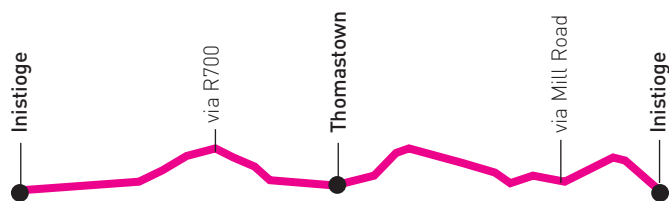


Welcome to one of Ireland's most scenically beautiful, historically rich and culturally vibrant counties. There's no better or healthier way to really get to know the Marble County than by cycling its quiet backroads and taking in its many wonders, ancient and modern, at your own pace and in your own sweet time. To savour the sights and sounds of the real Kilkenny, and truly feel its magic, saddle up and push away today.



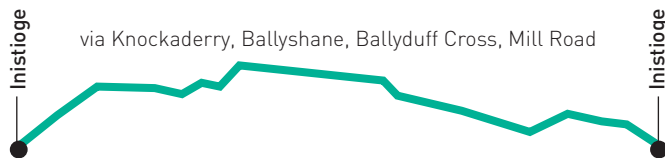
The Square, Inistioge.



Inistioge to Thomastown Loop

The Rock Road follows the river, views over the River Nore. Roadside picnic & viewing spot.
18 km. Approx 80 mins cycling. Rise & fall 285m

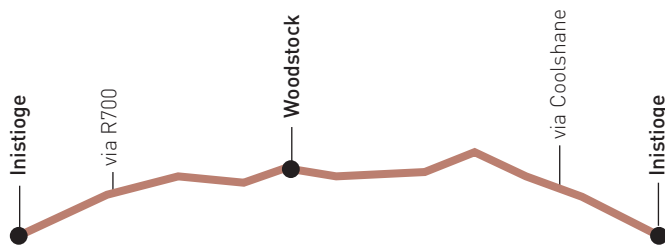
This charming route, starting along the Rock Road, connects two of Kilkenny's most historic and vibrant towns and follows the curves of the picturesque Nore River, with its teeming salmon, ancient ruins and verdant surrounding woodlands.



Inistioge - Knockaderry Loop

A pleasant cycle skirting Woodstock Estate
15 km. Approx 70 mins cycling. Rise & fall: 282m

This pleasant cycle skirts the renowned Woodstock Estate, whose stunning gardens overlooking the Nore Valley were laid out between 1840 and 1900 by William Tighe and his wife Lady Louisa Lennox.



Inistioge to Woodstock Estate

A short trip to Woodstock Estate & Arboretum
5.2 km. Approx 30 mins cycling. Rise & fall 160m.

Arboretum itself, one of the most remarkable and beautiful environments in the country. The mix of formal and informal gardens includes walled, terraced and rose gardens. Saunter along the stunning Monkey Puzzle and Noble Fir Avenues, and don't miss the world-class Arboretum, home to many fine specimen trees from Asia and South America.

