LIMERICK

WALK IT • RUN IT • LOVE IT

Routes & Maps

Limerick.ie/Walking
#LimerickOnFoot

Caherdavin

TUS MOYLISH

Cratloe Road

Kings Island

Shannon Banks

Corbally

Shelbourne Park

KING JOHN'S CASTLE

University Boat Club

River Shannon

UNIVERSITY OF LIMERICK

UNIVERSITY OF LIMERICK SPORTS GROUNDS

Ennis Road

5

Lock Quay Clare St.

4 Canal Bank

3

UNIVERSITY OF LIMERICK

Castletroy

Kilmurry

6

Clonmacken Roundabout

2

Condell Road

River Shannon

Rhebogue

Clare St.

Dublin Rd.

Dublin Rd.

Dublin Rd.

M7

Henry St.

O'Connell St.

LIMERICK

People's Park

MARY IMMACULATE COLLEGE

S Circular Rd

O'Connel Ave

1

Dock Road

M7

M20

M20

LIMERICK CITY ROUTES

1. LIMERICK CITY LOOP WALK | 3.8 km

2. NEIL CUSACK OLYMPIC TRAIL | 2.6 km

3. CITY CENTRE TO UNIVERSITY OF LIMERICK RIVERBANK WALK | 3.25 km

4. CITY CENTRE TO SHANNON FIELDS RIVERSIDE WALK | 3.2 km

5. THREE BRIDGES WALK | 3.6 km

6. CASTLETROY LOOP WALK | 6.8 km

Watch Video

LIMERICK
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1

‹5 km

LIMERICK CITY LOOP WALK

- **Distance:** 3.8 km
- **Start/End:** O'Connell Street / Bedford Row junction

Soak up the city's sights and sounds on this Slí na Sláinte route, which extends along Limerick's main thoroughfare O'Connell Street, through the leafy Georgian Quarter, before looping back to the heart of the city centre.

Slí na Sláinte, meaning 'path to health', is a measured walking route in the heart of the community. Each route is signposted at 1km intervals and is suitable for all ages and abilities.

www.irishheart.ie

Slí na Sláinte

IRISH HEART FOUNDATION

DISCOVER MORE

NEIL CUSACK OLYMPIC TRAIL CONDELL ROAD

- **Distance:** 2.6 km
- **Start:** Shannon Bridge Roundabout
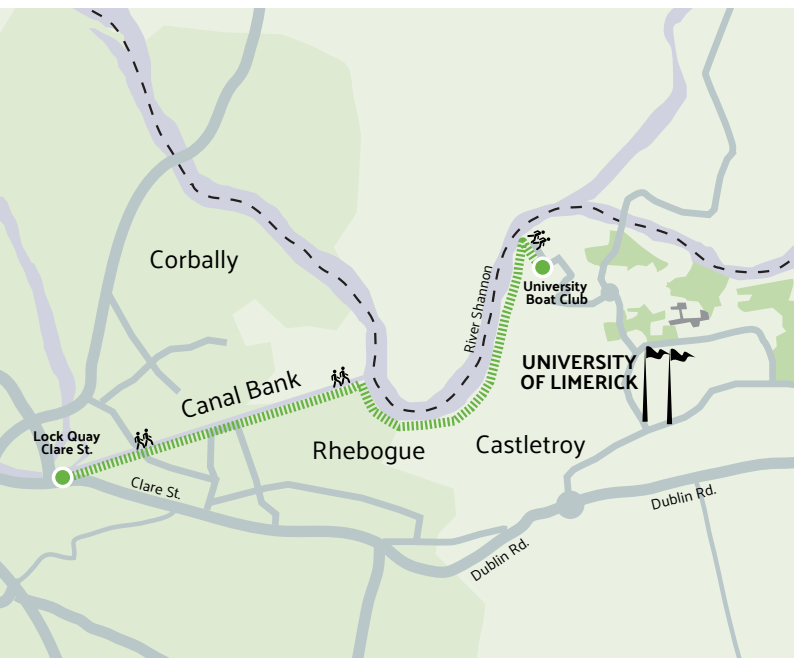- **End:** Clonmacken Roundabout

Named after the only Irish athlete to have won the Boston Marathon, this riverside trail is extremely popular with runners and walkers alike. Stop off along the way to enjoy River Shannon views from Barrington's Pier.

3

<5 km
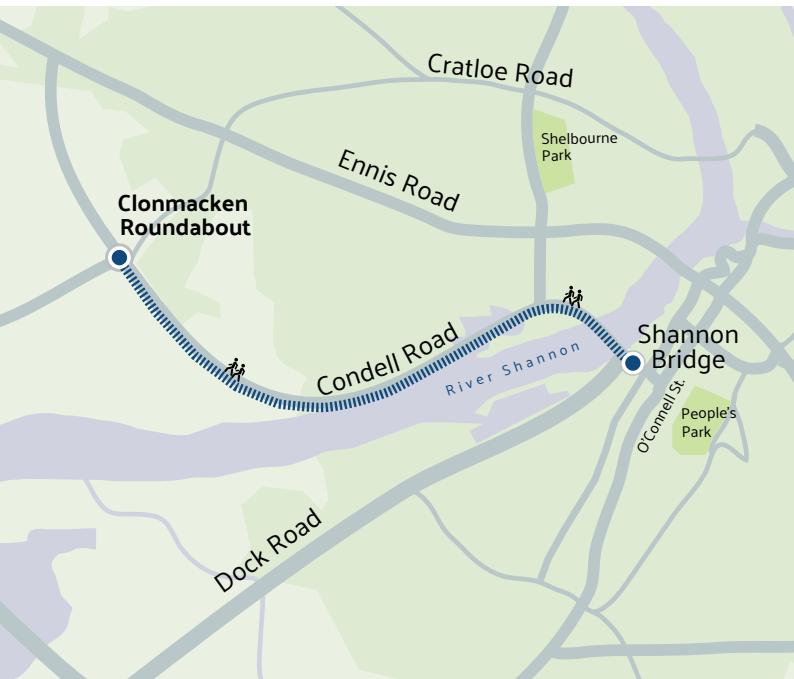
CITY CENTRE TO UNIVERSITY OF LIMERICK RIVERBANK WALK

- **Distance:** 3.25 km
- **Start:** Lock Quay, Clare Street
- **End:** University of Limerick

One of the most scenic trails in Limerick City, this shared walk and cycleway weaves its way through a special area of conservation along the River Shannon from Limerick City centre to the University of Limerick campus. The route has a range of outdoor fitness equipment for all to enjoy.


Corbally

River Shannon

University Boat Club

UNIVERSITY OF LIMERICK

Canal Bank

Lock Quay Clare St.

Clare St.

Rhebogue

Castletroy

Dublin Rd.

Dublin Rd.

4

CITY CENTRE TO SHANNON FIELDS RIVERSIDE WALK

‹5 km

- **Distance:** 3.2 km
- **Start:** Lock Quay, Clare Street
- **End:** Athlunkard Bridge, Corbally

This scenic shared walking and cycling trail, running parallel to the River Shannon through the historic Shannon Fields, honours Limerick Olympian and World Cross Country Champion Michael O'Shea. Exercise stations are available along the route.

# 5
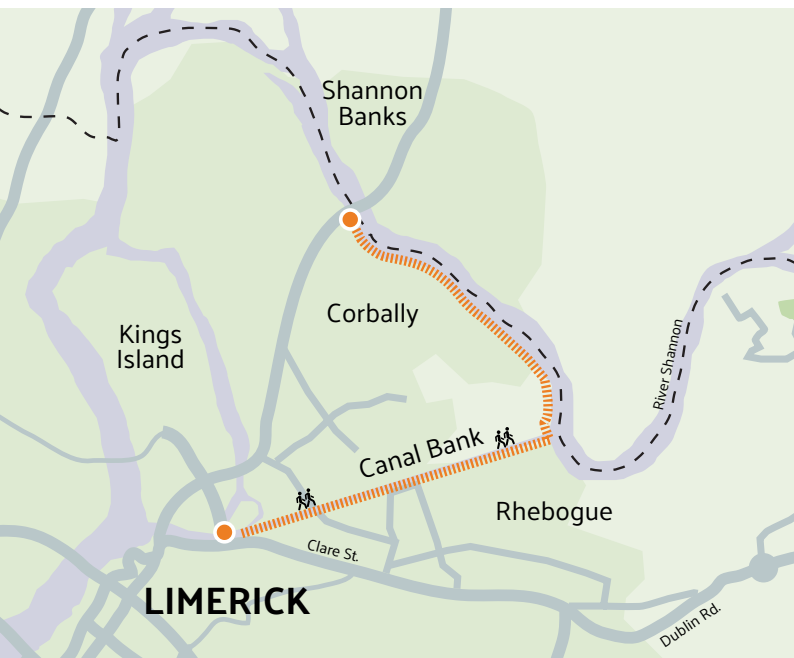
THREE BRIDGES WALK

- **Distance:** 3.6 km (looped)
- **Start/End:** Arthur's Quay Park

Get a real sense of the city and enjoy spectacular views of the River Shannon along the Three Bridges walking route, a firm favourite with visitors and locals alike. The Slí na Sláinte looped walk follows a stunning route along the banks of the river, passing some of Limerick's most iconic landmarks, striking street art and picturesque parks.
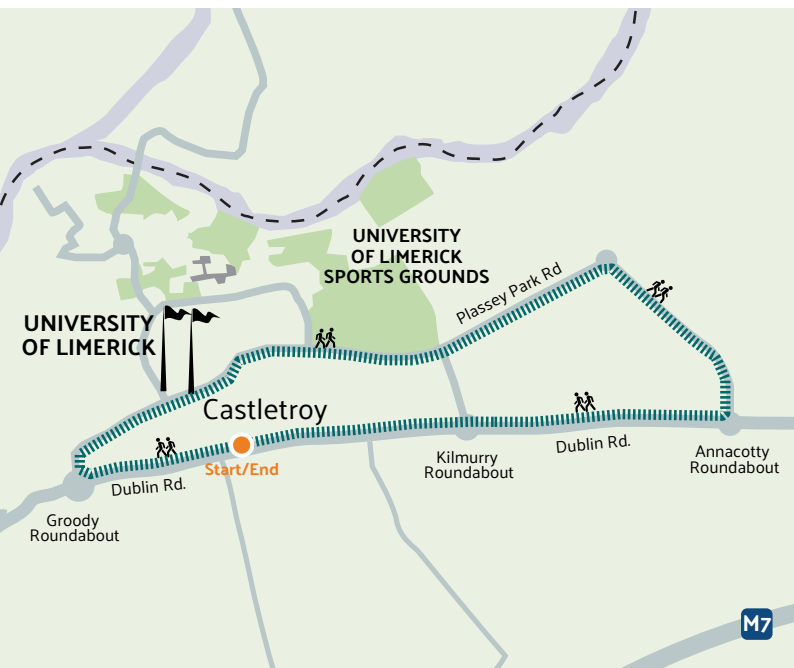

DISCOVER MORE

6
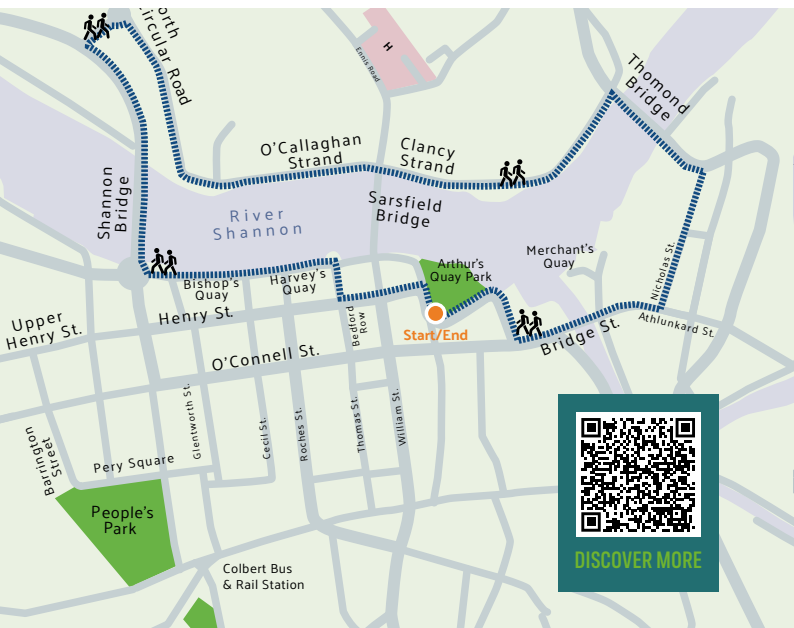
5–10 km

CASTLETROY LOOP WALK

- **Distance:** 6.8 km
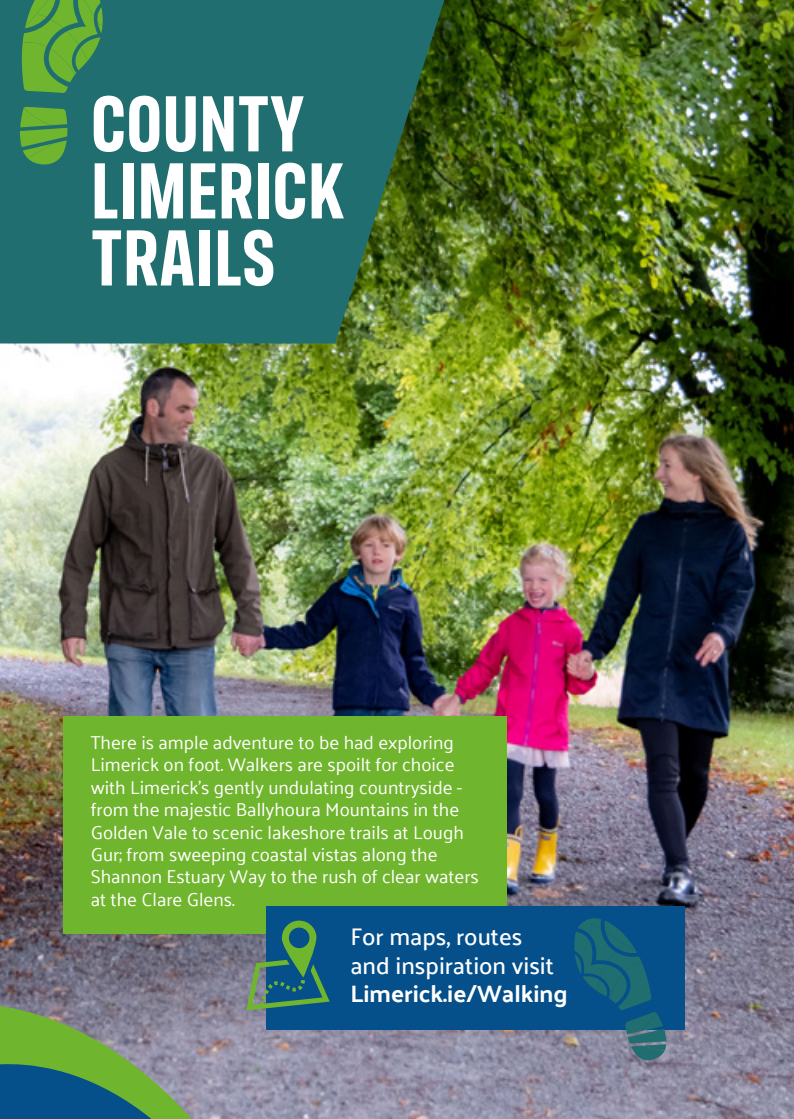- **Start/End:** Milford Road/ Dublin Road junction, Castletroy

A popular route with runners and walkers, this Slí na Sláinte circuit continues northwards along the Dublin Road, through the bustling suburb of Castletroy, and past the award-winning University of Limerick campus.

UNIVERSITY OF LIMERICK SPORTS GROUNDS

UNIVERSITY OF LIMERICK

Castletroy

Plassey Park Rd

Dublin Rd.

Start/End

Dublin Rd.

Kilmurry Roundabout

Dublin Rd.

Annacotty Roundabout

Groody Roundabout

M7

COUNTY LIMERICK TRAILS

There is ample adventure to be had exploring Limerick on foot. Walkers are spoilt for choice with Limerick's gently undulating countryside - from the majestic Ballyhoura Mountains in the Golden Vale to scenic lakeshore trails at Lough Gur; from sweeping coastal vistas along the Shannon Estuary Way to the rush of clear waters at the Clare Glens.

For maps, routes and inspiration visit **Limerick.ie/Walking**

EXPLORE MORE

COUNTY LIMERICK

LIMERICK CITY

Clare Glens
Murroe
Slieve Felim Way
Doon

Curraghchase
Forest Park
Kildimo
Patrickswell
Ballyneety
Caherconlish

Glin
Foynes
Askeaton
Adare

Rathkeale
Lough Gur
Bruff
Hospital

Athea
Ballingarry
Newcastle West
Castletown
Bruree

Abbeyfeale
Ashford
Broadford
Kilmallock

Ballylanders Galbally
Kilfinane
Galty Castle Woods
Ardpatrick
Ballyorgan
Ballyhoura
Kilbehenny

■ <5 km ■ 5-10 km ■ 10-15 km ■ >15 km

Explore County Limerick's great outdoors where spectacular countryside, mountain trails, forest parks and beautiful scenery awaits. Whether you're after an easy amble or a long distance hike, there is something to suit explorers young and old.

Share your outdoor adventures using
#LimerickOnFoot

1

ADARE VILLAGE WALKING TRAIL

- **Distance:** 2.3 km
- **Start/End:** Adare Heritage Car Park
- **Difficulty:** Easy

Adare village is widely known as one of Ireland's prettiest and most picturesque villages. Situated just 18 km south-west of Limerick city, it boasts a rich history, stretching back to the 13th century. This gentle 2.3 km looped walk lets you experience what makes Adare so special. It takes you along the banks of the scenic River Maigue, to discover its diverse flora and fauna. Explore some of Adare's most historic buildings, its medieval history, and the iconic picture-postcard thatched cottages, that have become so synonymous with Adare, as you move through the village.

Adare's appeal also lies in its cosy cafes, indulgent dining and artisan shopping offering, that are not to be missed. For a small village it packs a big punch, enjoyed by international visitors and locals alike.

DISCOVER MORE

2

‹5 km

KILLEEDY ECO PARK

- **Distance:** 1.6 km
- **Start/End:** Killeedy Eco Park Car Park
- **Difficulty:** Easy

Explore this vibrant space that actively nurtures local biodiversity. Located in Killeedy, County Limerick, Killeedy Eco-Park is a fine example of sustainable regeneration and community-driven development. Established on the former site of an industrial facility, this 13-acre parkland has been transformed into a peaceful haven of rural tranquillity.

Perfect for families, dog-walkers and casual strollers, the site offers everything from a natural amphitheatre, community vegetable gardens, dedicated walking trails and wetlands and reed beds. The park also functions as a wildlife reserve, boasting woodland plantings, wildflowers and waterbirds including mallard ducks and swans.

DISCOVER MORE

3

KILMALLOCK LOOPED WALKS

- **Distance:** 7 km
- **Start/End:** King's Castle Car Park, Kilmallock
- **Difficulty:** Easy

If Kilmallock's walls could talk, they'd have some intriguing tales to tell. Travel through centuries and discover Kilmallock's fascinating rich history on a series of heritage trails around this charming walled town, incorporating the early Christian monastic site on Kilmallock Hill. The trails, both on and off road, can be enjoyed separately, or can be combined to create a longer, more challenging walk.

The town is a treasure trove of architectural wonders with many magnificently preserved medieval marvels to explore. Make sure to stop and admire King's Castle, Dominican Priory, Kilmallock's Town Walls, Blossom Gate and the Collegiate Church, which is home to the base of an 11th century monastery round tower.

The Kilmallock Looped Walk incorporates shorter themed walks throughout the town. For the more adventurous there are longer routes available across Kilmallock and Ballyhoura.

DISCOVER MORE

4

AN GLEANN BEAG LOOP WALK

- **Distance:** 9.5 km
- **Start/End:** Broadford Village
- **Difficulty:** Moderate

Unspoiled countryside beckons in rural West Limerick, where rolling hills, open farmland and forest paths combine to provide a peaceful looped trail.

Starting at Broadford Arboretum, a former limestone quarry now planted with native trees, the trail progresses along a lovely wooded path beside the glen that the walk is named after, and leads to the historical site of Killagholehane church, a 15th century national monument where there is a story board detailing the history and unique folklore of the area.

5

CURRAGHCHASE FOREST PARK TRAILS

- **Distance:** Lake Trail 1.3 km
  Curragh Trail 2.4 km l Glenisca Trail 3.5 km

Escape to the lush green landscape of Curraghchase where rolling parkland, woodlands and lakes are just waiting to be enjoyed. With walking trails to suit all levels, plenty of picturesque picnic spots and two playgrounds, this Coillte forest park is ideal for little explorers.

Discover the excitement of orienteering, an outdoor sport that will exercise both mind and body.

Admission: €5 per car (cashless system)

6

GALTYMORE

- **Distance:** 11 km
- **Start/End:** King's Yard, Kilbehenny
- **Difficulty:** Difficult

Standing at a majestic 919m high, Galtymore is the highest point of counties Limerick and Tipperary in the Galtee Mountain range.

A difficult but rewarding trail on a mix of track and open mountain, with sustained steep sections and no clear trail markings, it is best suited to experienced hikers.

On a clear day, hikers will be treated to panoramic views from the summit with the Glen of Aherlow and the Golden Vale to the north, and Carrauntoohil, Ireland's highest mountain, to the west.

7

GLENSTAL WOODS LOOP WALK

- **Distance:** 15 km
- **Start/End:** Glenstal Woods Carpark
- **Difficulty:** Moderate

Located on the lower slopes of the Slieve Felim Mountains, this looped trail offers walkers expansive views across counties Limerick and Tipperary. Keep an eye on the sky overhead, as this is home to the hen harrier, one of our most spectacular and rarest birds! Late spring and early summer brings a vibrant display of rhododendron in the depths of the forest.

The return section overlaps with the Slieve Felim Way, a long-distance walking route spanning almost 36 km from Murroe, County Limerick to Silvermines Village in County Tipperary.

8 KILMOYLAN WOODS NATURE WALK

‹5 km

- **Distance:** 4.2 km
- **Start/End:** Doon Village
- **Difficulty:** Easy

Surround yourself in nature on a leafy looped forest walk. Starting in Doon Village, the trail provides a peaceful nature and biodiversity walk through farmland and forestry.

The flat terrain makes it an easy walk and an ideal outing for family adventures or trail running enthusiasts. 16 species of trees and shrubs, 6 species of bumblebee along with multiple varieties of butterflies and insects are amongst the different mini habitats to be discovered along the way.

9 LIMERICK GREENWAY

›15 km

- **Distance:** 40 km
- **Start/End:** Rathkeale/Abbeyfeale
- **Difficulty:** Easy – Moderate

Embrace the unexpected and enjoy an authentic experience of rural Ireland. Following the old Limerick to Kerry railway line, Limerick Greenway weaves through West Limerick's traditional agricultural landscape linking the bustling towns of Rathkeale, Newcastle West and Abbeyfeale.

Visitors will pass through a dramatic railway tunnel and beautifully restored station houses from the Victorian era, see ancient castles and abbeys, bask in the solitude of a native forest, and meet the people that give Limerick its uniqueness and charm.

Join at one of the many entry points located at key stops along the way at Rathkeale, Ardagh, Newcastle West, Barnagh, Templeglantine or Abbeyfeale.

10

LIMERICK REGIONAL ATHLETICS HUB

- **Distance:** 400 m running track l 500 m walking path

Whether you are starting your fitness journey with some easy laps, doing a solo speedy workout or have your sights set on Olympic stardom, Limerick's state of the art athletics hub in Newcastle West has you covered!

There is an 8-lane running track, walking path and a range of field facilities to choose from, all fully floodlit for year-round use.

Individual session: €2

11

LISKENNETT FOREST TRAIL

- **Distance:** Sunday Well Loop: 2.1 km l Long Loop: 3.2 km l North Trail: 4 km
- **Start/End:** Liskennett Forest Car Park
- **Difficulty:** Easy

With a series of woodland trails to explore, each offering stunning views across Limerick's lush countryside, Liskennett Woods is the perfect spot to get fresh air and reconnect with nature.

Lying on a low hill that is part of the same range as nearby Knockfierna, the trail is steep at the beginning, but can be enjoyed by walkers of all ages.

12

SLIEVEREAGH LOOP WALK

> **15 km**

- **Distance:** 15.7 km
- **Start/End:** Water Fountain, Kilfinane
- **Difficulty:** Moderate

Starting in the charming market town of Kilfinane, nestled within the Ballyhoura Mountain range, the picturesque trail unfolds eastwards along quiet country roads. Stepping stones guide walkers across a little stream through a magnificent, serene mature forest, passing a pair of standing stones in a secluded meadow within.

On exiting the woodland, the trail transitions into a forestry road before a steep ascent to a scenic lookout which offers a moment of contemplation and a stunning vantage point for the lush green landscape below.

13

THE KNIGHTS WALK

> **5 km**

- **Distance:** 4 km
- **Start/End:** St. Paul's Heritage Centre, Glin
- **Difficulty:** Moderate

Set against the stunning backdrop of the Shannon Estuary along the Wild Atlantic Way, The Knights Walk offers a peaceful haven for walkers to get out and about in nature.

The looped trail weaves its way through open countryside and native woodland where majestic oak, beech and ash trees provide a natural habitat for flora, fauna and wildlife. Watch out for Irish red squirrels who are very much at home here.

Savour the sweeping sights from the viewing platform at Tullyglass Hill, the highest point of Glin Demesne.

EXPLORE A LITTLE MORE

14. ASHFORD TO BROADFORD WAY

Distance: 20 km

Nestled into the Mullaghareirk mountain range with steep climbs in sections, this trail is best suited to experienced walkers. The trail traverses forest paths, farmland and tree lined country lanes and offers breathtaking views over the lush Limerick countryside.

15. ATTYCHRAAN LOOP

Distance: 5 km

A family-friendly looped walk through Galtee Castle Woods that weaves its way through forestry and farmland with spectacular views of the majestic Galtee Mountains.

16. BALLINABOOLA WOODS LOOP

Distance: 10 km

This steep trail, intertwined with the Ballyhoura Mountain Bike trails on the edge of Ardpatrick village, is worth the climb to enjoy the view from the top! According to local tradition, St. Patrick founded a monastery here in the 15th Century, the ruins of which can still be seen.

17. BALLYHOURA WAY

Distance: 90 km

An attractive long distance hiking trail through the lush Golden Vale offering seven trailheads across three different counties - Limerick, Cork and Tipperary.

## 18. CASTLECONNELL RIVER WALK

Distance: 6 km

Enjoy breathtaking scenery, unspoiled natural woodland and the soothing sounds of the rushing River Shannon on a family-friendly walk in the riverside village of Castleconnell.

## 19. CLARE GLENS

Distance: 4 km

A hidden woodland walk along the Clare River, which separates counties Limerick and Tipperary, with gushing waterfalls, rapids and wildlife to explore along the way.
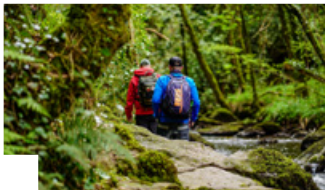
20. FOYNES WOODLANDS WALK

Distance: 1.4 km

Wander along the twisty paths in a pocket of mixed woodland along the stunning Shannon Estuary Way. Once part of the Monteagle Estate, remnants of the old carriage paths, stone walls and Lady's Gate can still be observed today.
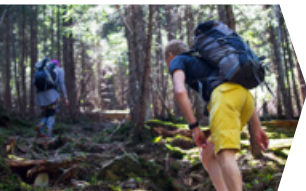
21. GORTNACLOHY LOOP

Distance: 7 km

This challenging hike, above the village of Ashford, comprises steep climbs, forest tracks, and spectacular views, and is interspersed with historic sites including Cobs Road and a 17th century Mass Rock.

22. GRISTON BOG

Distance: 1 km

Make a beeline for Ballylanders, home to a wonderful wildlife bog with diverse flora and fauna, bees, insects and other wildlife. Navigate through the peatland along a wooden walkway and discover how the bog has evolved from the Ice Age to the present day.

23. KEALE RIVER WALK

Distance: 7 km

Take a leisurely ramble through Irish woodland and along scenic river paths with lots of little bridges in between. Fenced from start to finish, it is safe, and ideal for a family adventure.

24. KNOCKFIERNA

Distance: 9 km

Steeped in local history and folklore, Knockfierna can be accessed by a number of pathways, which start in Ballingarry, with spectacular sights across County Limerick from the summit.

25. LOUGH GHÉ WAY

Distance: 14 km

Get off the beaten track for a scenic but strenuous out-and-back trail, with views of distant mountains, the unique landscape of the lake and surrounding upland blanket bog.

26. LOUGH GUR TRAILS

Distance: from 2.5 km to 4.5 km

Explore the ancient wonders of mythical Lough Gur, one of Ireland's most important and unique archaeological treasures, on a series of short family friendly lakeshore trails.

27. SLIEVE FELIM WAY

Distance: 36 km

Stretching from Murroe, Co. Limerick to Silvermines Village, Co. Tipperary, the Slieve Felim Way is a great choice for a long distance, scenic walk through the heart of beautiful, rural countryside.

For maps and lots more walking routes visit **Limerick.ie/Walking**

LET'S GET LIMERICK MOVING

Discover fun-filled ways to get active in Limerick's great outdoors!

LIMERICK ON FOOT ACTIVITY SHEET

Mini explorers can embark on a journey of discovery in Limerick with a family-friendly scavenger hunt, word search and colouring graphic!

BALLYHOURA NATURE TRAIL

Liven up your next ramble in the woods and seek out twenty hidden creatures nestled among the trees along this 2km family-friendly trail.

Parking: €5 (contactless payment)
Unsuitable for buggies

BALLYHOURA TRAILS GUIDE APP

A world of outdoor adventure awaits walkers, hikers and nature lovers in Ballyhoura Country with 21 waymarked trails available, ranging in distance from 5km to 18km.

Android download

iOS download

PARKLIFE

Limerick's parks are oases of green space, where regardless of the season, you can enjoy a refuge from the stresses of everyday life as well as prime locations for getting your steps in and outdoor gatherings with friends and family. Whether you're beating a path for jogging or walking, enjoying being out in nature or just looking for a spot to walk the dog, Limerick's public parks offer all this and more.

Did you know that there are approximately 450 acres of public open space in Limerick city alone? From playgrounds, dog parks and nature parks to urban forests and large open spaces, Limerick's parks have their own unique characteristics and all are cherished by locals and visitors alike.

Make sure to check out town parks including Adare, Abbeyfeale and Croom if you're looking for a relaxing stroll; Griston Bog or Baggot Estate Nature Park to uncover some rich flora and fauna or Curraghchase Forest Park and Mungret Park if you're in search of a longer walk, with designated trails and lots to explore.

Offering picturesque views, fresh air and in some cases seasonal activities, they all provide the chance to escape the hustle and bustle and enjoy being active in the outdoors.

Wherever you are in Limerick, you're never that far from some greenery.

Check out **Limerick.ie/Walking** for some of Limerick's best open green spaces

A selection of
PUBLIC PARKS
ACCESSIBLE and
ENJOYED BY ALL

Parks designed for everyone: because nature, community spaces and play areas should have no barriers.

Abbeyfeale Town Park

Adare Town Park *

Askeaton Park

Ballingarry Community Park

Castle Demesne Park, Newcastle West

Castletroy Neighbourhood Park

Croom Town Park

Glin Town Park

Mungret Park

O'Brien Park, Clare Street *

Peoples Park, Pery Square *

Robert Byrne Parklet, Clancy's Strand *

Shelbourne Park, Shelbourne Road

*On-street parking only

MEET & MOVE

Activity is great, but it's better with mates! If you're finding your feet in Limerick or you'd like to keep active with like-minded people, find your tribe at one of Limerick's many community-based clubs.

Visit **Limerick.ie/Walking** for more

PARKRUN

A free, fun and friendly weekly 5k community event for runners and walkers.

SAT 9.30AM • University of Limerick • Mungret Park • The Demense, Newcastle West

A free, fun 2k event for 4 to 14 year olds.

SUN 9.30AM JUNIOR PARKRUN • Shelbourne Park

STEP TO THE BEAT

Download our music motivation playlist featuring some of Limerick's top artists and bands.

LIMERICK TRAILS CHALLENGE

Ready for a challenge? Explore Limerick your way, one trail at a time.
Set a goal, clock the kilometers and keep track of your progress with the challenge checklist!

‹5 km

- ☐ Adare Village Walking Trail
- ☐ Clare Glens
- ☐ City Centre to Shannon Fields Riverside Walk
- ☐ City Centre to UL Riverbank Walk
- ☐ Curraghchase Forest Park Trails
- ☐ Foynes Woodlands Walk
- ☐ Griston Bog
- ☐ Killeedy Eco Park
- ☐ Kilmoylan Woods Nature Walk
- ☐ Limerick City Loop Walk
- ☐ Limerick Regional Athletics Hub
- ☐ Liskennett Forest Trail
- ☐ Lough Gur Trails
- ☐ Neil Cusack Olympic Trail
- ☐ The Knights Walk
- ☐ Three Bridges Walk

5–10 km

- ☐ An Gleann Beag Loop Walk
- ☐ Attychraan Loop
- ☐ Ballinaboola Woods Loop
- ☐ Castleconnell River Walk
- ☐ Castletroy Loop Walk
- ☐ Gortnaclohy Loop
- ☐ Keale River Walk
- ☐ Kilmallock Looped Walks
- ☐ Knockfierna

10–15 km

- ☐ Galtymore
- ☐ Lough Ghé Way
- ☐ Glenstal Woods Looped Walk

›15 km

- ☐ Ashford to Broadford Way
- ☐ Ballyhoura Way
- ☐ Limerick Greenway
- ☐ Slieve Felim Way
- ☐ Slievereagh Loop Walk
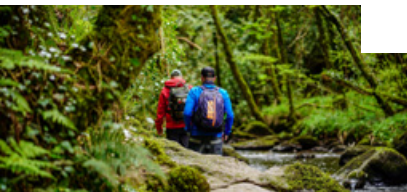
LIMERICK

WALK IT • RUN IT • LOVE IT

Explore lots more routes
throughout Limerick on
Limerick.ie/Walking

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Our Rural Future

Comhairle Cathrach
& Contae **Luimnigh**
Limerick City
& County Council

ATLANTIC EDGE
LIMERICK
EUROPEAN EMBRACE

LIMERICK
SPORTS PARTNERSHIP
SPORT IRELAND

hi
healthy
ireland

Healthy
Limerick

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