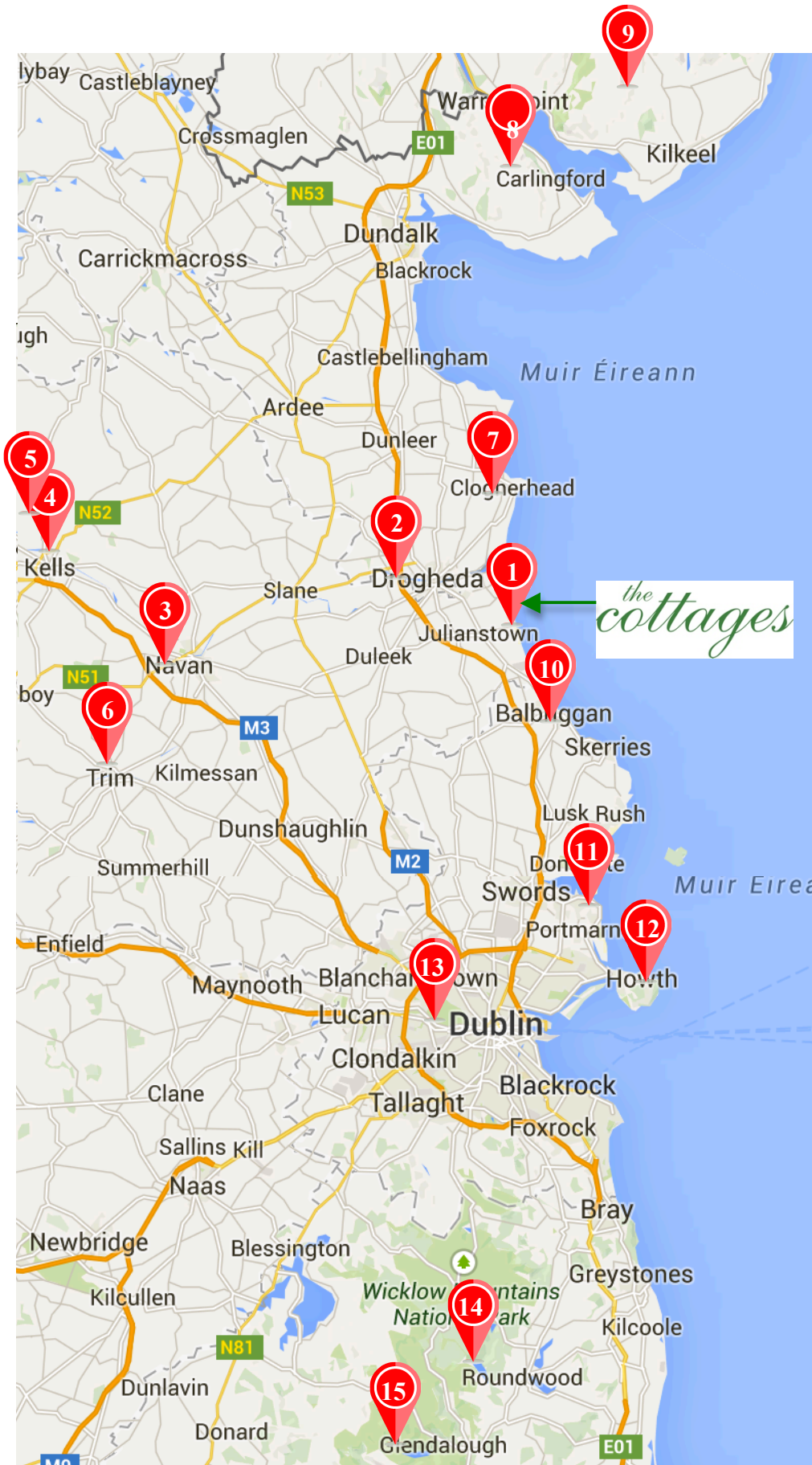


# *the cottages*



- 1 The Cottages to Ben Head.  
The Cottages to Mornington Wall.
- 2 Oldbride Estate |  
Battle of the Boyne
- 3 Navan to Stackallen Bridge
- 4 Kells  
The Girley Bog Eco Walk
- 5 Loughcrew House & Gardens  
Loughcrew Lake Walk
- 6 Trim River Walk
- 7 Clogherhead Cliff Walk &  
Beach
- 8 Carlingford Loop Walks
- 9 The Mourne Mountain Walks
- 10 Ardgillan Castle
- 11 Malahide Castle
- 12 Howth Head Walks
- 13 The Phoenix Park
- 14 Down to Lough Dan from  
Sally Gap through Guinness's  
Estate
- 15 Glendalough

## Walking Guide

Ireland has a diverse selection of walking areas to choose from. While walkers looking for a challenge flock to the mountains and hills, others who prefer a more leisurely stroll might head for the coast, forest or country parks. Within this brief guide we have highlighted some local suggestions for walks to suit all interests and levels, including some a little further a field.

1. **On Your Cottage Doorstep**
    - The Cottages to Ben Head, Gormanston.
    - The Cottages to The Maiden Tower, Mornington.
  
  2. **Inland from The Cottages**
    - Oldbridge Estate | Battle of the Boyne.
    - The Boyne Ramparts Walk, Navan to Stackallen Bridge.
    - Kells, Girley Bog Eco Walk.
    - Trim, River Walk.
  
  3. **North of The Cottages**
    - Clogherhead Cliff & Beach Walk.
    - Carlingford Loop Walks.
    - The Mourne Mountains.
  
  4. **South of The Cottages**
    - Argillan Castle & Demense.
    - Malahide Castle and Gardens.
    - Howth Head.
    - The Pheonix Park.
    - Down to Lough Dan from the Sally Gap.
    - Glendalough.
-

## 1. Leisurely Beach Walks on Your Cottage Doorstep!

### - The Cottages to Ben Head



Enjoy a pleasant walk from The Cottages to Ben Head | Gormanston Beach.

This is a lovely leisurely stroll enjoyed by locals daily. Heading out the beach gate of the cottages turn right. Follow the beach down to the nearby village of Laytown, stopping into the wonderful Nans Café en route for a tasty bite or a take away coffee or hot chocolate... continue through the village crossing the Nanny River via the footbridge, under the railway bridge, and follow the road straight up the hill to gain access to the ‘back beach’, continue on to Ben Head.

The beach south of Ben Head is known as Gormanston and it is at this point that the Devlin River crosses the strand and can be accessed from Ben Head during low tide.

#### IMPORTANT:

- Gormanston Army firing range is located adjacent to Ben Head, this area is NOT suitable for walking if the red flag is flying!
- Please ensure you check the tide times if continuing past Ben Head on Gormanston Beach.

## **1. Leisurely Beach Walks on Your Cottage Doorstep!**

### **- The Cottages to Mornington Wall**



Enjoy a pleasant walk from The Cottages to Mornington Wall.

This is a lovely leisurely stroll enjoyed by locals daily. Heading out the beach gate of the cottages turn left. Follow the beach down past the nearby village of Bettystown, continue down the beach all the way until you meet the mouth of the River Boyne.

Here you will also see local points of interest The Maiden's Tower and The Lady's Finger, both of which are thought to have been navigational aids for ships entering the River Boyne.

Relish Café is located on the beachfront and is the perfect place to stop off for a tasty bite or a take out coffee/hot chocolate...

## 2. Inland from The Cottages

### - Oldbridge Estate | The Battle of the Boyne



Oldbridge House was built in the 1740's by either John Coddington or his nephew Dixie Coddington.

It is believed to have been designed by George Darley, a local mason architect who also designed the renovated Dunboyne Castle, Dowth House and The Tholsel in Drogheda, Co. Louth.

The Tearoom Pavillion at the Oldbridge House / The Battle of the Boyne Visitor Centre is under the management of Brambles Café. With its skirt of decking overlooking the Victorian Walled Garden and Octagonal Garden, you can enjoy your refreshments inside or on the contemporary outdoor furniture.

Optional self guiding walks are available through the core battle site and Oldbridge Estate. Use of these walks are free of charge. Parking is available in the Main Car Park.

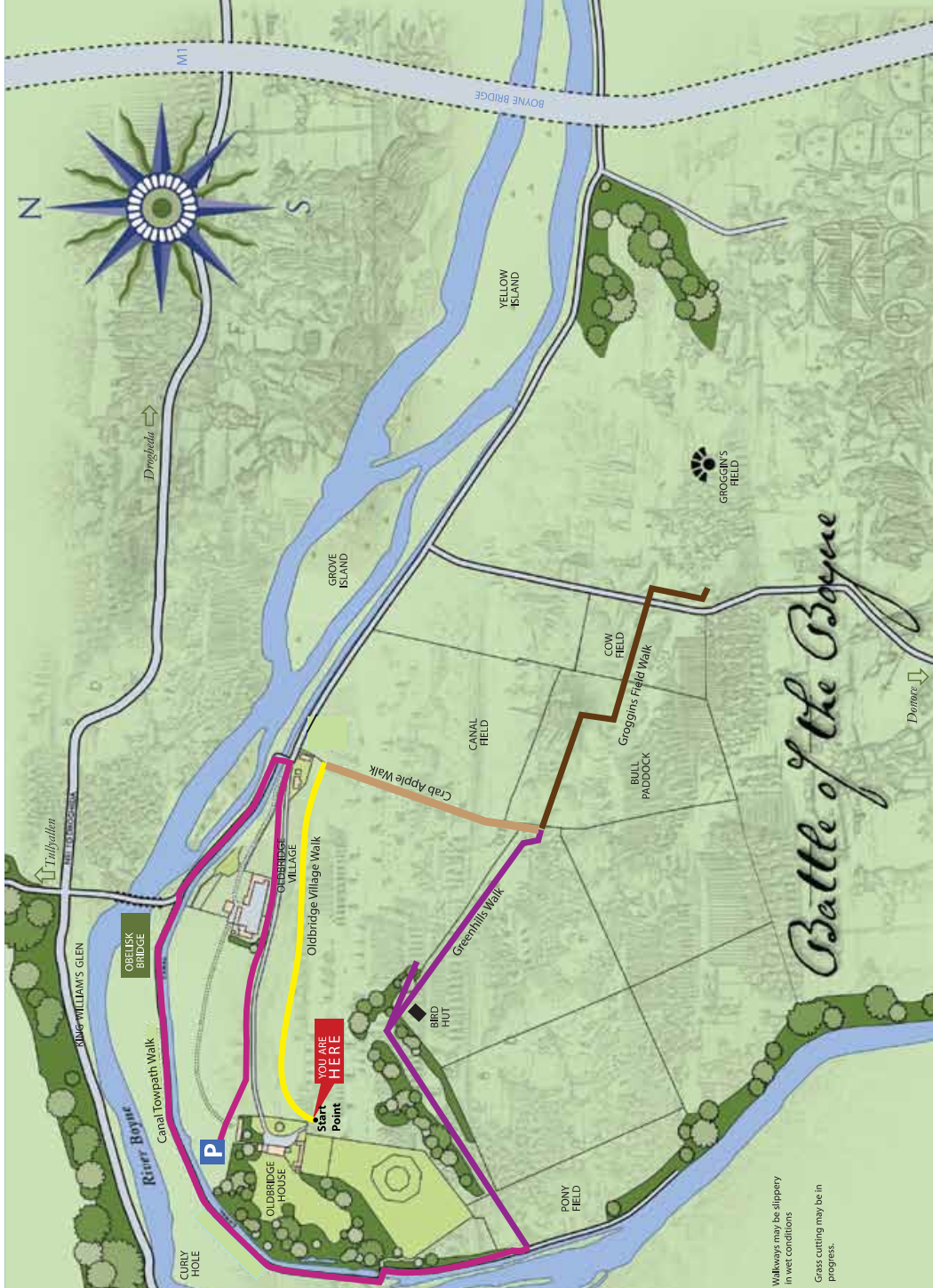
Several orientation panels and maps are located at the start and access points to the walks. The walks are colour coded on our information panels and the tops of way markers on the walks are painted to match. Each walk is timed and measured from the starting point.

Visitors are advised to wear suitable footwear as all the walks are on grass, except the Boyne Canal towpath which adjoins the site and is surfaced with gravel.

Please see overleaf for the route maps for the walks available at Oldbridge Estate. You can also see more information about Oldbridge Estate and the Battle of the Boyne Visitors Centre by visiting their website <http://www.battleoftheboyne.ie>.

## Walks

- 1 **Oldbridge Village Walk:**  
From Start Point -  
( 10 mins / 500 metres )
- 2 **Crab Apple Walk:**  
From Start Point -  
( 17 mins / 850 metres )
- 3 **Groggins's Field Walk:**  
From Start Point -  
( 27 mins / 1740 metres )
- 4 **Greenhill's Walk:**  
From Start Point -  
( 48 mins / 2620 metres )
- 5 **Canal Towpath Walk:**  
From Start Point -  
( 50 mins / 3600 metres )



Walkways may be slippery  
in wet conditions  
Grass cutting may be in  
progress.

# Walking Routes

OPEN SEVEN DAYS A WEEK.		
March-April	May-September	October-February
09.30-17.30	10.00-18.00	09.00-17.00



Car park closes 1 hour after above closing times.

## 2. Inland from The Cottages

### - The Boyne Ramparts Walk , Navan – Stackallen Bridge.

This walk is known as the Boyne Ramparts walk and takes you a distance of 8km from Navan towards the famous village of Slane. The walk takes you along the banks of the River Boyne, parallel with the old canal, as far as Stackallen Bridge in Slane. There is a designated car park for the walk which can be found Park your car at the carpark which can be found by turning left off the N3 for Ashbourne/Duleek.



Beautiful wooded scenery and wildlife can be seen on this path.

Start Point of Walk:	Ramparts Carpark
Terrain:	Canal Walk, route along canal and the river Boyne.
Distance	2.5Km / 5Km return.
Time:	Approx 1 to 2 hours.
Grade:	Easy.

Proximity to Tourist Features Solstice Arts Centre with tourist information is located on Railway street, Navan.



## **2. Inland from The Cottages**

### **- The Kells Girley Bog Eco Walk**

The Kells Girley Bog Eco Walk is a 3.5 miles/5.6 km waymarked National Loop. It covers varying landscape of forest and bogland. The terrain is flat and uneven and walking boots are recommended. The first section of this looped walk takes you through a tranquil Coillte forest, where there is a coniferous forestry plantation located on high bog. The coniferous trees are fast growing species that originate in North America. The two common species are Sitka Spruce and Lodgepole Pine.

After this section, you will follow a forest track before entering Girley Bog, one of the few remaining raised bogs in County Meath. Girley Bog is a site of considerable conservation significance, as it comprises of a raised bog, a rare habitat in the E.U. and one that is becoming increasingly scarce and under threat in Ireland.

There is a wonderful variety of birdlife, plant and animal life and this is displayed through a number of interpretive panels along the walk. Listen out for the birdsong as you walk. The loop finishes with a walk along further country lanes before tracing your steps back to the carpark.

#### **Getting There:**

Starting from the centre of Kells Town, take the N52 following the signs for Mullingar. On the outskirts of the town turn right – following the N52 for Mullingar. Continue to follow the N52 for approximately 7km. Turn left onto a forestry roadway and follow for approximately 100m to reach the trailhead. [Note: The trailhead is signposted from Kells.

Start Point of Walk:	Drewstown Woods, Kells.
Terrain:	Bog roads, forestry tracks and woodland.
Distance   Ascent	6km   20m
Time:	Approx 1hr 30 mins – 2hrs.
Grade:	Easy
Gear:	Trekking shoes, raingear, snack, fluids and mobile phone.

For more information on The Girley Bog Eco Walk please visit <http://www.meath.ie/Tourism/SportsandActivities/Walking/KellsGirleyBogEcoWalk/>.



## **2. Inland from The Cottages**

### **- Loughcrew Cairns, House & Gardens, Oldcastle Co. Meath.**

One of Ireland's oldest landmarks dating back to 3000bc, the Loughcrew Cairns are one of the most beautiful and iconic landmarks around, but still a hidden gem in relation to most other historical sites. The Cairns host a view across the Irish countryside that will take your breath away, as well as history that will arouse the mind.

#### **The Gardens**

Loughcrew Gardens are a breathtaking spectacle from 17th and 19th century landscape and pleasure gardens. Take a walk through centuries of garden and landscape fantasy. The central area of approximately six acres includes a lime avenue, extensive lawns and terraces, magnificent herbaceous border and physic border. Within the gardens stand a medieval moote and St. Oliver Plunkett's family church and Tower House.

If you would rather, there is also a longer lake walk around Lough Creeve. There is some beautiful scenery to be taken in along the way, as it goes right past Loughcrew House. With extra treats along the way as the walk itself takes in different forest and rockery walks and also has a fairy ring. This walk starts and finishes at the Coffee Shop.

There is also a small playground located at the Coffee Shop for the children to play and explore. This playground contains a mini climbing wall to give the children a taste of what is located in the adventure centre itself. Guided walks of the gardens are also available for small children where they are thought to recognise common trees and how they change throughout the seasons. For more information please their website <http://loughcrew.com>.

#### **The Loughcrew Lake Walk**

Start behind St Oliver Plunkett's family church, pass through the kissing gate and following the red arrows, walk along the fence until you reach a brown gate. Pass through the gate and follow the drive way around to the right and walk past the portico. 200 metres past the portico, pass through a gap in the fence and cross the field to the next arrow at the entrance to the rockery. Pass through the small iron gate and follow the little path through the wood and after about 700 metres until you come out of the wood. Leaving the wood, follow the arrow to the left and after about 50 metres, take the path to the left and continue along the path until you come to post with two arrows. One to the left towards the fairy fort (about 300 kms away) and one to the right. After visiting the fairy fort on the left, come back to the path and after about 50 metres, start climbing down a path towards the lake. At the bottom of the path, beside the lake, turn right and follow the path until you reach a fork after about 250 metres. At the fork, turn right and walk back until you reach the rockery, staying on the main track. >From the rockery, follow the path back to St. Oliver's church.

Loughcrew Lake Walk



## 2. Inland from The Cottages

### - Trim, River Walk

The town of Trim in County Meath is the site of the largest Norman Castle in Ireland. It was built by the powerful Hugh de Lacy in the late twelfth century. Although Trim Castle is a popular spot, few visitors realise that there is a wonderful River Walk adjacent to the castle that is one of the nicest strolls in Ireland.

This tranquil river walk commences at Trim Castle and finishes at the ruins of the 13th century town of Newtown, providing a glimpse of life in Trim in the Middle Ages. From the interpretative panels, learn more about the medieval town; life in the porchfields; medieval past-times; farming and forestry. Once you reach Newtown, retrace your steps back to the Castle.



Words and photo credited and © to Neil Jackman/the Arbata Audio Guides blog:  
<http://timetravelireland.blogspot.ie/2014/02/the-river-walk-trim-county-meath.html>.

Start Point of Walk:	Trim Castle
Terrain:	River walk
Distance	3.7km
Time:	Approx 35mins.
Grade:	Easy
Gear:	Trekking shoes, raingear, snack, fluids and mobile phone.

### 3. Walks North of The Cottages

#### - Clogherhead Cliff Walk & Beach

Clogherhead is a fishing village in County Louth, situated about 12 km northeast of Drogheda. The headland at Clogherhead has a magnificent walk along steep cliffs to the nearby picturesque harbour called Port Oriel. There are breathtaking views of Ireland's east coast from the Mourne and Cooley Mountains in the north as far south as Lambay island and the Rockabill Lighthouse.



An area of rocks, known as Dead Man's and Red Mans Cave, lies at the side of the head in Clogherhead. Some say it is called Red Man's because of the myth but others say it is because red seaweed lays nearby. The story is about a crew from Spain that sailed to Ireland. Most of the crew died from scurvy on the voyage. When they reached Clogherhead the 6 remaining crew members and captain camped at the caves. As the story progresses, each night, someone mysteriously dies leaving 3 crew and the captain. The crew suspect the captain so they chopped of his head, stuck it on a stick and placed it at the caves now known as RedMans cave. According to people that have been at RedMans at night they say that they see a man walking around the Clogherhead area singing and whistling.

Words and photo credited and © to Eimhear Collins Photography.

For more information and to view Eimhear's beautiful photography visit [www.eimhearcollins.ie](http://www.eimhearcollins.ie).

### 3. Walks North of The Cottages

#### - Carlingford Loop Walks

The Cooley Peninsula is the perfect location to discover the outdoors on foot with fabulous scenery and walks for all abilities.

Along with some well established walks, three new looped walks have been launched recently. The new looped walks are: Common's Loop, Slieve Foye Loop and Barnavave Loop, these walks are located in Carlingford and the Cooley Peninsula and they offer walkers the opportunity to enjoy the spectacular surroundings and natural beauty.

These loops are designed to suit average levels of fitness and are well serviced, catering for the occasional and leisure walker. The routes will give walkers a taste of Irish folklore as they pass the resting place of Fionn MacCool - Slieve Foye - and the battle ground in Cooley where Cuchulain defended Ulster against the armies of Queen Meabh of Connaught.

Below is some information on the three newest loop walks in Carlingford, for information about all walks in the Carlingford area visit <http://www.carlingford.ie/index.php/services/106-walking-in-carlingford>.

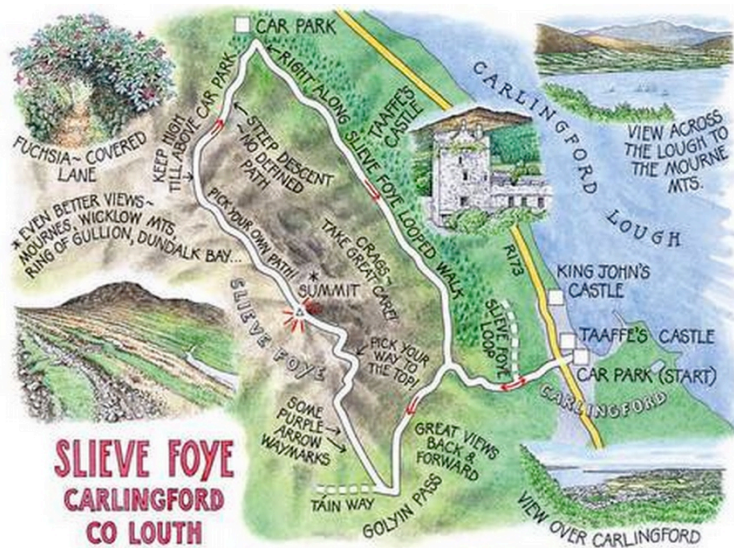
#### a) The Commons Loop | Carlingford

Start Point of Walk:	Carlingford Village
Terrain:	Minor roads, laneways, and hillside tracks.
Distance   Ascent	4km   200m / 250m
Time:	Approx 1hr 30 mins – 1hr 30 mins.
Grade:	Moderate – Average levels of fitness.
Gear:	Trekking shoes, raingear, snack, fluids and mobile phone.
Proximity to Tourist Features	Carlingford Village & Tourist Information Centre. Tel: 00353 42 9373033 Email: <a href="mailto:info@carlingford.ie">info@carlingford.ie</a>

### 3. Walks North of The Cottages

#### b) The Slieve Foye Loop, Carlingford

Start Point of Walk:	Carlingford Village
Terrain:	Minor roads, laneways, hillside tracks.
Distance   Ascent	8km   270m / 280m
Time:	Approx 2hrs 30 mins – 3 hrs.
Grade:	Hard.
Gear:	Hiking boots, raingear, snack, fluids and mobile phone.



#### c) The Barnavave Loop | Carlingford

Start Point of Walk:	Carlingford Village
Terrain:	Minor roads, laneways, hillside tracks and trailways.
Distance   Ascent	14km   270m / 350m
Time:	Approx 3hrs 30 mins – 4 hrs.
Grade:	Hard.
Gear:	Hiking boots, raingear, snack, fluids and mobile phone.

### 3. Walks North of The Cottages

#### - The Mourne Mountains

“The Mourne Mountains have a varied and complex character which means you can walk there for a lifetime and still discover new places yet compact enough to allow you to climb many mountains in a single day” ~ Dawson Stelfox, first Irishman to summit Everest.

The Mourne Mountains are the highest and most dramatic mountain range in Northern Ireland, its summit crowned by granite tors. The Mourne upland is dominated by a compact ring of 12 mountains, each rising above 600m, with the highest peak, Slieve Donard reaching 853m.



For full information on the Mourne Mountain Walks please visit:  
<http://www.walkni.com/destinations/mourne-mountains>.

#### 4. Walks South of The Cottages

##### - Ardgillan Castle & Demesne



Ardgillan castle is an idyllic place for children and adults alike. Acquired by the late Senator John Boland in 1982 on behalf of Dublin County Council, to provide an amenity for the local towns of Skerries and Balbriggan and North County Dublin. It has been extremely well maintained and constantly upgraded since. Originally, the seat of the Taylor family, the house used to enjoy private access via the fabled Lady's Stairs bridge to the beach at Barnageera complete with its own bathing shelter. Ardgillan Castle was sold to a German family in the 1960's who subsequently sold it to Fingal County Council.

The top car park boasts impressive views of Skerries and the islands, out as far as the Rockabill lighthouse. From there you can take any one of the well maintained walks which circle the demesne through open parkland and sheltered woodlands. There is another car park closer to the castle, beside an excellent children's playground, that can be used by people with reduced mobility who may just want to amble as far as the walled garden or sit in the splendid rose gardens. All of which is completely free of charge and open from dawn till dusk 365 days a year. There is an admission charge to the castle which is open to the public for tours.

For more information about Ardgillan Castle & Demesne please visit <http://www.ardgillancastle.ie>.



#### **4. Walks South of The Cottages**

##### **- Malahide Castle & Demesne**



The Demesne grounds has plenty of public sporting amenities including the Sports Pavilion (with a small shop for snacks, drinks and sporting equipment) a 9-hole par-3 golf course, with an 18-hole pitch-and-putt course, Tennis & Basketball courts and a Boules area.

The extensive system of pedestrian paths throughout the estate are perfect for walking and exploring this picturesque and tree lined park. While you are enjoying your walk you will notice several buildings of architectural and archaeological interest on the grounds of the Demesne.

After your leisurely walk you can also take in the joys of the Avoca Café situated within the Castle grounds. Avoca is an Irish family-run business that spans one of the world's oldest surviving manufacturing companies and Ireland's most exciting stores.

The Avoca cafes started as a small tea and coffee station selling home baking in the corner of one of the shops, the Avoca food experience has taken on a life of its own. It's what many of their customers think of first with Avoca. Avoca Cafés have been a fixture in the Bridgestone 100 Best Restaurants each year since 1997 and they feature in good eating guides everywhere. Enjoy!

For more information about Malahide Castle & Demesne please visit <http://www.malahidecastleandgardens.ie>.

## 4. Walks South of The Cottages

### - Howth Head

Howth Head, a peninsula 15km northeast of Dublin City, has been immortalised in James Joyce's Ulysses. Howth is a bustling village that offers visitors a myriad of attractions including Lambay Island, Ireland's Eye, Howth Castle, The National Transport Museum, the Martello Tower and the Baily Lighthouse. Wildlife enthusiasts will adore Ireland's Eye and its bird sanctuary which boasts guillemots, razorbills, fulmars, gulls and gannets.



The walk starts at the parking area of Balscadden Bay. From here, a path leads up and around the Nose of Howth and onto the Cliff tops. Continue uphill, taking in the stunning views of Lambay Island and Ireland's eye, but take care as the path draws very close to the edge of the cliff. Moving upwards to 120m, a slight detour to the south takes you to the magnificent Baily Lighthouse. At the highest point of the walk (171m), the Ben of Howth awaits and it's marked by an ancient burial cairn, which, according to legend, is said to be the final resting place of the last of the Irish giants. The path returns downhill to Howth Village.

Start & Finish Point of Walk:	Parking area a few hundred metres east of Howth Village.
Terrain:	Mix of tarmac, gravel and firm earthen paths.
Distance   Ascent	7km   140m
Time:	Approx 2hrs – 3 hrs.
Grade:	Easy.
Gear:	Hiking boots, raingear, snack, fluids and mobile phone.
Proximity to Tourist Features	Howth Village & Tourist Information Centre.

#### **4. Walks South of The Cottages**

##### **c) Bog of the Frogs Walk**

Start & Finish Point of Walk:	Parking area a few hundred metres east of Howth Village.
Terrain:	Laneways, clifftop paths and hill tracks.
Distance   Ascent	10km   240m
Time:	Approx 2hrs 30 mins – 3 hrs 30 mins.
Grade:	Hard.
Gear:	Walking boots, raingear, snack, fluids and mobile phone.

##### **d) Black Linn Loop Walk**

Start & Finish Point of Walk:	Parking area a few hundred metres east of Howth Village.
Terrain:	Laneways and cliff top paths.
Distance   Ascent	8km   160m
Time:	Approx 2 hrs – 3 hrs.
Grade:	Moderate.
Gear:	Walking boots, raingear, snack, fluids and mobile phone.

##### **e) The Tramline Loop**

Start & Finish Point of Walk:	Parking area a few hundred metres east of Howth Village.
Terrain:	Laneways and cliff top paths.
Distance   Ascent	8km   160m
Time:	Approx 2 hrs – 3 hrs.
Grade:	Moderate.
Gear:	Walking boots, raingear, snack, fluids and mobile phone.

Over the following pages you will find the maps/routes for each of these walks.

a) Howth Costal Path



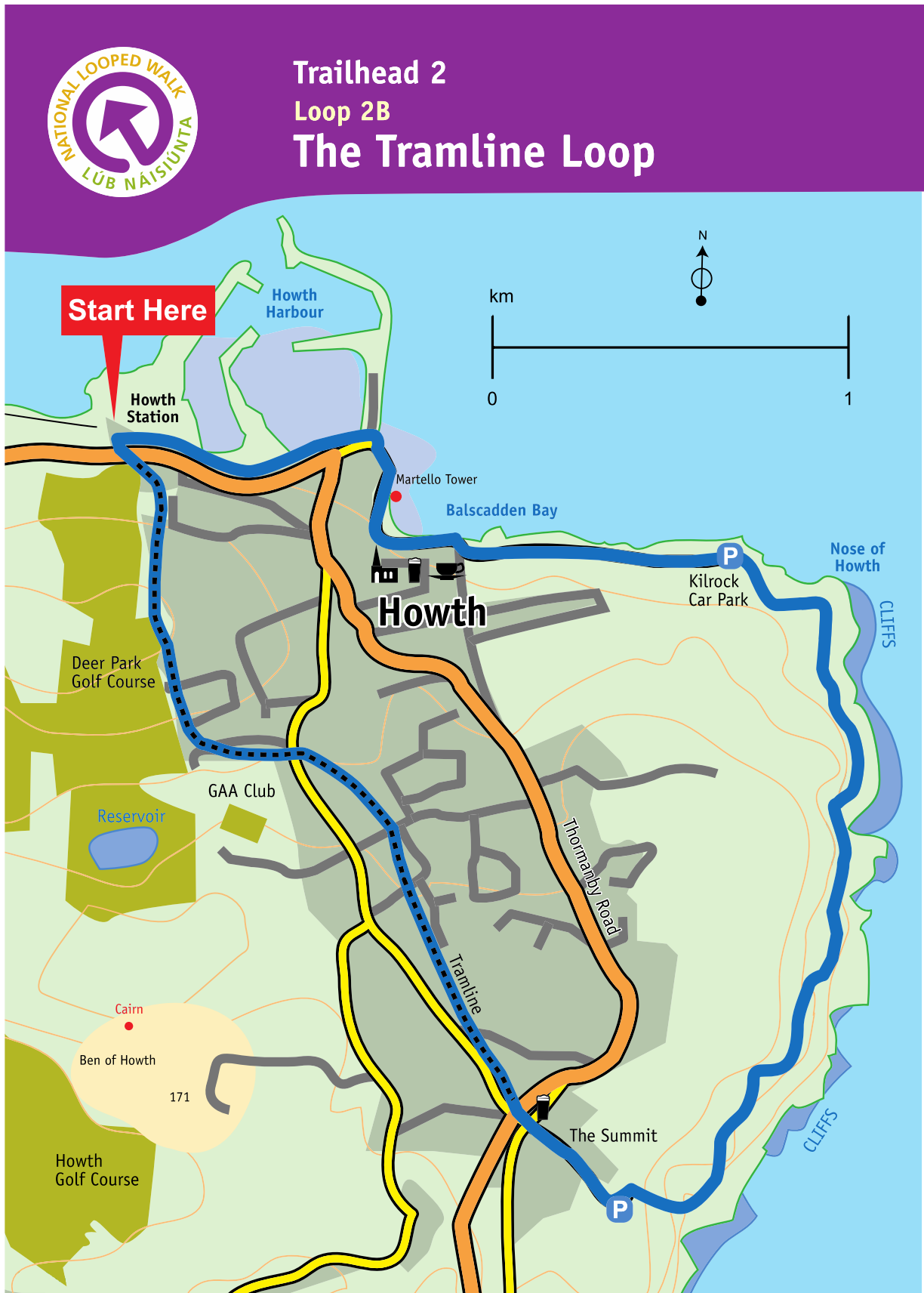
**b) Bog of Frogs Walk**



c) Black Linn Loop Walk



d) The Tramline Loop



#### 4. Walks to the South of The Cottages

##### - The Pheonix Park | Dublin Zoo



Extending more than 1,752 acres in area, few cities can lay claim to a breathing space quite like Dublin's Phoenix Park. The largest urban park in Europe and one of the most impressive legacies of our Georgian Heritage, the Phoenix Park contains a number of stately homes, including the official residences of the President of Ireland, Áras an Uachtaráin and the residency of the US Ambassador.

The Phoenix Park is also home to a large herd of fallow deer. The deer have been present in the park since the 17<sup>th</sup> century when they were hunted for sport by the gentry of the day.

Phoenix Park is open to the public all year round. Contained within the grounds are a number of sports fields along with the cycle and walking routes through the park. The park also houses Dublin Zoo reputed to be the fourth oldest zoo in the world. The park is only 1.5 miles from O'Connell Street.

The Phoenix Park Visitor Centre has a historical interpretation and an audio-visual presentation of the Phoenix Park throughout the ages. For details or bookings the centre can be contacted on 01 677 0095 or via email at [phoenixparkvisitorcentre@opw.ie](mailto:phoenixparkvisitorcentre@opw.ie). Full details at <http://www.phoenixpark.ie>.

The Victorian Tea Kiosk serves teas and lunches with an outdoor picnic area. The Band Hollow is host to summer musical performances. Check OPW office for the schedule.

You can also rent bikes, including tandem bikes in The Phoenix Park, for details please visit [www.phoenixparkbikere.com](http://www.phoenixparkbikere.com).



### The Pheonix Park Dublin



#### 4. Walks to the South of The Cottages

##### - Down to Lough Dan from the Sally Gap Road through the Guinness' Estate



This is a well worth strenuous walk of over 2 1/2 hours for the magnificent scenery that is encountered. The walk starts on the Sally Gap Road at the entrance to the Guinness' Estate. There is room to park at the other side of the road without blocking the gate. There is a steep decent (190 metres) at the start of the walk which must be encountered as an hard climb on the way back.

The road to the bottom of the glen is sealed and the rest of the way to Lough Dan is a gravel track. There is one stile to cross and about two gates to go through. Half way down to the bottom of the glen there is a sign indicating approximately 2 miles to Lough Dan. The return route is the same as the outward journey.

For more information please visit <http://wicklowcountywalks.com/downtoloughdan.html>.

#### 4. Walks to the South of The Cottages

##### - Glendalough



There are nine way-marked walking trails in the valley of Glendalough. The walks vary from a short half hour stroll to a long four hour hillwalk. Large maps of the walks are displayed at the Visitor Centre beside the Monastic City and on the Notice Board at the Upper Lake car park. All the walks start at the National Park Information Office near the Upper Lake. Each trail is signposted with colour-coded arrows. Staff at the Information Office can help you choose a suitable route.

A map of the Walking Trails is also on sale at the Information Office at the Upper Lake and from the Visitor Centre at the Monastic City. A copy of the map and descriptions of the walks are posted on the notice boards outside both the Information Office & the Monastic City Visitor Centre. Overleaf is a brief description of each of the trails. You can also view details online by visiting the web page <http://www.glendalough.ie>.



## Walking Trails of Glendalough

### a) Miner's Road Walk [Purple Route]

This walk skirts one side of the Upper Lake. The trail passes through Scots Pine woodland before reaching the ruined miners' village. Halfway along the trail, the cave known as St. Kevin's Bed can be seen across the lake. Feral goats are common on this walk. Peregrine Falcons may on occasion be seen high in the sky soaring and calling to each other (a high-pitched cry). Both the Bird Walk and the Mammal Walk follow this route.

Distance | Ascent                      5km | 20m  
Time:                                        Approx 1hr 10 mins.  
Grade:                                        Easy

### b) Poulanass and St. Kevin's Cell [Bronze Route]

This trail rises steeply alongside the Poulanass Waterfall, leading you through the Glendalough oak woodlands. It then winds gently down to the site of St. Kevin's Cell. At this point there is a scenic viewpoint overlooking the Upper Lake, which is a good place to birdwatch. A visit to Reefert Church is worthwhile before ending your walk.

Distance | Ascent                      1km | 85m  
Time:                                        Approx 30 mins.  
Grade:                                        Moderate

### c) Green Road Walk [Green Route]

The Green Road is an easy stroll on mostly flat ground. This walk passes through the Glendalough oak woodlands before dropping down onto the Lower Lake wetland edge. Views up the valley from the boardwalk here are spectacular. Lizards and dragonflies are often seen sunning themselves on the wooden trackway. The wetlands are a valuable breeding place for frogs.

Distance | Ascent                      3km | 20m  
Time:                                        Approx 50 mins.  
Grade:                                        Easy

## Walking Trails of Glendalough

### **d) Derrybawn Woodland Trail [Orange Route]**

This trail climbs steeply up alongside the Poulanass Waterfall before leading you to the upper reaches of Derrybawn Mountain. Flanked by larch and pine trees, the route offers magnificent views of the whole Glendalough Valley. Red Squirrels and birds such as Treecreepers are often seen here. In early summer, wood sorrel, bluebells and wood anemones add colour to the woodland floor.

Distance   Ascent	8km   160m
Time:	Approx 2hrs.
Grade:	Ramble

### **e) Poulanass [Pink Route]**

This trail begins with a short but steep climb up by the Poulanass Waterfall and plunge pools. (The name Poulanass is taken from the Irish 'Poll an Eas' which means 'hole of the waterfall'). The trail crosses above the waterfall to drop down through mixed woodlands to the valley floor. Listen out for woodland birds, in particular Jays, which can be quite noisy.

Distance   Ascent	1.6km   100m
Time:	Approx 40 mins.
Grade:	Moderate

### **f) Woodland Road [Silver Route]**

This is a pleasant walk through one of the more secretive areas of Glendalough. It weaves through mixed woodlands into neighbouring Glendasan Valley. The trail follows the Glendasan River back towards Glendalough, where it then joins up with the boardwalk which runs through the Lower Lake wetlands.

Distance   Ascent	4km   90m
Time:	Approx 1hr 15 mins.
Grade:	Ramble

## Walking trails of Glendalough

### **g) Spinc and Gelealo Valley [White Route]**

This popular walk leads you through some of the most spectacular scenery in Co. Wicklow. (The name Spinc comes from the Irish 'An Spinc' and means 'pointed hill'). The trail ascends steeply up by the Poulanass Waterfall before joining a boardwalk. More than 600 wooden steps lead you to a viewing point overlooking the Upper Lake. The boardwalk skirts the top of the cliffs before descending through blanket bog and heath into the picturesque Glenealo Valley, home to a large herd of deer. A rough track then leads you back down into Glendalough Valley.

Distance | Ascent                      9km | 380m  
Time:                                        Approx 3hrs.  
Grade:                                       Hillwalk

### **h) Spinc and Wicklow Way [Red Route]**

This walk follows the same route as the other Spinc trails up onto the boardwalk. It stays on this boardwalk for 1.7km before turning off in the direction of Lugduff Mountain. This Section of the trail is a good place to spot deer and birds such as Raven, Merlin and Kestrel. Finally the trail links up with the Wicklow Way track to lead you back to the Information Office.

Distance | Ascent                      11km | 490m  
Time:                                        Approx 4hrs.  
Grade:                                       Hillwalk

### **i) Spinc Short Route [Blue Route]**

Although this walk is short in comparison to the other Spinc routes, it still leads you into mountainous terrain where navigational experience is necessary. The walk follows the Poulanass Waterfall before entering the Lugduff Valley. From there, a steep climb up steps brings you onto the boardwalk which hugs the cliff of the Spinc, before cutting down through forest to lead back towards the Information Office.

Distance | Ascent                      5km | 300m  
Time:                                        Approx 2hrs.  
Grade:                                       Hillwalk