

LOUGH GILL CYCLE LOOP

STAGE 1
Sligo City



Cycle Loop Overview

The Lough Gill Cycle Loop is a 40km on-road cycle route around Lough Gill, passing through some of the most scenic areas of Counties Sligo and Leitrim.

A number of viewing/picnic spots are located along the route which include lay-bys and Coillte Forest Walks and Nature Trails. The route passes close to Hazelwood, on the shores of Lough Gill, which is immortalised by William Butler Yeats in his poem 'The Song of Wandering Aengus'. Close to the route is the Lake Isle of Innisfree Viewing Area, which looks out at the Isle of Innisfree, the retreat wished for in William Butler Yeats' poem 'The Lake Isle of Innisfree'. The route passes close to the Court Tomb Trail at Deer Park, the restored 17th century Parkes Castle, the ruins of the Franciscan Creevelea Friary, Coillte's forest trails at Union Wood, Cairns Hill and Tobernalt Holy Well.

Description of the Loop

The route, which is signposted at all junctions and marked every kilometre, begins at the Train & Bus Station in Sligo City and loops around Lough Gill in a clockwise direction. It passes the outskirts of Sligo City via the N4 and N16 before joining the R286 at Bellanade. The route continues along the scenic Colga Lough before opening up into a stunning view of Lough Gill shortly before reaching the county boundary.

The route passes the historic Parkes Castle in County Leitrim and just over 2km past Park's Castle the route blends into the R288. The route passes through Dromahair village and takes a right turn on the outskirts of the village onto the R287. The route continues along the R287 into County Sligo and joins up with the North West Trail at the junction to the Lake Isle of Innisfree Viewing Area.

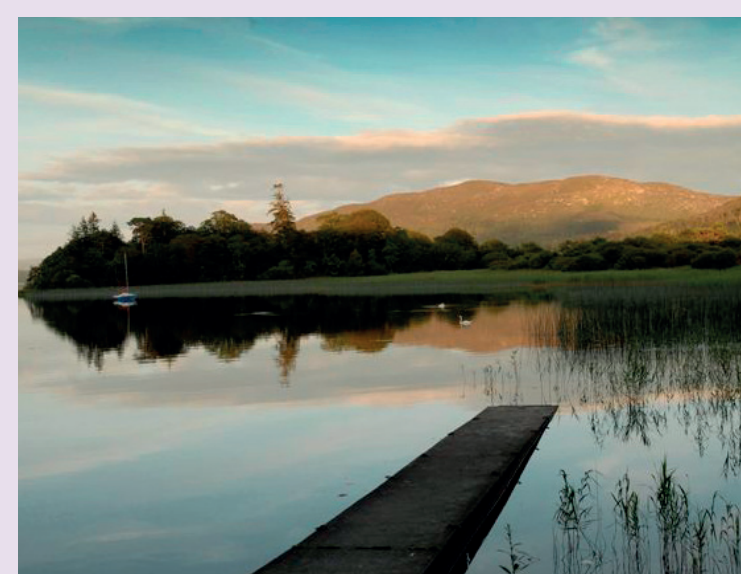
The route passes Slish Wood and Dooney Rock, both marked Coillte Trails with views of Lough Gill, with the top of Dooney Rock offering a spectacular bird's eye view of the lake. The route takes a right turn at Aghamore and passes another viewing area and Cairns Hill before continuing to Cleveragh where a right turn takes the route to Cleveragh Pontoon, an amenity area on the Garvogue River. An alternative route to Cleveragh Pontoon is via an off-road trail which is accessed via a right turn just over 1km past viewing point No. 7. Both routes to Cleveragh Pontoon pass Cleveragh Regional Park, which includes an off-road walking and cycling loop. Cyclists should note that there is a steep uphill climb from viewing point No. 7 for approximately 1.5km.

The route reaches Sligo City via Doorly Park, which offers looped cycling and walking amenities adjacent to the Garvogue River. The route is signposted the short distance back to the Train & Bus Station via Sligo City Centre. **Note:** Cyclists will have to dismount and walk at some locations in Sligo City as a one way system is in operation.

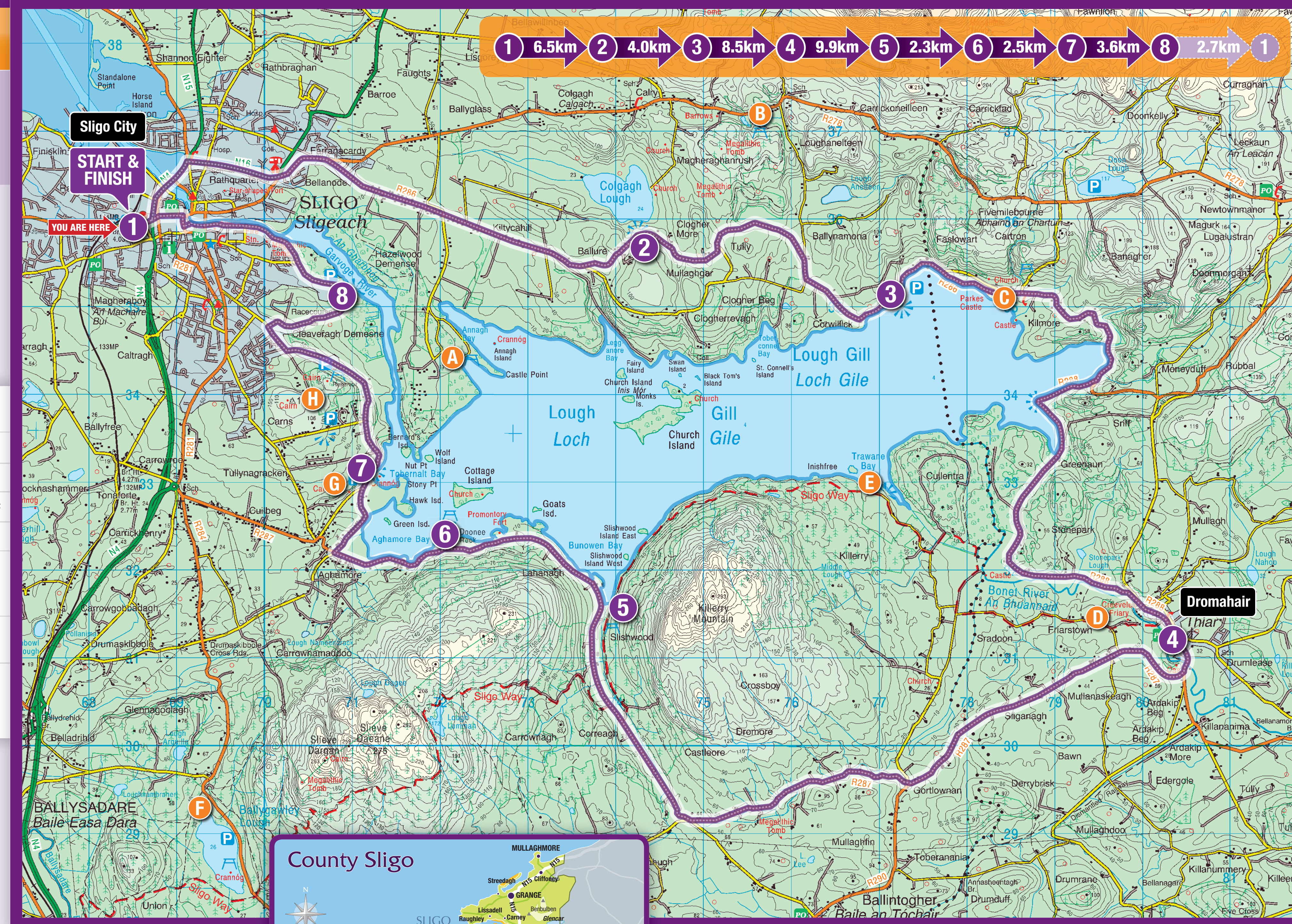
Emergency Telephone Numbers:

Sligo Garda Station: 071 9142031
Sligo Fire Station: 071 9111403 (office only)
999 (for emergencies)
Sligo General Hospital: 071 9171111

- Start:** Train / Bus Station, Sligo City
- Distance:** 40 km
- Estimated Time:** 3-4 Hours
- Terrain:** Moderate - Mainly Regional Roads
- Traffic:** Moderate
- To Suit:** Suitable for people with moderate levels of fitness and experience cycling on public roads.
- Minimum Gear:** Helmet, Bike, Mobile Phone, Fluid, Snacks and Waterproofs.
- Services:** Services are available in Sligo City, Dromahair Village and Ballintogher Village southwest of Dromahair village.



Views of Lough Gill



Map Legend

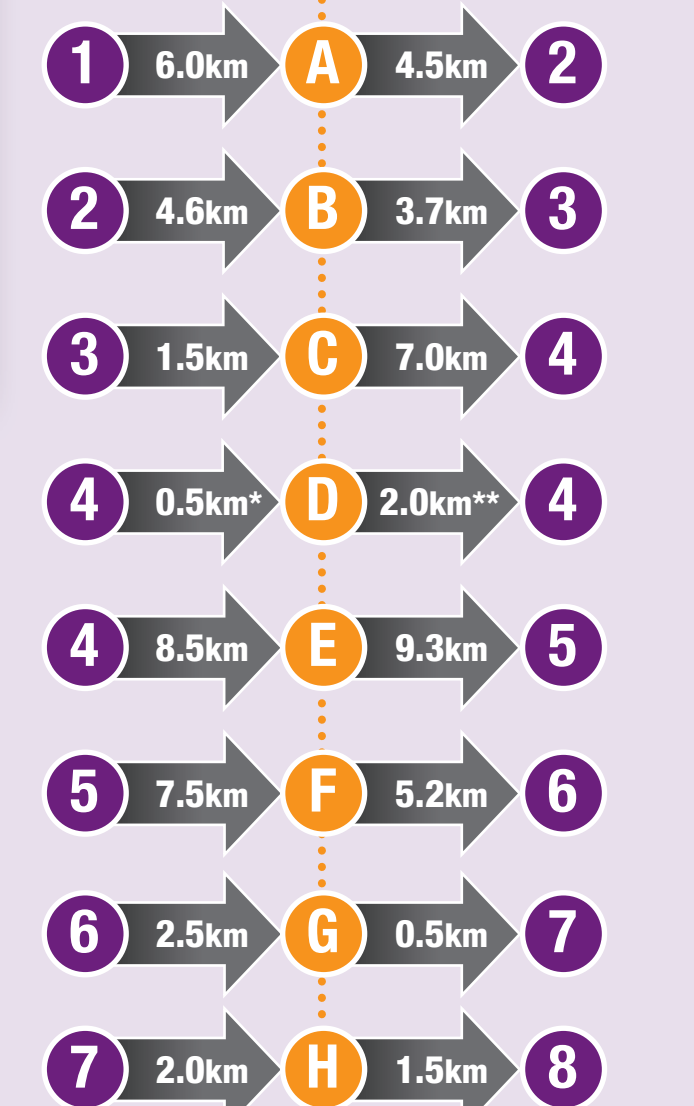
Start/Finish and Viewing/Picnic Spots

- Sligo City Train & Bus Station
- Viewing Area at Colga Lough
- Viewing Area Sligo side of Parke's Castle
- Dromahair Village
- Slish Wood
- Dooney Rock
- Holy Well Road Lay-By
- Cleveragh Pontoon

Suggested Places of Interest

- A Hazelwood
- B Deer Park
- C Parke's Castle
- D Creevealea Friary
- E Lake Isle of Innisfree Viewing Area
- F Union Wood
- G Holy Well
- H Cairns Hill

Distances to Places of Interest



* By track ** By Road



DISCLAIMER: This cycle route has been signposted by Sligo County Council. Cyclists use this route entirely at their own risk. No responsibility can be accepted by the local authority, or by the publishers and authors of this information board, for any loss, damage or injury caused or sustained during your cycle.