trailKilkenny
walking, cycling, food and craft trails

free maps for 9 scenic walks | 3 river walks | 4 cycle routes
This directory contains a range of trails designed to inspire you to get out and explore the County and countryside of Kilkenny.

Whether it’s an activity trail, a scenic walk, a cycle route or a walk along the banks of the River Nore; you’ll find suggested routes and maps for you to follow over the coming pages.

Most of the walking trails are along easy terrain, suited to all levels of fitness but there are some more challenging hikes for experienced walkers; featured first in this guide. Similarly, there are longer, sixty plus kilometre cycle routes for experienced cyclists and shorter cycle loops for leisure cycling.

Combine your time in the outdoors with a visit to one of the many food and craft producers that are dotted around the county.

The options are endless… Stroll the leafy lanes of O’Gorman’s Lane Loop and visit a candlemaker or the renowned Nicholas Mosse Pottery Studios in the old flour mill in Bennettsbridge. Start or end your river walk with a stroll through Thomastown with its village cafés, chocolatier and potters’ studios. If you’re on your bike on the East Kilkenny Cycle route, you’ll pass through Graiguenamanagh – drop in to 13th century Cistercian monastery of Duiske Abbey and take in a visit to Cushendale Woollen Mills; where the Cusen family have been weaving throws for generations.

For foodies, the TASTE of Kilkenny Food Trail suggests visits to organic orchards, a trout farm, and everything from artisan cheesemakers, cute cafés and chocolatiers, to the most cosmopolitan of city restaurants.

Kilkenny has long been associated with creativity and design and its reputation for great craft is encapsulated in the MADE in Kilkenny Craft Trail which includes a selection of its most renowned potters, jewellers and craftspeople working in willow, glassblowing, stonecarving and weaving; many of whom you can visit in their own studios.

You’ll find a County map in the middle of this directory that shows the trailheads for all of the walking trails and cycle routes plus the location of all of the TASTE producers and outlets as well as the studios of the MADE craftmakers that open to visitors.
Brandon Hill Loop

Graiguenamanagh, Co. Kilkenny

Services
Graiguenamanagh

Distance/Time
19km/5 to 6hrs

High/Ascent
520m/600m

Difficulty
Hard

Terrain
Minor roadways, forestry tracks and hillside paths

To Suit
Experienced walkers

Minimum Gear
Hiking boots, rain gear, fluids, snacks and mobile phone

Grid Ref.
OS Sheet 68, S708 436

Directions to Trailhead
Brandon Hill loop starts in the town of Graiguenamanagh. The trailhead is at the junction on Lower Main Street.

Walk Directions

A-B  Starting from the trailhead, follow the purple arrows which guide you around this loop and begin at the exit of the town. You are also following the yellow arrows of the South Leinster Way. Ascend to reach the end of a cul-de-sac at the side of the town bypass. Cross the road to join a minor road. Follow this road for 200m to reach a junction with another minor road on your left. Turn left here.

B-C  Follow this road for almost 2km where it merges into a forestry roadway – still following the purple and yellow arrows. After 200m the forestry track turns a right bend and passes through a barrier into Gorlough Wood. 300m later you reach a 3-way junction where the South Leinster Way continues straight, but you turn left.

C-D  Continue to follow purple arrows along a forestry track for 3km to reach another 3-way junction where the loop veers right. Ascend along the forestry track as it zig-zags and then skirts around Ballinvarry Hill. After nearly a 2km walk, you reach a crossroads of tracks where the loop turns sharp right onto a ‘green’ roadway and starts the ascent toward Brandon Hill.

D-E  After 500m of a climb, you reach a concrete stile and join a track where you turn right along the top of forestry and open hillside on your left. Pay close attention now because less than 200m later you will turn left again and join a path on the hillside which will take you to the top of Brandon Hill.

E-F  From the top, look for a waymarker which points you onto a stony path which marks the start of your inward journey. The path zig-zags and descends downhill to reach the edge of forestry where you veer right on to a forestry road.

F-C  After nearly 1km you reach a Y-junction where the loop rejoins the South Leinster Way. Veer right and start to descend again into Gorlough Wood – following the purple and yellow arrows. Pass by the site of Reneys Well to rejoin the 3-way junction (at C) where you started the loop. This time, proceed straight and follow the purple (and yellow) arrows back to the town of Graiguenamanagh.
Starting from the car park at the Watering Place follow the tarred road for 400m, past a road on your right, to a laneway on your left. Turn left here.

Following the laneway (which gives way to a sandy lane) you ascend gently for almost 2km to reach a metal gate entrance to an old homestead at Bregaun. Fine views of the Kilkenny countryside begin to open up on your left – and on your right the outline of the trig pillar atop Kilmacoliver Hill becomes visible. Enter the old farm via the metal stile.

Follow the laneway past the old house and farmyard (please do not enter), and shortly afterwards be alert as the loop leaves the laneway to your right and follows a dry ditch on the ascent to the summit of Kilmacoliver Hill.

Turning left, you reach a T-junction where you take a right for the final 400m to the trailhead.
Directions to Trailhead (for SatNav enter ‘Coolcashin’)  
Gathabawn Village is located on the L1804 between Freshford and Johnstown, Co. Kilkenny. Watch out for turn on the R693, 0.5 miles on Johnstown side of Freshford. Gathabawn can also be accessed from the R639 (old N8) at crossroads half way between Cullahill and Johnstown (see sign for Gathabawn). Note: Follow ‘Gathabawn Loop’ signs only.

Walk Directions

A-B Starting from the Trailhead, walk downhill with the Church on your left. Pass through the Millennium Park continuing uphill along the road to where the Long and Short Loops separate.

B-C Turn right onto lane and follow the signs, there is a sharp turn uphill, carry on along the lane over stile up to the woods.

C-D Just inside the wood, follow the narrow path (possibly wet) uphill to the felled wood. 200 metres into the felled wood, see left turn sign, down to the green fields. Take care here. Across the bridge, follow along the fence on the right, to the stile to Shirley’s Lane into Co. Laois.

D-E Follow Shirley’s Lane down to the road and the Famine Village then cross the stile in the stone wall on the right.

E-F Pay close attention to Gathabawn Loop signs across open farmland with several green stiles across Cullahill Mountain. Step over a timber stile to Point F ‘The Gooseneck’.

F-G The signs lead you down the road for a short distance before you turn left into the lane. The short loop re joins here. This final stretch through open farmland to Ballygooney Lane, takes you back uphill and then back down to the Trailhead in Gathabawn.

Short Loop

B-G Continue straight along the road for 2.1km where you will meet a sign to turn right at Point G and rejoin the Long Loop. This takes you through open farmland and back to the Trailhead in Gathabawn.
Freshford Loop

Trailhead: Village Green, Freshford, Co. Kilkenny
Services: Freshford
Distance/Time: 8km/2hr-2.5hrs
High/Ascent: 160m/100m
Difficulty: Moderate
Terrain: Riverbank, woodland track, laneways
To Suit: All levels of fitness
Minimum Gear: Walking boots, rain gear, fluids and mobile phone
Grid Ref: OS Sheet 60 5407 647
Additional info: To protect farm animals, no dogs allowed

Directions to Trailhead

Leave Kilkenny City on the Freshford Road (R693), pass straight through the roundabout at St. Luke’s Hospital and continue straight along this road for 12km until you reach Freshford village. The green is straight in front of you as you enter the village. The trailhead mapboard is situated on the green.

Walk Directions

A-B From the trailhead follow the purple arrows along the road to the end of the village green and continue straight ahead to pass the church (on your left). Continue along the road for 300m to reach a ‘gap’ in the wall on your right where you turn right and cross the stream by footbridge. Now the loop follows the right bank of the stream through a lovely section of broadleaf woodland – this takes you to the entrance roadway to Upper Court Manor. Cross the roadway and join the bank of the stream again for a short section which takes you into Brown’s Wood. After the wooden sign turn right and cross the wooden footbridge.

B-C Continue to follow the forestry roadway as it sweeps uphill. After more than 1km you turn right (leaving the ‘official’ roadway and joining a narrow path through woodland). After 20 metres you leave the woods, cross a stile and enter the top of planted forest. Follow the fence along the border of the forest until it descends downhill; following an old roadway. Exit the forest area over a gate with a built-in stile to join the surfaced roadway.

C-A After a short section of surfaced road, the loop turns left and takes you across a field to reach the banks of the Nuenna River. At the river bank turn right and follow the river through a number of farmers fields. On entering the last field follow the arrows along the boarder of the field and onto a tarred road. On meeting the road take a left and follow the road back to the trailhead.
A-B Starting from the car park opposite the Grand Gates, enter Castlemorris Woods and pass the Gate Lodge to reach a metal stile. Cross the stile to join a forestry road and follow the purple (and green and red) arrows. The green and red arrows are for shorter loops. Follow the forest road for over 1km to reach an archway through which stone outbuildings (which were part of the courtyard of Castlemorris House) are visible. The green loop turns left here – you turn right following the purple and red arrows.

B-C The loop now sets off to further explore the expansive estate of 200 acres and after approximately 1km joins a minor public road where the red turns left. Turn right here.

C-D Now you start a long ascent through the townland of Coalpitparks (passing some large houses on your left) before entering woodland again. After 500m you reach a T-junction where the loop turns left for the return part of the journey.

D-E A downhill trek of approximately 1km takes you to a junction with a surfaced roadway where you turn right. After 300m at a right bend you rejoin the red loop as it emerges from the forestry on the left. Turn right here, staying on the surfaced roadway.

E-F After approximately 200m both loops (red and purple) turn left and enter Castlemorris Wood by way of a metal barrier. At this point you are just short of Aghaviller Church and Round Tower – 200m along the surfaced road. If you decide to visit the site, remember to return to this junction.

F-A Only 500m along this final section of the loop you rejoin the green loop as it comes in from the left. Another 500m takes you to a crossroads of forest tracks where you turn left onto a narrow winding track to emerge on a forestry road only 200m from the trailhead. Turn right and enjoy the short trek!
O’Gorman’s Lane Loop

Trailhead
Primary School, Bennettsbridge, Co. Kilkenny

Services
Bennettsbridge

Distance/Time
4km/1hr

High/Ascent
60m/20m

Difficulty
Easy

Terrain
Country roads, old laneways, woodland tracks, riverbank

To Suit
All levels of fitness

Minimum Gear
Walking boots, rain gear, fluids and mobile phone

Grid Ref.
OS Sheet 67 S554 493

Additional info
To protect farm animals, no dogs allowed

Directions to Trailhead
From the N77 Kilkenny City Ring Road, take the R700 at the Bennettsbridge Road Roundabout (signposted New Ross). After approx 8km you enter the pretty village of Bennettsbridge crossing a bridge over the River Nore. As the R700 swings sharp right – cross straight over onto the road to Gowran. The mapboard is attached to Tynan’s butcher shop at the bridge, car parking is available in the Primary School 100 metres through the village on the right hand side.

Walk Directions

A-B With your back to the Primary School turn right and follow the purple arrows along the road to exit the village. Cross the railway bridge and along the road for almost 1km to reach O’Gorman’s Lane (at the side of a house on your left). Turn left here onto the lane.

B-C Follow this old disused laneway as it makes its way across farmland to reach a surfaced road in the townland of Bishopslough West. Turn left and follow the road for 500m to reach a junction where you turn right. After another 500m (and just before you reach the M9 motorway), turn left and cross a stile onto an old roadway which takes you under a tunnel (the railway line) and onto the River Nore. Turn left onto the riverbank.

C-A The final section of the loop follows the river back to Bennettsbridge. Note that the loop now overlaps the Nore Valley Walk. A set of steps takes you into the village at the bridge – turn left and walk 100m back to the trailhead.
A-B From the trailhead the loop immediately enters the woodlands and follows a forestry track along the left bank of a stream. After a short distance the loop joins a Y-junction of tracks – you veer left here onto the ‘upper’ track.

B-C Follow the track uphill and parallel to a stone boundary wall on your left. After almost 1km the loop turns sharp right near the boundary to the forestry and descends sharply towards a stream. Watch out for a fine example of a standing stone in a bordering field on your left.

C-D Cross the stream and follow the boundary wall (on your left) for 1km before swinging right and downhill to reach an exit point from the forestry. Here the loop sweeps right and joins a wider sanded forestry roadway.

D-E The wider sanded roadway soon gives way to a narrow ‘green’ track and after 500m reaches a 3-way junction. Turn sharp left here.

E-F After less than 100m, the loop turns right and crosses a short section of forestry to join a forestry track where it turns left. Following the stream this track descends gently to a 3-way junction where it turns right and reaches an exit from the forestry through a stone stile.

F-A Joining the surfaced road, turn right – the trailhead is only 30m away.

Directions to Trailhead
Start from the village of Piltown which is just off the N24 from Carrick-on-Suir and Waterford. Take the R698 northward in the direction of Owning and Kilkenny. After 2km continue straight towards Templeorum as the R698 turns left. At a crossroads after 4km veer right – the trailhead is less than 1km on the left. Note: The trailhead is signposted from Piltown.
The walks start at the visitors’ car park at the Discovery Park in Castlecomer Demesne, just 1km north of Castlecomer. From the mapboard, follow the purple arrow for the Ardra Loop (or the red arrows which are for shorter Captain’s Walk) along the sandy roadway – keeping the high stone wall on your right, walk for 100m to reach a barrier – pass through it and immediately veer left at a Y-junction.

Continue to follow the sandy roadway for 200m to reach a 3-way junction. Proceed straight here following the purple (and red) arrows. Continue to follow the sandy roadway for 600m to reach a bend – watch out for the marker on your right which directs you right for Ardra Loop onto a narrow woodland track. After 100m, you reach the shore of the upper lake – turn right. For Captain’s Walk, at the marker proceed straight to the junction at point D, where you turn right and continue back to the car park.

Approximately 100m later, veer right at a Y-junction and follow the sandy path to a T-junction with a sandy roadway where you turn left and cross to the other side of the lake. At the first marker stay on the lakeshore – following the purple arrow. At the end of the lake watch for a marker post on the right which directs you onto a woodland track – follow the track past the rock waterfall and ascend to reach a sand roadway where you turn left.

After 50m reach a sharp left bend – you continue straight and join a woodland path which takes you by the ruins of Ardra Castle and through a section of mixed woodland for 800m. Then turn right onto the forestry road walking 600m to reach a crossroads – turn right here and travel a short distance to reach a picnic area and viewing point where you re-join the red loop and turn left.

Stay on the forestry roadway for 400m to reach a 3-way junction. Continue straight to reach the metal barrier – turn left and it’s only 100m back to the car park.
Jenkinstown Loop

Trailhead
Visitors car park, Jenkinstown Woods, Co. Kilkenny

Services
Kilkenny 10km, Castlecomer 10km

Distance/Time
4km/1hrs - 1hr 30mins

High/Ascent
120m/30m

Difficulty
Easy

Terrain
Woodland trails

To Suit
All levels of fitness

Minimum Gear
Trekking shoes, rain gear and fluid

Grid Ref.
OS Sheet 60, S480 647

Directions to Trailhead
From Kilkenny, take the N77 in the direction of Castlecomer and Athy. After 8km take left turn for Jenkinstown.

Walk Directions

A-B Starting from the mapboard at the car park, exit through the ‘door-in-the-wall’ and turn left on to the woodland path following the purple arrow (and the green arrow which is for the shorter Walled Garden loop). Follow this path for 150m to reach a T-junction with a sandy roadway where you turn left.

B-C Now the loop begins to ascend gently and passes a track (on your right) to St Colman’s Well. Approximately 300m later you reach a 3-way junction where the green loop turns left. You veer right here.

C-D After less than 100m you reach a sharp left bend in the roadway – keep left here. Continue to follow the purple arrows along the sandy roadway – take notice of the high stone wall on your right which was the boundary wall for the estate. At one point, you’ll get a view to the ‘outside world’ through a narrow gateway. After 1.5km the loop sweeps left around a sharp corner.

D-A You’re now on the home stretch – enjoy the trip through the mix of broadleaf trees to reach the trailhead area at a gateway and stone stile.
Using This Map

Keep a lookout for the fingerpost signs for the MADE in Kilkenny Craft Trail and the TASTE Food Trail throughout the County. These signs will direct you to them. Please check opening times before you travel.

MADE in Kilkenny
Crafts People
TASTE of Kilkenny Food Trail
Producers & Outlets

Itineraries and Tours
If you would like a suggested itinerary or to join a guided tour or to have a bespoke tour designed for your group, please visit www.trailkilkenny.ie

Suggested Places to Stay
Langtons and Zuni in the City, Mount Juliet in Thomastown; establishments with a particular passion for local food.

Events
Craft Events: MADE hold an exhibition at the Arts Festival (August) and open a Christmas pop up shop in the City (December)
Food Events: From time to time TASTE members run special events e.g. during Savour Festival (October) – a riverbank barbecue, a dawn bakery tour, an orchard picnic perhaps. Visit www.trailkilkenny.ie for latest news.

Workshops
Many of the food producers and craft makers hold ‘learn to’ workshops – cheesemaking, foraging, throwing pottery, papiermaking check out www.trailkilkenny.ie for upcoming events.
This stretch of the Nore Valley walk takes roughly 2 hours at a relaxed pace. Follow the river as it meanders through meadows, shady glades and past ancient mills; woollen, grain, paper and saw mills from where Kilkenny’s famous ‘black marble’ was honed (Maddockstown). Rich in riverside flora and fauna – spot a swift, a heron or catch a fleeting glimpse of kingfisher or an otter emerging from the riverbank. Described by The Irish Times as ‘a delightful walk’ and by The Irish Independent as ‘one of the most delectable river walks in Ireland, an unfolding tale of kingfishers, otters, Sleeping Beauty castles and wicked young princelings – pure distillation of magic in the floodlands of Kilkenny’.

Directions to Trailhead

From Kilkenny: The river walk leaves Kilkenny City under Ossory Bridge. Follow this road for 800m.

Note: 2km outside Kilkenny City the trail leaves the river bank and heads along a laneway and onto the Sion Road. Follow this road for 600m then cross a green stile, through a field and back to the river bank.

From Bennettsbridge: Under the six arch bridge – take the steps down to the riverbank by Tynan’s Butchers shop.

Overview

This stretch of the Nore Valley walk takes roughly 2 hours at a relaxed pace. Follow the river as it meanders through meadows, shady glades and past ancient mills; woollen, grain, paper and saw mills from where Kilkenny’s famous ‘black marble’ was honed (Maddockstown). Rich in riverside flora and fauna – spot a swift, a heron or catch a fleeting glimpse of kingfisher or an otter emerging from the riverbank. Described by The Irish Times as ‘a delightful walk’ and by The Irish Independent as ‘one of the most delectable river walks in Ireland, an unfolding tale of kingfishers, otters, Sleeping Beauty castles and wicked young princelings – pure distillation of magic in the floodlands of Kilkenny’.
This stretch of the Nore Valley Walk takes you through diverse countryside, pastoral lands and woodland; rich in flora and fauna. The river is noted for its salmon and also holds crayfish and otters and the arches of its bridges are favoured roosting spots for Daubenton bats. Steeped in history, since the 12th century the Nore was a vital trading route for export of corn, hides and livestock and the importation of exotic goods from other parts of the world such as wine, tobacco, cloth and spices via New Ross and Waterford. There is the ruin of Grennan Castle built by Strongbow’s son-in-law in the 13th century at the start of the walk and through the pretty Dysart Woods, carpeted in springtime with wood anemones, bluebells and primroses. You’ll pass the ruins of Dysart Castle, home to philosopher Bishop George Berkeley who mused ‘are objects there if we do not perceive them?! The trail leads you on by Ballyduff House; a glorious Georgian country house in its stunning parkland setting, before entering the broadleaf Brownsbarn Wood and along a grassy riverside track where the view of the 10 arch bridge in picturesque Inistioge opens up ahead of you.

Directions to Trailhead

**From Thomastown:** Starting in the town of Thomastown go south across the bridge and follow the green arrows to the Thomastown GAA pitch. Walk along the border of the GAA pitch to the river bank.

**From Inistioge:** Approaching form the village square, arrive at the riverbank and turn left along the river.

Overview

This stretch of the Nore Valley Walk takes you through diverse countryside, pastoral lands and woodland; rich in flora and fauna. The river is noted for its salmon and also holds crayfish and otters and the arches of its bridges are favoured roosting spots for Daubenton bats. Steeped in history, since the 12th century the Nore was a vital trading route for export of corn, hides and livestock and the importation of exotic goods from other parts of the world such as wine, tobacco, cloth and spices via New Ross and Waterford. There is the ruin of Grennan Castle built by Strongbow’s son-in-law in the 13th century at the start of the walk and through the pretty Dysart Woods, carpeted in springtime with wood anemones, bluebells and primroses. You’ll pass the ruins of Dysart Castle, home to philosopher Bishop George Berkeley who mused ‘are objects there if we do not perceive them?! The trail leads you on by Ballyduff House; a glorious Georgian country house in its stunning parkland setting, before entering the broadleaf Brownsbarn Wood and along a grassy riverside track where the view of the 10 arch bridge in picturesque Inistioge opens up ahead of you.
Overview

This route is a scenic cycling route linking the most historic and culturally significant towns in east Kilkenny. The towns are perfectly placed along the route to stop for lunch or a cup of coffee. The route uses quiet roads and laneways and provides stunning views of Brandon Hill, the River Barrow and the River Nore.
Overview

This route is the most challenging in the Trail Kilkenny portfolio of cycling trails. It winds its way through rural North Kilkenny bringing the cyclist through beautiful villages like Freshford and Castlecomer.

Distance: 82km
Time: 4.5 to 6 hours
Terrain: Quiet country roads and laneways suitable to hybrid type bikes
Traffic: Mainly on quiet roads joining N roads in sections. Caution for farming machinery at certain times of the year
To Suit: Experienced, moderately fit self-sufficient cyclists
Minimum Gear: Spare tube, pump, liquids, food, mobile phone

Castlecomer - Freshford - Tullaroan
Overview

Starting point: The Parade, Kilkenny

Leaving the Parade, cycle down the hill and turn right at the traffic lights onto Rose Inn Street and past the Tourist Office. Cross John’s Bridge and continue to the traffic lights. Turn left at the junction and continue past Padmore & Barnes. Follow the road along Greensbridge Street and go straight through the junction with New Street onto Greens Hill. Follow this road and keep left to take the Bleach Road. Follow this route for 6km until the junction at Hennebry’s Cross. Turn right and then take the first exit off the roundabout onto the N78. After 3km turn left at Ballyrafton Wood and continue for 1km until you meet a T junction. Turn right and take an immediate left up a laneway to Jenkinstown Park.

Return back to the main road and turn left, after 1.5km turn right and follow the road until it rejoins the N78. Turn left and after 1km turn right towards Dunmore Caves. Passing the turn for Dunmore Caves continue up hill to a T-junction. Turn right and follow the road for 3km until you come to a T-junction. Turn right at this junction and continue along the road back to Kilkenny City. You pass over the bridge on the Ring Road and turn right at a small roundabout onto the Castlecomer Road. After 200 metres turn right onto Greens Hill and follow this road across the New Road onto Greensbridge Street. Turn right onto Michael Street and at the next cross roads turn right onto John Street. Follow this street across John’s Bridge and on to the traffic lights where you turn left for the Parade.
Overview

**Starting point: The Parade, Kilkenny**

Leaving the Parade cycle down the hill and turn right at the traffic lights onto Rose Inn Street past the Tourist Office. Just before John’s Bridge turn onto Canal Walk along the River Nore. Cross Ossory Footbridge and continue up ramp to the ring road (N10) follow cycle lane for 300m. At the roundabout take 3rd exit (R712), proceed for 200m and take the right turn at the petrol station onto Sion Road. Follow this road for 6km and take the left turn to Dunbell and continue for 4km until you come to the Dunbell cross roads. Turn right and continue straight for 3km until you meet a T-junction with the Gowran Road. Turn right and follow the road for 4km to the village of Bennettsbridge.

In Bennettsbridge cross the bridge and take an immediate left past Nicolas Mosses Pottery. Follow this road for 9km to Ennisnag. At the T-junction turn left and cycle 2km to the village of Stoneyford. As you come into the village, take the first right and cycle uphill in the direction of Kells. Passing Kells Priory, turn right at the crossroads in Kells and continue across the bridge. Take an immediate right and travel 2km along until you take a left turn. Cycle for 2km and take a right at the next T-junction. Follow this route for 3km and take a right at the next T-junction. Turn right at the T-junction and continue to the next T-junction and take a right. After 2km you meet the N10 at Danesfort, turn left in the direction of Kilkenny City. Cycle for 8km and straight through two roundabouts, continue into town and at the next roundabout past the petrol station take the first exit. Follow the cycle path for 400 metres and take the second exit off the next roundabout. Continue along Nuncio Road until you come to a T-junction and take a left back to the Parade.
Experience the rich and varied food culture of County Kilkenny – from artisan cheesemakers to chocolatiers, chickens to caviar and cute cafés to cosmopolitan city eateries, you’ll find that all the participants in the trail share the same passion for food and the great produce of the Kilkenny countryside (and love to share it!)

Take a look at the map of the County in the middle of this guide and you’ll find the locations of the members of the Trail. Some offer farm tours, meet the maker trails with tastings and demos and ‘learn to’ courses – check out their websites for details. Please check opening times before you travel.

Pick up or download a copy of the dedicated food trail guide to discover all things foodie in Kilkenny on www.trailkilkenny.ie
Kilkenny is renowned as a creative hub with a vibrant craft industry. Discover authentic craft created by designer makers all over the county; using the most modern techniques as well as preserving and developing age old methods. From the white furnace of the glassblower, to the traditional throwing wheel of the potter and the hammering of precious metal; each creating unique, functional and decorative pieces.

Pick up or download a copy of the dedicated MADE in Kilkenny Craft Trail guide to discover Kilkenny’s craft culture for yourself. Use the map of the County in the middle of this guide to find the craft makers’ studios that open to visitors – please check opening times before you travel. All of the craft makers of the MADE in Kilkenny Craft Trail welcome visitors by appointment and you’ll find their full details in the guide. Visit www.trailkilkenny.ie to view or download a copy.

The following craft makers’ studios are open to visitors – you should check their opening times before you travel. All of the craft makers of the MADE in Kilkenny Craft Trail welcome visitors by appointment and you’ll find their full details in the guide. Visit www.trailkilkenny.ie to view or download a copy.
Following the walks
You’ll find a map board with walk directions at the start of each walk and way marker posts to direct you along the walk. The river walks are signed in both directions.

WHAT TO BRING ON A WALK
It is recommended that you wear suitable walking boots and carry rain gear when heading out on a walk. You should also bring fluids and carry a mobile phone with you.

WHAT TO BRING ON A CYCLE
When heading out on a cycling trail, it is recommended that you wear a helmet and suitable footwear and that you bring a pump and spare tube. You should also bring fluids and carry a mobile phone.

Summer Saturday Bus
Hop on a bus in Kilkenny City and travel out to Bennettsbridge to enjoy a leisurely 2 hour walk back along the riverbank. This walk described by *The Irish Times* as ‘a delightful walk’ and by *The Independent* as ‘one of the most delectable river walks in Ireland’ will give you a memorable perspective on the stunning countryside; rich in wildlife, flora and fauna.

Bus picks up every Saturday at 11.30am from Padmore & Barnes, Wolfe Tone Street, Kilkenny. This service runs from June till September and is operated by Ring-a-Link Tel: 1890 42 41 41.

CYCLING TOURS & BIKE RENTAL

**Kilkenny Cycling Tours**
Hire a bike, explore the city or one of many country cycle routes. Experience a Bike’n’Hike cycle along scenic country roads to Bennettsbridge. Leave your bike there and walk back along the riverbank into Kilkenny City or Pedal and Paddle; returning by canoe along the river. Guided cycle tours for groups of ten or more also available.

**Waterside Bike & Hike**
Hire your bike from Waterside Bike & Hike and take a cycle along the River Barrow towpath from Graiguenamanagh to the picturesque village of St. Mullins or on quiet country roads to Inistioge. Adult and children’s mountain bikes, as well as electric bikes available.

**Contact:** Brian Roberts, Waterside Bike & Hike  
**Tel:** 086 408 4008  
**Web:** www.watersideguesthouse.com  
**Prices:**  
Mountain Bike €15.00 per day  
Electric Bike €25.00 per day  
*Discounts for all residents of Waterside Guesthouse*

**TASTE AND MADE IN KILKENNY**
A Fab Food Trails’ walking tour of Kilkenny City’s culinary and craft treasures. A snack-fest of treats, spiced up by craft studio visits and peppered with fascinating snippets of culture and history.

**Contact:** Jason Morrissey, Kilkenny Cycling Tours  
**Tel:** 086 895 4961  
**Web:** www.kilkennycyclingtours.com  
**Prices:** From €15 bike hire per day

**FORAGING IN THE WILD & RIVERBANK ECO TRAILS**
Go on an unhurried adventure to gather wild food and discover all kinds of natural goodies on the river bank or explore the secret natural life of the river to discover who likes nesting where, why butterflies love some spots, see if you can spot an otter or even a kingfisher.

**Contact:** Lavistown House  
**Tel:** +353 86 840 7754  
**Web:** www.lavistownhouse.ie  
**Blackstairs EcoTrails**  
**Tel:** +353 87 270 7189  
**Web:** www.blackstairsecotrails.ie

**OUTDOOR CLOTHING, FOOTWEAR AND SUPPLIES**

**Padmore & Barnes**  
Wolfe Tone Street, Kilkenny  
**Web:** www.padmore-barnes.com  
**Tel:** +353 56 772 1037  
**Opening Times:** Monday to Saturday  
9.30am to 6.00pm  
Sundays and Public Holidays,  
2.00pm to 6.00pm
Trail Kilkenny is a non-profit company established to develop, promote and maintain leisure trails in County Kilkenny.

Check out our website to view the full range of trails including trail map and trail guide downloads, interactive maps as well as information on Upcoming Events, workshops, fairs and festivals and all the Latest News from the Trails.

www.trailkilkenny.ie

If you would like to take a break away and sample a selection of trails during your stay in County Kilkenny, you’ll find a range of breaks and offers on Visit Kilkenny www.visitkilkenny.ie or on Discover Ireland www.discoverireland.ie/Places-To-Go/Kilkenny

Permissive Access for Walks
Some of these trails cross private property. Persons entering such private property do so by permission and with the consent of the landowner – no right of access or right of way is created as a consequence. No amount of expenditure by the partners to this agreement or by private individuals on the route being used will alter this position. Nothing in this notice shall impact or address any pre-existing public rights of way.

The Country Code
The country code reminds us that we are all guardians of our landscape and that these walking trails in particular have been developed with the kind permission of landowners – we ask that you…

• Respect the people who live and work in the countryside
• Leave gates as you find them
• If you encounter livestock, keep to the edge of the field
• Avoid damaging fences, hedges or walls
• Follow waymarked paths at all times
• Take your litter home
• Do not light fires
• Respect wildlife, plants and trees
• Always consider your personal safety and keep children under supervision
• To protect farm animals, dogs are not allowed on some walks