



The Cavan Way

The Cavan Way provides a pleasant hill and valley walking connection between the Leitrim Way at Dowra, a small village community near the source of the River Shannon and the Ulster Way at Blacklion village.

Following generally the course of the young river to its source at the mystical Shannon 'Pot', the walk follows quiet valley and riverside landscapes to the more unenclosed uplands of the spring line of the river's source.

The walker will enjoy the upland section between the 'Pot' and Blacklion, which includes the forested Burren area and its cemetery of ancient tombs, stone megaliths and monuments. Fine views are obtained from these elevated upland areas.

Route Details:

Dowra, Shannon Pot, Blacklion.

Total Distance: 26km/16 miles.

Longest Stage: Dowra to Blacklion - 26km/16 miles.

Highest Point: Giant's Grave - 260m/850ft.

The *Cavan Way Map Guide* is published by Cavan County Council and available from Eastwest Mapping and tourist offices in the region.

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