



Inishowen
Tourism

Trails Guide

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MyInishowen
An Enlightening Experience



Trails Guide

 Inishowen
DONEGAL · IRELAND



Check List

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 somebody?

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.

Guidelines for Trail Users:

- ◆ 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.

Guidelines for Trail Users - contd:

- ◆ 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 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.

In the event of an emergency Call 911 and ask for appropriate service including mountain rescue

For queries contact Inishowen Tourism +353 (0)74 9362600 / E-mail: info@visitinishowen.com
Office Hours Mon-Sat 9.00am -5.30pm

I Inishowen Head Loop

- Distance: 8.5 kms
- Time Needed: 2 – 3 hrs
- Grading: Moderate
- Height Gain: 230 meters
- Trail Surface: Bog roads, tarmac

Location

4 kms north-east of Greencastle and on the western shore of Lough Foyle.

Status

National Loop Walk

Markers

Black plastic markers with blue symbols and National Waymarked way arrows

Dogs

Permitted if kept on lead

Trailhead

Gravel surfaced car park at Inishowen Head with space for around 6 cars. The trailhead is well signposted from the upper road between Stroove and Greencastle and from Stroove beach.

Overview

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



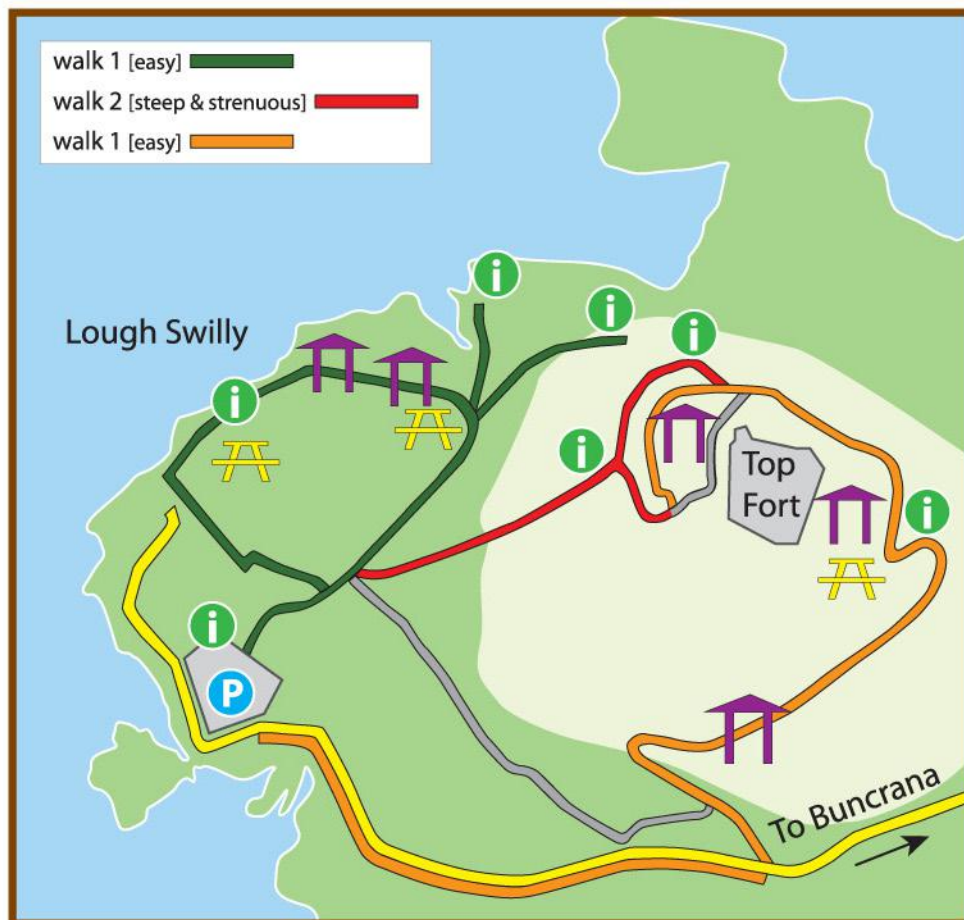
2 Fort Dunree

- Distance: 2 kms
- Time Needed: 45 mins – 1.5 hrs
- Grading: Easy to moderate
- Height Gain: 30m (with one particularly steep climb)
- Trail Surface: Gravel paths

Location 6kms north of Buncrana
Status Local Walk
Markers Wooden Marker Posts
Dogs Permitted if kept on lead
Trailhead Signposted from main road with information boards enroute

Overview

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 cliff tops 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.



3 Buncrana Shore Path

- Distance: 3 kms of path
- Time Needed: 1 – 2 hrs
- Grading: Easy
- Height Gain: Negligible
- Trail Surface: Concrete, tarmac, gravel

Location Starts in Buncrana and extends north along the shore of Lough Swilly to the sandy beach at Stragill Strand.
Status Local Path
Markers Brown Finger Post signs
Dogs Permitted if kept on lead
Trailhead Shorefront Car park or Castle Bridge and Ned's Point, both have mapboards.

Overview

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.



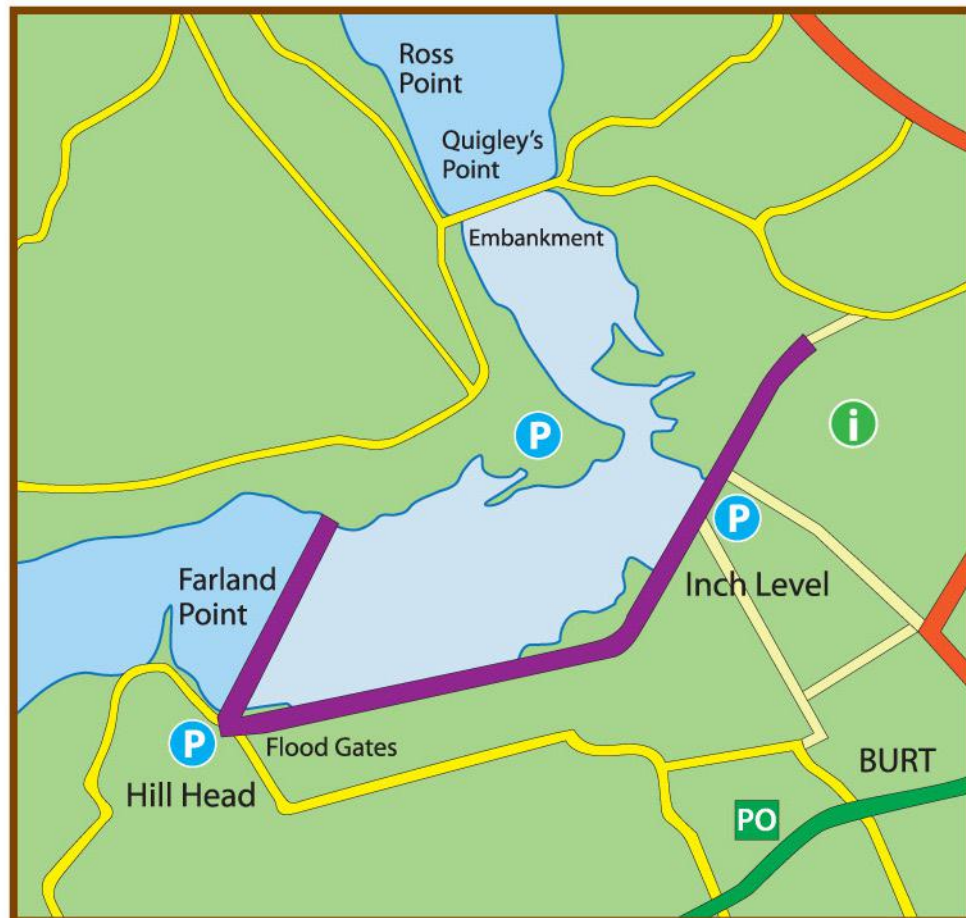
4 Inch Wildfowl Reserve

- Distance: 4kms ■ Time Needed: 2 – 3 hrs
- Grading: Easy ■ Height Gain: Negligible
- Trail Surface: Gravel Paths

Location	Inch Island accessed from N13
Status	Nature Trail, Local Walk
Markers	None
Dogs	Permitted if kept on lead
Trailhead	Parking at Farland Point and Inch Level

Overview

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



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Inis Eoghain Cycleway

The Inis Eoghain Cycleway is a 55km loop connecting the River Foyle in County Londonderry to Lough Swilly in Donegal. More than one third of the route is traffic free passing along the Foyle Valley, close to the heart of Derry City and continuing under the spectacular Foyle Bridge before heading through Ballyarnett Country Park. Once at the city limits, the route begins to climb to An Grianán Aileach with magnificent views over Lough Swilly and Inishowen and south towards the Sperrin Mountains.

From here the route falls away through quiet country roads to the shores of Lough Swilly and the bustling town of Newtowncunningham. The Cycle Way then returns via undulating countryside to the River Foyle after passing through Carrigans, where a one way system avoids a bad bend on a busy road for cyclists travelling in an anticlockwise direction. From Carrigans the route follows the traffic free Foyle Valley Greenway alongside the river back to the heart of Derry.

For cycle map and details: www.sustrans.org.uk



Slí na Sláinte

Slí na Sláinte, meaning "Path to Health", is a simple innovative scheme developed by the Irish Heart Foundation to encourage people of all ages and abilities to walk for leisure and good health. It uses attractive signage at kilometre intervals on established walking routes to help walkers identify the distance they walk. Slí na Sláinte is designed to encourage people to walk more frequently and to enjoy the benefits of a healthier lifestyle.



Inishowen has Slí na Sláinte Walks in Moville, Culdaff, Carndonagh and Buncrana.
For more information: www.irishheart.ie/sli/

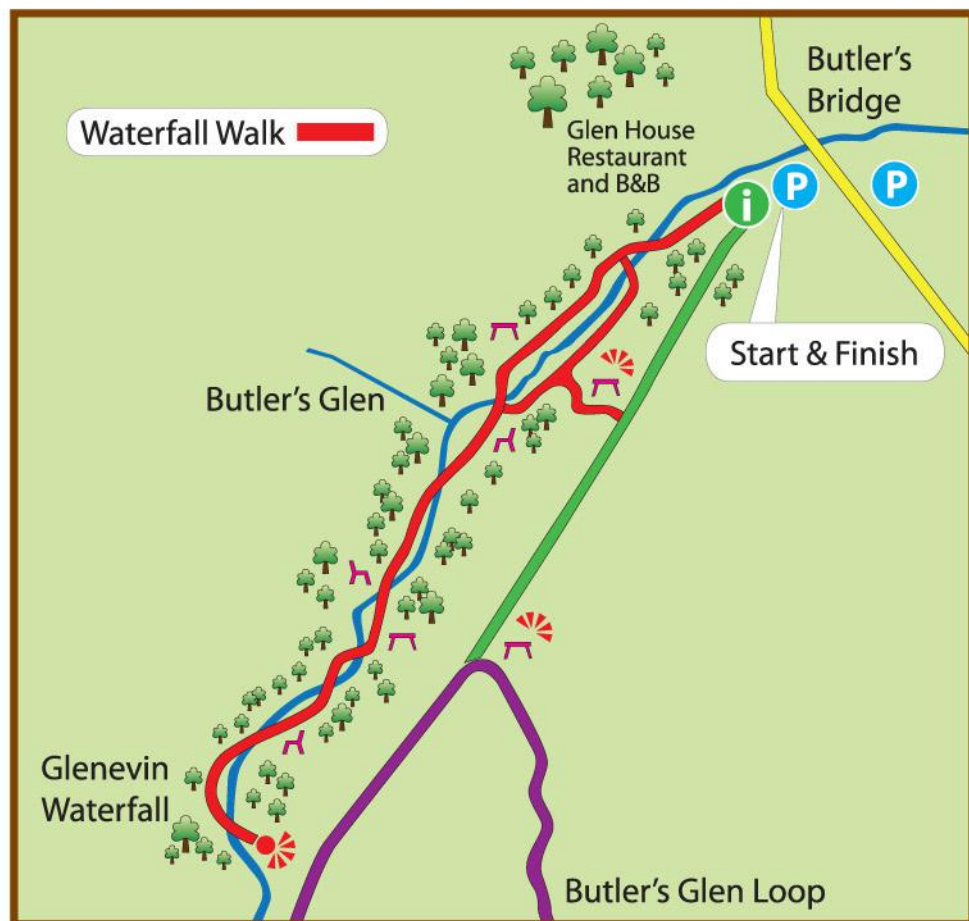
6 Waterfall Walk

Distance	1 km of path
Time Needed	30 mins
Grading	Easy
Height Gain	Negligible
Trail Surface	Gravel

Location	1.2 kms west of Clonmany village on the road to Urris/Gap of Mamore
Status	Local Walk
Markers	Wooden Posts
Dogs	No dogs allowed
Trailhead	The Carpark at start of trail adjacent to Glen House Tea Room. Parking for 20 cars

Overview

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



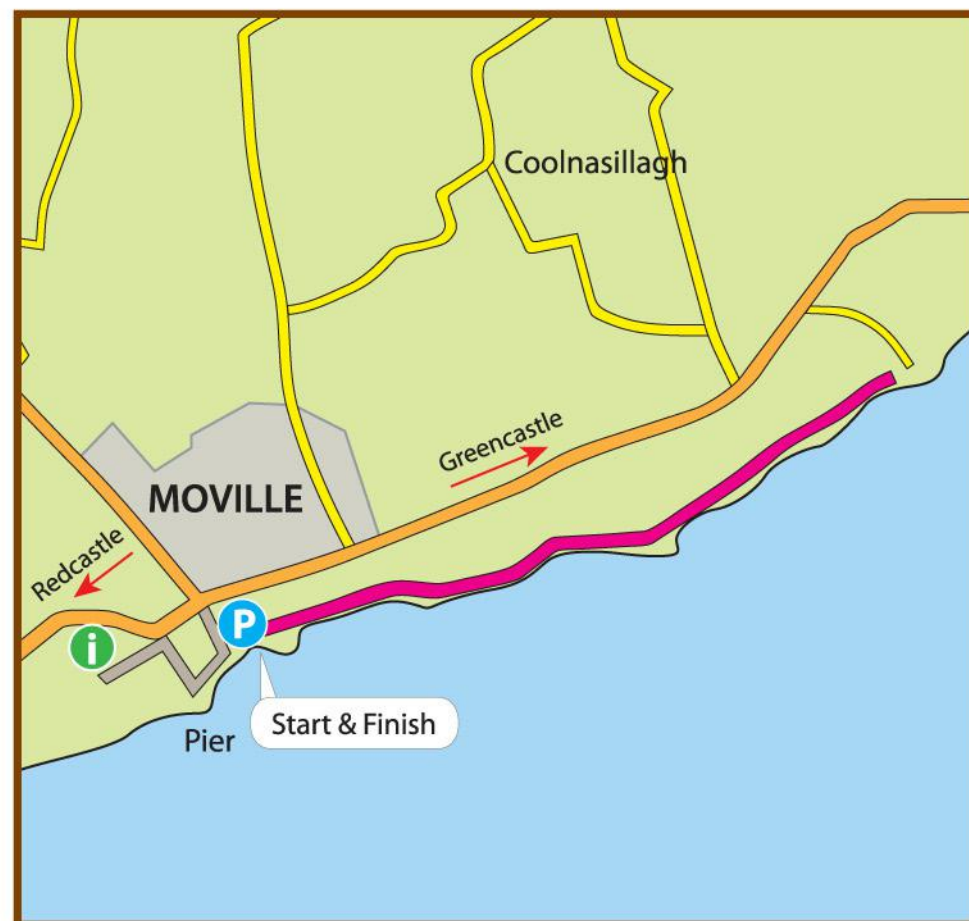
7 Moville Shore Path & Sli na Slainte

Distance	2 kms
Time Needed	45 mins
Grading	Easy
Height Gain	Nil

Location	Starts at Moville shore front for coast path and the Diamond for Sli na Slainte
Markers	Brown Finger Signs & Sli na Slainte Signs
Dogs	Permitted if kept on lead
Trailhead	The "Green"/Carpark at Moville Shore Front. Parking for 40 cars.

Overview

A traffic free walk which follows the shoreline of Lough Foyle from the shorefront in Moville north east towards Greencastle. It is virtually level with only gentle inclines along the route. The route passes quiet beaches, elegant shore-front 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.



8 Butler's Glen Loop

Distance	10.5 km
Time Needed	2 - 3 hours
Grading	Strenuous-physically demanding with rough ground, steep slopes suitable for experienced walkers with high fitness level.

Height Gain	220 metres
Trail Surface	Bog Road
Location	1.2km west of Clonmany
Status	National Loop Walk
Markers	Black marker posts with purple arrows on white background.
Dogs	Not Permitted
Trailhead	Car Park at north Mamore Gap

Overview

This is a walk for fit and experienced walkers only. Starting at the spectacularly located car park on the north side of the Gap of Mamore, this route takes the walker into the heart of Inishowen's finest hills. The walk offers an unfolding backdrop of the rugged coastal scenery of north Donegal with panoramic views in all direction.

There is also a linear walk Mamore to Straid incorporated into this loop walk with same trailhead and finishing point at Glen House car park. It is 5.7km in distance and allow 1.5 hours to complete.



9 Urris Lakes Loop

Distance	6.5kms
Time Needed	2 - 3 hours
Grading	Strenuous - physically demanding with rough ground, steep slopes & suitable for experienced and very fit walkers.
Height Gain	290 metres
Trail Surface	Bog Road

Location	At the car park south of Leanan Strand /Leanankeel
Status	National Loop Walk
Markers	Black marker posts with purple arrows on white background.
Dogs	Not Permitted
Trailhead	Small Car Park at Leanankeel south end of Leanan Strand.

Overview

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





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As you explore Inishowen's spectacular trails, you'll discover one of Ireland's most beautiful scenic regions. Immerse yourself in the vibrant culture and inspiring heritage or try your hand at an exhilarating outdoor pursuit such as kayaking, surfing or rock-climbing. World-class golf, endless white sandy beaches, great food, lively entertainment and a warm welcome awaits you!

