



PRECAUTIONS

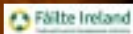
To ensure the continued enjoyment of these walks for other users, please observe the following:

- Guard against all risks of fire
- Fasten all gates
- Keep to assigned paths
- Keep dogs under proper control
- Avoid damaging fences, hedges & walls by using the stiles provided
- Leave no litter
- Respect the life of the countryside

ACKNOWLEDGEMENTS

The walks were established by IRD Duhallow with assistance from the EU LEADER Programme, with the co-operation of the people of Duhallow, COILLTE (the Irish Forestry Board) Cork County Council Fáilte Ireland and COSPOIR.

I.R.D. Duhallow



This is one of a series of walking guides for the Duhallow Region. Other available leaflets include: The Duhallow Way, Mullaghareirk Mountains.

FOR FURTHER INFORMATION,
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I.R.D. Duhallow

Part funded by IRD Duhallow
through the EU LEADER Programme.

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.

DESIGN: CREATIVE REPUBLIC T: 057 7489834

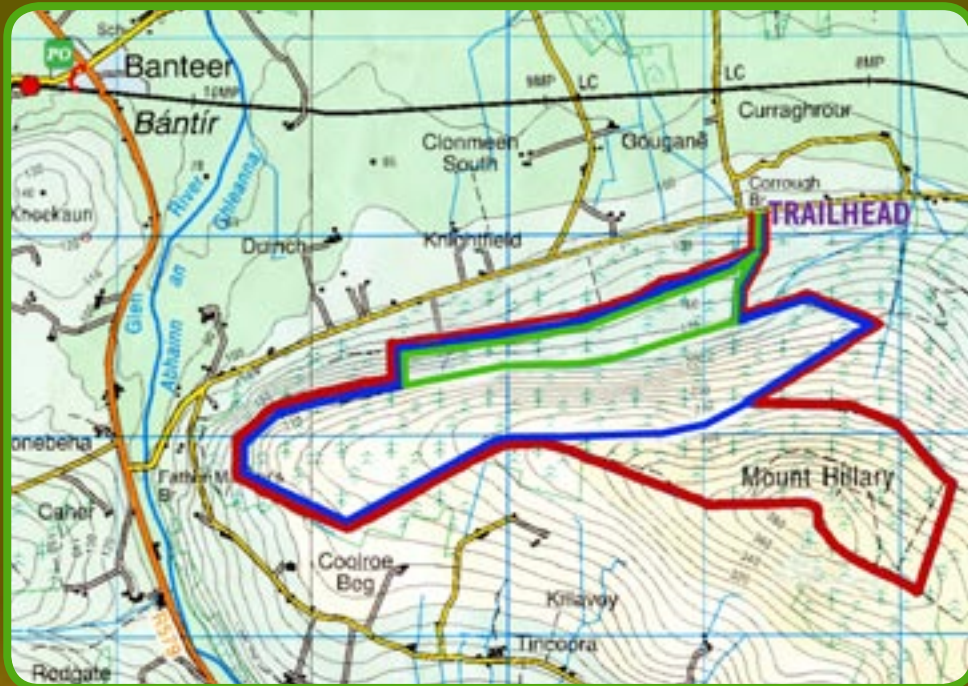


Walking Duhallow
SIGNPOSTED WALKING ROUTES

Mount Hillary



Mount Hillary



LOCATION: Mount Hillary is located south east of Banteer Village. From the N72 you travel through Banteer village in the direction of Nadd. You will pass The Glen Theatre on the right. Take the next left turn at Father Murphy's Bridge. Pass the first forestry entrance you see on your right and continue along straight until you come to the second forestry entrance near Gortmore on your right hand side. This is the TRAILHEAD for Mount Hillary.

TRAILHEAD: The Trailhead is located at the entrance to forestry near Gortmore, 5km west of Banteer in Co Cork. [OS Sheet 80, W430 972]. There is room for 6-10 cars. Nearest services (toilets, shops, restaurant, etc) are available in Banteer.

LOOPS DESCRIPTION:

All three loops start at an entrance near Gortmore on the northern slopes of Mount Hillary. Entering the forestry the loops ascend gently for 100m to reach a crossroads where they turn right. After 1.5km all three loops turn left onto a short steep uphill climb to join another forestry road. Here the green loop turns left and follows forestry roads for 2km to regain the trailhead. The blue and red loops meanwhile turn right and sweep left through the townland of Coolroe Beg for a further 2.5km where they diverge - the blue loop stays on the forestry road, the red swings right and into forestry. After splitting, the blue loop begins to

descend towards the trailhead - rejoining the red and green loops en-route. The longer, more difficult red loop continues to climb through forestry and along a 'green' track to reach the summit of Mount Hillary marked by a concrete trig point and mast. From here the loop begins it's descent to the trailhead - picking up the blue and green loop on it's way.

WALK A: Green Loop

Theme	Nature
Terrain	Forestry Tracks
Distance/Difficulty	4km / Easy
High Point/Ascent	220m/130m
Duration	45mins - 1hr
Minimum Gear	Trekking Shoes

WALK B: Blue Loop

Theme	Nature
Terrain	Forestry Tracks
Distance/Difficulty	7km / Moderate
High Point/Ascent	300m/240m
Duration	1hr30mins - 2hrs
Minimum Gear	Trekking Shoes, Fluid

WALK C: Mount Hillary Loop

Theme	Mountain
Terrain	Forestry Tracks & Woodland Trails
Distance/Difficulty	10km / Moderate
High Point/Ascent	390m/340m
Duration	3hrs - 3hrs30mins
Minimum Gear	Hiking Boots, Raingear, Snack and Fluid

PLEASE NOTE that sections of the loop walks may be closed at certain times during the year in order to allow Coillte to carry out any necessary work.

