



Waterfall Loop

4km
Moderate

Mix of forestry paths, tracks and woodland trails.



- A Car park/mapboard
- B River Barrow
- C Waterfall
- D Slieve Bloom Way
- E Red Loop
- F 3-way junction
- G Downhill boardwalk

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, Clonastee, Laois	GR: N 367 081
Services	Clonastee (7km) , Rosenallis (5km)	
Dist/Time	4km / 45min - 1hr 15min	
Difficulty	Moderate	
Terrain	Mix of forestry paths, tracks and woodland trails	
To Suit	Medium levels of fitness	
Min. Gear	Walking boots, fluid	



Directions to the Trailhead

Start from the village of Rosenallis on the R422 between Clonastee and Mountmellick. On the sharp bend follow the signpost for route to Glenbarrow L2018, uphill. After 2km take a right turn at a junction. Continue along this road and turn left at crossroads in approx. 2.5km. This takes you to Glenbarrow car park (N 367 081). Note: the trailhead is signposted from Rosenallis (and Clonastee).

A-B. Start from the trailhead at **Glenbarrow Car Park** and follow the blue (and green and red) 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.

B-C. Continue along path up **River Barrow** on your right.

After approx. 800m you will pass a wooden hut overlooking the river.

You come to a large open area by the river where the stone floor of the valley is exposed. Follow the well worn path upriver and reach the wonderful **Clamp Hole waterfall**.

C-D. Continue to follow the path upriver.

D-E. After 600m, you reach a stream joining river Barrow. Turn left here up a steep climb and follow blue arrows to forestry road.

E-F. After the uphill climb, you join a forestry road where you rejoin the red loop on its homeward journey. Turn Left and follow the forestry road to a **3-way junction**. Veer right here.

F-G. Proceed uphill until you reach another forestry road on your right. Directly opposite it (on your Left) is an entrance onto a **downhill boardwalk** into woodland. Continue along boardwalk.

G-A. 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**.

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



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