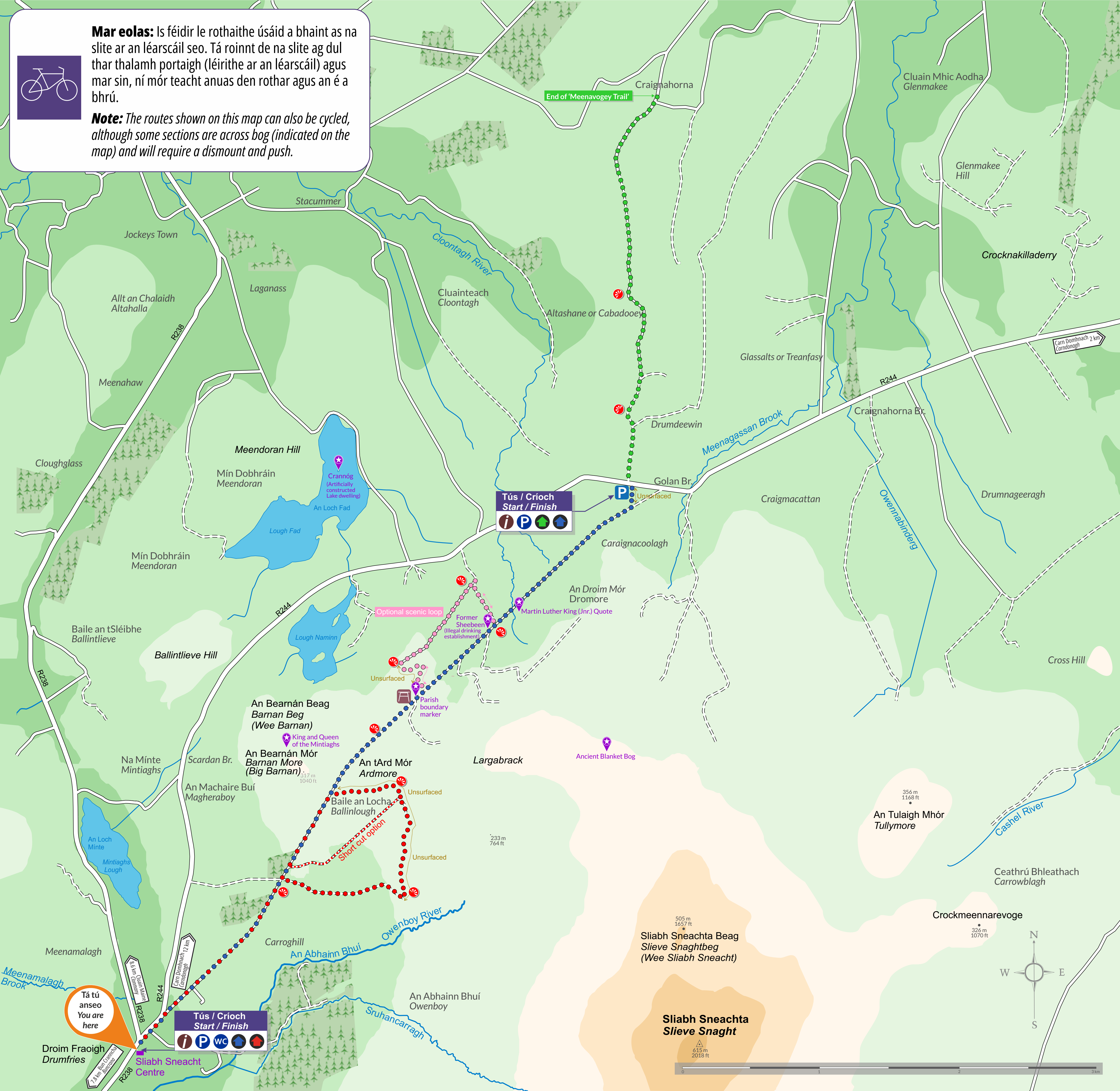


Slí Inis Eoghain



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 slíte portaigh agus garbhéilí 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 tsli seo.

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

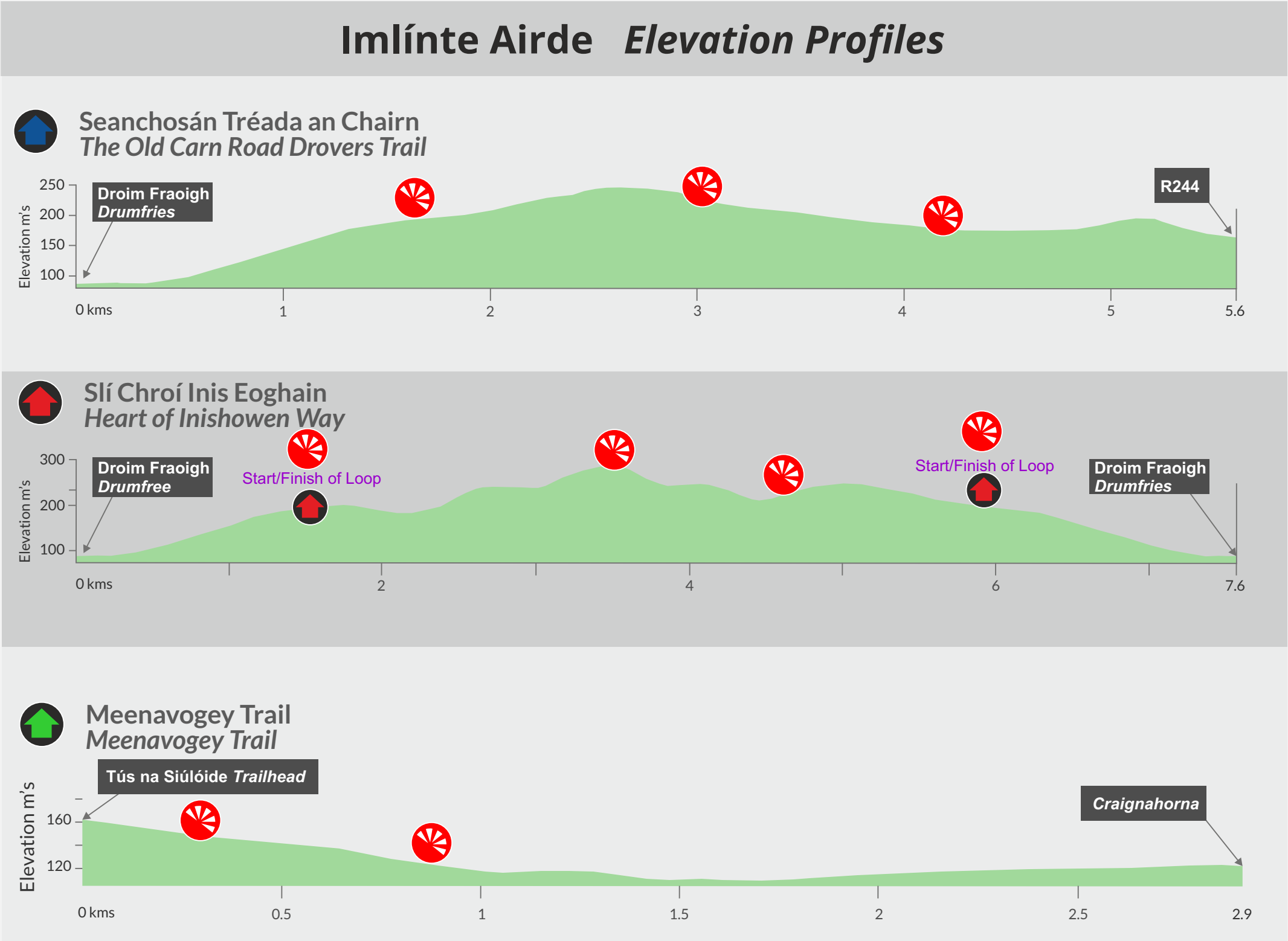
The trails are divided into several clusters, each with its own trailhead, which includes detailed information boards and parking. Locations of these clusters and trailheads are shown on the adjacent map.

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

Trail Name	Length	Grade	Walk Type
1 Inishowen Head Loop	7 kms	Moderate	Countryside and coastal
2 Moville Shore Path	2 kms	Easy	Coastal path
3 Buncrana Shore Path	2 kms	Easy	Coastal path
4 Fort Dunree Path	2 kms	Easy	Coastal path
5 Leenan Loop	2 kms	Moderate	Bog road, coastal
6 Waterfall Walk	2 kms	Easy	Riverside path
7 Inch Wildfowl Reserve	8 kms	Easy	Prepared paths
8 Malin Head Trail	2 kms	Moderate	Coastal path



Grádú / Grading			
Leibhéal Deacrachta	Oiriúnacht	Degree of Difficulty	Suitability
Furasta:	Tá an chuid is mó den tsíolúid ar thalamh cothrom agus dromchla mín air, ach tá fánaí deas réidh agus céimeanna beaga anseo is aníos. Ag fóirtean do theaghlach go hindúil, púistí agus seandáine ina meac. Thig gnthbhrogaí 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 tsíolúid a bheith cnocach in áiteanna agus an dromchla garbh agus míchothrom in amannai. Ag fóirtean do dhaoine atá measartha acaí agus a bhfuil roinnt taithí acu ar shíolúidí a dhéanamh. Moltar bróga agus éadaí ar leith síolúireachta 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 eispéireas ar leith do lucht síolúide í 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 forálainn. Bhaineann na radharcanna an anail diot, tá radharc ar Loch Súilí ar an taobh thiar agus Cionn Mhíalanna le feiceáil ó thuaidh. Is sli iomláin ghairbhéil í, gan aon trácht, rud a chiallaíonn go bhfuil sí sábháilte do theaghlach.

Tabhair faoi deara: Rí agus Banríon na Mínte, Láthair ina raibh Sibín, Teorainneacha na bParóistí, Radharcanna ar Lochanna agus ar an Chósta.

Located on the lower slopes of Inishowen's highest mountain Sliabh Sneacht (615m). The Old Carn Road Drivers Trail (Linear) is an exceptional walking experience through the rugged and spectacular Inishowen countryside. The views are breathtaking in all directions and include Lough Swilly to the west and Malin Head to the north. It follows a gravel track in its entirety making it suitable for families in a safe traffic free environment.

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

Fad / Distance: 5.3 kms (bealach amháin/one way)
Ardú / Height Gain: 172 méadar/metres
Am lena dhéanamh / Estimated time: 2.5 - 3 Uaire (filleadh) 2.5 - 3 hours (return)
Grádú / Grading: Measartha / Moderate

Sli 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 méin go forleathan le theacht ar na h-áiteanna. Tá sé speisialúil go bhfuil cruith croí ag an tsli seo agus go bhfuil lúb dubailte inti ina bhfuil sli ghairbhéil agus talamh portaigh oscailte.

Tabhair faoi deara: Radharcanna lontaíochta.

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: .5.8 kms
Ardú / Height Gain: 203 méadar/metres
Am lena dhéanamh / Estimated time: 2 Uaire / 2 hours
Grádú / Grading: Measartha / Moderate

Lúb Cois Lochs
Lakes Loop

Iseo lúb gairid amach ó Seanchosán Tréada an Chairn a thugann deis duit radharc níos fearr a fháil ar dhá loch aitheanta in Inis Eoghain. Tá Loch Naminn a bhfuil dhá oileán air; ar an cheann is áisiúid as méin go forleathan le theacht ar na h-áiteanna. Tá sé speisialúil go bhfuil cruith croí ag an tsli seo agus go bhfuil lúb dubailte inti ina bhfuil sli ghairbhéil agus talamh portaigh oscailte.

Tabhair faoi deara: Tá marcanna sli ar an Lúb seo mar gur féidir é a leanúint ó Seanchosán Tréada an Chairn, agus ní ó Thús na Síolúide

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: 45 méadar/metres
Am lena dhéanamh / Estimated time: 0.5 Uaire / 0.5 hours
Grádú / Grading: Measartha / Moderate

Sli Mhín a' Bhogaigh
Meenavogey Trail

Sli líneach is ea Sli Mhín a' Bhogaigh amach ó Sheanchosán Tréada an Chairn. Tagann sé chun crioich gar le cairéal de chuid Chomhairle Contae Dhún na nGall ag Altashane, atá as úsáid aois.

Tabhair faoi deara: Radharcanna mórtalhbheacha

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



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



1. 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.
2. Tá úinéirí madraí freagrach as iompair a madra i gcónaí.
3. 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.
4. Iartrair ar úinéirí madraí a bheith tuiscenach agus meas a léiriú d'ainmhithe feirme in áite áite.
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 aimsir go háitiúil féach www.met.ie.

For local Weather information visit www.met.ie.

Mar eolas: Bíonn na síolúidí 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	Bóthar Réigiúnach Regional Road	WC	Leithris Toilets
=====	Mionbóthar Local Road	P	Páircéilí Parking
-----	Bóthar Portaigh / Foraise 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	Picnic	Láthair Phicnicí Picnic Area
.....	Sli Chroí Inis Eoghain Heart of Inishowen Way	Shop	Siopa Shop
o o o o o o o o	Lúb cois lochs Lakes Loop	View	Ionad Amhairc Moltá Recommended view point
.....	Sli Mhín a' Bhogaigh Meenavogey Trail		
Unsurfaced section	Unsurfaced section		
Cuid Suime Point of Interest			
Tús / Crioich Start / Finish			
Tús na Síolúide Trailhead			

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