



Slí Inis Eoghain: Gréasán de shiúlóidí agus de rotharbhéalai a forbraíodh i roinnt de na ceantair is áille ar Leithinis Inis Eoghain. Baintear úsáid as slíte portaigh agus gairbhéil ach tá cúpla slí chiúin faoin tuath mar chuid d'fosta. Tá réimse leathan gníomhaíochtaí do dhaoine ar gach leibhéal cumais le fáil ar an tsli 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 tírdheach agus na háiseanna cultúrtha atá le fáil ann. Is féidir teacht orthu seo uilig ó cheann ceann an ghreásáin.

Is slíte iad atá i ngar d'áille 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 slíte 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.

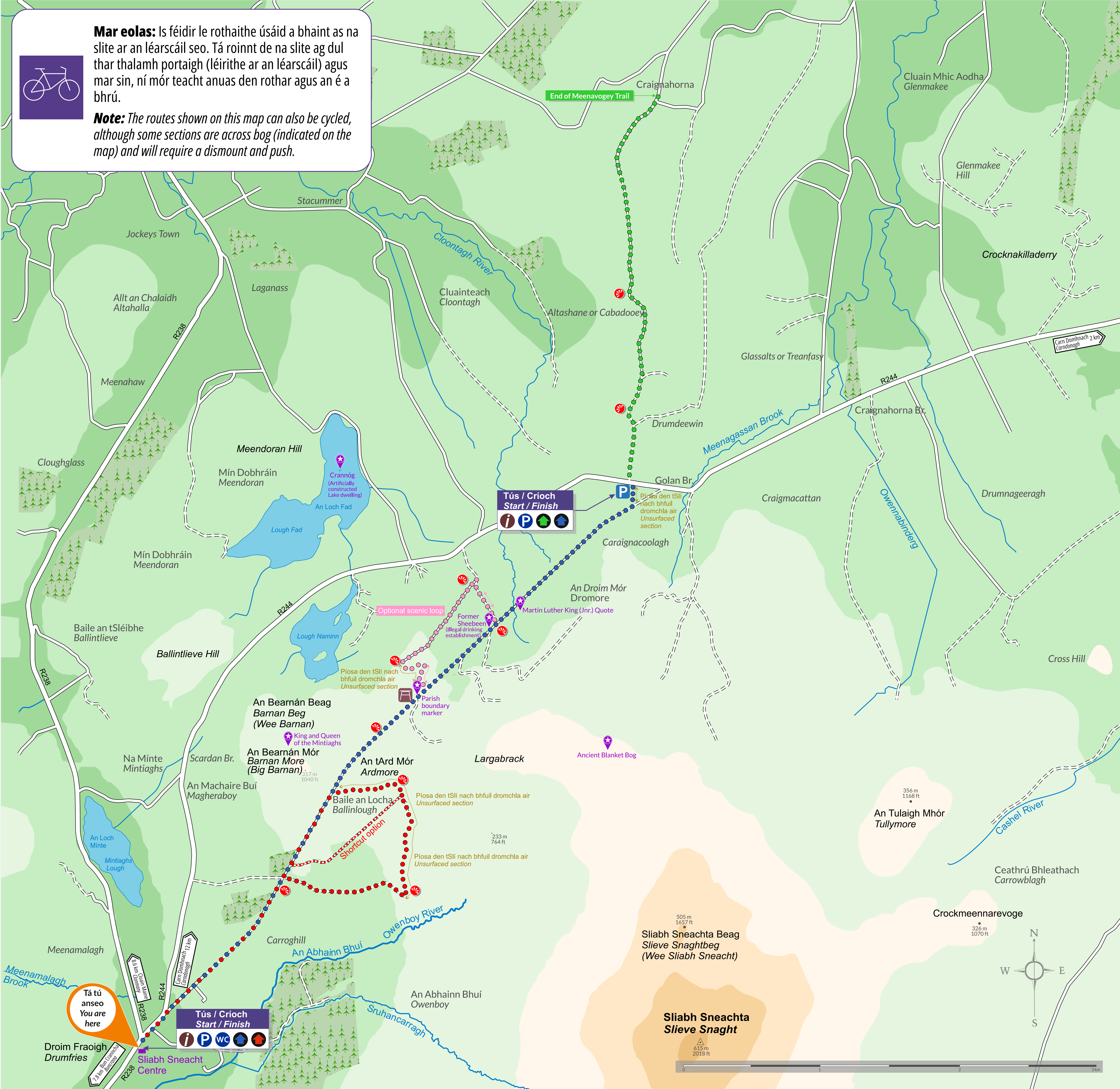
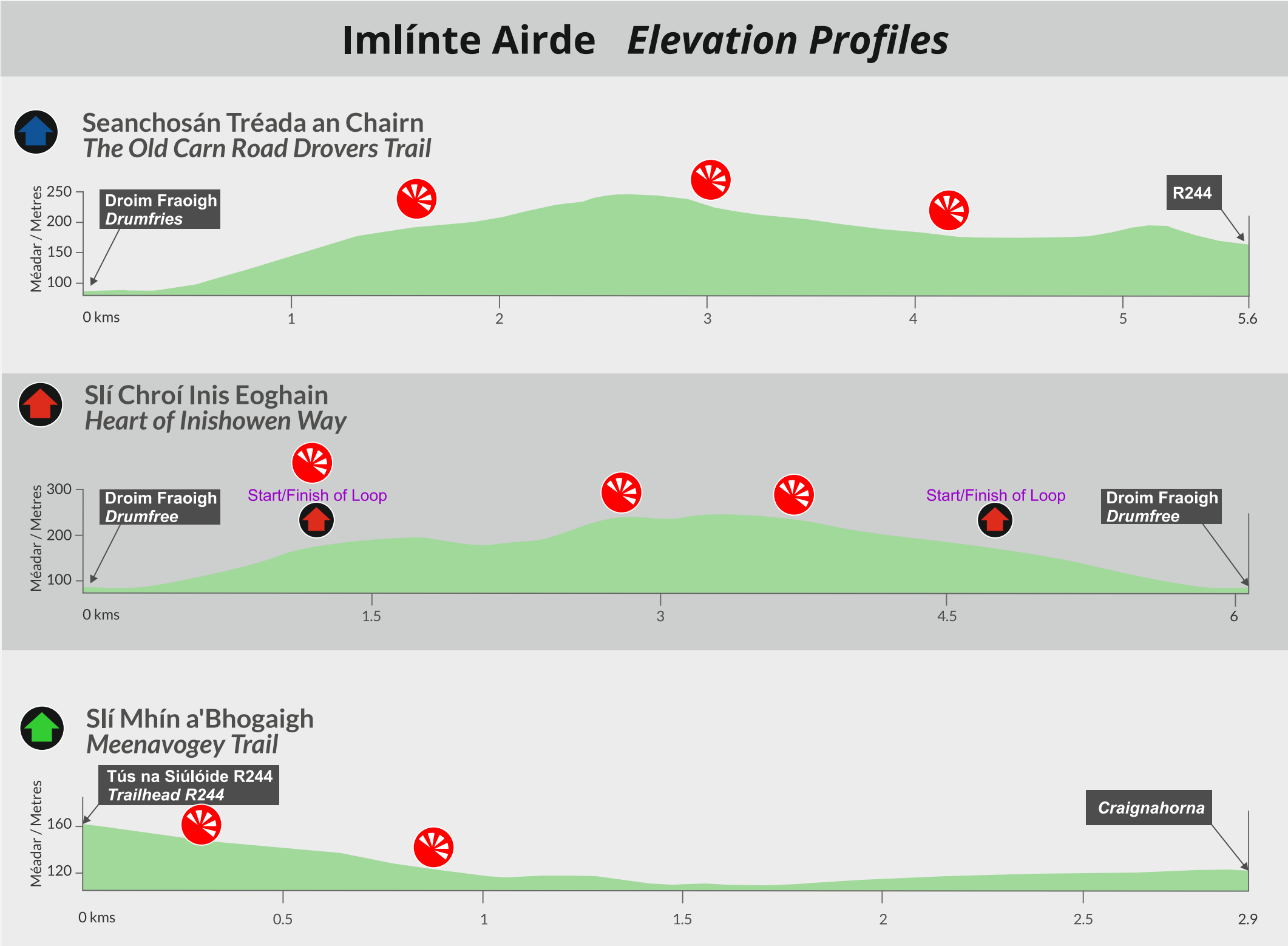
The trails are divided into several clusters, each with its own trailhead, which includes detailed information boards and parking. Locations of these clusters and trailheads are shown on the map above.

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	Meartha / Moderate	Tuath & cósta Countryside & coastal
2 Moville Shore Path	2 kms	Furasta / Easy	Cosán cósta Coastal path
3 Bunrana 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	Meartha / 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	Meartha / Moderate	Cosán cósta Coastal path



Grádú / Grading			
Leibhéal Deacrachta	Oiriúnacht	Degree of Difficulty	Suitability
Furasta:	Tá an chuid is mó den tsíulóid ar thalamh cothrom agus dromchla mín air, ach tá fánai deas réidh agus céimeanna beaga anseo is ansin. Ag fóirtean do theaghlach go hiondúil, páistí agus seandaoine ina measc. Thig gnúthbhógaí 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.
Meartha:	D'fhéadfadh an tsíulóid a bheith cnocach in áiteanna agus an dromchla garbh agus míchothrom in amannal. Ag fóirtean do dhaoine atá meartha adai agus a bhfuil roinnt taithí acu ar shiúlóidí a dhéanamh. Moltar bróga 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.



Seanchosán Tréada an Chairn
The Old Carn Road Drivers Trail

Is éipseirias ar leith do lucht siúlóidí é an tsli seo atá suite ar fhánaí iochtaracha Shliabh Sneachta – an sliabh is airde ar Leithinis Inis Eoghain (615m). Sineann sí fríd cheantar tuaithe Inis Eoghain atá garbh, creagach ach fóirdálainn. Bhainteadh na radharcanna an anáil diot, tá radharc ar Loch Súilí ar an taobh thiar agus Clann Mhíanna le feiceáil é thuaidh. Is slí iomlán ghairbhéil i gan aon trácht, rud a chiallaíonn go bhfuil sí sabbhálte do theaghlach.

Pointí inspéise: Radharcanna lontacha.

The tracks followed for this loop are still used today by local people to access the turf banks which are abundant in this area and are a link to times past when turf was the predominant fuel for heating local homes. Uniquely this heart shaped trail creates a double loop with terrain comprising gravel trail and open bogland.

Points of Interest: Spectacular Views

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

Points of Interest: King and Queen of the Mintiaghs, Location of former Shebeen, Parish Boundaries, Lakes and Coastal Views.

Fad / Distance:	5.6 kms (bealach amháin/one way)
Ardú / Height Gain:	172 Méadar/Metres
Am lena dhéanamh / Estimated time:	3 Uaire (filleadh) 3 Hours (return)
Grádú / Grading:	Meartha / Moderate

Slí Chroí Inis Eoghain
Heart of Inishowen Way

Baineann muintir na háite úsáid as an tsli seo go fóill chun teacht ar na bachtai móna atá le fáil go fluirseach sa cheantar seo agus a chothaíonn ceangal leis an seansaol, nuair a bhaintí úsáid as móin go fóirtean le tibe áitiúla a tháimh. Tá sé speisialtúil go bhfuil cruth croí ag an tsli seo agus go bhfuil lúb dubailte inti ina bhfuil slí ghairbhéil agus talamh portaigh oscailte.

Pointí inspéise: Radharcanna lontacha.

The tracks followed for this loop are still used today by local people to access the turf banks which are abundant in this area and are a link to times past when turf was the predominant fuel for heating local homes. Uniquely this heart shaped trail creates a double loop with terrain comprising gravel trail and open bogland.

Points of Interest: Spectacular Views

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

Fad / Distance:	6.1 kms
Ardú / Height Gain:	174 Méadar/Metres
Am lena dhéanamh / Estimated time:	1.5 Uaire / 1.5 Hours
Grádú / Grading:	Meartha / Moderate

Lúb Cois Lochs
Lakes Loop

Is lúb (roghnach) gairid ó Seanchosán Tréada an Chairn é a bhfuil marcanna slí bándearga air. Tugtar radharc níos fearr ar dhá loch aitheanta in Inis Eoghain. Tá Loch Naminn a bhfuil dhá oileán air, ar an cheann is gaire. Tá An Loch Fada níos faide ó thuaidh agus tá crannóg (tulach de dheantús an duine a raibh lomaíocht uirthi fadó) le feiceáil ar an oileán amháin atá ar an loch sin.

Mar eolas: Tá marcanna slí ar an Lúb seo mar gur féidir é a leanúint ó Seanchosán Tréada an Chairn agus ní ó Thús na Siúlóide

This short (optional) loop off the Old Carn Road Driver's Trail is waymarked from the main route with pink directional arrows. It provides an opportunity to view more closely two of Inishowen's iconic lakes. Lough Naminn is the closest with two islands, Lough Fad (Long Lake) is further to the north and has a crannóg (artificially constructed mound for ancient settlement) on its only island.

Note: This Loop is only waymarked as an option from the Old Carn Road Drivers Trail, and not from the Trailhead.

Fad / Distance:	1.5 kms
Ardú / Height Gain:	42 Méadar/Metres
Am lena dhéanamh / Estimated time:	0.5 Uaire / 0.5 Hours
Grádú / Grading:	Meartha / Moderate

Slí Mhín a' Bhogaigh
Meenavogey Trail

Slí lineach is ea Slí Mhín a' Bhogaigh amach ó Sheanchosán Tréada an Chairn.

Tagann sé chun croígh gar le cairnéal de chuid Chomhairle Contae Dhún na nGall ag Altashane, atá as úsáid anois.

Pointí inspéise: Radharcanna mórtábhseacha

The Meenavogey Trail is a linear route linking from the Old Carn Road Trail Drivers Trail. It terminates near the disused Altashane Quarry owned by Donegal County Council.

Points of Interest: Spectacular Views

Fad / Distance:	2.9 kms (bealach amháin/one way)
Ardú / Height Gain:	14 Méadar/Metres
Am lena dhéanamh / Estimated time:	1.5 Uaire (filleadh) 1.5 Hours (return)
Grádú / Grading:	Meartha / Moderate

Ná Fág Lorg

www.leavenotraceireland.org

bPrionsabal Principles

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

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

- Is féidir madraí a thabhairt ar an tsli ach ní mór go bmeadh siad faoi smacht, ar iail i rith an ama agus i gcuideachta an uiníneara nuair atá siad ar an tsli nó in spásanna oscailte.
- Tá úinéirí madraí freagrach as iompair a madra i gcónaí.
- Is coir é salachar madraí. Ní mór d'úinéirí salachar a bheirtear a ghlanadh suas agus úsáid a bhaint as boscaí salachar madraí má tá siad ar fáil.
- Iarrtar ar úinéirí madraí a bheith tuiscenach agus meas a léiriú d'ainmhithe feirme in aice láimhe.

1. Dogs are allowed on trails but must be kept under effective 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 Seirbhíse 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 Gardai, 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.

Fá choinne eolais ar an amsir 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 LÉARSÁILE MAP INFORMATION

R238	Bóthar Réigiúnach Regional Road	WC	Leithris Toilets
=====	Mionbóthar Local Road	P	Páircéilí Parking
-----	Bóthar Portaigh / Foraíse Bog / Forest Road	i	Pointe Eolais Information Point
- - - - -	Bealach/Cosán Track/Path	X	Bla ar fáil Food available
.....	Seanchosán Tréada an Chairn The Old Carn Road Drivers Trail	PA	Láthair Phicnicí Picnic Area
.....	Slí Chroí Inis Eoghain Heart of Inishowen Way	SA	Slopa Shop
.....	Lúb cois lochs Lakes Loop	RE	Ionad Amhairc Moltá Recommended view point
.....	Slí Mhín a' Bhogaigh Meenavogey Trail		

Ploca den tsli nach bhfuil dromchla air Unsurfaced section

Pointí inspéise Point of Interest

Tús / Crioche Start / Finish

Tús na Siúlóide Trailhead

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