



Thomastown to Inistioge

Nore Valley Walk



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 from the village square, arrive at the riverbank and turn left along the river.

Difficulty	Moderate
Length	10.9km
Duration	2-3 hours
Additional info	To protect farm animals, no dogs allowed

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 Greennan 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.