



PRECAUTIONS

To ensure the continued enjoyment of these walks for other users, please observe the following:

- Guard against all risks of fire
- Fasten all gates
- Keep to assigned paths
- Keep dogs under proper control
- **Please keep dogs on lead in the safety of local farm animals**
- Avoid damaging fences, hedges & walls by using the stiles provided
- Leave no litter
- Respect the life of the countryside

ACKNOWLEDGEMENTS

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IRD Duhallow



OTHER AVAILABLE LEAFLETS

This is one of a series of walking guides for the Duhallow Region. Other available leaflets include: The Duhallow Way, Source of the Blackwater, Mount Hillary, Mullaghareirk and the Claragh Loop Millstreet.

FOR FURTHER INFORMATION, PLEASE CONTACT:

IRD Duhallow
James O'Keeffe Institute
Newmarket
Co Cork
T: 029 60633



FOR TRANSPORT QUERIES
T: 029 60648 (D.A.R.T.)

The walks were established by IRD Duhallow with assistance from the EU LEADER Programme, with the co-operation of the people of Duhallow, COILLTE, Fáilte Ireland, and the Rural Social Scheme.

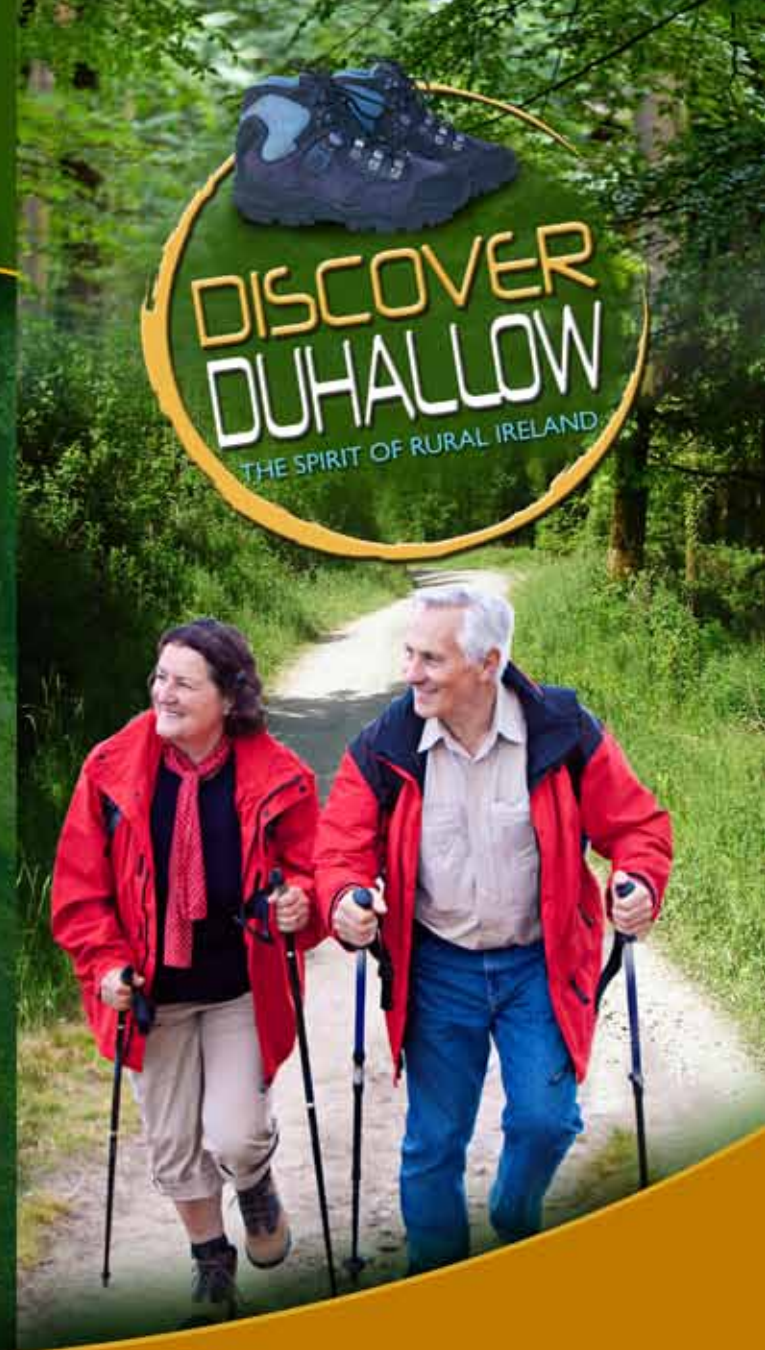
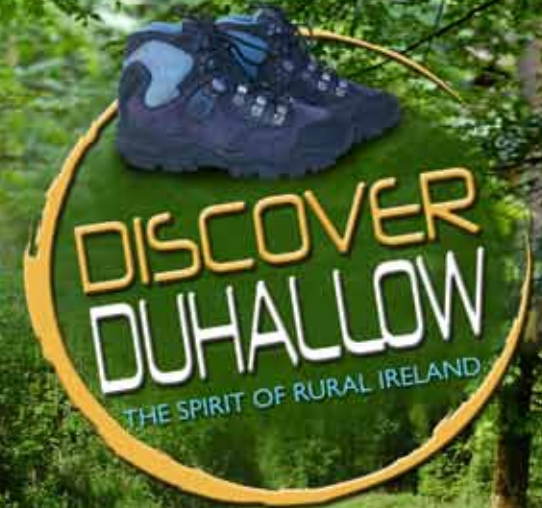


IRD Duhallow



coillte

Rural Social Scheme



Walking Duhallow
SIGNPOSTED WALKING ROUTES

THE ISLAND WOOD

In the production of this leaflet every care has been taken to ensure accuracy. IRD Duhallow cannot however accept responsibility for errors or omissions in material included but where such is brought to our attention, future publications will be amended accordingly.



The Island Wood

LOCATION: The Island Wood is located 2 miles outside Newmarket town. From the town proceed along the Island road out of Newmarket passing the church on your left hand side. Continue on this road for 2.3km until you see a small slip road to your right. Take this slip road and you will reach the forestry gate with the entrance to the Island wood on your right. The car park acts as a starting point for the various trails, including looped walks around Liscongill Wood alongside the River Dalua.

TRAILHEAD: The Trailhead is located at the entrance to the wood at the forestry gate. There is room for 6-10 cars. Nearest services (shops, toilets, restaurants etc) are available in Newmarket town.

LOOP DESCRIPTION:

The Island Wood also known as Coill an Oileann is named after a townland of the same name. This name may have its origins in the fact that the townland of Island lies between the River Dalua and one of its tributaries the Rampart Stream. The wood was originally part of the Newmarket Court, which was owned by the Aldworth Family.

The Island Wood is a beautiful wooded landscaped area, perfect for a walk or a picnic. An interesting feature in the wood is the “Twelve Apostles” tree, so called because of the twelve trunks extending out from the main trunk.

The River Dalua flows through the wood and can be seen from various different points on the trails. Ravens, Dippers & all the native woodland birds live here as well as native Red Squirrels. You can also glimpse some Brown Trout in the River Dalua which flows through the wood.

Section A:

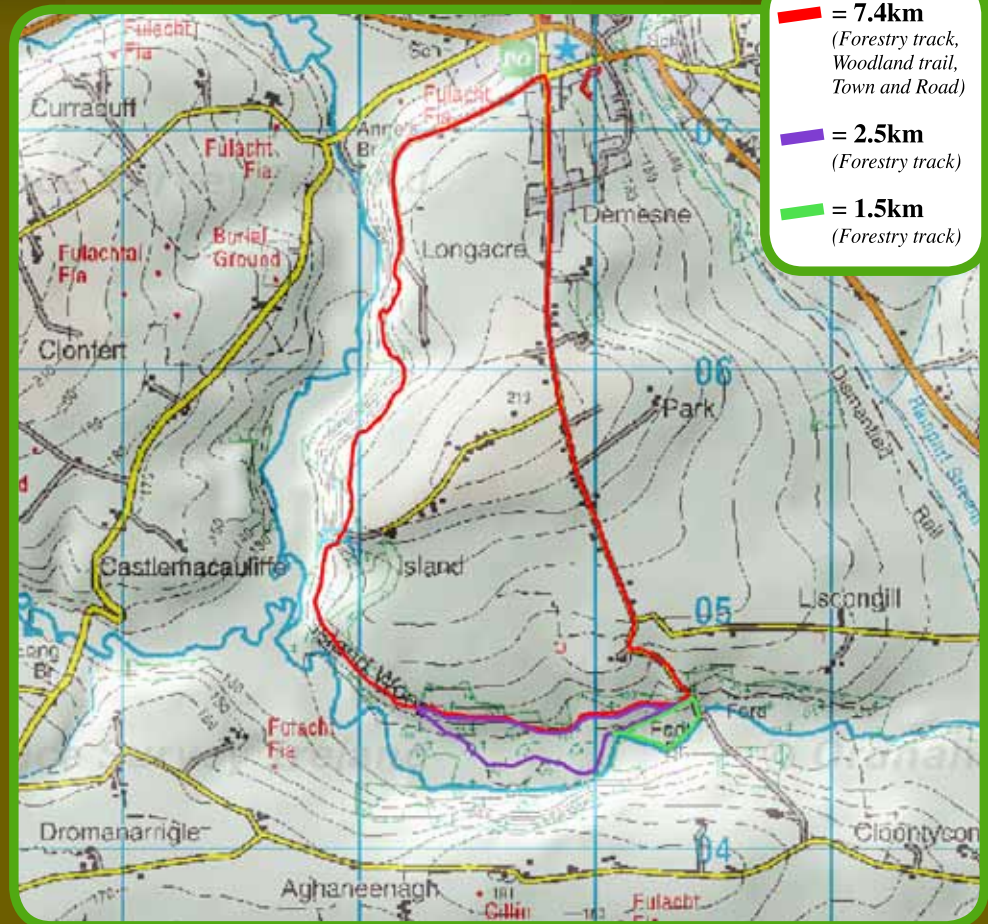
This walk is on forest roadway and is 1.5km long.

Section B:

This walk is on forest roadway and is 2.5km long.

Section C:

This loop includes both forest and public road and is 7.4 km in distance. It commences at the trail head where it traverses across the forestry route until it reaches a public road know as “The Kerry Road”. You can continue on this road until you reach the church directly in front of you. Take a right here and continue until you reach the trailhead again.



- = 7.4km
(Forestry track, Woodland trail, Town and Road)
- = 2.5km
(Forestry track)
- = 1.5km
(Forestry track)

Theme: Nature
 Terrain: Forestry Tracks
 Difficulty: Easy
 Duration: 1.00hrs- 1.30hrs
 Minimum Gear: Trekking Shoes, Raingear
 Services: Newmarket

