Slí Mhuineacháin The Monaghan Way

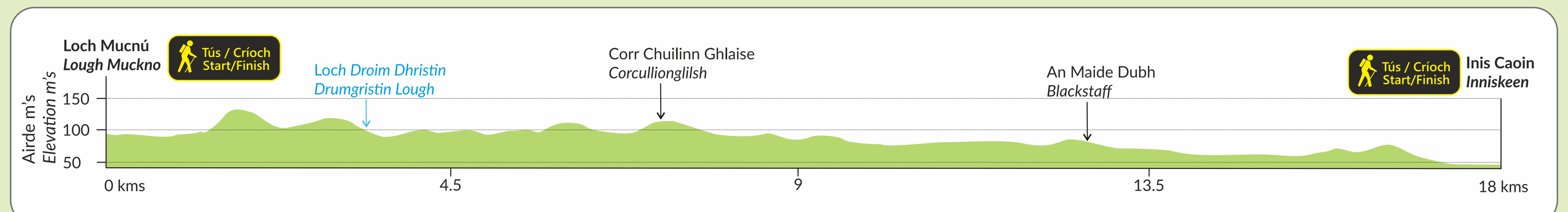
Loch Rois *Lough Ross*

Cloigtheach Inis Caoin
Inniskeen Round Tower

NODA LÉARSCÁILE
MAP INFORMATION

N53	Príomhbhóthar Náisiúnta *National Primary Road*		Pointe Eolais *Information Point*
R183	Bóthar Réigiúnach *Regional Road*		Páirceáil *Parking*
	Mionbhóthar *Minor Road*		Pointe Féachana Molta *Recommended view point*
	Bóthar Portaigh / Foraoise *Bog/Forest Road*		Láthair Phicnicí *Picnic Area*
	Slí Mhuineacháin *The Monaghan Way*		Slí Mhuineacháin – Lúb Inis Caoin *Monaghan Way - Inniskeen Loop*
	Coillearnach *Woodland*		Slí Mhuineacháin – Lúb Mhaigh Gamhnaí *Monaghan Way - Magoney Loop*
	Cuid Suime *Point of Interest*		Slí Mhuineacháin – Lúb Thuama *Monaghan Way - Toome Loop*

Map data derived from www.openstreetmap.org © OpenStreetMap contributors



Sonraí na Slí

Fad:	18.5 km
Ardú:	212 méadar
Am lena dhéanamh:	2 lá
Tír-raon:	Cosáin feirme, iarnród atá as úsáid, páirceanna agus bóithre ciúine tríd an dúiche dhroimneach. Tá codanna de gearr agus géar. Tá cuid mhaith den tslí gan phábháil agus d'fhéadfadh sí a bheith fliuch faoi na cosa uaireanta.
Grádú:	**Measartha:** D'fhéadfadh an tsiúlóid a bheith cnocach in áiteanna agus an dromchla garbh agus míchothrom in amanna. Is féidir go mbeidh roinnt constaicí ann, amhail fréamhacha nó carraigeacha ag gobadh amach. Ag fóirstean do dhaoine atá measartha aclaí agus a bhfuil roinnt taithí acu ar shiúlóidí a dhéanamh. Moltar brógaí agus éadaí ar leith siúlóireachta a chaitheamh.

Route Details

Distance:	*18.5 km*
Height gain:	*212 metres*
Estimated Time:	*2 days*
Terrain:	*Farm tracks, disused railway, fields and quiet roads through gently undulating countryside with some short and steeper sections. Much of the route is unpaved and can be wet underfoot at times.*
Grading:	***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.*

Abhainn Átha Féan *Fane River*

BUNEOLAS AR AN tSIÚLÓID ROUTE OVERVIEW

Is éard atá i Slí Mhuineacháin bealach fada siúlóide lenar féidir cuid d'oidhreacht shaibhir Chontae Mhuineacháin a thaiscéaladh. Meascán spreagúil de bhóithre ciúine tuaithe, siúlóireacht trastíre, bealaí siúil cois aibhneacha agus bealaí isteach chuig lochanna atá sa tSlí.

Ar feadh na Slí tá fánaí réidhe cnoc agus réimsí cothroma talún amuigh faoin tír; an bealach is fearr le sult a bhaint as tuath Mhuineacháin. Níl aon ardú fada géar ann agus leanann an chuid is mó den bhealach an líne iarnróid atá as úsáid. Is é 136 méadar an airde uasta ar an mbealach.

18.5 km ar fad atá an tsiúlóid iomlán idir Inis Caoin agus Loch Mucnú. Is féidir é a shiúl i lá fada amháin nó é a bhriseadh ina dhá lá ghearra. Leis na trí shiúlóid lúibe ghaolmhara (féach an léarscáil) is féidir codanna gearra de Shlí Mhuineacháin a shiúl.

Bíonn Bealach Siúlóide Shlí Mhuineacháin dúnta gach bliain idir meánoíche an 24 Nollaig go meánoíche an 25 Nollaig.

The Monaghan Way is a long-distance walking route that explores just some of county Monaghan's rich heritage. The walk is a stimulating combination of quiet country roads, cross-country trekking, riverside walkways and lakeshore approaches.

The perfect way to enjoy the Monaghan countryside, the walk mixes gentle sloping hill gradients with flat stretches of open countryside. There are no long or steep climbs and much of the route follows a disused railway line. The route reaches a maximum altitude of just 136 metres.

The full walk between Inniskeen and Lough Muckno is 18.5 km in length. It can be enjoyed as a long single day walk or as two shorter days. Three associated loop walks (see map) offer the chance to sample short sections of the Monaghan Way.

The Monaghan Way Walking route is closed annually from midnight on 24 December to midnight on 25 December.

Tá an tsiúlóid seo á bainistiú ag Comhairle Contae Mhuineacháin – Guthán 047 30500 - eolas@monaghancoco.ie
This walk is managed by Monaghan County Council - Tel: 047 30500 - info@monaghancoco.ie

Éireann
Ná Fág Lorg
www.leavenotraceireland.org

7 bPrionsabal
1. Déan Réamhphleanáil agus Ullmhaigh
2. Smaoinigh ar Dhaoine Eile
3. Bíodh Meas agat ar Ainmhithe Feirme agus ar an bhFiadhúlra
4. Taistil agus Campáil ar Thalamh Daingean
5. Fág Rud ar bith a Fhaigheann Tú
6. Faigh Réidh le Dramhaíl mar is Ceart
7. Damáiste ó Thine a Laghdú

Ireland
Leave No Trace
www.leavenotraceireland.org

7 PRINCIPLES
1. Plan Ahead and Prepare
2. Be Considerate of Others
3. Respect Farm Animals and Wildlife
4. Travel and Camp on Durable Ground
5. Leave What You Find
6. Dispose of Waste Properly
7. Minimise the Effects of Fire

COSC AR MHADAÍ
NO DOGS PERMITTED

Má théann tú i sáinn, cuir scairt ar 999 nó 112 agus cuir fios ar an tSeirbhís Tarrthála Sléibhe nó ar na Gardai, nó i gcás dóiteáin, an tSeirbhís Dóiteáin.

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.

Tá cuáillí dubha, ar a bhfuil saigheada buí agus siombailí siúlóra, in úsáid le do threorú ar fud na siúlóide seo. Tá comharthaí donna, a bhfuil téacs bán agus siombailí buí orthu, in úsáid fosta.

The route is waymarked with yellow arrows and walker symbols on black plastic marker posts. Brown finger signs with white text and symbols are also used.

Fá choinne eolais ar an aimsir go háitiúil féach www.met.ie.

For local Weather information visit www.met.ie.

The Monaghan Way seo fríd thalamh príobháideach, agus is le cead cineálta flaithiúil na n-úinéirí talún atá sé curtha ar fáil. Aon duine a théann isteach i dtalamh príobháideach is le cead an úinéara talún a dhéantar sin agus ní chruthaítear aon cheart rochtana ná aon cheart slí mar gheall air sin. Ní bheidh aon athrú ar an scéal sin, is cuma cá mhéad airgead a chaitheann páirtnéirí an chomhaontaithe seo, ná daoine aonaracha príobháideacha, ar an tsiúlóid. Ní bheidh tionchar ag aon rud san fhógra seo ar aon cheart slí poiblí atá ann cheana féin.

Some of the property traversed by the Monaghan Way walking route is private property. Access is available by kind permission of all of the landowners / holders on the route. It is understood that persons entering by permission do so with the consent of the landowner and no matter how often they enter, or in what numbers, they do not do so as of a right. 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.

Is í an Roinn Forbartha Tuaithe agus Pobail agus Comhairle Contae Mhuineacháin a mhaoinigh an tionscadal seo faoin Sceim Bonneagair Áineasa Allamuigh.

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Rialtas na hÉireann Government of Ireland

Ár dTodhchaí Tuaithe Our Rural Future

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