

EST. 1948

DUNMORE HOUSE

CLONAKILTY BAY

10 BEACHES WITHIN 10 MINUTES OF DUNMORE HOUSE

1. Inchydoney

The Blue Flag beach at Inchydoney can be seen directly across Clonakilty Bay from Dunmore House. To get there from Dunmore turn left as you exit the Main Car Park of the Hotel, continue on the road for approx. 1.6 k when you come to the 4 cross road turn right and drive the long causeway, at the end of the long causeway turn right again to cross a shorter causeway, at the end of this causeway turn right again onto the Inchydoney road. There is a one way road system in operation close to the main beach and except on busy weekends in July/August there should be plenty of parking. There is a nice walk around the Dunes at the end of the far beach at the other side of the Inchydoney Hotel.

2. The Cove at Dunmore

Our own private cove just below Dunmore House can be accessed by walking down the steep hill in front of the Hotel, directly across from the Hotel entrance there is a small passageway that leads to our organic gardens and tunnels. Just beside the main timber gate you can access the Cove and take an interesting trek along the foreshore. Please also feel free to walk through the kitchen gardens – if Sinead or any of her team are around they will be happy to give you a quick tour and share some of their great knowledge – at the far end of the tunnels through the gate on the right you will find the ‘Dunmore Hens’ - again take some time to say hello!

3. Duneen

Duneen Strand as it is known locally is very close to the Hotel, as you exit the main car park turn right and stay on the road for 1.3 k and you will see the strand below – if you are driving it is better to park on the left hand side of the road close to the strand entrance where the road is quite wide. Duneen has always been a favoured and safe place for bathing and with the recent increase in sea swimming the strand has attracted a whole new band of followers including the ‘Duneen Dippers’!

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4. Ballycusheen

This small picturesque inlet is along the road from Dunmore to Ardfield village. Again turn right as you exit the main car park continue along the road past Duneen (3) for approx. 3.1 k – you will come to at a four road cross (with a timber gate to a modern house on the right) turn left down the hill, after about 400m vere to the right and continue down the narrow road to Ballycusheen, the cliffs rise steeply on either side. There is some space to park on the left side and if you are up to it you can walk from here to

5. Dunnycove

If you walk or drive about 400m up the hill beyond Ballycusheen (stay left) you will come to a white cottage on the road edge – turn here and it is a 1 k drive or walk to Dunnycove. Parking is quite restricted at the cove itself but there is room to park on the roadside as you turn at the white cottage. If you come back up from Dunnycove to the white cottage and turn left you will come back onto the main road just beside the old Ardfield Cemetery (on your right) then turn left here to continue along the main Wild Atlantic Way route towards.

6. Sandscope

Sandscope is a small pebble beach which is reached by driving down a narrow road the end of which has a canopy of lush growth. To get to Sandscope turn right as you exit the Hotel car park and drive approx. 4 k passing Duneen (2) and the turn for Ballycusheen (3) until you come to The Mountain House (pub and restaurant) cross , turn left here (follow signs for Red Strand & Galley head) and after approx. 3 k you will see a junction to the left with a signpost for Dunowen House – take this road which will lead you down to Sandscope. There is very limited parking and a turning area. Sandscope is a popular bathing spot particularly when the tide is in during the summer and is also the home for a number of small local fishing boats and the location for the renowned Sandscope Fishing Competition held annually on the August Bank Holiday Saturday.

7. The Red Strand

About 1 k beyond the turn for Sandscope you will come down onto the Red Strand. This is a well known and popular beach in the summer months with the Galley Head lighthouse forming a spectacular backdrop particularly when the sun is setting in the evening.

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8. The Long Strand

As you leave the Red Strand drive approx. 1.5 k until you see a signpost on your left for "Fishers Cross Bar" turn left and stay straight on this road passing the Bar until you come to a 90 degree right turn on the road continue on for approx. 1.5 k and the expanse on the Long Strand will open before you on your left. There are a number of access points to the beach which is great for walking but not safe for swimming.

9. Owenahincha

Continue along the main road at the back of the Long Strand Dunes and turn left past the Coastguard Station you will then see the main Long Strand car park on your right and 'The Fish Basket' Café (maybe stop for lunch or a coffee if it's not too busy) on your left. As you continue up the road it is well worth stopping at one of the lay bys to take in the views of the Galley Head lighthouse on your left and the Stags Rocks out in the distance on your right. For that photo opportunity one of the 'Wild Atlantic Way' signature signposts can be found here. Continue along the road and opposite the entrance to Hayes Caravan Park you will see a small car park where you can park and walk a short distance to the main Owenahincha Beach which has long been a favourite haunt of beachgoers from Cork City.

10. The Warren

The last of the 10 beaches within 10 minutes from the Dunmore is the Warren beach which is situated close to Rosscarbery Village, The Warren can be accessed directly by driving on the N71 from Clonakilty to Skibbereen or if coming from Owenahincha (9) just continue on the road until you join the N71. Just before you reach the causeway leading to Rosscarbery you will see signposts for the Warren on your left. If you feel like a good walk you can park close to the turn off the main road and walk down to the beach. There is also a large car parking area down close to the beach itself. If you are up for a steeper path there is a nice marked cliff walk on the left of the Warren which will bring you over to Owenahincha (9).