



## Sliabh Cairn Peak



Distance :	16 Kilometres (approx)
Walking Time:	Allow a minimum of 4.5 to 5 hours at a leisurely pace. Plenty of time to stop and enjoy the scenery.

ESSENTIAL:	Comfortable walking shoes, rainwear, and a packed lunch
REMEMBER	Always walk on the right hand side of the road, facing oncoming traffic
CONTACT:	Naturally West Holidays , Enterprise House, Kiltimagh T: 353-94-9381494 F: 353-94-9381884

### WALK 1 STARTING POINT

The Market Square, walk south on the Balla Road, past the Church, **turning right** at bottom of hill towards the GAA Park. This is a moderate walk with several hills, including a steep ascent and a steep descent, as you negotiate the Slieve Cairn Ridge.

### THE LANDSCAPE

Initially through farmland, bogland and reclaimed bogs, this walk climbs Slieve Cairn (850ft/250m) West of the town. The ascent is via the southern peak, transversing the ridge, and descending from the northern peak, through more reclaimed lands to regain the start

### QUICK STOPS

#### POLLAGH RIVER:

The Pollagh is part of the Moy river catchment. About 5km north of this point the Pollagh joins with the Gloire River to become the Gweestion. This in turn decants into the River Moy north of Bohola. The Moy is one of Ireland's (and Europe's) finest sport fishing rivers.

#### PICNIC AREA 1

Relax and rest your feet before the first ascent up the hill!

Enjoy the beautiful scenery as the town and countryside begin to unfold behind you.

#### PICNIC AREA 2

Catch your breath before once again ascending to the peak.

As you climb up you can see Ballinamore House. Originally home of the Ormsby Family, who were one of the landlords in the area during English Rule. The Estate now a nursing home probably began between 150 and 200 years ago.

As you reach the summit of Sliabh Cairn you will notice it is covered with Mountain Blanket Bog on the deeper peat, and Heaths on shallow peat and soils.

#### WIND TURBINES

The Wind Turbines are a new addition to the peak, helping to create clean and eco friendly electricity to the national grid.

#### DESCENT.

As you make your way back down from the peak be careful as it is quite steep.

*And most of all enjoy the beauty that is Kiltimagh*



Walk 2

# Spankers Hill



Distance : 16 Kilometres (approx)

Walking Time: Allow a minimum of 4.5 to 5 hours at a leisurely pace.  
Plenty of time to stop and enjoy the scenery.

ESSENTIAL:	Comfortable walking shoes, rainwear, and a packed lunch
REMEMBER	Always walk on the right hand side of the road, facing oncoming traffic
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### WALK 2 STARTING POINT

The Market Square, walk down the back road towards Supervalu supermarket and turn right.  
This is a moderate walk with several hills, two of which are quite steep as you ascend the Slieve Cairn ridge

### QUICK STOPS

**PICNIC AREA**  
Have a quick stop before crossing over the Pollagh river and hitting the hills!  
**After the river, walk a while until you reach a crossroads then take a left turn.**  
This is a very scenic walk along the quiet roads of the surrounding Kiltimagh countryside.

**SPANKERS HILL**  
**Up till now you have ascended a steep hill as far as the renovated school house,** now get ready for Spankers Hill, it is from this steep hill that the walk derives its name. Spanker Kilgallon was the name of a man from this area. The nickname "Spanker" was probably a family title, passed on from grandfather to father to son. The last holder of the name Spanker Kilgallon was cruelly murdered within living memory.

From here you can look back over the route you have taken.

**WIND TURBINES**  
The Wind Turbines are a new addition to the peak, helping to create clean and eco friendly electricity to the national grid.

**DESCENT.**  
As you make your way back down from the peak be careful as it is quite steep.

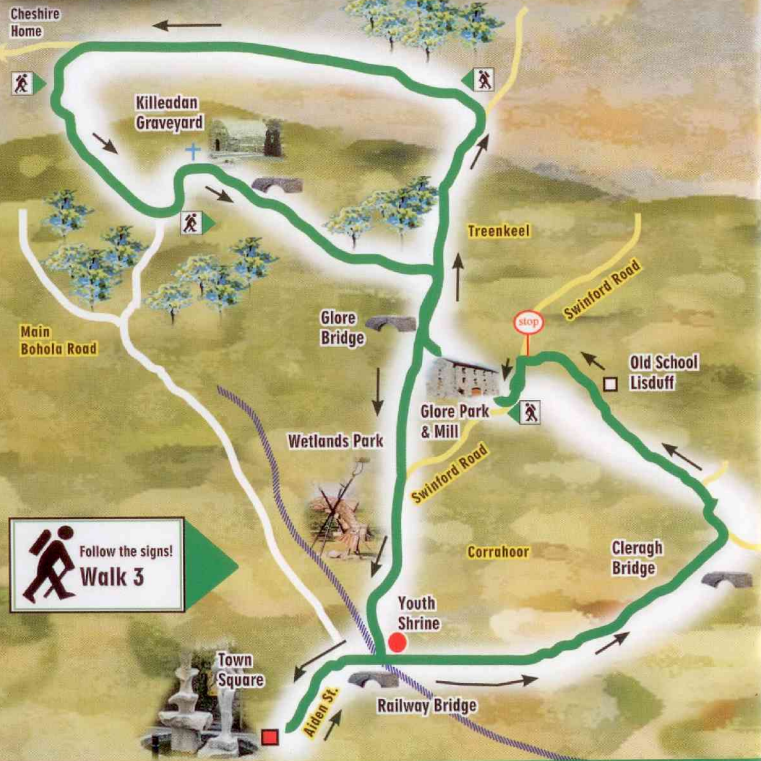
**You return to the crossroads and walk straight through and retrace steps back to the Market Square.**

*And most of all enjoy the beauty that is Kiltimagh*





## Glore River Valley



Distance : 14 Kilometres (approx)

Walking Time: Allow a minimum of 3.5 to 4 hours for this walk. There is plenty to see.

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ESSENTIAL:	Comfortable walking shoes, rainwear, and a packed lunch
REMEMBER	Always walk on the right hand side of the road, facing oncoming traffic
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### WALK 3 STARTING POINT

The Market Square. Head down Aiden Street and turn right towards Swinford, and immediately after the railway bridge (Bumper Bridge) at Carrick Shrine turn right off the main road and you will quickly leave the town behind. This is a mostly flat walk with only minor inclines.

### QUICK STOPS

#### GREAT SOUTHERN & WESTERN RAILWAY

You soon **cross the disused railway line**. For many decades the train was our only link with the outside world, with everything from cattle, newspapers, even film reels for the local cinema, arriving by train. Close to this spot, one of the worst accidents on Irish Railways occurred just outside Kiltimagh Station, on the Swinford side, in December, 1916. 6 railway staff were killed and ten injured, some very seriously, when two trains collided in bad weather.

#### ANCIENT HABITATIONS

This walk brings you within viewing distances of at least 12 ringforts. These are prehistoric defensive enclosures, usually circular, that date from Celtic times, 2500 years ago.

#### GLORE RIVER

As you descend down towards a bridge you will be crossing the Glore river for the first out of five times on this walk.

Take care on **turning left** onto the main Swinford road, at stop sign, this can be a busy road . Take the **next right turn** off the main road to Glore Mill Park and Arts Centre.

#### GLORE MILL ART CENTRE

The 1913 Glore Mill is newly renovated and is open for visitors by appointment. (Full details pg 11 )

#### THE HIGH FORT AT KILLEDAN

The largest of a group of 4 ringforts is visible on the high ground to the SW of the road. This is called The High Fort, or Lios Ard.

#### KILLEDAN HOUSE AND RAFTERY

Just SE of Lios Ard you can see a small woodland. This is part of the Killeadan estate. Raftery, the poet, was born in the vicinity of the house.

#### KILLEDAN GRAVEYARD

This was the old graveyard for the Parish of Killeadan, which includes the town of Kiltimagh. Killeadan is the anglicised form of Cill Liadán, the church of Liadán. Fully renovated in recent years, it is thought to date from the 12th Century. This conflicts with some local feelings that the Franciscan lay brothers used the already existing church.

In the grounds are two cells. One with its corbelled roof extant. (Further Details pg12)

#### WETLANDS

After making your way back through Treenkeel you once again arrive onto the Swinford road, taking care as you walk towards the Wetlands Park. This is a beautiful tranquil area to sit and relax. (Full details pg 10 )

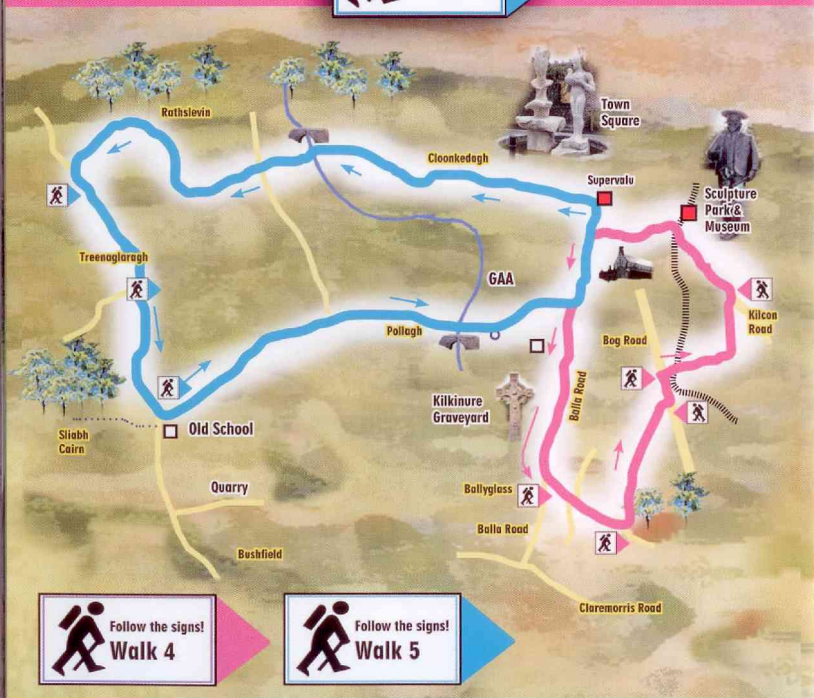
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## Ballyglass



## Slieve Cairn Foothills



### WALK 4

Distance : 5.5 Kilometres (approx)

Walking Time: Allow a minimum of 1.5 for this short walk

### WALK 5

Distance : 8.5 Kilometres (approx)

Walking Time: Allow a minimum of 2.5 hours for this walk.

#### ESSENTIAL: REMEMBER

Comfortable walking shoes, rainwear, and a packed lunch  
Always walk on the right hand side of the road, facing oncoming traffic

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#### WALK 4

##### STARTING POINT

The Market Square, **walk south on Main Street**, past the Church, and carefully continue on the Balla Road towards the Kilkinure Cemetery

##### QUICK STOPS

###### KILKINURE CEMETERY

Here all the deceased of the Parish of Kiltimagh are laid to rest. In this graveyard are the remains of another old church. Opposite Cemetery, **turn left** up the Ballyglass Road. This road leads you across a relaxing bog walk.

###### LOWLAND BLANKET BOG

Ireland holds most of the remaining bogs in Europe and they are attracting much conservation attention. This interesting habitat has developed due to the growth of the colourful bog moss (Sphagnum).

**Turn left** onto the main road and **take first right** onto another bog road. Here you cross the old railway track. This will lead you onto the main Kilton road. **Turn left** and you are on your way home.

###### SCULPTURE PARK and MUSEUM

The Old Railway Station boasts a wonderful Sculpture Park, the result of a sculpture symposium held during the summer of 1993 whereby sculptors of national renown, assisted by local students, completed the transformation of this delightful area.

###### MUSEUM

A few years ago the derelict buildings of the former railway station were transformed and now host our town museum depicting life in this area over the years.

###### SCHOOL OF MUSIC

The Station Masters House was transformed to host the arts and has recently been taken over to house the School of Music, offering high quality affordable music instruction and performance opportunities to students of all ages.

#### WALK 5

##### STARTING POINT

The Market Square, walk down the back road towards Supervalu supermarket and **turn right**.

This is a relatively short to medium walk with a gentle ascent into the foothills under Slieve Cairn. There is one steep descent.

You quickly leave the town behind and almost immediately you are in farmland typical of the area.

##### QUICK STOPS

###### PICNIC AREA

Have a quick stop before crossing over the Pollagh river and hitting the hills! After the river, walk awhile until you reach a **crossroads just go straight through** and begin your ascent.

###### ABOVE THE PLAIN

The view from this elevation is very beautiful. The rounded hillocks and knolls that dot the landscape are a result of the melting of the glaciers at the end of the last ice age, 10,000 years ago.

This is a very scenic walk stretching across the foothills of Slieve Cairn and returning back past Pollagh River

###### POLLAGH RIVER:

The Pollagh is part of the Moy river catchment. About 5km north of this point the Pollagh joins with the Glone River to become the Gweeston. This in turn decants into the River Moy north of Bohola. The Moy is one of Ireland's (and Europe's) finest sport fishing rivers.

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