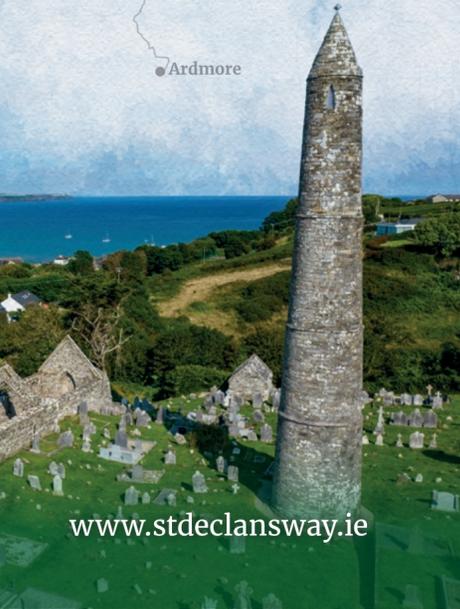


Saint Declan's Way

Slí Dhéagláin

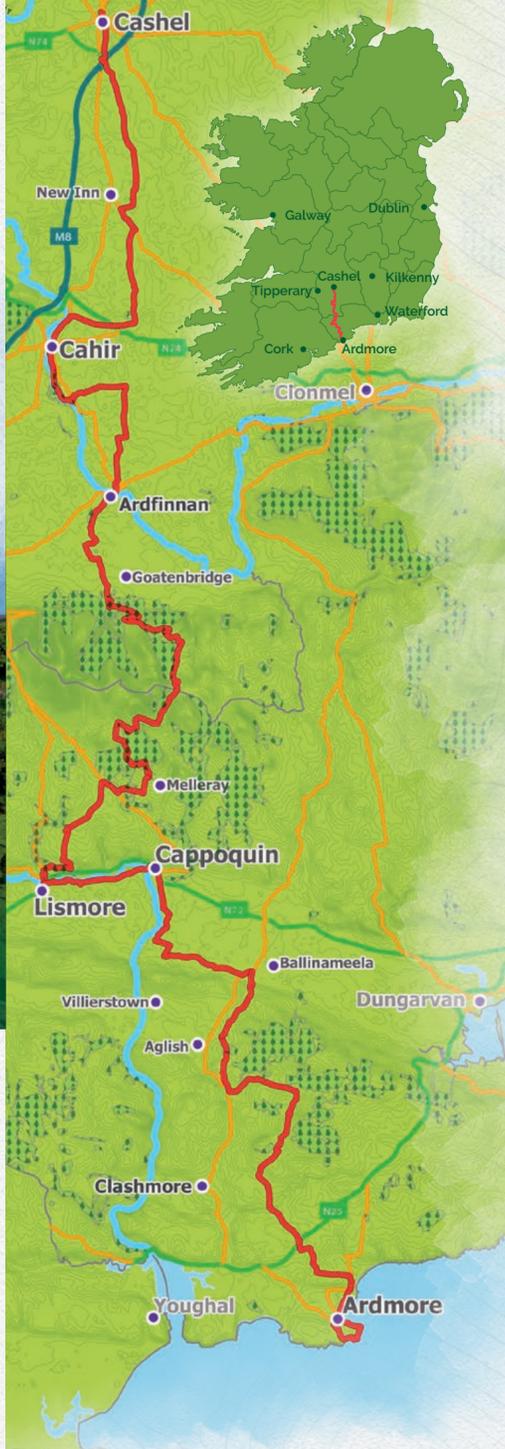
Cashel to Ardmore
Ireland's premier pilgrim path



www.stdeclansway.ie

St. Declan's Way Management Committee acknowledges the funding received for this project from the Department of Rural and Community Development under the Rural Recreation Fund / Outdoor Recreation Infrastructure Scheme and also from the Tomar Trust.

Saint Declan's Way



Trail Information

- Length:** 115km
- Type:** National Waymarked Walking Trail
- Waymarker:** Blue arrow on white background

While walkers are free to walk the trail at their own pace, it is recommended that you allow 6 days for your journey from Cashel to Ardmore.

The trail is waymarked in both directions, but it is more common for walkers to proceed from north to south, starting their journey in Cashel.

Walkers should be prepared for changeable weather, should wear appropriate clothing and footwear, and carry waterproof gear.

In times of flooding it may be necessary to divert via Goatenbridge (River Tar) and south of Lismore (River Blackwater). Diversions are indicated on the map and are waymarked.

Approximately 70% of the trail is on tarmac roads. The vast majority of these are quiet tertiary roads with minimal traffic.

Extra caution is advised when walking along short sections of busy roads (see maps overleaf).

- ◆ M8 Junction 9 at Cashel
- ◆ R687 at Lough Kent
- ◆ R669 at Monafehadée
- ◆ R671 at Knocknaskagh
- ◆ N25 at Cush of Grange

Please note that quad bikes, scramblers, dogs and camping are prohibited along the trail.

Respect for landowners

The St. Declan's Way walking trail has been developed with the permission and cooperation of more than 40 landowners. Many of these live and farm right along the trail. The Management Committee requests all walkers on St. Declan's Way to show due courtesy and respect towards landowners and residents. They should adhere to the Leave no Trace and Countryside Code principles at all times.

Walkers should stay on the waymarked trail at all times and should only deviate from the trail onto adjoining lands with the prior consent of landowners.

By following the seven principles of Leave no Trace walkers can minimise their impact on the outdoors.

1. Plan ahead and prepare
2. Be considerate of others
3. Respect farm animals and wildlife
4. Travel on durable ground
5. Leave what you find
6. Dispose of waste properly
7. Minimise the effects of fire

For further info visit www.leavenotraceireland.org

Definitions of grading

Moderate: 85% of St. Declan's Way may have some climbs and may have an uneven surface where the going is rough underfoot with some obstacles such as protruding roots, rocks etc. These parts of the route are appropriate for people with a moderate level of fitness and some walking experience. Specific outdoor walking footwear and clothing is recommended.

Strenuous: 15% of St. Declan's Way is a physically demanding trail, which will typically have some sections with steep climbs for long periods and the going underfoot can be extremely rough, including many obstacles. Suitable for users accustomed to walking on rough ground and with a high level of fitness. Specific outdoor walking footwear and clothing required.

Elevation and ascent: The total ascent along the trail is approx. 1,100m and the total descent approx. 1,200m. Between Cashel and Goatenbridge the trail does not rise above 120m. The trail reaches 300m on northern slopes of the Knockmealdowns around the Liam Lynch monument.

The highest point on the trail is 440m at Knocknafallia on the southern slopes of the Knockmealdowns. There is a gradual descent all the way to Lismore from here. Between Lismore to Ardmore the trail hardly rises above 100m, except at Carronbeg where it rises to 200m.

For the latest news and updates on St. Declan's Way visit

- www.stdeclansway.ie
- [StDeclansWay](#)
- [stdeclansway](#)
- [stdeclansway](#)

Accommodation and Services

For up to date information on accommodation and services along the route please visit www.stdeclansway.ie or find us on Facebook.

Cashel and Cahir are served by regular Bus Éireann services that run between Cork and Dublin. See www.buseireann.ie for timetables.

Lismore and Cappoquin are served by the Local Link Waterford bus service between Tallow and Dungarvan. See www.locallinkwaterford.ie for information and timetables.

Ardmore is served by Bus Éireann services to Youghal and Cork and Local Link services to Dungarvan.

Services along the trail

Location	km to trail	Pop.	📍	🏠	🍽️	🚰	🚻	🏠	🇪🇺	🚶
Cashel		4,500	✓	✓	✓	✓	✓	✓	✓	✓
New Inn	1km	<100						✓	✓	✓
Cahir		3,500	✓	✓	✓	✓	✓	✓	✓	✓
Ardfinnan		900						✓	✓	✓
Goatenbridge	1km	<100							✓	
Melleray		<100								✓
Lismore		1,500	✓	✓	✓	✓	✓	✓	✓	✓
Cappoquin		700						✓	✓	✓
Ballinameela	0.5km	300								✓
Villierstown	3.5km	<100						✓	✓	✓
Aglish	1km	300						✓	✓	✓
Clashmore	3km	300						✓	✓	✓
Ardmore		500	✓	✓	✓	✓	✓	✓	✓	✓

Declan of Ardmore

Declan is credited with bringing Christianity to the Déise people of southern Munster in the fifth century and was a contemporary of St. Patrick. Much of our knowledge of this early Christian saint comes from *The Life of St. Declan*, which is full of fantastical stories and miracles.

Declan is said to have been born in Drumroe between Lismore and Cappoquin and was of noble lineage. He travelled to Rome as a young man and sailed across the sea back to Ireland to found his monastery at Ardmore.

Cashel was the seat of the Kings of Munster at the time. The Life of St. Declan makes several references to journeys Declan took northwards from Ardmore to Cashel. Modern-day South Tipperary was part of the territory of the Déise people. On his trips to Cashel Declan met both St. Patrick and King Aengus. It was at one of these meetings that Patrick granted the bishopric of the Déise to Declan, uttering the words 'Deagláin Pádraig na nDéise, na Déise ag Deagláin go bráth'. Declan is the Patrick of the Déise. The Déise is Declan's forever.

The ancient name for the Knockmealdown Mountains (Slíabh gCua) also features in the story, as do other locations in South Tipperary, indicating that Declan and his contemporaries frequently crossed these mountains on their travels.

www.stdeclansway.ie

About Saint Declan's Way

St. Declan's Way is a 115km pilgrim walking trail linking Cashel in County Tipperary with Ardmore in County Waterford. It follows the route that St. Declan took when going to Cashel to meet St. Patrick in the fifth century. In turn, it is the way that Pilgrims have taken to visit St. Declan's monastery, holy well and grave in Ardmore for the past one and a half thousand years.

St. Declan's Way is a modern waymarked trail that uses a number a traditional walking paths, including St. Declan's Road, Casán na Naomh (path of the saints), Bóthar na Naomh (road of the saints) and the Rian Bó Phádraig (track of St. Patrick's cow). In so far as is possible, the modern trail is faithful to these ancient highways, but some detours from the old traditional routes are necessary in places.

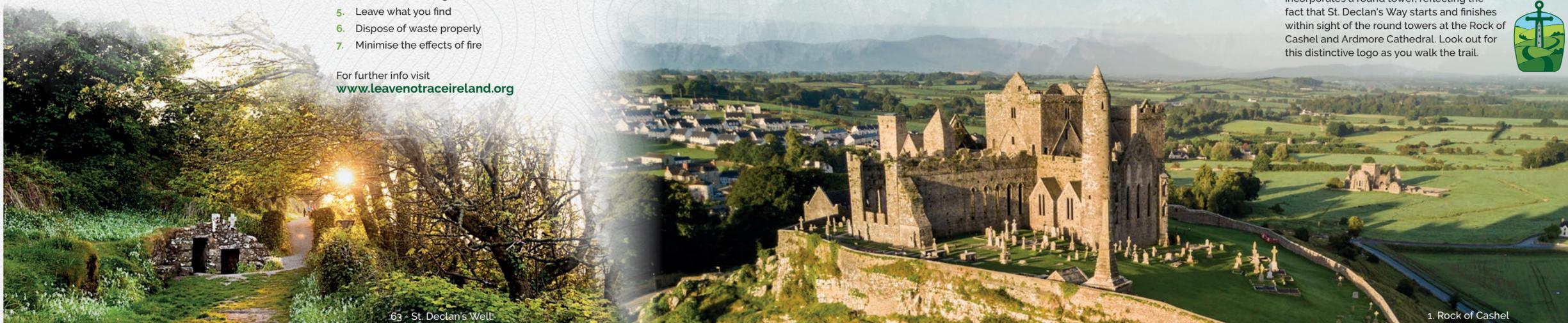
A walk along St. Declan's Way brings you through the heart of Ireland's Ancient East. On your journey you will pass many historic places and hear incredible stories and legends from ancient Ireland. We hope you will come to understand the deep roots that Christianity has set down across the land over the centuries and that your adventure will prompt you to delve deeper and further explore this fascinating heritage.

A walk along St. Declan's Way brings you through the heart of Ireland's Ancient East.

An Duibhín Deagláin

Our logo is inspired by the Duibhin Deagláin, literally the small black relic of Declan. The relic is mentioned in *The Life of St. Declan* where it is said to have floated through the window of a church and rested on the altar while Declan was saying mass.

The relic was apparently imbued with miraculous properties and was still in existence in the Dungarvan area in the early 1900s, but has since been lost. Thankfully it was sketched in the mid-1800s. Our logo also incorporates a round tower, reflecting the fact that St. Declan's Way starts and finishes within sight of the round towers at the Rock of Cashel and Ardmore Cathedral. Look out for this distinctive logo as you walk the trail.



63 - St. Declan's Well

1. Rock of Cashel

Points of interest

* Sites marked with an asterisk are privately owned or can only be accessed by crossing private land. Walkers must seek prior permission from landowners before entering these sites.

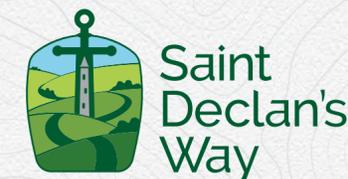
€ - Admission charges apply

- Rock of Cashel (€):** an iconic site, the seat of the Kings of Munster and a wonderful assemblage of Celtic architecture
- Hore Abbey:** ruined Cistercian Abbey to the west of the Rock
- Dominican Abbey:** ruined medieval abbey in the heart of Cashel town
- Heritage Centre:** home to Cashel's Tourist Office in the former Town Hall. See www.cashel.ie/cashel-heritage-centre
- The Sallyport:** Modern sculpture marks the site of a sallyport (controlled point of entry) in the old town walls
- Gout's Pool:** a project of Cashel Tidy Towns with unique sculptures, some linked to St. Declan
- Leper Hospital:** site of medieval leper hospital
- Rath na Drinna:** rath of the blackthorns and one of several large ringforts that encircled ancient Cashel
- Aonghus Fort:** large ringfort south of Cashel
- Lough Kent Church:** ruined medieval church and an ideal resting point between Cashel and Cahir.
- Outeragh Castle:** ruined castle linked to the Butler family
- Outeragh Church:** famed Irish scholar Geoffrey Keating was parish priest here in the 17th century. Now in ruins.
- Mortlestown Church:** ruined medieval church and graveyard taking its name from the Anglo-Norman Martel family.
- Shortcastle:** a ruined castle linked to the Butlers of Ormond
- Castlecayne:** south-east of Shortcastle, another Butler castle now in ruins.
- Ballyegan Church:** only faint traces of this medieval church remain today.
- Suir Mills:** disused 19th mills on the banks of the Suir
- Cahir Castle (€):** a large impressive 15th century castle built by the Butlers of Ormond on an island in the River Suir
- Loughohery Castle:** ruined four-storey tower house associated with the Keating family.
- St. Patrick's Stone:** indentations in the stone are said to have been made by Patrick's knees.
- Swiss Cottage (€):** this wonderful 19th century cottage orné was built by Richard Butler, 1st Earl of Glengall.
- Rath Ard:** a prehistoric ringfort on a height overlooking the Suir at Ardfinnan
- Ardfinnan Castle:** built to guard bridge over the River Suir
- Fever Hospital:** ruins of a hospital which was used during the Great Famine.
- Lady's Abbey:** ruined 14th century Carmelite friary
- Baile Beacain Church:** ruined 13th church. An old font from this church is now in the nearby modern church.
- Na Staighir:** the stairs, a steep pathway up the mountains
- Séipéal na nUlltach:** Church of the Ulstermen. No longer visible above ground.
- Liam Lynch Monument:** monument to the leader of the Anti-Treaty forces in the Irish Civil War killed here in 1923.
- Bearna Cloch an Buidéal:** Bottleneck Pass. A mountain pass over the Knockmealdowns
- Former RIC Barracks:** ruins of a 19th century barracks
- Byrne's Bridge:** crossing the Glennafallia River. Also known as Glentauninagh bridge.
- The Source:** a natural mountain spring supplying water to Mount Mellerey
- The Well:** a covered well built by the monks of Mount Mellerey. A place for quiet contemplation.
- Holy Year Cross:** erected on a hill north of Mellerey in 1954.
- Mount Mellerey Abbey:** Cistercian monastery founded in 1832 with a cafe and accommodation. See www.mountmellereyabbey.org
- Muine na Lobhar:** Shrubbery of the lepers, possibly a former leper's spa for Lismore
- Ice House:** 19th century structure used to store fish caught in the River Blackwater
- Lismore Castle (€):** Built by Henry II in the 12th century. Later the home of scientist Robert Boyle. The present castle dates from the 19th century. Gardens only open to the public.
- Lismore Heritage Centre:** tourist office, shop, café and interactive shows can be visited in this former Market House. See www.discoverlismore.com
- Roundhill:** a motte & bailey fortification on the Blackwater
- Reiligín Déagláin:** reputed birthplace of St. Declan later used as a children's burial ground.
- Tourin House & Gardens (€):** seat of the Jameson family. See www.tourin.ie
- Norrisland Castle:** birthplace of Valentine Greatrakes
- The Cooples:** fording point on the Blackwater where Bóthar na Naomh (Road of the Saints) crosses the river
- Cappoquin House & Gardens (€):** seat of the Keane family. See www.cappoquinhouseandgardens.com.
- Affane Castle:** linked to the Battle of Affane between the Earls of Desmond and Ormond in 1560.
- Affane Church:** ruined medieval church near the Finisk River with some interesting architectural features
- Dromana Bridge:** built in Moorish style in the 19th century to mark the entrance to the Villiers-Stuart estate.
- Kilmolash Church:** ruined medieval church founded by St. Molaise with interesting architectural features and graves.
- Clonkerdin Castle:** no trace remains of this castle which stood in a field beside the trail
- Clogh Castle:** the ruins of this castle were blown down in a storm in the 19th century.
- St. David's Well:** holy well dedicated to David, patron saint of Wales who is said to have been known to St. Declan.
- St. Declan's Well:** ancient holy well which has been modernised. Focus of annual pattern day celebrations on July 24th.
- Ath na gCorra Mhiol:** where the trail crosses the River Lickey, with stepping stone still in place.
- Tobar na Feirse:** well of the spindles. A spring located just off the trail on the southern side of the River Lickey.
- Lios Geineain:** an excellent example of an ancient lios or rath visible in a field beside the trail.
- Lisgennan Church:** ruined medieval church and graveyard
- Tobarnamarialta:** holy well
- Rath:** one of many such ancient structures close to the trail.
- St. Declan's Monastery:** founded by the saint and his reputed burial place. The surviving buildings date from the 8th to 12th centuries and include the Beannachán (small church), cathedral and round tower.
- Fr. O'Donnell's Well:** ancient holy well overlooking the cliffs which has been modernised.
- St. Declan's Well:** holy well where Declan went for prayer and contemplation. Now associated with his annual pattern day on July 24th.
- St. Declan's Stone:** visible in Ardmore bay, it is reputed to have floated across the sea and guided St. Declan to this spot where he founded his monastery.

www.stdeclansway.ie



18. Cahir Castle



Map Legend

- Saint Declan's Way
- - - Diversion in event of flooding
- Points of interest
- Motorway
- National primary
- Regional
- Tertiary
- Residential/ service
- - - Forest/ farm road, track or path
- Town/ Village
- Forestry

