Nóta; Siúlóid í seo do ghrád 2 thar an príomhbhóthar, portach agus bóthar portaigh tarráilte. Ná biodh madraí i do theannta fiú ar iall. Tá na faillteacha sa tSás dainséarach agus ná bíodh sé de dhánaíocht ionat dul thar an fál sreinge atá ar bharr na faille. Ó thaobh an bhealaigh de ní chuirfidh sé aon stró ort, ag siúl tré phortach, má bhíonn an lá breá ach tá sé baolach ma bhíonn sé ceomhar.

Sé is ciall le Sás na Treap agus is mar sin a thárlaíonn don raic farraige a thagann i dtír ann sa chuas caoi seo. Is deacair a chreidiúint gur mhair daoine ann go dtí tús an 19ú aois. Nil fágtha des na páirceanna glasa a bhí ann ach smut do cheann díobh toisc creimniú na farraige. Fan amach ón Sás mar tá sé ródhainséarach go háirithe má bhionn sé ag cur báistí.

Tosnaigh sa tsráidbhaile i mBréanainn agus lean an bóthar poiblí agus an cómhartha bóthair do Shrón Broin, Cas ar do chlé ag Srón Broin, thar céimeanna dreaptha adhmaid in aice an gheata, agus siúl leat suas an cosán glas go dtí an both ag an ionad faire a bhí ann i rith an dara cogaidh domhanda. Lean an casán gias cúpla céad méadar sar a gcasann tú ar do dheis chun an Buaicín (251 m), lena charn cloch, a shroisint. Chun an buaic i Slíabh Glas (324m) tá dhá rogha agat. Sé an bealach is deacra ná díriú síos an cnoc agus aghaidh a thabhairt suas an árdán fiarlán cruinn díreach suas ar Chnoc Duíléibhe (311 m), Is fusa an turas ó dheas sios le fána an chnoic agus an abha a leanúint ar a chamchuaird timpeall Cnoc Duishleibhe. Lean an abha go sroisfidh tú an tobar mar a n-éiríonn sé agus tá Sliabh Glas (324m) ar do dheis agus do aghaidh ó thuaidh. Tá radharcanna ar an Sás ón ionad sen nach féidir a ríomh. Ná trasnaigh an fál sreinge mar ta an talamh ag creimniú is ag tabhairt fé agus é ríbhaolach. Lean an fál sreinge ó dheas agus ansan arís siaró dheas ar bharr an tSáis go dii go sroisfidh tú an poinnte is aoirde ann atá (401m). Tá abha siar uait agus é soiléir le feiscint. Siúl sios an cnoc ana threo, tá claonadh beag sar a sroiseann tú an abha. Lean an abha agus trasnaigh an fál sreinge sar a sroisfidh tú an bóthar ag Tír. Cas ar do chlé agus ní fada go mbeidh tú ar ais ag ag an gcrosaire ag Tír. Cas ar do chlé anseo agus tá míle bóthar romhat go dtí sráidhhaile Bhréanainn.

Note; This is a grade two walk over public road, bogland and also uses a well surfaced bog road. Please do not bring dogs on this route, even on a lead. The cliffs at An Sas are dangerous, do not cross the wire fence along the edge of this coast line. With regard to the terrain, it is easy walking over bogland on a fine day, but dangerous if foggy.

An Sás, literally translated means 'a trap', which refers to how much flotsam and jetsam is washed into this narrow little cove. Although difficult to comprehend, people lived in An Sás up until the earlier part of the 19th century. There is part of one green field remaining from that settlement, however the other green fields in this area are now completely eroded. We do not recommend that you attempt to descend into An Sás, as it is dangerous, especially in wet weather.

Begin at Brandon village, follow the public road which is sign posted, for Srón Bhroin / Brandon Point. Turn left at Srón Bhróin over the stile near the gate and up along the green trackway to the lookout post from the second World War. Follow the green trackway for a few hundred metres before breaking off to your right, to gain the cairned summit of An Buaicln (251 m). To get to the spot height 324m at Sliabh Glás, there are two routes. The more difficult, simply goes down hill and straight up the steep slopes of Cnoc Duiléibhe (311 m). The easier route goes downhill and follows the river around Cnoc Duiléibhe to the south. Follow the river to the source, and the 324m Sliabh Glas (marked as Slieveglass on map), is a short distance to your right (north). From here there are views into An Sás, which I will not even attempt to describe. Do not cross the wire around the creek as there is a great deal of land subsidence and it is highly dangerous. Follow the wire fence south and later south westwards along the top of An Sás, until you reach the spot height 401m at the south-western corner of An Sás. Directly west is a river, the line of which can be clearly seen. Walk in this direction, at first downhill, and then rising slightly to follow the river, crossing a wire fence on the way, until you meet the Teer Bog Road. Turn left and it will bring you back to Teer Cross and Brandon Village is sign posted. Turn left again and Brandon Village is one mile from here.