

# STEP INTO THE WILD

*Céad Míle Fáilte*  
A GUIDE TO WALKING  
IN NORTH MAYO

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Featuring

CEATHRÚ THAIDHG - BENWEE HEAD  
KEENAGH - CROSSMOLINA  
ENNISCOE - LETTERKEEN - BONNICONLON  
BANGOR TRAIL - LACKEN TRAILS  
BELLEEK WOODS - FOXFORD - BALLYCASTLE  
CROSS - KILCUMMIN - BELLACORRICK  
MOYGOWNAGH - GEESALA - LAHARDANE

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Volume 2

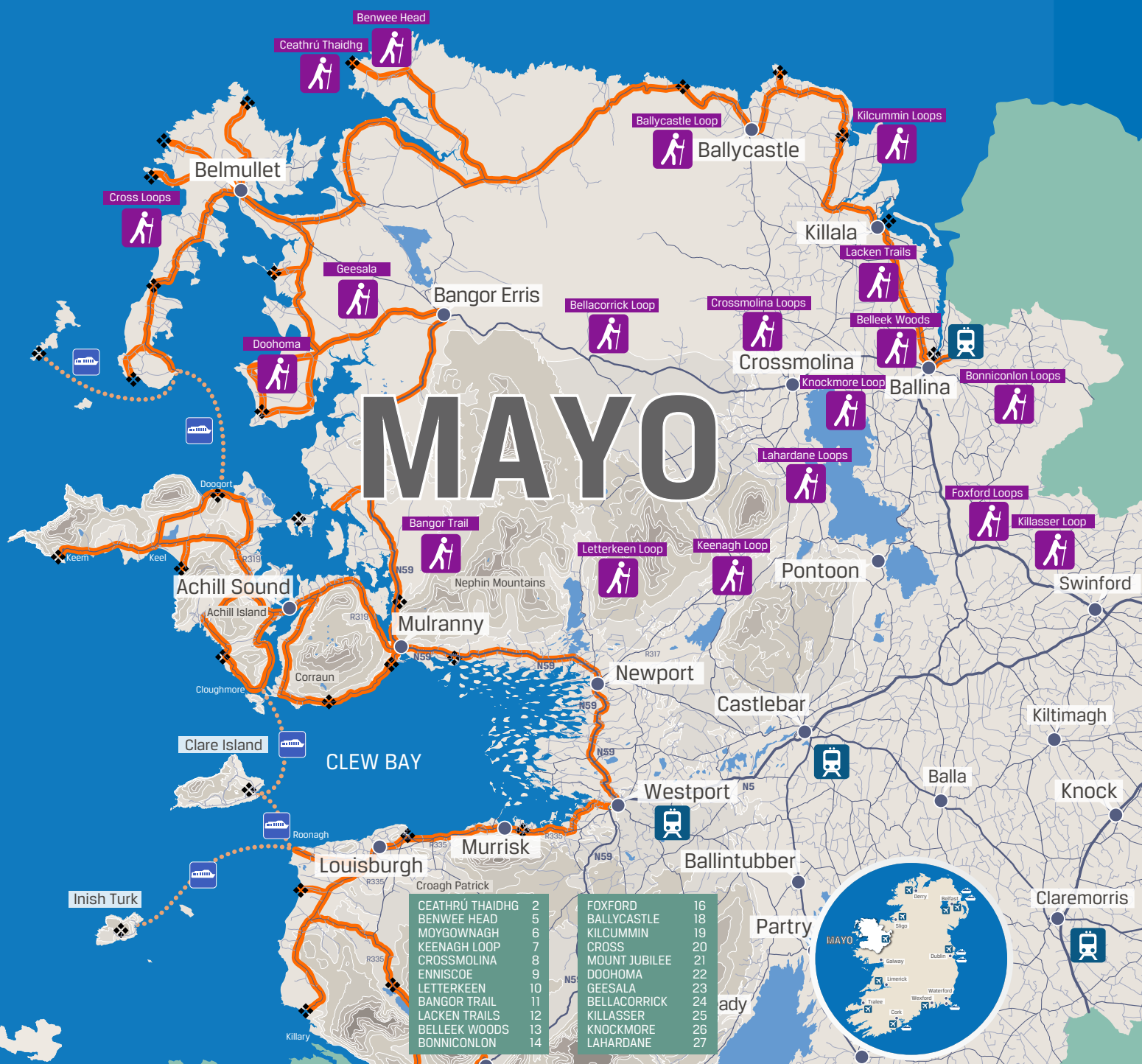
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Volume 2

# STEP INTO THE WILD

## A Guide to Walking in North Mayo



Step into the Wild

A guide to walking in North Mayo



# Ceathrú Thaidhg

## Children of Lir Loop Walk



### Children of Lir Loop

Distance :	10 km
Highest Point :	180 metres
Terrain :	Laneways, grassy tracks, coastal/cliff, bog roads
Difficulty :	Moderate
Duration :	2 hours – 2.5 hours
Trailhead :	The Seanscoil, Ceathrú Thaidhg village GPS 54.313060 -9.812956
Services :	Ceathrú Thaidhg
Min Gear :	Walking boots, raingear, snack and fluid
To Suit :	People with good levels of fitness
To Note :	No Dogs Allowed

### Directions to Ceathrú Thaidhg

Start from the village of Glenamoy on the R314 between Belmullet and Ballycastle. Follow the R314 in the direction of Belmullet for approximately 2km to reach a road junction on your right (signposted Ross Port). Turn right and follow this road for approximately 12km (continuing straight at the turn-off for Ross Port) to reach the village of Carrowteigue (An Ceathru Thaidhg). The trailhead is located beside the shop on your right as you enter the village.

### Description

Starting from the car park at the Seanscoil information centre in Ceathrú Thaidhg travel westwards following the blue arrow along An Bóthar Íochtair. Continue to follow the blue arrows downhill, past Cill a' Ghallagáin graveyard, onto a sandy track to where it meets a tarmac road. Turn right here, continue uphill for approximately 200m and turn left at a fence. Follow a track along the fence and through two gates to join the black ditch.

Follow this feature as it runs parallel to the coastline and then turns northwards as far as the clifftop at Alt Breac. Continue along the ditch past Bun an Ghleanna, An Láir Bhán and Lag Fliuch as far the Children of Lir Sculpture at Na Príosúin. From here follow the blue arrows southwards along Bóthar na bPríosúin for approximately 1km and turn left at the junction. Continue along the road straight on through the village of Ceathrú na gCloch back to the Seanscoil.



# Ceathrú Thaidhg

## The Black Ditch Loop Walk



### The Black Ditch Loop Walk

Distance :	13 km
Highest Point :	270 metres
Terrain :	Laneways, grassy tracks, coastal/cliff, bog roads
Difficulty :	Moderate
Duration :	2.5 hours – 3 hours
Trailhead :	The Seanscoil, Ceathrú Thaidhg village GPS 54.313060 -9.812956
Services :	Ceathrú Thaidhg
Min Gear :	Walking boots, raingear, snack and fluid
To Suit :	People with good levels of fitness
To Note :	No Dogs Allowed

### Description

The trail directions are similar to those for the Children of Lir Loop. From the actual Sculpture follow the red arrows eastwards. After a fairly demanding ascent you will reach a stream called An Fiodán Dubh.

Turn right here and continue along the edge of the stream to its source. Following the arrows, cross a short section of bogland to join the head of a bog road. Follow this to where it joins the tarmac road, turn left and continue on straight back to the Seanscoil.





# Ceathrú Thaidhg

## Ceathrú Thaidhg Slí



### Ceathrú Thaidhg Slí

Distance	3 km
Terrain	Country roads
Difficulty	Easy
Duration	30 mins
Trailhead	The Seanscoil, Ceathrú Thaidhg village
	GPS 54.313060 -9.812956
Services	Ceathrú Thaidhg

### Trail Description

The Ceathrú Thaidhg Slí na Sláinte is 3km. in length and affords stunning views over the landscape of County Mayo. Starting at the junction near the Seanscoil, the route continues westwards towards the village of Ceathrú an gCloch, past the National School, the Caochán sculpture and Teach Chonghóile, the local pub.

Turning left at the first junction, continue downhill taking in the panoramic views of Glengad, Broadhaven Bay, the Mullet Peninsula and Achill Island to the south west. At crossroads, turn left and follow the route for over 1 km, back to the starting point near the Seanscoil.



# Benwee Head Loop

## Binn Bhuí Head Loop



### The Binn Bhuí (Benwee) Head Loop

Distance	12.5 km
Highest Point	383 metres
Terrain	Laneways, coastal/cliff, bog roads
Difficulty	Hard to difficult
Duration	5 hours
Trailhead	The Seanscoil, Carrowteigue village
	GPS 54.313060 -9.812956
To Suit	Good levels of fitness
Min Gear	Walking Boots, Raingear, Mobile Phone Snacks and Fluid

### Trail Description

This spectacular trail mainly follows bog track, open bogland and sheep paths to access dramatically high cliffs, stunning ocean and expansive bog views. Underfoot is relatively dry and robust peat though a little soft in places. There are many sites of cultural, historical and environmental interest in the area and around Ceathrú Thaidhg is a living Gaeltacht.





## Moygownagh Blue Loop

Distance :	6 km
Terrain :	Minor Roads / lanes, Forest tracks
Difficulty :	Easy
Duration :	1.5 hours
Trailhead :	Car parking area in front of the church GPS 54,16032, -9.3467
Min Gear :	Trekking Shoes, Raingear, Fluid, Mobile Phone.

## Moygownagh Red Loop

Distance :	15.9 km
Terrain :	Minor Roads / lanes, Forest tracks
Difficulty :	Moderate/Hard
Duration :	3-4 hours
Trailhead :	Car parking area in front of the church GPS 54,16032, -9.3467
Min Gear :	Trekking Shoes, Raingear, Fluid, Mobile Phone.

### Location

Moygownagh is a village on the R315, located 8km north of Crossmolina



## Keenagh Loop Walk

Distance :	12 km
Highest Point :	250 metres
Terrain :	Country lanes, green roadways, riverbank & open mountain
Difficulty :	Hard
Duration :	3 hours – 4 hours
Trailhead :	Bellanaderg Bridge, Keenagh GPS 54.002228 -9.423449
Services :	Crossmolina (15km)
Min Gear :	Hiking boots, raingear, snack and fluid
To Suit :	People with good levels of fitness

### Trail Description

This loop combines spectacular scenery, remote wilderness, and a variety of terrain that includes panoramic views of high mountains, a heavenly valley, wild vegetation and crystal clear rivers and streams. On the outward journey the walker has wonderful views towards Glenhest and Newport to the South and, on the return section, panoramic views of North Mayo all the way to the Atlantic.

Starting from Bellanaderg Bridge west of Nephin, the walker follows the old road towards Newport, starting on a surfaced lane, then onto a wide grass covered track. A section along riverbank takes the walker into the remote and stunning Glendorrigha Valley. The route then ascends to a mountain pass by Knockaffertagh and descends to meet a farm track and minor road back to the trailhead.



## Gortnor Abbey (White Walk)

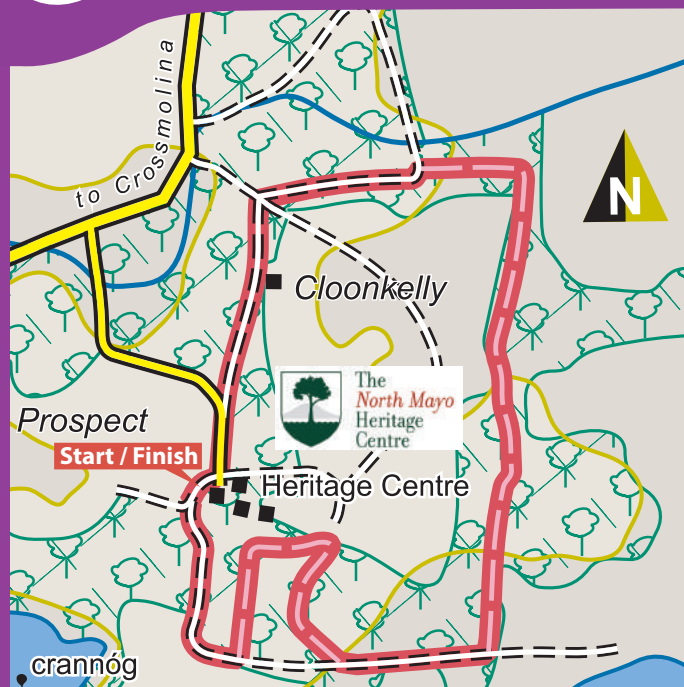
Distance :	4 km
Terrain :	Multi – access, trails includes side roads & country lanes
Difficulty :	Shortest / easiest
Duration :	Allow 1 hour
Trailhead :	Crossmolina Playground GPS 54.095905, -9.314205
Services :	Crossmolina Town
Min Gear :	Trekking Shoes, Raingear & Fluid
To Suit :	All levels of fitness

## Grange (Blue Walk)

Distance :	8 km
Terrain :	Multi – access, trails includes side roads & country lanes
Difficulty :	Moderate
Duration :	Allow 2 hours
Trailhead :	Crossmolina Playground GPS 54.095905, -9.314205
Services :	Crossmolina Town
Min Gear :	Trekking Shoes, Raingear & Fluid
To Suit :	Average levels of fitness

## Deel Castle (Red Walk)

Distance :	11 km
Terrain :	Multi-access, trails includes side roads & country lanes
Difficulty :	Moderate to Hard
Duration :	Allow 3 hours
Trailhead :	Crossmolina Playground GPS 54.095905, -9.314205
Services :	Crossmolina Town
Min Gear :	Trekking Shoes, Raingear & Fluid
To Suit :	Average levels of fitness



## Enniscoe Loop Walk

Distance :	3 km
Terrain :	Woodland trails
Difficulty :	Easy
Duration :	1 hour
Trailhead :	Visitors Car Park, Enniscoe House, Co. Mayo GPS 54.070552, -9.310355
To Suit :	People with Easy to Moderate levels of Fitness
Min Gear :	Walking Shoes and Raingear

Enniscoe House is one of Ireland's listed heritage houses and has passed by descent from the 1660s through twelve generations to the present owner. Set in parkland and mature woods on the shores of Lough Conn in North Mayo, the Georgian mansion offers the visitor friendliness, peace, and relaxation. It is a very special place for anglers and other visitors with a natural empathy for the untamed wildness of the area.

The house offers accommodation and meals – but there is much of interest around converted outbuildings at the back of the house, including a genealogy centre (the Mayo North Family History Research Centre) and a small agricultural museum with a working blacksmith. Enniscoe House is surrounded by beautiful woodlands, with a network of paths, and there are restored walled gardens (both ornamental and productive - one is run commercially as an organic market garden), which are open to the public and have tea-rooms and a shop.

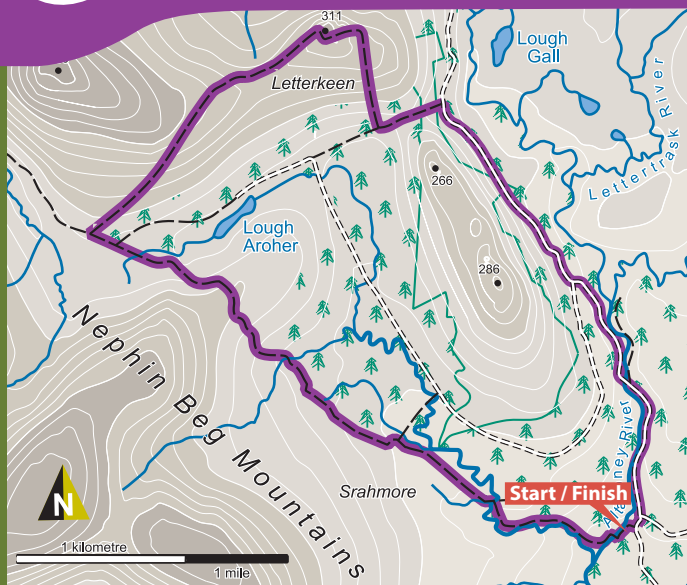
Enjoy a trip on a working run of an old bog railway on the estate grounds. There is brown trout fishing on Lough Conn and other trout and salmon fishing nearby; boats, ghillies, tuition and hire of equipment can be arranged.

## Trailhead Directions

Start from the town of Crossmolina on the N59 between Ballina and Bangor. From Crossmolina, take the R315 in the direction of Castlebar. The entrance to Enniscoe House is on your left after approx 4km.



# Letterkeen Loop



## Letterkeen Loop Walk

Distance :	12 km
Ascent :	310m / 350m
Terrain :	Riverbank, mountain tracks, sandy paths and forestry roads
Grade :	Hard
Duration :	3hrs - 3hrs 30mins
Trailhead :	Letterkeen - GPS 53.989657, -9.572461 (Brogan Carroll Bothy, Letterkeen, Newport)
Services :	Newport (12km)
Min Gear :	Hiking boots, raingear, snack, fluid, mobile

### Trailhead Directions

Start from the town of Newport – on the N59 between Westport and Achill. Follow the N59 in the direction of Achill for just 1km before turning right at a signpost indicating Treenlaur Youth Hostel and Lough Furnace. After 1km go straight at a signpost for Lough Furnace, and continue along this road past Lough Feeagh (on your left). Pass Treenlaur Youth Hostel and Shramore Lodge, and then cross a small bridge over the Srahrevagh River. Almost immediately after the bridge turn left onto a forestry roadway (following the signposts for the Bangor Trail and the Western Way). Follow the forestry roadway for approx 1km – the trailhead is located at the stone bothy.

### Description

The walk starts at Letterkeen Woods, which is one of the largest forest blocks in the country and is situated northwest of Clew bay in the Nephin Beg Mountain Range. This area was devoid of woodland until 1951 when the Government introduced a forestry development programme. The main species are lodge pole pine and Japanese larch on the mountain slopes, with sitka spruce being planted in the more fertile valleys. The state acquired several thousand acres in this remote part of the county, which have been developed as the Ballycroy National Park. An Interpretive Centre is located at Ballycroy.



# The Bangor Trail



## The Bangor Trail

Distance :	39 km
Highest Point :	230 metres
Terrain :	Country roads, Bog tracks, open countryside, wet in places. Some small river crossings.
Difficulty :	Hard - requires a good level of fitness, this is a long and demanding trail. Take care to carry extra food and drink and leave word where you are going. Beware of rivers in spate.
Duration :	For entire route allow 10 hours. For Letterkeen to Bangor allow between 6 and 7 hours
Trailhead :	Newport - GPS 53.883181, -9.545734 Bangor Erris - GPS 54.144651, -9.742857
Services :	Newport and Bangor Erris
Min Gear :	Hiking boots, raingear, fluid & mobile phone
To Suit :	People with very good levels of Fitness

### The Bangor Trail

Starting in Newport the trail follows quiet country roads north towards the Nephin Mountains and Letterkeen forest. At the Brogan Carroll Bothy the Bangor Trail veers northwest and begins its long journey through Ireland's first designated wilderness area. Crossing a number of mountain passes and skirting the western flanks of the Nephin Mountains the trail enables the walker to experience a solitude no longer available elsewhere in Ireland.





## Green Walk (Green Arrows)

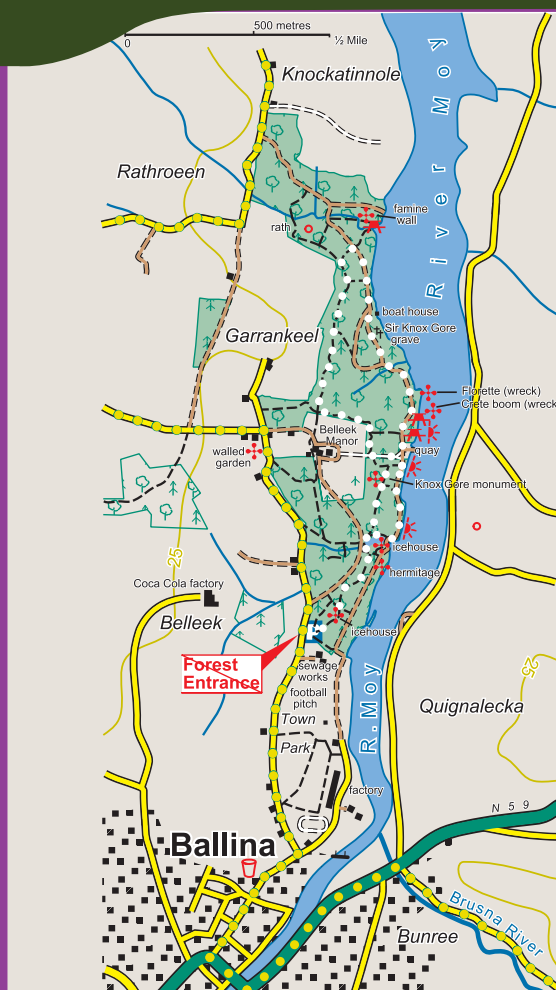
Distance :	8 km
Terrain :	Paved and bog roads, laneway and grassy track.
Difficulty :	Easy / Moderate
Duration :	1 – 3 hours
Trailhead :	Car park at Lackan Church GPS 54.273887 -9.258180
Services :	Ballycastle (9km) and Killala (12km)
Min Gear :	Walking Boots, Rain Gear, Snack and fluids.
To Suit :	People with Moderate levels of Fitness

## Blue Walk (Blue Arrows)

Distance :	11 km
Terrain :	Paved and bog roads, laneway and grassy track.
Difficulty :	Easy / Moderate
Duration :	1 – 3 hours
Trailhead :	Car park at Lackan Church GPS 54.273887 -9.258180
Services :	Ballycastle (9km) and Killala (12km)
Min Gear :	Walking Boots, Rain Gear, Snack and fluids.
To Suit :	People with Moderate levels of Fitness

### Trailhead Directions

From Killala, take the R314, heading in the direction of Ballycastle for approximately 4.2km. Look out for a Green Directional Fingerpost Sign stating Lackan Trails, take a right and then continue to follow the directional fingerpost signage until you arrive at the trailhead which is located in a carpark beside Lackan Church.



## Belleek Woods, Ballina

Distance :	4 km
Terrain :	Forest Paths
Difficulty :	Moderate
Duration :	1.5 hours
Trailhead :	Car Park - located approximately 2km north of Ballina town on the R314 to Killala GPS 54.127500 -9.146267
Services :	Ballina (2km)
Min Gear :	Walking Shoes and Raingear
To Suit :	People with easy to moderate levels of fitness

### Trail Description

This trail comprises of a wooded area of the former Belleek estate and is a mixed woodland with conifer trees such as Norway spruce, Scots pine, Silver fir together with beech, oak and ash.

There are many historical features, from bygone days, to be seen along the trail, including a hermitage, ice house and a wall built during the famine in Ireland (1845) as a relief scheme.

Each man involved on the building of the wall received a bowl of Indian meal for his days work. There is a diverse habitat on this site with woodland animals such as badgers, foxes and rabbits present with heron, kingfisher, cormorant and otter to be seen along the riverbank.



## Bonniconlon Loop

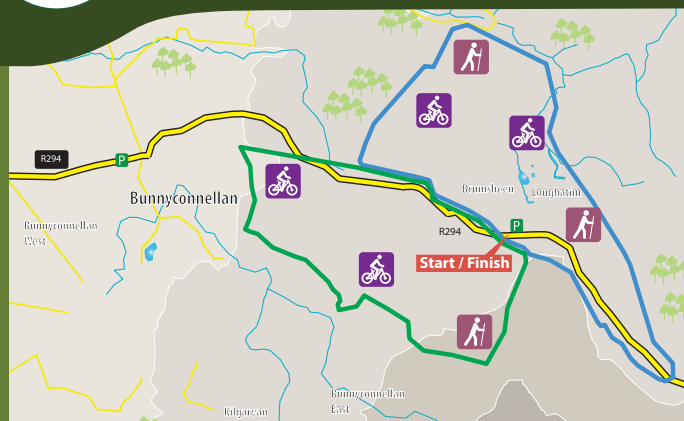
Distance :	20 km
Terrain :	Surface roads, country lanes, bog tracks and green tracks, taking in sections of both the Western Way and the Foxford Way
Difficulty :	Moderate - Hard
Duration :	5 hours
Trailhead :	Football Grounds, Bonniconlon Village GPS 54.108340, -9.025678
Services :	Bonniconlon & Ballina (10km)
Min Gear :	Sturdy Walking / Trekking Shoes, Waterproofs, Fluids, Snacks and Mobile Phone.
To Suit :	People with Moderate levels of Fitness

## Kilgarvin Loop

Distance :	6.1 km
Terrain :	Surface roads, country lanes, bog tracks & green tracks, taking in sections of both Western Way
Difficulty :	Easy
Duration :	1 hour - 1.5 hours
Trailhead :	Football Grounds, Bonniconlon Village GPS 54.108340, -9.025678
Services :	Bonniconlon & Ballina (10km)
Min Gear :	Sturdy Walking / Trekking Shoes, Waterproofs, Fluids, Snacks and Mobile Phone.
To Suit :	People with Moderate levels of Fitness

## Ellagh Loop

Distance :	9.5 km
Terrain :	Surface roads, country lanes, bog tracks & green tracks, taking in sections of both Western Way
Difficulty :	Moderate
Duration :	2 hours - 2.5 hours
Trailhead :	Football Grounds, Bonniconlon Village GPS 54.108340, -9.025678
Services :	Bonniconlon & Ballina (10km)
Min Gear :	Sturdy Walking / Trekking Shoes, Waterproofs, Fluids, Snacks and Mobile Phone.
To Suit :	People with Moderate levels of Fitness



## Drumsheen Loop

Distance :	7 km
Terrain :	Surface roads, country lanes, bog tracks and green tracks, taking in sections of both the Western Way and the Foxford Way
Difficulty :	Easy
Duration :	2 hours
Trailhead :	Approximately 3 km east of Bonniconlon, located in a new carpark just off the R294 GPS 54.104396, -8.979564
Services :	Bonniconlon & Ballina (10km)
Min Gear :	Sturdy Walking / Trekking Shoes, Waterproofs, Fluids, Snacks and Mobile Phone.
To Suit :	People with Moderate levels of Fitness

## Glen Loop

Distance :	14 km
Terrain :	Surface roads, country lanes, bog tracks and green tracks, taking in sections of both the Western Way and the Foxford Way
Difficulty :	Moderate - Hard
Duration :	3 hours - 4 hours
Trailhead :	Approximately 3 km east of Bonniconlon, located in a new carpark just off the R294 GPS 54.104396, -8.979564
Services :	Bonniconlon & Ballina (10km)
Min Gear :	Sturdy Walking / Trekking Shoes, Waterproofs, Fluids, Snacks and Mobile Phone.
To Suit :	People with Moderate levels of Fitness

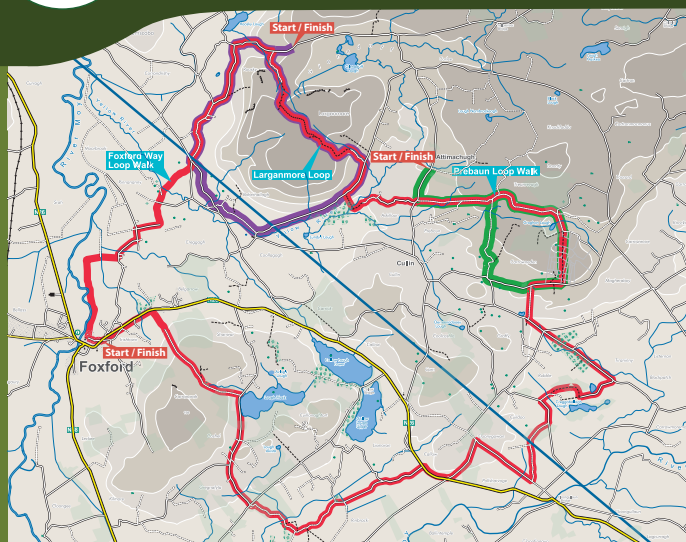


### Trails Description

Bonniconlon is a small village located in North East Mayo and is approximately 10km from Ballina town. Overlooked by the Ox Mountains on the Mayo / Sligo border, Bonniconlon boasts a wild beauty and is an ideal walking/cycling base. Lough Talt, a mountain lake with some of the most stunning views in Ireland is only a short distance from the village. There are also many historical and archaeological points of interest in the area. All of the Bonniconlon trails are suitable for Mountain Bike use.



# Foxford Loops



## Foxford Way Loop

Distance :	33 km
Highest Point :	Larganmore - 271 metres
Terrain :	Country tracks/lanes, minor roads, off road mountain sections.
Difficulty :	Hard
Duration :	Approximately 7 - 8 hours
Trailhead :	Glanduff, Foxford GPS 53.981028, -9.110900
Services :	Foxford
Min Gear :	Sturdy Walking / Trekking Shoes, Waterproofs, Fluids, Snacks and Mobile Phone.
To Suit :	People with Moderate levels of Fitness

## Larganmore Loop

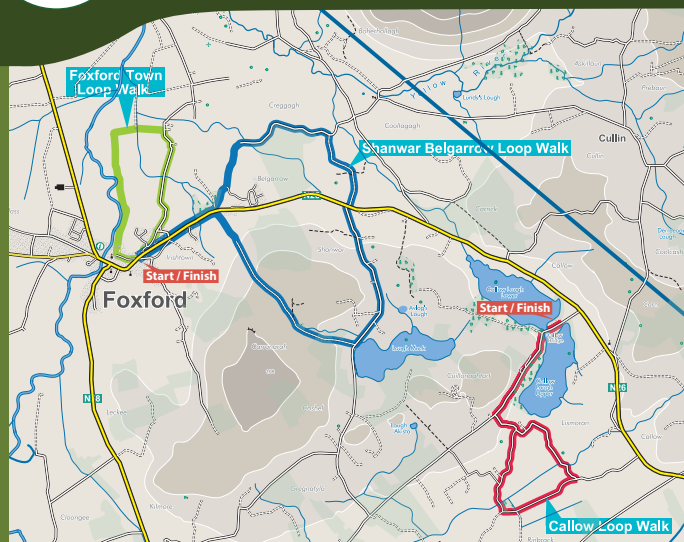
Distance :	14 km
Highest Point :	271 metres
Terrain :	Country tracks/lanes, minor roads, off road mountain sections.
Difficulty :	Moderate - Hard
Duration :	4 hours - 4.5 hours
Trailhead :	Glanduff, Foxford GPS 53.981028, -9.110900
Services :	Foxford (8km)
Min Gear :	Sturdy Walking / Trekking Shoes, Waterproofs, Fluids, Snacks and Mobile Phone.
To Suit :	People with Moderate levels of Fitness

## Prebaun Loop Loop

Distance :	10 km
Highest Point :	200 metres
Terrain :	Country tracks/lanes, minor roads, off road mountain sections.
Difficulty :	Moderate - Hard
Duration :	2 hours - 3.5 hours
Trailhead :	located at the parish church Attymachugh, Foxford GPS 54.010027, -9.025867
Services :	Foxford (9.5km)
Min Gear :	Sturdy Walking / Trekking Shoes, Waterproofs, Fluids, Snacks and Mobile Phone.
To Suit :	People with Moderate levels of Fitness



# Foxford Loops



## Callow Loop

Distance :	6.5 km
Terrain :	Country lanes, and bog tracks taking in sections of the Foxford Way
Difficulty :	Moderate
Duration :	2 hours - 2.5 hours
Trailhead :	Located at the pier slipway at Callow Lake just off the N26 Foxford GPS 53.976515, -9.039321
Services :	Foxford (5.5km)
Min Gear :	Sturdy Walking / Trekking Shoes, Waterproofs, Fluids, Snacks and Mobile Phone.
To Suit :	People with Moderate levels of Fitness

## Shanwar Belgarrow Loop

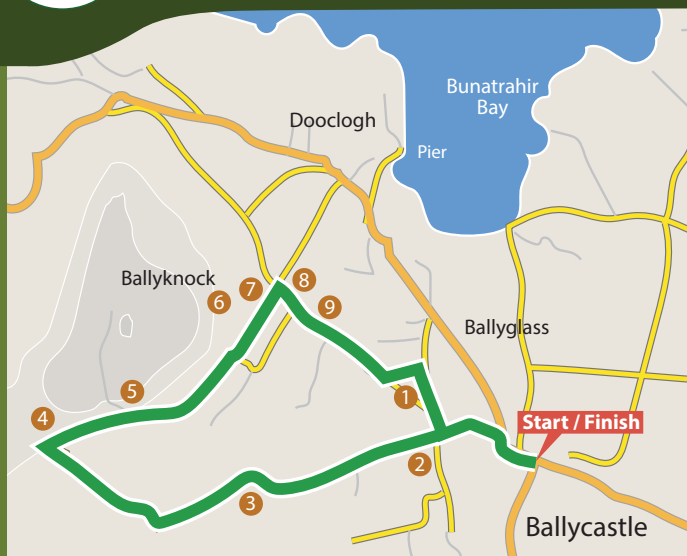
Distance :	8 km
Terrain :	Country lanes, bog tracks and hillside, the user will experience wonderful vistas of Nephin and the Ox Mountains.
Difficulty :	Moderate - Hard
Duration :	2 hours - 2.5 hours
Trailhead :	Located in Foxford beside the children's playground in a car park just off the N26 Foxford GPS 53.981028, -9.110900
Services :	Foxford
Min Gear :	Sturdy Walking / Trekking Shoes, Waterproofs, Fluids, Snacks and Mobile Phone.
To Suit :	People with Moderate levels of Fitness

## Foxford Town Loop

Distance :	4 km
Terrain :	Country lanes and riverside walk
Difficulty :	Easy
Duration :	1 hour
Trailhead :	Located in Foxford beside the children's playground in a car park just off the N26 Foxford GPS 53.981028, -9.110900
Services :	Foxford
Min Gear :	Sturdy Walking / Trekking Shoes, Waterproofs, Fluids, Snacks and Mobile Phone.
To Suit :	People with Moderate levels of Fitness



# Ballycastle



## Ballycastle (Sralagagh Loop Walk)

Distance :	7.5 km
Highest Point :	40 metres
Terrain :	Country Lanes, Sandy Tracks
Difficulty :	Easy
Duration :	2.5 – 3 hours
Trailhead :	Ballycastle
	GPS 54.279870 -9.373571
Services :	Ballycastle
Min Gear :	Walking Shoes and Rain Gear
To Suit :	People with Moderate levels of Fitness

### The Sralagagh Loop

The Sralagagh Loop is a beautiful trail starting from the town of Ballycastle in North Mayo. This trail is 7.5 km in distance and is suitable for both walking and mountain biking. The trail consists of country lanes and sturdy sandy paths. Ballycastle - Baile an Chaisil - the town of the stone fortress lies on the beautiful rugged coast of North Mayo. Its northern boundary is exposed to the wild Atlantic Ocean, to the west are the lovely Stags of Broadhaven (600 million year old rocks), to the east lies Killala Bay, to the south are the towns of Crossmolina and Ballina.

#### Points of Interest

- (1) Near Ballyglass bridge – barely visible and on private property – is a megalithic court tomb excavated in the 1970s.
- (2) The site of the first-ever discovery of a Stone Age house in Ireland – now reconstructed at the nearby Céide Fields centre.
- (3) Bridge over the Bellan River.
- (4) Court tomb, barely visible.
- (5) The blanket bog covering much of Sralagagh reaches depths of 4.5 meters. 'Turbary rights' give local households the right to harvest a strip of bog for turf.
- (6) Another court tomb, this time slightly off the main route.
- (7) A small detour northwest at this point along the track will give you a fine view towards Céide Hill. The prehistoric field system discovered under the bogs on Céide – the most extensive Stone Age site in the world – extends all the way to Sralagagh and under the very ground you're walking over.
- (8) View of Dunfeeney Standing Stone – the country's second tallest at over 18ft. There are two crosses at the base of the stone which were carved in the 6th and 7th century, a sort of Christian graffiti.
- (9) Fine view of Downpatrick Head and the 350 million year old Dun Briste sea stack, cut off from the mainland in 1393 one stormy night – people had to be rescued off the stack with ropes. Mythology also has Saint Patrick driving the snakes out of Ireland at this very point.



# Kilcummin Loops



## Green Loop

Distance :	4.7 km
Terrain :	Country roads/lanes, beach, coastal paths and farmland
Difficulty :	Moderate to Hard
Duration :	1 hour
Trailhead :	Lay by next to Kilcummin Pier
	GPS 54.273711, -9.209532
Services :	Killala Town
Min Gear :	Walking Shoes and Raingear
To Suit :	People with easy to moderate levels of fitness

## Blue Loop

Distance :	8.3 km
Terrain :	Country roads/lanes, beach, coastal paths and farmland
Difficulty :	Moderate to Hard
Duration :	2.5 hours
Trailhead :	Lay by next to Kilcummin Pier
	GPS 54.273711, -9.209532
Services :	Killala Town
Min Gear :	Walking Shoes and Raingear
To Suit :	People with easy to moderate levels of fitness

## Red Loop

Distance :	10 km
Terrain :	Country roads/lanes, beach, coastal paths and farmland
Difficulty :	Moderate to Hard
Duration :	3 hours
Trailhead :	Lay by next to Kilcummin Pier
	GPS 54.273711, -9.209532
Services :	Killala Town
Min Gear :	Walking Shoes and Raingear
To Suit :	People with easy to moderate levels of fitness





# Cross Loop Walks



	Green Loop
Distance :	5.7 km
Terrain :	Laneways, Coastal paths, farmland
Difficulty :	Easy / Moderate
Duration :	1.5 hours
Trailhead :	Cross Graveyard GPS 54.2081 -10.0828
Services :	Belmullet Town
Min Gear :	Walking Shoes & Raingear
To Suit :	All levels of fitness

	Blue Loop
Distance :	7.6 km
Terrain :	Laneways, coastal path, farmland
Difficulty :	Easy / Moderate
Duration :	2.5 hours
Trailhead :	Cross Graveyard GPS 54.2081, -10.0828
Services :	Belmullet Town
Min Gear :	Walking Shoes & Raingear
To Suit :	All levels of fitness

## Trail Description

The Cross Loop is a beautiful coastal trail starting at the old Cross Abbey ruins, along the beach front. The islands of Inis Gé and Inis Gluaire are visible from the shoreline and the beach extends for approximately 2.5km. This walk is best done at low tide so as to make use of the extensive strand. A black post marked with the trail arrows on your left points you through a marked pathway along the sand dunes and linking to Cross Lake, which is known for its swans and variety of wildlife. To complete the 5.7km walk, you stay on the west side of the lake and make your way back to Cross Abbey. For the longer 7.6km route, you walk in a loop around the lake.



# Mount Jubilee Loop



	Mount Jubilee Loop
Distance :	15 km
Highest Point :	72 metres
Terrain :	Country Lanes but approx 1.5km over bog trail (also suitable for mountain bikes)
Difficulty :	Easy / Moderate
Duration :	3.5 hours – 4 hours
Trailhead :	Mount Jubilee GPS 54.279870 -9.373571
Services :	Geesala and Bangor Erris

## Trail Description

This is a wonderful walk through quiet country lanes and bog trails passing through Aughscabbil, Mount Jubilee and Tristia. There are beautiful views over the bogs of Mount Jubilee and Goolamore, Oweniny River and Tullaghan Bay with Achill in the background.





# Doohoma Loops



## Green Loop

Distance :	7.5 km
Highest Point :	37 metres
Terrain :	Quiet country lanes (open to traffic)
Difficulty :	Easy / Moderate
Duration :	1.5 hours – 2 hours
Trailhead :	GPS 54.07381, -9.92633
Services :	Doohoma
To Suit ::	People with easy to moderate levels of fitness

## Blue Loop

Distance :	6.5 km
Highest Point :	25 metres
Terrain :	Quiet country lanes (open to traffic)
Difficulty :	Easy / Moderate
Duration :	1.5 hours – 2 hours
Trailhead :	GPS 54.07381, -9.92633
Services :	Doohoma
To Suit :	Suitable for walking and cycling
	All levels of fitness

### Trail Description

The Doohoma loops begin in Doohoma Village GPS 54.07381, -9.92633 at Tra Bhui pub heading north up Roy Hill. The Green Loop heads east towards Tullaghan Dubh, then south into Tullaghan Ban and back to Doohoma. The Blue Loop heads west through Roy Bingham village, then south to Doohoma Head and east back to Doohoma village.

The Blue route has great views over Doohoma and Achill in the background while the Green Route has views over Tullaghan Bay and Ballycroy.



# Geesala Loops



## Red Loop

Distance :	14 km
Highest Point :	37 metres
Terrain :	Quiet country lanes (open to traffic)
Difficulty :	Easy / Moderate
Duration :	3.5 hours – 4 hours
Trailhead :	Geesala GPS 54.1125201, -9.89857
Services :	Geesala
To Suit :	People with easy to moderate levels of fitness

## Purple Loop

Distance :	17.7 km
Highest Point :	25 metres
Terrain :	Quiet country lanes (open to traffic)
Difficulty :	Easy / Moderate
Duration :	4.5 hours – 5 hours
Trailhead :	Geesala GPS 54.1125201, -9.89857
Services :	Geesala
To Suit :	People with easy to moderate levels of fitness

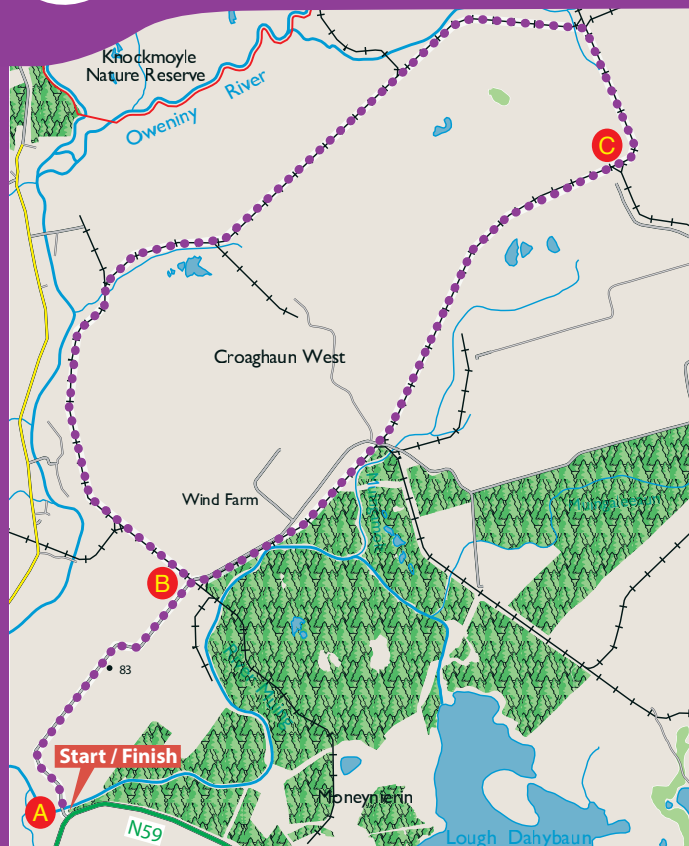
### Trail Description

Both routes begin in Geesala Village heading west through Dooyork and Muingdorran villages and then south towards Roy Carter. The shorter Red Loop heads east through Roy Bingham and loops back into Geesala. The longer Purple Loop continues south towards Doohoma Head and then east, passing through Doohoma and Tullaghan Ban villages before heading north through Tullaghan Dubh and finally back to Geesala. These paths have incredible coastal views including beaches at Dooyork, Doolough, Roy and Doohoma with Doogort in Achill as a backdrop.





# Bellacorrick Loop



## Bellacorrick Bog Loop Walk

Distance :	13 km
Highest Point :	80 metres
Terrain :	Bog roads, grassy tracks
Difficulty :	Moderate
Duration :	3 - 3.5 hours
Trailhead :	Entrance to Bord na Móna (off N59), Bellacorrick, Co Mayo GPS 54.117060 -9.563635
Services :	Bangor or Crossmolina
To Suit :	People with moderate levels of fitness

### Directions

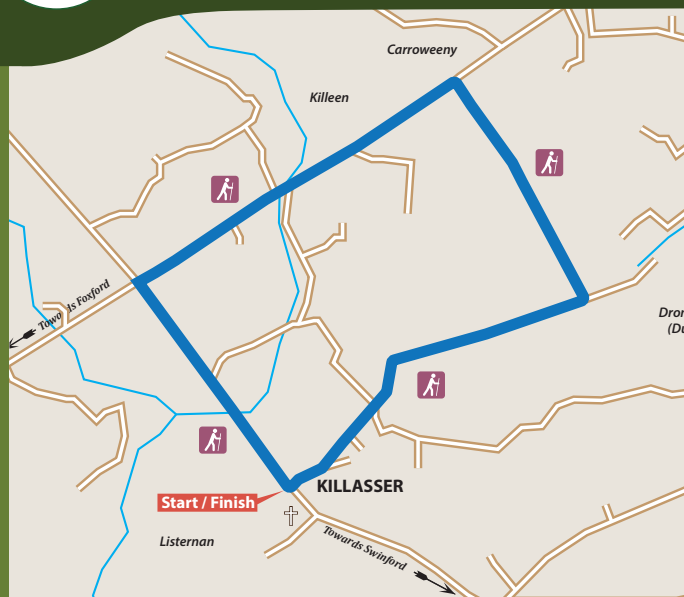
A-B. From the trailhead, enter Bord na Móna property and follow the purple arrows along the sandy roadway for approx 2km to reach a crossroads. This is the point from where the loop 'proper' begins. You will be returning to here from the right later - for now turn left.

B-C. Continue to follow the purple arrows as the loop takes you along a sandy roadway (which used to be a railway line for turf cutting) - watch for the old power station and the Oweniny River on your left. After 5km you turn right at a 'crossroads' in the direction of a wind farm. After nearly 1km the roadway rounds a sharp right bend and, after 100m, a left bend. Here you proceed straight joining a grassy roadway.

C-B-A. Follow this grassy roadway for almost 2km (the wind turbines on your left and ahead of you) to reach a 'crossroads' with a sandy roadway. Continue straight ahead - following a grassy roadway. Continue along this roadway (with wind turbines on your right, and forestry on your left) for over 1km to regain the crossroads mentioned at B above. This time veer left and enjoy the trek back to the trailhead!



# Killasser Loop



## Killasser Loop Walks

Distance :	5.5 km
Terrain :	Country Lanes and Bog Roads
Difficulty :	Moderate
Duration :	1.5 hours
Trailhead :	Community Centre, Killasser Village GPS 53.983006, -8.960027
Services :	Foxford and Swinford
To Suit :	People with easy to moderate levels of fitness

When visiting the area make sure to check out Hennigan's Heritage Centre which showcases Mayo's rural past with a series of engaging exhibits of how families lived and worked in days gone by.





# Knockmore



## Knockmore Loop Walk

Distance :	5.4 km
Terrain :	Paved footpaths, laneway and grassy track
Difficulty :	Easy - Moderate
Duration :	Allow up to 1.5 hours
Trailhead :	Located at a carpark Lay-by area on the approach to Knockmore Village GPS 54.015359 -9.175312
Min Gear :	Walking shoes, rain gear, mobile phone
Services :	Knockmore Village
To Suit :	People with easy to moderate levels of fitness



# Lahardane



## Caffoley Loop

Distance :	4 km
Terrain :	Country Lanes, Grassy Paths, Lake Views
Difficulty :	Easy
Duration :	1 hour
Trailhead :	Titanic Memorial Park, Lahardane GPS 54.031059, -9.323049
Services :	Lahardane Village
To Suit :	Walking Shoes, Raingear, Snack, Fluid & Mobile Phone.

## Nephin Carrowskeheen Loop

Distance :	8.6 km
Terrain :	Country Lanes, Mountain Views
Difficulty :	Moderate
Duration :	2.5 hours
Trailhead :	Titanic Memorial Park, Lahardane GPS 54.031059, -9.323049
Services :	Lahardane Village
To Suit :	Walking Shoes, Raingear, Snack, Fluid & Mobile Phone.

## Addergoole Graveyard Walk

Distance :	4 km
Terrain :	Country Lanes, Grassy Paths, Lake Views
Difficulty :	Easy
Duration :	1 hour
Trailhead :	Titanic Memorial Park, Lahardane GPS 54.031059, -9.323049
Services :	Lahardane Village
To Suit :	Walking Shoes, Raingear, Snack, Fluid & Mobile Phone.

Lahardane, Ireland's Titanic Village, takes its name from "Leath-Ardán", meaning gentle slope, or half a height. Read our full Titanic story at [www.mayo-titanic.com](http://www.mayo-titanic.com). Our picturesque village and Addergoole Parish are steeped in local history. Take a walk down Lahardane village. Don't miss:

- Conroy Memorial to 1798 beside this memorial park and route of Humbert Trail
- St Patrick's Church in Lahardane with its Titanic memorial, and one of only two Titanic themed stained glass windows in churches worldwide
- Harry Clarke window of Madonna and Child
- External free standing church bell donated by Micheál O'Tiomnaidhe, famous Gaelic scholar, Irish writer and folklore collector

These walking trails show the history and splendour of Addergoole Parish, Nephin Mountain, Lough Conn, old homesteads and the environs.

# WALKING TOUR OPERATORS



## Rachel's Irish Adventures

Quay Road, Ballina, Co Mayo  
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## Sláinte Ireland Tours

Ballina, Co Mayo  
PHONE : +353 (0)96 73311  
EMAIL : [slainte@slainteirelandtours.ie](mailto:slainte@slainteirelandtours.ie)  
WEB : [www.slainteirelandtours.ie](http://www.slainteirelandtours.ie)



## Paddle & Pedal

Ballina, Co Mayo  
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## Trek West

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WEB : [www.trekwesttours.ie](http://www.trekwesttours.ie)



## Walk West Ireland Hillwalking Tours

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## Tourism Pure Walking Holidays

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## The Adventure Islands

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## Croagh Patrick Walking Tours

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