



Canon Sheehan Loop– Moderate – “C+” Walk

Walk Name	Canon Sheehan Loop
Date of Walk	21 th April 2024
Area of Walk	Doneraile North Cork
Directions	Cork on to Mallow then take Limerick road N20 for 30 mins turn right onto R581 signpost Doneraile drive through village of Doneraile to Nagle Rice secondary School. From there follow lead car to Glenanaar Forest.
Guide's Name	Catherine Butler
Guide's Number	0868399092
Sweeper's Name	TBA
Sweeper's Number	
Meeting Place	Kellihers , Glashlin Road.
Departure Time	8am
Meeting Place near Walk	Nagle Rice School Doneraile 9.30am
Leaving for walk	9.30am
Level of Walk	Moderate C+
Approx duration of walk	4 to 4.5 hours 14k
Parking availability	Glenanaar forest car park
Description of walk:	<p>From Car Park we walk along the bank of the Ogeen river ,on through natural woodlands which rise up over the river .Two footbridges take us through Co Cork and Co Limerick and back again, then onto a forest road .Near end of walk is a Mass rock still used occasionally . We get lovely views of the Nagle and Knockmealdoen Mts.</p> <p>Boots, Gaiters and Poles are recommended can be muddy with protruding roots and uneven surfaces.</p>