

Keep Moving in Nature...

Explore Coastal,
River & Wood Trails
in the Ring of Cork.



Visit East Cork
& Cork Harbour

INTRODUCTION

FACT

Research shows that physical activity combined with exposure to nature can contribute to good health.

NATURES UMBRELLA

Don't let the weather stop you, woods are great for shelter especially on the rainy days.

This brochure is a visual display of stunning outdoor recreational places encouraging you to embrace nature and to keep moving for your health and wellbeing. The brochure highlights 15 track/trail locations in the Ring of Cork. You can choose from stunning coastal cliff walks to breath-taking beach and river walks as well as tranquil woodlands where you can relax and enjoy the outdoors whilst walking or cycling. Take time out and listen to leaves crunch beneath your feet and the sound of birds nestled in the trees and notice the beautiful nature that surrounds you.

Outdoor recreation is about being and moving in nature. Outdoor recreation is for everyone, regardless of fitness level, age, or background and best of all it is free. Outdoor recreation can reduce stress, anxiety, and depression, improve the immune system, prevent illness, and increase life expectancy. Nature and outdoor activities benefit everyone.

Be sure to visit www.ringofcork.ie to find out where to eat, where to stay and things to do in East Cork and the Cork Harbour area. Next turn the pages, decide where your next adventure will be, and better still arrange to explore with a friend to stay connected. Remember, you don't have to exercise vigorously in order to improve

your health. Instead, try to introduce some light activity where you can and in the daylight preferably. Every little bit does help. The most important thing is to sit less, move more and go outdoors, enjoy the fresh air and take a break from your busy life. It is recommended that adults should be active for at least 30 minutes, 5 days a week and children & young persons for one hour.

Lets Get Active

For trail difficulty, length, map and directions; click on SEE MORE for each trail. The trails are suitable for walking, running and some cycling. Dogs are welcome but must be on a leash.

Remember to practice the **Leave no Trace Principles**. Keep moving in nature.

FEELING HUNGRY?

Visit www.ringofcork.ie/eat/

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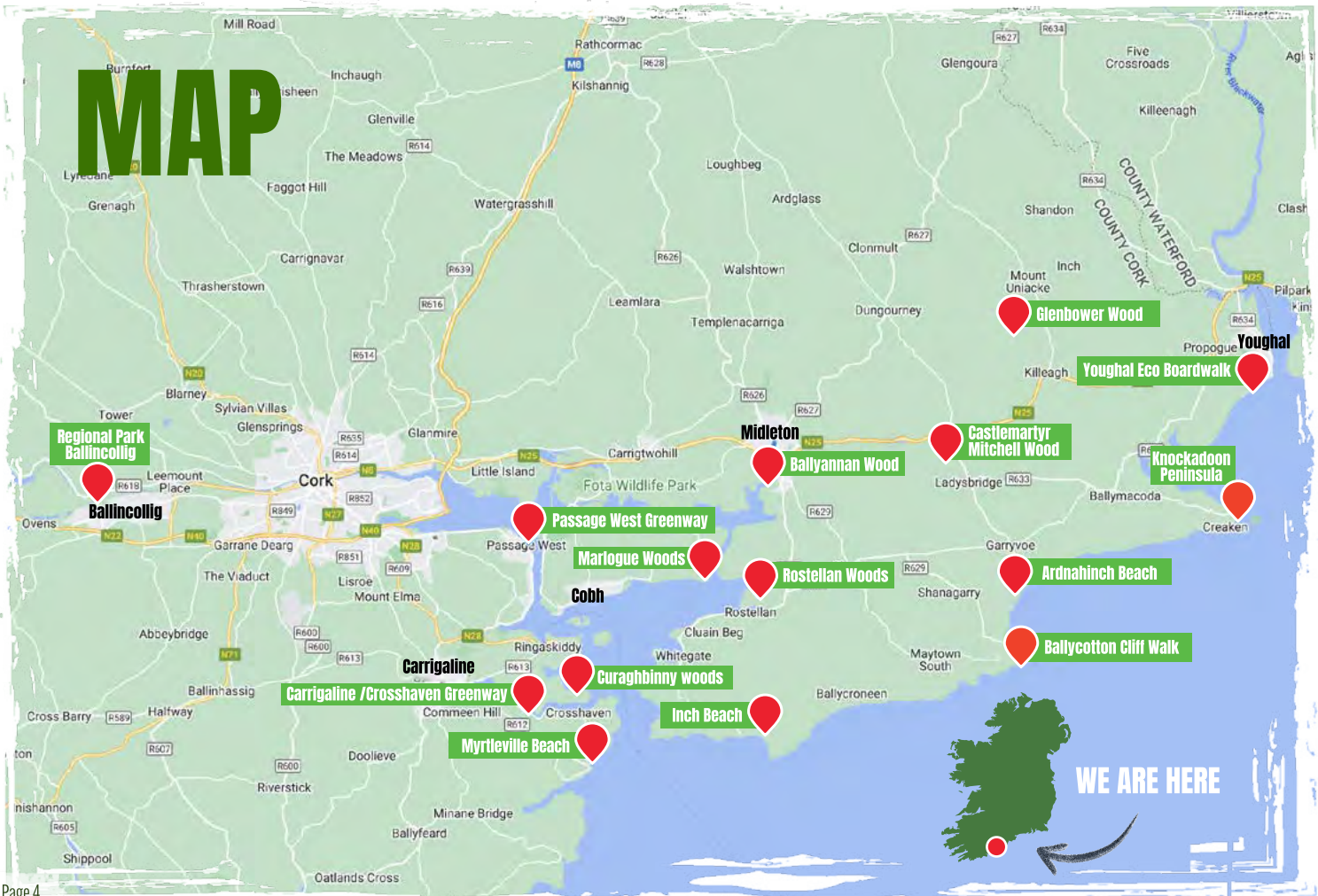
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MAP



WE ARE HERE



Ballycotton

The breath-taking and popular Cliff Walk begins at the end of Ballycotton fishing village (past the pitch and putt) and continues for just over 3.5km on to Ballyandreen beach. There is an option to do a longer loop (9.5km) that includes a minor road and hill. It is a stunning

walk and ideal remedy to clear the cobwebs as you are exposed to the ocean on one side and farmland on the other. Be sure to stop, breath and take in the scenery. Also, enjoy Ballytrasna beach enroute. Popular with walkers and trail runners. Dress for wind and exposure to the ocean.

[SEE MORE](#)



Carrigaline to Crosshaven Greenway



This is a very popular flat trail that runs alongside the Owenabue River from Carrigaline, passing Drake's Pool and on to Crosshaven with stunning scenery where a variety of wildlife can be seen. It is a 5km linear trail on the old Cork to Crosshaven railway line and ideal for cycling, running, and walking. There are car parks at both ends.

Ring of Cork:

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Sport Ireland:

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Garryvoe Beach to ArdnaHinch

Garryvoe Beach is a mixed pebble beach, located just off the road from Ladysbridge to Shanagarry. It is a part of a line of beaches from Silver Strand on the edge of Ballycotton village which connects to Ballynamona, which in turn connects to Ardnahinch by stepping stones (visible when tide is out) which then connects to Garryvoe. It is a great beach for walking, swimming, fishing and sea sports

Walk as long as you like. Stunning views of Ballycotton Bay and lighthouse. 4km walk when tide is out. Ballinwilling Beach and Ballycrennane Beach flank the eastern side of Garryvoe. The beach has a public car park, toilet facilities and wheelchair access is provided.

[SEE MORE](#)



Inch Beach



A very pretty beach that is sandy and very popular with swimmers and surfers all year round. It has an interesting rock formation at the cliff side. Very popular with locals and a good fishing spot. When the tide is in, take a walk to Power Head, embrace the ocean and the stunning coastline. Out and back on power head 2km. The beach is great to explore when the tide is out.

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Knockadoon Peninsula

There are two loop walks; Capel Way Coastal Trail Island Loop which is a 2.5km gravel track trail around the tip of the Knockadoon peninsula passing the signal tower & the 6km Glen Loop route which brings you passed magnificent thatched cottages on a minor road. Both have stunning views of the sea cliffs, Ballycotton and Youghal Bay as well as Capel Island. There is plenty of recreation to enjoy at Knockadoon peninsula, which is 6km away from Ballymacoda. Knockadoon pier is very popular especially during the summer to cool off with a dip.

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Myrtleville Beach



This beautiful beach is a mix of sand and pebbles. It has a small walkway where you can go for a relaxing stroll and take in some amazing views. Also very popular with swimmers all year round. If you fancy a longer walk, facing the sea, take the coastal road and walk past the popular restaurant towards Fountainstown beach. From there you can continue onto Ringabella Creek on a quiet public road and then do a loop around a sand bar.



Passage West Greenway

Passage West Greenway (one section of the Cork Harbour Greenway) follows the route of the former Cork, Blackrock, and Passage West Railway line, which opened in 1850, bringing tens of thousands of passengers to Passage West, a popular holiday resort for the wealthy and a centre of ship building excellence in Ireland in the 19th century.

This is considered an easy route and a popular trail for running, walking and cycling. It is

8.9km out and back. Starting at the Rochestown side, park at Harty's Quay and continue along the off road path, along the shoreline to Passage West. Option to continue onto Monkstown and from Rochestown side, extend onto Blackrock. The other section of the Cork Harbour Greenway, is the Carrigaline to Crosshaven route.

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All Trails:

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Youghal Boardwalk

The boardwalk is Ireland's longest seafront boardwalk, a 2-metre-wide and 7km accessibility friendly walkway between Youghal town centre and Redbarn beach, that runs alongside Claycastle and Front strand beach and promenade. Accessible from all the beaches. The blue flag beaches at Youghal, very popular with swimmers all year round.



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Ballyannon Woods

This spectacular mixed wood of 25 hectares, allows you to absorb the sights and sounds of nature within walking distance of Middleton town. It's shoreline is on the Owenacurra River and overlooks the old port town of Ballinacurra. There are a series of paths to choose and the outside loop is 2.3km.

Walking in April, May, a carpet of bluebells will greet you. Popular with walkers and trail runners. Recommended parking is on Bailick Road, which is 1km from entrance to the woods crossing a footbridge on a nice off road walk.

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Coillte:

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Ballincollig Regional Park



This is a beautiful multifunctional park with a lot of amenities as well as trail options.

There are a variety of marked walking trails with fabulous views of the River Lee, that begin and end at the Western end of the park, at the Inniscarra Bridge, The loops vary in length from 1km to 7km trail following the river, sports ground and ruins of gunpowder site. In the park facilities include; vast open grass areas, soccer and rugby pitches, outdoor fitness equipment, skate park, playground & multi use games areas. There is good parking, picnic tables and nice coffee truck at Inniscarra Bridge.



Castlemartyr Mitchell Wood

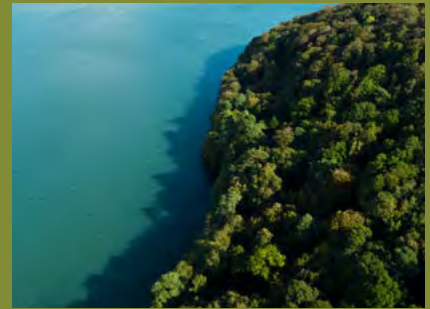
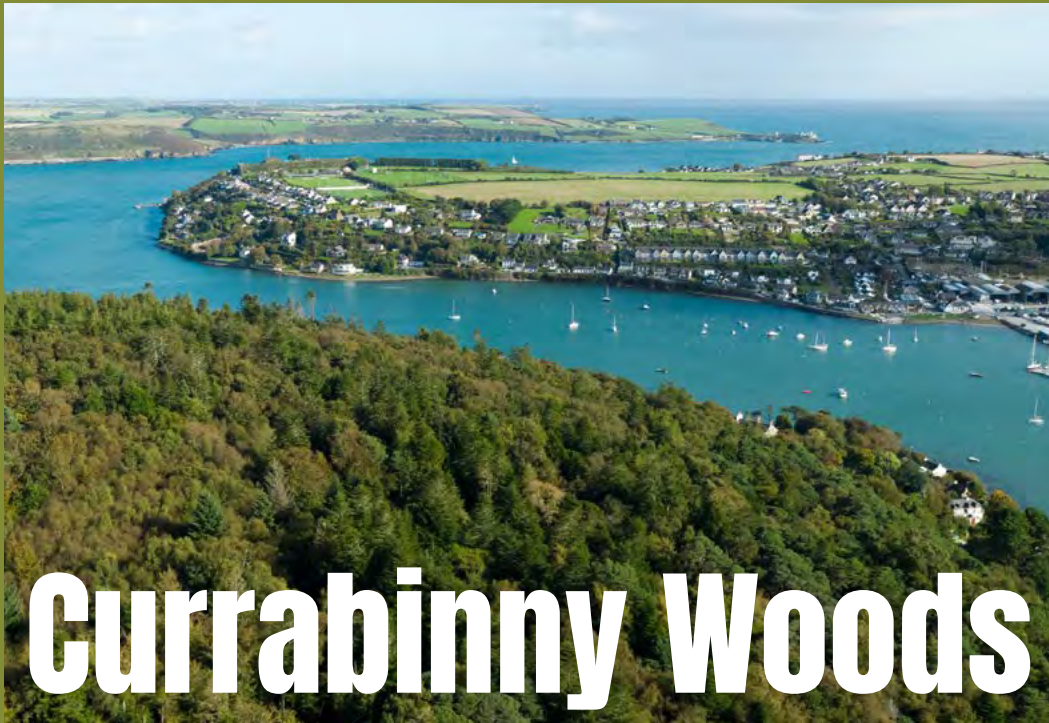
Mitchell Wood Loop is one of 3 looped walks within the historic Castlemartyr Woodland of the former Boyle of Shannon estate. The 2.4km Loop starts and ends at the trailhead on the Ladysbridge road side. It is a nice sheltered trail so ideal on rainy days and it crosses the Kiltha River via a nice footbridge. Other loop trails within the Castlemartyr Woodland are Pigeon's Wood, (1km) and Ladysbridge Loop (4.7km).

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Currabinny Woods

Currabinny Wood is a dense wood of 35 hectares located on a hill with spectacular views of Lough Beg, the mouth of the Owenabue River, Cork Harbour, and the village of Crosshaven. It has a range of tree species, a Bronze age cairn in the middle known locally as the Giants grave and many trails (former carriage paths) that take you to the watersedge. One such trail is the Giant Grave Loop, 2.1km trail.

Currabinny Woods, is just 6km south of Carrigaline on the Ringaskiddy road.

[SEE MORE](#)



Glenbower Woods

Glenbower Woods, located in Killeagh village is very popular with families, walkers, hikers and trail runners. Enjoy a 6.4km loop trail in a beautiful woodland with bridges crossing the Dissour River. The woods are located behind a popular restaurant, opposite the church. The woods car park is passed the playground.

Ring of Cork:

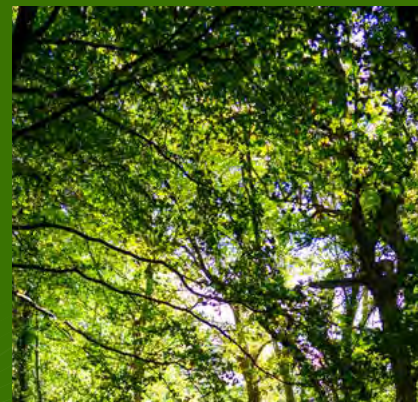
[SEE MORE](#)

Glenbower:

[SEE MORE](#)



Marlogue Woods



Enjoy the sound of nature and stunning views at Marlogue Woods. It is located on the southeast of Great Island (Cobh) and bounds the Ballynacorra River and Cork harbour. It is an out and back trail of approx. 3km and has much to offer including a variety of mature trees and tracks suitable for walking. It formed part of the the Smith-Barry estate. This family had also links to Barryscourt Castle in Carrigtwohill and to nearby

Fota House. It is well worth a visit. Enjoy the scenic drive across the triple arch Bellvelly bridge, that separates Fota Island from Great Island and pass the 13th century Bellvelly Tower Castle enroute to back of Great island, to Marlogue Woods.

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Rostellan Woods

Rostellan Woods, Aghada is hidden deep in the East Cork coastline overlooking Cork Harbour. It is popular with the locals and GAA community especially for walking. The wood trail skirts Aghada GAA grounds along the coast with tiny pebble beach and stunning views of Cobh, Aghada, East Ferry and Whitegate refinery. The southern section of the wood lies next to Rostellan Lake that is home to many wildlife and the

most visible, being the beautiful swans. Walk for 1km or more. It is very popular to continue walking onto the Peoples Path from here towards Aghada Pier and further to Whitegate. Explore and enjoy!

Ring of Cork:

[SEE MORE](#)

Coillte:

[SEE MORE](#)

Useful websites

All trails

alltrails.com

Coillte woods

coillte.ie

Cork Sports Partnership

corksports.ie

Get Ireland Walking

getirelandwalking.ie

Woodlands for Health

getirelandwalking.ie

Leave No Trace

leavenotraceireland.org

Five Ways to Better Wellbeing

mentalhealthireland.ie

Ring of Cork

ringofcork.ie

Sport Ireland Walking Trails

sportireland.ie

SECAD

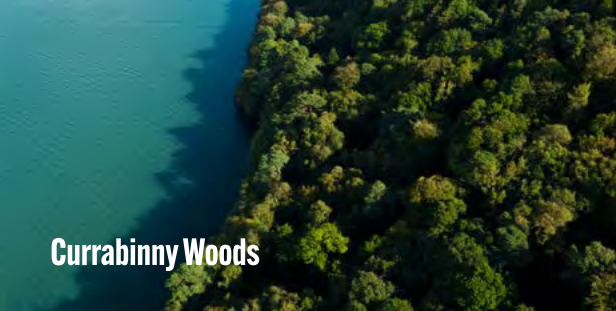
www.secad.ie

WHO Guidelines on Physical Activity

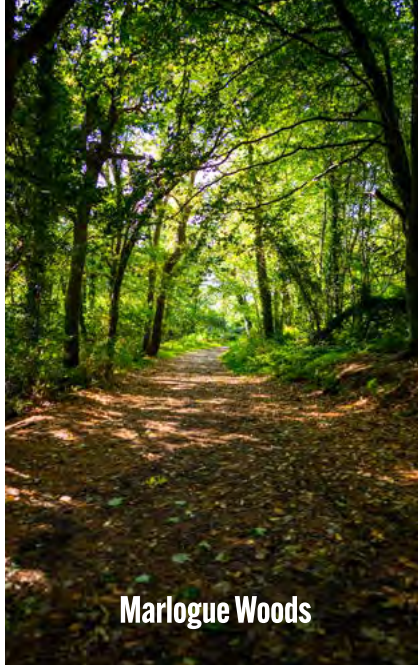
who.int

Wildwork

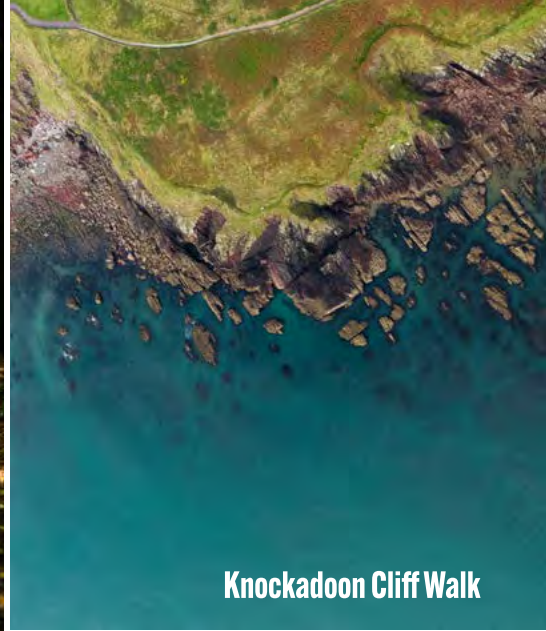
wildwork.ie



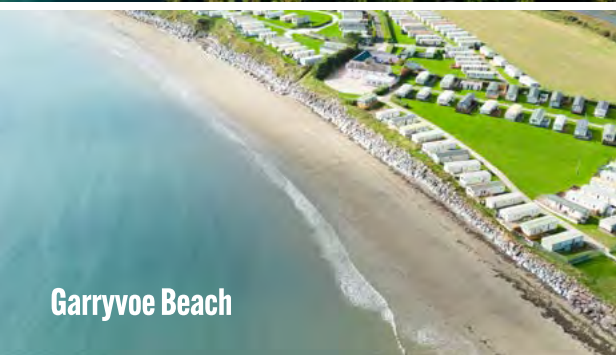
Currabinny Woods



Marlogue Woods



Knockadoon Cliff Walk



Garryvoe Beach



Ballyannon Woods



Inch Beach

WHAT IS GOOD HEALTH?

The World Health Organisation (WHO) defines good health as a “state of complete physical, mental and social well being and not merely the absence of disease or infirmity”. Good health is when you are feeling good both mentally and physically.

Recommended Weekly Physical Activity Guidelines for Adults:

At least **150 mins** of moderate intensity
At least **75 mins** of vigorous intensity
Or combination of both.





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Please get in touch via info@ringofcork.ie or eryan@Secad.ie with comments, feedback and suggestions.



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**Explore & Keep
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www.ringofcork.ie/outdoor