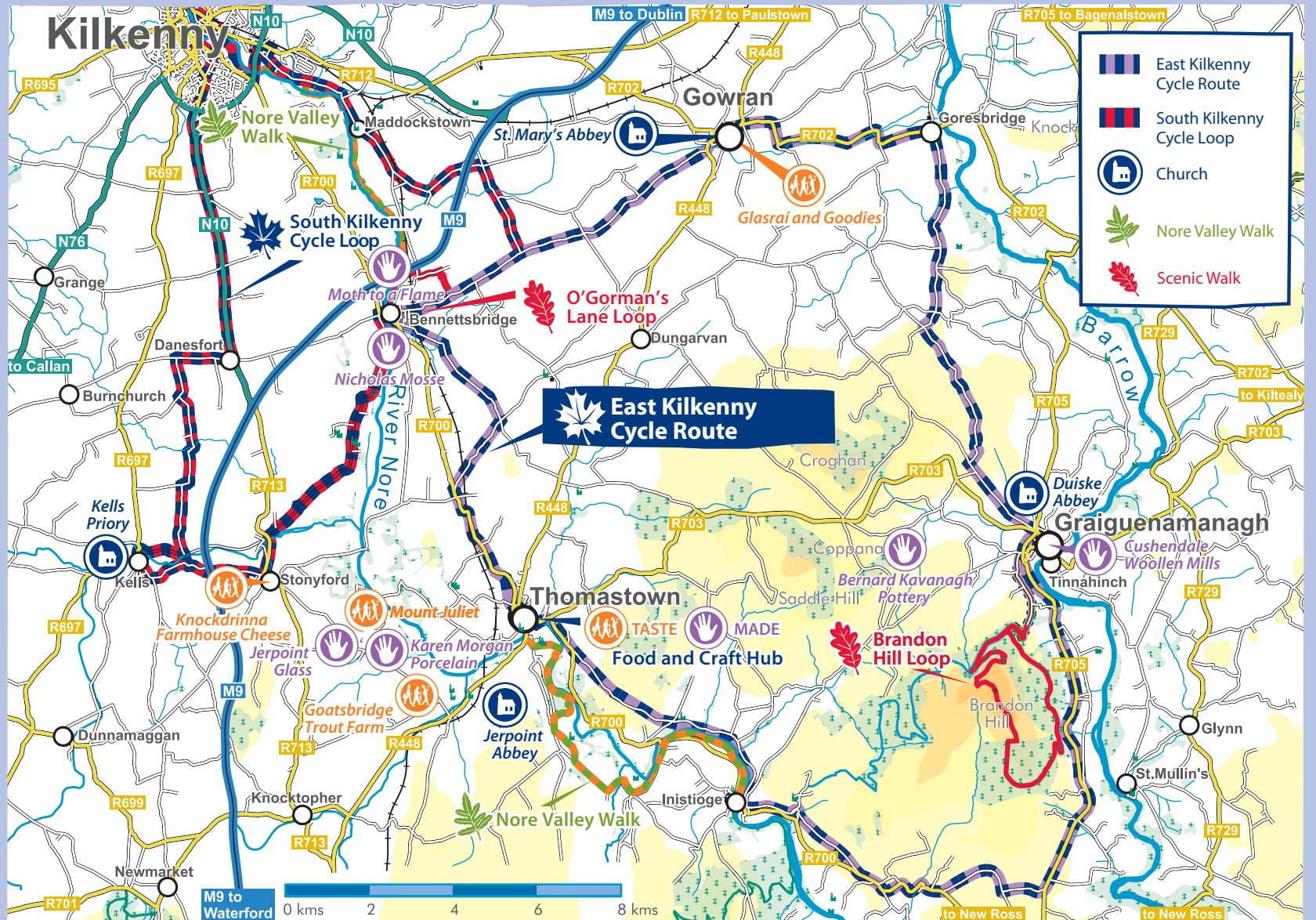




East Kilkenny Cycle Route

Gowran - Graiguenamanagh - Thomastown - Bennettsbridge



Distance	64km
Time	3 to 4.5 hours
Terrain	Rolling country roads and laneways
Traffic	Mainly on quiet roads, caution advised at one way system in Thomastown
To Suit	Experienced, moderately fit self-sufficient cyclists
Minimum Gear	Spare tube, pump, liquids, food, mobile phone

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.