

BENBULBEN FOREST WALK CO. SLIGO



Location of Trailhead
Lat: 54.362273 - Long: -8.501739

Benbulbin

Forest Walk

www.sligowalks.ie



Benbulbin Forest Walk

Ní hé lá na gaoithe lá na scoilb

- a windy day isn't suitable for thatching (Irish Proverb).

Description:

Also known as Gortarowey, the Benbulbin Forest Walk skirts along the base of possibly Ireland's best known mountain. Benbulbin is famous for its spectacular table topped summit and this walk provides unrivalled views of its ribbed flanks, as well as lovely views over Donegal Bay. You'll be able to pick out Classiebawn Castle in Mullaghmore, Streedagh Beach, home of three Spanish Armada wrecks, the ancient island of Inismurray and distant views towards Slieve Liag (League), Donegal's famous sea cliffs.

Route:

Having parked in the large car park, the path rises along a gentle incline before revealing spectacular views of Benbulbin to your right. Continue along the path, you'll enter a wooded area, and bearing right, the tree line ends, unveiling almost vertical views of the mountain. Turning left, the path continues towards the sea, where further wonderful views await. Continue along the path, which descends into another wooded area before turning for home.



Note that a number of paths appear to your left along this walk - these provide you with a shorter route back to the trailhead.



Benbulbin Forest Walk

Walk Category: Woodland
Format: Looped forest trail
Grade: Easy
Terrain: Forest trail
Waymarking: Red
Trailhead: Car park
Length: 5.5km
Ascent: 20m
Time: 1.5 hours
Minimum Gear: Sturdy walking/trekking shoes, phone and fluids
OSI Map: Series 16
Services: Grange
Public Transport: None. Visit www.buseireann.ie or www.localink.ie for new routes.
Parking: Main car park.

Please note: Sections of this route cross Coillte property. For up to date information on diversions/closures due to tree felling, please visit www.CoillteOutdoors.ie

Did You Know:

Benbulbin's literary pedigree is arguably unrivalled in Ireland due to its links to W.B. Yeats, who is buried at Drumcliffe Graveyard some 4km from the trailhead of this walk. The steeper sides of Benbulbin are formed from large amounts of Darty limestone, with the smoother sides composed of shale. The unusual landscape houses an equally eclectic mix of flora and fauna, including Arctic alpine plants, wild hares, foxes and choughs.



Safety Notices:

If you require the help of the emergency services please call 999 or 112 and ask for Mountain Rescue. Visit www.SligoWalks.ie for safety videos and advice on how to prepare for a hike and what to do in the event of an emergency.

Follow Sligo Walks on social media for walking news, events and competitions.



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