



LIMERICK

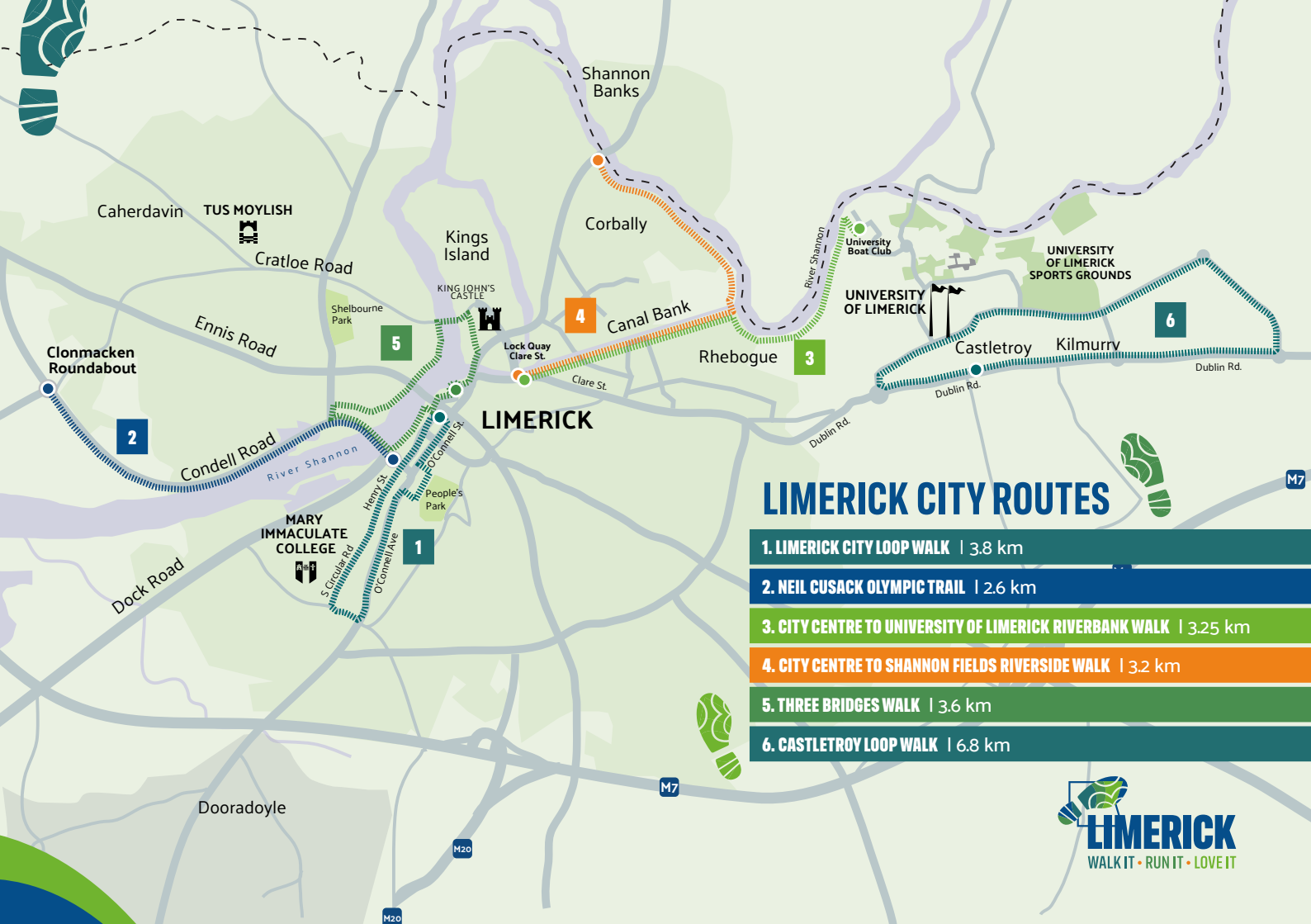
WALK IT • RUN IT • LOVE IT

Routes & Maps



[Limerick.ie/Walking](https://limerick.ie/Walking)
#LimerickOnFoot





LIMERICK CITY ROUTES

- 1. LIMERICK CITY LOOP WALK | 3.8 km
- 2. NEIL CUSACK OLYMPIC TRAIL | 2.6 km
- 3. CITY CENTRE TO UNIVERSITY OF LIMERICK RIVERBANK WALK | 3.25 km
- 4. CITY CENTRE TO SHANNON FIELDS RIVERSIDE WALK | 3.2 km
- 5. THREE BRIDGES WALK | 3.6 km
- 6. CASTLETROY LOOP WALK | 6.8 km

LIMERICK CITY LOOP WALK

◀ 5 km

- **Distance:** 3.8 km
- **Start/End:** O'Connell Street / Bedford Row junction



Soak up the city's sights and sounds on this Slí na Sláinte route, which extends along Limerick's main thoroughfare O'Connell Street, through the leafy Georgian Quarter, before looping back to the heart of the city centre.

[Discover more](#)



Slí na Sláinte, meaning 'path to health', is a measured walking route in the heart of the community. Each route is signposted at 1km intervals and is suitable for all ages and abilities.

www.irishheart.ie



DISCOVER MORE

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NEIL CUSACK OLYMPIC TRAIL CONDELL ROAD

<5 km

- **Distance:** 2.6 km
- **Start:** Shannon Bridge Roundabout
- **End:** Clonmacken Roundabout



Named after the only Irish athlete to have won the Boston Marathon, this riverside trail is extremely popular with runners and walkers alike. Stop off along the way to enjoy River Shannon views from Barrington's Pier!

[Discover more](#)

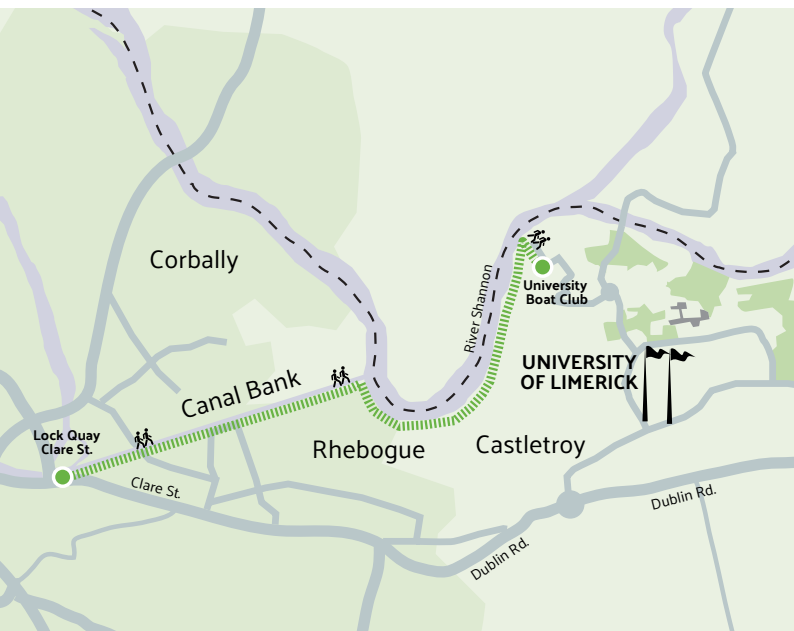


CITY CENTRE TO UNIVERSITY OF LIMERICK RIVERBANK WALK

- **Distance:** 3.25 km
- **Start:** Lock Quay, Clare Street
- **End:** University of Limerick

One of the most scenic trails in Limerick City, this shared walk and cycleway weaves its way through a special area of conservation along the River Shannon from Limerick City centre to the University of Limerick campus. The route has a range of outdoor fitness equipment for all to enjoy.

[Discover more](#)



CITY CENTRE TO SHANNON FIELDS RIVERSIDE WALK

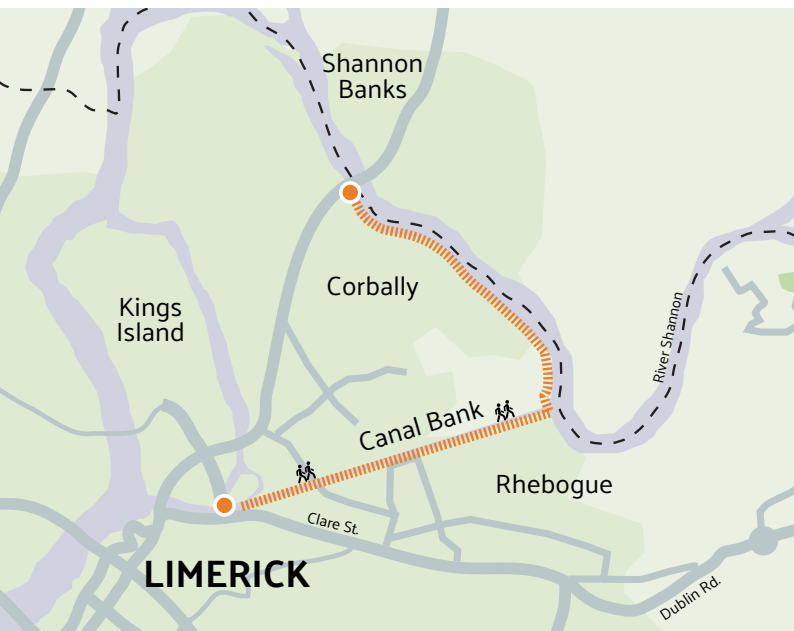
- **Distance:** 3.2 km
- **Start:** Lock Quay, Clare Street
- **End:** Athlunkard Bridge, Corbally

<5 km



This scenic shared walking and cycling trail, running parallel to the River Shannon through the historic Shannon Fields, honours Limerick Olympian and World Cross Country Champion Michael O'Shea. Exercise stations are available along the route.

[Discover more](#)



5

THREE BRIDGES WALK

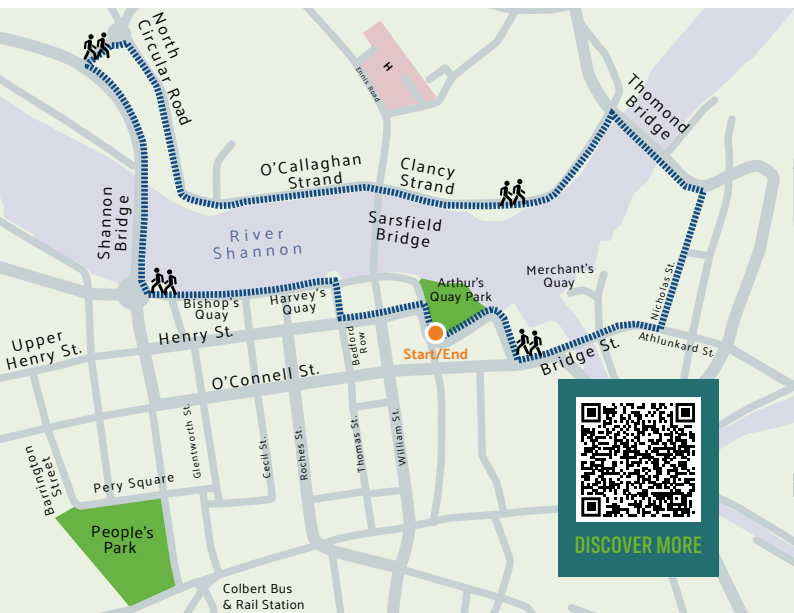
<5 km

- **Distance:** 3.6 km (looped)
- **Start/End:** Arthur's Quay Park



Get a real sense of the city and enjoy spectacular views of the River Shannon along the Three Bridges walking route, a firm favourite with visitors and locals alike. The Slí na Sláinte looped walk follows a stunning route along the banks of the river, passing some of Limerick's most iconic landmarks, striking street art and picturesque parks!

[Discover more](#)



DISCOVER MORE

CASTLETROY LOOP WALK

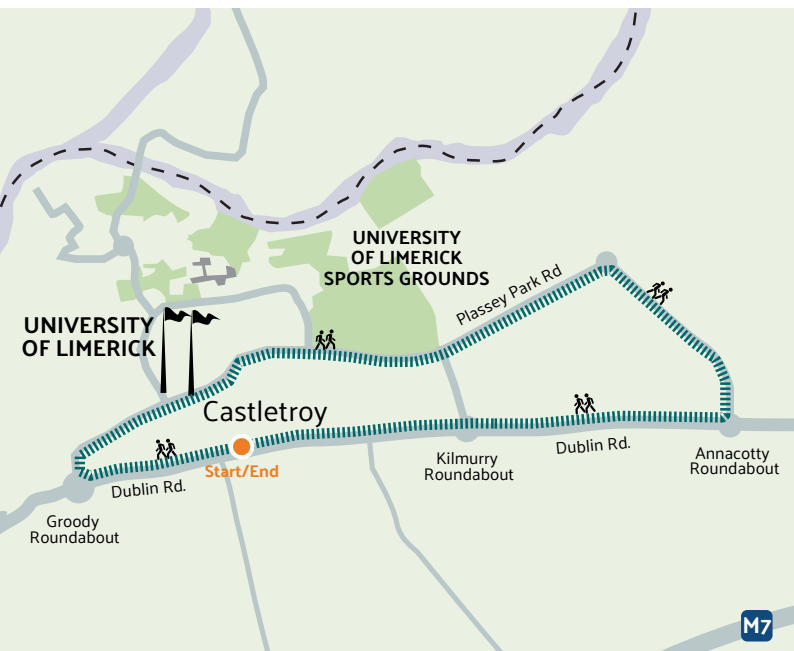
- **Distance:** 6.8 km
- **Start/End:** Milford Road/
Dublin Road junction, Castletroy

5-10 km



A popular route with runners and walkers, this Slí na Sláinte circuit continues northwards along the Dublin Road, through the bustling suburb of Castletroy, and past the award-winning University of Limerick campus.

[Discover more](#)





COUNTY LIMERICK TRAILS



There is ample adventure to be had exploring Limerick on foot! Walkers are spoilt for choice with Limerick's gently undulating countryside - from the majestic Ballyhoura Mountains in the Golden Vale to scenic lakeshore trails at Lough Gur; from sweeping coastal vistas along the Shannon Estuary Way to the rush of clear waters at the Clare Glens.



For maps, routes
and inspiration visit
Limerick.ie/Walking



EXPLORE MORE

COUNTY LIMERICK



Explore County Limerick's great outdoors where spectacular countryside, mountain trails, forest parks and beautiful scenery awaits. Whether you're after an easy amble or a long distance hike, there is something to suit explorers young and old!

Share your outdoor adventures using
#LimerickOnFoot

AN GLEANN BEAG LOOP WALK

5-10 km

- **Distance:** 9.5 km
- **Start/End:** Broadford Village
- **Difficulty:** Moderate



Unspoiled countryside beckons in rural West Limerick, where rolling hills, open farmland and forest paths combine to provide a peaceful looped trail for walking enthusiasts to enjoy.

Starting at Broadford Arboretum, a former limestone quarry now planted with native trees, the trail progresses along varied terrain from quiet country roads and tree lined laneways, crossing through fields and over stiles, and along a lovely wooded path beside the glen that the walk is named after.

Pause and enjoy picturesque views of Limerick, where on clear days the Shannon Estuary can be seen in the distance. The trail eventually leads to the historical site of Killagholehane church, a 15th Century national monument where there is a story board detailing the history and unique folklore of the area.

Discover more



An Gleann Beag Loop is one of eight waymarked routes on the **Broadford-Ashford Walking Trails**, ranging in distance from 1.3 km to 20 km.

*Funded by the Department of Rural and Community Development and Limerick City and County Council under the Outdoor Recreation Infrastructure Scheme.



THE KNIGHTS WALK

- **Distance:** 4 km
- **Start/End:** St. Paul's Heritage Centre, Glin
- **Difficulty:** Moderate



Set against the stunning backdrop of the Shannon Estuary along the Wild Atlantic Way, The Knights Walk offers a peaceful haven for walkers to get out and about in nature.

The looped trail weaves its way through open countryside and native woodland where majestic oak, beech and ash trees provide a natural habitat for flora, fauna and wildlife. Watch out for Irish red squirrels who are very much at home here!

Savour the sweeping views across the estuary and surrounding countryside from the viewing platform at Tullyglass Hill, the highest point of Glin Demesne. Descending from Tullyglass Hill, the tree lined vista once again opens up for more breathtaking views below!

[Discover more](#)



The Knights Walk is one of three routes on the **Glin Heritage Walking Trails**, ranging in distance from 4km to 8.5 km.

*Funded by the Department of Rural and Community Development and Limerick City and County Council under the Outdoor Recreation Infrastructure Scheme.



SLIEVEREAGH LOOP WALK

>15 km

- **Distance:** 15.7 km
- **Start/End:** Water Fountain, Kilfinane
- **Difficulty:** Moderate




Starting in Kilfinane, a charming market town nestled within the Ballyhoura Mountain range, the picturesque trail unfolds eastwards along quiet country roads. Stepping stones guide walkers across a little stream through a magnificent, serene mature forest, passing a pair of standing stones in a secluded meadow within.

On exiting the woodland, the trail transitions into a forestry road before a steep ascent to a scenic lookout which offers a moment of contemplation and a stunning vantage point for the lush green landscape below.

The route has rough underfoot conditions with uphill sections to navigate, making it a challenging but enjoyable hike!

Meander along the peaceful slopes and enjoy stunning views of the Ballyhoura countryside as the trail winds its way back to Kilfinane.

Discover more



Slieveveagh Loop Walk is one of twenty one waymarked routes on the **Ballyhoura Trails Guide App** ranging in distance from 5km to 18km.



*Funded by the Department of Rural and Community Development and Limerick City and County Council under the Outdoor Recreation Infrastructure Scheme.



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CURRAGHCHASE FOREST PARK TRAILS



<5 km

- **Distance:** Lake Trail 1.3 km | Curragh Trail 2.4 km | Glenisca Trail 3.5 km



Escape to the lush green landscape of Curraghchase where rolling parkland, woodlands and lakes are just waiting to be enjoyed. With walking trails to suit all levels, plenty of picturesque picnic spots and two playgrounds, this Coillte forest park is ideal for little explorers!

Discover the excitement of orienteering, an outdoor sport that will exercise both mind and body, with specially created “Wheel-O” wheelchair courses for adventure seekers with limited mobility!

Admission: €5 per car (cashless system)

[Discover more](#)



5

GALTYMORE



11-15 km

- **Distance:** 11 km
- **Start/End:** King's Yard, Kilbehenny
- **Difficulty:** Difficult



Standing at a majestic 919m high, Galtymore is the highest point of counties Limerick and Tipperary in the Galtee Mountain range.

A difficult but rewarding trail on a mix of track and open mountain, with sustained steep sections and no clear trail markings, it is best suited to experienced hikers.

On a clear day, hikers will be treated to panoramic views from the summit with the Glen of Aherlow and the Golden Vale to the north, and Carrauntoohil, Ireland's highest mountain, to the west.

[Discover more](#)

6

KILMOYLAN WOODS NATURE WALK



<5 km

- **Distance:** 4.2 km
- **Start/End:** Doon Village
- **Difficulty:** Easy



Surround yourself in nature on a leafy looped forest walk. Starting in Doon Village, the trail provides a peaceful nature and biodiversity walk through farmland and forestry.

The flat terrain makes it an easy walk and an ideal outing for family adventures or trail running enthusiasts. 16 species of trees and shrubs, 6 species of bumblebee along with multiple varieties of butterflies and insects are amongst the different mini habitats to be discovered along the way!

[Discover more](#)

7

LIMERICK GREENWAY



>15 km

- **Distance:** 40 km
- **Start/End:** Rathkeale/Abbeyfeale
- **Difficulty:** Easy – Moderate



Embrace the unexpected and enjoy an authentic experience of rural Ireland! Following the old Limerick to Kerry railway line, Limerick Greenway weaves through West Limerick's traditional agricultural landscape linking the bustling towns of Rathkeale, Newcastle West and Abbeyfeale.

Visitors will pass through a dramatic railway tunnel and beautifully restored station houses from the Victorian era, see ancient castles and abbeys, bask in the solitude of a native forest, and meet the people that give Limerick its uniqueness and charm!

Join at one of the many entry points located at key stops along the way at Rathkeale, Ardagh, Newcastle West, Barnagh, Templeglantine or Abbeyfeale.

[Discover more](#)

8

LIMERICK REGIONAL ATHLETICS HUB



<5 km

- **Distance:** 400 m running track | 500 m walking path



Whether you are starting your fitness journey with some easy laps, doing a solo speedy workout or have your sights set on Olympic stardom, Limerick's state of the art athletics hub in Newcastle West has you covered!

There is an 8-lane running track, walking path and a range of field facilities to choose from, all fully floodlit for year-round use.

Individual session: €2

[Discover more](#)

9

LISKENNETT FOREST TRAIL



<5 km

- **Distance:** Sunday Well Loop: 2.1 km | Long Loop: 3.2 km | North Trail: 4 km
- **Start/End:** Liskennett Forest Car Park
- **Difficulty:** Easy



With a series of woodland trails to explore, each offering stunning views across Limerick's lush countryside, Liskennett Woods is the perfect spot to get fresh air and reconnect with nature.

Lying on a low hill that is part of the same range as nearby Knockfierna, the trail is steep at the beginning, but can be enjoyed by walkers of all ages.

[Discover more](#)

EXPLORE A LITTLE MORE



10. ADARE VILLAGE AND RIVERBANK WALK

Distance: 2 km

Soak up the charming village of Adare on an easy amble, passing picture postcard thatched cottages, medieval buildings and the majestic River Maigue.



11. ASHFORD TO BROADFORD WAY

Distance: 20 km

Nestled into the Mullaghareirk mountain range with steep climbs in sections, this trail is best suited to experienced walkers. The trail traverses forest paths, farmland and tree lined country lanes and offers breathtaking views over the lush Limerick countryside.

12. ATTYCHRAAN LOOP

Distance: 5 km

A family-friendly looped walk through Galtee Castle Woods that weaves its way through forestry and farmland with spectacular views of the majestic Galtee Mountains.



13. BALLYHOURA WAY

Distance: 90 km

An attractive long distance hiking trail through the lush Golden Vale offering seven trailheads across three different counties - Limerick, Cork and Tipperary.



14. CASTLECONNELL RIVER WALK

Distance: 6 km

Enjoy breathtaking scenery, unspoiled natural woodland and the soothing sounds of the rushing River Shannon on a family-friendly walk in the riverside village of Castleconnell.



15. CLARE GLENS

Distance: 4 km

A hidden woodland walk along the Clare River, which separates counties Limerick and Tipperary, with gushing waterfalls, rapids and wildlife to explore along the way.



16. GLENSTAL WOODLAND LOOP

Distance: 15 km

Located on the lower slopes of the Slieve Felim Mountains, this looped trail offers walkers expansive views across counties Limerick and Tipperary, while late spring/early summer brings a vibrant display of rhododendron. Home to the hen harrier, one of our most spectacular and rarest birds, keep an eye on the sky overhead!



17. KEALE RIVER WALK

Distance: 7 km

Take a leisurely ramble through Irish woodland and along scenic river paths with lots of little bridges in between! Fenced from start to finish, it is completely safe, and ideal for a family adventure.



18. KILMALLOCK LOOPED WALKS

Distance: 7.18 km

A series of heritage walks, both on and off road, around the medieval walled town of Kilmallock, incorporating the early Christian monastic site on Kilmallock Hill.





19. KNOCKFIERNA

Distance: 9 km

Steeped in local history and folklore, Knockfierna can be accessed by a number of pathways, which start in Ballingarry, with spectacular sights across County Limerick from the summit.



20. LOUGH GUR TRAILS

Distance: from 2.5 km to 4.5 km

Explore the ancient wonders of mythical Lough Gur, one of Ireland's most important and unique archaeological treasures, on a series of short family friendly lakeshore trails.

21. SLIEVE FELIM WAY

Distance: 36 km

Stretching from Murroe, Co. Limerick to Silvermines Village, Co. Tipperary, the Slieve Felim Way is a great choice for a long distance, scenic walk through the heart of beautiful, rural countryside.



For maps and lots more walking routes visit **[Limerick.ie/Walking](https://limerick.ie/Walking)**

PARKLIFE



Limerick's parks are oases of green space, where regardless of the season, you can enjoy a refuge from the stresses of everyday life as well as prime locations for getting your steps in and outdoor gatherings with friends and family. Whether you're beating a path for jogging or walking, enjoying being out in nature or just looking for a spot to walk the dog, Limerick's public parks offer all this and more.



Did you know that there are approximately 450 acres of public open space in Limerick city alone? From playgrounds, dog parks and nature parks to urban forests and large open spaces, Limerick's parks have their own unique characteristics and all are cherished by locals and visitors alike.

Make sure to check out town parks including Adare, Abbeyfeale and Croom if you're looking for a relaxing stroll; Griston Bog or Baggot Estate Nature Park to uncover some rich flora and fauna or Curraghchase Forest Park and Mungret Park if you're in search of a longer walk, with designated trails and lots to explore.

Offering picturesque views, fresh air and in some cases seasonal activities, they all provide the chance to escape the hustle and bustle and enjoy being active in the outdoors.

Wherever you are in Limerick, you're never that far from some greenery.

Check out [Limerick.ie/Walking](https://limerick.ie/Walking) for some of Limerick's best open green spaces



MEET & MOVE

Activity is great, but it's better with mates! If you're finding your feet in Limerick or you'd like to keep active with like-minded people, find your tribe at one of Limerick's many community-based clubs.

Visit [Limerick.ie/Walking](https://limerick.ie/Walking) for more



PARKRUN

A free, fun and friendly weekly 5k community event for runners and walkers.

SAT 9.30AM • University of Limerick • Mungret Park • The Demense, Newcastle West

A free, fun 2k event for 4 to 14 year olds.

SUN 9.30AM JUNIOR PARKRUN • Shelbourne Park

[Discover more](#)

GET ACTIVE YOUR WAY WITH LIMERICK SPORTS PARTNERSHIP

Exercise never looked so exciting! With wide-ranging activities on offer, Limerick Sports Partnership enables people of all abilities within the community to incorporate physical activity into their daily lives. From Buggy Buddies to Teenage Inclusion Club; Desk to 5 km to Men on the Move, and lots more to choose from – get active your way, connect with others, and have fun!

[Discover more](#)

LET'S GET LIMERICK MOVING

Discover fun-filled ways to get active in Limerick's great outdoors!



LIMERICK ON FOOT ACTIVITY SHEET

Mini explorers can embark on a journey of discovery in Limerick with a family-friendly scavenger hunt, word search and colouring graphic!



BALLYHOURA TRAILS GUIDE APP

A world of outdoor adventure awaits walkers, hikers and nature lovers in Ballyhoura Country with 21 waymarked trails available, ranging in distance from 5km to 18km.



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download



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download

STEP TO THE BEAT

Download our music motivation playlist featuring some of Limerick's top artists and bands!

[Discover more](#)





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Healthy
Limerick



Details correct at time of publication