



Trailhead	Ionad Naoimh Padraic, Dobhar, Co. Donegal
Services	Ionad Naoimh Padraic, Dobhar, Co. Donegal
Dist/Time	10km / 2hr30mins – 3hrs
Ascent	370m
Difficulty	Moderate
Terrain	Minor roads, bog roads, old railway line
To Suit	Average levels of fitness
Start/Finish Point	Ionad Naoimh Padraic Community Centre
Minimum Gear	Trekking shoes, raingear, fluid, mobile phone
Grid Ref	OS Sheet 1, B 835 212

Directions to Trailhead

The townland of Gweedore is situated on the N56 midway between the towns of Falcarragh and Dungloe. From Gweedore follow the N56 in the direction of An Clocháin Liath (Irish for Dungloe). After approx 2km turn right at a junction for An Bun Beag and join the R257. Travel for just 100m to reach Ionaid Naoimh Padraic (Community Centre) on your right. The trailhead mapboard is in the car park.

Walk Direction

A-B. Exiting Ionaid Naoimh Padraic, **turn right** and follow the purple (and green) arrows along the road. The green arrows are for the shorter Lúb an Clochain Bhig. After **50m turn right** and join a stony road - this was the old railway line. This ends near a bridge where the loop **turns right**, travels another **150m** to reach the **N56 Main road**. **Cross with care** and join a bog road by the side of houses. Continue to follow the purple and green arrows for **500m** to a junction with another stony road where Lúb an Clochain Bhig continues straight ahead - but you turn left.

B-C. Now follow the purple arrows as the loop takes you on a pleasant trip along bog roads across **Cnoc Glas** and by **Loch na Caillí (The Hag's Lake)** - with fine views of the surrounding countryside. After **4km** you rejoin Lúb an Clochain Bhig at a 'crossroads' of bog roads and **turn left**.

C-D. Continue to follow the green and purple arrows along the Old Bog Road for **1.5km** to join the **N56 Main road** once again. **Cross with care** and **turn left**. After **100m turn right** onto a minor roadway and walk for **1km** to a 3-way junction near a bridge on your left. Continue **straight on** here.

D-A. After **200m** the loop leaves the surfaced roadway and **turns right** onto the bank of an **estuary**. Follow the arrows as the loop **sweeps right** and after **100m cross** a small stream at **An Clocháin Bhig** - an ancient crossing after which this loop is named. Immediately after the '**clocháin**' the loop joins a **green laneway** but there is a short **spur to the left** here called **Súilóid Cois an Ghaoith**. [This out-and-back trek along the estuary is well worth the extra 20mins it takes.]. The laneway takes you **uphill** to reach the **R257** - **Cross with care** and **turn right**. It's only **300m** back to the trailhead.

For more Donegal walking trails please see: www.nationaltrails.ie - www.letswalkdonegal.com - www.discoverireland.ie/walking - www.coillteoutdoors.com



Comhshaoil, Pobal agus Rialtas Áitiúil
Environment, Community and Local Government



Rural
Recreation
Officer



Fáilte Ireland
National Tourism Development Authority



national trails office
An Irish Sports Council initiative

In case of emergency call 999 or 112 and ask for Mountain Rescue

For comments and suggestions about the trail please contact:
Ionad Naoimh Pádraig, ionadnp@eircom.net - phone 086 8259792 or
Inga Bock, Rural Recreation Officer, ibock@dldc.org - phone 087 9318077



Trailhead 157

Loop 157B

Lúb Loch na Cailí

10km
Moderate
Minor roads, Bog
roads, old railway

- A - Community Centre
- B - 1st Loch na Cailí turn off
- C - 2nd Loch na Cailí turn off
- D - 3-way junction

