Fastnet Trails
'Cnap' Loop Walk

Map of 'Cnap' Loop Walk

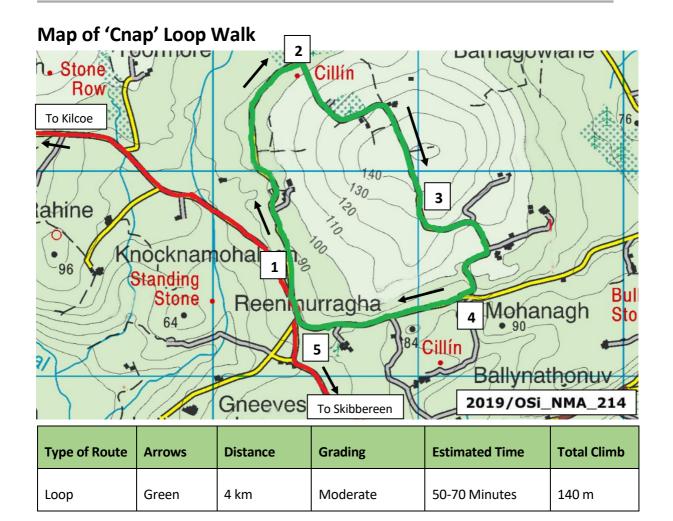| Type of Route	Arrows	Distance	Grading	Estimated Time	Total Climb
Loop	Green	4 km	Moderate	50-70 Minutes	140 m

Walk Guide

Starting at the Heritage Centre, Skibbereen, follow the Skibbereen to Kilcoe linear route for 6 kms to Rahine junction (GPS: 51.55489, -9.33604). Alternatively the walker may start at the Kilcoe Trail Head and follow the Kilcoe to Skibbereen linear route for 6 km to this junction.

At the Rahine Junction (1) leave the linear (red arrow) route and follow the green arrows.

1.35 km into the walk the road takes a sharp right turn (2). In the field here there is an enclosure that was once used as a cillín, or children burial ground.

1 km further on there is a large telecommunication mask which marks the highest point of the loop. About 200 m after the summit there is a level bit of ground (3) which affords a panoramic view of the River Ilen Estuary, Roaring Water Bay, the Mizen Peninsula and in the distance you can view the hills on the Beara Peninsula and, on a clear day, the Kerry mountains.

Descend for 750 m and at the T Junction (4) turn right.

Walk for 1 km and if you wish to return to the Skibbereen Trail Head turn left at Junction 5 and follow the red arrows. Otherwise continue westward and follow the red arrows to the Kilcoe Trail Head.

Note: Dogs must be kept on a lead at all times.