



## Nenagh Cycling Hub -Cycling Loop Trail

#7

This Cycling Loop routes starts with bicycle rental in the town of Nenagh which is 13 minutes' drive from the Sailing Club at Dromineer.

The North Tipperary Cycle Network boasts a range of routes that offer the keen cyclist pleasant views of the local countryside. No matter which routes you choose, you'll find numerous picnic stops dotted along, as well as a number of award-winning pubs and restaurants. Loops 1 and 2 provide stunning lakeshore panoramas.

### Loop 1:

**Distance: 65km      Time 4 hours.      Ascent 158m**

This loop takes you along the eastern shores of Lough Derg and through the lakeside villages of Dromineer and Terryglass. Shorter journeys 1A (11km), 1B (28km), and 1C (46km), which are signposted, may be taken along this loop.

### Loop 2:

**Distance: 30km      Time: 2hrs 50 minutes      Ascent : 178m**

This is the shortest of the three loops and allows access to some of the more spectacular views of the lake before you descend into Castlelough and on through a working farm and along a slight off-road section (suitable for all bike types) to Garrykennedy.

### Loop 3:

**Distance: 67km.      Time 4 hours.      Ascent : 105m**

This loop is a relatively flat cycle visiting Cloughjordan, home of Ireland's first eco-village, and returning to Nenagh along quiet inland roads. A shorter journey 3A (46km) may be taken along this loop.



Nenagh Cycle Hub Route Map.

[Get on your bike – Nenagh Cycle Hub | \(discoverloughderg.ie\)](http://discoverloughderg.ie)