



Description

This 8.5 km walk takes you through some of Donegal's most impressive coastal scenery. Within a relatively short distance of leaving the trailhead you are in remote country with wonderful views (including Scotland on a fine day). The route follows bog roads, laneways, rough tracks and minor roads and takes in a WWII Lookout Tower on Inishowen Head, the shoulder of Crocknasmug and the point at Portkill from where the legendary St Colm Cille departed Ireland for the Scottish isle of Iona.

Details

Distance: 8.5 kms
Height gain: 250 metres
Estimated Time: 2 - 3 hours
Terrain: Quiet roads and rough tracks. An initial descent to Stroove is followed by a gradual climb to the heights above Lough Foyle and then a final descent along the coastal track to the trail head.
Grading: Moderate:
Waymarking: Purple arrows on black plastic marker posts.



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



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

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 -
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15 minutes of walking will take you this distance
walking @ 4 km per hour
or this far
walking @ 6 km per hour

	Regional Road		Information point
	Minor Road		Picnic area
	Bog Road		Parking
	Inishowen Head Loop		Recommended view point
	Forest		Point of interest
			Cliffs

