



Munster Vales is a holiday experience and an exhilarating adventure that blends history and heritage seamlessly with modern Irish life.



Ancient Trails & Legendary Tales
www.MunsterVales.com

The Munster Vales, 1,100km of Ancient Routes

The Munster Vales lie in the historic heartland of Ireland, part of Ireland's Ancient East. A 1,100 kilometre stretch of olden routes and timeworn trails that rise in the mid-west and sweep southward through five mountain ranges and on to the wild Irish Sea. Crossing the magnificent counties of Limerick, Cork, Tipperary and Waterford, exploring the Munster Vales is an exhilarating adventure, where history and heritage blend seamlessly with modern Irish life, in an unforgettable travel experience.

Hike to the five highest points of the Munster Vales to experience unrivalled vistas - lush valleys, surging rivers, cascading waterfalls, rugged coastline - a millennia-old landscape, the origin of Ireland's great legends and folklore. Bike through deep cut gorges, gaze on shimmering lakes, breathe the pure air and immerse mind and body in the natural, unspoilt beauty of our lands.

It is here that our great heroes, such as the Fianna, fought and loved, where our people laid down their roots, the well spring of our culture and our heritage. Crossing the

Munster Vales, the history of our people comes to life, from ancient settlements to working castles, stately homes and humble labourers cottages, life's rich tapestry awaiting discovery.

This is authentic Irish country life, charming villages and vibrant market towns, restaurants, shops, bars and cafés, wonderful accommodations where the breakfast is as hearty as the welcome. Experience legendary Irish evenings, packed full of story and song. Live Ireland in the Munster Vales.

**To plan an unforgettable
Munster Vales experience, join
us at www.MunsterVales.com**

Mahon Falls, Waterford

Doneraile Park, Cork

The Rock of Cashel, Tipperary



Ballyhoura Mountain Bike Trails, Limerick & Cork

The Munster Vales reaches across the Irish heartland, bringing together four unique and individual regions of our spectacular country, creating a legendary series of trails, activities and experiences from land to sea.

The Hills are Alive

The Ballyhoura mountains lie in the counties of Limerick and Cork. It is here, legend has it, that Ireland's greatest warrior Fionn MacChumhaill and his people, the Fianna, hunted and roamed with their ferocious pack of 500 Irish wolf hounds from 500BC to 300AD. Many mountains and lands here bear the name of Fionn (Seefin or in Irish, Sui Fionn, meaning the Seat of Fionn), and his son Oisín (Glenosheen or the Glen of Oisín) ensuring their tales of heroic adventure and astounding feats live on, embedded for millennia in the place names of this magical area. Create your own legendary adventures while biking the Ballyhoura Mountain Trails or hiking to the summit of Seefin, overlooking the beautiful Glenosheen stretching far below. Enjoy the Ballyhoura Garden Experience with a range of magical gardens stretching from Fedamore to Kilfinane. Savour the delicious food and drink crafted by the Ballyhoura food producers.

Travel north to the medieval walled town of Kilmallock and visit all the character of the town of Bruff, where fresh Irish produce and locally brewed refreshments will slake the hunger and thirst of passing adventurers. Take in Lough Gur, a magnificent 6,000 year old Neolithic Settlement on a lake and walk the Grange Stone Circle, the largest to be found in Western Europe. The area offers plenty of diverse activities, from horse riding in Ballyhoura to kayaking on Lough Gur, guided tours of Griston Bog and Clay Pigeon Shooting with magnificent views. For a taste of hidden Ireland, ask a passing local to point the way to the Moat in Kilfinnane. Take part in the ancient sport of road bowling or if you're feeling brave, pick up a Hurley and join the fierce and fast paced game of hurling.

Epic Summits, Lush Valleys and Hidden Caves

The ancient lands of Tipperary and Limerick are home to the majestic Galtee Mountains, where a local walking guide may navigate your route to the summit of Galtymore, Ireland's highest inland mountain. This rugged range gives way to The Glen of Aherlow, one of Ireland's most beautiful lush valleys, a breath-taking view that has inspired a wealth of story, song and art. The Glen rolls on to the Slievenamuck Mountain ridge, a stunning drive that reveals the Munster Vales in all their glory. Discover the ancient Slievenamuck megalithic tomb, where Diarmuid and Grainne, Ireland's most famous ill-fated lovers, are said to have fled in escape of Fionn Mac MacChumhaill, to whom Grainne was betrothed. Enjoy time in Aherlow, with the nearby towns of Tipperary Town and Cahir offering wonderful accommodations, stunning local restaurants, pubs and cafes, and a vibrant local music scene to be enjoyed by locals and visitors alike.

Galtymore, Limerick/Tipperary



Sitting on the border of Tipperary and Cork, on the low slopes of The Galtee Mountains, explorers will discover the truly awe-inspiring Mitchelstown Caves, unspoilt cavernous wonders, lying hidden deep beneath the ancient soil. One of Europe's most famous natural cave formations, they are overlooked by our second Seefin Mountain in the Munster Vales. Visit the bustling market streets of Mitchelstown for delicious fare straight from the land and head on towards Doneraile Wildlife Park, one of Ireland's most visited attractions, 400 acres of woodland walks and cycles, Victorian Gardens and tea rooms with a playground on site, where Irish wildlife abounds in its natural habitat. For those who enjoy an adrenalin rush, why not come and take on one of Ireland's biggest inflatable aqua parks, have a go at wakeboarding in Ballyhass with it's stunning adventure centre with activities for all ages from kayaking and zip-lining to rock climbing and fishing all just a stones throw from Mallow.

Breathtaking valleys and trails

Here too you'll discover The Nagles, a range less travelled and all the more serene for it, especially when mists travel up through the Blackwater Valley and cloak these gorgeous, forested hills in hazy sunlight. Flora and fauna abound, majestic ancient oaks line deep rutted stony trails, as birds thrill in the green canopy along the

Killavullen Loop. Heritage hunters can explore the surroundings of Ballyhooley and Monaminy Castles, the ancient Labbacallee Wedge Tomb and follow the Kildorrey Heritage Trail. Just a short drive away, you'll find the Nano Nagle Centre, a living heritage environment that marks the birthplace of the foundress of the Presentation Congregation, a 32-acre organic farm and retreat in the breathtaking Blackwater Valley.

Visit Fermoy for a wonderful Irish welcome, staying in comfortable accommodations and enjoying the great dining, shopping and entertainment offerings in this charming country town.

Discover the Nire Valley in County Waterford great for hiking through it's spectacular scenery.

**For more information join us
at www.MunsterVales.com**

Ballyhass, Cork

Nire Valley, Waterford

Check out our digital map on
www.MunsterVales.com



Map
Legend



Heritage Sites



Mountain Ranges



Water Sports



Walking Trails



Fishing



Equestrian

Designated Trails for Cycle, Walking and / or kayaking



Cycling Trails



Scenic



Butler Trail

Sweeping Panoramas, from Coast to Range

The rolling Knockmealdown Mountains traverse the border of Tipperary and Waterford, a sweeping panorama that runs from coast to range. Folklore abounds around these mountains, tales of witches and hauntings, the infamous Petticoat Loose, a local woman of ill repute who died, was buried without ceremony and returned to haunt her village of Clogheen as a witch, before being banished to Bay Lough until she 'empty it (the lake) with a thimble'.

Cycle or drive The Vee, a breathtaking scenic trail that meanders through the mountain range and showcases the rustic beauty and verdant expanse of these truly historic lands. On the Northern side of the range, the 75km East Munster Way passes through the forests of the Knockmealdown Mountains. Westward, it links to the 95km Avondhu Way, a stretch that forms part of the world famous E8 European Ramblers Walking Route, a 5,000km trail that starts in Dursey Island in the West of Cork and leads to Istanbul in Turkey.

Through the middle of the Knockmealdowns, hikers will join St Declan's Way, the ancient path that runs from the Rock of Cashel in Tipperary to the Cliffs of Ardmore in Waterford, trodden by millions over the centuries - pilgrims, traders, rogues, warriors and adventurers. Along the way, ancient roads, ruined churches, monuments and follies abound, the secrets of our ancestors locked in their stones. St. Declan's Way runs through the expanse of mountain range, ending on the spectacular Ardmore Cliffs, at the edge of Ireland, where St. Declan founded a monastery in the 5th century.

Bustling towns and sleepy villages abound along the expanse of the Knockmealdown Mountain range. To the south the picture-

perfect town of Lismore, on the banks of the Blackwater River, a vibrant heritage town and a favourite of the Vikings who invaded on eight occasions. In the 7th century it was an ancient centre of ecclesiastical learning, comparable to Constantinople and today it features a multitude of intriguing sites including a monastery founded by St. Carhage and the hugely impressive 12th century Lismore Castle, at one point home to Sir Walter Raleigh. Guests who have enjoyed the castle's hospitality include Lucian Freud, Fred Astaire and John. F. Kennedy! In the small town of Cappoquin, seek out the Domana Gate, a Hindu Gothic folly from 1830, enjoy a relaxing day at Cappoquin House and Gardens, or pay a visit to the beautiful Mount Mellary Abbey, home of the Cistercian Monks, nestled in the foothills of the mountains. Drop into the local in Ballyporeen for a quick refreshment, this quaint village is the ancestral home of former US President Ronald Regan who visited in 1984.

Lismore Castle, Waterford



Thriving Ancient Towns

Cashel is best known as the seat of power of the High Kings of Munster, the world-famous Rock of Cashel dominating the landscape for miles, its 12th and 13th century cathedral, chapel, tower and churches, at once imposing and inspiring. Close by discover Holy Wells, Bronze Age Ring Forts, standing stones, passage graves, a wealth of archaeological treasures at every turn.

The twelve summits of The Comeragh Mountains stretch regally along the eastern boundary of the Munster Vales, before coming to rest on the coastline of the Irish Sea near Dungarvan in Waterford.

At the centre of the ranges, hikers will uncover a unique landscape, a boggy plateau, its fringes dotted with miniature loughs and deep pitted hollows. Irish outlaws took shelter in these rugged lands, evading capture. Deep within the Mountain range lies the secluded and serene Nire Valley, where local forager Sherpa Mick will take food lovers on a journey of discovery, unearthing the wild harvest that nourished our ancient ancestors. Seek out the Mahon Falls, where cars appear to freewheel backwards uphill in what the older generation believe is the work of the fairies, furious with trespassers on their magical lands.

South bound is Dungarvan, a stunning coastal town and harbour with a superb selection of fine hotels and guesthouses to rest a weary

traveller. Enjoy a fresh brewed coffee and fine food produced locally by the Waterford food producers in the cool cafes along the streets, dine on seafood fresh from Irish waters and end the night with a delicious local craft beer and a music session in one of the many traditional pubs.

Explore the Waterford Greenway, a spectacular 46km off-road cycling and walking trail that follows an old, disused railway line between Waterford City and the town of Dungarvan. Traverse three incredible, towering viaducts and soak up the pristine beauty of Ireland's ancient landscape.

There are many approaches to these beautiful mountain ranges, the towns, villages, castles and ancient sites that lie in the shadows of the Comeragh Mountains have an abundance to offer.

10 minutes drive from Dungarvan town is the popular sandy beach of Clonea Strand, nearly 2km in length with camping and caravan parks nearby. Travel a little further to Bunmahon Beach with it's 2.5km stretch of sand, backed by sand dunes it's a popular place for surfing, canoeing and kayaking.

**You can find our more on
www.MunsterVales.com**



Mitchelstown Caves, Tipperary

The Greenway, Waterford

Experience the Butler Trail

The wonderful Butler Trail begins in the picturesque town of Cahir, travels through Clonmel and onto Carrick on Suir. The impact of the famed Butler family dynasty on the fabric of the communities over five centuries can be seen in every aspect of the magnificent Trail.

Explore the impressive 12th century Cahir Castle and the ornamental wonder of the early 19th century Swiss Cottage. Rod and reel enthusiasts can cast off on the banks of the River Suir, a renowned fishing location. To the east, the bustling town of Clonmel offers a myriad of accommodations, delicious dining options by the Tipperary food producers using locally sourced produce and a wealth of heritage attractions such as St. Patrick's Well, the Main Guard and the fascinating Tipperary County Museum. Here you can take on Ireland's longest Canoe Slalom Course. Further east along the road, the historic town of Carrick on Suir, the Butler's original seat of power in the 13th century. Visit the superb, newly renovated Ormond Castle, Ireland's only unfortified Tudor Manor House with its original decorative plasterwork portraits, oak paneling and carved fireplaces, an unmissable tour for history buffs.

The incredible Fethard Horse Country Experience is an opportunity to uncover the rich culture, heritage and history of our region, revealing the inextricable links between our people, our lands and the noble horse, over two millennia. Situated in the lovingly restored 17th century Tholsel House in the town of Fethard, this spellbinding interactive experience is one of the Munster Vales most celebrated offerings.

Check out the bundles and itineraries available on our website, whether you are interested in heritage or hill-walking there is something for you in the counties Cork, Limerick, Tipperary and Waterford.

You can find our more on
www.MunsterVales.com



Clonmel, Tipperary

Ormond Castle, Tipperary



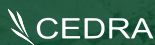
Lough Gur, Limerick

Cahir Castle, Tipperary



MUNSTER VALES

Copper Coast, Waterford



An Róin Eilíon, Oidreascáil,
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An Roinn Forbartha
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Tipperary County Council



Cork
County Council
Comhairle Contae Chorcaí



Comhairle Cathrach & Contae Phort Láirge
Waterford City & County Council



Comhairle Cathrach
& Contae Luimnigh
Limerick City
& County Council

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