

## Ireland's Hidden Heartlands

Cavan Burren Park is located in the beautiful region of Ireland's Hidden Heartlands. Tap into the relaxed rhythm of this unique area to uncover unexplored tracks and trails, beguiling Blueways, exciting waterside towns and picturesque rural villages. Pedal, walk, float or paddle along the tranquil tracks and waterways of this picturesque region.

*Ireland's Hidden Heartlands – yours to uncover!*

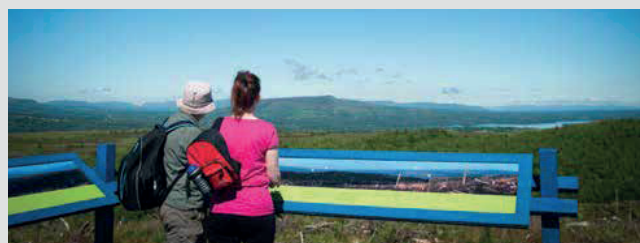


## Activities

Cavan Burren Park and the wider Geopark hosts a wide variety of activities from solstice sunrises and family fossil days to heritage and geology talks to walking and caving activities. Check out the Events section on our website and social media for more information.

## Geopark Guides

Geopark Local Tour Guides are available with lots of fascinating information on local sites and stories. These guides have all gained accreditation through the Geopark Ambassador Programme. All of the guides live in the locality and give a great insight to the sights and folklore of the Geopark. Call us or check out our website for more information.



## Leave No Trace

Cavan Burren Park operates a Leave No Trace policy. This means you should take nothing but memories and leave nothing but footprints. We don't have any refuse bins on site for this very reason. We believe that anything you bring into Cavan Burren Park should be brought home again.

Leave No Trace Ireland inspires responsible use of the outdoors through partnerships, research and education. Cavan Burren Park through our partnership with Coillte is delighted to promote these objectives.



## Directions

We are easily accessible from Dublin, Galway and Belfast city. Cavan Burren Park is just off the N16 Sligo - Enniskillen route. The park is located close to the village of Blacklion on the Cavan/Fermanagh border. We are under the shadow of the magnificent Cuilcagh Mountain in West Cavan, 40 minutes from Cavan town, 40 minutes from Sligo and about 20 minutes from Enniskillen. Take the N16 Sligo Road out of Blacklion. Before you leave the village take a road to the left signposted 'Cavan Burren Park'. Follow the signs from here for approximately 4km until you reach Cavan Burren Park.

**Admission is free and the park is open 7 days a week from dawn until dusk all year round.**

## What are people saying about Cavan Burren Park on Tripadvisor...

- "A visit to Cavan Burren is such an enriching experience"
- "Really enjoyed our visit and will be back to see more"
- "Roam around the forest & tombs like a caveman from thousands of years ago"
- "Cavan Burren is a must see. A place to visit, take in a walk, nature, beauty unspoiled nature, breath taking views"
- "Unmissable attraction in west Cavan"



## Contact Information

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For more information on upcoming activities latest news, additional Geopark sites and much more please visit:

[www.cuilcaghlakelands.org](http://www.cuilcaghlakelands.org)  
[www.cavanburrenpark.ie](http://www.cavanburrenpark.ie)  
[www.marblearchcaves.co.uk](http://www.marblearchcaves.co.uk)



@cuilcaghlakelands

# WELCOME TO CAVAN BURREN PARK

## A PREHISTORIC PARK



## CUILCAGH LAKELANDS GEOPARK



Ár d'Todhchaí  
Tuaithé  
Our Rural  
Future



Riadas  
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Tionscadal Éireann  
Project Ireland  
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GEOPARK



THIS IS  
CAVAN!



[www.cuilcaghlakelands.org](http://www.cuilcaghlakelands.org)





## Welcome to Cavan Burren Park

Cavan Burren Park is one of Ireland's most special landscapes. As you enter the park, you'll encounter an area of spectacular views, prehistoric tombs, fantastic geology, and special stories that make this site so unique.

Take time to visit the park's Interpretative Centre or enjoy one of the four marked walking trails (one of which is multi-accessible) through dramatic and breathtakingly beautiful landscapes.



Toilets, parking and interpretation are available on site

## Cuilcagh Lakelands UNESCO Global Geopark

Cavan Burren Park is located in the Cuilcagh Lakelands UNESCO Global Geopark, but what is a Geopark? Essentially it is an area recognised by UNESCO (the United Nations Educational Scientific and Cultural Organisation) as having exceptional geological heritage. This is just one of the many wonderful sites located in the Geopark which spans across the West Cavan/Fermanagh region.

Cavan Burren Park is located on a limestone plateau at a height of approx 295 metres under the shadow of Cuilcagh Mountain. It is widely recognised as one of the finest prehistoric relict landscapes in Ireland – in a sense this place has stood still in time, surrounded by planted forestry since the 1950s and now accessible for everyone to enjoy.

## Geology

Geologically the site is located on limestone bedrock, formed in a shallow tropical sea around 340 million years ago during a time known as the Carboniferous period. So try, if you can, to imagine that this special place was once a very tropical and warm location!

About 13,000 years ago during the last Ice Age, huge boulders of sandstone were deposited by glaciers on the limestone bedrock of Cavan Burren. These boulders are known as 'Glacial Erratics' and you will see lots of them throughout the park. The landscape you see today has been greatly altered by the Ice Age.

Another big influence on the landscape at Cavan Burren Park was the arrival of the first settlers to the area and the monuments that they left behind.

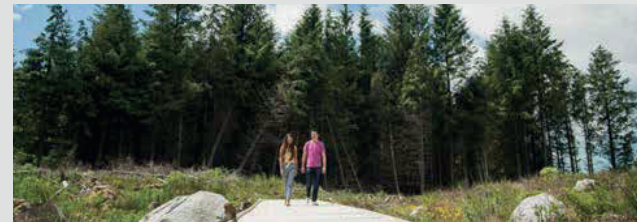


## Archaeology

Around 4,500B.C at the very beginning of the Neolithic period the first farmers arrived at Burren. They cleared forestry and created settlements. Remains of these settlements are evident from the magnificent archaeological monuments such as the 'Giant's Grave' wedge tomb or the 'Calf House' dolmen, as well as the remains of old field walls. Geology and archaeology are part of the fabric of Cavan Burren Park and layer upon layer of prehistory is gently brought to life as you make your way along the marked trails.

## Walking Trails

Take your time to explore the amazing trails in Cavan Burren Park. Ranging from short multi-accessible trails to longer, more challenging ones, there's something for every age and ability to enjoy. With 10km of trails in total, you can choose from the multi-accessible trail to bog-bridge boardwalk over limestone bedrock. All of the trails take you past some of the finest prehistoric features in Ireland. Walking enthusiasts will enjoy the 'Cavan Way' walking route (26km) which runs through the park connecting the villages of Dowra and Blacklion.



## Trail 1 The Calf House Dolmen Trail (1.3 km)

Multi-accessible trail with 360° views across the surrounding landscape. This trail provides easy access to many of the important features of this relict landscape.

**Trail start point:** Interpretative Centre Car Park.

**Duration:** Approx. 35mins/25 metre climb.

**Features include;** Tullygobban Wedge Tomb, Tullygobban Viewpoint, Lost Valley Viewpoint, Calf House Dolmen tomb, Old farmstead, Glacial Erratics, Karst Limestone.

## Trail 2 The Giant's Leap Trail (2.7km)

Bog-bridge steps and gravel path surfaces. View one of the most intact megalithic wedge tombs in Ireland. Fantastic views across the surrounding landscape.

**Trail start point:** Interpretative Centre Car Park.

**Duration:** Approx. 50mins on bog-bridge and gravel path terrain with a 35 metre climb.

**Features include;** Giant's Leap Wedge Tomb, Limekiln, Lost Valley, Giant's Leap dry valley and a wide variety of biodiversity.

## Trail 3 The Promontory Fort Trail (2.9 km)

Includes bog-bridge steps and gravel path surface and guides the visitor through the tranquil Lost Valley past a Promontory Fort. Fantastic views across the surrounding landscape.

**Trail start point:** Interpretative Centre Car Park.

**Duration:** Approx. 1 hour on bog-bridge, steps and gravel path terrain with a 65 metre climb.

**Features include;** Lost Valley, Promontory Fort, Sinkholes, Relict farm walls and Glacial Erratics.

## Trail 4 Tullygobban Lough Trail (1.6 km)

Gravel path surface past the biodiverse rich Tullygobban Lough. Fantastic views across the surrounding landscape.

**Trail start point:** Interpretative Centre Bottom Car Park.

**Duration:** Approx. 45mins on gravel path terrain with a 15 metre climb.

**Features include;** Tullygobban Lough, Desiccated Sandstone, Biodiversity and Glacial Erratics.

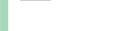
## Legend



Parking



Picnic area



Toilets

### CAR PARK

① Smith's Walls

② Sandstone Outcrop

### TRAIL 1 (CALF HOUSE DOLMEN TRAIL-GREEN TRAIL)

1. Tullygobban Viewpoint 2. Tullygobban Tomb  
3. Looking East 4. Farmyard 5. Calf House Dolmen Tomb  
6. Glacial Erratic 7. Karst Limestone 8. Forestry  
9. Dolines/Sinkholes

### TRAIL 2 (GIANT'S LEAP TRAIL-ORANGE TRAIL)

1. Limekiln 2. Giant's Grave 3. The Woodland  
4. Chert Working 5. Giant's Leap

### TRAIL 3 (PROMONTORY FORT TRAIL-PURPLE TRAIL)

1. Promontory Fort 2. Old Farm Walls  
3. Legnaveagh Sinkhole 4. Boulder Graveyard

### TRAIL 4 (TULLYGOBBAN LOUGH TRAIL-RED TRAIL)

1. Tullygobban Lough 2. Desiccation Stones  
3. Biodiversity

