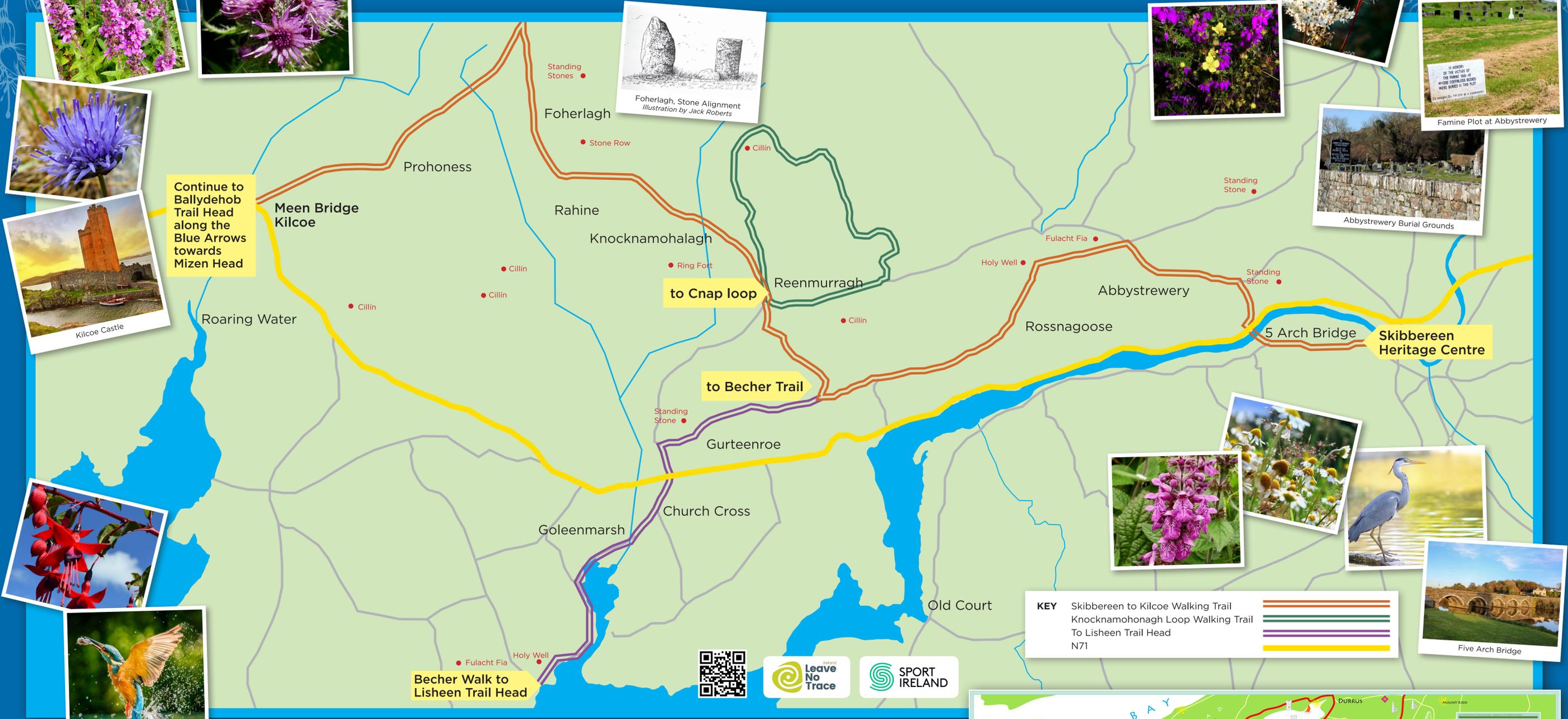
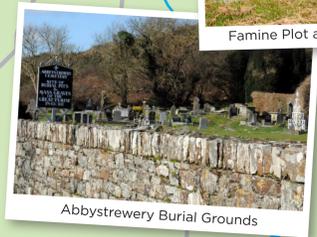




Slí Sciobairín - Carn Uí Néid Skibbereen - Mizen Trail



Continue to Ballydehob Trail Head along the Blue Arrows towards Mizen Head

to Cnap loop

to Becher Trail

Becher Walk to Lisheen Trail Head

KEY

- Skibbereen to Kilcoe Walking Trail
- Knocknamohonagh Loop Walking Trail
- To Lisheen Trail Head
- N71



Slí Sciobairín - Carn Uí Néid | Skibbereen to Mizen Walk

Grid ref: OSI 88 & 89
FASTNET TRAILS stretching from Skibbereen to near Mizen Head is a package of scenic walks for families and enthusiasts. The Mizen Walk is close to Roaring Water Bay and covers a distance of almost 57km. This trail gives the walker an opportunity to walk from Skibbereen town to Ballydehob, Schull and Goleen villages with opportunities to avail of hospitality along the way. It is a project built on the cooperation of adjoining communities along the Mizen peninsula as during the development of Fastnet Trails four community councils have been involved. The aim is to increase awareness of both our natural and built heritage, by packaging what the area offers into a pleasing, easily accessible, recreational activity. A ramble along tarmac backroads offers the walker a unique tapestry of landscape and sea scape. Take time to enjoy the flora and fauna of coast and hedgerow as you traverse these walks. The Fastnet Trails Network is managed by the committee i.e., Fastnet Trails Walks Group

Skibbereen to Kilcoe Trail & linkage to Ballydehob Trail Head

Starting at the Heritage Centre, Skibbereen, this walk takes the walker on a linear walk following the back-roads through rural landscape onward towards the Mizen Head. Walk along the

banks of the Ilen River, cross the Ilen river over the Five Arch Bridge, take care crossing the N71, note the Great Famine Plot in the Abbey Cemetery. Taking a right turn and head North for a short distance, take a left turn at the T junction to The Old Abbey School, go left at this four cross road and walk onward through the townland of Rosnagoose and Gurteenroe. At this junction follow the Purple Arrows for option 1. To stay on the Kilcoe trail take a right turn onto the Reenmurracha road for 2km take a right for a short distance and immediately go left at the T junction to Rahine. Follow the Green Arrows for option 2. Go west, for 3km through Foherlagh townland which is overshadowed by the two large Standing Stones or Galaun. Turn left at the T junction through Prohoness to arrive at Kilcoe Trail Head next to the Meen Bridge and Kilcoe Church. To walk the Mizen way follow the Blue Arrows along the old road Kilcoe to Ballydehob as indicated on the Map Board.

Red Walk - Ascent: 140m - grade: Moderate
Distance 12km., linear walk, time: 3-4hours

Option 1. For Fastnet Trail to Lisheen Trail Head follow Purple Directional Arrows to cross the N71 at Church Cross, continue straight for 2.5 km to join the Becher trail at Goleenmarsh.
Purple Walk - Ascent: 274m - grade: Easy. Distance 2.5km., linear walk, time: 1hour -2hours

Option 2. For a Fastnet Trail Loop Walk with a raised ground of 140m take a right at Rahine junction for a 4 km walk to view Roaring Water Bay from the higher ground at the 'Cnap' or Knocknamohonagh and return to the Mizen Trail to Skibbereen or go to Kilcoe Trail Head.

Grade	Trail Class	Suits	Footwear
Moderate	Class 2 Class 3	Enthusiasts and family groups with moderate fitness	Walking Boots

TYPE OF ROUTE: Linear Walk Grading: Moderate
Distance to Kilcoe: 12 km Climb: 140m on the Knocknamohonagh or 'Cnap' Loop only
Estimate Time: 3.5- 4 hours from Skibbereen Heritage Centre Trail Head to Kilcoe Trail Head
Red Walk - Ascent: 150m - Grade: Moderate
Distance 12km., linear walk, Time: 3.5hr - 4 hours

KINDLY FUNDED BY

- Comhairle Contae Chorcaí / Cork County Council
- FASTNET TRAILS
- GWENDOLINE HAROLD BARRY TRUST

