Walk 4 - Kilfarrasy - Whitefield - about 7km

From Fenor towards Kilfarrasy (as before), look out for a lane going right. Follow it uphill to reveal magnificent coastal and mountain views. With luck you might see a peregrine falcon. Look out for yellow hammer, gold-, green- and chaf-finch, robin, wren and thrush. On the ditches facing the sea you will see thrift, herb robert, yellow stonecrop, rock rose, plantain, sea campion, sea spurge, wild rose, saxifrage and many others. This unspoiled lane swings right and down onto the main road. Go right to Fenor.

Walk 3 - Kilfarrasy along the beaches - about 6km

! Beware of incoming tides !

From Fenor towards Tramore but straight on to Kilfarrasy beach where there is safe swimming and good beach fishing (flounder, bass, codling, pollock). An information board there gives an outline of the geology of the cliffs. These may be inspected when the tide is out. Going left from the slip is possible to walk along the beach for about 2 km with varied erosional features presenting themselves along the way. Going right from the slip, at dropping tide only, a clamber across an eroded rock platform leads to a lovely pebble beach with spectacular sea stacks, a sea arch and significant geological features. Look out for fulmar and chough as well as grey seal in the sea. The rock pools along the shore are natural aquariums which shelter sea animals and plants. These become tepid in summer. Return by the same road although diversions left (see next) and right (first right, next left, bear left, straight across the main road and next left) are possible.

Walk 5 - Fenor - Dunhill - Fenor - about 6km

From Fenor go west towards Annestown. Shortly after a junction right for Dunhill is a narrow road. This unspoiled boreen reveals magnificent panoramas as it snakes its way northwards. This lane ends at Dunhill G.A.A. Centre. Go right, and right again at next junction. There is bog-land on your left as you approach a 1-junction. Turn left here for a short walk back to Fenor past the Copper Coast Mini-Farm. Look out for swallow, martin, swift, cuckoo. On walls and ditches look out for wall rockets, pennywort, hops, ox eye daisies, valerian, scarlet, pipemel, etc.

Walk 6 - Fenor - Sporthouse - Reisk - Fenor - about 2h - 9.5km

From Fenor village go east to Ballyscanlon hill with its magnificent views. Keeping Ballyscanlon Lake on the left proceed for approx. 2 ½ miles. Watch for the standing stone at Ballinaclough (on private lands) on the right. On the main road turn left and shortly left again. There are some nice gardens on this road and after about 2 miles you come to the medieval Church at Reisk on left a little off the road. It is worth a visit, particularly for the vernacular art on its headstones (photo right). The next turn left is along a private tarred road where stand the substantial remains of a 5000 year old passage grave. The next turn left and then left again along the bog road brings you back to Fenor.

For Further Information

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- University College Cork
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Walk 1 - Fenor - Ballyscanlon Hill - about 1h - 4km

Go east to a Y-junction and left for Ballyscanlon Lake. Rock exposure shows the hill here to be a volcanic remnant. Go through the forest car park there and down to the lake. Look out for red squirrel and swan, coot and moorhen by the lake, ravens on the hills. Seasonally, there are flag iris, marsh marigold, horsemint, marsh orchid, bog orchid, fennel, meadow sweet, agrimony, horse tail, lords and ladies and many others. Back to the road and turn left. This is joined by a road coming at a sharp angle. Take it going uphill looking back at the views across Waterford city into south Kilkenny and south to Tramore. Continue back to the first Y-junction and back to Fenor.

Walk 2 - Carrickavantry Lake - Coolnacappogne - about 2½h - 11km

As above, from Fenor take either road at the first Y-junction and continue about 50 meters beyond where they rejoin then take a lane to the right for Carrickavantry Lake with fishing for brown and rainbow trout. Look out for swan, heron, kestrel, hen-harrier and sparrow-hawk as one walks to one side of the lake. Beyond it, a left-hand turn over the ditch is a small 4000 year old passage grave. At the end of this lane the way swings left and then right onto the tarred road across an interesting bog. Turn left at the crossroads for Fenor. As this can be a busy road in summer, a quieter option would be to go straight, turn right and right again at the two T-junctions, adding about 2 km to the journey.