



The Binn Bhuí (Benwee) Head Loop



THE BINN BHUÍ HEAD LOOP (PURPLE ARROWS)

Trailhead: The Seanscoil, Ceathrú Thaidhg
Distance: 12.4 km
Ascent : 383 metres
Estimated Time: 5 hours
Grade: Hard to Difficult
Map Reference: OS Discovery Series Sheets 22 and 23
Grid Reference: F821 420
Services: Ceathrú Thaidhg
Terrain: Laneways, coastal/cliff, bog roads
To Suit: Good levels of fitness
Minimum Gear: Walking boots, raingear, snack and fluids
Waymarkers: The walks are waymarked using black posts, about 1 metre high, with a direction of travel arrow (green, blue, red and purple).

LEAVE NO TRACE Principles of Outdoor Ethics

Please adhere to this code in any trips to the outdoors

1. Plan ahead and prepare
2. Dispose of waste properly
3. Leave what you find
4. Respect wildlife and farm stock
5. Be considerate of others
7. Minimise the effects of fire



In the event of an emergency please call 999



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ACKNOWLEDGEMENTS and DISCLAIMER

These loops are part of a countryside network of high- quality, circular walks being developed by Fáilte Ireland in association with the National Waymarked Ways Advisory Committee. The work was undertaken with the assistance of the Cill Chomáin Rural Social Scheme. The loops have been constructed with the kind assistance of local landowners and organisations. Walkers use these routes entirely at their own risk. No responsibility can be accepted by landowners or by the publishers and authors of this information leaflet, for any loss, damage or injury caused or sustained during the walks.