



<b>Trailhead</b>	Car Park at Tory Hill, Mullinavat, Co Kilkenny
<b>Services</b>	Mullinavat (3km)
<b>Dist/Time</b>	4km / 1hr30mins-2hrs
<b>Ascent</b>	292m / 150m
<b>Difficulty</b>	Moderate
<b>Terrain</b>	Forestry roads and woodland tracks
<b>To Suit</b>	Average levels of fitness
<b>Minimum Gear</b>	Hiking boots, raingear and fluid

### Directions to Trailhead

Start from the village of Mullinavat on the N9 between Kilkenny and Waterford. Follow the N9 in the direction of Waterford for a short distance before turning left onto a narrow minor road. After 1km take a right turn and follow the directional signs to the trail head at the entrance to "Carrickinane Woods". [Note: The trailhead is signposted from Mullinavat.]

### Walks Directions

**A-B.** Starting from the **car park**, enter Carrickinane Woods through a metal barrier. Follow the purple (and green) arrows along the forestry track for 500m to reach an uphill track on your left. This is the point from which the loop 'proper' begins and to which you will return on your home-ward journey. Continue straight ahead.

**B-C.** Continue to follow the purple (and green) arrows – ascending gently along the forest roadway for a further 1.5km to reach a left bend near the top of Tory Hill. The easier green loop continues straight here – you turn left following the purple arrows along a grassy path heading to the summit.

**C-D.** The loop ascends quite steeply now to reach the large cross which marks the summit. From here take the narrow track which leads downhill to reach the end of a forestry road and concrete foundations (these were for masts that were previously proposed at this site). You rejoin the green loop here and continue straight onto a grassy downhill track.

**D-A.** Follow the grassy track downhill and turn left when it joins a forestry track. After another 200m you rejoin the forestry road you left on your outward journey (see B above). Turn right here – it's only 500m to the **trailhead**.

Scan\* the QR code opposite with your smartphone (iphone etc) and it will link to the Trail Kilkenny App. Download the app for a free interactive guide to the best walking, cycling, food and craft trails in Kilkenny \*free QR reader apps can be downloaded from the app store by searching for "QR reader"



[www.discoverireland.ie/walking](http://www.discoverireland.ie/walking)





# Trailhead 34

Loop 34b

Tory Hill - Frochans Loop

Ascent  
292m/150m  
Moderate  
Forestry roads,  
woodland tracks

- A Car park
- B Tory Hill
- C The Summit
- D Grassy/forestry track

