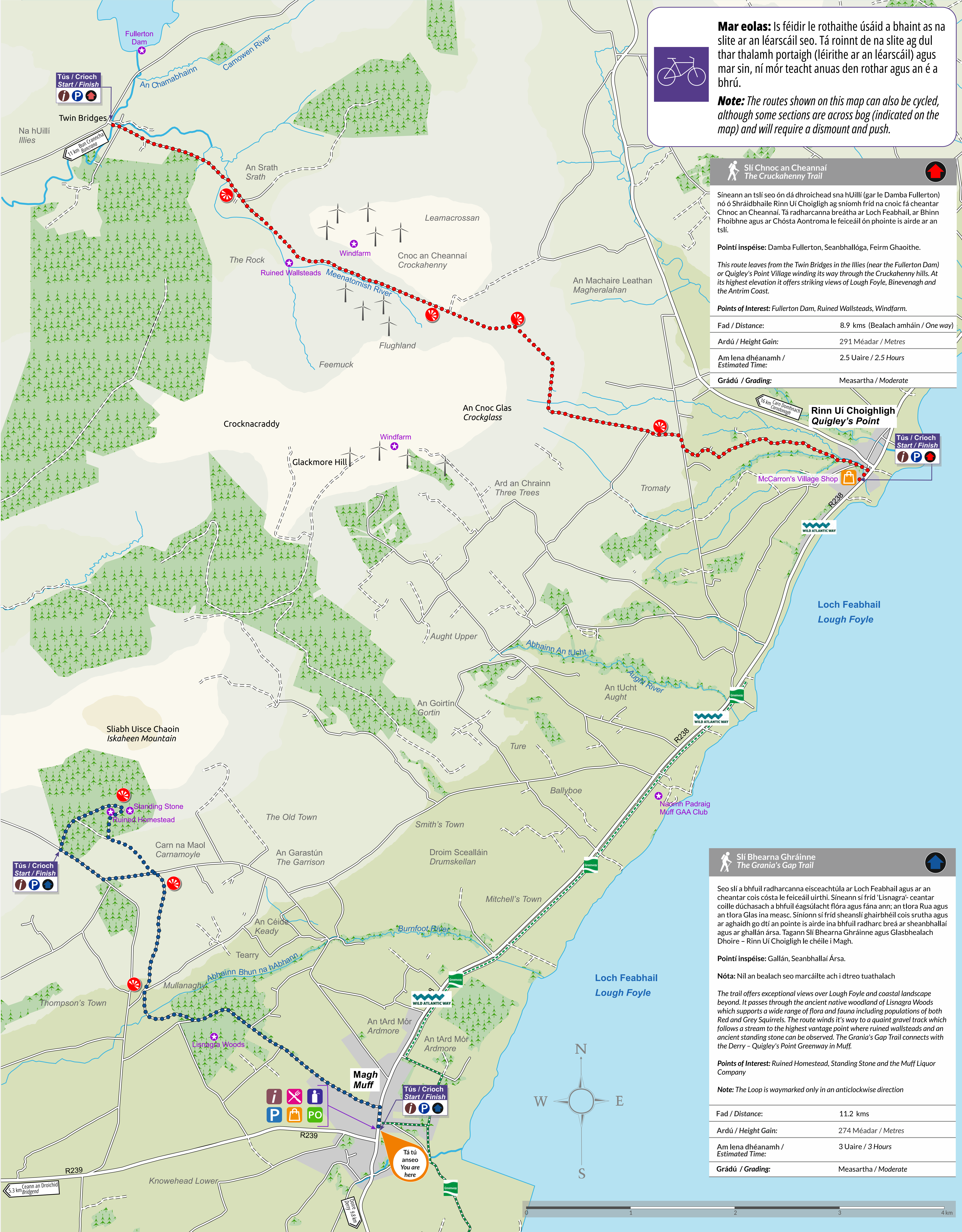


Slí Inis Eoghain



inishowen trails



Éireann 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 bhFiadhúlra Respect Farm Animals and Wildlife
- Taisil 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

Slí Inis Eoghain: Gréasán de shliúidí agus de rotharbhealaí 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 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 ghreásáin.

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

Tá roinnt slí 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 lane, 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.

he 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 Sliúidí 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

Leibhéal Deacrachta	Oiriúnacht	Degree of Difficulty	Suitability
Furasta:	Tá an chuid is mó den tsliúidí ar thalamh cothrom agus dromchla mín air, ach tá fánai deas réidh agus céimeanna beaga anseo is ansíúd. Ag fóirtean do theaghlaigh go hiondúil, páistí agus seandaoine ina measc. Thig gníbhrogaí don tadh 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 tsliúidí a bheith cnoach in áiteanna agus an dromchla garbh agus míchothrom in amannaí. Ag fóirtean do dhaoine atá measartha acaí agus a bhfuil roinnt taibhi acu ar shliúidí a dhéanamh. Moltar brógaí agus éadaí ar leith sliúleachta 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.

