

## **Suggested walks**

### **DUBLIN**

#### **The Great South Wall Walk**

You could literally not be any more smack-bang in the middle of Dublin Bay if you tried – the path along the South Wall is pretty wide, like a promenade. It's a 4km walk, and takes between 30 - 40 minutes depending on your pace!

#### **Ticknock Fairy Castle Loop**

This is a lovely looped walk with never-ending views of Dublin when you reach the top. Walking time: Roughly 1 hour and 45 minutes.

#### **The Killiney Hill Walk**

There are two different routes to the top that you can take: if you're after a short walk, drive up as far as the car park on Killiney Hill. If you fancy a longer ramble, take the DART to Dalkey and then walk up to the summit of the hill from there. Walking time: Between 20 and 50 minutes, depending on where you start the walk.

#### **The Hellfire Club Walk**

The Hellfire Club Walk (officially known as the 'Montpellier Loop Trail') is a lovely Dublin walk that will treat you to a spectacular panoramic view of Dublin City. Walking time: Roughly 1 hour + (depending on how much time you spend at the top)

#### **The Howth Cliff Walk**

There are a couple of different ways of tackling this walk: you can start it from the DART station for a longer stroll or you can kick it off from the car park at Howth Summit. You will be treated to incredible coastal views throughout. Walking time is 120 minutes on a fine day. Allow for longer if you're battling the wind in winter!

#### **The Malahide to Portmarnock Coastal Walk**

This is one of the many Dublin walks that are perfect for those of you looking for a moderate ramble with friends on level ground that offers great ocean views throughout. Walk time: 30 minutes.

#### **River Liffey city stretch**

Start at Heuston Station and walk the riverbanks to the 3Arena. This 4.5km easy route passes many fantastic sights.

#### **Dún Laoghaire pier walk**

Check out the Dún Laoghaire pier walk. This stretch takes only 30-minutes to complete and it is entirely flat, making it largely accessible.

#### **Phoenix Park**

The ultimate walk in Dublin has got to be found in Phoenix Park. You can clock up a great distance walking the park.

#### **Grand Canal walk**

A walk along the Grand Canal in Dublin.

**Sandymount, Dublin**

Head out to Sandymount for a lovely walk along the sand. If you are looking to go on a longer walk, why not take on the Great South Wall walk towards the Poolbeg Lighthouse? The walk takes just over an hour to complete and offers amazing views of Dublin Bay.

**Marley Park**

The park stretches for 86 acres and is home to ponds, forestry and trails.

**KILDARE****Kilmacthomas woods**

Just a five-minute drive from Rathangan Village lies the beautiful and relatively undiscovered Killinthomas Woods. Filled with an orange floor of foliage in the autumn, there are options for both short and long walks, all starting and ending in the carpark. There are signposts dotted all over the trails, making this 10km walk easy to navigate.

**Castletown House**

Discover the great outdoors with a meander around the breathtaking parklands of Castletown House! Open year-round, the parklands boast stunning trails and river walks.. Steeped in history; the park is home to an array of native flora and fauna, so keep your eyes peeled!

**Donadea Forest**

Located just over 30-minutes outside of Kildare Town lies the Donadea Forest Park. With three separate walking trails, all ranging from 1km to 6km. For a short afternoon stroll, follow the Lake Walk, which loops around waterlily-filled lake and takes no more than half an hour. The Nature Trail is just less than 2km, which winds its way through some of the dramatic architecture of the estate. For more ambitious walkers, the Aylmer Walk is a 6km Slí na Slainte trail which brings walkers all around the park.

**Kildare Canal Walks**

The Royal Canal, The Grand Canal and the Barrow Line – Challenge yourself with a selection of canal walk ranging from 4km to 7.5km and enjoy the beautiful countryside

**The Curragh** - A great place to go for a long walk! If you go early in the morning, you might be lucky enough to see the equine beauties from The Curragh Racecourse getting their morning exercise. You often see people walking their dogs along the Curragh plains.

**WICKLOW****Bray Head Cliff Walk**

This linear walk takes you from Bray to Greystones along a stunning coastal distance of 7 km.

**Blessington Greenway**

The Blessington Greenway walk links the historic town of Blessington with the Palladian mansion at Russborough House. Walking time: 6.5km.

### **The Great Sugar Loaf**

501m height above sea level, the Sugarloaf has been a landmark visible from Dublin & beyond. Walking time: 2.5km.

### **Glendalough**

501m height above sea level, the Sugar loaf has been a landmark visible from Dublin & beyond. Walking time: 9km.

### **Reheenleagh Wind Farm**

This is an ideal family destination where the trails lead up to the wind turbines and offer stunning views over the Wicklow Mountains and the Irish Sea. Walking time: 2km to 6km

### **Ballycumber Loop Tinahely**

Part of a group of three walks overlooking the village of Tinahely, the Ballycumber Loop offers a variety of terrain and views including quiet country lanes, forests and open mountains. Walking time: 13 km.

### **Devil's Glen Forest Walks**

Walk through native Irish woodlands following the two loop walks: the Seamus Heaney and Waterfall walks. Find unusual and interesting 'Sculptures in Woodland'. Walking time: 4km to 9km

### **Avonmore Way**

The Avonmore Way connects the village of Rathdrum to Laragh, Glendalough and the Wicklow Way. It follows the Avonmore River along the Clara Vale up to the heights of Trooperstown. Walking time: 12km

## **MEATH**

### **Boyne Rampart Heritage Walk**

The river becomes your own private highway through the countryside. Was any Irish river historically more important than the Boyne? Ancient landmarks line this valley: Newgrange, Knowth, Dowth, Trim Castle, the site of the Battle of the Boyne, the Hill of Tara. Walking time: 8km

### **Hill of Tara**

Hill of Tara is a 1.3km loop trail located near Tara, County Meath, Ireland that features beautiful wild flowers and is good for all skill levels. The trail is primarily used for hiking, walking, nature trips, and bird watching.

### **Newtown Abbey Loop**

Newtown Abbey Loop is a 4.3km moderately trafficked loop trail located near Trim, County Meath, that features beautiful wild flowers and is good for all skill levels.

### **Mullaghmeen Forest Loop**

Mullaghmeen Forest Loop is a 5.3km loop trail located near Killeagh, County Meath, that features a great forest setting and is good for all skill levels. The trail is primarily used for hiking, walking, and running.

