



Trailhead	Monicknew car park, near bridge
Services	Clonaslee (11km) Mountrath (11km)
Dist/Time	1.5kms/30mins, follow green arrows
Difficulty	Easy
Terrain	Forestry road and riverside path
To Suit	Medium level of fitness
Min. Gear	Walking shoes, fluids



Monicknew, Co. Laois. Situated approx 11.5kms south of Clonaslee on the road to Mountrath via the cut.

Exit car park at Monicknew Trailhead. Cross the Tar Road. The route is clearly marked with footprints, so children can enjoy leading the way. Follow the forest road, that meet the Slieve Bloom Way.

You will pass remnants of the old forest along the route, noteably **Sitka Spruce**. There are groves of Hemlock and Western Red Cedar to be observed.

After 500m turn left and follow the path to the Killeen River, which meanders through the forest. Cross the footbridge and note the scattering of Sweet Chestnut trees.

The bank of the pathway rises steeply towards the road, and in springtime it comes alive with bluebells and wood anemones.

Cross the next **footbridge** and enjoy a picnic by the river back.

Return to path and continue upstream under the roadbridge and pause to marvel at the workmanship of the bridge. You may enjoy a spot of birdwatching and catch a sighting of a dipper or grey wagtail enjoing this fast flowing river.

Follow the path as it swings towards the carpark returning to Monicknew Trailhead.

















