

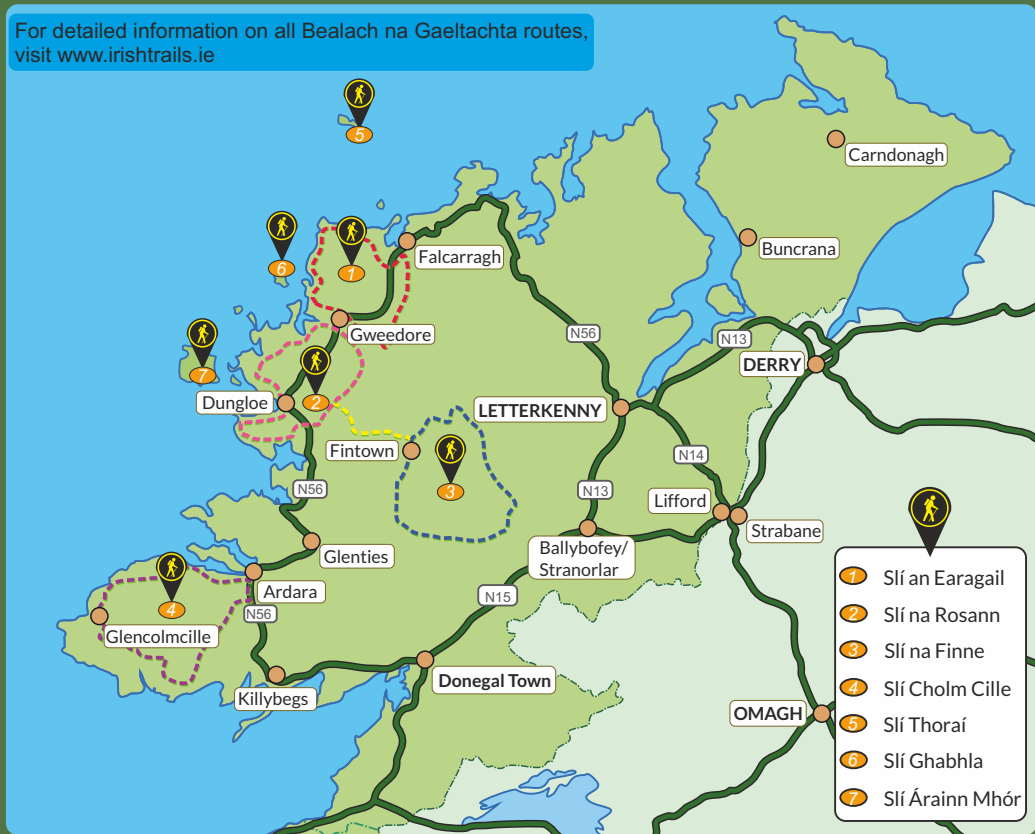


Bealach na Gaeltachta

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 Ghabhla

Distance: 4 km
Grading: Easy
Time needed: 1 - 2 hours

Slí Árainn Mhór



ROUTE OVERVIEW



Description

This spectacular walk takes you on a circle around the island of Arranmore. The views in all directions are stunning and the wild and uninhabited interior and the western half of the route is particularly remote. There is a spur walk to the Lighthouse at Rinawros Point.

The islands exposed position on the Atlantic seaboard of Ireland make it an ideal location for birdwatching. The periods following storms from the west are a particularly good time to spot a number of unusual and rare species of bird including Petrels and Shearwaters.

Life on Arranmore is intimately connected with the sea and numerous shipwrecks around the islands coast are testament to the dangers of working and sailing in these waters.



Details

Distance:	14 km
Height gain:	400 metres
Estimated Time:	4 - 5 hours
Terrain:	Quiet roads and rough tracks
Grading:	Moderate
Waymarking:	Yellow arrows and walker symbol.

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

www.leaveonotraceireland.org

Grading Information

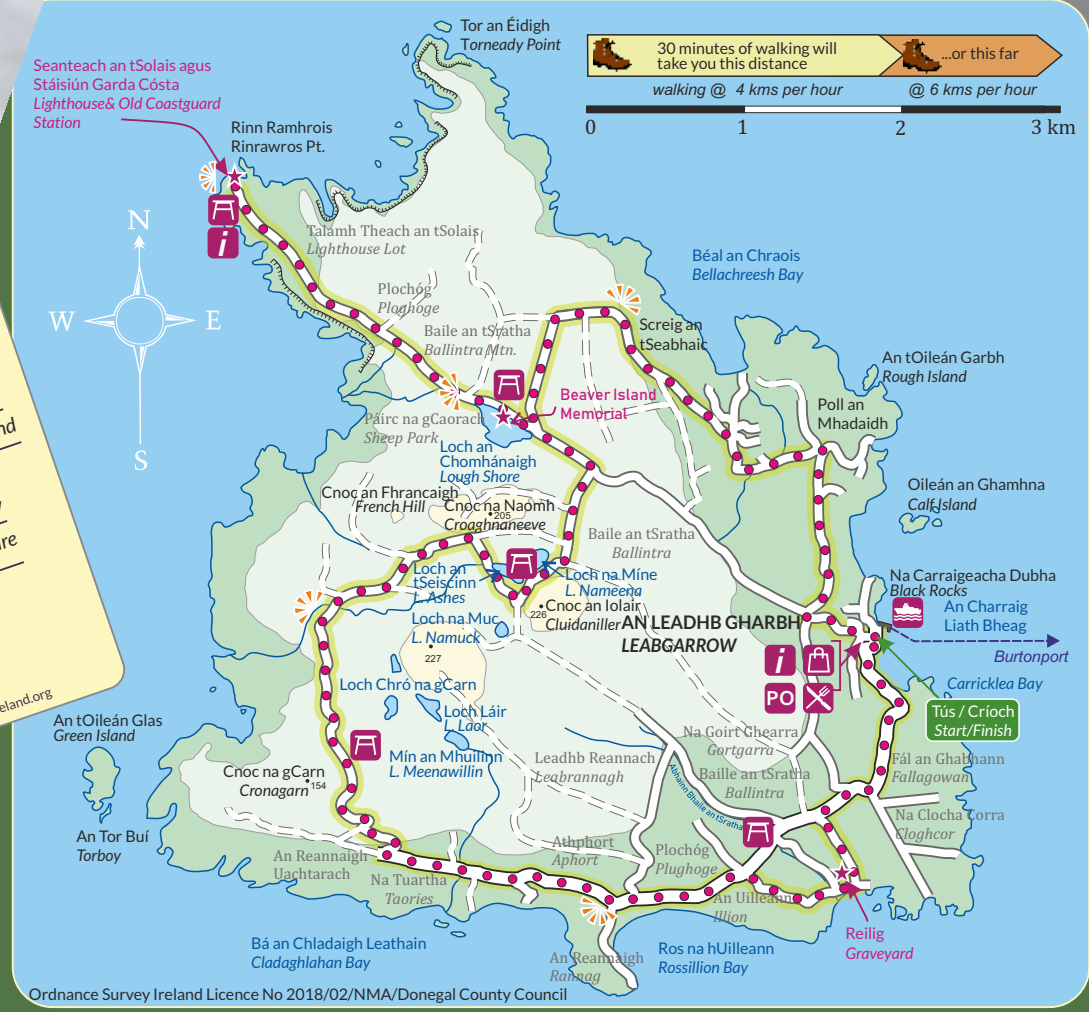
EASY	MODERATE	STRENUOUS
Generally flat trails with a smooth surface and some gentle slopes or shallow steps. These trails are generally suitable for family groups including children and the elderly. Normal outdoor footwear can be worn.	Trail may have some climbs and rough and uneven surfaces. There may 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.	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 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.



Cartography & brochure design by Jeremy Smith - Tel: 07493 29866 Mob: 086 867 8221



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.

For local Weather information visit www.met.ie.

NO DOGS PERMITTED

MAP INFORMATION

	Main Road		Information Point
	Minor Road		Food available
	Bog Road		Post Office
	Cliffs		Shopping
	Slí Arranmore		Recommended view point

300, 200, 100, 0 Metres