends to reach a forestry track where it joins the long-distance Ballyhoura Way (marked with the standard yellow walking man and arrow). The shorter green loop turns right here – you turn left following the red (and blue) arrows. Follow the forestry roadway for another 400m to reach a sharp right bend where the Ballyhoura Way turns left. You turn left here – following the Ballyhoura Way but leaving the blue loop.

**C-D.** Follow the Ballyhoura Way for a short distance and join an old laneway (this was the old road to Galbally). A short distance later you veer right off the Ballyhoura Way and ascend Monour Mountain and then on to the summit of Slievenamuck. Here you pass close to a Megalithic Tomb, Shrough Dolmen and have superb views of the Golden Vale, Glen of Aherlow and the Ballyhoura Mountains. On the descent you merge with the blue loop, and then join the green loop and Ballyhoura Way at a 3-way junction.

**D-E.** A number of loops and the Ballyhoura Way crisscross here so be careful to follow the red (and green and blue) arrows as your loop turns left and follows the Ballyhoura Way downhill. The forestry road descends to reach a T-junction of forestry roads where you turn right and shortly afterwards emerge onto a surfaced road. Continue straight here.

**E-A.** The last section of the loop follows surfaced roadway to emerge at a T-junction at the top of Lisvarrinane village – turn right here and enjoy the 200m back to the trailhead.



This Loop Walk was developed by Lisvarrinane Rural Social Scheme in association with Fáilte Ireland. [www.discoverireland.ie/walking](http://www.discoverireland.ie/walking)  
[www.aherlow.com](http://www.aherlow.com)

