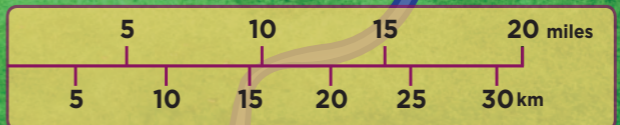




Rathcroghan to Omeath 260 miles
Total Trail distance 585 km



THE IRISH NATIONAL EPIC

Táin Bó Cuailnge, the 'Cattle Raid of Cooley', tells the story of Queen Medb (Maeve) of Connacht and her armies, in their pursuit of the great Donn Cuailnge 'Brown Bull of Cooley'. The mighty warrior Cú Chulainn does battle with Medb's armies, concluding with a single combat against his foster brother Ferdia, as he defends the ancient fifth of Ulster and its prize bull.

The Táin Trail Cycling and Touring Route retraces the journey taken by Queen Medb and her armies from her palace at Rathcroghan, Co. Roscommon (one of the Royal Sites of Ireland), across the heart of Ireland, to the Cooley Peninsula, Co. Louth, the home of the Donn Cuailnge.

To travel the Táin Trail is a unique way to experience the hidden beauty of Ireland's heartlands, and in doing so, see some of Ireland's most famous and spectacular monuments at your own pace. You can also take part in the annual Táin March, which begins at the end of May, and go forward from Rathcroghan to Cooley to capture the Donn Cuailnge.

For more information on attractions and accommodation along the route, please contact your Local Tourist Information Office.



RATHCROGHAN MOUND - STROKESTOWN:

N5 16.4km **Car** 14mins, **Bike** 48mins **R368**



STROKESTOWN-TARMONBARRY: **N5** 13.4km

Car 10mins **Bike** 40mins

- Strokestown House, Gardens and Famine Museum



TARMONBARRY - LONGFORD: **N5** 9.6km

Car 13mins **Bike** 29mins



LONGFORD - GRANARD: **R194** 23.7km

Car 23mins **Bike** 1hr 21mins

- Saint Mels Cathedral*

Nearby:

- The Corlea Trackway Visitor Centre
- Saints Island*
- Glen Lough Nature Reserve*
- * Longford Tourism



GRANARD - FINNEA: **R194** onto **R394** 9.3km

Car 11mins **Bike** 26mins

- Granard Motte and Bailey
- Loch Sheelin



FINNEA - CASTLEPOLLARD: **R394** 13.4km

Car 11mins **Bike** 41mins

- Finnea Bridge

CASTLEPOLLARD - FORE: **R195** 5km

Car 5mins **Bike** 16mins

- Tullyally Castle Gardens and Tearooms - Situated 1.5km just outside Castlepollard on the Granard Road R395 (signposted)



FORE - CROSSAKIEL: **R154** 16km

Car 17mins **Bike** 55mins

- Fore Abbey



CROSSAKIEL - KILSKEER: **R154** 3.2km

Car/Bike 8mins

KILSKEER - KELLS: **R154**, continue on **N52**

to **R941** and on to **R164** 10.3km,

Car 11mins **Bike** 31mins

- Kilskyre Church



KELLS - BOHERMEEN: **R164** 11.2km

Car 14mins **Bike** 33mins

- The High Crosses of Kells
- St Ciaran's Well and Monastery



BOHERMEEN - NAVAN (VIA TOWNPARK):

7.1km

Car 10mins **Bike** 21mins

NAVAN - SLANE: **N51** 13.3km

Car 17mins **Bike** 45mins

- Bective Abbey
- The Donaghmore Round Tower



RATHCROGHAN VISITOR CENTRE THE TÁIN MARCH

SLANE - MONASTERBOICE: **N2** on to **R168**

17km

Car 15mins **Bike** 55mins

- Hill of Slane



MONASTERBOICE - DUNLEER:

Car via **M1** - **R169** - **R132** 7.8km 8mins

Bike (via Tenure) **R132** 7.6km 22mins

- High Cross and Round Tower- Muiredach's Cross

DUNLEER - GRANGEBELLOW: **R170** 3.8km

Car 5mins **Bike** 12mins

GRANGEBELLOW - ANNAGASSAN: **L6225**

8.1km

Car 9mins **Bike** 25mins

ANNAGASSAN - CASTLEBELLINGHAM: **R166**

4km

Car 5mins **Bike** 13mins

- Lisnaran Fort - Viking Settlement

Longitude: 53.882653N Latitude: 6.347115W

CASTLEBELLINGHAM - BLACKROCK:

R132 to **R172** 9.9km

Car 12mins **Bike** 29mins



BLACKROCK - DUNDALK: **R172** 5km

Car 9mins **Bike** 16mins



DUNDALK - CARLINGFORD:

R173, **R175**, **R176** 28.4km

Car 31mins - **Bike** 1hr 20mins

- Louth County Museum



COOLEY MTS

CARLINGFORD - OMEATH: **R173** 6.7km

Car 10mins - **Bike** 22mins

- King Johns Castle (Carlingford Castle)**
- Carlingford Priory**
- The Mint (Fortified Medieval Tower House)**
- Taaffes Castle**
- Proleek Dolman**



OMEATH - DUNDALK: **R173** Join **N52** 22.4km

Car 25mins - **Bike** 1hr 22mins

- The Long Women's Grave



DUNDALK - KNOCKBRIDGE: **R171** - 6.3km

Car 7mins - **Bike** 21mins

- Stephentown Pond Nature Park - Ionaid Táin Bó Cuailnge



- Cúchulainn's Stone (Clochafarmore Standing Stone) Latitude: 53.974511N Longitude: 6.465891W

KNOCKBRIDGE - LOUTH: **R171**, 4.5km

Car - 5mins - **Bike** 14mins



LOUTH - TALLINSTOWN:

N52 turn onto **R166**

- Land of Legends



TALLINSTOWN - ARDEE: **R171** 3.7km

Car 5mins **Bike** 15mins

- Knockabbey Castle Gardens



ARDEE - HURLSTONE:

N2 join **R165** 6.2km

Car 11mins **Bike** 20mins

- Áth Fhirdia (the Ford of Ferdia)
- Hatch's Castle and Ardee Castle



HURLSTONE - RATHKENNY: 10km

Car 14mins **Bike** 36mins

- Hurlstone Standing Stone

Latitude: 53.828672N Longitude: 6.569061W

RATHKENNY - TELTOWN: **L3904** 13.8km

Car 17mins **Bike** 44mins

TELTOWN - KELLS: **R163** 7.1km

Car 8mins **Bike** 22mins

KELLS - CLONMELLON: **N52** 13.3km

Car 13mins **Bike** 42mins

CLONMELLON - DELVIN: **N52** 8.6km

Car 7mins **Bike** 25mins

- Killua Castle
- Raleigh Obelisk
- Ballinlough House and Gardens

DELVIN - COLLINSTOWN: **R395** 9.6km

Car 9mins **Bike** 30mins

- Delvin Castle (or Nugent Castle)
- Clonyn Castle

COLLINSTOWN - CROOKEDWOOD:

via **L1731** and **R394** 8.4km

Car 9mins **Bike** 29mins



CROOKEDWOOD - MULTYFARNHAM:

via **L1618** 7.1km

Car 7mins **Bike** 22mins

MULTYFARNHAM - BUNBROSNA: via **L1820**

6.5km **Car** 10mins **Bike** 15mins

- Multyfarnham Friary

BUNBROSNA - CASTLETOWN:

via **N4** and **R391** 26.2km

Car 25 mins **Bike** 1hr 16mins

- The Hill of Uisneach



CASTLETOWN - BALLYNAGORE: **R389** 6km

Car 8mins **Bike** 18mins

- Nure Bog and Lough Ennell - Special Area of Conservation (SAC)



BALLYNAGORE - KILBEGGEN: **R389** 5.6km

Car 6mins **Bike** 16mins

KILBEGGAN - CLARA: **R436** 8.5km

Car 9mins **Bike** 24mins

- Kilbeggan Distillery



CLARA - BALLYCUMBER: **R436** 5.4km

Car 6mins **Bike** 17mins

- Clara Bog Nature Reserve



BALLYCUMBER - MOATE: 9.2km

Car 10mins **Bike** 28mins

- Harry Clark Stained Glass
- Lemonaghan Monastic Site



MOATE - MOUNT TEMPLE: 7.5km

Car **R446** join **L1437** 11mins

Bike Greenway Route 25mins join **L1437**

- Old Rail Trail
- Dún na Sí Amenity & Heritage Park



MOUNT TEMPLE - GLASSON: **L1437** 8.8km

Car 11 **Bike** 27mins

GLASSON - ATHLONE: **N55** 8.6km

Car 12mins **Bike** 28mins



ATHLONE - ROSCOMMON TOWN: **N61** 31.1km

Car 28mins **Bike** 1hr 37mins

- Athlone Castle
- Rindoon Castle and Abandoned Medieval Village*



ROSCOMMON TOWN - RATHCROGHAN MOUND: **N61** 24.5km

Car 22mins **Bike** 1hr 19mins

- Roscommon Castle*
- Roscommon Abbey*



* Westmeath Tourism



* Meath Tourism



* Longford Tourism

*All travel times and distances are approximate.