

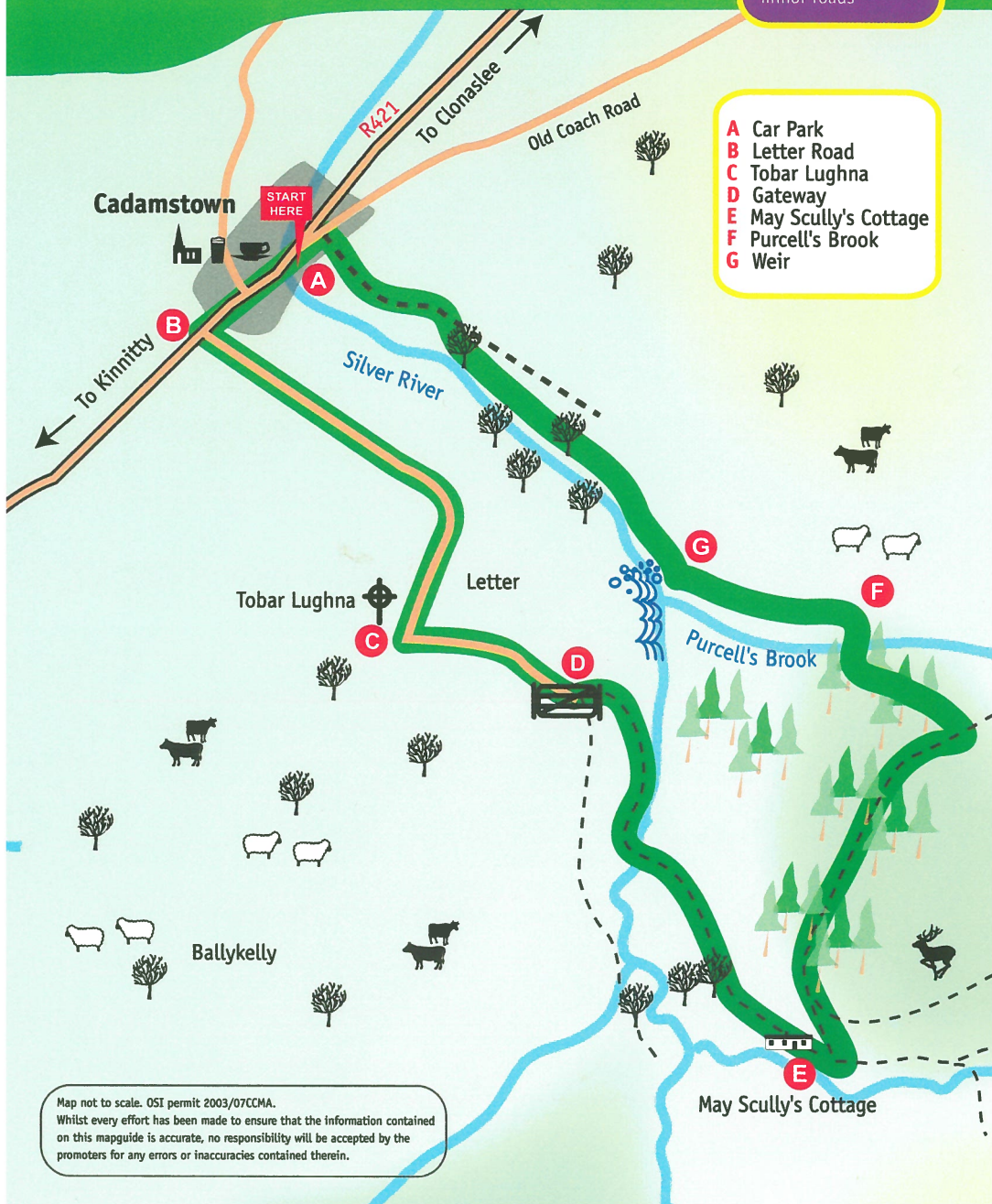
# Nature Trail Loop

7km

Easy

Mix of laneways,  
riverbank paths,  
forestry tracks and  
minor roads

- A** Car Park
- B** Letter Road
- C** Tobar Lughna
- D** Gateway
- E** May Scully's Cottage
- F** Purcell's Brook
- G** Weir



Map not to scale. OSI permit 2003/07CCMA.

Whilst every effort has been made to ensure that the information contained on this mapguide is accurate, no responsibility will be accepted by the promoters for any errors or inaccuracies contained therein.



<b>Trailhead</b>	Cadamstown Village, Co Offaly
<b>Services</b>	Cadamstown, Clonaslee (12km), Kinnitty (8km)
<b>Dist/Time</b>	7km/1hr30min-2hrs
<b>Difficulty</b>	Easy
<b>Terrain</b>	Mix of laneways, riverbank paths, forestry tracks and minor roads
<b>To Suit</b>	All levels of fitness
<b>Min. Gear</b>	Sturdy walking shoes, fluid



### Directions to Trailhead

In the village of Cadamstown (on the R421 between Clonaslee and Kinnitty), the car park is located beside Dempsey's public house.

**A-B.** Starting from the **Village Car Park** in Cadamstown Village, turn left, cross the Silver River Bridge and follow the R421 road (signposted Kinnitty) around to the left past My Little Tea Shop. After 300m you reach a junction with the **Letter Road** from your left. Turn left here.

**B-C.** Follow this tarred road for over 1km to reach **Tobar Lughna** (a Holy Well) on your right - the Holy Well and church ruins are worth a visit.

**C-D.** After Tobar Lughna, the tarred road turns sharp left and continues for another 300m - ending at a **gateway**.

**D-E.** Enter through the gate (remembering to close it after you) and join a Y-junction of sandy laneways. Take the laneway to your left and follow it downhill, over a concrete footbridge, and onward for approximately 1km to reach **May Scully's Cottage** (on your right).

**E-F.** Just 100m after May Scully's Cottage you will join the long-distance Slieve Bloom Way as it comes in from your right at a wooden stile. This route is marked with

yellow arrows and the familiar yellow trekking man logo. Continue past the stile for 50m and then turn sharp left onto an uphill forestry track. After 150m you reach a 3-way junction - veer left, still following the green arrow and the Slieve Bloom Way. Follow the forestry road for 500m to a point where it turns left into the forestry. Follow the green (and yellow) arrows through the forestry to exit at a small stream known locally as **Purcell's Brook**.

**F-G.** Cross Purcell's Brook and turn left onto an old laneway - noting that you have joined the blue loop which overlaps with the green loop on its return journey to Cadamstown. Follow the laneway downhill to reach a gateway at a beautiful **weir on the Silver River**. Turn right here.

**G-A.** Cross a small stile and join the bank of the spectacular Silver River. Enjoy the special scenery and rushing waters for almost 1km before ascending to a wooden stile and entering farmland. Turn left here onto a farm laneway - follow it downhill for 200m to reach a concrete stile. As you exit the farm, the **trailhead** and village are to your left.

[www.laois.ie/walking](http://www.laois.ie/walking) [www.offaly.ie/walking](http://www.offaly.ie/walking)



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