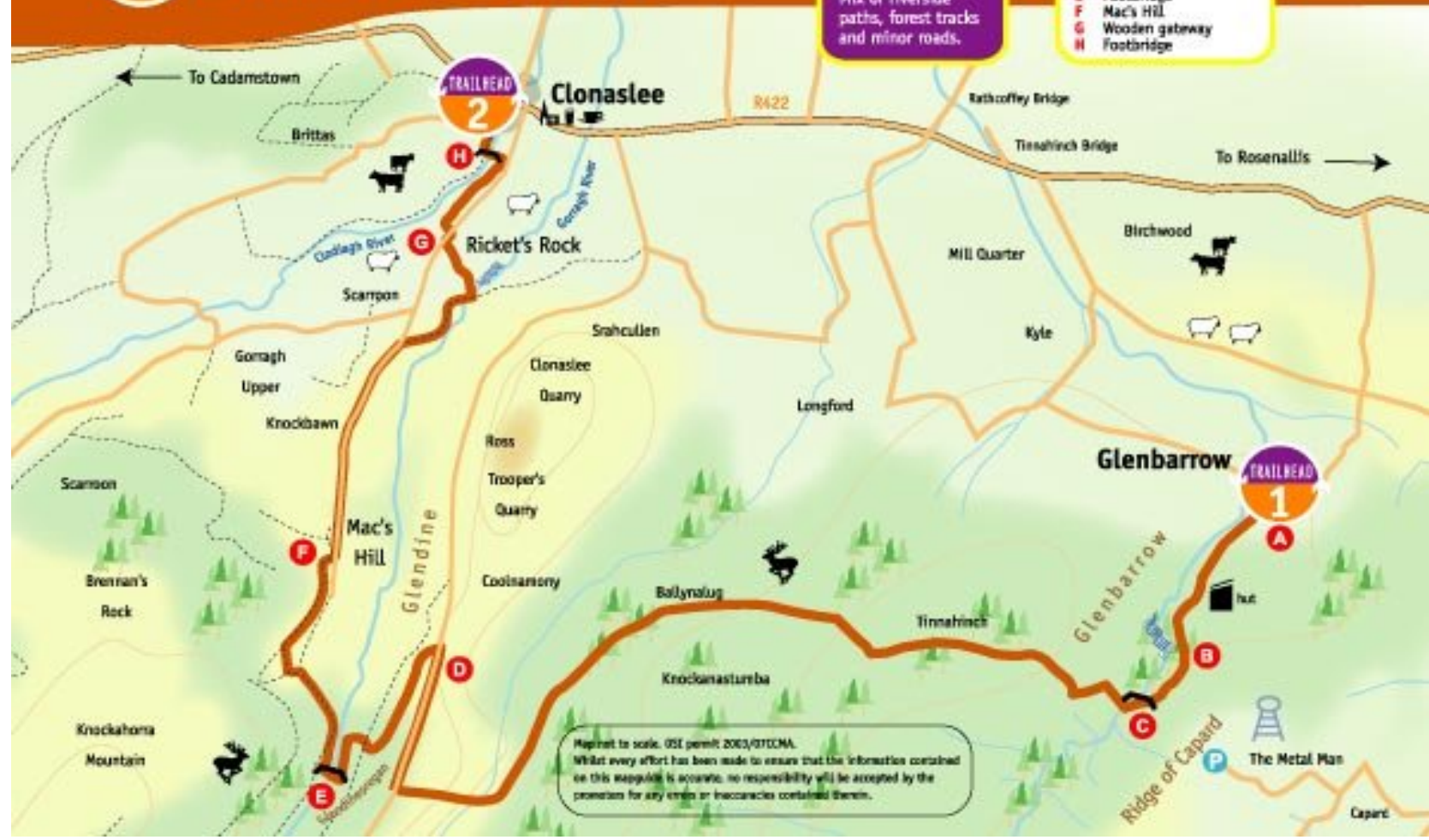




Trailhead 1 to Trailhead 2 Glenbarrow to Clonaslee

16km
Moderate
Mix of riverside paths, forest tracks and minor roads.

- A Glenbarrow Car Park
- B Waterfall
- C Footbridge
- D Forest track
- E Footbridge
- F Mac's Hill
- G Wooden gateway
- H Footbridge



Map not to scale. OSI permit 2003/01ECMA.
Whilst every effort has been made to ensure that the information contained on this map is accurate, no responsibility will be accepted by the publishers for any errors or inaccuracies contained therein.





TREK 1

Trailhead 1	Glenbarrow Car Park, Rosenallis, Laois
Trailhead 2	Brittas Woods Entrance, Clonaslee, Laois
Services	Clonaslee, Rosenallis
Dist/Time	16km/4hr-5hr
Difficulty	Moderate to hard
Terrain	Mix of riverside paths, forest tracks and minor roads
To Suit	Higher than average levels of fitness, experienced walkers
Min. Gear	Walking boots, fluid, snack, hiking clothing



Getting Started. You will need to leave pick-up transport at (your end point) **Trailhead 2 Clonaslee**, and then return to **Trailhead 1 Glenbarrow** to start your trek.

Trailhead 2 is located at the entrance to Brittas Woods on the outskirts of the village of Clonaslee (on the R422 between Mountmellick and Birr). From the bridge in the middle of the village follow the signpost to Glenkeen - the trailhead is on your left after 200m.

Driving back to Trailhead 1. Return to the village of Clonaslee and turn right, following the R422 in the direction of Rosenallis and Mountmellick. After 4km take a right turn (signposted Tinnahinch). After 1km veer left at a Y-junction, and after a further 2km turn right at a crossroads. [Note: The trailhead is signposted from Clonaslee.]

A-B. Starting from **Glenbarrow Car Park**, follow the yellow arrows for the Slieve Bloom Way onto a downhill track. Follow the arrows along the banks of the River Barrow - passing en-route a wooden hut and **waterfall** 200m further on.

B-C. Continue to follow the path upriver. Approximately 500m after the waterfall turn right - following the **Slieve Bloom Way downhill to a footbridge** over the Barrow.

C-D. Continue to follow the Slieve Bloom Way along the opposite bank of the river, onto an uphill trail through forestry and onto a forestry track where you turn right. Follow the forestry track for 6km through Tinnahinch and Ballynalug to join a tarred road. Turn right here and continue for 1km before turning left onto a **downhill forestry track**.

D-E. Follow the track to a 3-way junction where you turn right and then, almost immediately, a sharp left onto a woodland trail. This trail takes you steeply downhill through trees and onto the bank of the Gorragh River which cuts through Glendineoregan. After 100m on a narrow trail, your route crosses the river via a **wooden footbridge**.

E-F. After crossing the footbridge, you follow the opposite bank briefly before climbing a steep incline to join a forestry track. Turn right and follow the forestry track for over 1km before turning left onto a **tarred road on Mac's Hill**.

F-G. Follow the tarred road for more than 1km before turning right onto a 'green' laneway. The laneway ends at a tarred road on top of a hill overlooking Rickets Rock (a stoney waterfall). You veer to the left here, following the Slieve Bloom Way arrows, and those from the green and red loops from Clonaslee. After 500m you turn right at a T-junction and, almost immediately, turn left through a **wooden gateway into forestry** and onto a woodland trail.

G-H. Follow the woodland trail to a wooden footbridge and turn right after crossing it - leaving the Slieve Bloom Way. About 300m along the Clodiagh River you exit the forestry at the Clonaslee Trailhead (**Brittas Wood entrance**). It's only 200m from the main street of Clonaslee Village where you have access to all services.

www.laois.ie/walking www.offaly.ie/walking



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