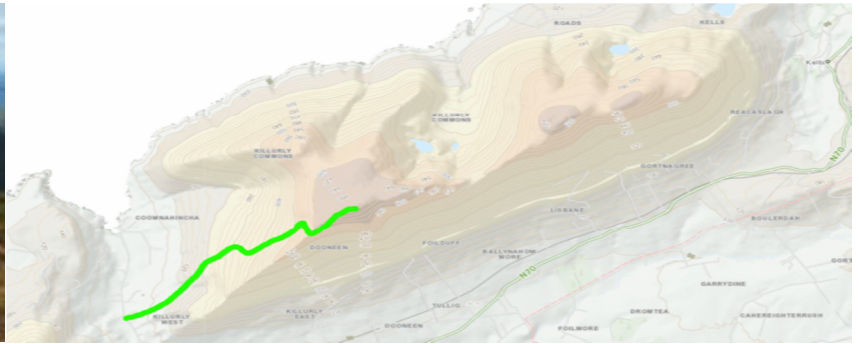


## [Cnoc na dTobar Kerry](#)

Just like Croagh Patrick, Cnoc na dTobar was an important mountain in Pagan times during the Lughnasa festival, which marked the beginning of the harvest each year.



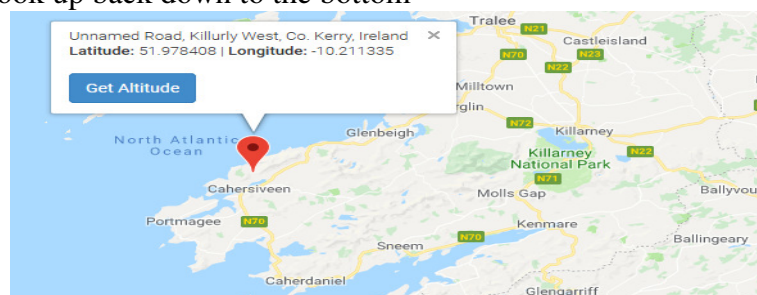
Walking by the Coast can be exhilarating

Since 1885, there have been 14 stone crosses dotted across Cnoc na dTobar mountain, each of which represents the different stations of the cross continuing all the way to the summit. These crosses were the brainchild of Canon Brosnan, a former parish priest in Cahersiveen during the 19<sup>th</sup> Century. At the base of the mountain, near the start point of the climb, there is a well dedicated to St Fursey, the sixth century saint. Some believe the well has healing mineral properties that can help ease eye problems.

### **The Route**

The steep but manageable ascent to the summit of Cnoc na dTobar pays off on a clear day when the breath taking views of the Blasket Islands can be enjoyed from the summit. To reach the start point, take the road south from Coonanna Harbour for 1.1km and keep an eye out for a gravel surface car park on the left hand side of the road. It's from this point that you will make your ascent. The ascent spot may not be clearly visible from the side of the road but the exact GPS coordinates for the start point are 51.978556, -10.211683.

Facing the slope, head for the trail that moves up and left to the ridge. After walking 500 metres in this direction from the start point, the trail becomes clearer. The summit is marked by a pillar that sits on a circular pile of stones. To make the return journey, stand with your back to the pillar and facing the way you came, head left down the slope following the trail for 1km, then head right for 400 metres, until you re-join the ascent trail. Now follow the trail you took up back down to the bottom



Cnoc na dTobar is a relatively straight forward trail that's easy to follow, thanks in part to the work of local walking groups that have marked the old path with white markers which are easier to see in the first half of the year before the ferns have grown high. In terms of distance and duration it's one of the easier pilgrim climbs, but the angle of the ascent and the slipperiness of the surface on a wet day can be very challenging.

**Difficulty:** Moderate to hard

**Type:** Loop

**Distance:** 8km (max elevation 690 metres)

**Duration:** 3.5 hrs

**Start location:** 1.1km South of Coonanna Harbour

**End location:** 1.1km South of Coonanna Harbour **Parking:** Street parking

**Co-ordinates:** 51.978408 -10.211335