



<b>Trailhead</b>	Lenankeel, Clonmany, Co Donegal
<b>Services</b>	Clonmany (8km)
<b>Dist/Time</b>	3km / 1hr – 1hr15mins
<b>Ascent</b>	100m/110m
<b>Difficulty</b>	Easy
<b>Terrain</b>	Bog roads, hillside tracks.
<b>To Suit</b>	Average levels of fitness
<b>Start/Finish Point</b>	Lenankeel, Clonmany, Co Donegal
<b>Minimum Gear</b>	Hiking boots, raingear, fluid and mobile phone.
<b>Grid Ref</b>	OS Sheet 2, C308 437

## Directions to Trailhead

The trailhead is located at a car park at Lenankeel Beach approximately 3km from Clonmany village in North Donegal. From the **Y-junction** on the outskirts of Clonmany Village **veer right** onto the L1551 in the direction of Dunaff. After 2km you reach a **Y-junction** where you **veer left** - following the signpost to Mamore Gap. After another 2km continue **straight on** at another signpost for Mamore Gap – and 2km later pass through the townland of Dunaff. Stay on the 'main' road for another kilometre to pass a Primary School on **your left** and reach a **Y-junction**. **Veer right here** – following the sign for Lenan Head. Approximately 1.5km of straight road takes you to a **Y-junction** where you **turn left**. Another 1km takes to the car park at Lenankeel – the trailhead is in the car park.

## Walk Directions

**A-B.** Leaving the trailhead at the beach at Lenankeel follow the green (and purple) arrows as the loop **turns right** crosses a concrete bridge and follows a surfaced roadway for 150m. The purple arrows are for a longer and more challenging Urris Lakes Loop. After 150m the road turns **sharp left** at a farmhouse – the loops **turn right** here and join a stony roadway. Pass through a gate and continue to follow this bog road as it starts to ascend. After only 300m you reach a **Y-junction**. This is the point to which you will return later – for now **veer left** and uphill.

**B-C.** Continue to follow the green and purple arrows as both loops ascend for nearly 1km to reach some old sheds. Here both loops **turn right** onto a bog road which takes you downhill to reach (after 500m) a junction near a stream crossing. The longer Urris Lakes Loop **turns left** here – but you **turn right**.

**C-B-A.** Now follow this bog road which runs parallel to the coastline with fine views over Lenan Bay. After nearly 1km you regain the junction at **B above** – this time continue straight ahead. Descend to reach the surfaced road at the farmhouse again – turn left and enjoy the 150m back to the trailhead!



Trailhead 148

Loop 148a

# Lenan Loop

3km

Easy

Bog roads,  
hillside tracks.

Lenan Bay  
*Bá an Líonáin*

Lenankeel

A

B

C

W

N

E

S

1 kilometre

