Slí Inis Eoghain

north west community development

inishowen trails

Slí Inis Eoghain: Gréasán de shiúlóidí agus de rotharbhealaí a forbraíodh i roinnt de na ceantair is áille ar Leithinis Inis Eoghain. Baintear úsáid as slite portaigh agus gairbhéil ach tá cúpla slí chiúin faoin tuath mar chuid di fosta. Tá réimse leathan gníomhaíochtaí do dhaoine ar gach leibhéal cumais le fáil ar an tslí seo.

Tugtar 'Parthas Éireann' ar Leithinis Inis Eoghain go minic mar go bhfuil rogha leathan de radharcanna le feiceáil ann le cois an stair, an tírdhreach agus na háiseanna cultúrtha atá le fáil ann. Is féidir teacht orthu seo uilig ó cheann ceann an ghréasáin.

Is slite iad atá i ngar dá chéile agus tá tús na siúlóide ar leith ag gach slí. Tá clár eolais agus áiteanna páirceála ann fosta. Tá na láithreacha seo le feiceáil ar an léarscáil.

Tá roinnt slite eile le feiceáil ar an léarscáil fosta agus is féidir tuilleadh eolais a fháil ach scanadh a dhéanamh ar an chód QR.

Inishowen Trails' is an ever-expanding network of walking and cycling routes which have been developed in some of the peninsula's most scenic locations. Primarily using bog and gravel trails with the occasional quiet country lanes, these routes offer a wide range of recreational amenities for users of all abilities.

The Inishowen Peninsula is often referred to as 'Ireland in Miniature' (Parthas Éireann/Ireland's Paradise) given the wide range of scenery, history, landscapes and cultural attractions, all of which can be experienced along the entire trail network.

The trails are divided into several clusters, each with its own trailhead, which includes detailed information boards and parking. Locations of these clusters and trailheads are shown on the map above.

A number of other trail routes are also highlighted and further details of these can be found by scanning the QR code below.

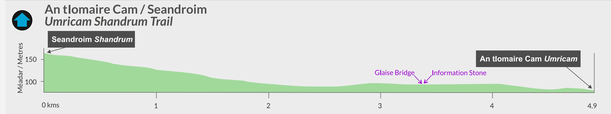
	Ainm na Slí *Trail Name*	Fad *Length*	Grádú *Grade*	An Cineál Siúlóide *Walk Type*
1	Inishowen Head Loop	7 kms	Measartha / *Moderate*	Tuath & cósta *Countryside & coastal*
2	Moville Shore Path	2 kms	Furasta / *Easy*	Cosán cósta *Coastal path*
3	Buncrana Shore Path	2 kms	Furasta / *Easy*	Cosán cósta *Coastal path*
4	Fort Dunree Path	2 kms	Furasta / *Easy*	Cosán cósta *Coastal path*
5	Lenan Loop	2 kms	Measartha / *Moderate*	Bóthar portaigh & cósta *Bog road & coastal*
6	Waterfall Walk	2 kms	Furasta / *Easy*	Cosán cois abhann *Riverside path*
7	Inch Wildfowl Reserve	8 kms	Furasta / *Easy*	Cosáin ullmhaithe *Prepared paths*
8	Malin Head Trail	2 kms	Measartha / *Moderate*	Cosán cósta *Coastal path*

Grádú / *Grading*

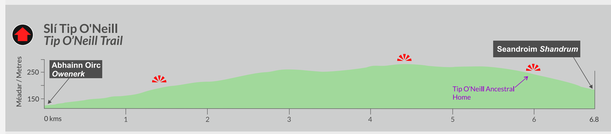
Leibhéal Deacrachta	Oiriúnacht	*Degree of Difficulty*	*Suitability*
Furasta:	Tá an chuid is mó den tsiúlóid ar thalamh cothrom agus dromchla mín air, ach tá fánaí deas réidh agus céimeanna beaga anseo is ansiúd. Ag fóirstean do theaghlaigh go hiondúil, páistí agus seandaoine ina measc. Thig gnthbhrógaí don taobh amuigh a chaitheamh.	***Easy:***	*Generally flat with a smooth surface but with occasional gentle slopes or shallow steps. Generally suitable for family groups including children and the elderly. Normal outdoor footwear can be worn.*
Measartha:	D'fhéadfadh an tsiúlóid a bheith cnocach in áiteanna agus an dromchla garbh agus míchothrom in amannaí. Ag fóirstean do dhaoine atá measartha aclaí agus a bhfuil roinnt taithí acu ar shiúlóidí a dhéanamh. Moltar brógaí agus éadaí ar leith siúlóireachta a chaitheamh.	***Moderate:***	*Trail may have some climbs and rough and uneven surfaces. There may be some obstacles such as protruding roots, rocks, etc. Suitable for people with a moderate level of fitness and some walking experience. Specific outdoor walking footwear and clothing is recommended.*

Imlínte Airde *Elevation Profiles*

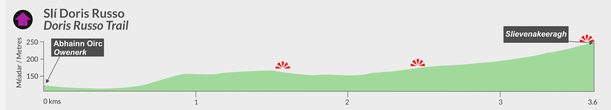
An tIomaire Cam / Seandroim
Umricam Shandrum Trail



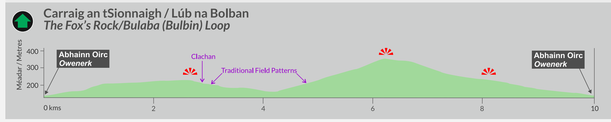
Slí Tip O'Neill
Tip O'Neill Trail



Slí Doris Russo
Doris Russo Trail



Carraig an tSionnaigh / Lúb na Bolban
The Fox's Rock/Bulaba (Bulbin) Loop



An tIomaire Cam / Seandroim
Umricam / Shandrum Trail

Leanann an tslí seo Seanchosán Tréada an Chairn idir Bun Cranncha agus Carn Domhnach. Bealach ciúin tuaithe atá ann, a théann frid na bailte fearainn An tIomaire Cam agus Seandroim. Bealach réidh cothrom atá ann atá fóirsteanach do lucht siúlóide/rothaithe de gach leibhéal aclaíochta.

Pointí inspéise: Droichead agus Cloch Ghlaise.

This trail follows the original route of the Old Carn Road (Drovers Trail) between Buncrana and Carndonagh. The route is now a quiet country road which runs through the townlands of Umricam and Shandrum. It is virtually level throughout and is suitable for walkers and cyclists of all abilities.

Points of Interest: *Glaise Bridge and Stone*

Fad / *Distance:*	4.9 kms (bealach amháin/*one way*)
Ardú / *Height Gain:*	156 méadar/*metres*
Am lena dhéanamh / *Estimated time:*	2.5 - 3 Uaire (filleadh) *2.5 - 3 Hour (return)*
Grádú / *Grading:*	Furasta / *Easy*

Slí Tip O'Neill
Tip O'Neill Trail

Bhí Tip O' Neill ina urlabhraí i dTeach na nIonadaithe sna Stáit Aontaithe (1977-1987). Rugadh a sheanmháthair, Eunice Fullerton, i dteach beag aon seomra faoi scáth Chnoc Beam. Is féidir seanbhallóga an tí a fheiceáil ar an tslí. Tá clár eolais in aice leis na seanbhallóga a insíonn scéal beatha O'Neill.

Pointí inspéise: Baile dúchais mhuintir Tip O'Neill, Radharcanna Áille.

Tip O'Neill was Speaker of the US House of Representatives (1977-1987). His grandmother (Eunice Fullerton) was born in a one roomed cottage at Beam Hill, the ruins of which can be seen along the trail. The O' Neill story is outlined on an infoboard adjacent to the ruins.

Points of Interest: *Tip O Neill Ancestral Home, Panoramic Views*

Fad / *Distance:*	6.8 kms (bealach amháin/*one way*)
Ardú / *Height Gain:*	173 méadar/*metres*
Am lena dhéanamh / *Estimated time:*	3.5 Uaire (filleadh) *3 .5 Hours (return)*
Grádú / *Grading:*	Measartha / *Moderate*

Slí Doris Russo
Doris Russo Trail

Meiriceánach ab ea Doris Russo a bhog go hInis Eoghain i ndiaidh di dul ar scor agus a cheannaigh Teach an Ghleanna i gCluain Maine. Thit sí i ngrá leis an cheantar agus roimh i bhfad, bhí sí ina ceann feadhna ar go leor tionscadal pobail, leithéidí Eas Glenevin agus Lúb Ghleann an Bhuitléaraigh. Cuimsíonn an tslí na ceantair An tIomaire Cam agus Seandroim, Slí Tip O'Neill agus Slí Doris Russo agus tá an bealach ina iomláine 19km ar a fhad.

Pointí inspéise: Slí an Atlantaigh Fhiáin, Inis Eoghain 100, Radharcanna Áille, Crann Sí.

Doris Russo was an American citizen who following retirement moved to Inishowen having bought the Glen House in Clonmany. Doris fell in love with her adoptive homeland and quickly became the driving force behind many community initiatives including the development of the famous Glenevin Waterfall and Butlers Glen Loop. The entire route encompasses Umricam/ Shandrum, Tip O'Neill and Doris Russo trails comprises a 19km linear route.

Points of Interest: *Wild Atlantic Way, Inishowen 100, Panoramic Views, Fairy Tree.*

Fad / *Distance:*	3.6 kms (bealach amháin/*one way*)
Ardú / *Height Gain:*	139 méadar/*metres*
Am lena dhéanamh / *Estimated time:*	2 Uaire (filleadh) *2 Hours (return)*
Grádú / *Grading:*	Measartha / *Moderate*

Carraig an tSionnaigh / Lúb na Bolban
The Fox's Rock/Bulaba (Bulbin) Loop

Slite gairbhéil den chuid is mó atá ann le cúpla slí phortaigh ar fhánaí iochtaracha na Bolban. Ar scáth na gnleanna, tá ballóga de chlachán le feiceáil a théann níos faide siar ná am an ghorta mhóir. Lena chois sin, tá iarsmaí de ghréasán páirceanna ann a bhaineann le nósanna traidisiúnta na feirmeoireachta fadó. Tá radharcanna áille den taobh tíre máguaird le feiceáil ar an tslí fosta.

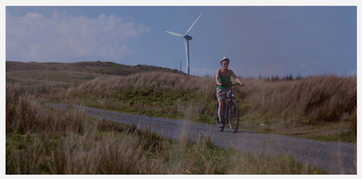
Pointí inspéise: Clachán, Gréasán Páirceanna Traidisiúnta, Cros ag barr na Bolban (a tógadh in 1933), Radharcanna Áille.

The Loop route follows mostly gravel tracks and a short section of open bog on the lower slopes of Bulbin Mountain. The route follows a sheltered valley in which can be seen the remains of a pre-famine clachan and nearby remnants of field patterns from traditional farming practices. The trail offers exceptional views of the surrounding countryside.

Points of Interest: *Clachan, Traditional Field Patterns, Bulbin's summit cross (erected in 1933), Panoramic Views*

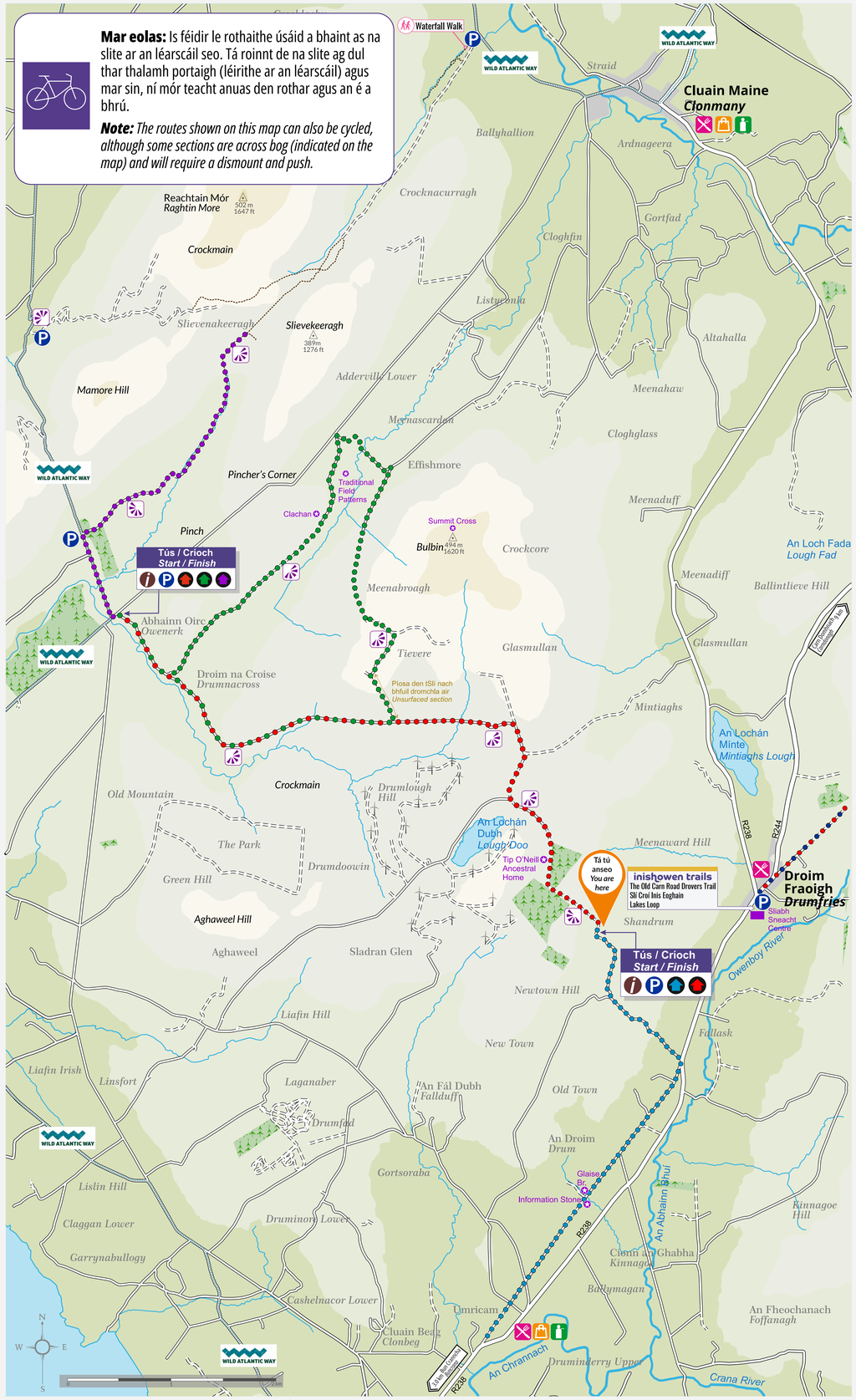
Note: *This route is waymarked in a clockwise direction only.*

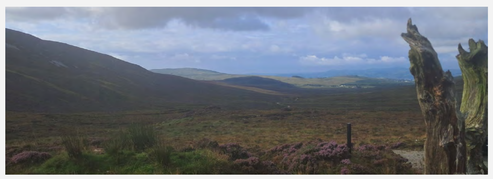
Fad / *Distance:*	10 kms
Ardú / *Height Gain:*	275 méadar/*metres*
Am lena dhéanamh / *Estimated time:*	2.5 - 3 Uaire / *2.5 - 3 Hours*
Grádú / *Grading:*	Measartha / *Moderate*



Mar eolas: Is féidir le rothaithe úsáid a bhaint as na slite ar an léarscáil seo. Tá roinnt de na slite ag dul thar thalamh portaigh (léirithe ar an léarscáil) agus mar sin, ní mór teacht anuas den rothar agus an é a bhrú.

Note: *The routes shown on this map can also be cycled, although some sections are across bog (indicated on the map) and will require a dismount and push.*





Éireann Ná Fág Lorg

www.leavenotraceireland.org

bPrionsabal *Principles*

1. Déan Réamhphleanáil agus Ullmhaigh *Plan Ahead and Prepare*
2. Smaoinigh ar Dhaoine Eile *Be Considerate of Others*
3. Biodh Meas agat ar Ainmhithe Feirme agus ar an bhFiadhúlra *Respect Farm Animals and Wildlife*
4. Taistil ar Thalamh Daingean *Travel on Durable Ground*
5. Fág Rud ar bith a Fhaigheann Tú *Leave What You Find*
6. Faigh Réidh le Dramhail mar is Ceart *Dispose of Waste Properly*

Má tá madra agat, tabhair do d'aire!
Dog owners, please note!

1. Is Féidir madraí a thabhairt ar an tslí ach ní mór go mbeadh siad faoi smacht, ar iall i rith an ama agus i gcuideachta an ainéara nuair atá siad ar an tslí nó in spásanna oscailte.

2. Tá úinéirí madraí freagrach as iompar a madra i gcónaí.

3. Is coir é salachar madraí. Ní mór d'úinéirí salachar a bpeataí a ghlanadh suas agus úsáid a bhaint as boscaí salachar madraí má tá siad ar fáil.

4. Iarrtar ar úinéirí madraí a bheith tuisceanach agus meas a léiriú d'ainmhithe feirme in aice láimhe.

1. Dogs are allowed on trails but must be kept under effectual control, leashed at all times and accompanied by their owner when using walking trails and open spaces.

2. Owners are legally responsible for the behaviour of their dogs at all times.

3. Dog fouling is an offence. Owners are obliged to clean up after their pet and use dog poo bins where they are provided.

4. Dog owners are requested at all times to be cognisant and always show consideration for livestock on adjacent lands.

Uimhir Na Seirbhísí Éigeandála
Emergency Service Numbers

Má théann tú i sáinn, cuir scairt ar 999 nó 112 agus cuir fios ar an tSeirbhís Tarrthála Sléibhe nó ar na Gardaí, nó i gcás dóiteáin, an tSeirbhís Dóiteáin.

If you encounter difficulties, call 999 or 112 and ask for Ambulance Service or Gardai. In the event of fire ask for the Fire Service.

MET EIREANN

Fá choinne eolais ar an aimsir go háitiúil féach www.met.ie.

For local Weather information visit www.met.ie.

Mar eolas: Bíonn na siúlóidí seo druidte ar an 25 Nollaig gach bliain.

Note: *These trails are closed for 1 day each year on 25th December.*

NODA LÉARSCÁILE
MAP INFORMATION

- R238 — Mionbhóthar / *Regional Road*
- Mionbhóthar / *Local Road*
- Bóthar Portaigh / Foraoise / *Bog / Forest Road*
- Bealach/Cosán / *Track/Path*
- An tIomaire Cam / Seandroim / *Umricam Shandrum Trail*
- Slí Tip O'Neill / *Tip O'Neill Trail*
- Slí Doris Russo / *Doris Russo Trail*
- Carraig an tSionnaigh / Lúb na Bolban / *Fox's Rock/Bulaba (Bulbin) Loop*
- Piosa den tSlí nach bhfuil dromchla air / *Unsurfaced section*
- Tús / Crioch / *Start / Finish* — Tús na Siúlóide / *Trailhead*
- Tuirbín Gaoithe / *Wind Turbine*
- Pointí inspéise / *Point of Interest*
- Páirceáil / *Parking*
- Pointe Eolais / *Information Point*
- Ionad Amhairc Molta / *Recommended view*
- Láthair Phicnicí / *Picnic Area*
- Siopa / *Shop*
- Bia ar fáil / *Food available*
- Leithris / *Toilets*
- Slí an Atlantaigh Fhiáin / *Wild Atlantic Way*
- Piosa den tSlí nach bhfuil dromchla air / *Unsurfaced section*

500
400
300
200
100
0 méadar / metres

Map data derived from www.openstreetmap.org © OpenStreetMap contributors

An Roinn Forbartha Tuaithe agus Pobail Department of Rural and Community Development
Rialtas na hÉireann Government of Ireland
Tionscadal Éireann Project Ireland 2040
Todhchaí Cheantair Thuaithe na hÉireann Our Rural Future
IDP Inishowen Development Partnership
Donegal Sports Partnership Sport Ireland
ciste na gcuntas diomhaoin the dormant accounts fund
SPORT IRELAND LOCAL SPORTS PARTNERSHIPS
Comhairle Contae Dhún na nGall Donegal County Council

Tá na siúlóidí seo arna bhainistiú ag: North West Community Development Group
northwestcommunitydevlopment@gmail.com

These walks were developed by: *North West Community Development Group*
northwestcommunitydevlopment@gmail.com

NWCD Charity No: 20206770

Cartagrafaíocht agus Dearadh le Jeremy Smith - Mob: 086 867 8221 - www.jstrailsandmapping.com - info@jstrailsandmapping.com
Cartography & board design by Jeremy Smith - Mob: 086 867 8221 - www.jstrailsandmapping.com - info@jstrailsandmapping.com