



Trailhead	Inishowen, Stroove, Co Donegal
Services	Stroove(2km), Greencastle (5km), Moville (12km)
Dist/Time	8km / 2hrs - 2.5hrs
Ascent	250m
Difficulty	Moderate
Terrain	Bog roads, laneways, rough tracks and minor roads
To Suit	All levels of fitness
Start/Finish Point	Tory Island Pier
Minimum Gear	Walking boots, raingear, fluid
Grid Ref	OS SHEET 3, C683 437

Directions to Trailhead

Start from the village of Greencastle in north east Donegal. Follow the R241 out of the village in the direction of Stroove. On the outskirts of the village, the R241 turns right and follows the coast for approximately 5km to reach a lighthouse at Stroove. Just 200m past the lighthouse, leave the R241 as it turns sharp left and take the minor road (straight ahead) signposted Inishowen Head. This roadway ascends onto Inishowen headland – the trailhead is located on the right after 1km.

The ancient territory (The Land of the O' Doherty's), of County Donegal is the most northerly part of Ireland. Its northern shore is on the restless Atlantic Ocean with Lough Swilly forming its western boundary and Lough Foyle to the east. Monuments of an earlier age grow from the landscape as castles, towers and ancient churches. The Celtic crosses and the pagan monuments come together in a colourful tapestry with these great houses of the last century. The Inishowen Peninsula possesses such a range of sights and attractions that is often referred to as 'Ireland in Miniature'.

Walk Directions

A-B. Starting from the car park at **Inishowen Head**, follow the purple arrow downhill. Straight ahead of you is the prominent **Stroove lighthouse**. Pass a laneway on your right and reach a 3-way junction with the R241 where you **turn right**.

B-C. Follow the R241 for approximately 500m (passing New Road on your right) to reach Carrowtrasna Road where you **turn right** and begin the ascent onto the shoulder of **Crocknasmug** via laneways and bog roads.

C-D. Follow the laneways and bog roads for over 1km to reach a **T-junction** where you **turn right**, continuing to ascend. After a further 1km, you reach the highest point of your walk on the shoulder of **Crocknasmug**.

D-E. Continue to follow the bog roads downhill and look ahead for the now disused farmstead of Johnny Glenanes perched on the side of **Glenane Hill** – it is the only sign of inhabitation on this most remote section of your walk. Pass two junctions with laneways – both on **your left**.

E-F. The loop now sweeps right (eastward) and takes you back towards the east coast of **Inishowen Head**. As you travel you are treated to wonderful coastal scenery and a view over **Portkill** (marked by a plaque on the left of the roadway).

F-A. Along the final 500m back to the trailhead, there is another opportunity to view the wonderful scenery from a viewing point atop the cliffs.



Trailhead 23

Loop 23

Inishowen Head Loop

8km
Moderate
Bog roads, laneways,
rough tracks and
minor roads

