

Knockalough – Dooree WALK

Distance 18 km
Time 6 Hours

This is for very fit experienced walkers
and has three steep climbs.

**Start 10.00am – Saturday
Upperchurch Village**



Knockalough – Red Hugh WALK

Distance 10 km
Time 3 hours

This is for walkers with an average level of fitness.
It goes to the summit of Knockalough (1400 ft)
and has outstanding views.

**Start 12 noon Saturday & Sunday
Upperchurch Village**

Éamon an Chnoic Loop

Distance 8 km
Time 2½ hours

Suitable for beginners and children.

**Start 12.30pm Saturday and Sunday
Upperchurch Village**

Clodiagh – Owenbeg RIVER WALK

Distance 14 km
Time 4½ hours

Easy but longish walk along Clodiagh and Owenbeg
rivers as well as some of Birchill Nature Trail.

**Start 11.30am – Sunday
at Ryan's Pub, Rosmult
on Thurles/Upperchurch road.**



Birchill Nature TRAIL WALK

Distance 8 km
Time 2½ hours

An easy walk through farmland and different
types of woodland. Waterproof footwear advised.

**Start 12.30pm – Sunday
at Ryan's Pub, Rosmult
on the Thurles/Upperchurch Road**