

Contents

Introduction 6

Table 10

- 1 *The Gearagh* (near Macroom) – nature reserve,
drowned post-Ice Age oak forest 11
- 2 *Ballyvourney* – woods, hedgerowed farms
and ancient shrine 22
- 3 *Gougane Barra* – mountains, lake, coniferous woodland 32
- 4 *Bere Island* – costal moors and country lanes 42
- 5 *Castlefreke* – beach, old demesne, coniferous woods 51
- 6 *Lough Hyne* – inland sea-lake 62
- 7 *Sheep's Head* – headland, cliffs and sea 71
- 8 *Priest's Leap* – mountain peaks, upland heath 83
- 9 *Glengarriff* – deciduous woods and mountains 92
- 10 *Allihies* – beach, mountains, moors 103

All walks are circular except No. 8, Priest's Leap

DEDICATION

To Ragleth