



Bealach na Gaeltachta, Dún na nGall are a number of walking trails in the Gaeltacht areas of County Donegal. They include four primary long distance circular routes (Slí Cholmille, Slí an Earagail, Slí na Rossan and Slí na Finne) link trails between three of these routes and loops on three offshore islands, Arranmore, Tory and Gola.

For detailed information on all Bealach na Gaeltachta routes, visit www.irishtrails.ie

Route Locations



Slí an Earagail

Distance: 74 km
Grading: Moderate
Time needed: 4 - 5 days

Slí Cholm Cille

Distance: 65 km
Grading: Moderate
Time needed: 3 - 4 days

Slí na Rosann

Distance: 65 km
Grading: Moderate
Time needed: 3 - 4 days

Slí Thoraí

Distance: 8.5 km
Grading: Easy
Time needed: 2 - 3 hours

Slí na Finne

Distance: 48 km
Grading: Moderate
Time needed: 2 - 3 days

Slí Árainn Mhór

Distance: 14 km
Grading: Moderate
Time needed: 4 - 5 hours



Slí Ghabhla

Slí Ghabla - Route Overview



Description

Gola may be small in size, but it offers outstanding rewards for the walker with dramatic scenery, abundant wildlife and an atmosphere that is unique to Ireland's offshore islands. The waymarked walk, which begins and ends at the pier at Traigh na mBláthán, follows the gently undulating sandy roadways on the eastern half, and through the centre of, the island. Along the way you will pass beaches, cliffs, a lake and deserted dwellings which offer a glimpse of a lost way of life.

This route is closed for one day each year on December 25th.

Details

Distance:	4 km
Height gain:	40 metres
Estimated Time:	1 - 2 hours
Terrain:	Gently undulating along rough tracks.
Grading:	Easy.
Waymarking:	Yellow arrows and walker symbol.



Grading Information

EASY

Generally flat trails with a smooth surface and some gentle slopes or shallow steps. These trails are generally suitable for family groups including children and the elderly. Normal outdoor footwear can be worn.

MODERATE

Trail may have some climbs and rough and uneven surfaces. There may be some obstacles such as protruding roots, rocks, etc. Suitable for people with a moderate level of fitness and some walking experience. Specific outdoor walking footwear and clothing is recommended.

STRENUOUS

Physically demanding trails, which will typically have some sections with steep climbs for long periods. The going underfoot can be extremely rough including many obstacles. Suitable for users accustomed to walking on rough ground and with a high level of fitness. Specific outdoor walking footwear and clothing required.

Contact Details: This walk is managed by Comharchumann na nOileán Beag - Tel: 074 9532571, ancaire@eircom.net and Donegal County Council - Tel: 07491 53900.

This National Waymarked Walking Trail crosses private property and access is due to the kind permission and generous cooperation of the landowners. Persons entering such private property do so by permission with the consent of the landowner and no right of access or right of way is created as a consequence. No amount of expenditure by the partners to this agreement or by private individuals on the route being used will alter this position. Nothing in this notice shall impact or address any pre-existing public rights of way.



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Emergency Contact: If you encounter difficulties, call 999 or 112 and ask for Mountain Rescue or Gardai or in the event of fire ask for the Fire Service.

Local Weather: For local weather information visit www.met.ie.

NO DOGS PERMITTED

MAP INFORMATION

- Bog Road
- Slí Gola
- Cliffs
- Recommended view point
- Information Point
- Ferry Point

LEAVE NO TRACE

Plan ahead and prepare
Be considerate of others
Respect farm animals and wildlife
Travel and camp on durable ground

Leave what you find
Dispose of waste properly
Minimise the effects of fire

LEAVE NO TRACE OUTDOOR ETHICS

www.leaveoutdoorireland.org