Environmental Guidelines

Parts of the Bangor Trail pass through private property. Please leave gates as you find them and be respectful of private land. Keep dogs on a lead and clean up after them. Don't leave any litter behind. Please don't pick the flowers, some are quite rare. Take only photos and leave only footprints.

Note: This leaflet is only a rough guide to the walk and should not be the only source of information used for planning and completing the trail.

(Photography by Rosemarie McDonald and Phelim Doran)









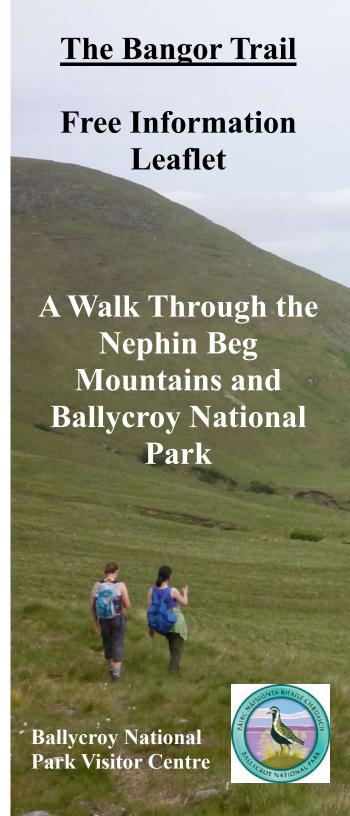


For further information contact:

Ballycroy National Park Visitor Centre, Ballycroy Village, Westport, Co. Mayo

(Open March - September)

Tel: 098 49888



Introduction

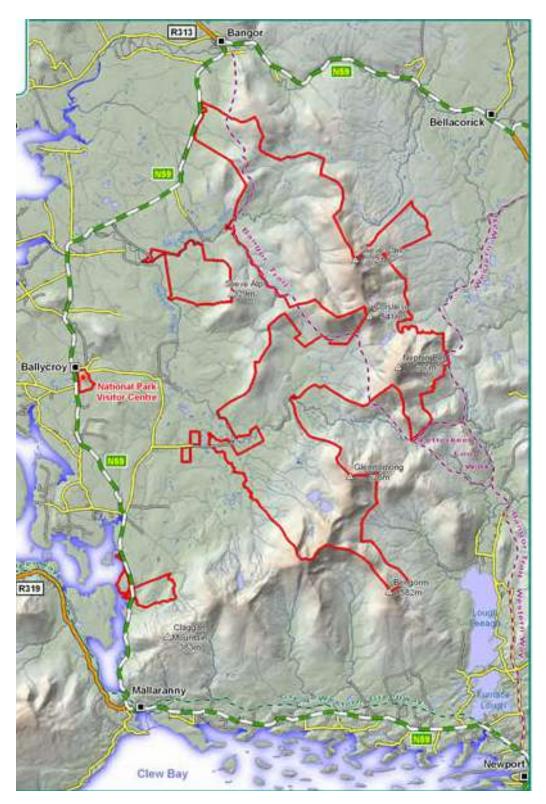
The Bangor Trail is an old road through the Nephin Beg mountains in north-west Mayo. It used to be the main route from Bangor to Newport, dating back to the 16th Century. Nowadays it mainly attracts recreational walkers, though due to the distance involved and the rough ground underfoot it is probably quieter now than it once was at the height of Ireland's population in the early 1800s.

Distance

The full length of the trail, from Bangor to Newport, is almost 40km, however this can be shortened to 26km by leaving a car at or being collected at Letterkeen.

Ground

The ground underfoot is rough and depending on weather can be very wet. The way is sign-posted but it is recommended to bring a map and compass and know how to use them.



What You'll Need

- Food and water (at least 2 litres)
- Waterproof jacket and trousers
- Spare warm clothing
- Waterproof boots
- Map (OS Sheets 23 & 31)
- Compass
- Headtorch
- Mobile phone (but don't expect to have much signal)

Time Required

Completing the full walk will take at least 10 hours; 12 is more likely and longer than this is not uncommon. It is a long day and as such, walkers should be well prepared and ensure they have started early enough to finish before nightfall.

Preparation

This is not a beginner's walk. Walkers should be experienced and prepared for a long day over rough terrain. Don't go alone and be sure to tell somebody of your estimated time to arrive back. In case of emergency dial 999 or 112.

Natural History

The Bangor Trail passes through the Nephin Beg mountains and Owenduff Bog. This area is Ireland's biggest wilderness. Evidence of humans is rare and it is a remote and quiet place. Keep an eye out for Irish hares, red deer, frogs and red grouse as well as other birds and summer wildflowers. There are few places in the country so far from civilisation and the walker will be rewarded with peace and quiet and stunning views.