

# SLIEVE BLOOM

inclined to **Hike it!**

## Glenbarrow Looped Walks Glenbarrow Eco Walk



Photo credit: James Osborne



Photo credit: James Osborne

## Hike it!

### Trail Directions

**Category**  
Walking/Hiking Trails

**Trailhead 1**  
Glenbarrow Carpark  
(Grid Ref. N 367 081)

**Trail Quality**  
\*\*\*

**Terrain**  
Forest trails & roads

**Format**  
Circular

**Distance (kms)**  
8.5km

**Difficulty**  
Strenuous

**Time**  
3hrs approx. depending on level of fitness

**Services (distance in kms)**  
Clonaslee 6kms

**Start Here:** The trailhead is Glenbarrow carpark. Follow Orange arrows onto a downhill track. Enter Glenbarrow woods via wooden railings.

Continue along this path upriver for about 800m. Here by the river, the stone floor of the valley is exposed(1). Follow the path upriver and pass the Clamphole Falls (2). Continue on path past waterfall following orange arrows upstream to Barrow Gorge (3). Remain on river bank until reaching the ruins of old homestead (4) on left. Turn left here and follow orange arrows around ruins onto old track. This leads uphill to Ridge of Capard Car Park (5).

From the car park, follow orange arrows up along Bog Bridge to viewing point. From here continue on Bog Bridge to old mountain track (6). Turn left downhill which leads onto tarred road. At the 3rd bend downhill enter Capard Wood (7) on left. Follow orange arrows through wood until reaching forestry road.

Pass old stone Quarry (8) on left. This section was part of the old Capard Estate (9) which includes old broadleaf woodlands on left. At forestry road junction follow orange arrows onto Bog Bridge (10) and continue on Bog Bridge downhill through woodland to forestry road and barrier. Turn right here back to trailhead.

For further ecology information log on to: [www.slievebloom.ie](http://www.slievebloom.ie)

### 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).



[www.slievebloom.ie](http://www.slievebloom.ie)