



WALKING & CYCLING ROUTES

From THE BENWISKIN CENTRE



The Benwiskin Centre, Ballintrillick, Co. Sligo.
Telephone 071 9176721. Email info@benwiskincentre.com
www.benwiskincentre.com

PLACES OF INTEREST ALONG THE ROUTES

The Benwisquin Centre is nestled between the Atlantic ocean and the dramatic mountains of Benwisquin, Truskmore and Tievebaun. An area of natural beauty, inhabited with an abundance of wildlife - red squirrels, deers, badgers, foxes and a wide variety of birds. Steeped in history, the routes will take you through time as you pass Stone Age monuments like the Megalithic Tomb at Creevykeel or Tawley Mass Rock which dates back to Penal Times (1600's) or to the grave of one of Ireland's best loved poet's - W B Yeats.

- 1 Cross
- 2 St Patricks Holy Well
- 3 Creevykell Megalithic Tomb
- 4 Classie Bawn Castle
- 5 Tawley Mass Rock
- 6 Old Barytes Mill
- 7 Diarmuid & Gráinne's Cave
- 8 Yeat's Grave
- 9 Highcross
- 10 Round Tower





4.5
KM



MULLINFAD

Directions

Turn left at Centre (westwards) for about 1.5km to junction. Veer left at Yield sign and walk/cycle southwards towards mountain for 1km to next junction. Turn left at presently unoccupied pub. Continue eastwards for approx 1.5km to next T-junction. Veer left and continue northwards to next junction. Turn left and walk/cycle 300 metres back to Centre.



6.5
KM



DRINAGHAN • LECKLASSER

Directions

Turn right at Centre. Proceed for 300 metres to first junction. Turn right and walk/cycle southward for 400 metres to T-junction. Turn left. Continue eastwards for 2km along this scenic route to next T-junction. Turn left, keeping bungalow to your left. Follow road forward northwards for 300 metres. Veer left at next junction and Yield sign. Walk/cycle approx 2km back to Centre.





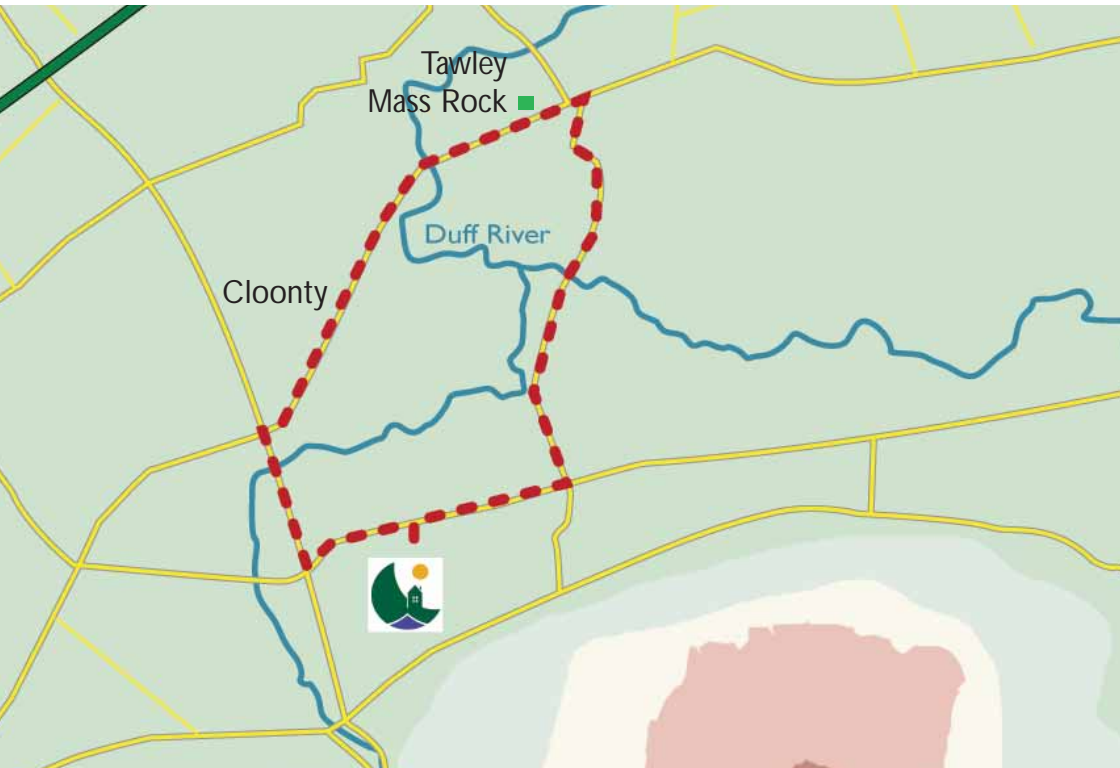
9.5
KM

ROUTE
3

TAWLEY and CLOONTY

Directions

Turn right on leaving Centre. Proceed for 300 metres to junction. Turn left here and proceed northwards over Duff River for approx 3km. Turn left past Mass Rock continue for 4km to next junction. Turn left at yield sign, then walk/cycle for approx 1.1km to next junction. Turn left keeping sign for Benwisikin Centre to your left. 1.5km to Centre.





TAWLEY

Tawley Mass Rock dates from the days of the Penal Laws (1600's). Roman Catholic were prevented from practising their religion. Mass was celebrated at remote quiet places in secret.

Directions

Turn right on leaving Centre. Proceed for 300 metres to junction. Turn left here and proceed northwards over Duff River for approx 3km. Turn left at Yield sign. 50 metres to your right past next T-junction is ancient Mass Rock. Access by way of tubular gate.

Continue on until next junction. Continue through junction south westwards. Pass through afforested area for 1.2km until next junction is reached. Veer left here to next yield sign at next junction (1km). Go straight through junction and walk/cycle remaining 1km back to Centre.



GLENIFF HORSESHOE

Directions

Turn left at Centre for about 1.5km to junction. Veer left at Yield sign southwards towards mountain for 1km to next junction. Continue straight following sign for Gleniff Horseshoe Valley. You will reach a beautiful picnic area at the old Mill site. Further along are the disused Barytes Mines (**not** accessible to the public). On the western loop of the Horseshoe, the cave of Grainne and Diarmuid is clearly visible. In Irish folklore they reputedly spent their final night on this earth together here. The Horseshoe walk will reveal spectacular views of Donegal Bay and the mountains that frame it as you travel along the road. On reaching junction at main road (at Connacht Gold Store) turn right proceed to junction and then left again at previously passed pub and home.





MULLAGHMORE

Directions

Turn left at Centre and westwards to first junction. Turn right here and continue northwards 3km approx to junction on main Sligo/Bundoran road (N15). Straight through junction for 2km.

Turn left at Gate House to Classie Bawn to Classie Bawn Castle 3km around Head. Travel through village, veering right at junction past Gate House, straight through junction at Cliffoney and all other junctions until arriving at Centre (4km).





22
KM

ROUTE
1

TAWLEY and MULLAGHMORE

Directions

On leaving the Centre turn right. Proceed for 300 metres to first junction. Veer left here. Continue for 3km approx over Duff River. Turn left at Yield sign beside farmhouse. 50 metres on your right past the T-junction is Tawley Wood (home to abundant wildlife - red squirrels, badgers, foxes and a wide variety of birds. Here too is the site of an ancient Mass Rock). Continue on through next junction

(approx 3km) and pass through afforested area to next junction. Take a right and travel to Cliffoney village (2km).

Go straight across main Sligo/Bundoran road - be careful of traffic! Continue on for 3km to next junction. Here turn left and proceed north-eastwards. Veer left at Classie Bawn Gate-House and continue through to Mullaghmore village, keeping the sea to your left. Continue straight through village for 2.5km until arriving at main Sligo/Bundoran road once more. Go straight across road and continue for 4km to third junction. Turn left here at sign for the Benwiskin Centre (approx 1.5km).



KINLOUGH • TAWLEY



22
KM

ROUTE
2

Directions

Turn right at Centre. Cycle 5km (approx) eastwards to junction on main Manorhamilton / Bundoran road. Turn left here and proceed 4km to Kinlough. Veer left at petrol station and continue for 10km through Uragh and Tawley to junction with Yield sign. Turn left and head southwards for 1km. At sign for Benwiskin Centre turn left to complete the journey.



TAWLEY and CLIFFONEY



Directions

On leaving the Centre turn right. Proceed for 300 metres to first junction. Veer left. Continue for 3km approx over Duff River. Turn left at Yield sign beside farmhouse. 50 metres on your right past the T-junction is Tawley Wood (home to abundant wildlife - red squirrels, badgers, foxes and a wide variety of birds). Here too is the site of an ancient Mass Rock. Continue on through next junction (approx 3km) and pass through afforested area to next junction. Proceed forward and continue for 1km to T-junction. Turn right and cycle onwards to 2nd junction on right. Go right here keeping 3 new bungalows to your left, cycle northwards for 1.5km and just after crossing over stone bridge turn hard right

on a short steep ascent. Forward again, straight for 3km to next Yield sign. Turn left. Travel along until arriving at Stop sign (1km). Turn right and go through Cliffoney village for approx 1.5km. On your right you will see a car park. Follow the steps up to world famous Creevykeel Megalithic Tomb. This is an excellent example of a pre-Christian settlement from the late Stone Age. Ashes and bone fragments indicate burials, cremations and ceremonial rites of passage. Turn left onto Sligo road (N15). Travel approx 50 metres, turn left again. Travel along this road for approx 3kms. Turn left at sign for Benwisquin Centre which is approx 1.5km from here.



DRUMCLIFF

View the lovely but enigmatic lines on W.B. Yeats' headstone. See the round tower and high cross. There is an audio/visual display in church about its history and a coffee & souvenir shop on site.

Directions

Turn left at Centre and westwards to first junction. Turn right here and continue northwards 3km approx to junction on main Sligo/Bundoran road. Turn left and travel along Sligo road through Cliffoey, Grange onto Drumcliff (approx 15km). To the left you will find St. Columba's Church and site of the grave of W.B. Yeats.



45
KM

ROUTE
5

KINLOUGH • TULLAGHAN • GRANGE

Directions

Turn right at Centre. Cycle 5km eastwards to junction on main Manorhamilton / Bundoran road. Turn left and proceed 4km to Kinlough village. Enter village by following road right at petrol station. Continue forward 2.5km to Bundoran. Turn left at major junction in town centre and continue north westwards to Tullaghan village. Follow main road (N15) for approx 2km, turn right before Bunduff Bridge, along coastal road. Here you will see a sign for St. Patrick's Well which is through a field towards the sea. Go back to main road turn right to Cliffoney then onwards to Grange. Go through Grange village and on left you will see an amenity area. You will also see a replica of the statue of St. Molaoise, taken from the island of Inismurray (now housed in the National Museum of Ireland). The replica is made from bog-oak. Approx 2.5km on the Sligo side of Grange turn left at junction signposted Ballintrillick approx 12km.



54
KM

ROUTE
6

LOUGH MELVIN • MANORHAMILTON & GLENADE

Directions

Turn right at Centre. Cycle 5km eastwards to junction on main Manorhamilton / Bundoran road. Turn left and proceed 4km to Kinlough village. Pass through village until you reach the Courthouse Restaurant on your right. Turn right (Post Office on left). Cycle onwards for 12km (approx) keeping Lough Melvin to your left. Pass over 2 narrow bridges bearing Yield signs.

At the next Yield sign opposite the large, stone wall fronted house turn right. Continue onwards 11km until you arrive in Manorhamilton. Turn right at the Yield sign opposite car garage. Cycle north eastwards through Mullies and Glenade Valley for 20km until you arrive at Park junction. Here you will see a sign for The Benwiskin Centre. You are now only 5km from home!



THE BENWISKIN CENTRE

The Benwiskin Centre is a project of the Ballintrillick Environmental Group. An environmental group dedicated to the preservation and enhancement of the environment. The Centre is run in an environmentally sustainable and eco-friendly way.

The Benwiskin Centre provides self catering accommodation all year round. Guests can avail of private or shared rooms. The Centre sleeps 26 and can be hired in its entirety for large groups and workshops.

The Centre provides social amenities and activities for children and adults including classes in Spring and Autumn in art, speech and drama, yoga, pilates, basket making etc.

Other activities at the Centre include socials, cards, parent and toddler sessions, community organic garden project, summer camps, office and laundry services.



The Benwiskin Centre.
Ballintrillick, Co. Sligo.

Telephone 071 9176721.

Email info@benwiskincentre.com

www.benwiskincentre.com

This booklet is part financed by the European Union through PEACE 11 Programme managed for the Special EU Programmes Body by Sligo County Council led Task Force.



**Project part financed
by the European Union**
Peace and Reconciliation Programme



- Please do not enter on to private roads or land without permission from the owner.
- The maps are not to scale and are only to be used as a rough guide.
- Obey the rules of the road.
- Stay safe.