

Trailhead	A Walkers' Car Park, Shanbally, Teelin, Carrick, County Donegal
Services	Teelin (2km) limited services, Carrick (4km) full services, County Donegal
Dist/Time	3.5km / 1.30 to 2hrs one way - 7km / 3 to 4hrs return
Ascent	438m
Difficulty	Moderate, please be extremely mindful of your safety and that of others!
Terrain	Green Road, rough track and open mountain with very steep cliffs!
To Suit	Moderate levels of fitness
Start/Finish Point	Walkers' Car Park, Shanbally, Teelin, County Donegal
Minimum Gear	Trekking clothes, raingear, fluid, snacks, mobile phone, maps and compass
Map/ Grid Ref	OS Sheet 10/ G 577 780

Directions to Trailhead

In the village of Carrick, situated on the R263 between Killybegs and Glencolmille, take the Teelin Road signposted 'The cliffs - Slieve League'. Follow the road along the bay for ca.2.3km. Turn right on to a narrow road, following the sign for 'Pilgrim Path Walking Route'. After approx 600m turn right over a small bridge, and immediately left again. Drive through the gate, closing the gate behind you, and continue another 550m until you reach the car park and trailhead.

Please note that this walk leads up to steep, open cliffs - be very mindful of your safety and that of others.

The trail takes its name from the traditional Pilgrim Path to the ruins of Aodh Mac Bricne's Church. Mac Bricne was bishop of Kildare (Co Westmeath) in the 6th century A.D. and spent his last years as a hermit on Slieve League. The ruins are located on the leeward side of the ridge. There are 3 'Holy Wells' near the church, a cross-inscribed pillar stone, and a number of cairns (penitential stations) strung along both edges of the ridge. Aodh Mac Bricne's pilgrimage is traditionally associated with his feast day on 10th November and includes 45 decades of the rosary. 15 are prayed while walking up, a further 15 while walking around the church itself and a final 15 while walking around the cairns on the summit of the mountain, behind the Church. It is believed that pilgrims who complete this will be cured of headaches or related illnesses.

Walk Direction

A-B. Leaving the car park, go **straight ahead** following the blue arrow along the green road into the horseshoe-shaped valley. Passing **Croleavy Lough** on your left, to you reach the emergency vehicle lay-bye on your right.

B-C. Starting to climb, after about **750m** you reach the **waterfall** and **viewing area** with great views over Teelin bay and harbour, as well as Donegal bay. **Here the broad trail ends.**

C-D. Follow the narrow, rough trail for about **900m**, past 3 tall timber markers that guide you to a **large bolder**, where you **turn left**. After another **100m** you reach the church ruins. Walking a short distance beyond the church ruin brings you onto the exposed cliffs of Slieve League with spectacular views over all of Donegal Bay.



This area needs to be approached with extreme caution!

Take note of the yellow markings on rocks that will guide you off the plateau and on to the path.

For more Donegal walking trails please see: www.nationaltrails.ie - www.letswalkdonegal.com - www.discoverireland.ie/walking - www.coilteoutdoors.com



An Roinn Ealaíon, Oidhreacht,
Gnóthaí Réigiúnacha, Tuairhe agus Gaeltachta
Department of Arts, Heritage,
Regional, Rural and Gaeltacht Affairs



Rural
Recreation
Officer



Fáilte Ireland
National Tourism Development Authority



In case of emergency call 999 or 112 and ask for Mountain Rescue

For comments and suggestions about the trail please contact:

Ingá Bock, Rural Recreation Officer, ibock@dldc.org - phone 087 9318077

Cosán an Oilithrigh Pilgrims Path Sliabh Liag

4km
Moderate
Green road, rough
path, open cliff

- A** - Car Park & Trailhead
- B** - Emergency Lay-by
- C** - Waterfall & End of Road
- D** - End of Access Route



The first 2km as far as point **C** is for use by occasional walkers. Beyond that you are on rough ground and open cliffs. Ensure you have appropriate footwear, clothing, map and compass & know how to use them, since the weather can deteriorate very quickly in this area. Watch out for distinct yellow markings on rocks and boulders to guide you back from the plateau onto the path.