

SLIEVE BLOOM

inclined to **Hike it!**

Cadamstown Looped Walks Nature Trail Eco Loop



Rialtas na hÉireann
Government of Ireland
In partnership with the Department
of Rural and Community Development.



SAFETY NOTICE:
Keep to the walking path by the river bank. There are uneven rocky and slippery surfaces. Keep away from cliff edges at all times.

Photo credit: Paulo Nolan / Visit Offaly

Hike it!

Trail Directions

Category
Walking/Hiking Trails

Trailhead 3
Cadamstown
(Grid Ref. N 227 085)

Trail Quality

Terrain
Old lane, riverside and road woodland

Format
Circular

Distance (kms)
7km

Difficulty
Moderate

Time
2.5 - 3hrs

Services (distance in kms)
Kinnitty 5km
Clonaslee 10km

At the picnic area beside the Mapboard take a look at the strangely shaped boulder. This is claimed to be the inauguration stone of the O'Flanagan's of Cinel Arga it was found 25 years ago on the slopes over Cadamstown (Stop1).

Follow the green arrows across the Silver River Bridge and follow the R421 road to the left for 300 mts and turn left. Follow this tarred road for 1km to reach Tobar Lughna (a Holy Well) on your right to the ruins St Lugna's Monastery and across the road is the derelict Letter House (Stop 2).

Follow the green arrows past May Scully's cottage joining the Slieve Bloom way turning left and follow green arrows through woodland. After crossing a small stream, Purcell's Brook, turn left on to old laneway reaching the Silver River Weir. On this stretch of the river, contact between the old red sandstone and the older underlying Silurian Rocks is clearly exposed (Stop 3).

As you make your way along the riverbank there is a cliff section through the old red sandstone that overlies the lowest beds of the series, this can be seen in the river bed downstream (Stop4).

Continue along the Silver river path you will see the Waterfall and River Gorge. The present Silver River gorge is post glacial in age. The original channels in the Slieve Bloom were probably destroyed by glacial movement during the Ice Age (Stop 5).

As you leave the river bank ascend through the wood and cross the stile, turn left and admire the view over Cadamstown village and County Offaly (Stop 6). Follow the path down the fields, back to the carpark. For further ecology information log on to: www.slievebloom.ie

Directions to Trailhead

Cadamstown, on the R421 regional road, just north of the Slieve Bloom Mountains, is 20km from Tullamore and 5km from Kinnitty.



Photo credit: Peter Maher

www.slievebloom.ie