



Trail Directions

Start from the trailhead at Glenbarrow car park and follow the blue arrow onto a downhill track.

You are also on the Slieve Bloom Way (marked with yellow arrows). After 200m, reach the end of the downhill track and enter Glenbarrow Woods via wooden railings.

Continue along path up River Barrow on your right. After approximately 800m you will come to a large open area by the river. Where the stone floor of the valley is exposed and flat.

Follow the well-worn path upriver and reach the wonderful Glenbarrow Waterfall. Continue to follow the path upriver. After 600m, you reach a stream at a junction joining the River Barrow. Turn left here up some steep steps and follow the blue arrows to forestry road. After the uphill climb, you join a forestry road on its homeward journey. Turn left and follow the forestry road to a 3-way junction. Veer right here .

Proceed until you reach another forestry road on your right. Directly opposite it (on your left) is an entrance onto a downhill Bog Bridge into woodland. Continue along boardwalk. Follow the boardwalk downhill through natural woodland - exiting at a forestry road at a barrier. Take a right here and follow the road for 200m back to the trailhead at Glenbarrow car park.

Directions to Trailhead

Rosenallis on the R422 between Clonaslee and Mountmellick. On the sharp bend follow the signpost for Glenbarrow L2018. After 2km take a right turn at a junction. After 2.5km turn left at a crossroads. This takes you to Glenbarrow Car Park (N 367 081).

Glenbarrow Carpark (Grid Ref. N 367 081) **Trail Quality**

Walking/Hiking Trails

Terrain Forest trails/riverside walk

Format

Category

Trailhead 1

Circular Distance (kms)

7km

Difficulty

Moderate

Time

2hrs depending on level of fitness

Services (distance in kms) Clonaslee 6kms



www.slievebloom.ie