

## Accommodation & Other Activities

### Deebert House Hotel

Intimate family run hotel steeped in history, serving the best of local produce. Drying room, storage areas and picnic lunches available.

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

[info@deeberthousehotel.com](mailto:info@deeberthousehotel.com) | +353 63 31200

### Fitzgeralds Guesthouse

Wonderful family run guesthouse in a listed 19th Century Building

[www.fitzgeraldsguesthouse.ie](http://www.fitzgeraldsguesthouse.ie) | +353 63 98139

### Auburn House

Scenically located residence well situated for all the local activities

+353 63 98761

### Deebert House B&B

B&B and Self Catering. Enjoy the Georgian elegance of Deebert House with all its facilities for the adventure seeker (drying room, picnic lunches etc.,)

[www.deeberthouse.com](http://www.deeberthouse.com) | +353 63 98106

### Friars Gate Theatre

An intimate theatre setting in the heart of Kilmallock offering art and theatre

[www.friarsgate.ie](http://www.friarsgate.ie) | [friarsgate@eircom.net](mailto:friarsgate@eircom.net)  
+353 63 98727

For more information on Ballyhoura Country, check [www.ballyhouracountry.com](http://www.ballyhouracountry.com)

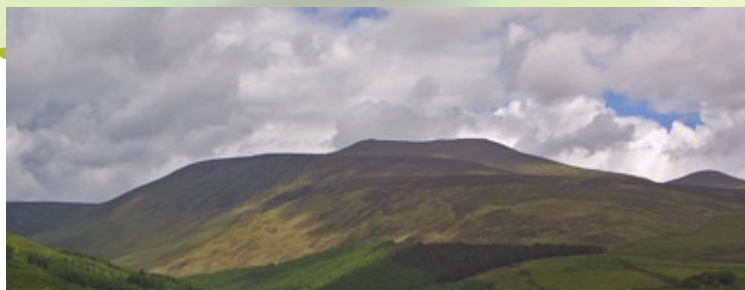


Ballyhoura Country

## Great Choices – Great Walking

- Scenic Walking Holidays in Munster
- Kilmallock as your base
- Expert walking advice at all times
- Guide available upon request
- Shorter routes also available if required
- Tailor made packages always available

## Walking in the Heart of Munster



KILMALLOCK

## Welcome to Ballyhoura Country



This walking holiday located in the heart of Munster offers unspoilt countryside along with some of the most challenging and rewarding walking in the world. It offers the convenience of a single accommodation base within one hour's drive of a number of mountain ranges.

You will be offered a different walk each day bringing its own challenges, spectacular scenery, unique flora and fauna, and all within a short distance from your base in Kilmallock.

In the evening, there will be the opportunity to savour the music and folklore of the Ballyhoura Region while at the same time enjoy some of the finest cuisine in Ireland.

Kilmallock has a rich heritage and is renowned for its fine historical buildings and monuments along with the longest stretch of town wall in the country. As part of this package, you will be able to choose from a wide array of accommodation located in Kilmallock with 4 wonderful days walking. Maps will be provided daily with guides an option should you require one. There is also nightly entertainment including Irish nights, rambling houses and shows at Friars Gate Theatre.

## Packages

Below a 5 day walking break is outlined and overleaf are accommodation providers in Kilmallock for you to choose from. Please contact each one directly for your package price. Of course we can tailor any package to suit you.

### Day One – Arrival in Kilmallock

On arrival at your chosen location in the medieval town of Kilmallock, you will be welcomed by your host. Once you have settled in, you will be greeted by a walking guide who will go through the walking to come and ensure that all the necessary requirements are in place to see you safely across the mountains.

### Day Two – The Galty Mountains

From your base in Kilmallock, you will follow the route to Clydagh Bridge, Grid 875 262. This will be your start and finish point for today's walk known as the Cush Horseshoe. Having checked your gear and been advised on the weather forecast, you are now ready for what will be a spectacular day's walking. You will ascent to Cush, Galty Beag, Galty Mor and home by Slieve Cush na Binna to your base. Walking time for this strenuous walk is 6 hours but should you wish to take a shorter route then there are many safe options to do so.

**Distance: 13.4km | Time: 5-6hrs | Height Gain: 1110M**

### Day Three – The Knockmealdown Mountains

Travelling from Kilmallock to the village of Cloheen at the base of the Knockmealdowns, you will travel on through the Vee to Bay Lough, Grid 03 | 100. From here, you will take the well defined path

to Sugar Loaf Hill where on a clear day you will see all the counties of Munster and beyond. You will climb to the summit of Knockmealdown, 794 metres and onto Knock na dubh. You will return home at a lower level along the route back to your base at Bay Lough. Again, there are shorter routes should you wish to take them.

**Distance: 15km | Time: 5-6hrs | Height Gain: 732M**

### Day Four – The Ballyhoura Mountains

After the rigours of the previous two days in the Galtee's and the Knockmealdowns comes a more relaxing but yet challenging and rewarding trek in the Ballyhouras. From the Lacca, Grid 662 169, you will take the winding path to the Seefin Mountains. From here, you will walk the black ditch, once the great divide between the clans of Munster and on to the black rock towards the mountain park. Taking the roadway home, you will pass the Ballyhoura Mountain Bike Trails overhead with the beautiful hamlet of Glenosheen below, the home of the Joyce brothers.

**Distance: 8km | Time: 3hrs | Height Gain: 158M**

### Day Five – Clara, Millstreet, Co. Cork

Your final day's walking is based in the town of Millstreet, where you can park in the town centre. Having again checked your gear and got an updated weather forecast, you are now ready for another spectacular day's walking. Heading west to the Duhallow Way, Grid 184 885 take a sharp left uphill to Caherbarnagh and head for the Clara mountains and its famous white cross. Take time out to see Cork and Kerry in all their splendour. From the summit, follow the market way back to the town of Millstreet and your base.

**Distance: 19km | Time: 5-6hrs | Height Gain: 900M**