

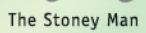


Old Mill Loop

10 km
Strenuous

Mix of forestry paths, tracks and woodland trails.

- A Car Park
- B Slieve Bloom Way
- C Waterfall
- D Slieve Bloom Way
- E Blue Loop
- F Site of Old Mill
- G Forestry Track
- H Clear's Old House
- I Forestry Crossroads
- J 3 Way Junction
- K Downhill Track



Map not to scale. OSI permit 2003/07CCMA.
Whilst every effort has been made to ensure that the information contained on this mapguide is accurate, no responsibility will be accepted by the promoters for any errors or inaccuracies contained therein.



Trailhead	Glenbarrow Car Park, Clonaslee, Laois
Services	Clonaslee (7km) , Rosenallis (5km)
Dist/Time	10km / 3hrs - 3hrs 30min follow red arrows
Difficulty	Strenuous
Terrain	Mix of forestry paths, woodland tracks and riverside trails
To Suit	Higher than average levels of fitness
Min. Gear	Walking boots, fluid, snack, hiking clothing



Directions to the Trailhead

Start from the village of Rosenallis on the R422 between Clonaslee and Mountmellick. On the sharp bend follow the signpost for route to Glenbarrow L2018. After 1.8 km take a right turn at a junction. After 2 km turn left at a crossroads. Note: the trailhead is signposted from Rosenallis (and Clonaslee).

A-B. Start from the trailhead at **Glenbarrow Car Park** and follow the red arrow (and green and blue arrows which are for other loops) onto a downhill track. You are also on the **Slieve Bloom Way** (marked with yellow arrows and trekking man). After 200m reach the end of the downhill track and enter **Glenbarrow Woods** via wooden railings.

B-C. Continue along this path up river for about 800m passing a wooden hut on your left. You come to a large open area by the river where the stone floor of the valley is exposed. Follow the path up river and you come to the **Clamphole Falls**.

C-D. Follow the path past the waterfall for approximately 800m.

D-E. The path splits on a bend - the blue loop follows the path around to the left and uphill and the **red loop** follows river bank.

E-F. Continue following the Red arrows along river bank for approximately 2km to the ruins of an **old mill**.

F-G. Leaving the mill behind, follow the riverbank for another short distance before turning uphill (left) through newly planted forestry and joining **forestry road**, turn right here.

G-H. Follow the forestry road for 300m before turning left uphill past ruins of **Clear's old house**.

H-I. This road will take you to the Ridge of Capard. Follow Red arrows to viewing point. From here follow arrows downhill on boardwalk to Ridge of Capard Carpark. Follow arrows to your left downhill for 100m and turn right onto **forestry road**.

I-J. Follow forestry road downhill for 300m veering right at **3-way junction**.

J-K. Follow forestry road uphill to a junction with a forestry road (on the Right). Here you turn left onto a narrow **downhill boardwalk**.

K-A. Descend through coniferous forestry and natural woodland to a forestry road at a barrier. Turn right here, and enjoy the last 200m back to the **trailhead** at Glenbarrow Carpark.

www.laois.ie/walking · www.offaly.ie/walking
www.slievebloom.ie · www.coillteoutdoors.ie
www.discoverireland.ie/walking



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