

Dungarvan Hillwalking Club

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Walk 1: Comeragh Challenge

Clonmel to Kilgobinet Sports Centre Bohadoon. This self navigated walk is 45kms, has an ascent 2,000m (approx) and is aimed at the **very experienced and fit walker with navigation skills**. It takes walkers via Lachtnafrankee and Knockanaffrin ridge to the Nire Valley, then via the Gap, Carrignagour, Boola Cairn to Coumfea, Seefin, Farbreaga and Cruachán.

List of Waypoints.

| Checkpoint | Grid Ref. |
|-----------------|--------------|
| Start | S229 213 |
| Lachtnafrankee | S235 181 |
| Bog Road | S255 175 M |
| Knocksheegowna | S278 165 |
| Nire Car Park | S276 128 MW |
| Boola Cairn | S319 122 |
| Spot Height 792 | S317 105 M |
| Coum Fea* | S287 090 M |
| Seefin | S274 068 |
| Farbreaga | S284 034 |
| Mauma Road | S270 015 MW |
| Cruachan | S275 006 |
| Finish | S237 005 MFW |

*Note new location of Coum Fea checkpoint for 2023.

M=Manned F=Food W=Water