

EST. 1948

DUNMORE HOUSE

CLONAKILTY BAY

SUGGESTED WALKS CLOSE TO DUNMORE HOUSE

“The Mill Road and Duneen” This is a nice walk with one gentle pull up the Mill Road for cardio purposes! Walk down the steep hill from the Hotel and continue on the road back towards Clonakilty passing our Kitchen Garden and the Dunmore Hens below the road – continue on for about 1k and take the first turn left which will take you up the Mill Road for about 1k – when you come up on to the main road at the top turn left and then take the next turn left after about 300 meters – you are back on a quiet back road now - continue on this road always turning to your left at any crossroads and you will come back onto the main road leading down to Duneen Strand – if you continue on you will arrive back at the Hotel energised and refreshed!

“Long Strand/Castlefreke Dunes Walk”. Referring to (8) above as you drive from the Red Strand and pass Fishers Cross Bar continue on taking the 90 degree turn to your right – continue on and after approx. 1 k you will come down onto the Long Strand. As you drive along the main road passing the first access to the beach on your left you will drive over a stone bridge or small causeway. About 100 m beyond this you will see a wider grassy area where cars can pull in, if you stop here you can access the Dunes by walking along the marked path (by Castlefreke Dunes sign). If you walk out towards the sea you can choose to walk down by the surf or follow the paths to your right that go along the top of the Dunes to the other end of the Long Strand. You will come to the “Fish Basket” Café at the end of the strand and after a coffee break you can walk the same route back or take the road at the back of the dunes which will bring you back around to where you started.

“Rathbarry Woods and Kilkern Lake”. Drive to Rathbarry Village. The easiest way to get to Rathbarry Village from the Hotel is to turn right when exiting the main car park, the road goes up hill. Continue on this road for approx. 3.5 k until you come to a T junction, you will see the Mountain House Bar across the junction- turn right here and continue for approx. 1 k until you come to Ardfield Church on your left – turn left just before the Church and continue on this road for approx. 5 k passing Ardfield Creamery until you come to Rathbarry Post Office. You will see a very distinctive Signpost in front of you. You can park here and then walk on the roadway to the left towards Castlefreke - after about 400 metres you will see a Gate Lodge on the right hand side and opposite this on the left hand side of the road is the start of a marked trail through the woods. After about 15 minutes you will come to Kilkern lake and you have a few choices here you can take the trail to the right which takes you uphill (great views here) and across towards the Long Strand or you can continue on past the lake and out onto the road where you can access the “Castlefreke Dunes” walk referred to above- return along the same route to your car or continue on to

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“Lady Carbery’s Cross - Castlefreke Woods - Rathbarry Old Church & Graveyard

Loop” You can start this walk from the main Car Park at the Long Strand near the “Fish Basket Café’. Go down the steps at the far side of the road across from the Café. The walk rises fairly steeply until you get to Lady Carberys Cross where you will be rewarded with a great view of land and sea –continue on and keep to the left hand trail downhill after approx. 10-15 minutes you will come out onto the road in front of Castlefreke Castle – turn right here and follow the marked track that runs along by the road – you can branch off to your left where you will see a sign for the old Rathbarry Churchyard and this is well worth a visit both for Historical and Vantage Point reasons! Come back on to the track and continue to your right until you come to the Castlefreke Gate Lodge – cross the road here and continue on the trail through the woods and on to Kilkern Lake. Just at the lake take the trail up hill to your right and this will lead you back to the car park where you started. At a reasonable pace the loop should take about 1 ½ hours.

“The Galley Head Lighthouse Walk” Turn right when you exit the Hotel’s main car park and continue on this road for approx. 3.5 k until you come to a T junction, you will see the Mountain House Bar across the junction- turn left here following the signs for The Red Strand and The Galley Head – after approx. 3 k you will come down to the Red Strand and after another approx.

1 k you will see a signpost pointing left to Galley Head. You should be able to find somewhere to pull in and park here and you can walk from there almost right out to the lighthouse with great views along this quiet road to your left and right.