STEP INTO THE WILD
Céad Míle Fáilte
A GUIDE TO WALKING IN NORTH MAYO

Volume 2
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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
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 Tadhg). 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 lochtaire. 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 cliff top at Alt Breac. Continue along the ditch past Bun an Ghleanna, An Láir Bhán and Lag Fluch 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.

**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 Slí

**Ceathrú Thaidhg Slí na Sláinte**

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

**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.

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**Benwee Head Loop Walk**

**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 Loops**

**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
- 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
- Min Gear: Trekking Shoes, Raingear, Fluid, Mobile Phone.

**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
- Services: Crossmolina (15km)
- Min Gear: Hiking boots, raingear, snack and fluid
- To Suit: People with good levels of fitness

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

**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 Glendorragha 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.
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.
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.

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.
**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.

**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 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.

**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
- **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
- **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
- **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
- **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
- **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.
ideal location for a relaxing, stress free break away from the routines of working life. There are a number of loop walks in the area and they all vary in distance and difficulty.

### 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 Coordinates:** 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 Coordinates:** 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 Coordinates:** 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

### Callow Loop
- **Distance:** 6.5 km
- **Highest Point:** 271 metres
- **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 Coordinates:** 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
- **Highest Point:** 200 metres
- **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 Coordinates:** 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
- **Highest Point:** 200 metres
- **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 Coordinates:** 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 (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.

**Ballycastle Loop**

**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 Rain Gear  
**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 Rain Gear  
**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 Rain Gear  
**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

**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 Aughascabbill, 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.

**Cross Loop**

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 Gluare 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.
### 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 Muíngdoran 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 Walk

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!

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.
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. 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 Mícheál 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.

### 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

### 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. Our picturesque village and Addergoole Parish are steeped in local history. Take a walk down Lahardane village. Don’t miss:
WALKING TOUR OPERATORS

Rachel's Irish Adventures
Quay Road, Ballina, Co Mayo
PHONE : +353 (0)85 1168969
EMAIL : info@rachelsirishadventures.com
WEB : www.rachelsirishadventures.com

Sláinte Ireland Tours
Ballina, Co Mayo
PHONE : +353 (0)96 73311
EMAIL : slainte@slainteirelandtours.ie
WEB : www.slainteirelandtours.ie

Paddle & Pedal
Ballina, Co Mayo
PHONE : +353 (0)97 6808955
WEB : www.paddleandpedal.ie

Trek West
Foxford, Co Mayo
PHONE : +353 (0)87 2540334
EMAIL : info@trekwesttours.ie
WEB : www.trekwesttours.ie

Walk West Ireland Hillwalking Tours
Lahardane, Co Mayo
PHONE : +353 (0)96 51511
MOBILE : +353 (0)86 0504705
EMAIL : walkwestireland1959@gmail.com

Tourism Pure Walking Holidays
Castlebar, Co Mayo
PHONE : +353 (0)94 9027797
EMAIL : info@tourismpurewalking.com
WEB : tourismpurewalking.com

The Adventure Islands
Westport, Co Mayo
PHONE : +353 (0)98 26907
EMAIL : fun@theadventureislands.com
WEB : www.theadventureislands.com

Croagh Patrick Walking Tours
Belclare, Westport, Co Mayo
PHONE : +353 (0)98 26090
EMAIL : gerry@walkingguideireland.com
WEB : www.walkingguideireland.com

Tours by Mulranny Park Hotel
Activity Centre, Mulranny Park Hotel, Mulranny
PHONE : +353 (0)98 36000
EMAIL : info@mulrannyparkhotel.ie
WEB : www.mulrannyparkhotel.ie/cycling-mayo