THE BURREN WALKING TRAILS

The Shannon Region International Trails Programme is an initiative by Shannon Development to develop and promote the Shannon Region as a world-class trails destination. Check out ShannonTrails.ie, where you can find an abundance of information including GPS data, directions, and detailed maps for lots of great trails including walking, cycling, mountain biking, horse riding, canoeing, surfing, scuba diving and more. In Ireland, Shannon Region - which covers counties Limerick, Clare, North Tipperary and South Tipperary - also would like to acknowledge the work of the National Parks and Wildlife Service (NPWS) on their work in developing the Drumkeen Wood Loop and Millstream Way.

9 THE BURREN WAY

The Burren Way is a 13km walk and cycle trail following the route of the Burren Loop and links to Lahinch and Ballyvaughan located in the Burren area of North Clare. The Way brings you from Inishturk on Liscannor to the base of Mullaghmore in the Burren National Park.

Directions to trailhead

Start from the town of Ennis, follow the N85 towards Lahinch and turn off onto the R476 for Corofin.

Notes: Linear routes are a point-to-point walk, such as shops, accommodation, viewpoints and public facilities. The trailhead are located as follows:
- Trailhead 1 - Lahinch
- Trailhead 2 - Corofin
- Trailhead 3 - Doolin
- Trailhead 4 - Ballyvaghan
- Trailhead 5 - Carran
- Trailhead 6 - Corrofin
- Trailhead 7 - Tubber

10 CARRAN TURLOUGH LOOP WALK

Carran village lies in the centre of the Burren overlooking the largest turlough (seasonal lake) in the area, a village in the high Burren, and has been the base of Birlready. The “ring burren” is a great walk with a scenic road around the turlough, which is a perfect time to explore the Burren’s Unesco World Heritage Site.

Directions to trailhead

- From Corofin, travel north on the R476 out of Corofin in direction of Doolin/Ballyvaughan/Ballyvaughan. The Egg on your left.
- The trailhead is located at the lay-by on the right.

Services available

- Overnight accommodation and eating options are available at the Ballyvaughan Hotel and the Bar and Inn in Carran.

Useful Links

- www.shannondevelopment.ie
- www.discoverclare.ie
- www.irishtourism.ie
- www.npws.ie
- www.shannonregiontrails.ie
- www.careersinclare.ie
- www.carnacountynoticeboard.ie

11 MULLAGHMORE BLUE LOOP WALK

The Burren National Park is located in the southeastern corner of the Burren and is approximately 7500 hectares in size and one of Ireland’s greatest ecological treasures. It includes the famous Burren and is one of Ireland’s finest UNESCO World Heritage national parks.

Directions to trailhead

- From Corofin, travel north on the R476 out of Corofin in direction of Lahinch, then turn left onto the R475 at Carran until you reach the Burren National Park.

Services available

- Overnight accommodation and eating options are available at the Ballyvaughan Hotel and the Bar and Inn in Carran.

The Burren, an area of limestone rock covering imposing majestic mountains, one of the world’s most stunningly unique natural heritage regions...

The Burren is a unique landscape, one of the world’s most unique natural heritage regions...

The Burren is a UNESCO World Heritage Site located in the Barony of Burren, County Clare, Ireland. It occupies approximately 130 square kilometres of spectacular karstic limestone hills and valleys that characterise the area. The highest hill, Slieve Binn, is 334 metres above sea level, but the southwestern end of the Burren bedrock drops into the sea at the Cliffs of Moher which rise more than 180 metres vertically out of the sea.

Added to these wonders are hundreds of miles of trails, unstoppable stony fields and a unique density of well preserved monuments and buildings from the Neolithic to the Christian period, and a rich treasury of rare wild flowers. The Burren Way is a 12km walking route that takes in the best of what the Burren area has to offer from the coast at Doolin to majestic wildflower-decorated limestone tors, to the ruins left by the Hospitaller, inhabitants of the Burren to the rich heritage of early Christian churches and sites.

The Burren is an area of limestone rock covering imposing majestic mountains, one of the world’s most stunningly unique natural heritage regions...

The Barony of the Burren forms the northern part of Clare, overlooking Galway Bay and the Atlantic Ocean. The word Burren comes from Boreen, or Boringeian, and is derived from the Latin term for dwarf carboniferous limestone hills and valleys that characterise the area. The highest hill, Slieve Binn, is 334 metres above sea level, but the southwestern end of the Burren bedrock drops into the sea at the Cliffs of Moher which rise more than 180 metres vertically out of the sea.

The Burren is a rich cultural and natural landscape that is home to a variety of flora and fauna, including rare wildflowers, birds, and mammals. The area is also home to a number of historic sites, including ancient stone monuments and early Christian churches.

For further information visit

www.shannonregiontrails.ie