




Trailhead 3 to Trailhead 4 Cadamstown to Kinnitty


10km
Moderate

Mix of riverside paths,
forestry tracks and
woodland trails

- A Village Car Park, Cadamstown
- B Weir
- C May Scully's Cottage
- D Letter Road
- E Ruin of Glinsk Castle
- F Rear of Kinnitty Castle
- G Kinnitty Forest entrance







TREK 3

Trailhead 3	Village Carpark, Cadamstown, Offaly
Trailhead 4	Kinnitty Woods Entrance, Kinnitty, Offaly
Services	Cadamstown, Kinnitty
Dist/Time	10km/-2-3hrs
Difficulty	Moderate
Terrain	Mix of riverside paths, forestry tracks and woodland trails
To Suit	Medium levels of fitness
Min. Gear	Walking boots, fluid, snack, hiking clothing

Getting Started. You will need to leave pick-up transport at (your end point) **Trailhead 4 Kinnitty**, and then return to **Trailhead 3 Cadamstown** to start your trek.

Trailhead 4 is located at an entrance to Kinnitty Forest. From Kinnitty Village (on the R421 between Mountmellick and Birr), take the R421 following the signposts for Mountmellick. After 200m veer right onto the R440 (signposted Mountrath) and continue for 3km to reach the forest entrance on your left. [Note: The trailhead is signposted from Kinnitty.]

Driving back to Trailhead 3. Return to the village of Kinnitty and turn right onto the R421 in the direction of Mountmellick. Cadamstown Village is only 6km away - the trailhead is at the car park on your right after crossing the bridge.

A-B. Starting from the **Car Park** in Cadamstown Village, turn right and after 100m turn right at the signpost for a Nature Trail. You enter into farmland via a concrete stile and pick up on yellow arrows which are for the long-distance Slieve Bloom Way and which will guide you for the remainder of your trek to Kinnitty. After following a farm laneway for 200m, turn right to cross a stile - following the yellow arrows. Enter woodland and descend onto the banks of the Silver River. Enjoy the special scenery and rushing waters before reaching a **weir**.

B-C. At the weir turn left onto a green laneway which ascends through Magherabane with forestry on your right. After 800m, turn right onto a downhill grassy trail, over Purcell's Brook, and into forestry. Continue to follow the yellow arrows through the forestry and turn right when you join a forestry track. Descend for a while, then ascend to reach a Y-junction of tracks on the shoulder of Spink Mountain. Veer right and follow the Slieve Bloom Way downhill and around a sharp right bend to reach a stile on your left 100m short of an old cottage (known locally as **May Scully's Cottage**). You turn left here, staying on the Slieve Bloom Way.

C-D. Shortly after crossing the stile you enter a hazel grove and cross tributaries of the Silver River - a special environment in the right weather conditions. The trek now climbs through forestry to reach a forestry road and after almost 1km reach the **tarred Letter Road**. Turn right here.

D-E. Almost immediately you turn left onto a forestry track and ascend through Glinsk. After 1km you will pass the site of the ruins of **Glinsk Castle** on your left. If you venture in the 50m to look at the ruins, don't forget to return to the forestry track to continue your onward trek.

E-F. Leaving Glinsk Castle, continue to follow the Slieve Bloom Way along forestry tracks, through a section of mature trees and, eventually reach a 3-way junction with wooden gates in front of you. Beyond these gates are the grounds of **Kinnitty Castle** - if you have a half-hour to spare it is well worth a visit. The final section of your trek is along the forestry track to your left.

F-G. Follow the forestry track for 1km to reach a 3-way junction - the **trailhead** (and end of your trek) is outside the barrier.

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