

WALKING TRAIL



Go Visit
Inishowen
Donegal.Ireland

 **Redcastle**
Oceanfront, Golf & Spa Hotel


WILD ATLANTIC WAY
SLÍ AN ATLANTAIGH FHÁIN

GUIDELINES FOR TRAIL USERS



Follow the Country Code

Most of the Irish countryside (including the hills) is privately owned. Fortunately, the majority of landowners do not object to walkers crossing their property, as long as they respect the Country Code.

- Respect the people who live and work in the countryside.
- Respect private property, farmland and all rural areas.
- Park carefully; avoid blocking farm gateways or narrow roads.
- Use approved walking routes where they exist.
- Where possible ask permission before crossing farmland.
- Dogs should be kept under close control and should not be brought onto hills or farmland without the landowner's permission.
- Avoid damage to fences, hedges and walls; use gates and stiles when crossing.
- Leave all gates as you find them (open or closed).
- Do not interfere with machinery, crops or animals.
- Protect wildlife, water sources, plants and trees.
- Walk on the centre of the tracks; don't trample vegetation on the edges.
- Take your litter home; even biodegradable items can take years to disappear.
- Guard against all risk of fire and avoid making unnecessary noise.
- Always keep children closely supervised during a walk.

Walkers should be advised that this guide is solely for information purposes only. Explore Inishowen CLG cannot take responsibility for any accidents that may occur.

BEFORE YOU GO

Checklist

- Have you checked the weather forecast?
- Do you have clothing for wet and windy weather?
- Do you have enough food and drink?
- Do you have a map and compass?
- Have you left details of your walk with someone?

In the event of an emergency call 999 and ask for appropriate service including mountain rescue.

**For queries contact the Inishowen Tourist Office
+353 (0)74 93 63451 /
info@govisitinishowen.com.**

**Office Hours:
Mon-Fri: 9.00am-5.30pm.**

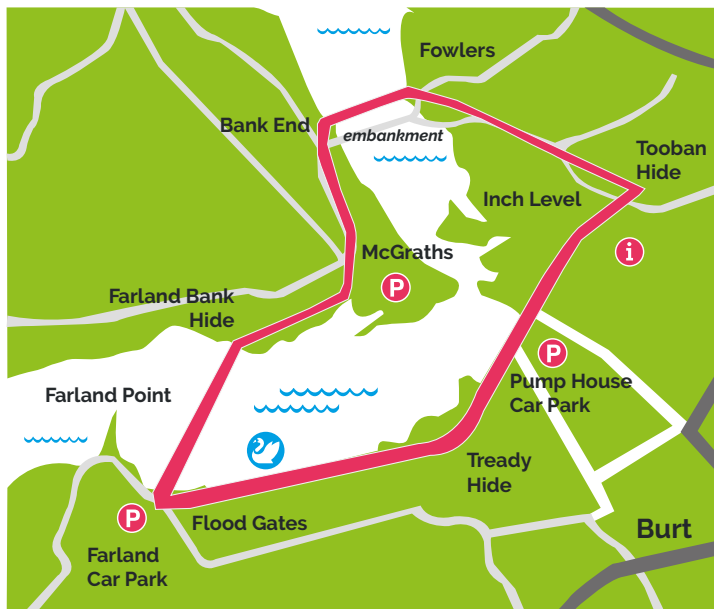
*Cover images courtesy of
Fáilte Ireland*

(25 MIN DRIVE FROM HOTEL)

A purpose built walking trail through Inch Wildfowl Reserve, one of Ireland's premier wildlife sites and a designated SPA (Special Protection Area). The route in part follows an old railway embankment.

| | |
|------------------|--------------------------|
| 🌿 DISTANCE | 8km |
| 🕒 TIME | 2-3hrs approx |
| ⤴ GRADE | ● Easy |
| 📏 HEIGHT GAIN: | Negligible |
| 🛤 TRAIL SURFACE: | Concrete, Tarmac, Gravel |
| 🚩 STATUS: | Nature Trail, Local Walk |
| 📍 MARKERS: | None |

| | |
|--------------|--|
| 🐕 DOGS: | Permitted if kept on a lead |
| 📍 TRAILHEAD: | Parking at Farland Point, McGrath's and Inch Level |



(30 MIN DRIVE FROM HOTEL)











The Buncrana Shore Path is a traffic free walk which follows the shoreline of Lough Swilly between Buncrana and Stragill Strand. It is a gently undulating path which passes quiet beaches, old forts and a number of sites of historic interest. Wildlife is abundant and the views in all directions are superb.

| | | | |
|-----------------------|---|-------------------|--|
| DISTANCE | 3km of path | STATUS: | Local Path |
| TIME | 1-2 hours | MARKERS: | Brown finger post signs |
| GRADE | ● Easy | DOGS: | Permitted on lead |
| HEIGHT GAIN: | Negligible | TRAILHEAD: | Shorefront car park or Castle Bridge and Ned's Point - each have map boards. |
| TRAIL SURFACE: | Concrete, Tarmac, Gravel | | |
| LOCATION | Starts in Buncrana and extends north along Lough Swilly shore to Stragill Strand. | | |



(30 MIN DRIVE FROM HOTEL)

This is a series of three signposted walks around the former military fort complex at Fort Dunree Military Museum. Ranging from an easy walk along the clifftops to a more strenuous climb up steep steps to the summit of the hill, the walks offer unrivalled views across Lough Swilly and its dramatic sea cliffs.

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|  DISTANCE | 2km |  STATUS: | Local walk |
|  TIME | 45 mins to 1.5 hrs |  MARKERS: | Wooden marker posts |
|  GRADE | ● Easy ● Moderate ● Strenuous |  DOGS: | Permitted on lead |
|  HEIGHT GAIN: | 30m (with one particularly steep climb) |  TRAILHEAD: | Signposted from main road with information boards en route. |
|  TRAIL SURFACE: | Gravel paths | | |
|  LOCATION | 6km north of Buncrana | | |



(45 MIN DRIVE FROM HOTEL)

For those seeking a challenging but hugely rewarding hike through remote countryside, this walk offers it all (please be aware that the climbs are strenuous and the ground rough). Starting at the wonderfully atmospheric Leenan Strand, the route follows a mix of bog road, ancient cart tracks and open country.

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|-------------------|--|--------------|--|
| 📏 DISTANCE | 6.5km | 🚩 STATUS: | National Loop Walk |
| 🕒 TIME | 2-3 hours | 🚧 MARKERS: | Black marker posts with purple arrows on white background. |
| 📈 GRADE | ● Strenuous, physically demanding with rough ground, steep slopes & suitable for experienced and very fit walkers. | 🚫 DOGS: | Not permitted |
| 📏 HEIGHT GAIN: | 290m | 📍 TRAILHEAD: | Small car park at Leenankeel south end of Leenan Strand. |
| 🛤️ TRAIL SURFACE: | Bog Road | | |
| 📍 LOCATION | At the car park south of Leenan Strand/Leenankeel | | |



(35 MIN DRIVE FROM HOTEL)

For experienced walkers only. Starting at the spectacularly located car park on the north side of the Mamore Gap, this route offers views of rugged coastal scenery with panoramic views in all directions. There is also a linear walk (Mamore to Straid) incorporated.

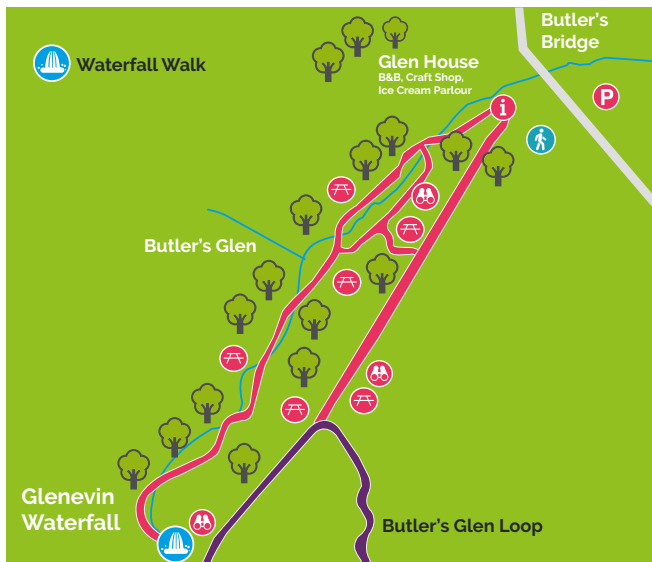
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|----------------|---|------------------|--|
| ❖ DISTANCE | 10.5km | 👤 TRAIL SURFACE: | Bog Road |
| 🕒 TIME | 2-3 hours | 📍 LOCATION | 1.2km west of Clonmany |
| ⤴ GRADE | ● Strenuous, physically demanding with rough ground, steep slopes suitable for experienced walkers with high fitness level. | 🚩 STATUS: | Loop Walk |
| 📏 HEIGHT GAIN: | 220 metres | 🚫 MARKERS: | Black posts with purple arrows on white. |
| | | 🐕 DOGS: | Not permitted |
| | | 📍 TRAILHEAD: | Car park at north end of Mamore Gap |



(35 MIN DRIVE FROM HOTEL)

A short but exceptionally rewarding walk through a wooded stream valley. The walk ends at Glenevin Waterfall - one of Inishowen's most spectacular natural attractions. It is virtually level and follows well prepared and maintained gravel paths with picnic areas along the route and a backdrop of the rugged high ground of Raghtin More.

| | | | |
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| 📏 DISTANCE | 1km of path | 🚩 STATUS: | Local path |
| 🕒 TIME | 30 mins | 🚧 MARKERS: | Wooden posts |
| 📈 GRADE | ● Easy | 🐕 DOGS: | Not permitted |
| 📍 HEIGHT GAIN: | Negligible | 📍 TRAILHEAD: | The car park at the start of the trail adjacent to Glen House Tea Room. Parking for 20 cars. |
| 👟 TRAIL SURFACE: | Gravel | | |
| 📍 LOCATION | 1.2km west of Clonmany village on the road to Urris/ Gap of Mamore | | |



(20 MIN DRIVE FROM HOTEL)











A short walk on one of Inishowen's favourite beaches. This walk will take you from the car park across the sandy Pollan Beach to the townland of Carrickabraghy on the Isle of Doagh. At the end of the Pollan Bay Walk, the walker will find the charming O'Doherty's Carrickabraghy Castle.

| | | | |
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| 📏 DISTANCE | 5km approx | 📍 LOCATION | Just outside the village of Ballyliffin (signposted) |
| 🕒 TIME | 1:45 - 2:15hrs | 🚩 STATUS: | Walk |
| 📈 GRADE | ● Easy | 🚧 MARKERS: | Wooden posts |
| 📏 HEIGHT GAIN: | Negligible | 🐕 DOGS: | Supervised |
| 🛤️ TRAIL SURFACE: | Sand, Gravel | 📍 TRAILHEAD: | None |



(30 MIN DRIVE FROM HOTEL)

Malin Head is Ireland's most northerly point and is famed for its beautiful coastal scenery and beaches. The Malin Head Walk is popular among those who wish to do a spot of bird watching or simply take in the wonderful views of Inishtrahull Island to the northeast and the Scottish Hebrides further to the east. This linear walk runs from Banba's Crown to Hell's Hole. Please follow safety information at all times.

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|---|--|---|---|
|  DISTANCE | 570m - 655m (one way) |  STATUS: | Cliff Trail |
|  TIME | 20-30 mins (one way) |  MARKERS: | Brown Finger Signs & Slí na Slainte Signs |
|  GRADE |  Moderate |  DOGS: | Permitted on lead |
|  HEIGHT GAIN: | 150 metres |  TRAILHEAD: | Main car park/ Overflow car park |
|  TRAIL SURFACE: | Purpose built path | LOCATION | Malin Head, Ireland's most northerly point |

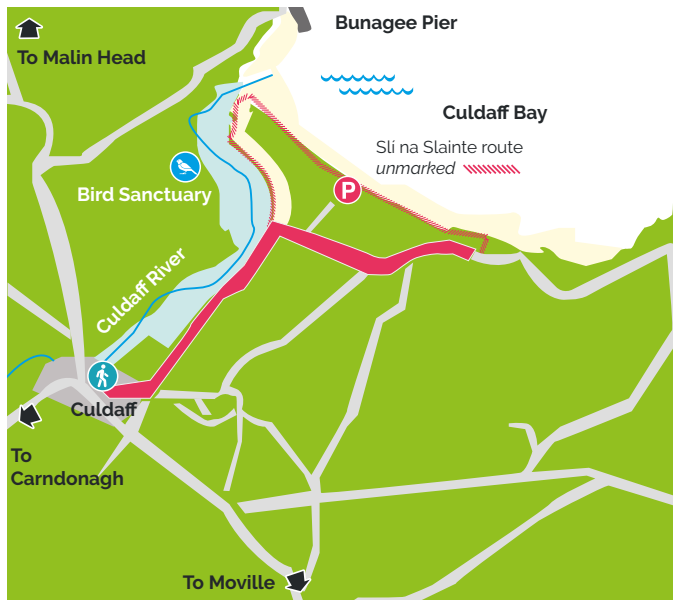


(20 MIN DRIVE FROM HOTEL)

A charming walk which starts in the centre of Culdaff village and runs out along the Culdaff River. The walk continues along the river, past a bird sanctuary towards Culdaff Beach. An optional unmarked route along the shore and estuary of the Culdaff River can be taken - however it should be noted that this is not possible at high tide.

| | |
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| 🌿 DISTANCE | 3-4km |
| 🕒 TIME | 1-2 hours |
| 📈 GRADE | ● Easy |
| 🏔️ HEIGHT GAIN: | Negligible |
| 🛤️ TRAIL SURFACE: | Concrete, Tarmac |
| 📍 LOCATION | Centre of Culdaff Village, take Slí na Slainte route |

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|--------------|---|
| 🚩 MARKERS: | Brown Finger Signs & Slí na Slainte Signs |
| 🐕 DOGS: | Permitted on lead |
| 📍 TRAILHEAD: | Main Street, Culdaff |



(20 MIN DRIVE FROM HOTEL)

This spectacular walk follows a route through some of Donegal's most impressive coastal scenery. Within a relatively short distance from the trailhead the walker is in remote country with wonderful coastal views of Lough Foyle, north coast of Inishowen and Scotland on a fine day.

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| 📏 DISTANCE | 8.5km |
| 🕒 TIME | 2-3 hrs |
| 📈 GRADE | ● Moderate |
| 📏 HEIGHT GAIN: | 230 metres |
| 🛤️ TRAIL SURFACE: | Bog Roads, Tarmac |
| 📍 LOCATION | 4km northeast of Greencastle and on the western shore of Lough Foyle |

| | |
|--------------|---|
| 🚫 MARKERS: | Black plastic markers with blue symbols and National Waymarked Trails arrows. |
| 🐕 DOGS: | Permitted on lead |
| 📍 TRAILHEAD: | Gravel car park at Inishowen Head. Trailhead is signposted. |



(10 MIN DRIVE FROM HOTEL)











A traffic free walk which follows the shoreline of Lough Foyle from the shore front in Moville northeast towards Greencastle. It is virtually level with only gentle inclines along the route. The route passes quiet beaches, elegant dwellings and a number of sites of historic interest. Wildlife is abundant and the views in all directions, particularly across the Foyle to County Derry are superb.

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|------------------|-----------------------|--------------|--|
| ✦ DISTANCE | 2km | 📍 LOCATION | Starts at Moville shore front for the coastal path and at the Diamond for Sli na Slainte |
| 🕒 TIME | 45mins | 🚩 MARKERS: | Brown finger signs & Sli na Slainte signs. |
| ⤴ GRADE | ● Easy | 🐕 DOGS: | Permitted on lead |
| 📏 HEIGHT GAIN: | Nil | 📍 TRAILHEAD: | Car park at Moville Green. for 40 cars. |
| 🛤 TRAIL SURFACE: | Tarred Road, Bog Hill | | |



(25 MIN DRIVE FROM HOTEL)




The 'Roof of Inishowen', Sliabh Sneacht is the peninsula's highest peak. A challenging hike for experienced walkers, the summit offers breathtaking panoramic views of Lough Swilly and even Lough Foyle in the distance.

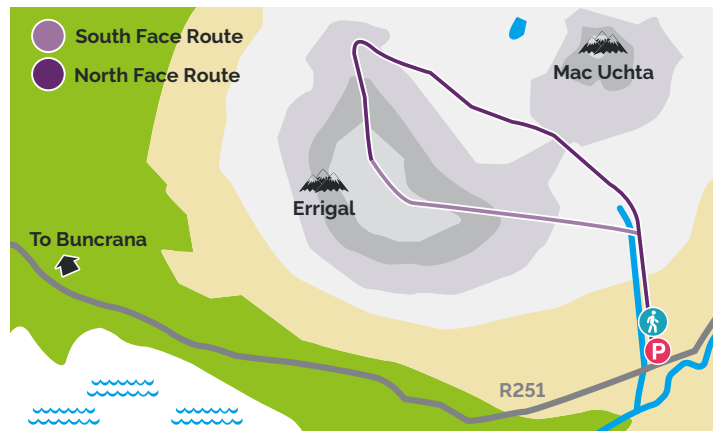
| | | | |
|---|--|---|---|
|  DISTANCE | 9.5km |  TRAIL SURFACE: | Tarred Road, Bog Hill |
|  TIME | 4hrs |  LOCATION | Sliabh Sneacht Centre, Drumfries. 8km north of Buncrana |
|  GRADE | ● Strenuous, physically demanding with rough and boggy ground, steep slopes suitable for experienced walkers with high fitness level |  STATUS: | Local trail |
|  HEIGHT GAIN: | 615m |  MARKERS: | Flagged poles |
| | |  DOGS: | Permitted on lead |
| | |  TRAILHEAD: | Parking at Sliabh Sneacht Centre. |



(1 HOUR 45 MIN DRIVE FROM HOTEL)

With its dramatic shape and pointed summit Errigal Mountain near Gweedore is, at 2,464 ft (751m) the tallest and steepest of Donegal's Seven Sisters range. In recent years, incredible work has gone into making climbing Mount Errigal much more enjoyable with the addition of both a path through the boggy section and steps towards the summit.

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|  DISTANCE | 5km |  MARKERS | None |
|  TIME | 2-3 hours |  DOGS | Permitted but not recommended due to challenging terrain |
|  GRADE | ● Strenuous |  TRAILHEAD | Small car park at the base of Mount Errigal |
|  HEIGHT GAIN | 750m | | |
|  TRAIL SURFACE | Gravel, Stone | | |
|  LOCATION | Near Gweedore | | |



- Parking
- Information
- Scenic View Point
- Picnic Area
- Route Start/End
- Bird Area
- Swan Area
- Waterfall
- Hill/Mountain Peak
- Woodland Area
- Museum
- Historic Site
- Slabh Sneacht Centre
- Inishowen 100 Route



INISHOWEN WALKING TRAIL