

SIÚLÓID ABHAINN AN CHLOCHÁIN LÉITH THE DUNGLOE RIVER WALK

Welcome to the Dungloe River Walk and Cope 'Mountain' Loop. As you enter, to the right are the remains of the sluice gates for the Mill Race which used to power the Mill at the pier in Dungloe. The Templecrone Co-op (the 'Cope') provided electricity to the town of Dungloe from the Mill for over 30 years until the ESB took over in the mid-1950s.

The trail meanders by the river, passing reed beds and overhanging trees, both of which are rich habitats for wildlife, particularly birds. The trail bears left to join the Cope 'Mountain' loop, passing the low-lying Long Lake on the way to Dungloe Lake. Attractive stands of deciduous trees screen a small forestry plantation all around the loop. Dungloe Lake is part of the popular Rosses Fishery; the river, lake and the connected Craghy Lough (locally called Tully) are all very good for sea trout. There are a number of small, wooded islands on the lake: Flat Island, almost close enough to the trail to touch; directly behind, Fern and Black Islands; the Brush Islands are at the mouth of the river; and the largest, Wren Island looks east towards the hills. The walk follows the western edge of the lake with distant views to the picturesque highlands of Thorr in the southern reaches of Gweedore.

At the bridge, you can either return to your start point or, alternatively, cross over the bridge and follow the trail through the avenue of tall, established trees to the Carnmore Road exit and then complete the walk to your starting point by road.

The people of Dungloe are most grateful to Pat the Cope Gallagher who has given his permission for the walk to be created on the family's lands, called Cope 'Mountain'.

The Irish for Dungloe is An Clochán Liath, the grey stepping stones, which formed the river crossing before the bridge was built, in the centre of what was to become Dungloe, in 1760-62.

Trail Information

Trail Start/Finish: Remembrance Garden

Distance/Time to complete: 2.1km & 1.6km/ ca.45-60 minutes (including Pat the Cope mountain walk)

Terrain: Purpose built path and footpath total Climb: 15m Format: Looped walk

Degree of Difficulty: Multi access - Flat smooth trail, suitable for all users including people with reduced mobility, wheelchair users, using crutches, with a buggy, with small children, older people and so on. Suitable for all levels of fitness.

Minimum Gear: Noraml outdoor and rain gear

Marking: River Walk - Red Arrows / Pat the Cope mountain walk - Green arrows.

Grid ref: B770117 Map: OSI Discovery Series Sheets 1

See also: www.therosses.ie, www.irishtrails.ie

www.letswalkdonegal.com, www.discoverireland.ie/walking

Dogs under effective control welcome

For comments or suggestions on the Dungloe River Walk please contact:
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In the event of accidents and/or emergencies:
Please call 999 or 112 and ask for Mountain Rescue,
Police or Gardai or in the case of a fire, the Fire Service

1. Plan ahead and prepare
2. Be considerate of others
3. Respect farm animals and wildlife
4. Leave what you find
5. Dispose of waste properly

www.leavenotraceireland.org



Siúlóid Abhainn an Chlocháin Léith
The Dungloe River Walk and Cope 'Mountain' Loop.

The old name for Dungloe was Cloghanlea, An Clochán Liath, the grey stepping stones, a place where the river could be crossed. 'Dungloe' or 'Port Dunglo' was the place name for the old centre of the Rosses in Cloughglass, on the coast near Burtonport. Local chieftains, the Sweeneys, had a castle (Dún) and market fair (aonach) here, called Dún Gleo (the fort of noise or contention) or sometimes Dún Na Cloiche Glaise (the fort of grey stone). When the fair was moved to Cloghanlea, the name Dun Gleo, which became Dunglo, then Dungloe, travelled with it, eventually completely superseding Cloghanlea about 1800.

As Gaeilge

An Min Mhór
An Siúlóid
An Abhainn
Siúlóid Abhainn
An Tulach (na Gréine)
An Caoran Mór
An Tor
Gaoth Dobhair
Oilean bhFaiscaill
Oilean an Dreolín
Oilean Dhubh
Oilean Mhín
Oilean Raithnigh
Na Rosa

English

Meenmore, the large plain or flat land
Walk or Trail
River, same word as Avon in English
River Walk or River Trail
Tully, The Hills (of the sun)
Carnmore, large area of boggy land
Thorr, the Towering Rock
Gweedore, the estuary inlet
Brush Island
Wren Island
Black Island
Flat Island
Fern Island
The Rosses, the Headlands

