

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

### FOR FURTHER INFORMATION

<http://www.trailgazers.eu>

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#### Partners:



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.

# Trail Workout





# “An Endless Trail of Possibilities”



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## SURFING

*Breithnigh an abhainn sara dtéir ina cuilithe (Seanfhocal)*

As you walk along the Killaspugbrone Trail from the cannon on the promenade at Strandhill, you will likely see plenty of activity in the water. Surfing is a popular past time here all year round, but particularly in the Summer months. Several surf schools are located in Strandhill to teach all grades, from beginner to advanced, all with the aim of helping you capture some of the best surf breaks on the Atlantic coast.

*Observe the river before diving into its currents (Irish Proverb)*



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## HILLWALKING

*An té nach bhfuil láidir ní foláir dó bheith glic (Seanfhocal)*

The entire area of the Killaspugbrone Loop (7km) and Queen Maeve Trail (8km) comprises 15km in total. The Killaspugbrone Loop is relatively flat, following the coastal path which skirts the runway of Sligo Airport. It connects with the Queen Maeve Trail opposite Sligo Rugby Club, and this is composed of mainly upland terrain.

*He who isn't strong needs to be clever (Irish Proverb)*



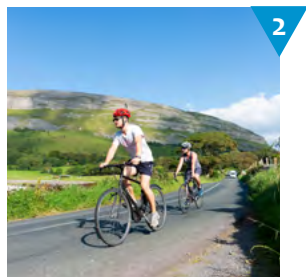
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## TRAIL RUNNING

*Bailíonn brobh bear (Seanfhocal)*

The Warrior Run is an annual event which takes place in August each year. It involves participants running - or walking - an arduous route which begins on the promenade at Strandhill, heading upland to Queen Maeve's Cairn on Knocknarea and descending via a different route back to the finishing line in Strandhill. One for the adventurous, and a high level of fitness is required!

*A little gathers into a lot (Irish Proverb)*



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## CYCLING

*Bíonn siúlach scéalach (Seanfhocal)*

A cycle path follows on both sides of the main road between Sligo and Strandhill. Cyclists can then go through the village, which will provide them with a very striking view of the almost vertical cliff face of Knocknarea from its southern side.

*The person who wanders will have tales (Irish Proverb)*



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## NO SWIMMING

*An té nach nglacann comhairle glacfaidh sé comhrac (Seanfhocal)*

Because of the ocean swells and currents, swimming is strictly prohibited at all locations on Strandhill Beach. Unfortunately several drownings have taken place here over the years, so please adhere to the safety messages and do not enter the water to swim.

*The person who doesn't accept advice must expect strife (Irish Proverb)*



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## GOLF

*Is fearr mac le himirt ná mac le hól (Seanfhocal)*

Strandhill Golf Club overlooks the beach, and is one of the north west's most famous 18 hole links courses. Visitors are welcome, but it is recommended that tee times are booked in advance.

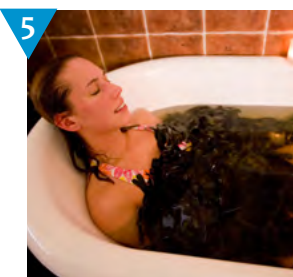
*It's better to have a son who's mad for sport rather than mad for drink (Irish Proverb)*

*Is geall le scíth malairt oibre (Seanfhocal)*

## SEAWEED BATHS

After you have completed your activity, there is probably no better way to relax body and mind than to enjoy a warm seaweed bath. This you can do right on the shore by visiting Voya, Strandhill's own seaweed baths.

*A change of work is like a rest (Irish Proverb)*



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*Glacann fear críonna comhairle (Seanfhocal)*

## YOGA

Beach yoga is an increasingly popular pastime here, and you'll find opportunities to practice a relaxing or a rigorous workout from the safety of the beach. And with such beauty all around you, what better way to spend some time than in a beach yoga session at Strandhill.

*A wise man accepts advice (Irish Proverb)*



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## NATURE WALKS

*Is maith an scathán súil carad (Seanfhocal)*

For the slightly more relaxed pace, it is worth finding one of several walking guides from the area who will bring you along the trails and provide you with all of the information you'll need about the flora and fauna, the archaeological and the cultural aspects of these wonderful looped walks.

*A friend's eye is a good mirror (Irish Proverb)*

