



MÍCHEÁL CÍOSÓG / CATHAIR CHOMÁIN

Bealach Oidhreacht na Geopáirce

MICHAEL CUSACK / CAHERCOMMAUN

Geopark Heritage Trail



Achoimre ar an Loop tSiúlóid Lúibe Overview

FAD: 4.5 km DISTANCE: 4.5 km

- DEACRACHT:** Idir measartha agus deacair
- DIFFICULTY:** Moderate to difficult
- AM:** 60–90 nóiméad
- DURATION:** 60–90 minutes
- TALAMH:** Talamh gharbh aimhréidh feirme le roinnt fánaí géara agus bóithre poiblí
- TERRAIN:** Rough uneven agricultural land with some steep inclines and public roads.
- TREALAMH RIACHTANACH:** Buataisí siúil, éadaí báistí, deoch, fón póca
- MINIMUM GEAR:** Walking shoes, raingear, fluid, mobile phone

- Bealach Slí Oidhreacht
- Malairt Slí atá Níos Giorra
- Bóthar Náisiúnta
- Bóthar Réigiúnach
- Bóthar Eile
- Foirgnimh
- Heritage Trail Route
- Trail Shortcut
- National Roadway
- Regional Roadway
- Other Roadway
- Buildings

Aire: Carraigeacha sleamhna nuair is fliuch iad
Caution: Rocks slippery when wet

Ní cheadaítear madraí ar thalamh feirme
No dogs allowed on farmland



1 Michael Cusack Centre

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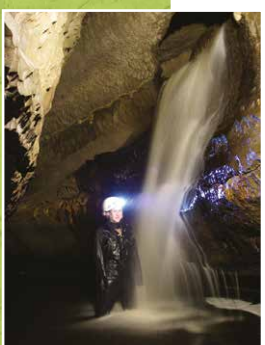
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1 Ionad Mhíchil Uí Chíosóg



Michael Cusack Centre Birthplace of Michael Cusack (1847–1906), founder of the Gaelic Athletic Association (GAA). The Visitor Centre facilities include cultural and educational tours, café, gift shop, toilets, picnic area and the restored thatched cottage.

8 Screamhuisce Téann an t-uisce ó na tobair sna cnoic isteach i dTurlach an Chairn. Uaidh sin, sníonn an t-uisce thíos faoin talamh ar feadh 6 chiliméadar chomh fada le Cill Inine Baoith, áit a dtagann an t-uisce amach ó thobair arís leis an bhForghas a chruthú. Ritheann an abhainn sin go hInis agus isteach go Béal na Sionainne.



Groundwater Water from hillside springs feed the nearby Carran Turlough, it then flows underground for 6km to Kilinaboy where the water emerges as springs again and becomes the River Fergus which flows into Ennis and then into the Shannon Estuary.

7 Limistéar Caomhantais Speisialta Oirthear Bhoirne Tá an éagsúlacht mhór fársa sa cheantar seo faoi chosaint na Treorach ón Aontas Eorpach maidir le Gnáthóga. Cuimsíonn an fársa seo cineálacha éagsúla féar ar a n-áirítear feisciú dearg (Festuca rubra), féar boirne (Sesleria caerulea) agus féar gortach (Briza media) chomh maith le cineálacha éagsúla luibheanna agus scrobarnach coil.



East Burren Complex Special Area of Conservation The varied vegetation of this area is protected under the EU Habitats Directive. The vegetation includes a variety of grasses including red fescue (Festuca rubra), blue moor-grass (Sesleria caerulea) and quaking grass (Briza media) as well as a variety of herbs and hazel scrub.

6 Buailteachas Geimhridh Is é sin, go dtógtar na beithigh go talamh ard i mBoirinn le linn an gheimhridh; fágann sin go mbióinn an féar an-ghearr san earrach nuair a bhogtar na beithigh ón talamh ard, rud a chothaíonn an éagsúlacht mhór bláthanna a chuireann le cáil na Boirne.



Winterage The practice of bringing cattle to high ground in the Burren in winter; this means that in spring, when the cattle are moved off the high ground, the grass is short which favours the growth of the wide variety of flowers for which the Burren is famous.

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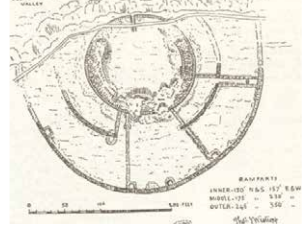
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5

Cahercommaun



5 Cathair Chomáin Is sa naoú haois a tógadh an dúin aille trí bhalla seo. Tháinig Turas Seandálaíochta Harvard go hÉireann in 1934 agus tháinig sé chun solais de thoradh na hoibre sin go raibh 12 fhoirgneamh cloiche ar a laghad ann agus gurbh í tógáil caorach an phríomghníomhaíocht gheilleagrach san áit seo.



Cahercommaun This triple stone cliff fort dates from the 9th Century. Excavations by the Harvard Archaeological Expedition in 1934 showed at least twelve stone buildings and that sheep farming was the main economic activity here.

2 Poc Fada Tá fréamhacha an Phoic Fhada mar spórt le feiceáil i dTáin Bó Cuailgne agus is éard atá i gceist leis ná sliotar a bhualadh ó thús go deireadh an chúrsa leis an laghad poc agus is féidir. Rinneadh athbheochan air sa Charn le deireanaí, áit a bhfuil cúrsa dúshlánach 5 chiliméadar i gceist.

Poc Fada The sport of Poc Fada or 'long puck' has its origins in the Irish legend of Táin Bó Cuailgne and involves hitting a ball (sliotar) over the course in the least number of strikes. It has been revived at Carran recently over a challenging 5km course.



3 Scrobarnach Coill Is é an crann coll (Corylus avellana) an crann is mó a bhíonn le fáil i mBoirinn sa lá atá inniu ann. Cuimsíonn an ghnáthóg seo tuairim is 15% de Bhoirinn. Fásann an crann coil áit ar bith a bhfuil a dhóthain ithreach agus foscaidh ann; tá tionchar mór ag na hathruithe atá ag teacht ar chleachtas inir feirme ar fhorleithne na gcrann seo, áfach.

Hazel Scrub Hazel (Corylus avellana) is the dominant tree in the Burren today. This habitat covers approx 15% of the Burren. Hazel occurs anywhere there is enough soil and shelter; however its distribution is strongly influenced by changing farming grazing practices.

4 Pluais Ghleann Chorráin Léiríonn an fhianaise DNA go bhfuil nasc láidir géiniteach idir cnámha páiste atá 3,500 bliain d'aois a tochlaíodh sa phluais agus páistí scoile sa cheantar. Cruthaíodh an phluais na céadta mílte bliain ó shin. Tabhair faoi deara: Is ar thalamh phríobháideach atá an phluais agus níl sí ar oscailt don phobal.

Glencurran Cave DNA evidence from 3,500 year old bones of a child excavated in the cave show strong genetic links with local school children. The cave formed hundreds of thousands of years ago. *Note: The cave is on private land and is not open to the public.*



LEAN NA COMHARTHAÍ COISCEIME

Tá an bealach agus sainchomharthaí geografacha le feiceáil go soiléir ar an léarscáil seo chun do shli a éascú — acomhail bóithre, foirgnimh srl. Ina theannta sin, feicfidh tú comharthaí beaga coiscéime ag acomhail ar an mbealach chun tú a choinneáil ar an tslí cheart.



FOLLOW THE FOOTSTEPS

This map clearly indicates the route and geographical landmarks to help you on your way — such as road junctions, buildings etc. To assist you further at junctions on the route, where appropriate, you will find small footprint signs to keep you on the right path.

NÁ FÁG AON LORG I DO DHIAIDH

- Déantar Pleanáil agus Ullmhúchán Roimh Ré Bíodh an trealamh cuí agat don tsiúlóid chomh maith le trealamh a bheadh cabhrach i gcás éigeandála. Seiceáil ar réamhaisnéis na haimsire agus bí ullamh i gcónaí roimh athruithe aimsire.
 - Bítear Aireach mar Gheall ar Dhaoine Eile Déan páirceáil mar is cuí, ná cuir bac ar bhealaigh isteach. Ná déan aon damáiste do mhaoin, go háirithe do bhallaí, d'fhálta nó do bharra.
 - Bíodh Meas ar Ainmhithe Feirme agus ar an bhFiadhúlra Coimnítear achar sábháilte amach ó ainmhithe feirme. Ná tóg madraí leat ar thalamh feirme.
 - An Bealach a Chosaint ó Chreimeadh Bí ag taisteal i ngrúpaí beaga agus siúltair duine i ndiaidh duine ar aon chuid den bhealach atá fliuch nó creimthe.
 - Fágtair an bhFhaightear Fágtair geataí mar a fhaightear iad (oscailte nó dúnta). Fágtair clocha, plandaí, ainmhithe, gnáthóga agus séadchomharthaí mar a fhaightear iad.
 - Déantar Diúscairt mar is Cóir ar Dhramháil. Tóg abhaile GACH bruscar agus fuilleach bia — Má Thógann tú Ann É — Tóg Leat Amach É!
 - Laghdáitear Tionchar Tine Ná las tinte agus má chaitheann tú tobac bíodh cipíní caite agus bunanna toitin tógtha abhaile leat.
 - Fágtair an Phábháil Aolchloiche mar a Fhaightear í Tá an phábháil aolchloiche faoi chosaint dlí agus í liostaithe mar "Gnáthóg Tosaíochta" faoin Treoir maidir le Gnáthóga ón Aontas Eorpach, 1992.
- Plan Ahead and Prepare Ensure you have the equipment needed for your walk and to cope with emergencies that could arise. Check the weather forecast and always be prepared for changing weather conditions.
 - Be Considerate of Other People Park appropriately so that entrances are not blocked. Do not to damage property, especially walls, fences and crops..
 - Respect Farm Animals and Wildlife Remain at a safe distance from farm animals. Do not bring dogs through farmland. Observe wild animals and birds from a distance — avoid disturbing them.
 - Protect the Trail from Erosion Travel in small groups and walk in single file on wet or eroded sections.
 - Leave what you find Leave gates as you find them (open or closed). Leave rocks, plants, animals, habitats and monuments as you find them.
 - Dispose of Waste Properly. Take home ALL litter and leftover food — if you Bring It In — Take It Out!
 - Minimise the Effects of Fire Do not light fires and if you smoke, take used matches and cigarette butts home with you.
 - Leave the Limestone Pavement as you find it Limestone pavement is listed as a "Priority Habitat" in the European Habitats Directive 1992, and is protected by law.



BURREN AND CLIFFS OF MOHER GEO PARK
PEOPLE. PLACE. LEARNING. LIVELIHOOD.

United Nations Educational, Scientific and Cultural Organization
Burren and Cliffs of Moher UNESCO Global Geopark
Eigras na Náisiún Aontaithe um Oideachas, Eolaíocht agus Cultúr
Boireann agus Ailte an Mhóthair Geolaíoch Domhanda UNESCO

Geological Survey
Suirbhéireacht Gheolaíochta
Ireland | Éireann
Department of Communities, Equality and Local Government

Fáilte Ireland
National Tourism Development Authority

Foinse na Sonraí Léarscáile: Tá sonraí Suirbhéireacht Ordnáis na hÉireann atáirgthe faoi Cheadúnas OSI uimhir 2010/04/CCMA Chomhairle Contae an Chláir. Sáraíonn atáirgeadh neamhdharaíthe cóipeacht Suirbhéireacht Ordnáis na hÉireann agus Rialtas na hÉireann. © Suirbhéireacht Ordnáis na hÉireann, 2010
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Taiscéal! Explore!

