

Slí Inis Eoghain



inishowen trails



An tIomaire Cam / Seandroim Umricam / Shandrum Trail

Leanann an tsli seo Seanchosán Tréada an Chairn idir Bun Crannha agus Carn Domhnach. Bealach ciún tuaithe atá ann, a théann fríd na bailte fearainn An tIomaire Cam agus Seandroim. Bealach réidh cothrom atá ann atá fóirsteanaigh do lucht siúlóide/rothaithe de gach leibhéal aclaíochta.

Tabhair faoi deara: Droichead agus Cloch Ghlaise.

This trail follows the original route of the Old Carr Road (Drivers Trail) between Bunrana 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:	215 méadar/metres
Am lena dhéanamh / Estimated time:	2.5 - 3 Uaire (filleadh) 2.5 - 3 Hour (return)
Grádú / Grading:	Furasta / Easy

Sli 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 dtírech beag aon seomra faoi scáth Chnoc Beam. Is féidir seanhallóga an tí a fheiceáil ar an tsli. Tá clár eolais in aice leis na seanhallóga a insonn scéal beatha O'Neill.

Tabhair faoi deara: Baile dúcháis mhuinir 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:	6.5 kms (bealach amháin/one way)
Ardú / Height Gain:	174 méadar/metres
Am lena dhéanamh / Estimated time:	2.5 - 3.5 Uaire (filleadh) 2.5 - 3.5 Hours (return)
Grádú / Grading:	Measartha / Moderate

Sli 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 nGluain Maine. Thit sí i ngrá leis an cheantar agus roimh i bhfad, bhí sí ina céann feadhna ar go leor tionscadal pobail, leithéidí Eas Glenevin agus Lúb Ghleann an Bhuiltearaigh. Cuimsíonn an tsli na ceantair An tIomaire Cam agus Seandroim. Sli Tip O'Neill agus Sli Doris Russo agus tá an bealach ina iomláine 19km ar a fhad.

Tabhair faoi deara: Sli an Atlantaigh Fhiáin, Inis Eoghain 100, Radharcanna Áille, Crann Slí.

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:	130 méadar/metres
Am lena dhéanamh / Estimated time:	1 - 2 Uaire (filleadh) 1 - 2 Hours (return)
Grádú / Grading:	Measartha / Moderate

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

Site gairbhéil den chuid is mó atá ann le cúpla sli phortaigh ar fhánaí iochtaracha na Bolban. Ar scáth an ghleanna, tá ballóga de chlachán le feiceáil a théann níos faide siar ná am an ghorta mhór. Lena chois sin, tá iarsmaí de ghérasán páircéanna ann a bhaineann le nósanna traidisiúnta na feirmeoiríreachta fadó. Tá radharcanna áille den taobh tíre máguaird le feiceáil ar an tsli fosta.

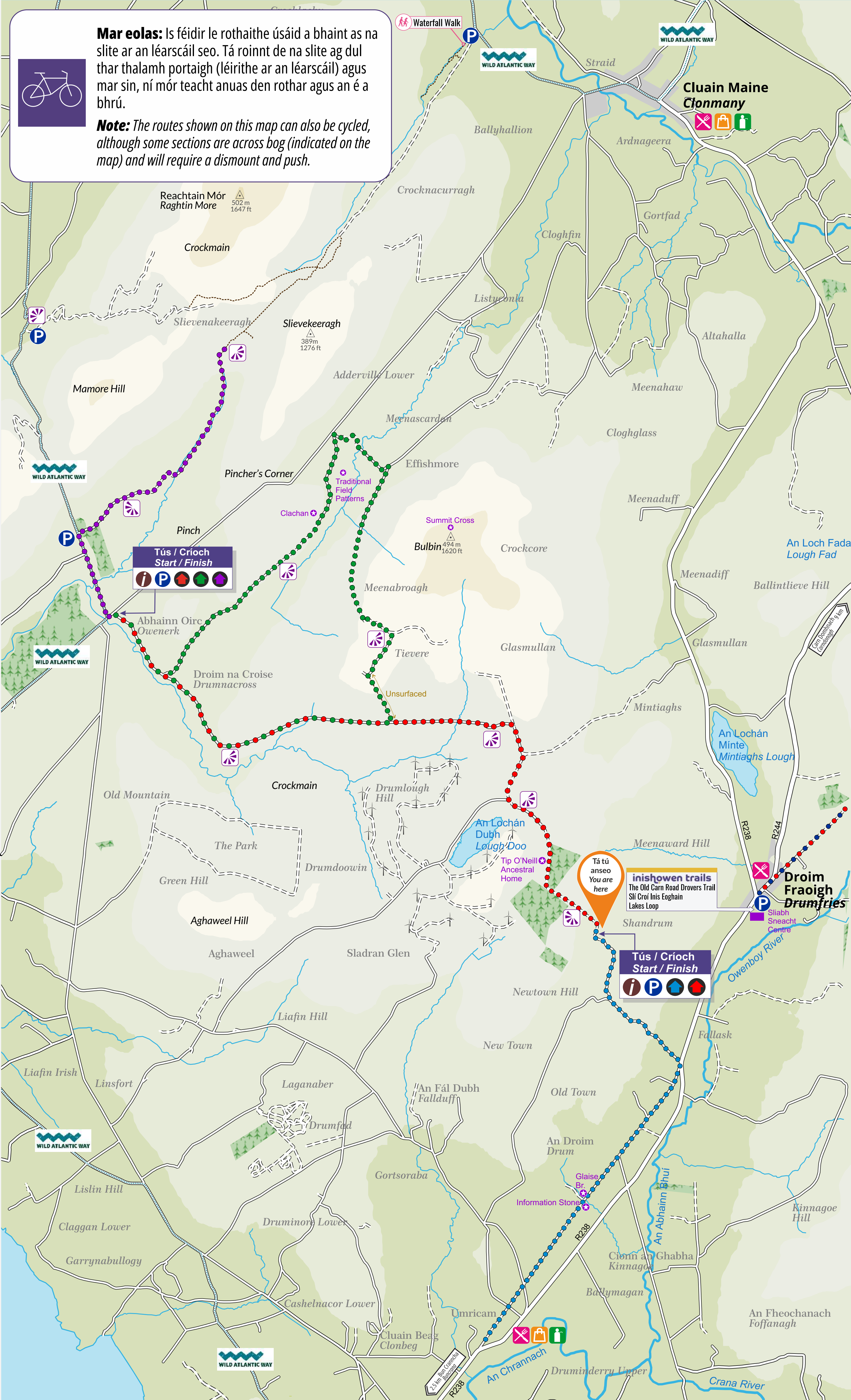
Tabhair faoi deara: Clachán, Gérasán Páircéanna Traidisiúnta, Cros ag barr na Bolban (a tógadh in 1933), Radharcanna Áille.

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:	139 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 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.

Sli Inis Eoghain: Gréasán de shiúlóidí agus de rotharbealaí a forbraíodh i roinnt de na ceantair is áille ar Leithinis Inis Eoghain. Bainítear úsáid as slite portaigh agus gairbhéil ach tá cúpla sli chiúin faoin tuath mar chuid di fosta. Tá réimsí 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 tírdhreach agus na háiseanna cultúrtha atá le fáil ann. Is féidir teacht orthu seo uilig ó cheann ceann an ghérasáin.

Is slite iad atá i ngar dá chéile agus tá tús na siúlóide ar leith ag gach sli. Tá clár eolais agus áiteanna páircéala 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.

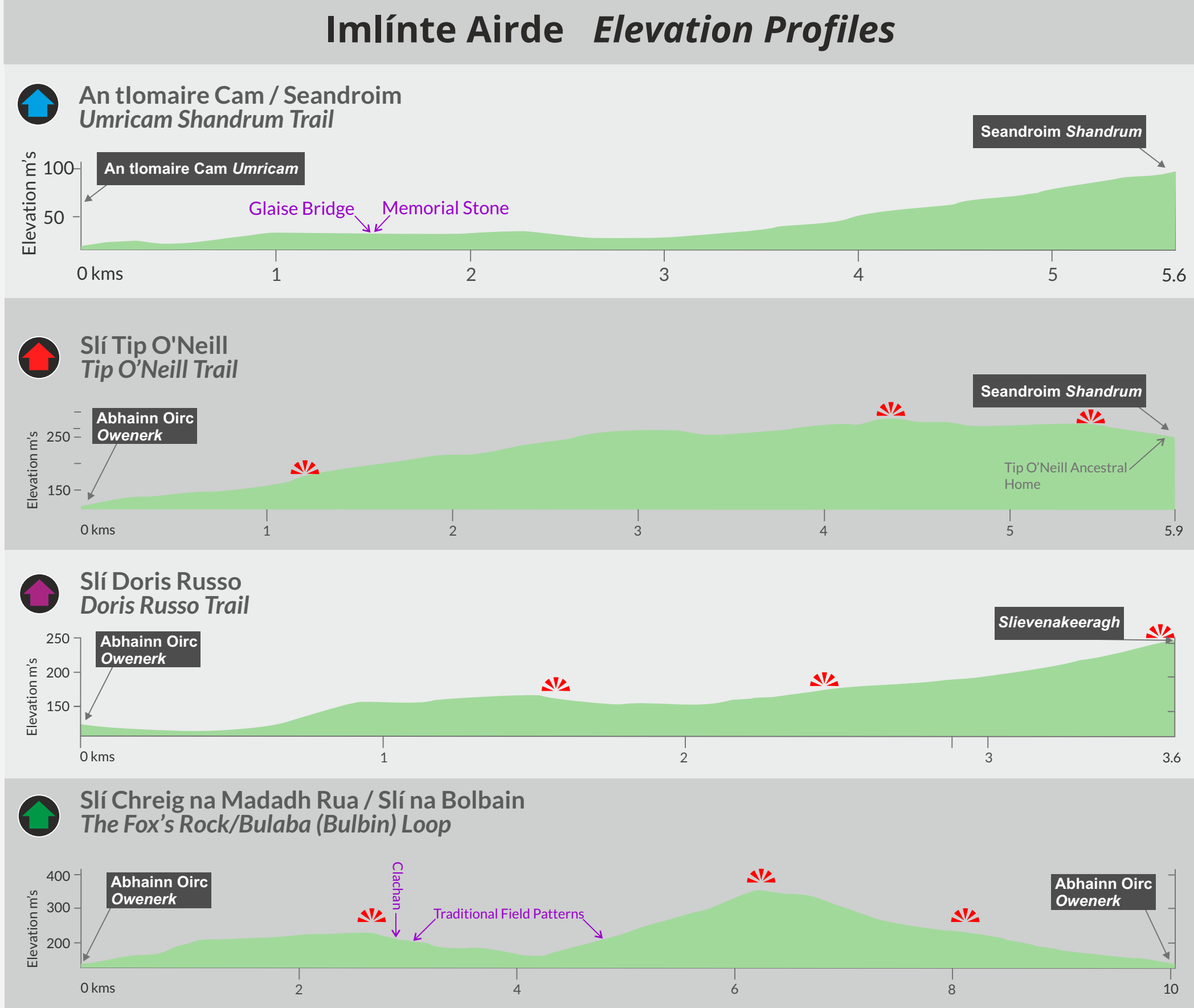
Inishowen Trails' is an ever-expanding network of walking and cycling routes which have been developed in some of the peninsula's most scenic locations. Primarily using bog and gravel trails with the occasional quiet country lane, these routes offer a wide range of recreational amenities for users of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

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 adjacent map.

A number of other trail routes are highlighted in the map above shown and further details of these can be found by scanning the QR code.

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



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 bhFiadhúra 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 mbeadh siad faoi smacht, ar iail i rith an ama agus i gcuideachta an uinéara nuair atá siad ar an tsli nó in spásanna oscailte.
- Tá úinéirí madraí freagrach as iompas a madra i gcónaí.
- Is coir é salachar madraí. Ní mór d'úinéirí salachar a bheataí a ghlanadh suas agus úsáid a bhaint as boscaí salachar madraí má tá siad ar fáil.
- Iarrtar ar úinéirí madraí a bheith tuiscleanach 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 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 Gardai, nó i gcas 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 aimsir go háitiúil feach www.mete.ie

For local Weather information visit www.mete.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	Mionbhóthar Regional Road	Tuirbín Gaoithe Wind Turbine
=====	Mionbhóthar Local Road	Cuid Suime Point of Interest
-----	Bóthar Portaigh / Foraíse Bog / Forest Road	Páircéilí Parking
-----	Bealach/Cosán Track/Path	i Pointe Eolais Information Point
.....	An tIomaire Cam / Seandroim Umricam Shandrum Trail	Ionad Amhairc/Molta Recommended view
.....	Sli Tip O'Neill Tip O'Neill Trail	Láthair Phicnic Picnic Area
.....	Sli Doris Russo Doris Russo Trail	Siopa Shop
.....	Sli Chreig na Madadh Rua / Sli na Bolban Fox's Rock/Bulaba (Bulbin) Loop	Bia ar fáil Food available
.....	Tús / Crioche Start / Finish	Leithris Toilets
.....	Tús na Siúlóide Trailhead	
.....	Wild Atlantic Way	

400
300
200
100
0 méadar / metres

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