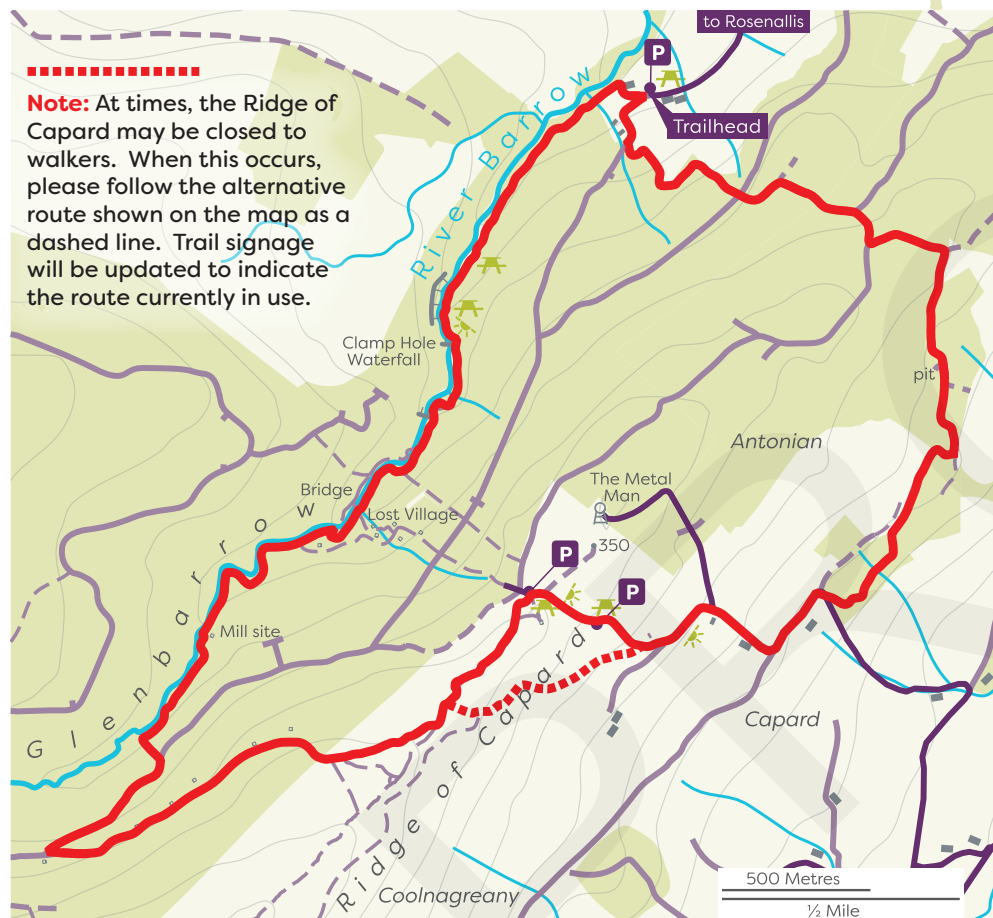


SLIEVE BLOOM

inclined to **Hike it!**

Glenbarrow Looped Walks

Old Mill Loop



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 Gaelacht and the Irish Government under the Outdoor Recreation Infrastructure Scheme



Hike it!

Category

Walking/Hiking Trails

Trailhead 1

Glenbarrow Car park
(Grid Ref. N 367 081)

Trail Quality

Terrain

Forest trails/riverside walk

Format

Circular

Distance (km)

10.5km

Difficulty

Strenuous

Time

2hrs 20mins approx.

Services

(distance in km)
Clonaslee 6km

Trail Directions

Start from the trailhead at Glenbarrow car park and follow the **red arrows** onto a downhill track and 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. Follow the path up river and you come to the Glenbarrow Falls. Follow the path past the waterfall for approximately 800m. The path splits on a bend - continue following the red arrows along river bank, for approximately 2km, to the ruins of an old mill. Leaving the mill behind, follow the riverbank for another short distance before turning uphill (left) and join the forestry road, turn right here. Follow the forestry road for 300m before turning left uphill past ruins of Clear's old house. Follow red arrows to Bog Bridge leading down to the Ridge of Capard Viewing Point.

Continue downhill to Ridge of Capard car park. Turn right here and continue downhill on the tarred road joining the Eco walk and on third bend, turn left into Capard wood. Follow the trail through the wood and join up with forest road. Follow red and orange arrows along forest road until you reach 3-way junction. Enter the Bog Bridge here and follow the trail downhill through mixed woodland to a forest barrier. Turn right here, and enjoy the last 200m back to the trailhead at Glenbarrow car park.

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).



www.slievebloom.ie

Photo credit: Paul Moore Photography

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