



Check out our Visitor Attractions

- Savour the new state-of-the-art visitor experience at the 6,000 year-old Neolithic **Céide Fields** near Ballycastle (*opening summer 2022) heritageireland.ie/places-to-visit/ceide-fields. It's the oldest known field system in the world, overlooking the Céide Cliffs.
- Trace Ireland's history and see an original copy of the Irish Proclamation at Ballina's **Jackie Clarke Collection**, one man's astonishing collection of over 100,000 historic items spanning 400 years (clarkecollection.ie)
- Enjoy a tour (and tasting) at **The Connacht Distillery**, on the banks of the Moy in Ballina (connachtwhiskey.com).
- Visit the **Michael Davitt Museum**, housed in a magnificently restored pre-penal church in the village of Straide, near Foxford beside **Straide Abbey**, where the revolutionary and politician with an incredible story is buried (michaeldavittmuseum.ie).
- Take a guided tour of the quirky **Marshall Doran Collection**, Belleek Castle, and discover fossils, medieval armour and pirate queen Grace O'Malley's very own bed! (belleekcastle.com/history.html)
- Find your ancestors at the **North Mayo Heritage Centre** on the **Enniscoe Estate** near Crossmolina, and take in the heritage museum, café and family-friendly 5pm loop walk through the woodlands (northmayogenealogy.com).
- Linger a while at the **Ballinglen Museum of Art**, Ballycastle, where for over a quarter of a century, visiting artists have created work in response to the landscape. The Ballinglen Private Collection contains over 850 works of art (ballinglenartsfoundation.org).
- Visit a working lighthouse and learn about the rich history of Ireland's great lighthouses and aids to navigation at **Blacksod Lighthouse** (visitblacksodlighthouse.ie).
- Weave an unforgettable experience at **Foxford Woollen Mills**. See the looms at work, browse the showroom and enjoy a tasty treat at the Foxford Café (foxford.com).
- Killasser, Swinford is the setting for Tom **Hennigan's Heritage Centre**, which tells the story of the lives of West of Ireland people over the past 200 years (hennigansheritage.com)

- Visit the peaceful **Father Peyton Memorial Centre**, Attymass and hear the incredible story of the world-famous Rosary Priest. Savour their famous home baking or park up and explore the Attymass loop walks (fatherpeytoncentre.ie).
- Experience North Mayo's creative and cultural side at **Ballina Arts Centre** (ballinaartscentre.com) or **Áras Inis Gluaire**, Belmullet (arasinisgluaire.ie) both of which host an array of shows, exhibitions and concerts.
- Visit Ballina and Ireland's first Presidential Library, archive and museum at the **Mary Robinson Centre** (maryrobinsoncentre.ie) (*Opening Autumn 2022)

Feed your soul

- Try your hand at wool spinning and free flow weaving classes led by textile artist, Annie Gambrill at **Killala Woolcraft** (on Facebook).
- Restore your wellbeing with a relaxing treatment at Killala's **Biodynamic Clinic**, overlooking the Pier (biodynamic.org).
- Treat yourself at Mayo's finest boutique spa, **Chill Spa at the Ice House**, and recharge and rejuvenate in an outdoor hot tub or relaxation room overlooking Ballina Quay (icehousehotel.ie). Or choose from **Elemis Spa** at Mount Falcon, **Eidín Spa** at Great National Hotel Ballina, or the new spa at the **Ocean Sands Hotel**, Enniscrone.
- Soak your cares away at the century-old **Kilcullen's Seaweed Baths**, Enniscrone (kilcullenseaweedbaths.net).
- Learn about the art of smoking salmon, passed down through generations at **Clarke's Salmon Smokery**, Ballina (clarkes.ie).
- Bake traditional Irish bread or cake with chef Marjorie in her home at **Brigown B&B & Cookery School**, overlooking beautiful Ballina Quay (brigownbandb.ie).
- Learn about traditional Irish pottery at **Terrybaun Pottery** in the heart of Mayo's own lake district (terrybaunpottery.com) or **Rosie's Pottery Studio**, Easkey where you can take a class (rosiespotterystudio.com).

50 Great Things to do in North Mayo

... AND WEST SLIGO



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Enjoy the Great Outdoors

- Don your hiking boots and head towards Lahardane to climb **Nepin**, the second-highest peak in Connacht (northmayo.ie/climbing-nepin-mountain-co-mayo). Show your summit selfie in **Barrett's of Lahardane** for a free certificate. A qualified guide is recommended. Try **Walk West Ireland** (on Facebook).
- Choose from lots of stunning, scenic looped walks for all levels (mayo.ie/activities/walking-hiking)
- Embrace the wilderness and Dark Skies at **Wild Nepin National Park** and **Ballycroy Visitor Centre** (wildnepinnationalpark.ie), home to **Mayo International Dark Sky Park**. Bring the experience to life with one of **Terra Firma Ireland's** nocturnal hiking, stargazing and cultural tours (terrafirmaireland.com).
- Cycle, trail run hike and taste your way through North Mayo on a bespoke tour or complete the **Belleek Treasure Hunt** in the woods with **Rachel's Irish Adventures** (rachelsirishadventures.com).
- Take a swing at **Enniscrone, Carne, Ballina** or **Swinford Golf Clubs**, on the **Mount Falcon** Driving Range or at **Enniscrone Pitch & Putt** (northmayo.ie/golf).
- Forage your way along the seashore at Killala with Denis at **Wild Atlantic Cultural Tours** (wildatlanticculturaltours.com).
- Sea Angling, family and pleasure trips on the Moy Estuary, or dolphin watching? Contact **Judd Ruane** (fishingireland.ie) or **Donal Kennedy Angling Charter** (dkennedyangling.net).
- Cycle the scenic Monasteries of the Moy cycle route from Ballina to Killala (northmayo.ie/monasteries-of-the-moy). Hire wheels at **Ballina Bike Hire** (ballinabikehire.com) or **Killala Bike Hire** (killalabikehire.com).
- Surf the best waves in Enniscrone, Co. Sligo with **7th Wave Surf School** (surfsligo.com), **North West Surf School**, (nwsurfschool.com) or venture to **Tonn Nua Surf School** in Erris for a lesson with a touch of the Irish language (tonnuasurfschool.com).
- Learn to kitesurf in Erris with **360 Kitesurfing** (360kitesurfing.com).
- Cast a line on the famous River Moy. Visit fishinginireland.info for most recent angling information on fisheries and permits.

- Open water swimming is a must, but always be safe! Local spots include **Enniscrone Pier** (sauna on site, mtla.ie), **Poll Gorm** in **Easkey**, **Belderrig natural pool**, **Ross Strand** in Killala, **Portacloy Beach**, **Elly Bay** or the beautiful **Belmullet Tidal Pool**. **Kilcummin Pier** offers great snorkelling and scuba diving, but only for experienced swimmers.
- If you're an experienced diver with your own kit, get in touch with **Gráinne Uaile Sub Aqua Club** (grainneuaillesac.ie), **Teach an Uisce Diving Club** (on Instagram) or **Belmullet Sub Aqua Club** to hear about the best local spots.
- Here are just **12 beautiful beaches** for you to discover between Ballina and Blacksod: Ross, Lacken, Kilcummin, Ballycastle, Rinroe, Portacloy, Cross, Shraigh, Tarmon, Port Glais, Doolough and Elly Bay. And of course, there's magnificent Enniscrone beside us in Co. Sligo!
- Marvel at **Dún Briste** (The Broken Fort) and take in the short loop walk at **Downpatrick Head**, a Wild Atlantic Way Signature Discovery Point with a spectacular blowhole, WWII lookout post and Éire 64 sign carved into the headland.
- Take a trip to the stunning, abandoned Inishkea Islands with **Geraghty Charters**, (geraghtycharters.com) **Blacksod Sea Safari** (blacksodseasafari.ie), or **Belmullet Boat Charters** (belmulletboatcharters.wordpress.com).
- Want someone to bring you on tour – and do the driving? Get in touch with **Broadhaven Irish Tours** (broadhaventours.ie), **Willie Barrett** (willieb.ie), **Sláinte Irish Tours** (slainteirelandtours.ie), **Rachel's Irish Adventures** (rachelsirishadventures.com) or **Alchemy Tours**, (alchemytours.ie), all of whom can arrange a bespoke guided tour with transport.

Family fun in North Mayo

- Saddle up for a pony trek or a week-long pony summer camp with **Iceford Stables** (icefordstables.com).
- Find your inner Harry Potter with a Birds of Prey Experience or try some of the great children's activities at **Mount Falcon Estate** (mountfalcon.com).
- Feed the ducks and explore the many trails in **Belleek Woods** Forest Park, one of Europe's largest urban woodlands. Other lovely woodland trails include **Drummin Woods**, near Foxford or **Brabazon Woods**, near Swinford.
- Make a splash at **Waterpoint Aqua Park**, Enniscrone (waterpoint.ie) which boasts a climbing wall and health suite on site.

- Take aim and shoot at **Moy Archery**, Ballina (find them on Facebook).
- Take in a movie at Ballina's multi-screen **IMC Cinema** (imccinemas.ie)
- Let little ones go wild at Ireland's largest indoor play centre, **Tumble Jungle** in Ballina (tumblejungle.ie).
- Explore the North Mayo waterways. Stand-up paddle with **Simply SUP** (simplysup.ie) **More to Life Adventures** (mtla.ie), or **Harbour SUP** (harboursupsail.com). Book a kayak tour with **Paddle and Pedal** (paddleandpedal.ie) or try out the lot in Belmullet with **Wavesweeper Sea Adventures** in Belmullet (thewesternstrands.com).
- Hit the swings and roundabouts at the award-winning, accessible **Tom Ruane Park**, Ballina, or Enniscrone Playground.



Explore our history and heritage

- Explore the region's monastic history at **Ardnaree Abbey**, **Rosserk Friary**, **Moyné Abbey**, **Rathfran Abbey**, **Straide Abbey**, **Errew Abbey**, **Easkey Abbey**, **Cross Abbey** and **Banada Abbey**.
- Learn of Lahardane's sad Titanic history at the serene **Addergoole Titanic Memorial Park** (addergoole-titanic.com) and visit the commemorative Harry Clarke stained glass window in St Patrick's Church.
- Explore the sacred landscapes of the first Stone Age farmers on the remote but scenic 5km **Blanemore Forest Archaeological Walk**, Moygownagh (blanemoreforest.com)
- Delve into the ancient secrets of the first farmers with a **Belderrig Valley Experience** tour (belderrigvalley.com).
- Take a quiet, reflective moment in the splendid **St Muredach's Cathedral**, Ballina.
- Drive the spectacular North Mayo Céide Coastline and follow **'Tír Sáile', the North Mayo Sculpture Trail**, from Ballina to Blacksod (northmayoarttrail.com)
- **Turas Siar** in Erris provides a local history service and education based around the Irish language, with a centre containing items of historical interest related to the Erris area and the Erris people (turassiar.ie).