



Ballyhoura Bears Walks List - No.3 of 2026

In the Event of an **ORANGE** or **YELLOW** Weather Warning, Please contact the Walks Leader

IMPORTANT: Names **MUST BE** given in Advance to the Walks Leader for **ALL "A" WALKS outside** of Ballyhouras & Galtees **DO NOT TRAVEL WITHOUT CONTACTING THE WALK LEADER**
It is advisable for "B" Walks outside of the Ballyhouras to text/call the Walks Leader

"B" Walks are moderately paced on mixed terrain with a good level of fitness required.

"A" Walks are strong paced with ascents & challenging terrain. Graded Moderate to Strenuous

PLEASE CHECK WEBSITE & WITH LEADER FOR WALK GRADES INFORMATION, 'A' WALKS ONLY.

SUNDAY WALKS "A" & "B" plus BEARS BARBEQUE & BALLYHOURA WALKING FESTIVAL

Saturday 18th

NOTE - The A Walk will TAKE PLACE ON SATURDAY 18th NOT SUNDAY 19th.

A (1) (Strenuous): 10am Cronin's Yard V93 HK71 (**Kerry**) Cnoc na peiste + Big gun ridge William Cooke 087 270 (7 hrs)

A (2) (moderate): 10am Cronin's Yard V93 HK71 (**Kerry**) Maolan Bui + the bone Sylvia Cooke 086 855 6871 (5-6 hrs)

Sunday 19th July

B: 11am Ballinaboola Trailhead, Ballyhea 898P+CF (**Ballyhouras**) Pat Moriarty 087 265 2242 (3.5 hrs)

Sat 25th July -- Trails Maintenance Day Meet at 9.30am in Ardpatrick. Open to all Bears to come along for a few hours and work together to enhance trails - coordinators Jim Gallivan 087 258 8765 Declan Clancy 087 711 8560

Sunday 26th July

A: 10am Combaun Wood, Anglesborough 8P9P+G2 (**Galtees**) Angela Hennessy 087 774 7058 (5 hrs)

B: 11am 12 O'Clock Hills Car Park, nr Sixmilebridge, V95 YKN5 (**Clare**) John Cotter 086 608 4491 (4 hrs)

Sunday 2nd August

A: 10am Cush Car Park, Lough Curra Walks Trailhead (**Galtees**) William O'Connell 087 127 7143 (5 hrs)

B: 11am Glenbeigh, Car Park opposite Centra 3345+65 (**Kerry**) Tom Brennan 085 209 8116 (4 hrs)

Sunday 9th August

A: 10am Glenosheen, 52°18'51.0"N 8°29'47.8"W (**Ballyhouras**) Deirdre Fitzpatrick 087 656 9224 (5 hrs)

B: 11am Darragh Creamery 8H5V+C9 (**Ballyhouras**) John Hennessy 086 866 9231 (4 hrs)

Sunday 16th August

A: 9.30am Meet Kilfinane for Carpool - Half Marathon - Doubles as Recce/Test Run for **Part** of **Ballyhoura Walking Festival Marathon** in October Declan Clancy 087 711 8560 (5-6 hrs)

B: 11am Glenstal Woods Trailhead, Murroe, Co. Limerick MJ6Q+PF (**Slieve Felim**) Susie Flavin 085 144 8015 (4 hrs)

Sunday 23rd August

A: 10am Glenbeigh Church V93 V044 (carpool to Coomsatharn lake) (**Kerry**) Mary O'Connell 086 398 3385 (5-6 hrs)

B: 11am Ballinaboola Trailhead, 898P+CF (**Ballyhouras**) Paul Murphy 086 605 4770 (4 hrs)

Sunday 30th August – Walks & "Bears Barbeque"

The Club's summer BBQ will take place after A,B & C walks on Sunday 30th August @ 3pm in Glenroe Community Hall.

To assist with the catering requirements, it would be appreciated if you would let Doreen Hennessy on 087 6493391 know before 14th August, if you plan to attend.

To support the vital work of SEMRA, donations will be accepted at the BBQ.

A: 10am Glenroe Community Centre, V35 X326 Teresa Brosnan 087 900 2534 (5 hrs)

B: 11am Glenroe Community Centre, V35 X326 John Burke 087 637 9457 (4 hrs)

C: Walk details to be confirmed closer to time

FINDING THE MEETING POINT

After the location you will see a code . **ALL three types of codes can be put into Google Maps**

“62RV+XC” is a google map reference, “P12 AW80” is an Eircode, “52.360472, -8.414853” is a coordinate

Sunday 6th September

A: 10am Killballyboy Wood 727G+5H (**Knockmealdowns**) Anne Coffey 087 917 2699 (5-6 hrs)

B: 11am Fanore Beach Car Park, 4P86+VW (**Clare**) Tim Twomey & John Cotter 086 608 4491 (5.5 hrs)

Sunday 13th September

A: 10am Ballyorgan, Forest Homes Entrance 8G9H+MP (**Ballyhouras**) Kay Aherne 087 934 5233 (5 hrs)

B: 11am Slievenamuck, meet Aherlow house Hotel, E34 VW22 (**Tipperary**) Pat Moriarty 087 265 2242 (4 hrs)

Sunday 20th September

A: 10am Galtee Castle Car Park, Kilbehenny 8RCC+FR (**Galtees**) Joan Neill 087 314 9215

(5-6 hrs)

B: 11am Ballyorgan, Forest Homes Entrance 8G9H+MP (**Ballyhouras**) Catherine Hand 087 633 2818 (4 hrs)

A Walks Saturday 26th & Sunday 27th September (St Finbarr's Pilgrim Path – Drimoleague to Gougane Barra)

(Two Days of hiking St Finbarr's Pilgrim Path 2 - Bears can do both days or choose to walk one day)

Saturday 26th September

A: 11am Meet Kealkill 51.749765, -9.380007 for car pool to Drimoleague (**West Cork**) Marian Kelly 086 156 987 (5 hrs)

Sunday 27th September

A: 9.30am Meet Cronin's Bar, Gougane Barra, P12 CF67 for car pool (**West Cork**) Marian Kelly 086 156 987 (6 hrs)

Ring Marian Kelly for guidance. Please let Marian know by Thursday 24th if intending to travel so as to plan car pooling

B Walks Saturday 26th & Sunday 27th September (Dingle Peninsula & Blasket Islands)

Saturday 26th September

B: 12 Noon Meet The Blasket Centre, Dún Chaoin V92 TH73 (**Eagle Mountain - Kerry**) Liz Enright 087 287 3937 (4 hrs)

Sunday 27th September

B: 10 am Meet Ventry Pier, Ceann Trá (**Blasket Islands**) Liz Enright 087 287 3937 (4 hr Walk - allow 7 hrs including walk, 1 hour Boat trip in and out & leisure time on island)

Note – The B Walks on Saturday and Sunday may be reversed (or boat trip cancelled) dependent on sea conditions.

Please contact Liz Enright on 087 287 3937 by **10th September** if intending to travel so as to finalise numbers for the chartered boat trip to the Blasket Islands.

Sunday 4th October

A: 10am Kate Kearney's Cottage 29R9+56 (**Kerry**) Seamus Moran 087 268 4976 (6 hrs)

B: 11am Mount Hillary Loop Car Park 45F4+9V (**Boggeraghs** off N72 **nr Mallow**) Hilary Mansfield 086 398 3930 (4 hrs)

Ballyhoura Walking Festival 2026 --- Friday 9th to Sunday 11th October

Friday 9th October: Moonlight Hike

Saturday 10th October: Sunrise on Seefin, The Ballyhoura Marathon Challenge (including Half-Marathon)

Sunday: 11th October A, B & C Walks

(more details closer to event)

Held alongside the Joyce Brothers Weekend of Traditional Music, Song & Dance.

Sunday 18th October

A: 10am Muckross House Café Car Park, V93 P7VT (**Kerry**) Martin Murphy 085 174 1166 (5-6 hrs)

B: 11am Killavullen New Graveyard Car Park 4FVQ+Q7 (**Nagles**) Paul Murphy 086 605 4770 (4 hrs)

'C' Walks (2 hours) every Saturday – 11am Start

"C" Walks take place every Saturday at 11am with a duration of 2 hours and a very moderate pace.

Details of each "C" walk are provided in the 'Ballyhoura Bears News' WhatsApp Group two days beforehand

You can also contact the 'C' Walks Coordinator Eileen Hurley at 087 900 2152

"MINI-BEAR" & "FULL BEAR" CHALLENGE

We are a wonderful friendly club with wonderful friendly members and a rich range of walks.

There are 4 walks scheduled every week ("A", "B", "C" & Thursday Night). Try to do all for four types.

To do the "Mini-Bear" is to join an "A" Walk, A "B" Walk, "C" Walk & Thursday over any period of time. Even years!

To do the "Full Bear" is to join a "A" Walk, a "B" Walk, a "C" Walk & Thursday Night over an 8-day period. E.g do a "B" Walk on a Sunday, try the following Thursday night walk, join the "C" Walk on Saturday and then an "A" on Sunday.

Meet your fellow bears and try something different, walk at a different pace and connect.

Thursday Evening Walks – No.3 2026

7.30pm Start (Approx 2 hours duration – occasionally longer in summer)

Head Torch & Hi-Vis Vest Essential

23rd July	Galtee Castle Car Park, Kilbehenny 8RCC+FR	Kay Quirke	086 061 9540
30 th July	Galtee Castle Car Park, Kilbehenny 8RCC+FR	Kay Quirke	086 061 9540
6 th August	Ballinvreena Community Centre V35 C894	Declan Clancy	087 711 8560
13 th August	Maple Ballroom, Kilfinane V35 HW31	Declan Clancy	087 711 8560
20 th August	Glenroe Church V35 XN35	Geraldine Cooke	087 778 9052
27 th August	Knockfierna, Ballingarry F5F7+2W	Vincent McCarthy	+973 3556 8293
3 rd Sept	Square in Galbally, Co Limerick CP23+HG	Anne Coffey	087 917 2699
10 th Sept	Ballinaboola Trailhead 898P+CF	Pat Moriarty	087 265 2242
17 th Sept	Square in Galbally, Co Limerick CP23+HG	Anne Coffey	087 917 2699
24 th Sept	Combaun Wood, Anglesborough 8P9P+G2	Diarmuid McIntyre	087 224 4192
1 st Oct	Combaun Wood, Anglesborough 8P9P+G2	Susan Mackessy	087 282 1533
8 th Oct	Barrabunocka Bridge, Kilfinane V35 KV98	Geraldine Cooke	087 778 9052
15 th Oct	Ballinaboola Trailhead, Ballyhea 898P+CF	Pat Moriarty	087 265 224

Please send any photos taken on club walks to secretary Lucy Mulqueen 087 6910736 for inclusion in local newspapers & club social media - always ensure consent of participants when taking photos for publication.

Keep up to date with the 'Ballyhoura Bears News' WhatsApp Group - Walks Updates, Weather Cancellations and training opportunities are made available via the Ballyhoura Bears News WhatsApp group and also by email.

The 2026 Bears Trip abroad will take place from 7th – 14th September in Northern Italy close to the Swiss border

The next club committee meeting is at 7pm on Tuesday 22nd September 2026 in Ballyhoura Offices, Kilfinane

The Walks List meeting (No.4 2026) takes place at 8pm after the committee – all club leaders are welcome to attend.

The Ballyhoura Bears Club AGM will be held on the 20th October at 7pm at the Deebert House Hotel in Kilmallock, Co. Limerick. It's a great social event as well as a space for members to have their voices heard. From 7pm-8pm there will be a Skill Share event where members will share insights on Emergency Care, Using Apps, Maps and more followed by the AGM.