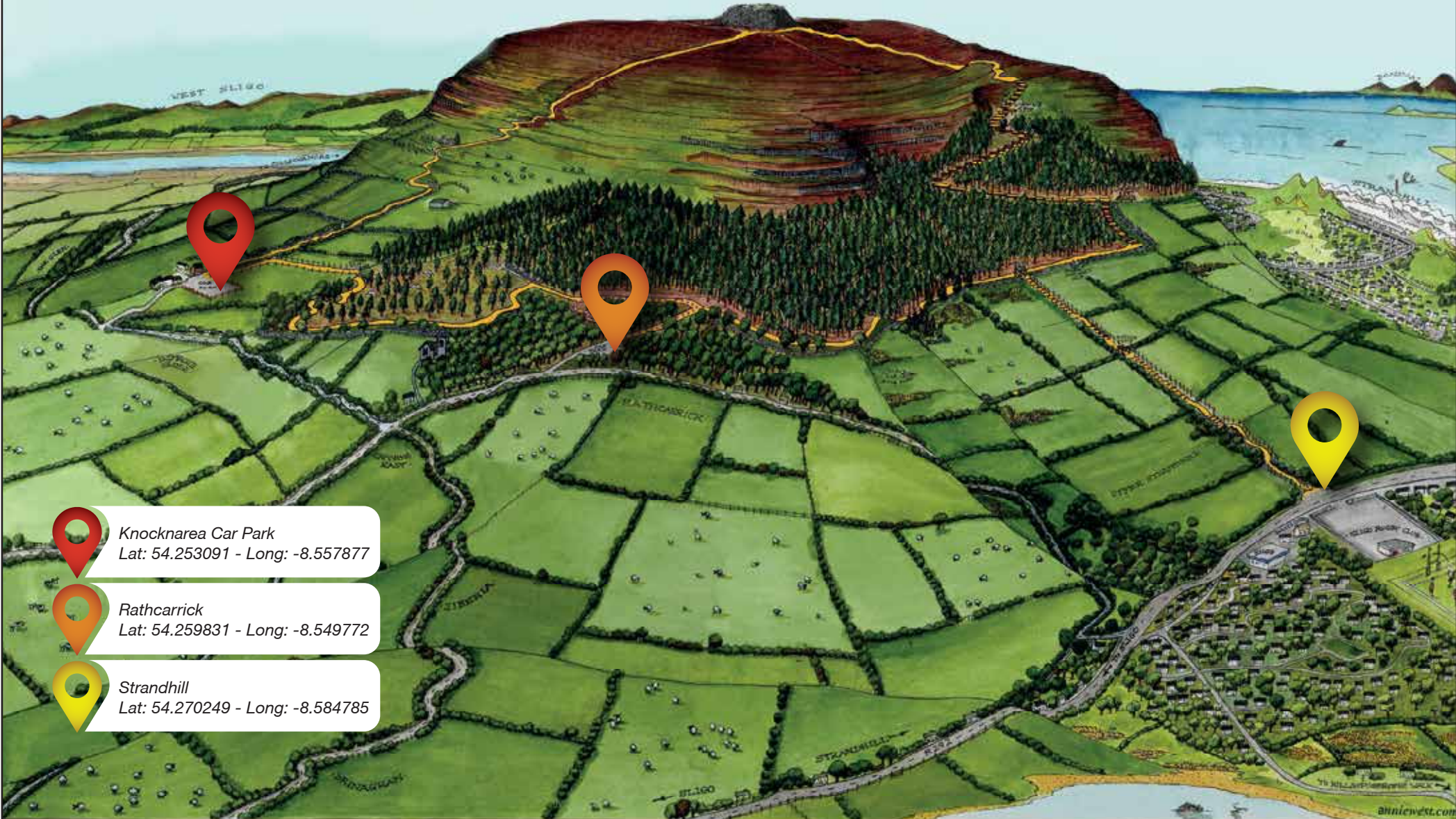





QUEEN MAEVE TRAIL CO. SLIGO



 Knocknarea Car Park
Lat: 54.253091 - Long: -8.557877

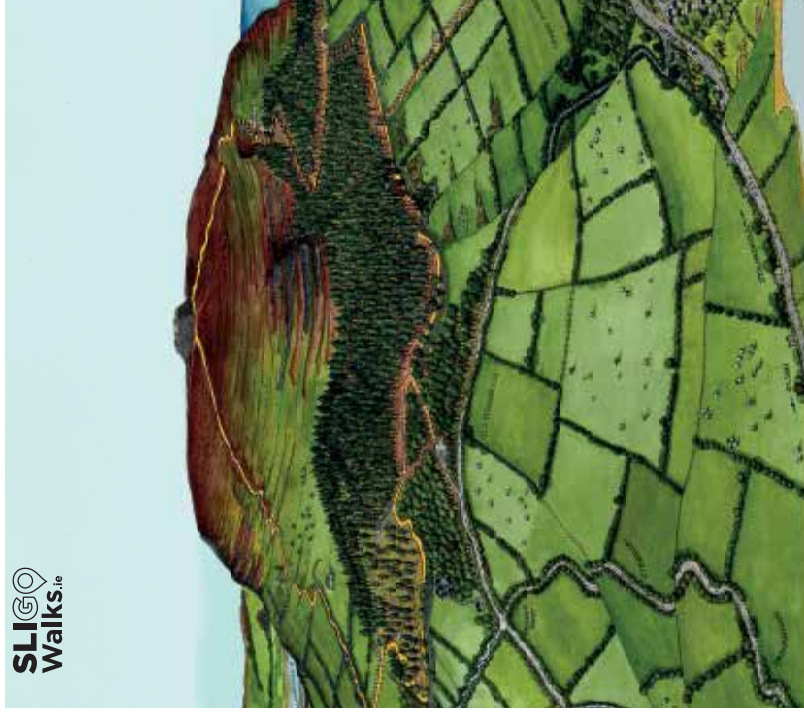
 Rathcarrick
Lat: 54.259831 - Long: -8.549772

 Strandhill
Lat: 54.270249 - Long: -8.584785

Queen Maeve Trail

Mountain Trail

www.sligowalks.ie



Queen Maeve Trail

Walk Category:	Upland
Format:	Looped mountain trail
Grade:	Strenuous
Terrain:	Mountain trail, pathways, timber steps
Waymarking:	Red Arrows
Trailhead:	Carpark
Length:	8 km
Ascent:	32.7m
Time:	2.5-3 hours
Minimum Gear:	Sturdy walking/trekking shoes, phone, fluids.
OSI Map:	Series 25
Services:	Strandhill
Public Transport:	S2 bus Strandhill - Sligo - Rosses Point. Visit www.buseireann.ie or www.locallink.ie for timetables.

Parking: Sligo Rugby Club, Strandhill (honesty box).

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.

Queen Maeve Trail

*Is annamh Earrach gan fuacht
- seldom is Spring without cold (Irish Proverb).*

Description:

Knocknarea Mountain dominates the Sligo skyline and at its summit lies Queen Maeve's Cairn, the largest of all of the Neolithic monuments in Sligo. Maeve was the mythological Warrior Queen of Connacht and tradition tells us that she is buried beneath the cairn, standing upright and facing her enemies in Ulster. This is one of the most spectacular and yet accessible walks in Sligo and you will be rewarded by 360 degree views from the summit.



Route:

There are three access points, Knocknarea car park, Rathcarrick Wood and Strandhill. This is a looped trail, but the walker has the option of taking the direct route up and back from the summit to your starting point. Care is required when walking on the mountain trail and the timber boardwalk can become slippery after rain.

Note: The property traversed by this route is private and access is available by the kind permission of the landowners. Dogs are not permitted on sections of the trail that cross the open farmland above the wood due to the presence of grazing sheep and lambs. No dogs are allowed on the mountain during lambing season of February-April, otherwise please keep them on a lead and under control.

Did You Know:

We will likely never be sure if Queen Maeve was real or not. But like many of the great names passed down in the oral tradition, she is likely to have represented the power and status of the female form. Brehon Law extended back into prehistory and gave similar powers to both men and women in their ability to own land or raise an army, for example. Maeve's name will forever be associated with the *Tain Bó Cúailnge*. The Cattle Raid of Cooley, an epic tale of love, war and jealousy. She inspired many writers and poets, including Nobel Laureate W.B. Yeats, who wrote of Knocknarea on at least eleven occasions.



"The wind has bundled up the clouds high over Knocknarea and thrown the thunder on the stones for all that Maeve can say!"
from Red Hanrahan's Song About Ireland (1904).

Safety Notices:

Safety markers have been installed along this trail. If you require the help of the emergency services please call 999 or 112 and ask for Mountain Rescue and state the number of the marker nearest to you. 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.



[#sligowalks](https://www.instagram.com/sligowalks)