



Arts & Heritage | Outdoors & Wellness  
Award-Winning Food & Beverage Producers

# Barnahown Concierge

**Guest Services**

## Visit Mitchelstown The Galtee - Ballyhoura Region



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MITCHELSTOWN, CORK

LUXURY GALTEE ADVENTURES  
SUSTAINABLE | INCLUSIVE | REGENERATIVE TOURISM



# Welcome to Mitchelstown

Munster Vale Adventures and Golden Vale Producers



We're exceptionally lucky with our location - nestled between the majestic Galtee, Ballyhoura, Knockmealdown and Comeragh Mountains – not to mention being tucked in between the beautiful Suir and Blackwater Rivers. If you love adventure, great food, unique local suppliers and craftspeople then this area of Ireland is unparalleled.

We hope this guide whets your appetite!



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# Our Local Features

Get to know the highs and lows of what's on offer

## Galtee Mountains

Stretching 28km Cahir to Anglesborough, the highest peak in the region - Galtymore 919m

## River Suir

Flowing 185km through Tipperary and Waterford, offering great angling and kayaking. Best enjoyed in Cahir.

## Ballyhoura Mountains

This range runs 6km along the Limerick-Cork border and is most famous for its Mountain Biking trails.

## River Blackwater

Rising in Kerry before travelling 169km through Cork and Waterford. Best enjoyed alongside Lismore Castle.

## Knockmealdown Mountains

Forming the Tipperary-Waterford border, most famous for its beautifully scenic Vee Pass drive.

## Bay Lough

Very famous corrie lake in the Knockmealdown mountains with an abundance of folklore attached. Best enjoyed via kayak at The Vee.



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# Lough Curra

## Hiking Tips

Located on the north face of the Galtee Mountain range, this walk enjoys pathways through sheep-filled mountainside and spectacular views across to Limerick.

Parking can be found at Galtymore North car park [\[LINK\]](#). The hike begins through a gentle wooded incline that is well signed, before crossing a stile into farmland. There are several black wooden posts marking the way to the mid-point where the pathway turns left heading into the Galtee mountain range. The final leg of the hike will involve navigating some small boulders.

Lough Curra is the highest of five corrie lakes in the Galtees. Bounded by the sheer cliffs of Galtymore, it is dammed by a rough moraine through which the Clydagh River flows. Highly recommend a picnic/ sundowner drink to enjoy the view.



**Challenge:** Moderate

**Height:** 578m

**Ground:** Forest trail, farm field, boulders

**Duration:** 3 – 3.5 hours

**Best Time:** Afternoon/Evening

**Parking:** Excellent, designated

**Way Marks:** Some way marking posts until mid-way, thereafter follow 'ice road' path



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# Seefin

## Hiking Tips

Seefin (Suí Finn) means 'Finn's seat' in Irish and is said to have been where the giant, Finn McCool would sit and wash his feet in the River Shannon - indeed an impressive feat as the nearest point of the river is approximately 50 kilometres away!

Located in the famous Ballyhoura mountain range, on a clear day this hike will provide you with a view to all six counties in Munster and the Atlantic beyond.

Parking can be found amongst the Ballyhoura trails [\[LINK\]](#). Parking spots are more limited so arrive early.

This climb is short and steep, so it is best enjoyed by taking regular breaks to pause and take in the views.

Once you reach the summit you will find yourself on a large heather-filled plateau. Take some time to enjoy – it's a regular site for outdoor yoga classes!



**Challenge:** Moderate

**Height:** 528m

**Ground:** Shale and stone trail

**Duration:** 1-1.5 hours

**Best Time:** Morning

**Parking:** Good, designated

**Way Marks:** Information point at entrance, single path to follow



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# Galty Mór

## Hiking Tips

We cannot let you visit without discovering at least a portion of the outstanding Galtymore hike! Fortunately, it can be broken into two very enjoyable parts.

Our preferred route starts on the 'Black Road' and provides an easy route to follow albeit parking is more limited [[LINK](#)] so get there before 9am, especially on weekends.

There is a clear path which takes you through farmland via a shale path passing a memorial to victims of a 1970s helicopter crash before reaching the midway point at 'the cairn', no more than a mound of rocks marking the end of the pathway. For some this is achievement enough and is often the venue for St. Stephen's Day celebrations!

If you do choose to head for the summits of Galty Mor or Beag beware that conditions underfoot will be softer with several boggy patches and there is no marked path.



Challenge: Moderate - Difficult

Height: 919m

Ground: Shale, farm field, bog, loose stones, boulders

Duration: 4-4.45 hours

Best Time: Morning

Parking: Limited, some roadside

Way Marks: Information point at entrance, single path to follow



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# Time for a Treat

Enjoy great food and find a memento of your trip



There's a never-ending and ever-evolving list of local things to do, cafes and restaurants to check out and local producers to enjoy. Here we've picked our favourites which we proudly recommend to you.

Eat. Drink. Explore.

Celebrate Beautiful Adventures.



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## Where to Stay

A variety of locally owned gems to enjoy

### Camping & Caravan

#### The Apple Farm

Enjoy a fantastic orchard location with well-run facilities

Link: [Website](#)

### Self-Catering: Galtees

#### Tessa's Gatelodge

Recently refurbished, located on the Black Road route to Galtees

Link: [AirBnB](#)

### Glamping

#### Galtee Glamping

Sleep Galtee-side and enjoy local adventures including electric bikes and art classes!

Link: [AirBnB](#)

### Self-Catering: Ballyhoura

#### Ballyhoura Escape

Run by the wonderful and welcoming Drake family. Enjoy their beautiful home and say hello to the farm animals!

Link: [AirBnB](#)



### Luxury Contemporary B&B

Opening in early 2024, Barnahown is a sympathetic and sustainable renovation of a renowned 1800s farmhouse located in historic Mitchelstown and the foot of the Galtee Mountains.

Follow our journey [@Barnahown](#) and make your reservation at [Barnahown.com](#)



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# Where to Eat

Keep an eye on Instagram to find your favourite

## Breakfast & Coffee

### The Town Coffee Co.

Start your day with the best coffee and home-bakes for miles from Mikey and Bernadette

[@thetowncoffeeco](#)

## Lunch

### Thatch & Thyme

A perfect stop-off for Ballyhoura-bound trips. Joanne's food is legendary, outdoor dining a must!

[@thatchandthyme](#)

## Dinner

### Market Place

Sometimes simplicity is best: grab yourself a steak and glass of red here to celebrate the day's achievements

[@marketplacemitchelstown](#)

### O'Mahony's of Watergrasshill

If you deserve a real treat after your big hike, nothing beats a cocktail brunch on the patio. Book ahead

[@omahonysofwgh](#)

## Food Trucks

An ever-evolving scene, follow our favourites to check who's in 'Town today:

[@galtyvalleycatering](#)

[@P61pizza](#)

[@baileycoffeecompany](#)

[@theyellowsubmarinesupperclub](#)

Barnahown also regularly posts about newcomers.



## O'Callaghan's Café & Delicatessen

No weekend is complete without eating at least one meal at O'Callaghan's. Now in its second generation of the family: you'll be greeted by Kate and cooked for by Paddy. If you can't make it to all the local producers, you'll certainly find a treat in their deli! Beautiful dog-friendly terrace.

[@ocallaghansmitchelstown](#)



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# What Else?

## Some other off-mountain inspiration

### Outdoors

#### Mitchelstown Cave

A spectacular feature in its own right and now regular music and media venue

[@mitchelstowncave](#)

#### Kayak Bay Lough

An outstanding area of natural beauty made even more exciting by providing summer-time kayak access

[@bayloughkayaking](#)

#### Suir Valley Blueway

Find some rapids as you cruise along the beautiful Suir, guided from Suir Valley Adventures

[@suirvalleyadventures](#)

More Outdoors? [@wewanderinthewoods](#) [@yogawalksireland](#)  
[@forestbathingwalksireland](#)

### Local producers

#### Praline Chocolatier

If you only visit one shop, make sure it's to grab a box of Norma's award-winning chocolates

[@praline.pasteryandchocolate](#)

#### The Apple Farm, Cahir

Visit the orchards, pick your own fruit, buy some delicious produce or all three!

[@theapplefarm](#)

#### Ballyhoura Mushrooms

Learn to forage or simply buy yourself some unusual and delicious treats to take home

[@ballyhouramushrooms](#)

### Retail Therapy

Here are some of our local favourites – they often have nice sales so keep your eyes peeled:

#### Local Makers & Artists

[@BlackWaterValleyMakers](#)

[@deirdredunneartist](#)

#### Women's Boutique

[@suzsaboutique](#)

[@vanillafermoy](#)

[@thewardrobeatboutiquemitchelstown](#)

[@hickeysfashion](#)



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# Mitchelstown Georgian Quarter



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Bon voyage! Schöne Reise! Buen viaje! Go dté tú slán!

We hope you enjoyed this guide, found it useful and come to visit us in Mitchelstown very soon!



We hope to keep improving with every version and would like to know what you'd like to see more/less of and what's missing. Please drop us a line with any questions or feedback to [hello@barnahown.com](mailto:hello@barnahown.com)



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## ADVENTURE SAFELY & SUSTAINABLY

This guide is intended to help you plan your visit. As with all outdoor pursuits, please ensure that your physical fitness and attire is appropriate for the challenges you plan to undertake.

If you are in any doubt about the weather conditions, remain at lower altitude as mountain conditions can change and deteriorate very quickly.

**Leave No Trace.** If you bring coffee cups, bottles or wrappers; take them away again.

**Travel Light.** Why not car-share, walk or take public transport within and around Mitchelstown. Check out bus & local links from Dublin, Cork, Limerick, Cashel, Cahir, Clonmel and Mallow.

**Shop Local.** Supporting our cafes, shops and restaurants sustains thriving rural communities.

### Trail Checklist

If you're planning some walking and/or hiking during your holiday, here's a useful checklist for most days.

- ✓ Hiking shoes/boots
- ✓ Spare change of shoes and socks
- ✓ Outdoor gloves
- ✓ Rain jacket
- ✓ Water bottle/snacks for each 1-1.5hr walk (limited snacks located near to walking routes)
- ✓ High-vis. jacket for road walking

### And remember!

Always let someone know where you're going and share a copy of the route.



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