



Trailhead	Grange Village, County Louth
Services	Grange, Carlingford (3km)
Dist/Time	4km / 1hr – 1hr30mins
High/Ascent	120m/150m
Difficulty	Easy
Terrain	Minor roads, laneways, and tracks
To Suit	All levels of fitness
Minimum Gear	Trekking shoes, raingear, fluid, and mobile phone
Grid Ref	OS Sheet 36, J193 082

Directions to Trailhead

The M1 Motorway links the cities of Dublin and Belfast. As the M1 skirts the town of Dundalk take Exit 18 and follow the road signs onto the R173 in the direction of Carlingford. Continue to follow the R173 for **15km** passing the villages of Lordship and The Bush. Approximately 1km past The Bush watch for a crossroads and signs at an old railway bridge on your left for the village of Grange. Turn left here and follow the road for approx 1km to reach the Parish Church (**St James**) on your right. Car parking is available here - the trailhead is located at John Long's Pub directly opposite.

Loop Guiding

A-B. From the trailhead at John Long's Pub follow the green (and purple) arrows along the surfaced road. The purple arrows are for the longer Rooskey Loop. After 300m you reach a crossroads at a place called The **Acre** - go straight across here and join a surfaced laneway. After 300m watch for a waymarker that directs you to your right and onto a farm laneway (**Billy's Lane**). Follow the green and purple arrows as the surface changes to grass and, after 1km, join a surfaced road where you turn left. Almost immediately the loop turns left again and ascends to reach a 3-way junction where the Rooskey Loop (purple arrow) turns left - but you turn right..

B-C. Note that you will now overlap on the Barnavave Loop from Carlingford (red arrows) for a short distance. Follow the green and red arrows downhill to reach a surfaced **road** where you turn left. After 150m you reach an old limekiln on your left – note that you rejoin the purple Rooskey Loop briefly here. Watch for a waymarker which directs you right onto a downhill laneway – and you leave both the Rooskey Loop and Barnavave Loop as you do. After 150m you reach a Y-junction where you have two options – the official loop turns right; straight ahead adds a short extra distance to your walk. At the end of the laneway you join a surfaced roadway where you turn right, ascend for 100m to reach the brow of the hill, and turn left onto a grassy laneway - known locally as The Molly! The laneway takes you downhill to reach another laneway (**Forty's Lane**) where you rejoin the purple loop and turn right.

C-A. After 400m the laneway crosses the R173 and joins a surfaced laneway (**Skeekan's Lane**) - enjoy the last 1km back to the trailhead.



Fáilte Ireland
National Tourism Development Authority



Trailhead 155

Loop 155A

Molly Loop

4km
Easy
Minor roads, laneways,
and tracks.

