

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.

Díríonn 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

Seanscéalta

The Lost stories

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INFORMATION

- <http://www.trailgazers.eu>
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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 adhlaitha ag Méadhbh, Banríon Chonnacht de réir na finscéalaíochta.



“An Endless Trail of Possibilities”



1

CANNON

Is fearr rith maith ná droch sheasamh (Seanfhocal)

A cannon located on the promenade at Strandhill overlooks one of the most spectacular surf beaches anywhere in Ireland. Originally owned by the Sligo Militia, it was purchased by local landowner Benjamin Murrow in 1907 and placed here to enhance this seaside resort.

A good running is better than a bad standing (Irish Proverb)



10

KILLASPUGBRONE CHURCH

An rud nach féidir ní féidir é (Seanfhocal)

The ruins of a church which dates to between 1150-1220 sit on the Killaspugbrone Trail. An older church lay on this site, and dated to the 5th century. Killaspugbrone Church (or Cill Easpuig Bróin in Irish) means Church of Bishop Bronus, who was a disciple of Patrick, Ireland's Patron Saint.

The impossible cannot be done (Irish Proverb)

9

ST PATRICK'S TOOTH

Is fearr an tsláinte ná na táinte (Seanfhocal)



As Saint Patrick spread the Christian gospel, he visited the church here and during his stay he is reputed to have lost one of his teeth. This was subsequently preserved in the form of a shrine named 'Fiacal Phádraig' (Patrick's Tooth). The shrine is now in the National Museum of Ireland in Dublin, but the tooth is missing.

Health is better than wealth (Irish Proverb)



2

CONEY ISLAND

Má labhraíonn an chuach ar chrann gan duiliúr, díol do bhó agus ceannaigh arbhar (Seanfhocal)

As you look across towards Sligo's iconic flat topped mountain Ben Bulbin, which lies across Sligo Bay in the north of the county, you'll see Coney Island, located just several hundred metres from Killaspugbrone Church. At low tide the island can be accessed on foot or by car from Cummeen Strand.

If the cuckoo calls from a tree without leaves, sell your cow and buy corn (Irish Proverb)



8

FAST TIDES

Má tá tú ag lorg cara gan locht, beidh tú gan cara go deo (Seanfhocal)



Take careful note of tide times if you visit Coney Island. You follow a line of 14 stone pillars to reach the island. But if you delay your return, the fast incoming tide may block your return. So take care, and call the emergency line 112 or 999 if you run into difficulties.

If you seek a friend without fault, you'll be without a friend forever (Irish Proverb)



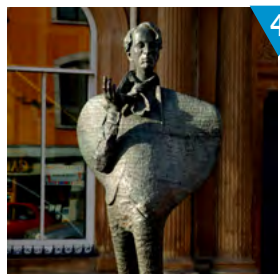
3

THE HERDSMAN'S HOUSE

Is folamh fuar é teach gan bean (Seanfhocal)

One of several ruins along the walk is what is locally known as the Herdsman's House. This is located at bottom of the forest line. The entire mountain was once part of a privately owned estate, and these structures were dotted around the mountain and which were used by agricultural employees working on the estate.

A house without a woman is cold and empty (Irish Proverb)



4

WB YEATS

Is iomaí cor a chuireann an saol de (Seanfhocal)

The poetry of Ireland's greatest poet William Butler Yeats has several references to Knocknarea. Yeats spent many Summers in Sligo, where he drew inspiration from the landscape for some of his best known poems. Among those that have connections with Queen Maeve and Knocknarea are The Old Age of Queen Maeve, The Wanderings of Oisín and Red Hanrahan's Story About Ireland.

Life has many twists and turns (Irish Proverb)

5

DOLLY'S COTTAGE

Is treise dúchas ná oiliúint (Seanfhocal)



Located in the centre of the trail, where the Killaspugbrone Loop meets the Queen Maeve Trail beside Sligo Rugby Club, Dolly's Cottage is a carefully restored traditional thatched cottage. It includes several or the original features from when the cottage was built, circa 1800.

Nature is stronger than learning (Irish Proverb)

7

THE DESERTED VILLAGE

Ní hé lá na gaoithe lá na scolb (Seanfhocal)



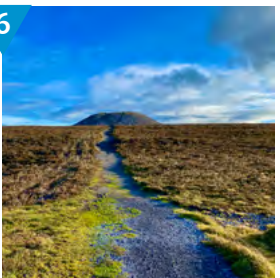
On the north side of the mountain you'll find the remnants of a local hamlet which comprise perhaps 11 houses and which were inhabited up until the Great Famine of 1845-'49. They are a sad reminder of a devastating chapter in Irish history when millions either died or had to emigrate to avoid starvation.

A windy day isn't suitable for thatching (Irish Proverb)

6

QUEEN MAEVE'S CAIRN

Tír gan teanga tí gan anam (Seanfhocal)



Undoubtedly the main feature of this walk is Queen Maeve's Cairn (or Míosgán Méadhbha in Irish), which sits on the summit of Knocknarea. It forms an enormous unopened passage tomb – over 55 metres in diameter and 10 metres in height - within which legend tells us that the warrior Queen Maeve of Connacht is buried in a standing position, facing her enemies in the north. This site is a national monument of great importance, dating from approx 3,000BC. You are asked NOT to climb the cairn.

A country without a language is a country without a soul (Irish Proverb)