

SLÍ CHIARRAÍ THUAIDH NORTH KERRY WAY

Your Guide Book to
Walking The North
Kerry Way on the
Wild Atlantic Way -
a walking trail from
Tralee to Kerry Head
in Ballyheigue.





OVERVIEW

GRADE: Moderate

FORMAT: Linear & Circular

TRAIL QUALITY: ***

LENGTH: 48 km

CATEGORY: Walking/
Hiking Trail

TYPE: National

Waymarked Trail

WAYMARKING:

Yellow arrow on black

background

CLIMB: 450m

ESTIMATED TIME: 2 days

START POINT: Tralee

START POINT GRID REF:

Q 835 141

END POINT: Ballyheigue

END POINT GRID REF:

Q 751 280

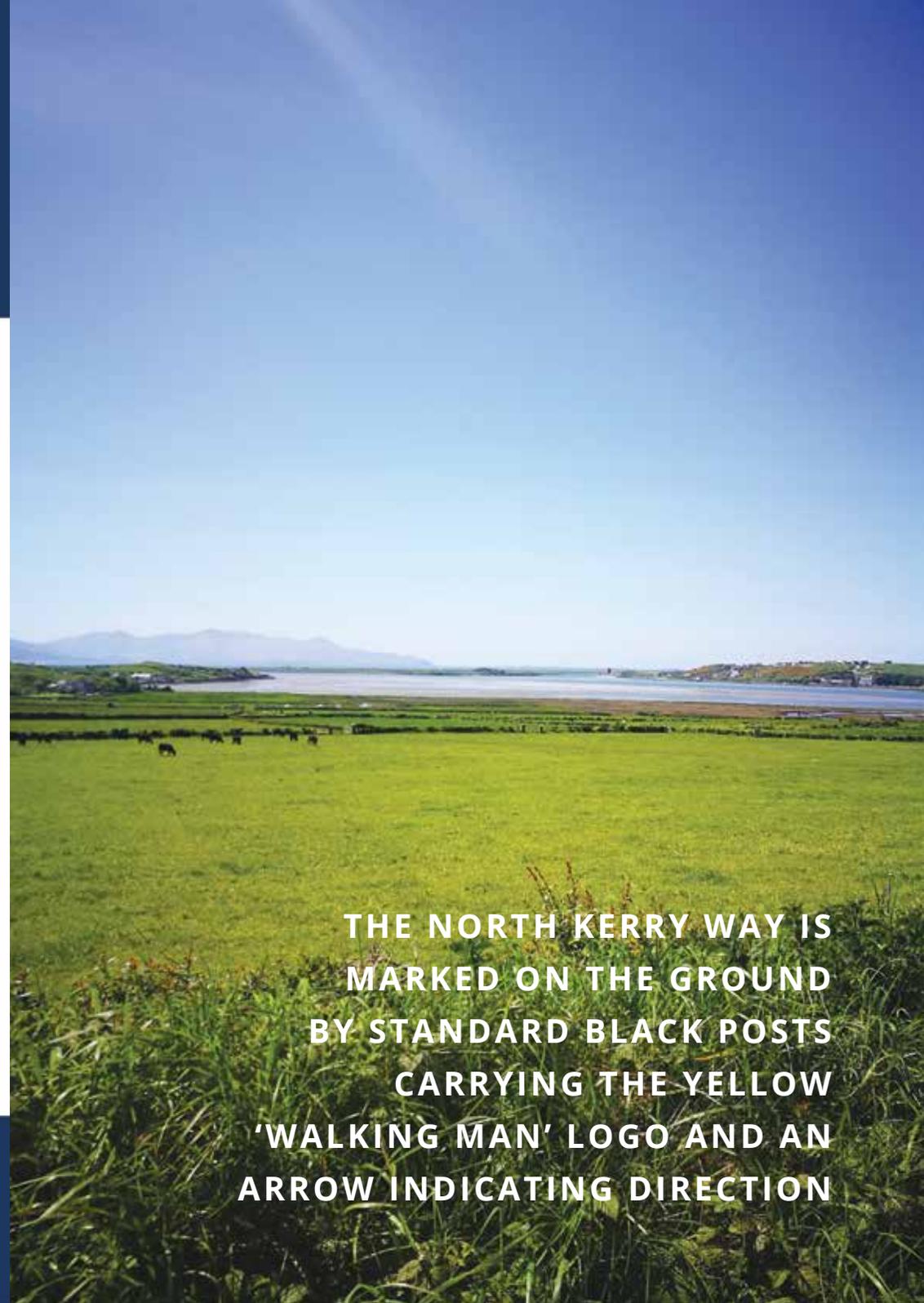
ORDNANCE SURVEY MAP:

OSI Discovery Series

Sheets 63 and 71

DOGS ALLOWED: Yes

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**THE NORTH KERRY WAY IS
MARKED ON THE GROUND
BY STANDARD BLACK POSTS
CARRYING THE YELLOW
'WALKING MAN' LOGO AND AN
ARROW INDICATING DIRECTION**

The North Kerry Way



Maps & Guides

THIS GUIDEBOOK SERVES AS A COMPANION ON THE WALK – CONFIRMING THE WAY TO GO AND IDENTIFYING PLACES OF INTEREST

The way has been divided into five sections with an accompanying map for each section, detailing points of interest.

PLEASE KEEP TO THE MARKED PATHS

ORDNANCE SURVEY MAPS should not be necessary, but for those who like to carry them, sheets numbers 63 and 71 are suitable (Discovery Series 1:50,000).



Getting to Kerry

INFORMATION SOURCES:

www.irishtrails.ie
www.activeme.ie
www.discoverireland.ie www.gokerry.ie
www.kerryournaturalescape.ie



BY RAIL

RAILWAY STATION

Casement Station,
John Joe Sheehy Road
in the centre of Tralee
<http://www.irishrail.ie/travel-information/tralee-casement>
Tel: (066) 7123522



BY BUS

BUS STATION

Casement Station,
John Joe Sheehy
Road, Tralee
[http://www.buseireann.ie/](http://www.buseireann.ie)
Tel: (066) 7123566



BY AIR

KERRY AIRPORT

Kerry Airport is located
at Farranfore,
18km from Tralee.
www.kerryairport.ie
Tel: (066) 9764644



WHERE TO STAY

There is a wide range of accommodation to suit every budget in the Tralee/Ballyheigue/North Kerry area.

Advice can be obtained from the Failte Ireland Tourist Office which is located in the Ashe Memorial Hall, Denny Street, Tralee Tel: (066) 7121288





**THE LANDSCAPE IS
UNCLUTTERED AND
THERE IS A FEELING
OF SPACE AND
GREAT OPENNESS
WITH VISTAS TO
THE HORIZONS**

**THE NATIONAL TRAILS OFFICE ENCOURAGES TRAIL USERS
TO APPLY THE 'LEAVE NO TRACE' PRINCIPLES:**

1. Plan ahead and prepare
2. Be considerate of others
3. Respect farm animals and wildlife
4. Travel and camp on durable ground
5. Leave what you find
6. Dispose of waste properly
7. Minimise the effects of fire



Practising a leave no trace ethic is very simple:

**'MAKE IT HARD FOR OTHERS TO SEE OR HEAR
YOU AND LEAVE NO TRACE OF YOUR VISIT'.**

**THE NORTH
KERRY WAY IS
ONE OF IRELAND'S
LONG-DISTANCE
PATHWAYS APPROVED
BY THE NATIONAL
WAYMARKED WAYS
COMMITTEE**

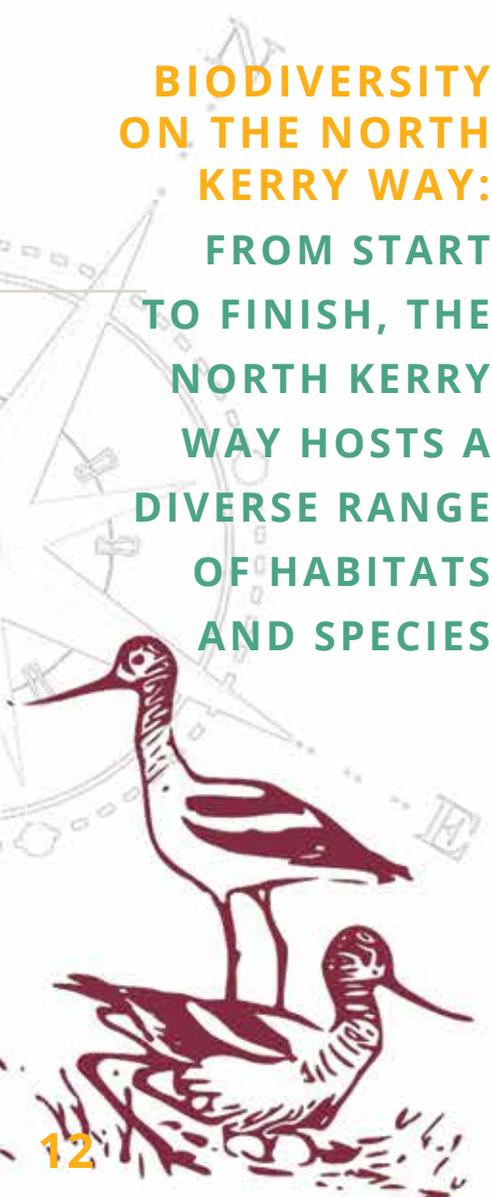


The North Kerry Way is one of Ireland's long-distance pathways approved by the National Way marked Ways Committee. Its total length is 48km (almost 30 miles).

Average walkers should find little difficulty in completing the way in two days, but it can be broken up into shorter stages.



BioDiversity



BIODIVERSITY ON THE NORTH KERRY WAY: FROM START TO FINISH, THE NORTH KERRY WAY HOSTS A DIVERSE RANGE OF HABITATS AND SPECIES

A multitude of birds nest and forage along the shorelines including seagulls, shags, cormorants and herons and due to the area's mild winter climate, a wide variety of migratory birds can be found.

The roadside hedgerows boast hundreds of varieties of plants and wild flowers.

Marine animals such as sea otters, seals, porpoises, dolphin and even an occasional whale can be spotted looking west to the wild and abundant Atlantic Ocean.

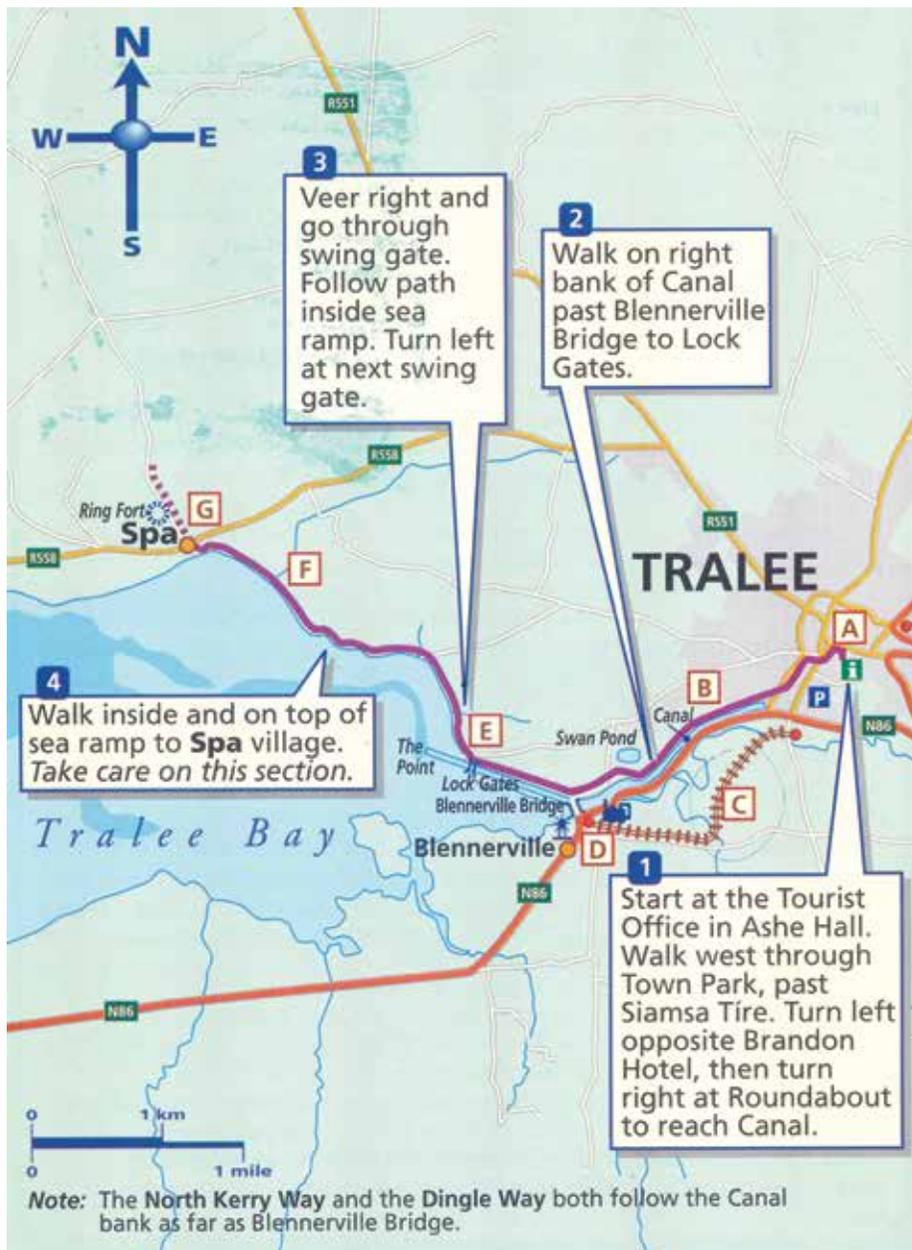


**BIRDS, ANIMALS,
INSECTS – A VARIETY
OF CREATURES GREAT
AND SMALL, CAN
BE SPOTTED AS YOU
WANDER ALONG THE
ROUTE.**



Map 1 - Tralee to Spa

Circa. 7km - 4miles (A - G)



The starting point is adjacent to the Fáilte Ireland Tourist Office in the Ashe Hall, Denny Street, Tralee. From here, the Way goes through Tralee Town Park on towards the bank of an old ship canal, past Blennerville and along by a sea wall to the Spa.

A country road then brings the walker to a splendid firm beach that stretches from Banna right into Ballyheigue. The nature of the terrain changes here as the path traverses the low hills of Kerry Head and loops back to finish at Ballyheigue.

There is infinite variety on this walk with the Atlantic Ocean always in sight, sometimes a mile or so away, but more often at one's feet.

The landscape is uncluttered and there is a feeling of space and great openness, with vistas to the horizons. It is a journey to be enjoyed at any time of year, each season bringing its own charm and freshness.

By following these markers it should be possible to complete the entire route without any great difficulty.

Please keep to the marked paths

A: Ashe Memorial Hall, Tralee - the start of the North Kerry Way





B. The Canal Walkway - what was once the tow path of the Tralee Ship Canal, opened in 1846 and was used as a supply line to Tralee by freighters for over 100 years.

C. A nature reserve for a range of bird species including waders, geese and other water birds.

D. Blennerville Windmill, Ireland's largest working Windmill,

is a tower mill and the tallest of its kind in Europe at 21.3 metres high.

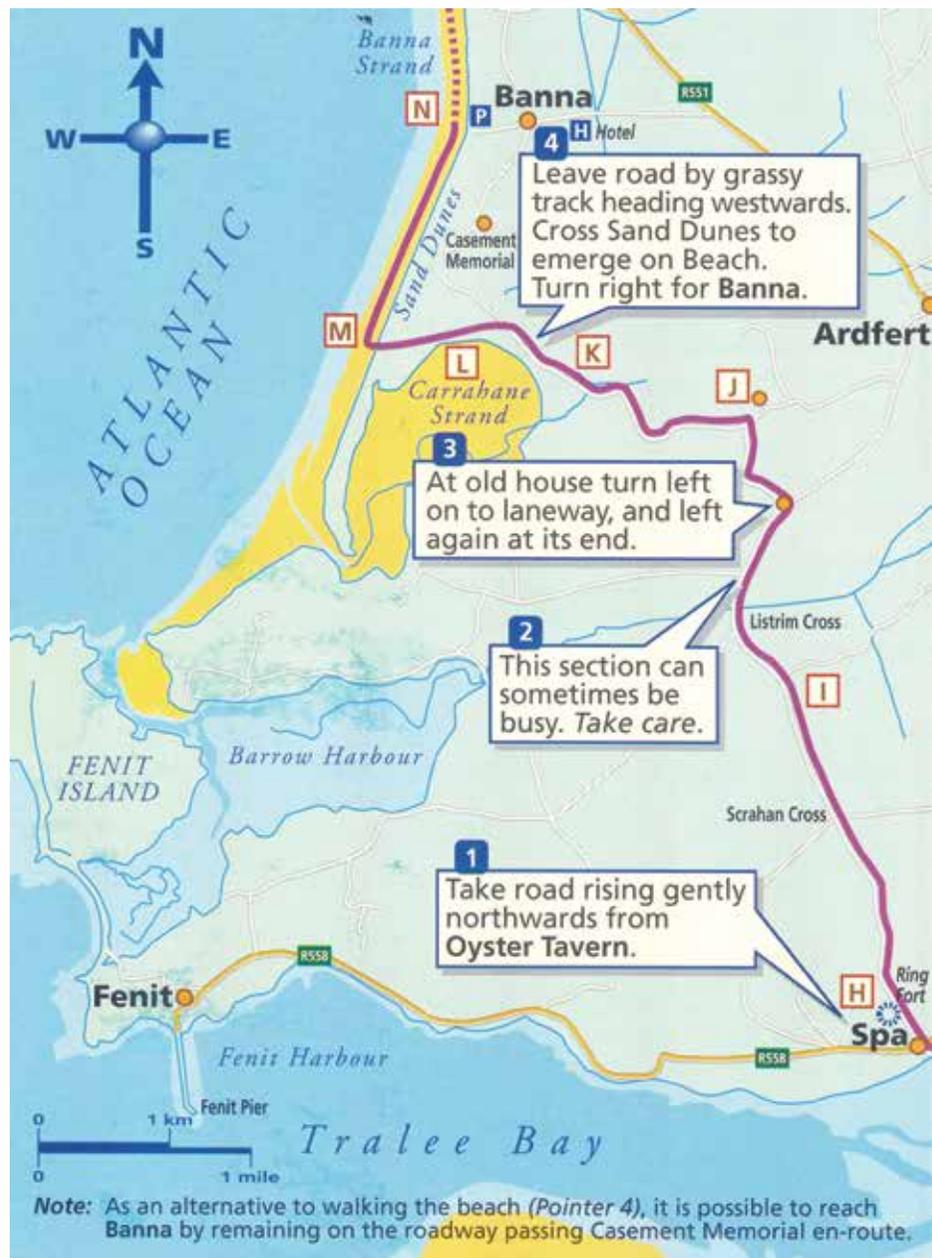
E. Tralee Canal lock gates used for raising and lowering boats.

F. Views of Tralee Bay with the Slieve Mish Mountain range and right to Fenit Harbour & Marina and the Lighthouse on Samphire Island.

G. The Spa (opportunity for refreshment break)

Map 2 - Spa to Banna

Circa. 12km - 7.5miles (H - N)



H. A ring fort (located on private property) – sometimes called “Raths” or “Lioses” and one of many in this area.

I. Scrahan Cross with a new vista of low hills of Kerry Head and away to the left the Atlantic Ocean.

J. As you leave the laneway, you will notice a finger post some metres to the right, with the legend “Casement’s Fort”. It was here that Sir Roger Casement was captured on Good Friday 1916.



Barrow Bay



K. Ruin of Rahoneen Castle, said to have been the residence of the Bishop of Ardfert.

L. Carrahane Strand where many species of birds can be seen.

M. Before going down on to the beach, stand for a moment on the dune and look westwards over the ocean. The promontory on the right is Kerry Head. Straight in front is low and jagged Illaunabarnagh and to its left the distinctive dome of Mucklaghmore.

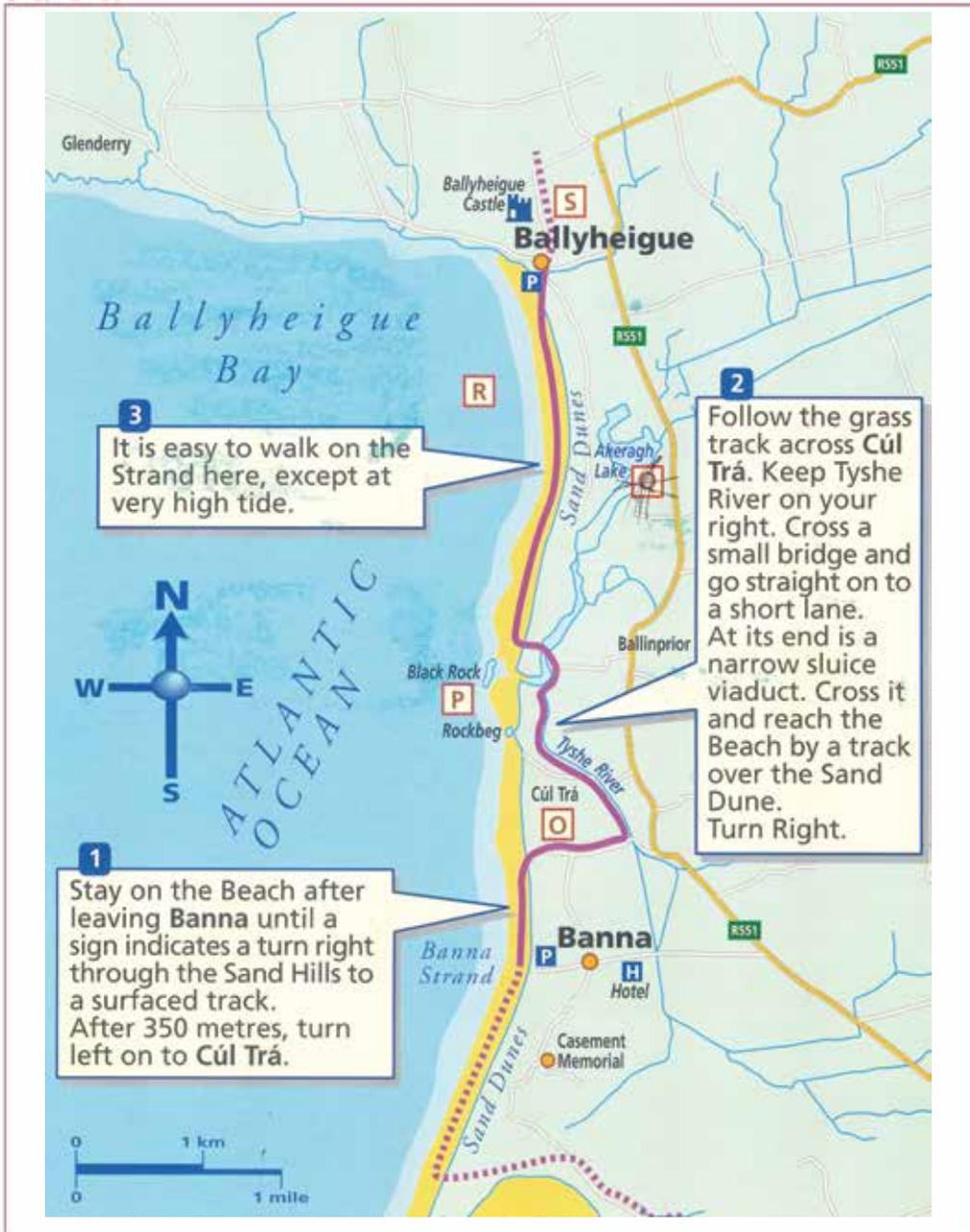
Just over 1km from here towards Banna is a memorial to Roger Casement, a little behind the sand dunes so cannot be seen from the beach.

N. Banna Strand is a blue flag beach and is a popular bathing resort with a lifeguard service during the summer months.

Map 3 - Banna to Ballyheigue



Circa. 6.5km - 4miles (O - S)





O. Cul Trá – The Back Strand is a flat heath which contains a rabbit warren and in spring and summer skylarks fill the air with song.

P. Rockbeg and its larger companion, the Black Rock, are separated by a deep channel. When the tide is

out it is possible to walk onto these rocks, but beware of being trapped by the incoming waters. Under no circumstances should you bathe anywhere in this area.

Q. A place to stop and admire the expansive

views stretching from the Maharees all along to Barrow and over to Kerry Head.

R. Ballyheigue Bay shoals a long way out resulting in many ships having foundered here. At certain times of the year and depending on the tides, their timbers can be sighted

projecting from the sand. The most famous wreck associated with the Bay is the 'Golden Lyon'- a cargo ship on a voyage from Copenhagen to India with a cargo that included twelve large chests of silver bullion. The captain and crew all managed to get safely ashore, as well as all the bullion!



Ballyheigue



S. Ballyheigue is a popular seaside resort where refreshments and accommodation are available.

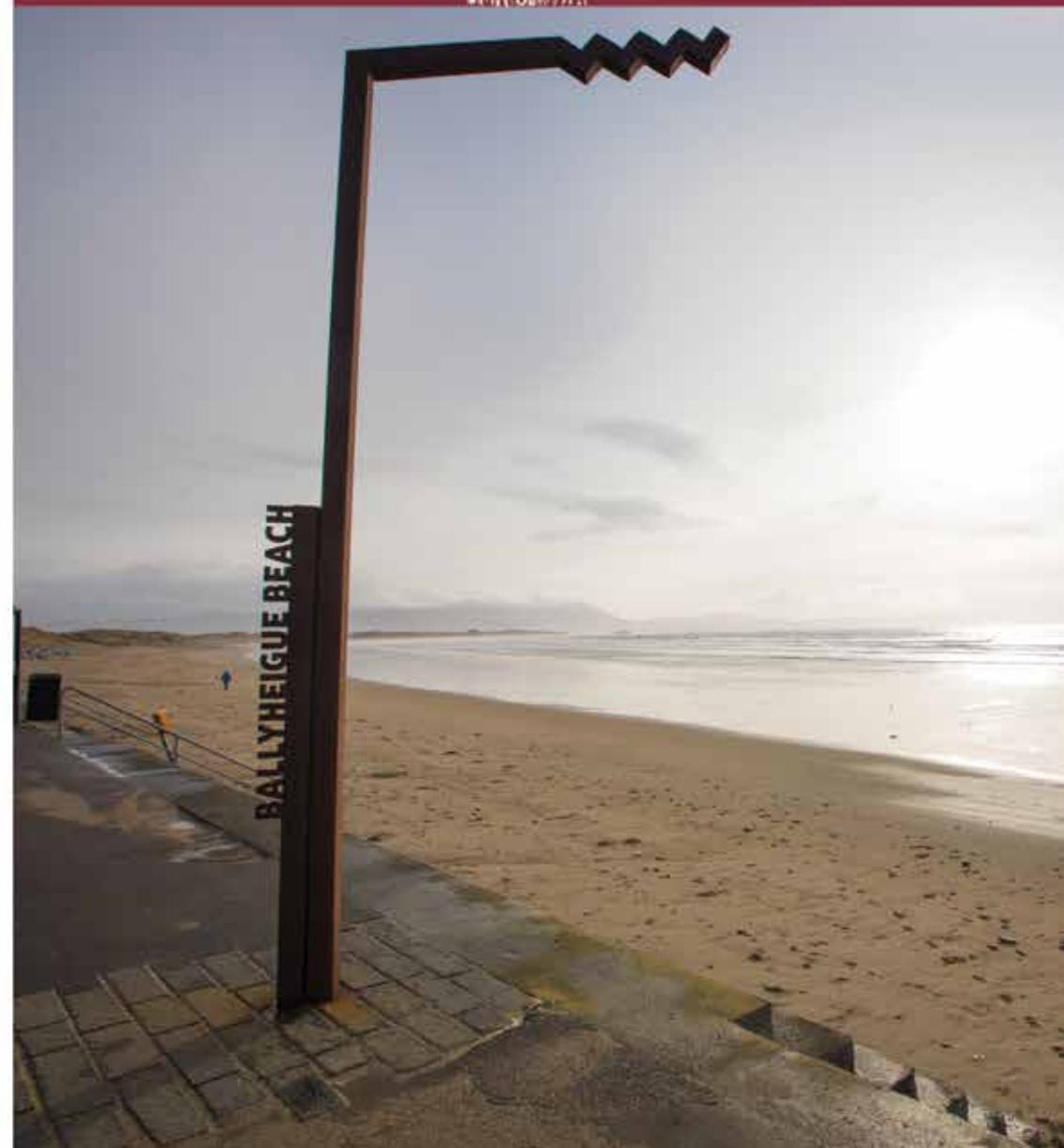
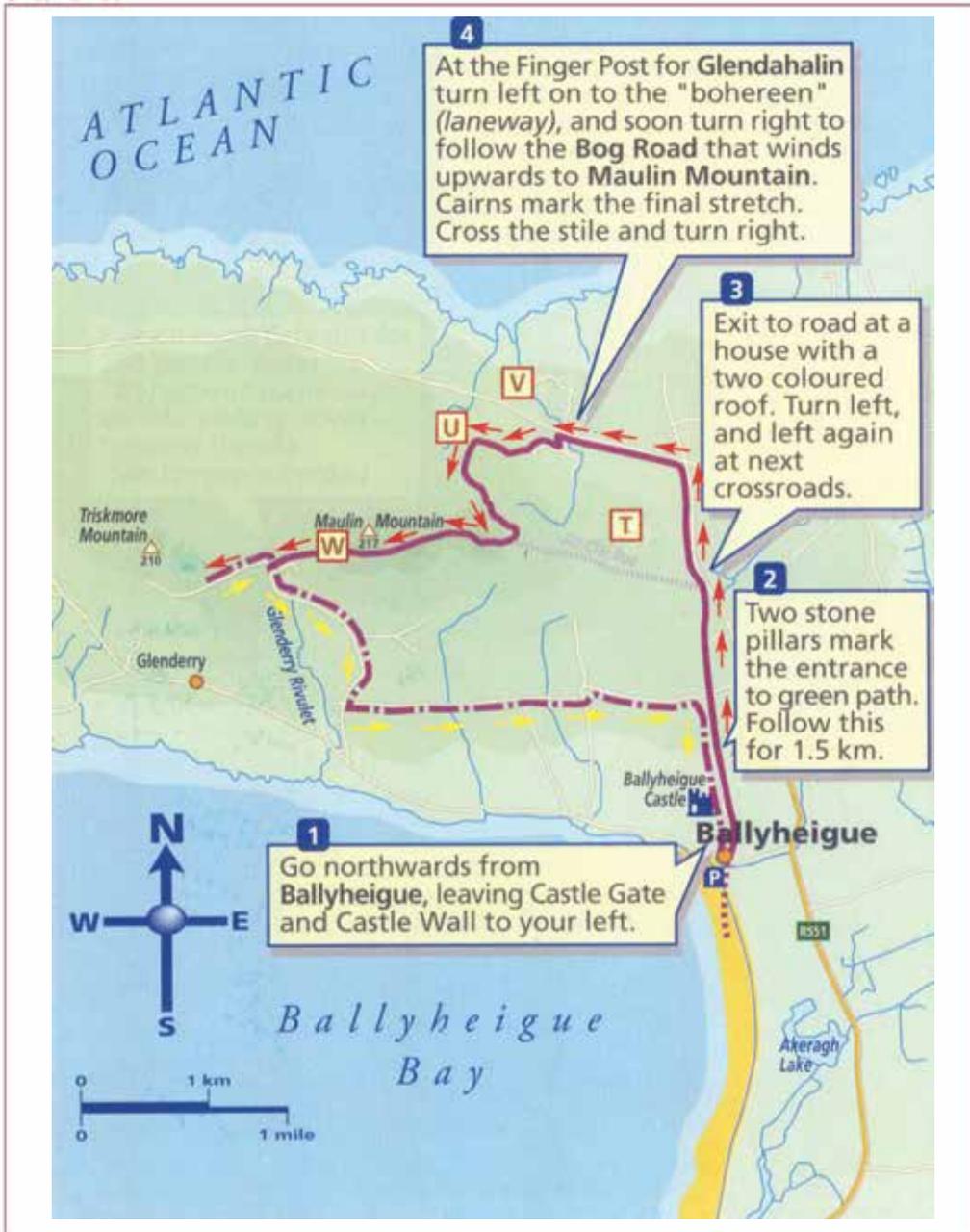
Dominating the village and giving it a distinctive character is the castle ruin. It was built in the early

1800's on the site of an older mansion and remained the residence of the Crosbie family, (local landlords) until it burned down in 1921. In recent years the grounds have been turned into a golf course.

Map 4 - Ballyheigue to Glenderry

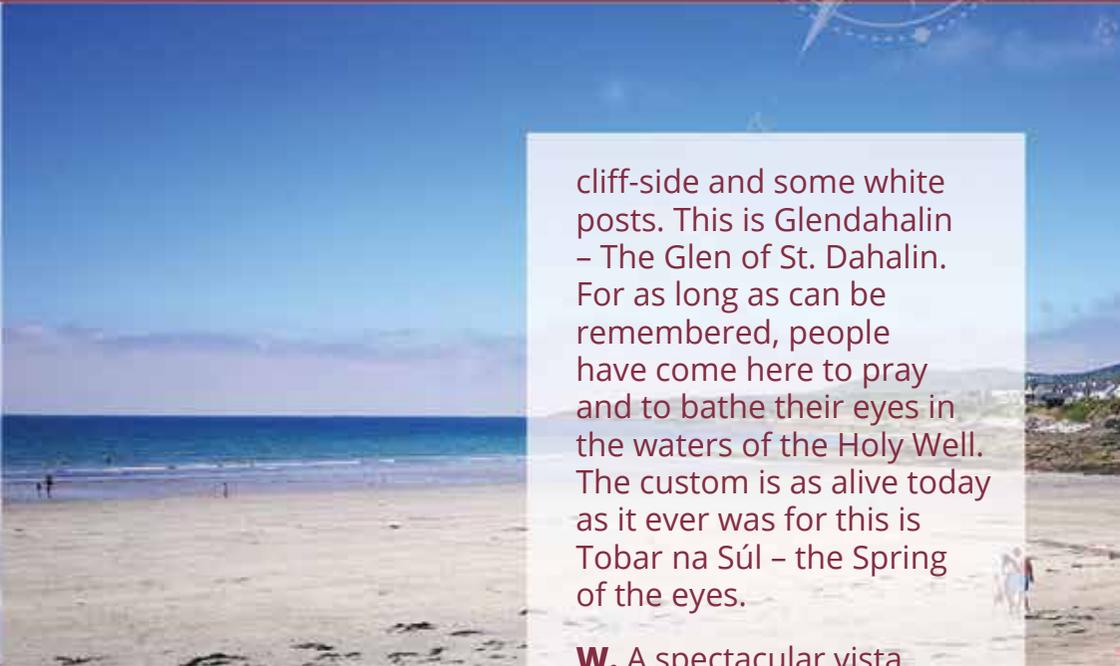


Circa. 9km - 5.5miles (T - W)





Ballyheigue



cliff-side and some white posts. This is Glendahalin – The Glen of St. Dahalin. For as long as can be remembered, people have come here to pray and to bathe their eyes in the waters of the Holy Well. The custom is as alive today as it ever was for this is Tobar na Súil – the Spring of the eyes.

T. The line on the map here marks the 'Track of the Red Ditch' – An Claí Rua. This is an archaeological artefact of unknown origin but thought to be some thousands of years old.

U. This bend in the sunken track commands a sweeping vista of land and ocean with the mouth of the River Shannon, its waters stretching to the coast of Co. Clare. Away to the right, the estuary narrows towards Limerick and on a clear

day the seaside resort of Ballybunion can be seen and behind it, Cnoc an Óir. Almost straight in front is Loop Head with its lighthouse.

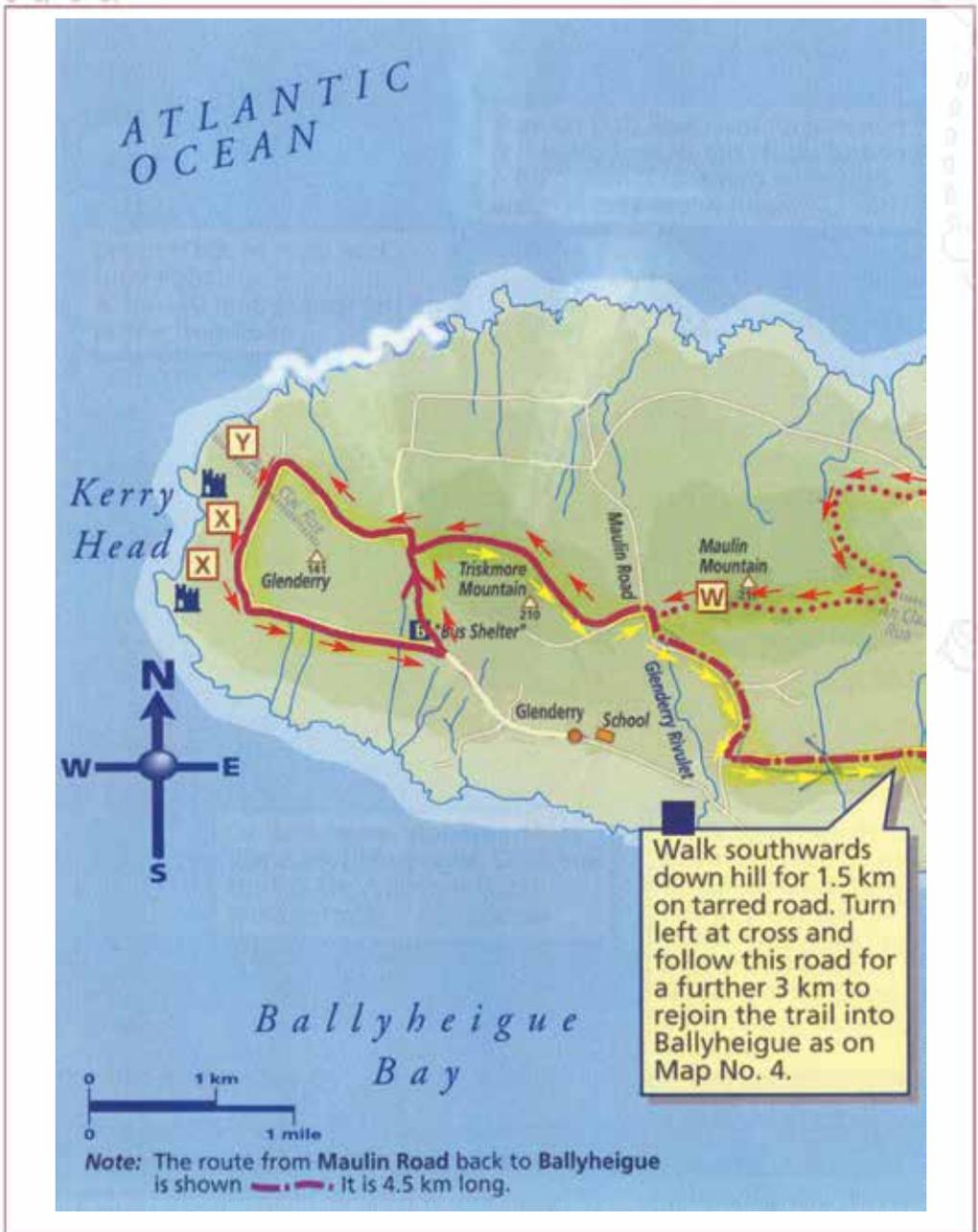
V. Below the viewing point is a deep cleft in the

W. A spectacular vista including the Slieve Mish Range and, to the west, the sacred peak of Mount Brandon. The Maharees Peninsula juts into the Bay and around it cluster the little islets known as the Seven Hogs. In the centre of the Bay is Mucklaghmore Rock.

Map 5 - Glenderry to Maulin Rd



Circa. 9km - 5.5miles (X - Y)





The North Kerry Way

To the left of the Well a little grey building can be discerned, blending with the furze and bracken. This is the church of St. Dahalin – and it is a good example of the architectural style termed ‘Early Christian’.

A date in the 8th century has been given as a likely time when its large sandstones were put in place. Though some have fallen, enough remain to show us what the little church looked like.



X. At the points symbolised on Map 5 are the two Cahercarbery Forts – or at least what remains of them after the passage of maybe 2000 years and the battering of countless storms. These structures most likely were refuges where people retreated in times of danger

and, protected by sea cliffs at one side and stout walls on the other, could withstand attack from marauding raiders. The Red Ditch has its starting point near here. Be warned, the forts seem deceptively close, but are over half a kilometre from the Way

and the ground is quite uneven. The cliffs are very high and, of course, unprotected. In fog this is quite a hazardous place.

Y. Between here and the long, low coast of Clare, 13 km to the north, the

Shannon bids a last farewell to Ireland having completed a 400 km journey from its source in Co. Cavan. It now mingles with that vast expanse of ocean which draws the eye to the far horizon.



Ciarraí

Éalí Nádlíthra

This brochure has been produced with the assistance of the Department of Rural & Community Development's 'Outdoor Recreation Infrastructure Scheme' and has been designed and produced, in-house, by the Tourism Unit, Kerry County Council

The co-operation of all the land owners is appreciated and acknowledged

