

SLIEVE BLOOM

inclined to **Hike it!**

Glenbarrow Looped Walks Glenbarrow Eco Walk

Note: At times, the Ridge of Capard may be closed to walkers. When this occurs, please follow the alternative route shown on the map as a dashed line. Trail signage will be updated to indicate the route currently in use.



This project is receiving funding from the Department of Rural and Community Development and the Gaeltacht and the Irish Government under the Outdoor Recreation Infrastructure Scheme



Hike it!

Trail Directions

Category

Walking/Hiking Trails

Trailhead 1

Glenbarrow Car park
(Grid Ref. N 367 081)

Trail Quality

Terrain

Forest trails & roads

Format

Circular

Distance (km)

8.5km

Difficulty

Strenuous

Time

3hrs approx.

Services

(distance in km)
Clonaslee 6km

Start Here: The trailhead is Glenbarrow car park. Follow **orange arrows** onto a downhill track. Enter Glenbarrow woods via wooden railings.

Continue along this path upriver for about 800m. Here by the river, the stone floor of the valley is exposed (1). Follow the path upriver and pass the Clamphole Falls (2). Continue on path past waterfall following orange arrows upstream to Barrow Gorge (3). Remain on river bank until reaching the ruins of old homestead (4) on left. Turn left here and follow orange arrows around ruins onto old track. This leads uphill to Ridge of Capard Car Park (5).

From the car park, follow orange arrows up along Bog Bridge to viewing point. From here continue on Bog Bridge to old mountain track (6). Turn left downhill which leads onto tarred road. At the 3rd bend downhill enter Capard Wood (7) on left. Follow orange arrows through wood until reaching forestry road.

Pass old stone Quarry (8) on left. This section was part of the old Capard Estate (9) which includes old broadleaf woodlands on left. At forestry road junction follow orange arrows onto Bog Bridge (10) and continue on Bog Bridge downhill through woodland to forestry road and barrier. Turn right here back to trailhead.

For further ecology information log on to:
www.slievebloom.ie

Directions to Trailhead

Rosenallis on the R422 between Clonaslee and Mountmellick. On the sharp bend follow the signpost for Glenbarrow L2018. After 2km take a right turn at a junction. After 2.5km turn left at a crossroads. This takes you to Glenbarrow Car Park (N 367 081).



Photo credit: James Osborne

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