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## legend

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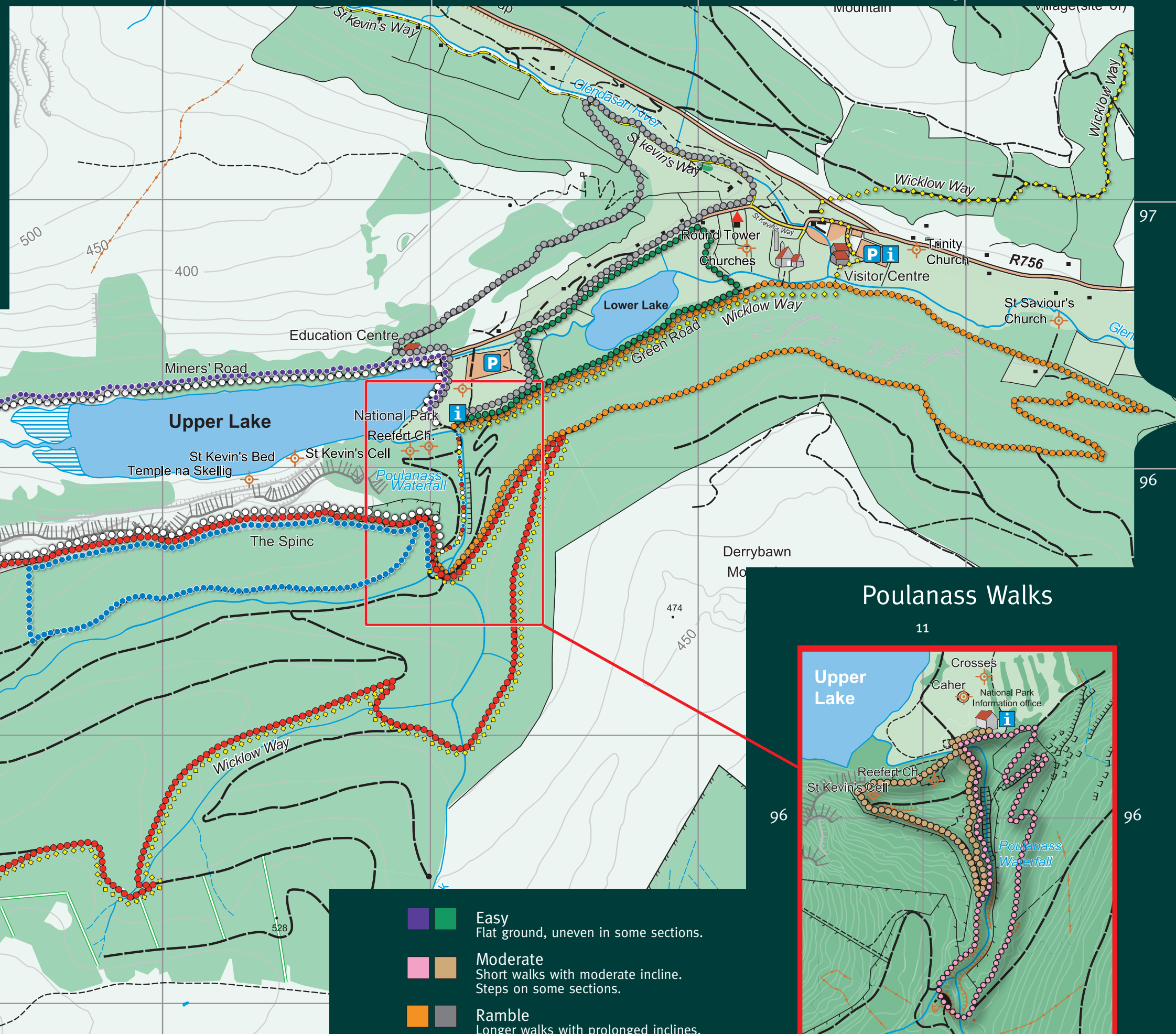
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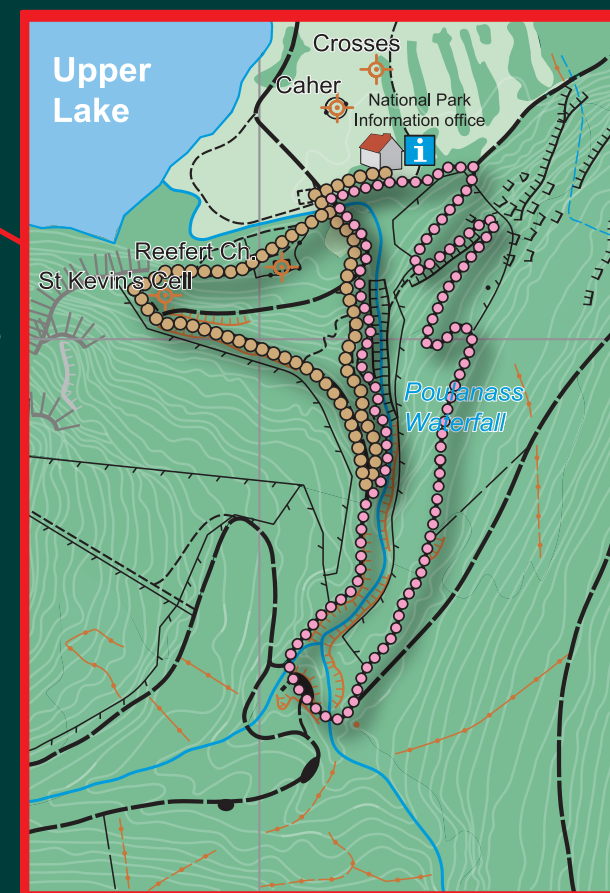
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	Open mountain		Earth wall
	Improved pasture		Parking area
	Forest		Youth hostel
	Public road		Public telephone
	Forest road		Information
	Track		Antiquities
	Firebreak		
	Contour lines (50m int)		
	Cliffs		
	Fence/boundary		
			Long distance walks
			Wicklow Way
			St. Kevin's Way



## Poulanass Walks



- Easy**  
Flat ground, uneven in some sections.
- Moderate**  
Short walks with moderate incline.  
Steps on some sections.
- Ramble**  
Longer walks with prolonged inclines.

**Hill Walk**

Walks pass close to cliffs. Keep back from cliff edges. Mountainous terrain, boggy underfoot, navigational experience necessary.

Map produced by Wicklow Mountains National Park

Scale: 1:15000

Access to some lands by kind permission of

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11





## The Walking Trails of Glendalough

WICKLOW MOUNTAINS NATIONAL PARK

### On Your Visit

Please help to preserve Wicklow Mountains National Park by observing the following:

- Please take your litter away with you, or use the bins provided.
- Never light fires.
- Please keep dogs under control. Do not let them disturb other visitors, farm animals or wildlife. Please clean up after your dog.
- Groups of more than fifty people and / or people organising events, must contact the national park for a permit and advice.
- Horse riding in the national park requires a permit.
- Bicycles are only permitted on forest roads. Off-road cycling is not allowed.
- Follow the principles of Leave No Trace: [www.leavenotraceireland.org](http://www.leavenotraceireland.org).

### Safety in the Mountains

If you are planning to follow a trail graded as a 'Hill walk', or if you wish to explore the open mountains, please follow this safety guide.

- Only experienced hillwalkers should ever venture into the hills alone.
- Leave details with someone of your route and expected time of return.
- Bring a map and compass and know how to use them.
- Wear strong boots and bring raingear.
- Check the weather forecast and dusk times.
- Avoid cliffs, crags and waterfalls. They are dangerous and can be fatal.
- To contact Mountain Rescue dial '999' or '112'.

### Wicklow Mountains National Park

Park Headquarters: 0404 45800  
[www.wicklowmountainsnationalpark.ie](http://www.wicklowmountainsnationalpark.ie)



Comhshaoil, Oidhreacht agus Rialtas Áitiúil  
Environment, Heritage and Local Government

There are nine walks to choose from, each starting at the National Park Information Office near the Upper Lake. Staff at the Information Office can help you choose a suitable route.

### Miners' Road Walk



Grade: Easy  
Distance: 5km  
Time: 1hr 10mins  
Metres climb: 20m

This walk skirts one side of the Upper Lake. The trail passes through Scots Pine woodland before reaching the ruined miners' village. Halfway along the trail, the cave known as St Kevin's Bed can be seen across the lake. Feral goats are common on this walk. Peregrine Falcons may on occasion be seen high in the sky soaring and calling to each other (a high-pitched cry).

### Green Road Walk



Grade: Easy  
Distance: 3km  
Time: 50mins  
Metres climb: 20m

The Green Road is an easy stroll on mostly flat ground. This walk passes through the Glendalough oak woodlands before dropping down onto the Lower Lake wetland edge. Views up the valley from the boardwalk here are spectacular. Lizards and dragonflies are often seen sunning themselves on the wooden trackway. The wetlands are a valuable breeding place for frogs.

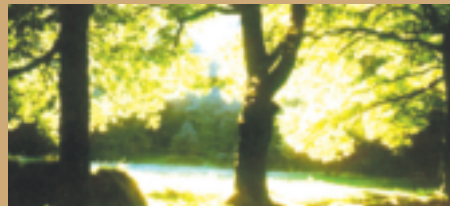
### Poulanass



Grade: Moderate  
Distance: 1.7km  
Time: 45mins  
Metres climb: 150m

This trail begins with a short but steep climb up by the Poulanass Waterfall and plunge pools. (The name Poulanass is taken from the Irish 'Poll an Eas' which means 'hole of the waterfall'). The trail crosses above the waterfall to drop down through mixed woodlands to the valley floor. Listen out for woodland birds, in particular Jays, which can be quite noisy.

### Poulanass and St Kevin's Cell



Grade: Moderate  
Distance: 2km  
Time: 45mins  
Metres climb: 120m

This trail rises steeply alongside the Poulanass Waterfall, leading you through the Glendalough oak woodlands. It then winds gently down to the site of St Kevin's Cell. At this point there is a scenic viewpoint overlooking the Upper Lake, which is a good place to birdwatch. A visit to Reefert Church is worthwhile before ending your walk.

### Derrybawn Woodland Trail



Grade: Ramble  
Distance: 8km  
Time: 2hrs  
Metres climb: 160m

This trail climbs steeply up alongside the Poulanass Waterfall before leading you to the upper reaches of Derrybawn Mountain. Flanked by larch and pine trees, the route offers magnificent views of the whole Glendalough Valley. Red Squirrels and birds such as Treecreepers are often seen here. In early summer, wood sorrel, bluebells and wood anemones add colour to the woodland floor.

### Woodland Road



Grade: Ramble  
Distance: 4km  
Time: 1hr 45mins  
Metres climb: 90m

This is a pleasant walk through one of the more secretive areas of Glendalough. It weaves through mixed woodlands into neighbouring Glendasan Valley, where it joins St. Kevin's Way and the path up to Glendasan Mines. The trail follows the Glendasan River back towards Glendalough where it then joins up with the boardwalk which runs through the Lower Lake wetlands.

### Spinc and Glenealo Valley



Grade: Hillwalk  
Distance: 9km  
Time: 3hrs 30mins  
Metres climb: 380m

This popular walk leads you through some of the most spectacular scenery in Co Wicklow. (The name Spinc comes from the Irish 'An Spinc' and means 'pointed hill'). The trail ascends steeply up by the Poulanass Waterfall before joining a boardwalk. More than 600 wooden steps lead you to a viewing point overlooking the Upper Lake. The boardwalk skirts the top of the cliffs before descending through blanket bog and heath into the picturesque Glenealo Valley, home to a large herd of deer. A rough track then leads you back down into Glendalough Valley.

### Spinc and the Wicklow Way



Grade: Hillwalk  
Distance: 11km  
Time: 4hrs  
Metres climb: 490m

This walk follows the same route as the other Spinc trails up onto the boardwalk. It stays on this boardwalk for 1.7 kilometres before turning off in the direction of Lugduff Mountain. This section of the trail is a good place to spot deer and birds such as Raven, Merlin and Kestrel. Finally the trail links up with the Wicklow Way track to lead you back to the Information Office.

### Spinc (short route)



Grade: Hillwalk  
Distance: 5km  
Time: 2hrs  
Metres climb: 280m

Although this walk is short in comparison to the other Spinc routes, it still leads you into mountainous terrain where navigational experience is necessary. The walk follows the Poulanass Waterfall before entering the Lugduff Valley. From there, a steep climb up steps brings you onto the boardwalk. This trail continues for 1.2 kilometres along the boardwalk which hugs the cliff of the Spinc, before cutting down through forest to lead back towards the Information Office.