

Greenway

# Glasbhealach na Canála Ríoga Royal Canal Greenway

## Siúlóid agus Rothaíocht Walk and Cycle

### Tús Shiúlóid Cluain Dá Ráth Cloondara Trailhead



### Failte go Glasbhealach na Canála Ríoga

Sineann an chonair siúlóide agus rothaíochta fada, easbhóthair seo ar feadh 130km ó Mhaigh Nuad, agus tírdreacha méithe, glasa Oirthear Ársa na hÉireann, i dtreo na Sionainne, an bealach ar fad chuig Cluain Dá Ráth agus Baile an Longfoirt, lonnaithe i 'Hidden Heartlands' na hÉireann.

Cibé má tá tú ag pleanáil deireadh seachtaine gan carr nó má theastaíonn uait imeacht ó ruailte buaille shaol na cathrach ar feadh an lae, tá rud éigin le fáil do gach duine ar Ghlasbhealach na Canálach Ríoga.

Is leatsa an rogha an Glasbhealach a fhiosú ag siúl nó tuilleadh talún a chlúdach ar dhá roth.

Molaimid duit an leas is fearr a bhaint as do chuairt chuig an nGlasbhealach, go bhfiosródh tú an chonair fhada seo i gcodanna níos giorra ó na bailte ag tús na siúlóide, is iad sin Maigh Nuad, an Bóthar Bui, an Muileann gCearr, Baile an Longfoirt agus Cluain Dá Ráth, áit a bhfuil rothair le fáil ar cíos, réimse leathan cóiríochta, mar aon le bialanna agus caiféanna chun bia a fháil tar éis lá fada ar an nGlasbhealach.

Tá tuilleadh eolais ar fáil ar [www.royalcanalgreenway.org](http://www.royalcanalgreenway.org)

### Welcome to the Royal Canal Greenway

This long-distance, off-road walking and cycling trail stretches for 130km from Maynooth, and the lush green landscapes of Ireland's Ancient East, towards the mighty River Shannon, all the way to Cloondara and Longford Town, nestled in Ireland's Hidden Heartlands.

Whether you are planning a car-free weekend or want to get away from the hustle and bustle of city life for a day, the Royal Canal Greenway has something for everyone.

The choice is yours whether to explore the Greenway on foot or cover more ground on two wheels.

We suggest that to make the most of your visit to the Greenway, you explore this long-distance trail in shorter sections from the trailhead towns of Maynooth, Enfield, Mullingar, Longford Town and Cloondara, where you will find bicycle hire, a wide range of accommodation, as well as restaurants and cafés to refuel after a day on the Greenway.

For more information visit [www.royalcanalgreenway.org](http://www.royalcanalgreenway.org)

### Comhairle Siúlóide agus Rothaíochta

Dromchla – Tá Glasbhealach na Canálach Ríoga cothrom agus dromchla air den chuid is mó. Coinnítear fánaí chuig an méid is lú agus tá neart áiteanna le fáil chun do scith a ligean feadh an bhealaigh.

Conairí Chomroinnte – Úsáidtear an chonair seo ar go leor bealaí difriúla – smaoinigh ar dhaoine eile. Déan do chuid rothaíochta ar luas sábháilte. Más rothair thú, fág an bealach ag siúlóirí, moilligh agus buail do chloigín nuair a thagann tú i ngar dóibh.

Caithfead madraí a choinneáil ar iall i gcónaí – glan suas ina ndiaidh.

Bí le Feiceáil! – Ba cheart duit éadaí cuí a chaitheamh don ghníomhaíocht agus don aimsir.

Trasnú Bóthair agus Sábháilteacht ar Bhóithre – Ní bheidh tú in áice le trácht ar Ghlasbhealach na Canálach Ríoga mar gur conair easbhóthair é den chuid is mó. Ach ag roinnt láithreacha, trasnaíonn an Glasbhealach an príomhbhóthar. Úsáid na pointí trasnaíthe a chuirtear ar fáil agus mura bhfuil trasnú oi giúil ar fáil, bí cúramach ag trasnú.

Éigeandálaí – I gcás éigeandála glaigh ar 999 nó 112 chun teagmháil a dhéanamh leis na Seirbhísí Éigeandála.

### Walking and Cycling Advice

Surface - The Royal Canal Greenway is generally level and surfaced. Gradients are kept to a minimum and you'll find plenty of places to rest along the way.

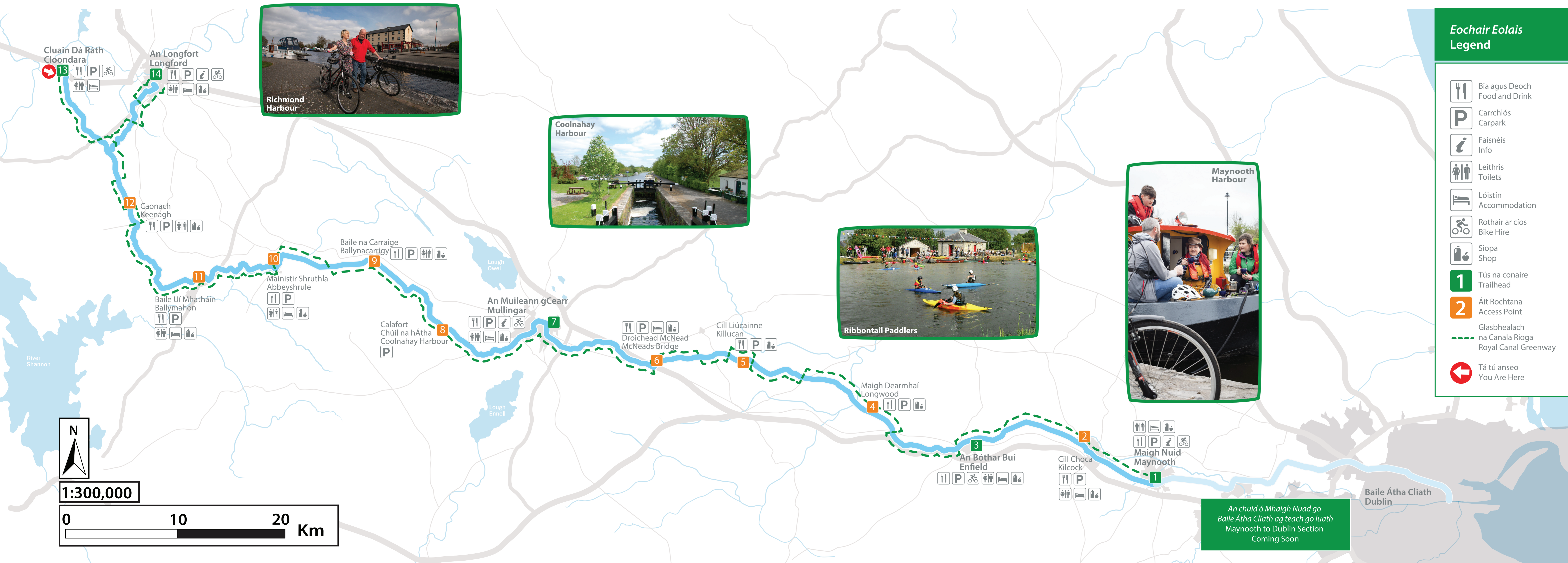
Shared Paths - This is a shared use trail - please consider other users. Cycle at a safe speed. Cyclists, please give way to walkers, slow down and ring your bell when approaching.

Dogs are to be kept on a short lead at all times - please clean up after them.

Be Seen! - You should wear appropriate clothing for your activity and the weather.

Road Crossings and Road Safety - On the Royal Canal Greenway you will be away from traffic as the trail is mostly off-road. However at some locations, the Greenway crosses a main road. Please use crossing points provided and where there isn't an official crossing point, please cross with care.

Emergencies - In the likely event of an emergency dial 999 or 112 to contact Emergency Services.



#### Eochair Eolais Legend

- Bia agus Deoch Food and Drink
- Carrchlós Carpark
- Faisnéis Info
- Leithris Toilets
- Lóistín Accommodation
- Rothair ar cíos Bike Hire
- Siopa Shop
- Tús na conaire Trailhead
- Áit Rochtana Access Point
- Glasbhealach na Canála Ríoga Royal Canal Greenway
- Tá tú anseo You Are Here

#### Faid na mBealaí Route Distances

1	Maigh Dearthái Maynooth	6km
2	Cill Choca Kilcock	13km
3	An Bóthar Bui Enfield	10km
4	Maigh Dearthái Longwood	15km
5	Cill Liúcainne Killucan	4km
6	Droichead McNeed McNeed's Bridge	12km
7	An Muileann gCearr Mullingar	11km
8	Calafort Chúil na hÁtha Coolnahay Harbour	8km
9	Baile na Carraige Ballynacarrigy	9km
10	Mainistir Shruthla Abbeyshrule	9km
11	Baile Uí Mhatháin Ballymahon	9km
12	Caonach Keenagh	15km
13	Cluain Dá Ráth Cloondara	15km
14	An Longfort Longford	

#### Sonraí Teagmhála Contact Details

Is breá linn aiseolas a fháil faoi do thairbhí. Déan teagmháil linn ag [info@royalcanalgreenway.org](mailto:info@royalcanalgreenway.org) le do chuid tuairimí nó ceisteanna.

We welcome feedback about your experience. Please contact us at [info@royalcanalgreenway.org](mailto:info@royalcanalgreenway.org) with your comments or queries.



Le tacaíocht ó Chomhairlí Contae an Longfoirt, na hIarmhí, na Mí agus Chill Dara. Supported by Longford, Westmeath, Meath and Kildare County Councils.