

# WALKING TRAIL



# 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](mailto:info@govisitinishowen.com).**

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

*Cover images courtesy of  
Fáilte Ireland*

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



## 02

## BUNCRANA SHORE PATH

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.

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





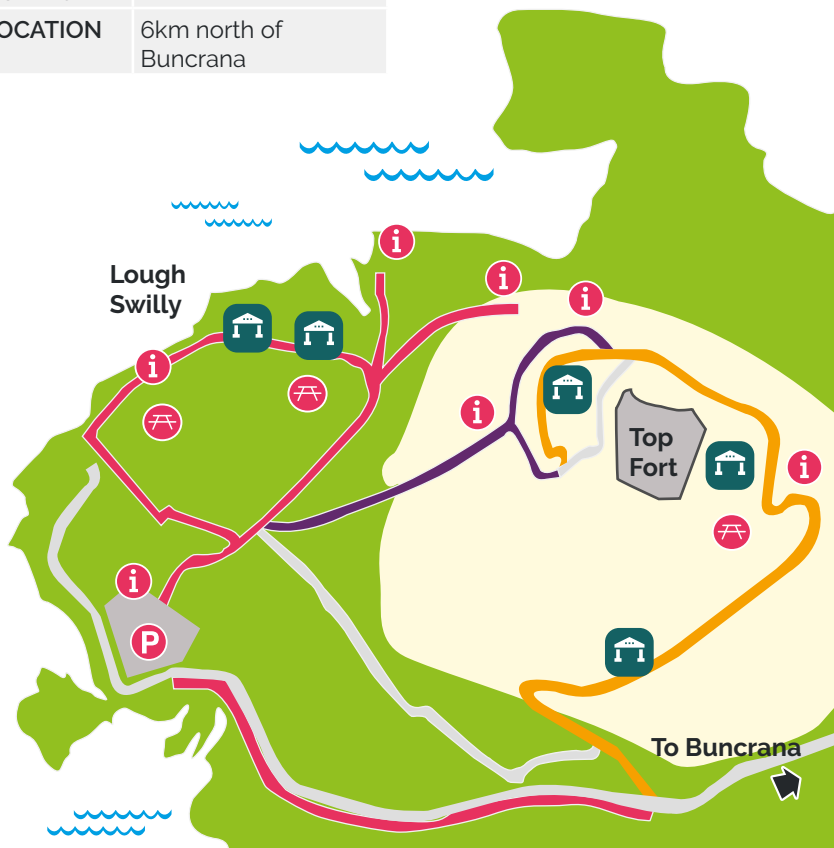
## 03

## FORT DUNREE

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.

❖ <b>DISTANCE</b>	2km
🕒 <b>TIME</b>	45 mins to 1.5 hrs
📈 <b>GRADE</b>	● Easy ● Moderate ● Strenuous
📍 <b>HEIGHT GAIN:</b>	30m (with one particularly steep climb)
🛤️ <b>TRAIL SURFACE:</b>	Gravel paths
📍 <b>LOCATION</b>	6km north of Buncrana

🚩 <b>STATUS:</b>	Local walk
🚧 <b>MARKERS:</b>	Wooden marker posts
🐕 <b>DOGS:</b>	Permitted on lead
📍 <b>TRAILHEAD:</b>	Signposted from main road with information boards en route.



## 04

## URRIS LAKES LOOP

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.

📏 DISTANCE	6.5km
🕒 TIME	2-3 hours
📈 GRADE	● Strenuous, physically demanding with rough ground, steep slopes & suitable for experienced and very fit walkers.
📍 HEIGHT GAIN:	290m
🛤️ TRAIL SURFACE:	Bog Road
📍 LOCATION	At the car park south of Leenan Strand/Leenankeel

🚩 STATUS:	National Loop Walk
🚶 MARKERS:	Black marker posts with purple arrows on white background.
🐕 DOGS:	Not permitted
📍 TRAILHEAD:	Small car park at Leenankeel south end of Leenan Strand.



## 05

## BUTLER'S GLEN LOOP

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.

✦ 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

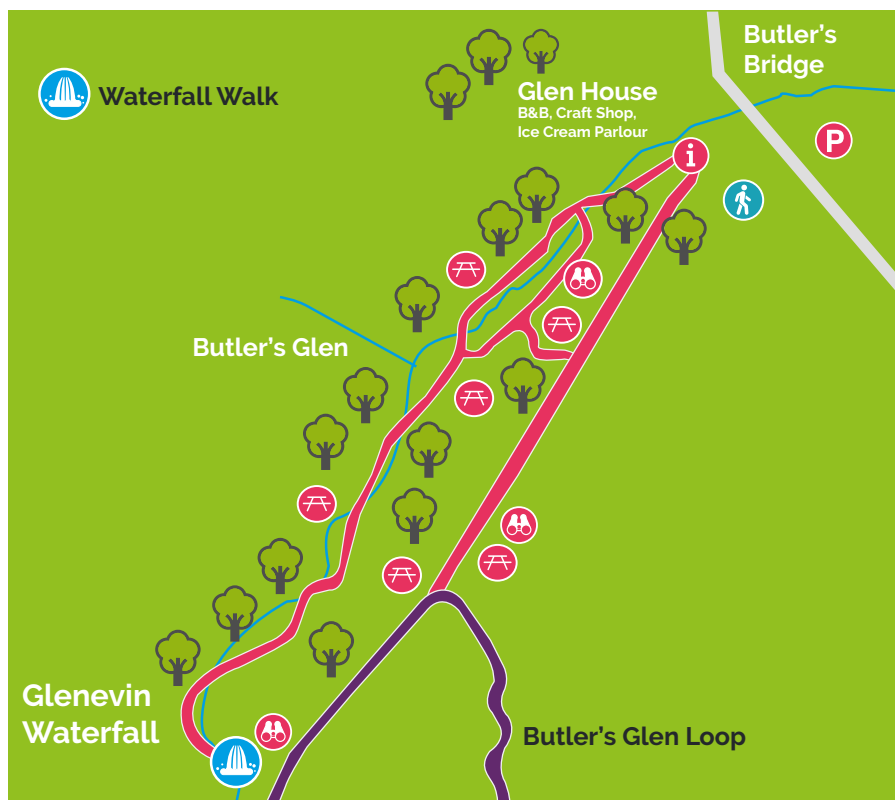


## 06

## WATERFALL WALK

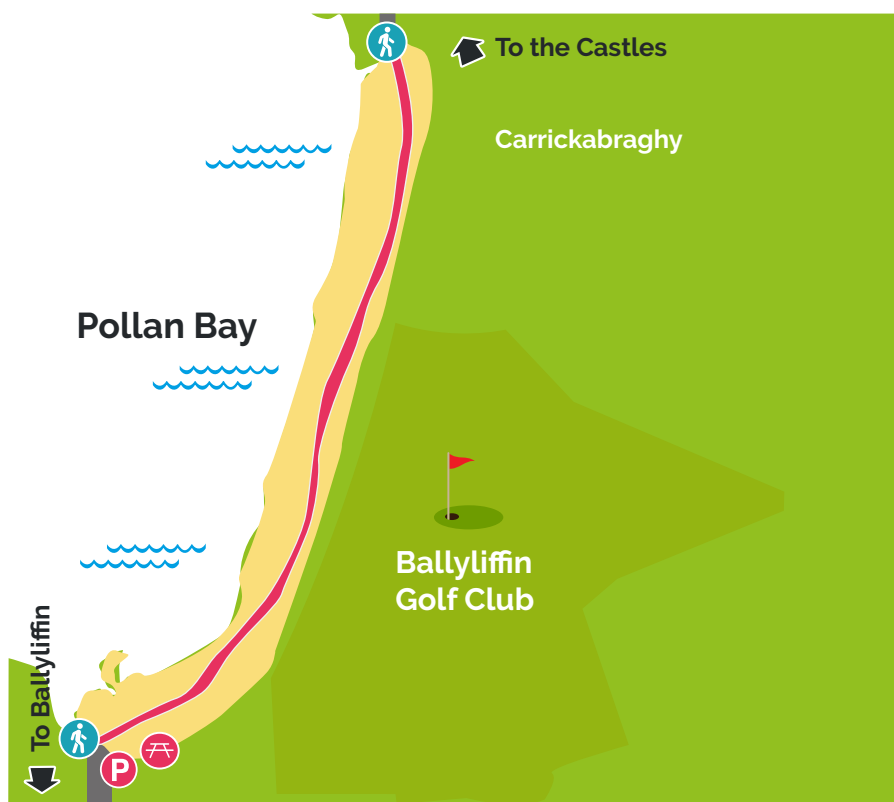
A short but exceptionally rewarding walk through a wooded stream valley. The walk ends at Glenevin Waterfall - one of Inishowen's most spectacular natural attractions. It is virtually level and follows well prepared and maintained gravel paths with picnic areas along the route and a backdrop of the rugged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

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



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.

📏 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



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.

🌿 <b>DISTANCE</b>	570m - 655m (one way)	🚩 <b>STATUS:</b>	Cliff Trail
🕒 <b>TIME</b>	20-30 mins (one way)	🚩 <b>MARKERS:</b>	Brown Finger Signs & Sli na Slainte Signs
📈 <b>GRADE</b>	🟡 Moderate	🐕 <b>DOGS:</b>	Permitted on lead
📍 <b>HEIGHT GAIN:</b>	150 metres	📍 <b>TRAILHEAD:</b>	Main car park/ Overflow car park
👣 <b>TRAIL SURFACE:</b>	Purpose built path		
📍 <b>LOCATION</b>	Malin Head, Ireland's most northerly point		



## CULDAFF RIVER AND ESTUARY PATH SLÍ NA SLAINTE

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.

📏 DISTANCE	3-4km	🚩 MARKERS:	Brown Finger Signs & Slí na Slainte Signs
🕒 TIME	1-2 hours	🐕 DOGS:	Permitted on lead
📈 GRADE	● Easy	📍 TRAILHEAD:	Main Street, Culdaff
📏 HEIGHT GAIN:	Negligible		
📏 TRAIL SURFACE:	Concrete, Tarmac		
📍 LOCATION	Centre of Culdaff Village, take Slí na Slainte route		





## INISHOWEN LOOP HEAD

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.

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

🚩 <b>MARKERS:</b>	Black plastic markers with blue symbols and National Waymarked Trails arrows.
🐕 <b>DOGS:</b>	Permitted on lead
📍 <b>TRAILHEAD:</b>	Gravel car park at Inishowen Head. Trailhead is signposted.



## 11

## MOVILLE SHORE PATH &amp; SLI NA SLAINTE

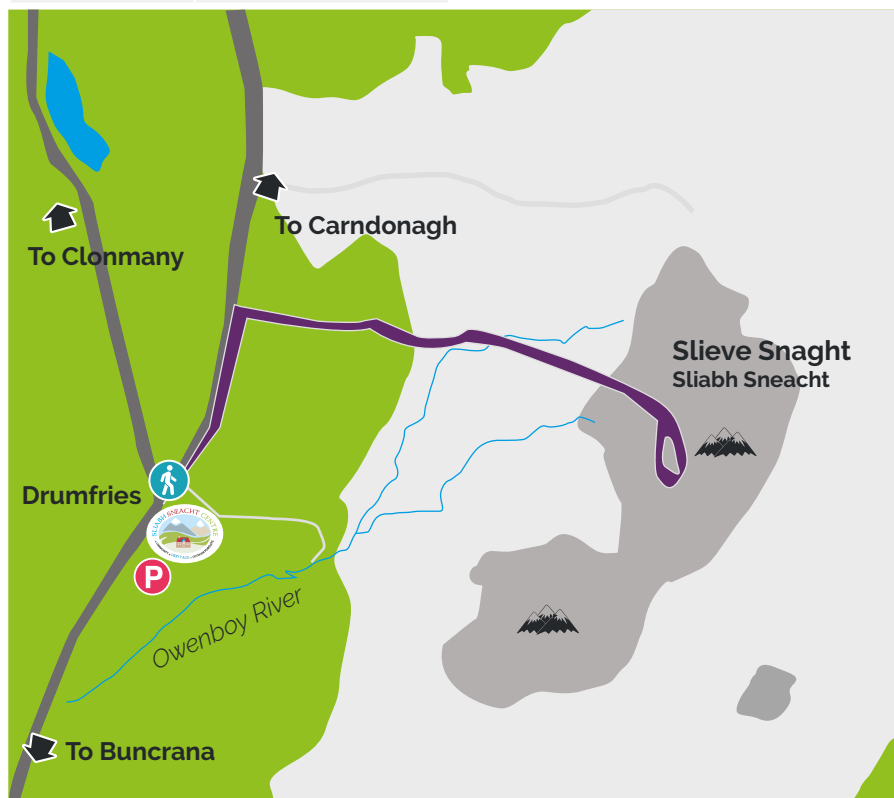
A traffic free walk which follows the shoreline of Lough Foyle from the shore front in Moville northeast towards Greencastle. It is virtually level with only gentle inclines along the route. The route passes quiet beaches, elegant dwellings and a number of sites of historic interest. Wildlife is abundant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















✦ 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		



The 'Roof of Inishowen', Slabh 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.

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



-  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



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[www.govisitinishowen.com](http://www.govisitinishowen.com)



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An Roinn Forbartha  
Tuaithe agus Pobail  
Department of Rural and  
Community Development



**Comhairle Contae  
Dhún na nGall**  
Donegal County Council