The Miners Way & Historical Trail

• Sliabh Anierin Mountain Loop

Distance: 12km Walking Time: 6hrs

Difficulty: Medium but be careful on the cliffs

Essentials:

- Good Boots, Rain Gear, Food, Whistle, O.S. Map 26, Compass in case of fog.
  Unless you are very experienced do not walk alone.

Directions:

1. Go out R207 (Dowra Rd.) from Drumshanbo 3.5km and turn right up side road. Go straight ahead at cross road (Leitrim Way) and on up the hill for 2km on forest road. Park here if you came by car.

2. Walk up to the boundary sheep-fence. Cross over and onto the open Mountain. Do not damage the fence as it retains sheep.

3. Scramble up the steep bank and veer right. You will soon see a large lone rock "The Beverage Stone" which is associated in legend with Finn MacCool, an ancient warrior chief. It is said that if you put your fingers into the 'finger marks' you will get the gift of stamina. Unless you are quite fit you may need this gift on the walk ahead!

4. Set your sights on the rocky ridge away to the right which are "The Bracca Stones". There is a good view of "The Lakelands". Follow this rocky ridge to the escarpment over the hill to the left until you reach the escarpment.

5. The Escarpment extends along the Eastern side of the mountain for some 3.5km. The view is very spectacular. Be careful because the cliffs are very high and the outer sheep-pass is often narrow. (The summit is to your left but is only eroded bog and rock, not very interesting unless you wish to investigate the old timber road across the Mountain). Better keep close to the escarpment until you see a small lake down below "Lochann Lake" or "Noblebeg" is the home of lovely black trout but the climb down is very difficult so look down and leave it.

6. Drink in the magnificent scene and then stand with your back to the lake. Set your sights to the highest ridge to your left and to the right of the escarpment about 2km away to the S.W. Go right or West along the side of the ridge until you reach the Western escarpment overlooking Lough Allen after 2km.

7. Go left or South on this escarpment for another 2km and you should be back to your starting point. You will always remember one of your greatest hill-walking experiences. Go back to Drumshanbo and enjoy a good meal.