

# Sligo Spring Walk Series 2018

## Week 1

### Killaspugbrone Coastal Trail –Strandhill

- 🐾 Wednesday February 7<sup>th</sup>
- 🐾 Walk departs at 11am from Strandhill promenade
- 🐾 Distance: 4K/ Allow 1.5 hours approx.
- 🐾 This stunning coastal walk takes you through the scenic seaside village of Strandhill. The trail brings walkers through a variety of coastal habitats



including sand dunes, salt marsh and pine woodland. It passes by Killaspugbrone Church, an early Christian site with historic and legendary associations. The route features some magnificent views of Benbulbin and Knocknarea and out over Sligo Bay.

- 🐾 For more information on this walking trail visit Sligo Walks Website at <https://sligowalks.ie/walks/killaspugbrone-loop/>

### Slish Wood – Innisfree Forest Trail

- 🐾 Friday February 9<sup>th</sup>
- 🐾 Walk departs at 11am from Slish Wood car park (on the R287 Sligo/Dromahair road)
- 🐾 Distance: 4.5K/ Allow 1.5 hours approx.
- 🐾 This delightful lakeshore and hillside track provides picturesque views over the spectacular Lake Isle of Innisfree and Dromahair's Creevelea Abbey.



- 🐾 For more information on this walking trail visit Sligo Walks Website at <https://sligowalks.ie/walks/slish-wood/>

## Week 2

### **Benbulbin Forest Walk – Gortarowey**

👣 Wednesday February 14th

👣 Walk departs at 11am from Gortarowey carpark (signposted Benbulbin Forest Walk/ Barnaribbon off the N 15)

👣 Distance: 5.5K/ Allow 1.5 hours approx.

👣 This trail begins in a secluded forest area before opening out to provide breath taking

close up views of Benbulbin head. Later in the walk panoramic views of Donegal Bay are also available with the mountains of Donegal including Slieve League highly prominent in addition to Mullaghmore and Classiebawn Castle.

👣 For more information on this walking trail visit Sligo Walks Website at

<https://sligowalks.ie/walks/benbulbin-gortarowey-looped-walk/>



### **Union Wood to Union Rock Trail**

👣 Saturday February 17th

👣 Distance: 5.5K/ Allow 2 hours approx.

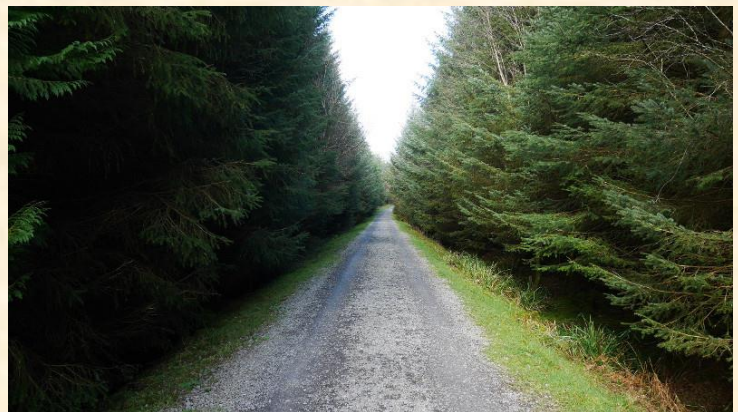
👣 Walk departs at 11am from Union Wood Car Park (Take Sligo to Ballygawley R284 turn right at Union Foods and left straight away)

👣 The wood provides a range of walking opportunities through diverse woodland as

well as access to Union Rock and its wonderful panoramic views of the North West of Ireland. The Union Rock trail can be strenuous at times as it necessitates a climb; however this effort will be rewarded with an excellent view of the surrounding countryside.

👣 For more information on this walking trail visit Sligo Walks Website at

<https://sligowalks.ie/walks/union-wood/>





## Week 3

### **Sruth In Aghaidh An Aird – Devils Chimney**

- 👣 Wednesday February 21st
- 👣 Distance: 2.4K/ Allow 1 hour approx
- 👣 Walk departs at 11am from Glencar waterfall main carpark with bus to start.

👣 This wonderfully scenic trail begins with views of the well-known ‘kissing gate’ to the right of the trail head. This trail journeys through the glacial U-Shaped Valley with a ribbon lake situated within. Throughout this trail you can experience the spectacular views in Glencar valley which supports a wide variety of plants and animals with both the lake and land designated as a Special Area of Conservation due to their own rich ecological value.



- 👣 For more information on this walking trail visit Sligo Walks Website at

<https://sligowalks.ie/walks/sruth-in-aghaidh-an-aird-the-devils-chimney/>

### **Mullaghmore Head Coastal Trail**

- 👣 Friday February 23rd
- 👣 Distance: 4.5K/ Allow 1.5 hours approx.
- 👣 Walk departs at 11am from Mullaghmore harbour front in village
- 👣 The trail takes you along the stunning coastline of Mullaghmore and captures the impressive sea and mountainous views



along the edge of the Atlantic Ocean. Throughout your journey, you'll enjoy exceptional views of Slieve League, Benbulbin and Benwisken. The walk around Mullaghmore Head leaves only Inishmurray Monastic Island between you and America.

- 👣 For more information on this walking trail visit Sligo Walks Website at

<https://sligowalks.ie/walks/mullaghmore-beach-and-pier-walk/>

## Week 4

### Lough Talt – Gorterslin Walk

- 👣 Wednesday February 28th
- 👣 Distance: 7K/ Allow 2 hours approx.
- 👣 Walk departs at 11am from Ox Mountain Centre/ Joe Dan's pub (from Tubbercurry take the R294 sign-posted Ballina)
- 👣 This attractive walk in South Sligo traverses along track, forest, lakeshore



and hilly roadways and contains a gentle climb which enhances the scenic views of Lough Talt, the Gap and all the historical sites of interest.

- 👣 For more information on this walking trail visit Sligo Walks Website at <https://sligowalks.ie/walks/lough-talt-gorterslin-road-walk/>

### Sligo Way from Union Wood to Lough Lumman

- 👣 Saturday March 3rd
- 👣 Distance: 8.5K/ Allow 3 hours approx.
- 👣 Walk departs at 11am from Union Wood roadside lay-by (on R284 Sligo to Ballygawley road)
- 👣 This route begins with a woodland walk through leafy Union Wood. The trail follows the rambling forest track through the Ballygawley Wood, and onwards up the slopes of Slieve Deane. The mountain route



then leads onto rugged country and past Lough Lumman, followed by some rough tracks which lead down to Slish Wood.

- 👣 Bring a packed lunch or snack with you.
- 👣 For more information on this walking trail visit Sligo Walks Website at <https://sligowalks.ie/walks/the-sligo-way/>