

ROSSES POINT, CO. SLIGO



Location of Trailhead
Lat 54.306014 - Long: -8.549504



Rosses Point

Coastal Walk

www.sligowalks.ie



Rosses Point Coastal Walk

Is fearr an tsáinte ná na táinte
- health is better than wealth (Irish Proverb).

Description:

Rosses Point is a lovely seaside village and this walk is among the most gentle and straightforward we have in Sligo. The walk takes in many of the views made famous by artist Jack B. Yeats in his earlier work in particular. Views across the bay towards Oyster and Coney Islands and beyond to Knocknarea, are truly exceptional. As a walking, swimming or sailing destination, Rosses Point is popular with visitors all year round.



Route:

Beginning at the Church of Ireland at the entrance to the village, walk along the promenade, turning left towards the RNLI station. From here the coastal path continues, taking in views of the famous Metal Man, which has provided navigational directions to seafarers since 1821. At the V in the path, bear left towards Sligo Yacht Club. From here you can continue along the first and second beaches (beware of high tides) before turning for home.

Note: Some of this walk accesses a road so be careful with vehicular traffic and wear hi-visibility clothing.



Rosses Point Coastal Walk

Parking: Roadside parking.

Visit www.buseireann.ie or www.localink.ie for timetables.

Public Transport: S2 bus Strandhill - Sligo - Rosses Point.

Services: Rosses Point

OSI Map: Series 16, 25

fluids, High-vis jacket.

Minimum Gear: Sturdy walking/trekking shoes, phone,

Time: 1 hour 15 minutes

Ascent: < 10m

Length: 4 km return (7km including beach walk)

Trailhead: The Promenade

None

Coastal path

Easy

Linear trail

Coastal

Walk Category:

Did You Know:

The poignant 'Waiting on Shore' monument (installed 2002) near the RNLI station depicts a woman with arms outstretched, appealing to the sea for the safe return of her loved ones.



Safety Notice:

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.



#sligowalks