



North Kilkenny Cycle Loop



Trailhead	The Parade, Kilkenny
Distance	27km
Time	1.5 to 2.5 hours
Terrain	River side roads and rural laneways
Traffic	Caution when cycling along N78 and turning onto Dunmore Cave laneway
To Suit	Leisure self sufficient cyclists
Minimum Gear	Spare tube, pump, liquids, food, mobile phone



Overview

Starting point: Trail Kilkenny Kiosk on the Parade

Leaving the Trail Kilkenny Kiosk, cycle down the hill and turn right at the traffic lights onto Rose Inn Street and past the Tourist Office. Cross John's Bridge and continue to the traffic lights. Turn left at the junction and continue past Padmore & Barnes. Follow the road along Greensbridge Street and go straight through the junction with New Street onto Greens Hill. Follow this road and keep left to take the Bleach Road. Follow this route for 6km until the junction at Hennebry's Cross. Turn right and then take the first exit off the roundabout onto the N78. After 3km turn left at Ballyraffon Wood and continue for 1km until you meet a T junction. Turn right and take an immediate left up a laneway to Jenkinstown Park.

Return back to the main road and turn left, after 1.5km turn right and follow the road until it rejoins the N78. Turn left and after 1km turn right towards Dunmore Caves. Passing the turn for Dunmore Caves continue up hill to a T-junction. Turn right and follow the road for 3km until you come to a T-junction. Turn right at this junction and continue along the road back to Kilkenny City. You pass over the bridge on the Ring Road and turn right at a small roundabout onto the Castlecomer Road. After 200 metres turn right onto Greens Hill and follow this road across the New Road onto Greensbridge Street. Turn right onto Michael Street and at the next cross roads turn right onto John Street. Follow this street across John's Bridge and the Trail Kilkenny Kiosk is on the Parade on the left.



South Kilkenny Cycle Loop

Bennettsbridge - Stoneyford - Kells



Trailhead	The Parade, Kilkenny
Distance	41km
Time	2 to 3 hours
Terrain	Country roads linking the main towns in south Kilkenny
Traffic	Mainly country roads crossing N and R roads. Caution advised when entering towns.
To Suit	Leisure self sufficient cyclists
Minimum Gear	Spare tube, pump, liquids, food, mobile phone
Minimum Gear	Helmet, bike, mobile phone, fluids, snacks, waterproofs, rucksack



Overview

Starting point: Trail Kilkenny Kiosk on the Parade

Leaving the Trail Kilkenny Kiosk cycle down the hill and turn right at the traffic lights onto Rose Inn Street past the Tourist Office. Cross John's Bridge and take the first right to Maudlin Street. Follow Maudlin Street uphill till it meets the Dublin Road. Turn right and follow the cycle lane along the Dublin Road. Continue straight through two roundabouts and take the right turn after the Maxol Petrol station onto Sion Road. Follow this road for 6km and take the left turn to Dunbell and continue for 4km until you come to the Dunbell cross roads. Turn right and continue straight for 3km until you meet a T-Junction with the Gowran Road. Turn right and follow the road for 4km to the village of Bennettsbridge.

In Bennettsbridge cross the bridge and take an immediate left past Nicolas Mosses Pottery. Follow this road for 9km to Ennisnag. At the T-junction turn left and cycle 2km to the village of Stoneyford. As you come into the village, take the first right and cycle uphill in the direction of Kells. Passing Kells Priory, turn right at the crossroads in Kells and continue across the bridge. Take an immediate right and travel 2km along until you take a left turn. Cycle for 2km and take a right at the next T-junction. Follow this route for 3km and take a right at the next T-junction. Turn right at the T-junction and continue to the next T-junction and take a right. After 2km you meet the N10 at Danesfort, turn left in the direction of Kilkenny City. Cycle for 8km and straight through two roundabouts, continue into town and at the next roundabout past the petrol station take the first exit. Follow the cycle path for 400 metres and take the second exit off the next roundabout. Continue along Nuncio Road until you come to a T-junction and take a left back to the Trail Kilkenny kiosk. The Kiosk is on The Parade on your right.

East Kilkenny Cycle Route

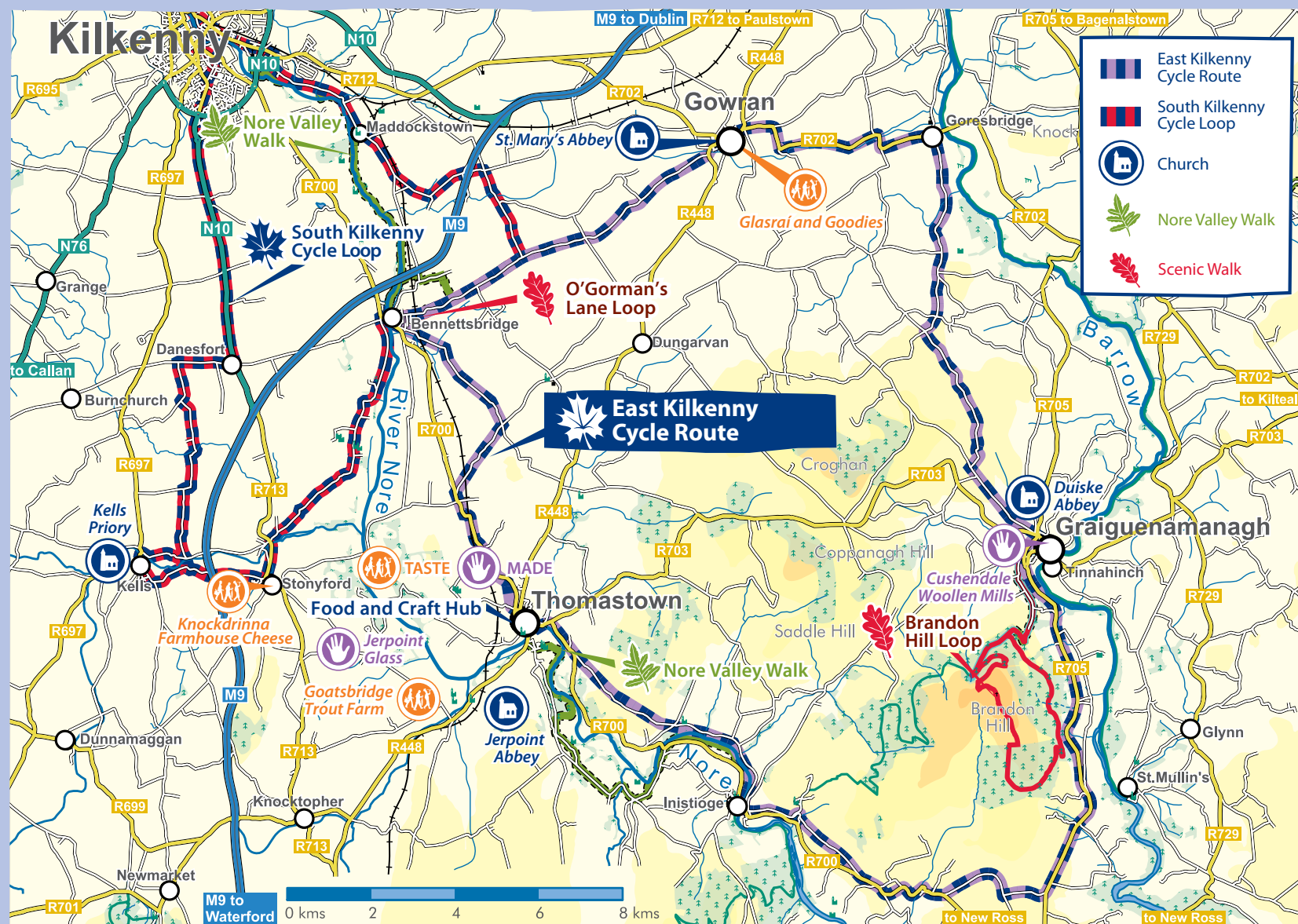


Distance	64km
Time	3 to 4.5 hours
Terrain	Rolling country roads and laneways
Traffic	Mainly on quiet roads, caution advised at one way system in Thomastown
To Suit	Experienced, moderately fit self sufficient cyclists
Minimum Gear	Spare tube, pump, liquids, food, mobile phone

Overview

This route is a scenic cycling route linking the most historic and culturally significant towns in east Kilkenny. The towns are perfectly placed along the route to stop for lunch or a cup of coffee. The route uses quiet roads and laneways and provides stunning views of Brandon Hill, the River Barrow and the River Nore.

Gowran - Graiguenamanagh - Thomastown - Bennettsbridge





Distance	82km
Time	4.5 to 6 hours
Terrain	Quiet country roads and laneways suitable to hybrid type bikes
Traffic	Mainly on quiet roads joining N roads in sections. Caution for farming machinery at certain times of the year
To Suit	Experienced, moderately fit self sufficient cyclists
Minimum Gear	Spare tube, pump, liquids, food, mobile phone

Overview

This route is the most challenging in the Trail Kilkenny portfolio of cycling trails. It winds its way through rural North Kilkenny bringing the cyclist through beautiful villages like Freshford and Castlecomer.

