

# LEITRIM CYCLE ROUTES

Scenic Cycleways Of County Leitrim

This project is being funded by Department of Rural and Community Development under the 2021 Outdoor Recreation Infrastructure Scheme, and was supported by Leitrim Glens Cycling Club, Leitrim County Council, Fáilte Ireland and Leitrim Development Company.

[www.cycleleitrim.ie](http://www.cycleleitrim.ie)

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Please visit [www.cycleleitrim.ie](http://www.cycleleitrim.ie) for details of the 200km cycle route

# WELCOME TO LEITRIM

Cycling in Leitrim offers an unequalled opportunity to cycle along unspoilt scenic countryside routes varying from quiet traffic-free roads with excellent surfaces to more challenging off-road mountainous tracks and trails. Enjoy varied terrain that offers stunning views of rolling hills, tranquil lakes and the opportunity to enjoy the serenity of all that nature has to offer.

Explore the beauty of Leitrim's natural landscape on one of the many routes on offer varying from leisurely 12km family cycles to the more challenging routes of up to 200km for the dedicated cycling enthusiast. Removed from the pressures of urban life and surrounded by cinematic scenery, we invite you to explore and engage with Leitrim's wild, open and naturally beautiful places and along the way enjoy the quaint villages and bustling towns and meet the locals renowned for their gentle good humour.



# FAMILY CYCLE

This 12km cycle from **Manorhamilton** via the local Community sports grounds is a wonderful local amenity to have.

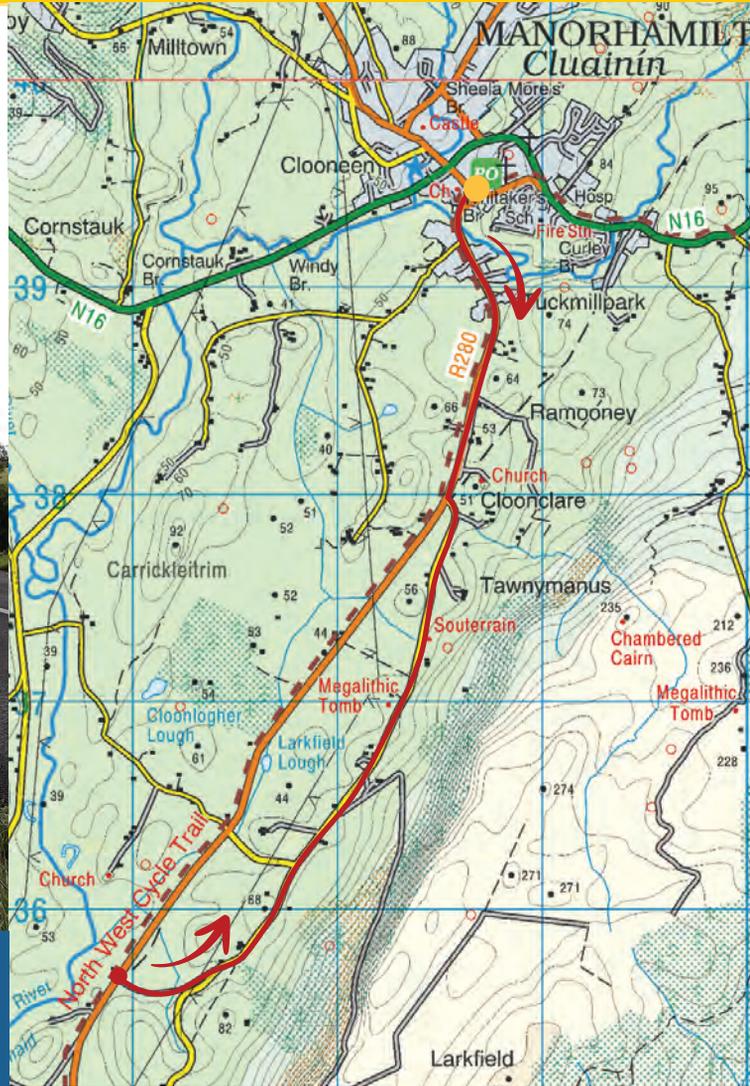


As part of the SLNCR Greenway the route travels along the left hand side of the road to **Drumkeeran** (R280) for approx. 1km then follows the L62031 which is now the dedicated Greenway providing a safe and enjoyable space to cycle or walk.

Some 4km out you see the entrance towards the Community sports field where the local **Glencar - Manorhamilton** GAA teams play. The route continues down a further 2km down to **Larkfield**, where you can turn and cycle back along the Greenway to **Manorhamilton**.



**Sligo Leitrim Northern Counties Railway (SLNCR) Greenway:** The SLNCR Greenway Sligo to Enniskillen Project will convert the disused railway route between Collooney and Enniskillen into a multi-use rail trail for cyclists, walkers and the mobility challenged. The full Greenway is still at the development planning stage however there are 3 demonstration sections in place at Glenfarne, Dromahair and Manorhamilton.



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An easy 12km route around **Manorhamilton** that is suitable for families of all ages and abilities.

Distance: 12km

## PARKE'S CASTLE

Starting in **Manorhamilton** the route takes you out the N16 in the direction of **Sligo** and take the first left turn onto the L2169 for **Dromahair**, following the signs for Parke's Castle.

In **Dromahair** village turn right in the direction of **Sligo** along the R288. This brings you down through the village and on out by the river Bonet flowing into Lough Gill.



As you cycle, the Lake is on your left for 3 to 4km offering unique views of the surrounding countryside. After approx. 8km you will see the very impressive Parke's Castle on your left.

This route then continues on towards **Sligo** for 1km to the large viewing area car-park where the infamous 2007 World Rally crash occurred. From here you turn back towards Parke's castle, then 2km past the castle take the left turn up for **Newtownmanor** / O'Rourke's Table. At the next junction keep left onto the L4153 towards **Newtownmanor** Church.

Here there is a short sharp climb for approx. 400m, then you will see the sign for O'Rourke's Table on your left. From here continue onto the R286 (signposted **Manorhamilton**) which brings you back down to Shanvaus Cross on the N16. Then just turn right and continue back the 4km to **Manorhamilton**.

**Parke's Castle:** This is a plantation era castle. In 1610 Roger Parke completed this fortified Manor House on the site of an earlier 15th century O'Rourke (Uí Ruairc) castle. The castle is open to the public during the tourist season.



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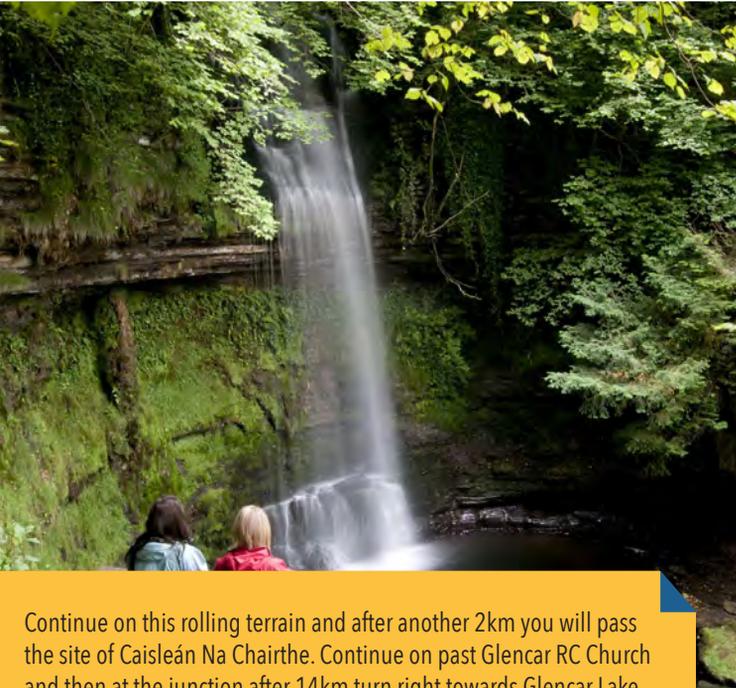
This 40km cycle to the historical site of Parke's Castle takes you along rolling terrain and gives you the opportunity to see some spectacular scenery along the shores of Lough Gill.

**Distance:** 39km

**Alt:** 442m

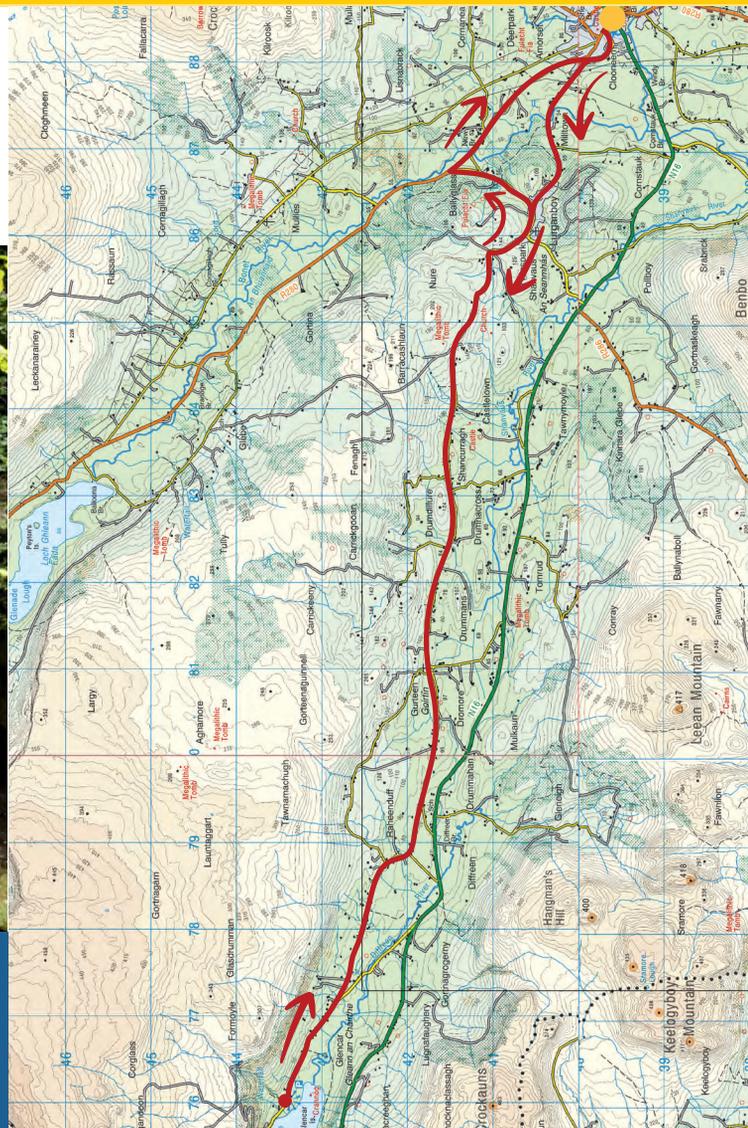
# GLENCAR WATERFALL

From **Manorhamilton** cycle in the direction of **Kinlough / Bundoran** (R280), then take the first left turn towards **Lurganboy**. **Lurganboy** village is the home of the unique Chapel of Ease. At the Church keep to the right and continue up towards Killasnet Graveyard (15th Century Church site)



Continue on this rolling terrain and after another 2km you will pass the site of Caisleán Na Chairthe. Continue on past Glencar RC Church and then at the junction after 14km turn right towards Glencar Lake.

You have now arrived at one of the most scenic locations in Co. Leitrim, which the poet W.B. Yeats features in his poem The Stolen Child. After enjoying some refreshments in The Glencar TeaShed you return to **Lurganboy** along the same route as you came. On the return cycle keep left in **Lurganboy** towards **Kinlough** (**Kinlough/Glenaniff** cycle sign), down pass **Milltown Wood**. At the Stop sign, turn right back towards **Manorhamilton** along the R280.



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**Chapel of Ease, Lurganboy:** This Anglican Church was built in 1862 and is made from corrugated iron sheets and sits on the hill overlooking the village



**Caisleán Na Chairthe:** First use of Gunpowder in Ireland as recorded in the Irish Annals in 1487



This 43km cycle takes you from **Manorhamilton** to the picturesque Glencar lake and Waterfall via **Lurganboy**.

Distance: 43km

Alt: 357m

# 40KM LOCAL ROUTE

Starting in **Manorhamilton** the route takes you out the N16 in the direction of Sligo and then take the first left turn (L2169) to **Dromahair** through very quiet countryside.



From **Dromahair** continue on towards **Drumkeeran / Drumshanbo** direction. After approx. 10km you come to a T junction (known locally as the Factory Cross). Here you turn left back along the R280 towards **Manorhamilton** via the village of **Killargue (Cill Fhearga)**.  
As you enter the village you will see the sign for the local Holy Well and Lime Kiln on your right. This site is well worth a visit! From **Killargue** it is just 10km back to **Manorhamilton**.



**Dromahair Village:** Dromahair village offers the opportunity for a nice coffee break and riverside walks



**Killargue Local Holy Well and Lime Kiln:** The Kiln is just inside the entrance and the Holy Well (which according to local folklore is associated with many cures) is 200m up the path.

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This is an ideal cycle route for a relaxing cycle around the hinterland of **Manorhamilton**.

Distance: 40km

Alt: 273m

Level: Intermediate

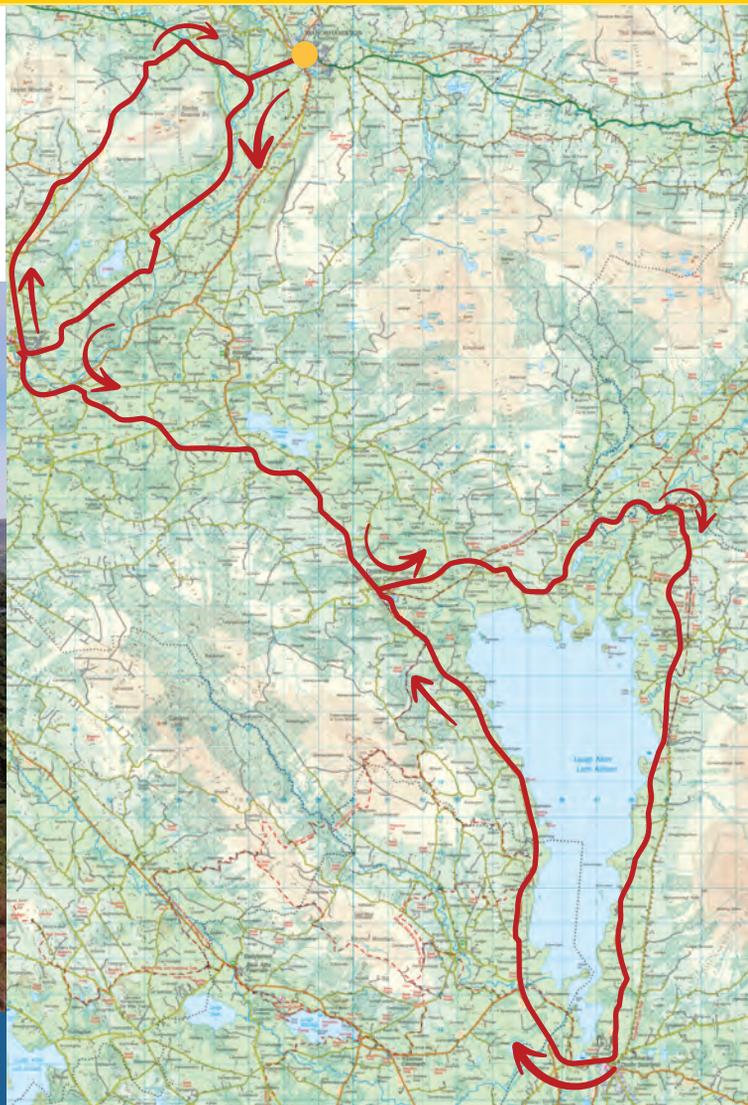
## 100K GLENS ROUTE

Starting in **Manorhamilton** you go out the N16 and then turn left along the L2169 to **Dromahair**, a historical village located on the banks of the river Bonet. From there you continue to the village of **Drumkeeran (Droim Caorthainn)** where you turn left along the R200 following the Northern shore of Lough Allen to **Dowra** in Co Cavan.



Then at the bridge you turn right, which brings you back into County Leitrim heading for **Drumshanbo** passing through **Ballinaglera (Baile na gCléireach)** meaning the town of the clergy) along the way. From here the route follows back up the westside of Lough Allen to **Drumkeeran** and back towards **Dromahair** village, then keep right to go up to **Newtownmanor** passing O'Rourke's Table on your left. Continue onto the R286 which brings you back down to the N16 at Shanvaus. Then just turn right and continue back the 4km to **Manorhamilton**.

**O'Rourke's Table:** It is said that Tiernan O'Rourke climbed the verge when returning home from hunting expeditions to check if his wife had left a candle in the window for him, as a symbol of her love. One day there was no candle in the castle window. Dervorgilla had eloped with Dermot MacMurrough (the King of Leinster) in 1153, an act, which brought about a feud and MacMurrough's eventual exile from Ireland.



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This route brings you through the heartland of County Leitrim.

Distance: 100km

Avg. Time: 4 - 6 Hours

Alt: 185m

# 150KM GLENS ROUTE

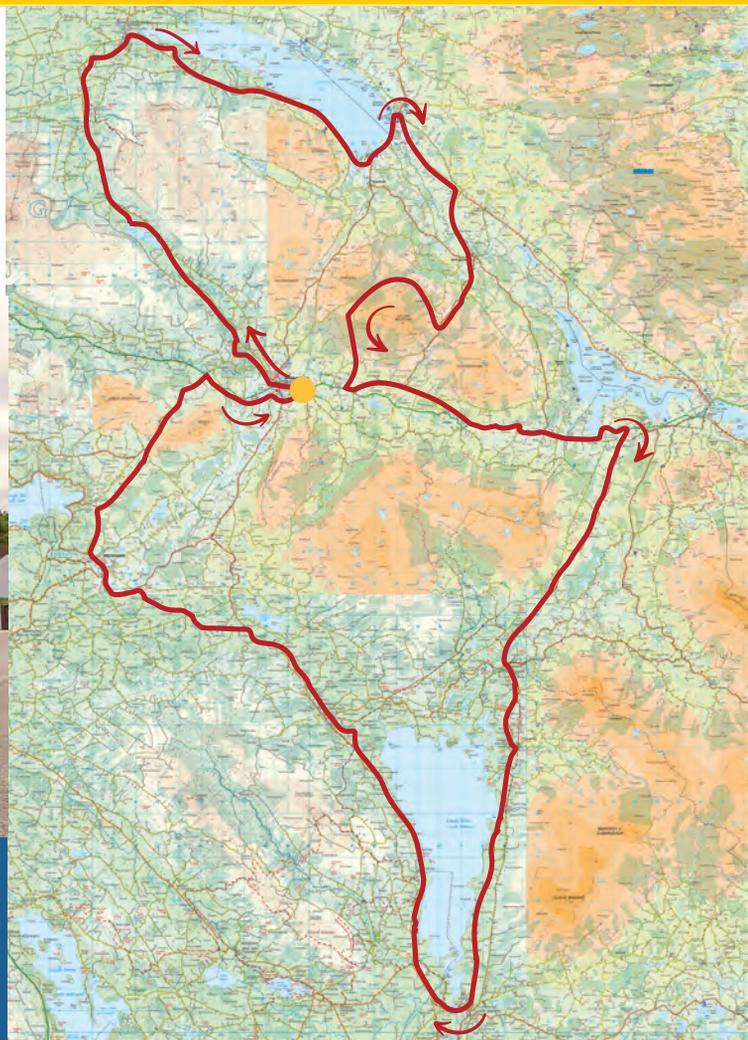
Starting in **Manorhamilton**, take the R280 in the direction of **Kinlough/Bundoran**, passing down through the Glenade valley. In the village of Kinlough, turn right in the direction of **Rossinver** along the R281 where you will see Lough Melvin on your left with Arroo Mountain on your right offering a unique landscape. At the T junction turn left towards **Garrison** in Co. Fermanagh.



In the village turn right towards **Kiltyclogher** on the B52. After 8km turn right for **Kiltyclogher** village. At Seán MacDiarmada's monument turn right onto the R283 in the direction of **Manorhamilton** and the Kilty Braes climb. Take the right turn for the 5km **Killea** climb on the L6180, then turn left for the **Cherrybrook** descent. This road meets the N16 turn left towards **Enniskillen**.

After 1km turn left onto the R283 for **Kiltyclogher** then some 4km further on at the Y junction keep right following the cycling sign for **Dowra/Bencroy**. After passing St. Michael's Church you meet the N16 again, where you turn left towards **Enniskillen / Glenfarne**. Continue on this road until the junction for **Dowra** (care needed turning right). In **Dowra** continue on towards **Drumshanbo** where you will see Lough Allen on your right. From **Drumshanbo** the route heads back up the R280 on the west side of Lough Allen to **Drumkeeran**, then continue in the direction of **Manorhamilton** for some 6km then take the left turn onto the R289 for **Dromahair**.

After passing through the village of **Dromahair** keep to the right following the signs for **Newtownmanor**, at the next Y junction keep to the left following the cycling signs, and passing O'Rourke's table on your left. Continue onto the R286 turning right which will bring you back to the N16 at **Shanvaus**. Then turn right and continue back the 4km to **Manorhamilton**.



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This route is designed for cyclists who wish to experience the challenge of a few hours cycle without too much climbing involved. It covers the entire County of Leitrim, from **Kiltyclogher** in the North to **Drumshanbo** in the South, offering an unique way to see the County.

Distance: 150km

Alt: 1200m

Avg. Time: 5 - 7 Hours

Level: Intermediate



# THE DOUGH CHALLENGE

Starting from the Castle car park in **Manorhamilton** you head out the R282 in the direction of **Rossinver**. After 1km take the L6180 on your right signposted with the cycling sign for Saddle Hill, then follow this road for 2km, then keep to the right where you see the first cycling information sign, informing you Saddle Hill is 3km long with an average gradient of 6%.



At the junction turn right to descend down by **Cherrybrook** (see cycling sign). This road meets the N16, turn left towards **Enniskillen**. After 1km turn left onto the R283 for **Kiltyclogher** where you will see the second cycling information sign informing you the Dough climb is 5.6km long at an average gradient of 3%. Stay on this road then take left turn onto the L61803, see cycling sign for **Killea**.

Here you will see the third cycling information sign informing you **Killea** climb is 5km long with an average gradient of 3%. This road will bring you back to Crockan Cross then proceed to descend down Saddle Hill back into **Manorhamilton**. Take the left turn for R280 and N16, and head back out in the direction of **Enniskillen**. 2km out this road take the left turn onto the L6184, see cycling sign for **Cherrybrook**.

Here you will see the fourth cycling information sign informing you the **Cherrybrook** climb is 5km long with an average gradient of 5%. Once again you will arrive back at Crockan Cross and now you finally descend back down Saddle Hill to the Castle car park.



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This 42km route is designed for club cyclists who wish to improve their climbing and descending skills. It is very rare to have a location where one can experience 850m of climbing within such a short distance, this is because three separate roads lead up to the same elevated position at Crockan Cross some 340m above sea level.

Distance: 42km

Alt: 853m

Level: Intermediate



**The Dough Challenge:** This is an excellent training route for cyclists preparing for the Leitrim Glens Sportive 200km and 150km routes.

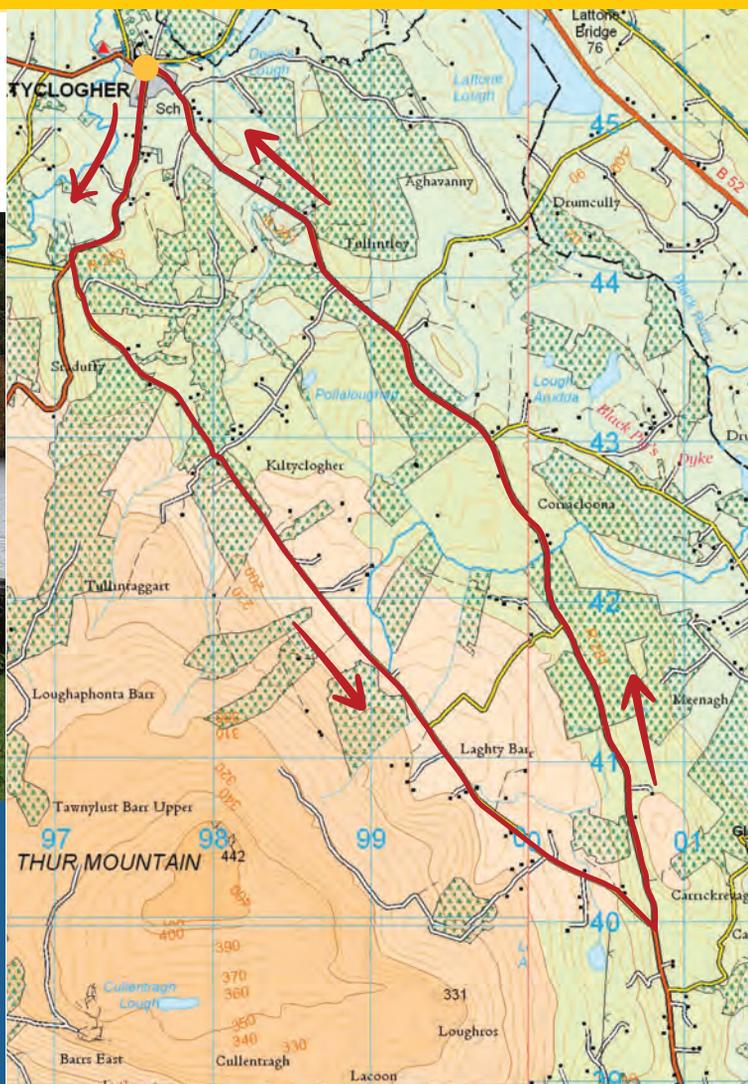
# SEÁN MacDIARMADA'S HOUSE

Starting in **Kiltyclogher** take the R283 in the direction of **Manorhamilton**. After 2km turn left following the sign for Seán MacDiarmada's House (also Corranmore Cycling Sign). After 4km the house is on your left.



The route continues on up the road passed Flynn's Lane and then down to meet the **Glenfarne Road R283**. Turn left back towards **Kiltyclogher** village.

After 4km you will see a sign for Prince Connell's Grave also known as Corraclona Megalithic tomb. As you continue on towards the village the sign for Dean's Lake is on your right.



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**Seán MacDiarmada's House:** Born in this house on January 26th 1883, Seán was one of the seven signatories of the Proclamation of the Irish Republic in 1916. As a National Monument under the care of the O.P.W. it is open to the public by appointment.



**Prince Connell's Grave / Corraclona Court Tomb:** A 2<sup>nd</sup> century chamber tomb which unusually features an entrance stone and a 'kennel hole', a hole in the bottom of the entrance stone possibly for bodies to be interred.



**Kiltyclogher Heritage Centre:** The centre is located in the old Market House just beside the Monument in Kiltyclogher and has an exhibition about Seán MacDiarmada's life and the history of the locality.



Starting at Seán MacDiarmada's Monument in **Kiltyclogher** this 14km route takes you out the R283 in the direction of **Manorhamilton**.

Distance: 14km

Alt: 128m

# THE RAINBOW BALLROOM OF ROMANCE

Starting in **Kiltyclogher** village take the R281 towards **Glenfarne (Glenn Farna)** passing through lovely quiet rolling countryside. After 11km you meet the N16 and the Ballroom is directly opposite you.



The cycle route returns back up the R281 in the direction of **Kiltyclogher**. After just 300m keep right to go into **Glenfarne** Demesne loop which lies on the shores of Lough MacNea. This is a very beautiful wood which was once part of the Tottenham estate.

After 1km keep right to head to the Boat Quay and Picnic area on the lake shore. **(The remainder of the loop is at the moment only suitable for MTB or Hybrid bikes as there is a 1km gravel section before returning to tarmac)**. Continue along the road keeping to the right, then after 3km take sharp left turn. This road continues for 3km to meet the R281 again some 4km above **Glenfarne**. Turn right back towards **Kiltyclogher** village.

**The Rainbow Ballroom of Romance:** Built in 1934 by John Mc Givern, it became a very popular venue for Showbands for many decades, famous for its sprung dance floor. Still used as a local social venue, it is now also a tourist attraction destination as it hosts a very popular Showband Memorabilia exhibition.



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Starting in **Kiltyclogher** village this 26km route takes you out to the Ballroom of Romance, a unique location of local social history.

Distance: 26km

Alt: 264m



# FOWLEY'S FALLS

Starting in **Kiltyclogher** take the R281 to **Rossinver (Ros Inbhir)**. At the junction turn left and immediately right onto the L2107 following the signs for Fowley's Falls and cycling signs for the Barr climb/The Gates of Glan.



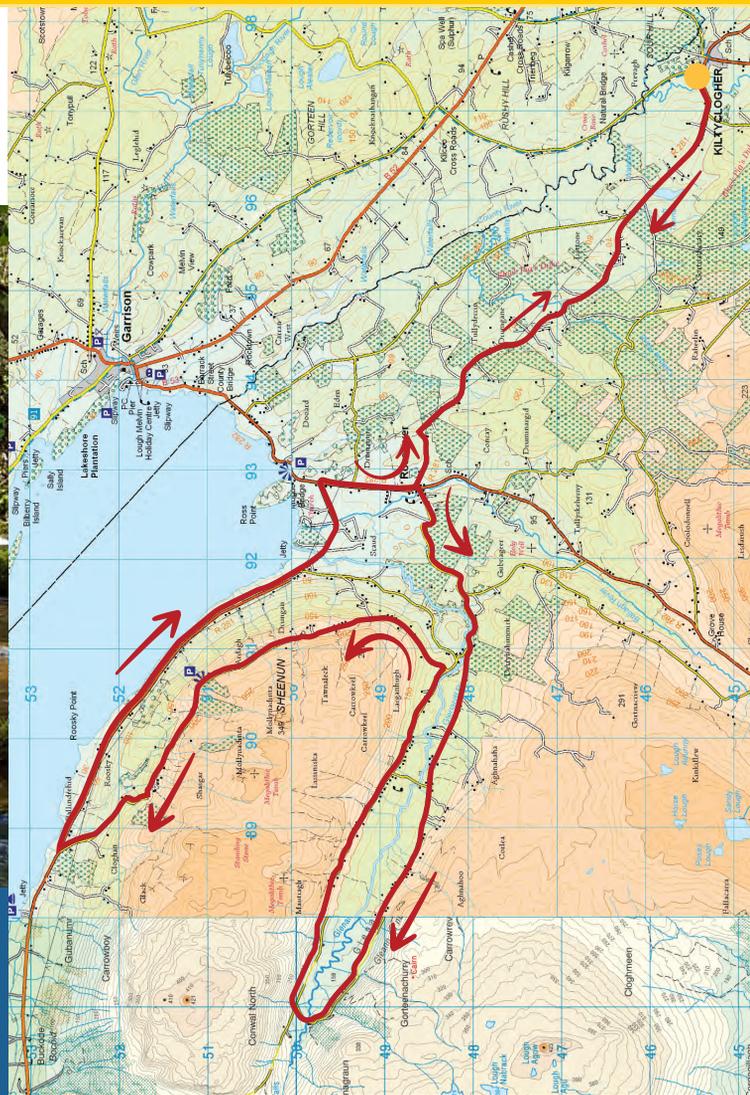
1km up this road the entrance to the Falls is on your right. A series of pathways brings you down to the river to see the spectacular falls. From here the route continues up the L2107. At the next junction follow the cycling sign for The Gates of Glan. This brings you up to the south side of the **Glenaniff** valley.

At the top of the valley keep right following the cycling sign for the Barr Climb. This brings you back along the north of the valley. After 8km take the left turn for the Barr climb.

From here you continue the descent - **Extreme caution is needed on this descent as it's a narrow road with two hair-pin corners across small bridges**. At the Stop sign turn right onto the R281 towards **Rossinver**. At the T junction turn right for **Rossinver**, then after 2km turn left for **Kiltyclogher** (Kilty Braes cycling sign) back to your starting point.



**Barr Climb:** At the top of the climb, you will see the viewing point for **Lough Melvin** directly below you. This is indeed one of the most scenic locations in the County, looking across the lake to County Fermanagh.



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Starting in **Kiltyclogher** this 37km route will bring you to some of the most scenic locations in **County Leitrim**.

**Distance:** 37km

**Alt:** 554m

# LOUGH MELVIN LOOP

Starting in **Kinlough** taking the R281 towards **Rossinver** you will see the lake to your left and Arroo mountain to your right offering unique landscapes. After 12km The Organic Centre is on your right. At the T junction turn left towards **Garrison** in Co. Fermanagh.



Just before the village there is a large viewing area on your left. In **Garrison** turn left over the bridge onto the B52, then left again following the sign for Lough Melvin East Shore. This road brings you back into Co. Leitrim. Derrynaseer Amenity area on your left provides great views of the lake & picnic area facilities.

After 6km turn left keeping the lake in view. Then 2km further on turn left back towards **Kinlough**. Continue on to the next junction and keep left onto the R280 back to **Kinlough** village.



**The Organic Centre:** This is now a tourist venue offering refreshments as well as education on organic growing and biodiversity.



**River Drowse Bridge:** On the bridge over the River Drowse there is a very special plaque in memory of the Four Masters who compiled the Annals of the Four Masters which records the history of Ireland down to AD1616.



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Starting in **Kinlough (Cionn Locha)** this 32km cycle will bring you along the scenic route around Lough Melvin.

Distance: 32km

Alt: 318m



## CYCLE TIPS

### Wear a Helmet

Wearing a helmet can reduce the risk of a serious injury by 70 percent.

### Check Your Equipment Before You Ride

Make sure your tires are properly inflated. Check your reflectors and lights to make sure that they're working. Inspect your chains and gears for any defects, fractures, or issues.

### Wear Reflective Materials

A leading cause of bike accidents is limited visibility. While installing reflectors on your bike can help, it's also important to wear bright and/or reflective clothing. Increasing your visibility will reduce the risk of a bike accident.

### Know Your Signals and Use Them

You need to be able to communicate with nearby drivers and other cyclists. A driver cannot anticipate what you're going to do unless you provide fair warning. Make sure that your hand signals are obvious and clear to others.

### Limit Your Distractions

Take full advantage of your bike ride by stashing electronics in your bag or pocket. If you need to drink, opt for a water bottle that's easy to operate with one hand. Keeping your eyes on the road and tuning into your surroundings will help to keep you safe.

## FUNDED BY...



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