

Liam & Zell Conway
Welcome You
To
Riversdale House
Self Guided
Walking Holidays
Designed especially for your
requirements



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Welcome to Riversdale House Walking Holidays

For the perfect and most relaxed walking holiday in Wicklow and Glendalough let your hosts Liam & Zell look after you at Riversdale House B&B, for guided & self guided walks along the Wicklow Way / St Kevins Way and the Walking Trails of Glendalough.

You will be staying at **Riversdale House, Bed & Breakfast**, situated in one of Ireland's most scenic holiday destinations, even Michelle Obama the First Lady from the USA and her two daughters decided to pay a visit to Glendalough. You will be assured to receive a warm and friendly welcome at Riversdale House.

Riversdale House is the ideal base for your walking holiday in Glendalough and other parts of the Wicklow Mountains. Your accommodation is to a very high standard, we are located on the St Kevins Way, and only 10 minutes walk from the Wicklow Way Trail.

We are positioned high up in the Wicklow Mountains in the middle of the National Park, with spectacular views of nature and Mountains, Rivers and stunning landscape awaits you.

For your Convenience we can provide a combination of the Wicklow Way and St Kevin's Way walks. Other local walks can also be arranged.

All walks can be tailored to your walking requirements and each walk can be selected during you stay. The weather will play a major part in the selection of each daily walk.

Places To Dine during your stay

We are happy to recommend the Wicklow Heather Restaurant. Who provide a **Courtesy pickup drop off service for those who wish to dine with them**

We have two other local establishments where you can also dine in the area

- Glendalough Hotel (15 minutes walk from our B&B) they provide pub food and they also have a restaurant.

- Lynhams Hotel in Laragh (2.5 km from our B&B) provides pub food and also have a restaurant.

Wicklow Way



The Wicklow Way (132 km) is the oldest established walking route in Ireland, situated in the Wicklow Mountains National Park, which is the largest upland region in Ireland and rises to a formidable 925m at Lugnaquilla peak. You will appreciate the rich nature and heritage, flora and fauna, and unique habitats.

Please see a sample of some of the walking routes

Glencree River to Oldbridge

Distance: 18 kilometres (11 miles)

Terrain: mainly forest tracks and mountain paths boggy underfoot and exposed in places.

Oldbridge to Glendalough

Distance: 10 kilometres (6 miles)

Terrain: 2.5km of road walking, then forest track and some mountain paths boggy in places.

Glendalough to Glenmalure

Distance: 16 kilometres (10 miles)

Terrain: Forest tracks and mountain paths boggy underfoot in places

Glenmalure – Iron Bridge

Distance 14Km (9 miles)

Spinc and Glenealo Valley

Grade: Hillwalk

Distance: 9km



St Kevin's Way, Co. Wicklow

From Hollywood to Glendalough

St Kevin's Way follows in the footsteps of St Kevin through the hills of Wicklow to the haunting and mysterious valley of Glendalough where he spent the rest of his life in solitary prayer and contemplation. After Kevin's death in AD 618, what had been a humble hermit's retreat developed into an impressive monastic city which was to continue as a centre of piety and learning for many years to come. Medieval pilgrims came from far and wide to visit Kevin's tomb, and the alternative starting points to the walk reflect the different directions from which they are likely to have travelled.

The main route starts in Hollywood, while the alternative route comes from Valleymount. The paths meet and join at Ballinagee Bridge. The walker then climbs towards the spectacular Wicklow Gap, a classic example of a 'wind gap' and the highest point on the route. The flagstones of the old pilgrimage road are still visible in sections. The route then follows the descent of the Glendasan River into the Valley of Glendalough. Before proceeding to the monastic buildings, a visit to the fine interpretative centre beside Glendalough car park will give an overview of the history of the area.

Little remains of the early monastery that grew up around St Kevin's tomb, and most of the monastic buildings date from the eleventh and twelfth centuries, the heyday of the European pilgrimage. The cluster includes one of the country's best preserved examples of a round tower. The valley beyond the monastic settlement has much to offer, including a view of the inaccessible 'St Kevin's Bed' from which he reputedly hurled a seductive maiden into the lake below in a determined effort to preserve his chastity.

A hiking vacation in Ireland on the Wicklow Way and other remote paths in the uplands is the perfect way to really discover Ireland. You are away from the crowds and busy places. The people you meet have time to greet you with a friendly word. Enjoy the solitude and appreciate the nature and the beauty of the landscape.



Walking Trails of Glendalough

There are nine way-marked walking trails in the valley of Glendalough.

The walks vary from a short half hour stroll to a long four hour hill walk.

Miners' Road Walk (Purple Route)

Grade: Easy
Distance: 5km
Time: 1hr 10 mins
Climb: 20m

This walk skirts one side of the Upper Lake. The trail passes through Scots Pine woodland before reaching the ruined miners' village. Halfway along the trail, the cave known as St. Kevin's Bed can be seen across the lake. Feral goats are common on this walk. Peregrine Falcons may on occasion be seen high in the sky soaring and calling to each other(a high-pitched cry).

Poulanass and St. Kevin's Cell (Bronze Route)

Grade: Moderate
Distance: 2km
Time: 45 mins
Climb: 120m

This trail rises steeply alongside the Poulanass Waterfall, leading you through the Glendalough oak woodlands. It then winds gently down to the site of St. Kevin's Cell. At this point there is a scenic viewpoint overlooking the Upper Lake, which is a good place to birdwatch. A visit to Reefert Church is worthwhile before ending your walk.

Green Road Walk (Green Route)

Grade: Easy
Distance: 3km
Time: 50 mins
Climb: 20m

The Green Road is an easy stroll on mostly flat ground. This walk passes through the Glendalough oak woodlands before dropping down onto the Lower Lake wetland edge. Views up the valley from the boardwalk here are spectacular. Lizards and dragonflies are often seen sunning themselves on the wooden trackway. The wetlands are a valuable breeding place for frogs.

Derrybawn Woodland Trail (Orange Route)

Grade: Ramble
Distance: 8km
Time: 2hrs
Climb: 160m

This trail climbs steeply up alongside the Poulanass Waterfall before leading you to the upper reaches of Derrybawn Mountain. Flanked by larch and pine trees, the route offers magnificent views of the whole Glendalough Valley. Red Squirrels and birds such as Treecreepers are often seen here. In early summer, wood sorrel, bluebells and wood anemones add colour to the woodland floor.

Poulanass (Pink Route)

Grade: Moderate
Distance: 1.7 km
Time: 45 mins
Climb: 150m

This trail begins with a short but steep climb up by the Poulanass Waterfall and plunge pools. (The name Poulanass is taken from the Irish 'Poll an Eas' which means 'hole of the waterfall'). The trail crosses above the waterfall to drop down through mixed woodlands to the valley floor. Listen out for woodland birds, in particular Jays, which can be quite noisy.

Woodland Road (Silver Route)

Grade: Ramble
Distance: 4km
Time: 1hr 45 mins
Climb: 90 m

This is a pleasant walk through one of the more secretive areas of Glendalough. It weaves through mixed woodlands into neighbouring Glendasan Valley. The trail follows the Glendasan River back towards Glendalough, where it then joins up with the boardwalk which runs through the Lower Lake wetlands.

Spinc and Glenealo Valley (White Route)

Grade: Hillwalk
Distance: 9km
Time: 3hr 30 mins
Climb: 380 m

This popular walk leads you through some of the most spectacular scenery in Co. Wicklow. (The name Spinc comes from the Irish 'An Spinc' and means 'pointed hill'). The trail ascends steeply up by the Poulanass Waterfall before joining a boardwalk. More than 600 wooden steps lead you to a viewing point overlooking the Upper Lake. The boardwalk skirts the top of the cliffs before descending through blanket bog and heath into the picturesque Glenealo Valley, home to a large herd of deer. A rough track then leads you back down into Glendalough Valley.

Spinc and the Wicklow Way (Red Route)

Grade: Hillwalk
Distance: 11km
Time: 4hrs
Climb: 490m

This walk follows the same route as the other Spinc trails up onto the boardwalk. It stays on this boardwalk for 1.7km before turning off in the direction of Lugduff Mountain. This section of the trail is a good place to spot deer and birds such as Raven, Merlin and Kestrel. Finally the trail links up with the Wicklow Way track to lead you back to the Information Office.

Spinc (short route) (Blue Route)

Grade: Hillwalk
Distance: 5km
Time: 2hrs
Climb: 280m

Although this walk is short in comparison to the other Spinc routes, it still leads you into mountainous terrain where navigational experience is necessary. The walk follows the Poulanass Waterfall before entering the Lugduff Valley. From there, a steep climb up steps brings you onto the boardwalk which hugs the cliff of the Spinc, before cutting down through forest to lead back towards the Information Office.

What's included in all Self-Guided Tour Holidays

- Bed and Full Irish Breakfast each morning
- Detailed route maps and instructions for each days walk
- Transport to your walks
- Delicious daily packed lunches
- Laundry and drying facilities available
- Collected at the visitors centre in Glendalough from St Kevins Bus and transported to Riversdale House (Please see www.glendaloughbus.com for timetable.
- Or collected at Rathdrum train station and transported to Riversdale House.
- Your return to Rathdrum Train Station.
- St Kevin's Bus from Glendalough Visitors Centre to Dawson Street Dublin city.

We can also collect you from the aircoach at Bray (Ramada Hotel)

Please see www.aircoach.ie for timetable

Walking the Wicklow Way / Kevin's Way

Self Guided Walks **Minimum 2 night stay**

2013 Rates: per person

Single supplement: + €65

2 Day self guided walk	€ 200 per person sharing
3 Day self guided walk	€ 270 per person sharing
4 Day self guided walk	€ 360 per person sharing
5 Day self guided walk	€ 450 per person sharing
6 Day self guided walk	€ 540 per person sharing
7 Day self guided walk	€ 630 per person sharing



Day guided walk can also be provided please contact us for your requirements and prices.

Day 1: Collection from Glendalough Visitors Centre or other agreed location. Choices of walks around the Monastic sites and the lakes in Glendalough.

Day 2: 17km Enniskerry to Roundwood on Wicklow Way.

Day 3: 12km Roundwood to Laragh on Wicklow Way.

Day 4: 16km Glendalough to Glenmalure.

Day 5 16km Hollywood St Kevins Way to Glendalough

Day 6 12km Clara Vale to Rathdrum.

Day 7 11km Spinc and Glendalough valley

Here is a short list of extras you will need to bring along for this walking holiday.

Ireland's climate is of a moderate type and suited to walking all year round. Although it is quite changeable so starting a walk on a fine clear morning may not be the case for the afternoon.

- Hill walking Boots
- Wind / waterproof jacket
- Socks Leggings / tracksuit bottoms
- Thermal top / T-shirt
- Fleece & spare fleece
- Hat & gloves
- Over trousers