



Cailleach Beara Loop Walk –Bonane Beara (Co Kerry)

Walk Name	Cailleach Beara Loop Walk –Bonane Beara
Date of Walk	19 th May 2024
Area of Walk	Sheen Valley
Directions	Meet in Casey’s Hotel Car Park Glengarriff, We will then head west on the N71 towards R752 for 12.8 Klms Destination will be on your left.
Guides Name	Elizabeth Hankard
Guides Number	087 2115451
Sweeper's Name	Carrie Jeffers
Sweeper's Number	087 9816718
Meeting Place	Casey Car Park Glengarriff Co Cork.
Departure Time	9.30am
Meeting Place near Walk	Molly Galvin’s Visitor Centre Bonane Co Kerry
Leaving for walk	10am
Level of Walk	C+
Approx duration of walk	4-5 Hrs. Length 9.9Klms Ascent 400m
Parking availability	Plenty at Molly Galvin’s Visitor Centre
Description of walk:	<p>The Cailleach Beara Loop is immensely rewarding. What better way to really stretch the legs and enjoy unmatched views of the Kerry Cork borderlands and the natural beauty of the Sheen Valley.</p> <p>This loop takes us up Realagh Hill from the valley floor to the heights of ESK Mountain with a fine ridge walk to Turners Rock.</p> <p>On Laneways, woodland tracks across country and hills. There are fine views of the Valley and The Sheehy and Caha Mountains.</p> <p>There is a steep descent towards end of walk.</p> <p>WALKING BOOTS, GAITERS and POLES REQUIRED.</p> <p>GREAT CARE TO BE TAKEN ESPECIALLY ON THE STEEP DESCENT.</p> <p>Walkers can visit Molly Gallivan’s a 200 year old cottage and family run visitor centre with craft shop, restaurant and tea rooms all set on a traditional farm after our hike.</p>