



Walk 1 - The Mullagh Way



Start: On R238 at visitors' information sign in village opposite Londis supermarket. Loop walk.

Length: 2.7 km. (1.7 miles). A bracing route over level terrain except for centre section which involves a gracious climb of 1km.

Attractions: spectacular sea views over Glasheedy and Carrickabraghy Castle, passing the deserted village of Mullagh, hidden from view. Excellent views of Crockaughrim to right, Bulbin ahead and Rachtin to the left. Loop walk.

The walk begins with a descent towards the shore for about 1 km. with a mixture of old and new houses on the left, many with beautifully landscaped gardens, one of which has a standing stone. At the Pollan Beach hotel, turn left and begin the climb through Ardagh, birthplace of a famous writer, John Toland. At the top of the hill, beside the helipad, stop and admire the coastal views. The legendary village of Mullagh, now deserted, is hidden from view in trees behind the helipad. Behind it there is a mass rock, a stone row and lazy-beds, used for the cultivation of potatoes in the past. At

Doherty's

Country Accommodation



the T-junction, turn left at the traditional cottage thatched with Inishowen flax and tied down with blue ropes; cheers, it's all downhill, past the old green pump as the R238 crossroads looms ahead. Take note of the restored yellow railway cottage on the corner. Turn left and head back to village but before you reach the TOP station, check out the humpbacked, railway bridge, built around 1900, 50 metres down a side road to the left.



Walk 2 - The Highway To The Castle



Start: at the visitors' information sign opposite Londis and bear right towards Carndonagh on the R238.

Length: 15 km. (9.5 miles). This is the longest walk in the series and will take close to four hours. Ideal for the highly experienced walker, on mostly flat terrain without any hill climbs. Generally tarred road but moves on to rough gravel path on private lands, winding up on sandy coastal walk which is undergoing development.

Attractions: The walk has a great variety of vistas - busy farmsteads, lots of beautifully maintained thatched cottages, historic landmarks, good views over Five Fingers Strand with impressive sand dunes, said to be among the highest in Europe. An excellent opportunity to witness the turbulence of the Atlantic and its waters teeming into and exiting from Trabrega Bay at high and low tide. The return journey offers a unique walk through ever-changing sand dune landscape and hillocks of pebbles on a specially constructed pathway which is very gentle on tired limbs. Loop walk.

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About 2km from the village after passing through Tornabratley, follow signs left for Famine Village and as you cross the raised beach into the Isle of Doagh, note that these water meadows were once covered by the sea, which cut off the Isle from the rest of the peninsula. Have a look at the roadside profusion of reeds once used for thatching. Watch out for attractive thatched cottages and barns on the way. Having reached the half-way point, why not make a visit to the Famine Village if only to enjoy a warm cup of tea which is part of the tour. A handful of kilometres later, with fine views across Five Fingers Strand, Carrickabraghy Castle appears to leap from the water on the right, famed as a battle place as far back as the tenth century. Jutting out to sea on the other side of the Bay, to the right, is the promontory fort of Dunargus, used to defend the entrance to Trabrega against Viking invaders. In winter, the waterworks below the castle are quite spectacular with huge jets of white spray spouting into the air.

At the castle, the terrain changes and there is a gravelly pathway leading on to the coastal walk, bordering the golf course, through the dunes and back to the village. The mountain of pebbles washed ashore is unique and is now protected so it may be worthwhile to stop and take a closer look at the variety of colours and shapes. In the past, farmers used them for drains and making farm roads.



Walk 3 - The Druids Road on Google Maps



Start: On R238 at visitors' information sign in village opposite Londis supermarket.

Length: 10km. (6.3 miles) Good level of fitness required. OS Map 3 Discovery Series recommended. No suitable rest points on this demanding 3 hour walk which is ideal for experienced walkers. Road surface very suitable for walking.

Attractions: A landscape of contrasts - makes a circle of Crockaughrim with dramatic views of hills of Inishowen, open heathery boglands, scintillating sea views, superb uncluttered scenery, newly planted fir plantations, a diversity of hedgerows and a historic landscape. Loop walk with little traffic.

Heading towards Clonmany, the route travels past the Ballyliffin and Trasna Hotels with views of Bulbin ahead, topped with a huge cross, erected for the Eucharistic Congress of 1932. 1km. from the village, take sharp turn left at crossroads soon after passing TOP station. Note a trio of unique two-storey barns on right. Here begins the most difficult part of the walk, through Cloontagh on to



Coolcross, involving an uphill climb over 1.5km leading through an open, heathery, marshy landscape which is unfenced. Lough Doo windfarm comes into view beyond the evergreen fir plantation on right.

At 3.5 km. from the start, (Hill View Fuels sign) take sharp turn left at T-junction and follow route for about 2k. over a narrow, uneven, winding road which offers panoramic views out to Slieve Snacht, the highest mountain in the peninsula. The next T-junction marks the half-way point so turn left and foot weary plodders will be delighted to hear that the rest of the journey is all downhill. Suddenly, a totally different landscape of estuary, water meadows and beaches offers a kind of reward to warm the heart for the second stage : Glashedy Island, Trabrega Bay, Five Fingers Strand and the archaeologically rich Isle of Doagh with its famed Famine Village. This section is well sheltered from the west winds, with high heather-clad ditches rich in furze, fuschia, briar, and hazel. Excellent surface for walkers. A couple of hundred metres later, turn left again for a better view of Glashedy Island.

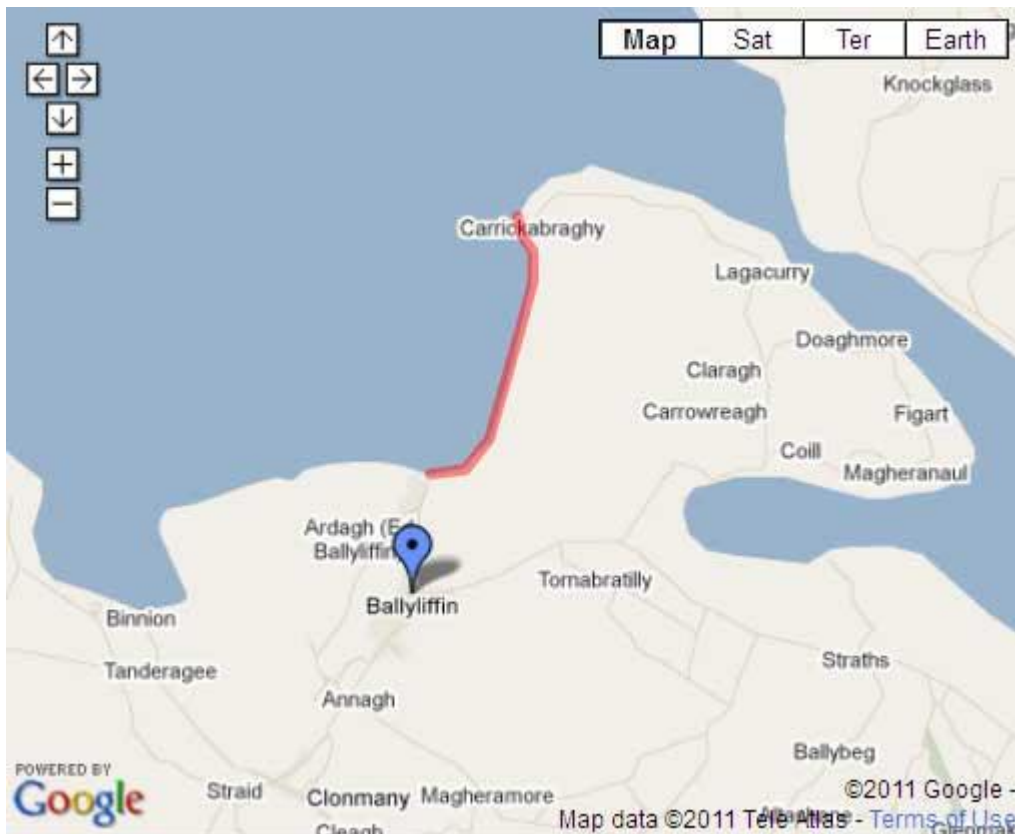
Bear right at the next T-junction in Rasheeny townland, avoiding the untarred road ahead. Look to the distant right for views of Malin and Culdaff. A couple of hundred yards to the right is a hill called Cnocnagalossagh, named after a bright-footed female Druid who terrified men in these parts long ago.

About 0.5 km later, at walled residence, Trábrega, turn sharp left, passing gates with Ard na Mara written on them, followed by Railway Cottage at the bend. At this point, listen for the sound of the ghostly Swilly Train that rattled on its way to Bunrana as you cross over the route of the dismantled track.

As a YIELD sign looms, take care as you emerge on the R238 highway again, and turn left at the sign for Ballyliffin world famous links golf course with its unique dune system. Follow the main road through Tornabratley for 1.5 km. to get back to the starting point.



Walk 4 - The Coastal Pathway



Start: On R238 at visitors' information sign in village opposite Londis supermarket. and head towards the beach, car park and playground.

Length: 9.5 km including the return journey (6 miles). It will take a couple of hours to complete the return journey.

Attractions: beautiful sandy coastal path carved out of the dunes, with the golf course on one side and the magnificent beach on the other. The coastal path is a traffic- free zone so only the crashing waves will disturb the pensive walker. Pause to examine the spectacular mounds of beach pebbles stacked between the path and the water.

Take a gentle stroll from the village towards the shore and there is a choice of beach walk or dune walk, depending on the tides. The coast walk is really Ballyliffin's answer to the traditional seaside promenade found in large tourist resorts. The path is undergoing improvements but all age groups will enjoy the spring of the sandy terrain.



Walk 5 - Glenevin Waterfall



Start: at the car park close to Glen House restaurant outside Clonmany village and not far from the unroofed Protestant church at Straid.

Length: about 2 km return; a one hours walk.

Attractions: few walks have such a delicious surprise at the end of the journey. The waterfall at Glenevin is one of the great natural attractions of the area and should not be missed. Suitable for children and all age groups. The peace and seclusion of the area create a heavenly atmosphere.

For many years the waterfall was inaccessible until the local community came to the rescue and laid down a pathway through the wild landscape. The richness of the natural landscape has to be seen to be believed and the waterfall is truly one of the beauties of nature. There is space for cars or even a picnic just before the walk or the option of enjoying the hospitality of Glen House which has an excellent menu for the hungry traveller. The mixture of light and shade create a wonderland of nature for the discerning visitor.