

Trail Gazers is a European funded project, working to stimulate rural economic development by linking investments made into walking and recreational infrastructure to the surrounding small towns and villages, encouraging footfall into these places - thereby sustaining local communities.

Diríonn an tionscnamh TrailGazers ar an dtionchar atá ag rianta siúil i gceantracha an Atlantaigh agus ar bhealaí le méadú a dhéanamh ar an dtionchar sin do phobail tuaithe.

KNOCKNAREA
KILLASPUGBRONE
LOOPED TRAIL

RIAN SIÚIL
CHNOC NA RÉ / CHILL
EASPAIG BHRÓIN

FOR FURTHER
INFORMATION

- <http://www.trailgazers.eu>
- TrailGazers Bid
- TrailGazers Bid
- Trail.Gazers



The Killaspugbrone/Knocknarea looped trail is located on the Wild Atlantic Way in Sligo, Ireland. It includes a spectacular coastal route and an amazing upland section which ends at Queen Maeve's Cairn, the final resting place of a legendary warrior queen. The walk is rich in heritage and archaeology, nature and biodiversity, and will provide the walker with a truly memorable experience of one of Ireland's most beautiful locations.

Tá rian siúil Chnoc na Ré/ Chill Easpaig Bhróin lonnaithe ar Shlí an Atlantaigh Fhiáin i Sligeach. Tá bealach álainn cois cósta lonnaithe anseo, chomh maith le siúlóid sléibhe a shroicheann Míosgán Méadhbha, carn a deirtear atá ina ionad adhlactha ag Méadhbh, Banríon Chonnacht de réir na finscéalaíochta.

Flóra agus Fána

Flora and Fauna



“An Endless Trail of Possibilities”



1

STRANDHILL DUNES

*Bíonn siúlach scéalach
(Seanfhocal)*

The Killaspugbrone Trail takes in a beautiful walk through sand dunes, which have views on one side of the Atlantic Ocean, and on the other of Knocknarea. The dune system is protected under the EU Habitat’s Directive.

*The person who travels has stories
(Irish Proverb)*



2

COASTAL EROSION

*Bíonn súil le muir ach
ní bhíonn súil le huaigh
(Seanfhocal)*

Marram grass was planted here in the late 19th century to stabilize and prevent the erosion of the dunes in what is an exposed site on the Wild Atlantic Way. The public is asked not to walk over the grass to avoid causing damage and to enable it to regenerate.

*You may come back from the sea but not
from the dead (Irish Proverb)*



3

SKYLARK

*Doras feasa fiafraí
(Seanfhocal)*

The skylark is present in both the dunes and the open heathery ground on top of Knocknarea. In spring they mark out territories by singing during remarkable display flights high above the ground.

*The door to wisdom is to ask questions
(Irish Proverb)*



4

FOSSILS

*Giorraíonn beirt bóthar
(Seanfhocal)*

Evidence that the entire peninsula was once under the sea is evident in many places, particularly near the summit of Knocknarea, where walkers can see fossilized coral along the path. Some of these may be up to 300 million years old!

*Thje company of two people shortens the road
(Irish Proverb)*



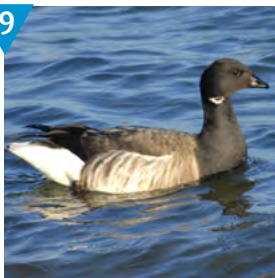
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FLORA

*Beatha duine a thoil
(Seanfhocal)*

In Summer the grasses and dunes near Killaspugbrone become speckled with colour with the growth of ferns and orchids, including Bee Orchid and Pyramidal Orchid.

*Everyone to their own taste
(Irish Proverb)*



9

FROM THE AIR

*Bíonn adharcha fada ar na
buaibh thar lear
(Seanfhocal)*

Light-bellied Brent Geese are annual visitors to Sligo. Reappearing each Autumn after a long and arduous journey across the Atlantic, they feed on the fertile shoreline of Sligo Bay. On dry land keep an eye out for moths, butterflies, bumblebees, snails and a range of birdlife including meadow pipit and stonechat.

*Faraway cows have longer horns
(Irish Proverb)*



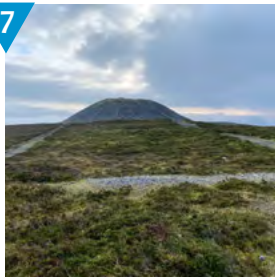
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IN THE SEA

*Cuir an breac sa líon sula
gcuire tú sa phota é
(Seanfhocal)*

Other wildlife to look out for include porpoises and dolphins, which on occasion will join the surfers on the waves. Further out in the bay sightings of whales and basking sharks have also been reported.

*Put the trout into the net before
you put it into the pot
(Irish Proverb)*



7

HEATHER

*Dá fhad é an lá, tagann an oíche
(Seanfhocal)*

As you walk towards Queen Maeve’s Cairn on Knocknarea you’ll see an abundance of heather on either side. This provides food for caterpillars of many moth species. When it flowers, it is a rich food source for bees and other insects.

*However long the day, night falls
(Irish Proverb)*



6

KNOCKNAREA

*Is fada an bóthar nach
bhfuil casadh ann
(Seanfhocal)*

The iconic mountain of Knocknarea rises 329 metres above sea level and dominates the landscape of the Coolera Peninsula. It was formed from limestone and is rich in fossils and also contains a sedimentary rock called chert, which is blue/grey in colour.

*It’s a long road that doesn’t turn
(Irish Proverb)*

