



Trailhead 145

Ballyhoura Country Walks

Molanna Loop



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

Molanna Loop Walk, Ballyorgan, Co. Limerick
Ballyorgan (Start Point), Kilfinane (7km) Mitchelstown (20km)
13km-3hrs 30mins

Minor Roads, Riverbank, Forestry roads woodland paths
Hiking boots, raingear, liquids, snack and mobile phone



Simply different

Ballyhoura Country

Molanna Loop

The town of Mitchelstown is situated just off the M8- the main motorway that links the cities of Dublin and Cork. From the roundabout on the northern side of Mitchelstown take the 3rd exit on to the Limerick road the R513, after about 2km veer left at a y-junction and stay on the R517 for approx 11km. Watch out for the old disused creamery building on your left and cross the narrow bridge. Once you cross the bridge take the immediate left. Stay on this country road until you come to a T junction. Turn left into Ballyorgan village.

Directions

A-B Starting in Ballyorgan Village, which is where the trailhead is located, cross the road and follow the blue (and red) arrows uphill for only 50m to reach a green laneway. The red arrows are for the longer Ballyorgan Loop. Follow the laneway for 500m and cross a field to join a surfaced roadway beside Kilflynn Church. Follow the roadway to a T-junction where you turn right and walk for 200m to reach Ballydonohoe Bridge. Turn left here and join the bank of the Keale River. Follow the blue and red arrows along the riverbank for nearly 2km to a point from where the loop 'proper' begins. You will be returning to this point from the right later - for now stay on the riverbank.

B-C Shortly afterwards the loop crosses to the left bank of the Keale River and follows the river to Darragh Bridge. From here the loops overlap briefly with two other loops - the Castle Gale Loop (green arrows) and Darragh Hills Loop (purple arrows). Follow all four arrows along a surfaced road to reach a T-junction. Turn left here and travel 100m to reach another junction with an old roadway on your right - turn right here. Follow the laneway uphill past a Holy Well and after 500m reach a junction with a forestry roadway. At this point the three other loops veer left and uphill - but you turn right onto a forestry roadway.

C-A Follow the blue arrow along the forestry roadway for almost 2km to a point where the Ballyorgan Loop rejoins from the left. Shortly afterwards you join a surfaced roadway and turn left. After only 200m (watch for a waymarker) which directs you right and onto a farm laneway which takes you downhill to rejoin the Keale River at the junction mentioned in B above. This time turn left and continue on this path back to the start point. This is the same path that you walked on the outward leg.

**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**



An Roinn Ealaíon, Cúlraíochta,
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Department of Arts, Heritage,
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Realising our
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leave no trace
DON'T LEAVE WHAT YOU DON'T BRING