Slí Thoraí

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 Cholmcille, Sli 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.

Route Locations

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

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W — E
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- Carndonagh
- Buncrana
- Falcarragh
- Gweedore
- N56
- N13
- **DERRY**
- **LETTERKENNY**
- Dungloe
- Fintown
- N14
- N56
- N13
- Lifford
- Strabane
- Glenties
- Ballybofey/Stranorlar
- Ardara
- N15
- N56
- Glencolmcille
- Killybegs
- **Donegal Town**
- **OMAGH**

1 Slí an Earagail
2 Slí na Rosann
3 Slí na Finne
4 Slí Cholm Cille
5 Slí Thoraí
6 Slí Ghabhla
7 Slí Árainn Mhór

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 Árainn Mhór

Distance:	14 km
Grading:	Moderate
Time needed:	4 - 5 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 Thoraí - *Route Overview*

This 8.5 km walk takes you on a circuit of Ireland's remotest inhabited island. The cliff, ocean and island scenery is spectacular.

As well as its rugged beauty, Tory is also rich in archaeological and monastic sites. Its heritage includes evidence of settlement during Bronze Age, Iron Age and the Early Christian periods.

Wildlife is much in abundance and the island supports populations of the globally threatened Corncrake as well as nationally important populations of a range of cliff nesting sea birds.

The population is currently around 200 people, who maintain a vibrant Irish language culture and continue traditions which stretch back many generations.

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

Distance:	8.5 km
Height gain:	22 metres
Estimated Time:	2 - 3 hours
Terrain:	Quiet roads and rough tracks.
Grading:	Moderate
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 Donegal County Council - Tel: 07491 53900

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

Map

30 minutes of walking will take you this distance *walking @ 4 kms per hour*

......or this far ......@ 6 kms per hour

0   1   2   3 km

An Tor Bán *Torbane*

Tor an Dá Bhun *Toradavdun*

Teach an tSolais

Ard Lárthainn

Poirtín Ghlais

Loch ó Thuaidh

Mearnaid *Marnid Rock*

Mearnaid

Rinn na Muiríní *Rinnamurreeny*

Loch ó Dheas

An Baile Thiar *West Town*

PO

An Tor Mór *Tormore*

Dún Bhaloir *Promontory Fort*

Church

The Tau Cross

The Bell Tower

Cé *Pier*

An Fheochair Mhór

Leac na Leannán

Dún Bhaloir

An Inneoir *The Anvil*

Pointe Thaidhg

An Portach

Cnoc Ard Fhearaíl

An Camas Mór *Camusmore Bay*

Ferry to/from mainland

Scoilt an Ghearráin

Baile Thoir *East Town*

Loch ó Thoir

Cé *Pier*

Port an Dúin *Port Doon*

Port Doilg

N W E S

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.leavenotraceireland.org

Elevation profile

| An Baile Thiar | **Lúb an Iarthair - *West Loop*** | An Baile Thiar | **Lúb an Oirthir - *East Loop*** | An Baile Thiar |

Elevation (m): 40, 20

Loch ó Dheas

Loch óThuaidh

An Cloigtheach *Bell Tower*

An Chros Tau *Tau Cross*

An Baile Thoir

0   2   3   4   5   6   7 km

Walking clockwise

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	i	Information Point
═══════	Minor Road	✕	Food available
- - - -	Bog Road	PO	Post Office
∿∿∿	Cliffs	🛍	Shopping
●●●●●●	Slí Thoraí		Recommended view point

300
200
100
0 *Metres*

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.