

Cycle Youghal !

A selection of wonderful routes for you to enjoy!

A SUPERB BASE FOR YOUR HOLIDAYS

Savour the hidden Ireland as you travel along quiet country roads, listen to the sound of birds and country life. Find those wonderful little pubs, cafes and restaurants along the waterfront, in the hills or on the roadside. Savour the greenery.

Wonderful castles, majestic country homes, monastic ruins, rolling hills and one of the most beautiful inland waterways in Ireland await you.

This is a time when the journey is more important than the destination and when going off the beaten track will reward you!

Our suggested routes will whet your appetite - you will want to explore a little more - go for it! we will suggest a few extras here and there.

We have an enthusiastic Cycling Club in Youghal and the Tourist Office will help you to make contact if you would like a bit of company. Don't forget to email us with comments, photos, suggestions, contacts. We love to hear from our visitors.



10 Routes

We have selected a number of enjoyable routes for you. Some of these can be combined together, some can be split into two or more sections. All are a loop starting and finishing in Youghal. We hope all of the routes will give you great enjoyment. Most of the routes are on quiet country roads and where a main road is used, we try to ensure it is suitable for cycling.

The only main road in and out of Youghal is the N25 and it is very suitable with a wide hard shoulder and/or a dual carriageway most of the way.

Bring rain gear - it does occasionally rain but as Shakespeare said - gentle rain from heaven upon the place beneath.

If you haven't a bicycle, you can still enjoy these trips but please look out for cyclists, We are fragile!



BE PREPARED ! SOME OF OUR ROAD SIGNS ARE IN NEED OF A HAIRCUT!

Maps

Ideally you need 2 maps to find your way on some of our routes.

Ordnance Survey Maps 1 : 50,000 , Discovery Series, Numbers 81 (Cork , Waterford) and 82 (Waterford). It will also help you to vary your route if you want to make the cycling easier or more challenging.

All the routes start at the Clock Gate which is in the centre of Youghal. The Main road into and out of Youghal is the N25. This is the Main Cork Waterford road. It is an excellent road , much of it with a wide hard shoulder and very suitable for cycling. We will, however, not be on this road a lot – just when we have to be! Most of the time

the routes are on regional roads – marked R on your maps.

There are a few other roads out of Youghal you will meet. The Tallow Road is the R634 . It is located on the eastern side of Youghal off the Rincrew Roundabout on the N 25. The R633 is on the western side of Youghal and takes you toward Ballymacoda, Ladysbridge and further west.



OUR TEN SUGGESTED ROUTES

- | | | |
|--|--|--|
| <p>1 Ardmore Cycle – Ardmore Round Tower, Cliff Walk. (25 km)</p> <p>2 West Waterford Run - Youghal, Tiknock Hill, Clashmore, Kinsalebeg, Ardmore, Seannachai Pub, Clashmore, Youghal (75 km)</p> <p>3 Short Run - Youghal, Ballymacoda, Ladysbridge, Castlemartyr, Mogeely, Youghal (20 km)</p> | <p>4 East Cork Coast - Youghal, Ladysbridge, Garryvoe, Shanagarry, Cloyne, Saleen, Middleton, Mogeely, Killeagh, Youghal (80 km)</p> <p>5 The Inland Inch Run - Youghal, Half Way Bar, Inch, Mount Uniacke, Killeagh, Youghal (27 km)</p> <p>6 Cobh Round the island. (96 km.)</p> | <p>7 The Blackwater Cycle - Youghal Cappelquin Knockanore Youghal (60 km)</p> <p>8 The Knockadoon Challenge Run - Youghal , Ladysbridge, Shanagarry, Garryvoe, Knockadoon, Ballymacoda, Youghal (60 km)</p> <p>9 The Vee - a supreme days cycling! (95 km)</p> <p>10 Dungourney Run – Youghal, Tallow, , Dungourney (80 km)</p> |
|--|--|--|

Route 1 Ardmore

This route takes us to Ardmore. The route starts at the Clock Gate and heads out the Main Street towards Waterford on the N25. There are two roundabouts – the first one - you simply go straight through. The second roundabout - called the Rincrew Roundabout - take the third exit, direction - Waterford - and cross Youghal bridge – perhaps your first view of the River Blackwater, Ireland’s second largest river and very beautiful. There are boat trips up the river from Youghal. Boat hire is also possible. We will travel up and down the river on another route – but on land!

About three hundred yards after the bridge you will notice a hill

This is decision time – a lazy way to Ardmore would be to continue on the main N25 for a further 8 kilometres and then turn right which will lead you directly to Ardmore. However – as an intrepid cyclist you might like to venture off the main roads into the hidden Ireland so – follow me up the hill! It is a steady climb but not too difficult and well worth the effort.



Along the way you have spectacular views of the River Blackwater and even more serene beauty awaits when you go downhill . At the crossroads go straight on and you find yourself on a quiet country road which will bring you to Ballyheeny bridge where the sheer peace and gentle running water sounds will sink deep into your soul. Stop at the bridge – it is a picture postcard in itself. Then turn left for Clashmore.

You will notice the old distillery chimney in Clashmore, or the haystacks still being gathered in preparation for thatching or the old castles, estate walls or ruins of mills. You will see a number of thatched cottages. Slow down. Breathe the air. Savour the birdsong. Look around. It is not a race – it is a journey. Enjoy. There are a few lovely walks - to find the ice houses, or along the river - if you have time.

At the bottom of the hill into Clashmore, you turn right on the R671 which takes you back towards the N25 – but when you reach the N25 , don’t go on it, go straight through. Take the underpass and then the second of the two left turns at the crossroads which will bring you to the R673 and Ardmore.

Ardmore is a glorious little seaside village , complete with thatched cottages, a magnificent Round Tower, exquisite Celtic carvings on the side of the old church next to the Round Tower, a cliff walk which will take you along the edge of the Atlantic, skirting past the old Coast-guard Tower and giving you a view of one of the finest beaches in Ireland. The cliff walk takes about an hour and is really worth it.



You could just call it a day after that but if you feel energetic enough to carry on , Route Number 2 can be incorporated into this one, making a total route of about 80 kilometres or 50 miles.

If you have enough for one day, you could take the R673 back to the Main N25, turn left for Youghal and you will be back in Youghal “in no time”!



Or you could stop for lunch in Ardmore, take a swim, visit the pottery, do the cliff walk mentioned above, see the Round Tower, see the gable wall of the beautiful romanesque early Christian church, relax - and then make up your mind.

Route Number 2



You will have completed the Route No. 1 section to Ardmore and feel the urge to carry on. Instead of taking the R673 back towards Youghal, take the same road east towards Dungarvan. You travel along the coast road. Be careful - there are some side roads which are not signposted. The general guideline here is - take what you think is the main road. Look out for the places indicated to you, and if in doubt - ask someone.

The road brings you on the main N25 at Kiely's Cross and there you turn right for 5 kilometres on the N25 until you pass the

Marine Bar. Then swing left on the road towards Clashmore.

It is a narrow, winding country road, wooded in part, climbing gently until you have the whole landscape of Waterford below you. Carry on straight ahead and soon you come back to Clashmore.

At Clashmore follow the route towards the N25, but again this time do not go onto it. Take the underpass and after 500 metres or so, turn right. This is a small road , passing a disused Mill, passing a lovely country pub and brings you on to the N25. Turn left and carry on for Youghal.



Route Number 3

This is a short run but you can really take your time to get to know the area with this one. The route takes you out of Youghal on the N25 towards Cork for about one kilometre and then you swing left on the Ballymacoda road - the R633.

After a kilometre you will notice a beautiful marshy area on your left – Ballyvergan Bog –and you will turn left in the Ballymacoda direction on the R633. Just after the left turn there is a hide from which you can enjoy the wildlife of this very special bog which is both sea water and fresh water.

Local Ranger Pat Smiddy has written a beautiful book about the flora and fauna in Ballyvergan Bog – this contains photographs and detailed knowledge about the Bog and is well worth reading. There are 4 species of bat..... the book is available locally and is a real treat.



We continue on towards Ballymacoda. You could take a short detour (500 metres) to the Quality Hotel at Redbarn where a magnificent lounge bar enjoys unrestricted views of Youghal Bay and Capel Island.

After 3 km we reach a T Junction where the left turn would take us to Ballymacoda and Knockadoon, which we visit later, but the right turn leads us towards Ladysbridge. And it is there we are heading now. It is an undulating road with some gentle slopes and descents (nothing too challenging!).

On either side of the road there are possible diversions – the Kilcredan road would lead us to a splendid ruin of a church where you will see Tyntes’ tomb – which is very similar in style to the Boyle tomb in the Collegiate Chapel in Youghal. On either side of Tynte are his two wives – one being the widow of Edmond Spencer – the poet who wrote the Faerie Queen. Sadly the tomb is badly deteriorated but the splendour of what it looked like can be imagined by comparing it to Boyle’s tomb in Youghal.

At Ladysbridge, turn right and head to Castlemartyr. You could stop in Castlemartyr where there is a nice Greengrocer’s with an excellent delicatessen and coffee shop. Stop at the traffic lights as you will be crossing the N25 again, this time heading for Mogeely, a short run. Turn right at Mogeely and the road will bring you back to Killeagh where you rejoin the N25. It is well worth stopping to visit Killeagh Woods (see photos elsewhere in booklet)

There are a few possible routes back to Youghal - the most straightforward is the N25 which is a straight run into Youghal. If you feel the urge to explore you could turn right at Burgess Cross (site of old garage) and find Inchiquin Castle, of which more later and the famous old lady who lived there.

Or you could go straight on at Killeagh up a small hill towards Mount Uniacke. On the Killeagh side of the village, you come to a T Junction where you turn right. Go straight ahead from then on and the road will bring you back to Youghal. You cannot get lost! Any right turn will bring you to the N25 and Youghal.

ARCHAEOLOGY - YOUGHAL - HISTORY

The Youghal area is rich in historical remains - several souterrain systems, a couple of Sheela na Gigs, several standing stones, ogham stones, monastic ruins, a wonderful streetscape, old churches, ice houses, castles. Take your time, explore. It is all there for you to find.

Perhaps it was through one of these souterrain tunnels that Florence Newton, the lady dubbed "the Witch of Youghal" might have slipped out of town in her search for herbs, fungi and other natural remedies which ultimately led to her arrest, dreadful torture and trial in 1661.

You may not see an Eiffel Tower here - but you will see Round Towers, a Pottery chimney towering over Youghal Estuary, the old Distillery Tower in Clashmore, a few Martello Towers, a fortified Tower House. And if you want a real treat, find the Towers in Lismore.



Killeagh Woods where the colour which seeps through the trees is hauntingly beautiful. The entrance to the woods is behind the Old Thatch pub in Killeagh, on the turn of the road.



Route Number 4 - Round the coast!

This route takes in some of Route No. 3 - first you go to Ladysbridge as directed in Route No.3.

At Ladysbridge turn left for Garryvoe, you will be on a wide road. Ignore any road signs for Cloyne until you reach Garryvoe - a fine beach with a good hotel, named as it might be, the Garryvoe Hotel. Turn right, along the beach road, head for Shanagarry where the world famous Stephen Pearse Pottery is located - and is worth a stop on your journey. Stay on the road to Cloyne if you just want to visit the Pottery Shop - ignore the sign for the pottery itself.

From Shanagarry you take the road for Cloyne, it is straight ahead of you, the ancient seat of Bishop Berkeley - he of whom the nightingales sang in the square.

Cloyne has a fine Round Tower - not at all like the one in Ardmore - the cap on the tower is an addition. We take the road towards Whitegate - it is a continuation of the road from Shanagarry. You pass the monument to Christy Ring - one of the greatest hurlers who ever lived. When we reach Cork Harbour we take the road for Saleen and Midleton. If you would like a really lovely detour - turn left at Saleen and you follow the harbour road - it is magnificent and a gem of a roadside pub offers a magnificent lunch in or outdoors at the water's edge (see the photos from the Cobh Cycle).



Then it is on to Midleton where there are several places for refreshment. At the roundabout go straight through to go in to the town or turn right for Youghal.

You will be on the N25 for 5 kilometres and then you turn left for Mogeely at the Two Mile Inn Pub. At Mogeely Co- Op Stores turn left and almost immediately right for Killeagh.

But ...if the wind is at your back - take the main road!

At Killeagh you could simply turn left and go back on the N25 which is a short run into Youghal.

You could turn right at Burgess Cross and seek the Castle of Inchiquin - sadly not mentioned by name in road signs but the site of a wonderful story - Countess Desmond, the lady legend says lived to be 140 years old and who died after climbing some steps to pick cherries from a tree given to her by her friend, Sir Walter Raleigh. The stories about her are many - her upbringing at the court of King Edward IV, her friendship with his daughter - Elizabeth of York, her visit to Queen Elizabeth, her friendship with Raleigh, her row with Shakespeare, the story of her growing three sets of teeth, her use of Irish bog butter, her court cases, her husband Baldy Tom and his way of dealing with unwanted guests or anyone else he didn't like!



Sadly, today, the castle of Inchiquin is deteriorating rapidly.

You could, however, visit her birthplace in wonderful Dromana House where her memory is treasured, where the various portraits of her can be seen and it is just possible – just possible - that the cherry tree which caused her death – gave the wood from which the magnificent cherry wood cabinet is made.



Dromana House can be visited on Route 7. It is well worth it – but more of that later!

This portrait was painted by local artist and historian Kieran Heffernan



ROUTE 5 - THE INLAND INCH RUN



This is a little gem of a route - not too tiring but offering a challenge at the same time. It is about 35 kilometres and has lots of variations. You start with a steady climb up the Tallow Road which gives a splendid view over the estuary and the chimney of the old Pottery .

The mud from the estuary provided the raw material for making clay bricks. Many of the beautiful buildings in Ireland and further afield were made with bricks from Youghal. One fine local example is the TSB Bank on the Main Street. If you are interested in the history of Youghal pottery, read Tony Breslin's "The Claymen of Youghal" (2002), an interesting and well illustrated read.

Anyway - onwards and upwards we go until we reach the Half Way Bar where we turn left and go straight on until we reach Inch.

After the climb up the Tallow Road this is glorious cycling, most of it downhill.

AT INCH DECISION TIME !



You can get back to Youghal in a number of ways - one is to turn left at the church in Inch - this will bring you straight back to Youghal, your journey ending at the Quarry Road roundabout near the Tesco Supermarket. You could also pass the front of the church in Inch and go up the hill to Inch National School and continue on that road to Mount Uniacke. This offers further choices- continue on to Killeagh and come in the N25, or just outside Mount Uniacke take a left turn for Youghal - go straight ahead and again you end up on the Quarry Road.

You will find excellent refreshments in Killeagh if that is the route you decide upon or you could visit Killeagh woods or both! And then back to Youghal!

ROUTE 6 COBH (96 KM)



This is a long cycle but very pleasant. The first thing to decide is how you will get Cobh! You could use the route in Route 4 - go to Ladysbridge, but instead of turning left for Garryvoe, go straight ahead for Cloyne and Midleton. Then take a short run on the N25 as far as Carrigtohill, go straight through the town until you come to the Cobh Roundabout and head left towards Cobh. Or just go straight up on the N25 - that is what I do! Just keep inside the hard shoulder.

There is a fine Wildlife Park at Fota which you pass on your way and then you see the first of a number of Martello Towers - round defensive structures built to defend the country from Napoleonic invasions! At the Tower turn right and carry on past Rushbrooke into Cobh, where you find yourself enjoying a splendid view of Cork Harbour right out to Roche's Point lighthouse. Incidentally the blocks for the Martello Towers came from Youghal!



At the end of the town head up the hill called Harbour Row which leads on to Harbour Terrace. Then follow the signposts for Marloag. You then will see a sign for the East Cork Trail to Rossalgue, this brings you right around the island and back to the Martello Tower. But on the way the scenery is breathtaking!

**View from Marloag.**

This photo is of a little chapel you can pass on Route 4 if you turn off at Saleen to take the coast road. The other photo is taken from the little church. Both sides of the harbour are so beautiful and so green!

ROUTE 7 - THE BLACKWATER CYCLE



CAPPOQUIN

This is a glorious spin - up one side of the river and down the other. To start with we head towards Clashmore and from there we head to Aglish and Cappoquin. On the way we take the Dromana Drive which takes us towards Dromana House (pictured here) and Dromana Bridge.

This is worth a visit. One of the most remarkable Irish women was born and probably died here - this is Countess Katherine Desmond, friend of Sir Walter Raleigh and famous not only for her long life (reputed to be 140 years on her death) but all the stories and legends which grew with her ever increasing age!



Take the road out of Cappoquin towards Lismore but just at the edge of Cappoquin cross the bridge on your left and head back down the river on the other side. You will be facing a tough climb up to Knockanore, especially if you opt to take the Strancally road. It is very much worth it for the spectacular river views of Strancally Castle and Tower, and then down past Glendine Church (one of the prettiest locations for a church).

At Ballynatrea you could visit Molana Abbey - where Raymond le Gros, who came to Ireland with Strongbow, is buried (pedestrian access only, gate closes at 4.30). Glendine Church is also very pretty. Continue past Molana Abbey and Ballynatrea (seen here) and you are back at Youghal Bridge, the N25 and home!



You will also pass Dromana Bridge (seen here) which certainly has a very romantic story behind it.

ROUTE 8 KNOCKADOON CHALLENGE



This is a favourite among the members in the Youghal Cycle Club - it offers spectacular scenery, a fair bit of challenge and a lot of fun. You take the N25 road out of Youghal for two kilometres and then turn left on the R633 for Ballymacoda but at the T Junction turn right for Ladysbridge where you take the road towards Cloyne - you have a nice hill up out of Ladysbridge.

You carry on straight on this road until you reach the corner for Ballymaloe House. There - if you have the dosh they have the nosh! One of the best in East Cork! At Ballymaloe House you turn left for Shanagarry and continue straight ahead until you reach Garryvoe. At the Hotel, turn right and immediately left onto the coast road, heading towards Knockadoon.



This is all along the coast, up and down, up and down until you reach a T Junction where you turn right for Knockadoon. You can almost touch Capel Island - the island which seems so far away from Youghal. Then you head back to Ballymacoda, turn right immediately after you leave Ballymacoda and you are back on the R633 and heading home.

See how easy it is to say "home" when you talk of Youghal!



(63

KM)

ROUTE 9 THE VEE - (TALLOW LISMORE THE VEE CAPPOQUIN CLASHMORE)

This is really the most wonderful spin which has everything a cycle route should have - enough of a challenge to keep you interested, enough

inherent beauty to take your breath away, lots of places for refreshments and a sense of wholeness and satisfaction at the end.

To start - head up the Tallow Road and on to Tallow itself. Go straight through the town until you reach the Bride Bridge. Across the bridge you have a choice - go up the narrow hill in front of you or take the more leisurely uphill route on your right. Then it is on to Lismore along a glorious tree lined roadway which you want to go on forever. But Lismore awaits you!



Two views of Lismore - the first - one taken outside and the other from inside the castle. The castle is a home of the Duke of Devonshire and a favourite location for the rich and /or famous to visit, fish, relax and holiday.

As you come into Lismore, you come to a central spot with the castle on your left and the main street straight ahead. Turn left and cross the bridge where the photograph was taken. Go straight ahead, taking the road for Clogheen and The Vee. you have a long but gentle climb ahead of you.

When you reach the Vee you have three options

1 - At the Vee, turn back for about one kilometre and turn left for Mount Melleray and Cappoquin (my favourite).

2 - Continue down past The Vee but at the edge of Clogheen turn right and continue on until you come to Newcastle where you turn right for Cappoquin. This is a tough climb.

3 At the Vee, turn back and come straight back to Lismore and follow the river to Cappoquin - a most beautiful route also.

Whichever route you pick will bring you to Cappoquin. At Cappoquin you are following the road to Clashmore, Youghal going down the Waterford side of the river.

Take the Dromana Drive road through the woods along the riverside.

If you want a really long cycle, go on to Dungarvan and then head back to Youghal on the N25 or - tougher still turn left after leaving Dungarvan and head to Helvick Head, Ring, Ardmore and Youghal or go up the hill out of Dungarvan and turn right at the Seanachai pub area and head for Clashmore and Youghal. Lots of choices!

ROUTE 10 TALLOW - DUNGOURNEY - MIDLETON - MOGEELY - KILLEAGH

This is a lovely route although there are two reasonable climbs - one out of Youghal going up the Tallow hill and the second out of Tallow on the road to Dungourney.

It is about 80 kilometres (50 miles). To start off, head out of Youghal until you reach the Rincrew Roundabout which ends the Youghal By Pass on the Waterford end of town. Take the Tallow road exit. In Tallow, in the centre of town turn left for Midelton , just before you reach the horses heads pictured here, the turn for Midleton is on your left. If you have reached the horses, turn left for Conna but about two hundred metres down the street from this corner, turn left and this will bring you back on the Midleton, Dungourney road.



It is a straight run, just carry on straight ahead from there to Midleton. Turn left for Youghal when you reach Midleton. A few kilometres outside Midleton, at the Two Mile Inn, turn left for Mogeely. This will take you off the main N25 road. In Mogeely turn left at the Co Op Stores and immediately right. This will bring you in to Killeagh. Take the N25 in to Youghal. If you get tired there are two or three signposts for Youghal en route which can shorten your journey but use your map.

That's it! I hope you enjoyed your cycling here. Let us know how you got on, please.

TWO TOMBS - THE BOYLE TOMB AND THE TYNTE TOMB.





A few walks you could try...

YOUGHAL - A GREAT BASE!

We have a number of lovely walks also to whet your appetite for the excellent food you can get here.

Beach to Ballyvergan

Walk along the beach as far as the Quality Hotel. Go on to the road and at the crossroads turn right and head towards the N25. Stop at the Hide and enjoy the wildlife of the bog. At the T Junction, turn right and after 1 kilometre - you are back in Youghal!

Killeagh Woods

Located behind the Old Thatch Pub in Killeagh. There are a number of well marked routes through the woods.

Sea Side Walk

At Dolphin Square in Youghal, take the track along the side of the river towards Youghal Bridge, and come back by road.

Ardmore Cliff Walk

A wonderful walk on the edge of the Atlantic, passing the ruins of the old monastic settlement.

Clashmore Ice Houses Walk

At Clashmore, collect a leaflet with the route at any of the shops.

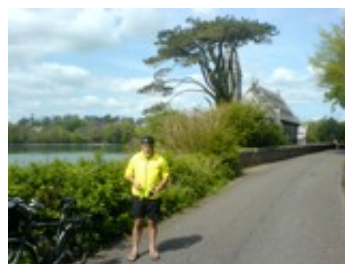
Ballycotton Walk

Another lovely cliff walk, although it is not a looped walk.

History Walk

Don't forget to take the history tour of Youghal from the Tourist Office and learn a little about this wonderful seaside resort.

AUTHOR : KIERAN GROEGER



A recent convert to cycling who enjoys cycling, heritage and the history of the area.

CONTACT KIERAN :

kierangroeger@mac.com

Useful Books :

"Discover Youghal - a heritage town" by prolific local author and historian Mike Hackett

"The Wildlife Wonders of Youghal" by Pat Smiddy