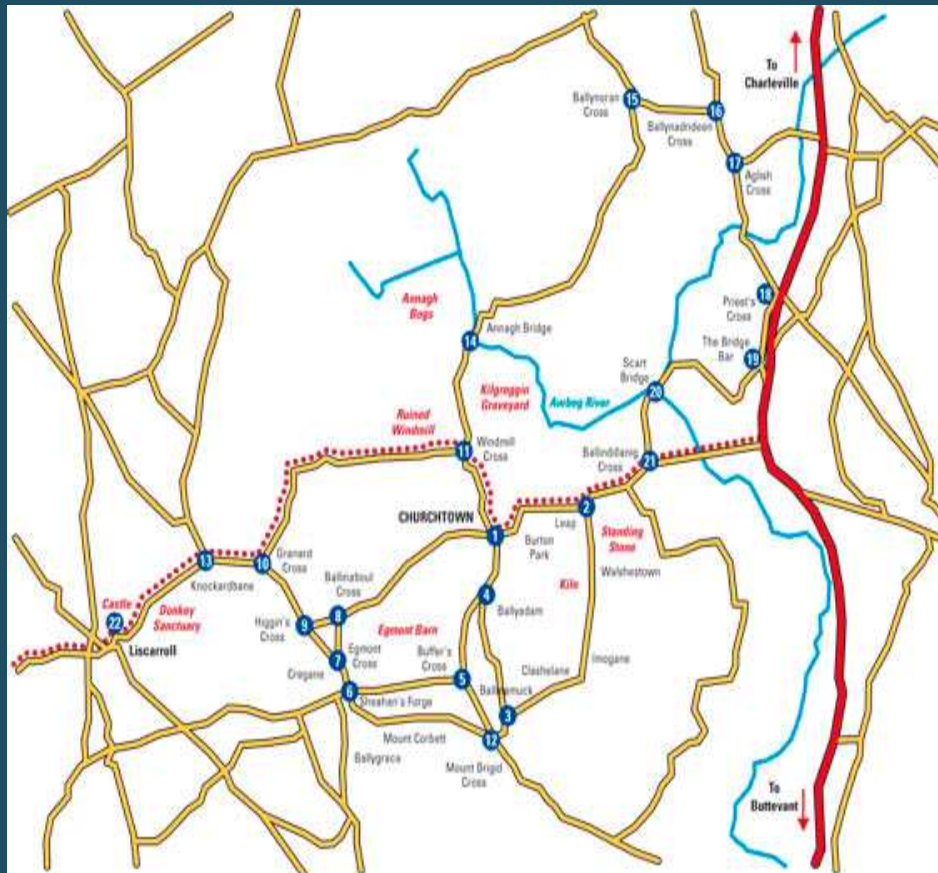


# Overall Trail Map



## Welcome to Churchtown

### Walking, Jogging and cycling Trails

Welcome to Churchtown where you can enjoy an unspoilt environment and fresh air as you stroll, jog or cycle through our beautiful country lanes. In this publication we outline seven different loop trails from which you can select depending on the time available and your own ability.

You will find Churchtown nestling in between the Blackwater Valley and the Ballyhoura Mountains in a relatively flat plain or pasture land ideal for leisurely walking or cycling. In fact the old medieval name for Churchtown is Bruheny and it stands for "The Royal House of the Pasturelands".

North Cork thankfully remains unspoilt and undiscovered with hundreds of miles of almost traffic-free lanes on which you can walk and cycle. Some of these grassy lanes are yours to enjoy if you base yourself in Churchtown.

Churchtown is an authentic Georgian village rebuilt in the 1830s to replace a medieval hamlet dating back at least to the 12th Century when the Church in the village graveyard was originally built. A bronze axe discovered in the 1920s tells us that that the area has been occupied by humans for many thousands of years and the preserved skeleton of a Great Irish Elk found in the Moanroe Bog in 1970s tell us about the fauna that roamed these parts between 5,000 and 10,000 years ago. All trails begin across from Boss Murphy's at the old village pump which is 102 metres or 334 feet over sea level.

### History and Heritage Plaques

Before you begin be sure and seek out the three key heritage plaques in the village. You will find one at the entrance to Bruheny graveyard, one at the Pound Corner and one between the Post Office and the Parson's House. You will also enjoy your walks even more if you take some time to read about the history of the Churchtown area which is available on our web site at [www.churchtown.net](http://www.churchtown.net).

### Trail Heights

The highest point is reached at 153 metres or 500 feet on Poulafreestone Hill which is about a mile west of the village overlooking Junction 8 on the Cregane Trail. The lowest point on any trail is 90 metres or 295 feet above sea level at Scart Bridge at Junction 20. There is a difference of 63 metres or 206 feet from the highest point to the lowest which should hopefully not prove over demanding.

#### unctions

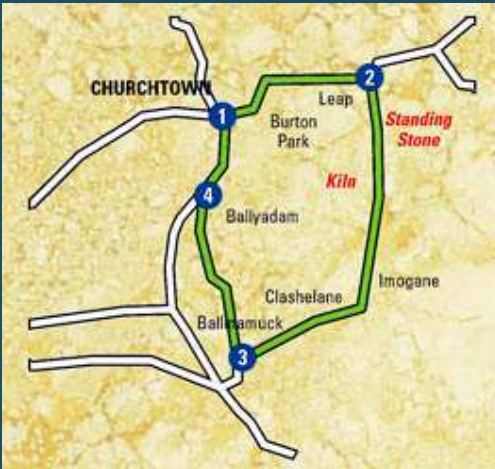
- . Boss Murphy House
- . The Manager's Cross
- . Clashelane/Ballinamuck Cross
- . Ballyadam Cross
- . Buffer's Cross
- . Mount Corbett /Ballygrace Cross
- . Egmont Cross

#### unctions

- . Ballinaboul Cross
- . Cregane Cross
- 0. Granard Cross
- 1. Windmill Cross
- 2. Mount Brigid Cross
- 3. Knockardbane Cross
- 4. Annagh South

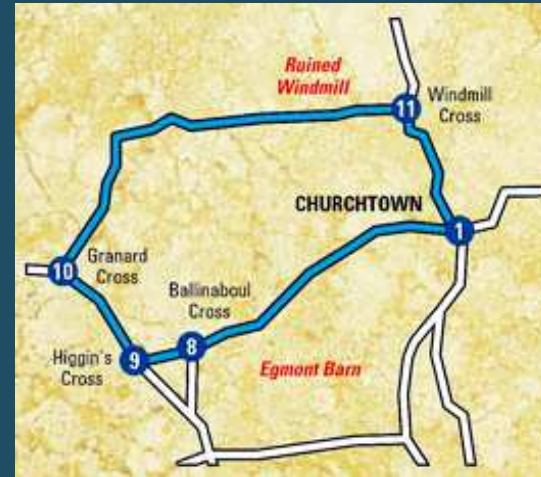
#### unctions

- 5. Ballynoran Cross
- 6. Ballynarideen Cross
- 7. Aghlish Cross
- 8. Shinanagh
- 9. The Bridge Bar
- 0. Scart Bridge Cross
- 1. Ballindillanig Cross



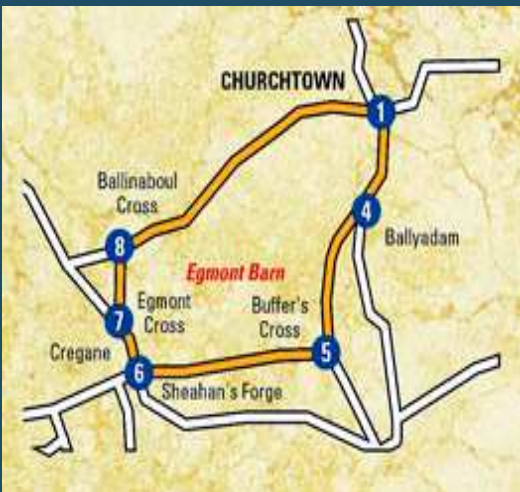
### Trail 1: The Imogane Loop

Junctions: 1, 2, 3, 4 and 1  
Distance: 5 miles / 7 Km



### Trail 3: The Cregane Loop

Junctions: 1, 9, 10, 11 & 1  
Distance: 5.3 miles / 8.48 Km



### Trail 2: The Buffer's Cross Loop

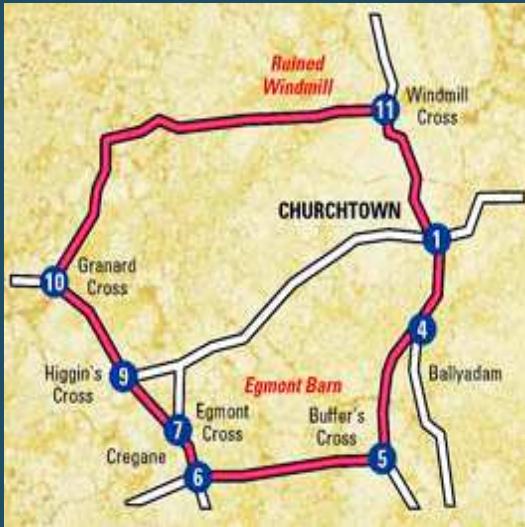
Junctions: 1, 5, 6, 7, 8 & 1  
Distance: 3.5 miles / 5.6 Km



### Trail 4: The Cregane Loop and Liscarroll Castle

Junctions: 1, 9, 10, 22, Liscarroll, return to 10, 11 & 1

Distance: 8 miles / 12.8 Km



### Trail 5: The Windmill Loop

Junctions: 1, 5, 6, 7, 9, 10, 11 & 1  
Distance: 6 miles / 9.6 Km



### Trail 7: The Annagh / Shinanagh Loop

Junctions: 1, 11, 14 to 21, 2 & 1  
Distance: 9.7 miles / 15.5 Km



### Trail 6: The Imogane / Granard Loop

Junctions: 1, 2, 3, 12, 6, 7, 9, 10, 11 & 1  
Distance: 8.5 miles / 13.6 Km

### Respecting Private Property

It is vital that you do not ramble from designated Trails and that you respect the fact that all lands and secondary trails bounding the mapped routes are private property and should not be entered without prior permission from the landowner.

### Litter Free Zone

Please pack all your waste and in the interest of preserving our trails consider picking up any litter on the trails that may have been dropped by others.

### Safety First

Walkers and joggers should face oncoming traffic keeping on the right hand side and be especially careful on blind right hand corners or hill crests. Cyclists should keep to the left. Visitors should carry appropriate clothing, including rainwear, even on warm days. You might consider carrying a first aid kit and a supply of water. Cyclists should carry a repair kit and bikes should be equipped with a bell and lights. For your safety you should plan your outing, use the trail map and select trails that are within your ability and skill levels, stay on designated trails and whenever possible, go with a partner. Pets should be on a leash and cyclists should watch for pedestrians. These trails are recreational in nature and have been selected with care and the safety of the visitor in mind. However visitors travel these trails at their own risk and neither Boss Murphy's Ltd or the Churchtown Village Renewal Trust is responsible in any way for your individual safety.