



# A map of the Lighthouse Loop

The Sheep's Head Way GUIDED & MAP is available to buy in local shops, pubs, tourist office and from our online shop. Also available to buy online see t-shirts, hats, caps, and keychains.

## MAP LEGEND

- Major Trailhead
- River / Stream
- Lough / Lake
- Point of Interest
- Parking
- Picnic Area
- Viewpoint
- Tertiary Road
- Laneway
- Track



Lighthouse Loop    Sheep's Head Way    Poet's Way

### Trail Details

Distance	3.8 km
Grade	Moderate
Estimated Time	2 hours
Ascent	190 m
Descent	110 m
Min. Height	59 m
Max. Height	170 m

### Trail Description

This is a gentle walk past Lough Akeen to the lighthouse at the tip of the Sheep's Head peninsula. Directions: Follow the blue arrows west on the road from Tooreen Car Park until you see the turn right after 300m. As you follow the path the remnants of potato ridges from famine times can be seen below you. Continue on past the helicopter pad where you can climb down the slope to the lighthouse itself. Return to the helicopter pad and continue the loop back on the northern side of the peninsula to the car park. The northern side is a tougher trail, so for the less able you can return the way you came on the easier southern trail.

### Sheep's Head Lighthouse

Sheep's Head Lighthouse, which marks the southern tip of Bantry Bay, was built in 1968 as a consequence of the development of the oil terminal at Whiddy Island. The design of the lighthouse is similar to Achillbeg, built in 1965.



### Trail Markers

Because of the remoteness of Sheep's Head (also called Munter-vary) and the lack of a road, the building materials and equipment for the lighthouse were lifted from Kilcrohane (9km away) to the site by helicopter. About 250 lifts were needed.

The lighthouse comprises a 7 metre high white round tower on a square building. The lantern is 83 metres above sea level. The lighthouse was put into operation for the first time on 14th October 1968. The operation of the lighthouse was originally monitored by the Keepers at Mizen Head Lighthouse through a UHF radio link. Mizen Head Lighthouse was itself converted to automatic operation in 1993.

