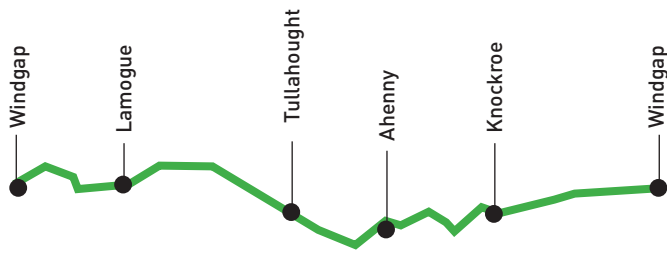


Welcome to one of Ireland's most scenically beautiful, historically rich and culturally vibrant counties. There's no better or healthier way to really get to know the Marble County than by cycling its quiet backroads and taking in its many wonders, ancient and modern, at your own pace and in your own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



### Windgap Lamogue Loop

Knockroe Passage Tomb, Ahenny High Crosses, Tullahought loop walk and viewing tower, Lamogue Ogham Stones.

16.3 km. 63 mins cycling. Up: 207m. Down: 212m

Marvel at the skills of the Neolithic builders who created Knockroe's world-famous passage tomb with such precision that the sun still illuminates the inner chamber on Winter Solstice.

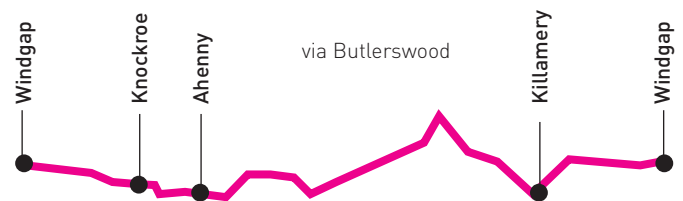
Nestling on the slopes of Carrigadoon Hill and overlooking the Lingaun Valley, Ahenny is the celebrated site of the early Christian Kilclispeen Monastery and home to two of the oldest and most celebrated Ossory High Crosses as well as a number of megalithic tombs.

Then visit the picturesque Tullahought, frequently honoured in the annual Tidy Towns awards, and take in the panoramic views from its Viewing

The Lamogue Ogham Stones, dated between 400-900 AD, can be discovered in a graveyard which is enclosed by a very fine stone wall and sits in the middle of a large field.



Kilamery High Cross.



### Windgap High Crosses Loop

Knockroe Passage Tomb, Ahenny High Crosses, Lingaun Valley, Killamery High Cross

21.5 km. Approx 105 mins cycling. Rise and fall: 330m.

Explore the the Christian and pre-Christian occupancy of the the valley, the industrial heritage of the Slate Quarries and the architecture of Ahenny village.

Visit Killamery Graveyard to view the spectacular 9th Century Killamery Cross, with its ornate carvings of marigolds, snakes, dragons and Biblical figures and its inscribed dedication to Máel Sechnaill, High King of Ireland from 846-862.

