



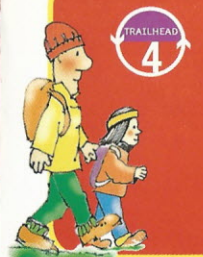
# Glenregan Loop

11km  
Hard  
Forest road, tracks



- A** Car Park
- B** Junction
- D** Timber Barrier
- E** Forest Road
- F** Forest 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.



<b>Trailhead</b>	Glenregan
<b>Services</b>	Kinnitty Village (3kms)
<b>Dist/Time</b>	11kms/3hrs, follow red arrows
<b>Difficulty</b>	Hard
<b>Terrain</b>	Forestry road, tracks
<b>To Suit</b>	Higher than average level of fitness
<b>Min. Gear</b>	Walking Boots, fluids, snack, hiking clothing, mobile phone



**Directions to trailhead**  
From Kinnitty Village, take the R421 following the signposts for Mountmellick. After 200m veer right onto the R440 (sign posted Mountrath). Continue along this road for 3km to reach the entrance to Kinnitty forest on your left.

- A-B** Cross stone step into forest. Almost immediately turn right onto narrow gravel path, crossing two forest roads. All the time climbing steeply. Magnificent views over Glenregan. At third forest road veer right for approx 300m.
- B-C** Turn left, uphill and pass by site of Glinsk Castle (stone pillars and walls). On joining forest road turn right. Keep straight on at next junction. Continue on for approx 2km to reach tar road, close to the limekiln. Veer left, and follow road for approx .5km to forest barrier.
- C-D** Turn right, by barrier into forest. Pass by ruins of old house. Follow path down hill, crossing a forest road. On reaching a second forest road turn left. The Camcor river is close by at this point (on your right). Walk along road, over river to junction.
- D-E** Take road straight on (with river on right) for approx 100m. Turn down grassy path. Cross foot bridge over stream and on to join forest road. Veer right (Straight). Follow this forest road with the Camcor river away to the right. After approx 1.5km you meet another forest road. Keep on straight to reach river.
- E-F** Approx 100m after crossing river turn right under the big 1935 planted sitka spruce. Follow steep path up hill to forest road. Turn left and out to tar road. Lovely view over Forelacka from this point. Turn right (up hill) on tar road, then immediately left into another forest road which you follow for approx 1km, until turning down hill and back to the start.

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**coillte OUTDOORS**

Shannon Region Trails

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