

County Galway offers a lot of opportunities to discover its beautiful landscapes. Walking and cycling are the best ways to reveal nature's secrets and to feel closer to our environment. Everyone can suit one of the routes. There are options for all levels of walker: whether easy or moderate level, from 2 days trails to 1hour routes.

Galway County Council has collected all the information you could need to help you to find your perfect walk. Enjoy our outdoors and please them with respect. Follow the Leave no trace guidelines attached at the end of this booklet.



Table of Contents

WALKING ROUTES

West Conamara

○	<i>Ballyconneely</i>	05/06
○	<i>Benlettery Horseshoe</i>	06
○	<i>Ballynahowan</i>	07
○	<i>Central Maamturks</i>	08
○	<i>Diamond Hill (2 routes)</i>	08
○	<i>Cleggan</i>	09/10
○	<i>Clifden – Killymongaun</i>	11
○	<i>Clifden Slí na Slainte</i>	12
○	<i>Glenagevlagh</i>	13
○	<i>Inishnee/roudstone loop</i>	14
○	<i>Inishbofin Island - West quarter Loop</i>	15
○	<i>Inverin</i>	15/16
○	<i>Killary walk</i>	16
○	<i>The Leenane Horseshoe</i>	17
○	<i>Leathanach</i>	17
○	<i>Lios Uachtair</i>	18
○	<i>Roundstone and Letterdyfe</i>	19
○	<i>Tully cross</i>	20
○	<i>Tully mountain</i>	20

Corrib

○	<i>Ardnagee Loop</i>	21
○	<i>Binn Bhan</i>	21
○	<i>Clonbur Wood Loop Trail</i>	22
○	<i>Cong Forest</i>	22
○	<i>New Village</i>	23
○	<i>Lackavrea</i>	23
○	<i>Oughterard</i>	24
○	<i>Seanbothar</i>	25
○	<i>Western Way (Connemara)</i>	25

North & East Galway

○	<i>Milltown Slí na Slainte</i>	26
○	<i>Athenry Architectural Trail</i>	26
○	<i>Monivea - Historical Trail</i>	26
○	<i>Monivea - Mass Track Trail</i>	26
○	<i>Mountbellew woodland</i>	27
○	<i>Moylough Slí na Slainte</i>	27
○	<i>Tuam Slí na Slainte</i>	27
○	<i>Tuam Architectural Trail</i>	28
○	<i>Suck Valley Way</i>	29

South & East Galway

○	<i>Ballinasloe Architectural Trail</i>	30
○	<i>Gort Architectural Trail</i>	30
○	<i>Coole/Garryland Nature Reserve</i>	31/32
○	<i>Hymany Way</i>	33
○	<i>Loughrea Architectural Trail</i>	33
○	<i>Portumna Forest Park – Bonaveen</i>	33
○	<i>Portumna Architectural Trail</i>	34
○	<i>Portumna Forest Park – Forest friendly</i>	35
○	<i>Portumna Forest Park – Rinmaher</i>	36
○	<i>Portumna Forest Park – Woodland Mountain</i>	37

Galway City & environs

○	<i>Mervue Slí na Slainte</i>	38
○	<i>Loughwell Loop</i>	38
○	<i>Letter to Doon Mast</i>	38
○	<i>Rocks Road Moycullen</i>	38
○	<i>Drumaveg Loycullen</i>	38
○	<i>Slieveena Moycullen</i>	38
○	<i>Killannin/Kylemore*Collinamuck</i>	38
○	<i>Oranmore Slí na Slainte</i>	39
○	<i>Spiddal</i>	39

CYCLING ROUTES

West Conamara

○	<i>Clifden Cycle Hub Loop (4 routes)</i>	41/42
---	---	-------

Corrib

○	<i>Derroua Mountain Bike Trail</i>	43
---	------------------------------------	----

South & East Galway

○	<i>Bonaveen Mountain Biking Trail</i>	44
○	<i>Forest Friendly Family Cycling Trail</i>	45
○	<i>Portumna - Rinmaher Mountain Biking Trail</i>	46
○	<i>Portumna - Woodland Mountain Biking Trail</i>	47

Galway & environs

○	<i>Moycullen</i>	47
---	------------------	----

	Map of the Walking routes	48
---	---------------------------	----

	Leave No Trace Principles	49/51
---	---------------------------	-------

 WALKING ROUTES



West Conamara

Trail name	Type	Quality	Length/Grade	Time	Nearest town / Description
<i>Ballyconneely</i>	Walking trail	**	5 Kms / Moderate	1 to 2 hrs	<p><u><i>Aillebrack & Emlagharan</i></u></p> <p>This walk begins about 2 kilometres from Ballyconneely Village, at the road just before the old ruined seaweed factory. Ahead of us rises the mass of Doon Hill, the basalt plug of an ancient volcano, the outer cone of which has now eroded away.</p> <p>Traces of the foundation of a Celtic ring fort, or <i>Dún</i> (from which the hill and the area are named) can be seen on the summit. The landscape which we pass through here is one of rocky outcrops, with many lakes and marshy areas which support a rich and interesting flora.</p> <p>Our route passes the ruin of the seaweed factory on the right and we soon reach the shell of Bunowen Castle on the left. Further on, we take the right turn at the sign for the golf club. Ahead lies a landscape different from the rocky, marshy area we have just passed through. Our route turns right, following the boundary fence of Connemara Golf Club.</p> <p>Before turning here, looking away to the left, you can see the tower of Slyne Head lighthouse in the distance. Ahead, as you walk, lie the mountains of Connemara, with those of Mayo slightly to the north. The road passes between the golf course and the shore of Sand Lough, into a landscape of small walled fields and abandoned ruined homesteads.</p> <p>The route follows the road right at the junction and we again pass through the rocky landscape of heather and gorse back to our starting point. If you begin and end this walk in Ballyconneely village you can add approx 5 kilometres (about 1 hour) walking.</p>

COUNTY GALWAY WALKING & CYCLING ROUTES

Trail name	Type	Quality	Length/Grade	Time	Nearest town / Description
<i>Ballyconneely</i>	Walking trail	***	6.5kms / easy	1 to 2 hrs	<p><u><i>Lehid and Keerhaun South</i></u></p> <p>This walk begins 2 kilometres from Ballyconneely Village, at the road just before the old ruined seaweed factory. But rather than proceeding towards Doon Hill, we take the turn northwards. Our route passes for about 2km through an area of rocky outcrops, coloured in August with the purple of heathers and the yellow of dwarf gorse. The intervening, low lying places are waterlogged and marshy with colonies of reeds and yellow-flag iris.</p> <p>At the stone sign for Lehid and Keerhaun our way follows the right fork which soon reaches the <i>machair</i> and sand-dune system on the western reaches of the Slyne Head peninsula. Rich in wildflowers and birdlife, this is an area worth exploring. Keep a careful watch or you may miss our turn left. This track swings back and we enter a beautiful farming landscape which has probably changed little for 150 years.</p> <p>The track rises onto the side of the hillock, looking back over the sand-dunes, the rocky outcrops and small cliffs ablaze with wildflowers in May and June; the mountains of Connemara and Mayo a magnificent distant backdrop. Our route soon passes a lake on the right and here we can just see a small artificial island or <i>crannóg</i> – a Celtic Iron Age or early Christian fortified lake dwelling. Further evidence of ancient peoples can be found in the middens among the dunes beneath us to the west. Old ruined farmhouses, some now used as barns, show us the style of building here early in the last century. Our way brings us back to the town land marker for Lehid and Keerhaun and from here we re-trace our way back to our starting point. If you begin and end this walk in Ballyconneely village you can add approx. 3 miles / 5 kilometres (about 1 hour) walking.</p>
<i>Benlattery Horseshoe</i>	Walking trail	**	8kms / Moderate	5 hrs	<p><u><i>Benlattery Horseshoe</i></u></p> <p>Starting on the N59 at the western end of Ballynakill Lough, this walk follows a gentle ridge leading to the cone of Benlattery. From this summit the walk follows a NE ridge to Bengower in the heart of the southern Bens. Retrace the ridge SW and bear west for the summit of Benglenisky and the final descent towards Barnanoraum.</p>

COUNTY GALWAY WALKING & CYCLING ROUTES

<i>Trail name</i>	Type	Quality	Length/ Grade	Time	Nearest town / Description
<i>Ballynahowan</i>	Walking / Cycling route	***	4.8 km / Easy		<p>Situated in Ballynahowan, beside Tully Church.</p> <p>A stunning walk towards the coast with beautiful views of the Aran Islands and access to local, enclosed beaches. Ballynahowan Pier continues to provide mooring for a small number of boats. This is a very small working harbour.</p> <p>Park in the Church Carpark. Leaving the carpark, taking a left (Towards the bend). Take the next left down a small country trek. Follow the trek for 1/4 mile (.4km). The small road splits. Taking the left will lead you to a beach 1/4 mile (.4km) on. Going right will take you to Ballynahowan Pier 1/2 mile (.8km). You will cross a small bridge over Ballynahowan River. From the bridge you will see the Pier in the distance. See if you can find the 'Rabbit Hole Beach' across the fields before the bridge (ask a local). Getting Back: When you reach the Pier turn back but follow the tarmac road for exactly 1 mile (1.6km) to the 'Tully Cross'. Take the right turn back on to the main road, R336, passing a large convenience shop. Follow the road for 3/4 (1.2km) mile until you reach the Church, and your car. Be sure to stay on the right side of the road when walking. as with all the walks, wear clothing appropriate to the weather and take water.</p>

COUNTY GALWAY WALKING & CYCLING ROUTES

Trail name	Type	Quality	Length/Grade	Time	Nearest town / Description
Central Maamturks	Walking trail	*	8kms / Difficult	5 to 6 hrs	<p><u>Central Maamturks</u></p> <p>Starting on the Western Way at Illion West, this walk ascends between some lovely crags up to the ridge of <i>Mám Ochóige</i>. From here the SE ascent of <i>Binn Idir a' Dá Log</i> (highest of the Maamturks) begins with a tricky scramble. This is followed by a gradual ascent to the summit with views over the 12 Bens, Lough Inagh, South Connemara and Joyce Country. Then follows a spectacular zigzag ridge to the summit of <i>Binn Chaoínigh</i> with an option to bag another summit, <i>Binn Mhaírg</i>, on an adjacent spur. The walk then descends to Maumeen, the gap linking Connemara and Joyce Country. This is a pilgrimage site with holy well and chapel dedicated to St. Patrick. The walk finishes by following the pilgrim route down to Maumeen car park.</p>
Diamond Hill Loop	Walking / Hiking Trails	***	7.00 Km / Strenuous	2.5 - 3 Hrs	<p><u>Letterfrack</u></p> <p>Upper Diamond Hill</p> <p>Upper Diamond Hill trail follows its way through a rugged white-quartzite landscape, ascending to the summit of Diamond Hill, where one is rewarded with expansive panoramic vistas across all of Connemara, the Twelve Ben mountains to the North and East, far down below Kylemore Abbey and Lough, Tully Mountain to the West, and to the North the summit of Mweelrea, Connaughts highest mountain.</p> <p>Lower Diamond Hill</p> <p>Lower Diamond Hill, gains modest heights, enough to provide sensational territorial views, particularly of the surrounding Connemara coastline and islands, including Inishbofin, before descending back down through a placid valley, full of tranquillity and striking examples of Connemara's blanket bog. Diamond Hill Trail is not particularly challenging, though highly rewarding. The trail is well sign posted and highly accessible.</p>

COUNTY GALWAY WALKING & CYCLING ROUTES

Trail name	Type	Quality	Length/ Grade	Time	Nearest town / Description
<i>Cleggan</i>	Walking trail	**	6.5 Kms / Moderate	1h30	<p><u>Cleggan and Sheenauns</u></p> <p>Begin by leaving Cleggan Village behind you with the bay on your left. Take the first turn left, following the line of the bay which is dominated by Cleggan Head on the opposite shore. Low sand and gravel deposits are also visible on this far shore; behind as the last ice-sheets melted away 10, 000 years ago.</p> <p>Our route follows the road across the road over the head of the bay and Cleggan beach. This is built on a natural storm beach of cobbles and boulders thrown up during stormy weather. On the right is Lough an Oileain (the lake of the island), which was naturally impounded as the storm beach impeded drainage. The lough is now brackish and supports vegetation and more wildfowl than many other acidic loughs in Connemara. As we leave the bay behind us, the road passes near a field of drumlins on the right. These hills of glacial gravel left behind by the melting ancient ice-sheets, indicating that glaciers retreated away from the bay along the line of the Ballynakill valley. Our way takes the next turn right, into the town land heartland of Sheenauns and among the drumlins. The circular stone enclosure becomes very visible away on our right.</p> <p>As we pass, on the left, an unoccupied two-story house, a Bronze Age stone alignment becomes visible along the ridge. (Please, do not enter private property without permission). As our route bears round to the right, the bay again becomes visible with Inishshark and Inishbofin floating on the sea. The road descends to the river, and our route takes a right turn immediately after the bridge. Here we see a white quartz standing stone and a Bronze Age ritual stone, in the field on the right.</p> <p>The route follows under some dry sheltered scarps, where the willow and hazel can thrive. As we regain the shore of the lough, we meet an area of hazel scrub through which a small waterfall cascades spectacularly following rains. We descend towards the beach road again, turn left and retrace our steps along the bay back to Cleggan village.</p>

COUNTY GALWAY WALKING & CYCLING ROUTES

Trail name	Type	Quality	Length/ Grade	Time	Nearest town / Description
<i>Cleegan</i>	Walking trail	**	5Kms / Moderate	1h	<p><u>Knockbrack to Sellerna Beach</u></p> <p>This walk begins in Cleggan Village, turning right towards the harbour which was begun in 1822 by Alexander Nimmo, and extended in 1908 at the height of the lucrative mackerel and herring fisheries of that period. Our way turns left beyond the Pier Bar and the track rises up on a ridge of sand and gravel deposited here as the glaciers of the last ice age melted 10, 000 years ago. These gravels are free-draining and more fertile than the surrounding lands and they support better farmland.</p> <p>On your right is Cleggan Bay with Cleggan Head on the opposite (North) shore. Cleggan (correctly Cloigeann, meaning a skull) takes its name from the doomed shape of Cleggan Head. At its summit you can make out the ruined remains of a watchtower, part of the signalling system built along the west coast in the first decade 19th century to warn approaches by the French fleet. As you crest the rise the spectacular seascapes with Inishshark, Inishboffin and many smaller islands, becomes visible. The route then passes some modern house and bears right on the unpaved track at the T-junction. This brings you to Sellerna beach. Exploring along the shore, you will discover a Cillín (ancient children's burial ground where unbaptised infants were in times past) at the west end and the wedge tomb (Neolithic burial place, circa 4, 000 BC) at the east end.</p> <p>Retrace your way back along the track passing your original path on the left. Bear left on the paved road towards Cleggan village. 220m on the right, the large black and white buildings were once the old coast guard station. As you approach the village, the bay appears again on your left and, away in the distance, the Twelve Bens, Diamond Hill and Kylemore Valley.</p>

COUNTY GALWAY WALKING & CYCLING ROUTES

Trail name	Type	Quality	Length/ Grade	Time	Nearest town / Description
<i>Clifden – Killymongaun</i>	Walking trail	**	6.5 kms / Moderate	2 hrs	<p><u><i>Clifden – Killymongaun</i></u></p> <p>This walk heads east from Clifden along the main Galway road. Leaving the town you can see the remains of the old Galway to Clifden railway on your right. All that remains now is part of the embankment on which the track rested. The railway was built in 1895 many years after lobbying began seeking government backing for this enterprise. Unfortunately, economic problems closed the line in 1935.</p> <p>The road crosses the new bridge over the Owenglin River and you notice the turret on the old 'Waterloo Bridge', built in 1818. About 1km beyond the Clifden Glen development our route takes the small road dipping to the right. The base of the old Clifden Galway railway can again be seen in a cutting on the left side of the main road, and heading east across the bogs as we continue our way. Our road bears sharply right and we are looking out over the vast expanse of blanket bog known as the Roundstone Bog, an area of exceptional scientific interest. The road soon turns to a track which makes its way across an exceptionally beautiful landscape of bog, farmland and lakes.</p> <p>Away to the south, the dark mass of Roundstone Hill rises. About 2km from the turn we overlook The Salt Lake: an almost land-locked arm of the sea that fills and empties at the bridge at Ardbear. The line of floats clearly visible in the water support ropes for mussel cultivation. If you wish, you might explore the little track to the left that brings you down to the stream flowing into Salt Lake. In the last century this stream supported a working mill which is no longer extant. The walk continues another mile or so into Clifden, finally crossing the bridge over the Owenglin River. In spring and early summer, after heavy rainfall, it is not unusual to see salmon leaping up the falls here on their way to their upstream spawning grounds.</p>

COUNTY GALWAY WALKING & CYCLING ROUTES

Trail name	Type	Quality	Length/ Grade	Time	Nearest town / Description
<i>Clifden Slí Na Sláinte (Loop)</i>	Walking Routes		5.60 Kms / Easy	1hr	<p><u>Clifden</u></p> <p>To follow the route, walk past St. Joseph's Church, taking the first left along Church Hill Road, passing the ruin of St. Mary's Chapel and Graveyard (1824) on your left and further on, Christ Church (1853).</p> <p>At the T-junction, turn right onto the Sky Road, passing the entrance to the Abbey Glen Hotel and the monument to John D'Arcy, founder of Clifden, capital of Connemara. Follow the Sky Road for 2km, experiencing the Stunning views across to the Twelve Bens mountains, giving an Alpine effect in the background.</p> <p>Turn left onto the Mine Road, at the entrance to John D'Arcy's Clifden Castle (1815) and follow the lane downhill to the Clifden Beach Road. Turn left onto the Beach Road with beautiful views of Clifden Bay and the Faul peninsula to the right. Follow the route for over 2km, passing Clifden Quay and through the town centre, back to the starting point at the Esso Garage.</p>

COUNTY GALWAY WALKING & CYCLING ROUTES

Trail name	Type	Quality	Length/ Grade	Time	Nearest town / Description
<i>Glenagevlagh</i>	Walking trail	***	7kms / Easy	1 to 2hrs	<p><u><i>Glenagevlagh</i></u></p> <p>Our route leaves Leenane, walking on the Westport road past the Leenane Cultural Centre. On the left is the upper reaches of Killary Harbour and the tidal estuary of the Erriff River. The sandy expanses seen here at low tide are deposited by the river when in spate. Across Killary, Bengorm rises majestically while Letterbrickaun stands on the right. The parallel patterns seen on some of the steepest slopes of Bengorm are faint traces of old cultivation ridges or "lazy beds", and they tell of a once more populous countryside. It is a long time since these were used, some dating to the time of the Great Famine of the 1840's. Ahead, away up the Erriff valley, you can sometimes get a glimpse of Maumtrasna Mountain. Our way now descends towards the Glenagevla River and we cross the bridge before turning right. We follow the road into this lovely sheltered valley, dominated on the left by Binn Garbh or the Rough Summit (called the Devil's Mother on most maps). Unusually for Connemara, trees grow well here because of the shelter. Willows and ash are common and give a special quality to this landscape oasis. The mountain on the right, Leacan, overlooks a neat and well maintained farm landscape that contrasts strongly with the surrounding wild lands. As we reach the turn in the road we see the entire valley is protected by a ridge running unbroken from Binn Garbh around to Letterbrickaun. This feature is typical of a glacial valley,</p> <p>The road heads back along the river, through the village of Glanagevla (Gleann na nGeimhleach, or the Valley of the Prisoners: who or what was captive here is unknown). More "lazy beds" are evident away up on the left hand side and we recognise that everywhere are signs of a previous population. Ahead we again see Bengorm with the Sheeffry Hills) behind and to the east. We soon return to the bridge which we crossed earlier and, turning left, begin to retrace our steps towards Leenane. As Leenane Hill comes into view over the village the extent of cultivation in inaccessible places becomes evident – "lazy beds" are everywhere. Also high on the hillside large walled fields are clearly seen, telling of a past when Leenane was a great sheep centre. These huge pens were used to hold stock brought to the village for the great pattern fairs of the past. Away ahead, and to the right, the Western Way winds its route over the shoulder of the hill.</p>

COUNTY GALWAY WALKING & CYCLING ROUTES

Trail name	Type	Quality	Length/Grade	Time	Nearest town / Description
<i>Inishnee/ Roundstone loop</i>	Walking trails	**	6 kms / Easy	2/2.30 hrs	<p><i>Inishnee</i></p> <p>Starting from the mapboard, follow the purple arrow along the minor roadway for 1.5km to reach a 3-way junction. You will return to this point from the left later for now continue straight.</p> <p>Continue to follow the minor roadway for another 1km to reach a Y-junction. The loop turns left here, and starts to climb gently to reach Reilig Naomh Maitiú (St Matthew's Graveyard) on your right. It's well worth a visit.</p> <p>The loop continues to follow the minor roadway until it peters out and becomes an old stone laneway which takes you back to the junction mentioned at the second paragraph above. This time turn right and enjoy the 1.5km trek back to the trailhead.</p>
<i>Inishbofin Island - West quarter Loop</i>	Walking / Hiking Trails	***	5.00 Kms / Easy	2hrs	<p><i>Westquarter Loop</i></p> <p>The Westquarter loop takes in some of the most stunning Atlantic Coast scenery in Connemara offering views of the Island's blow holes and sea arch, sea stags where the Island seal colony can be seen, the Dún More Cliffs and Iron Age promontory fort ruins, picturesque Trá Gheal beach and famine road. The track winds over grass paths, turf banks and shingle beach pebbles. The walk also affords views of Inishark Island.</p>



COUNTY GALWAY WALKING & CYCLING ROUTES

Trail name	Type	Quality	Length/Grade	Time	Nearest town / Description
<i>Inishbofin Island - West quarter Loop</i>	Walking/ Hiking Trails	***	5.00 Kms / Easy	2hrs	<p><i>Middlequarter Loop</i></p> <p>This walk runs over Inishbofin's second highest point, which on a clear day offers panoramic views of Achill Island's mountains, Inishturk and Clare Island, the Twelve Bens, Maumturks and Croagh Patrick, the track takes in Inishbofin's historic and varied Iron and Bronze Age landscapes with mill stones, partitions and evidence of round stone houses.</p>
<i>Inishbofin Island - West quarter Loop</i>	Walking/ Hiking Trails	***	5.00 Kms / Moderate	1hr 30min	<p><i>Irishbofin Cloonamore Loop</i></p> <p>The Cloonamore Loop which runs over green roads, bog roads and laneways runs along the beautiful East End Beach and St Colman's 14th Century Chapel and Church Lough, a fertile valley which supports reed beds and other vegetation, which in turn provide cover, food and nest sites for a wide variety of birds.</p>
<i>Inverin</i>	Walking/ Cycling route	***	8 km / Moderate		<p>Stunning. That's about the most adequate word to describe this walk. Absolutely stunning. This is a difficult road to find. Driving from Spiddal approx 5 miles you will see a large advertisement for Aer Arann on the wall of a house on the left. It is the right turn at this sign. Please see the Interactive Map.</p> <p>Find a location to park your car on the R336. Walk up the up the road at Cor Na Ron. Walk the road until you reach a large lake on the right side (approx 1.8 miles). Directly ahead you will see the old entrance to Crumlin Lodge with a small wood, this is private land. Take the next right turn which rises slowly over the bog. Another stunning lake appears on the left side (approx 1 mile). Follow this trek until you reach a tiny T Junction at the east end of the lake. Take the right turn which rises again, providing stunning views of the landscape. You are now walking back towards the R336. Another beautiful lake will appear on your left side (approx 1mile). Continue until you reach the main road, R336. Take a right turn (keeping on the footpath) until you reach your car.</p>

COUNTY GALWAY WALKING & CYCLING ROUTES

<i>Inverin</i>	Walking route	***	4.8 km / Easy	1 hr	<p>A perfect walk with beautiful scenery winding through lush greenery along the Crumlin River.</p> <p>Drive approximately 2 miles (3.2km) past Spiddal on the R336. You will see a large service station on the left 'Siopa an Phobal'. Park in the carpark of Coláiste Lurgan, just 50 meters past the service station on the right side. Walking out from Coláiste Lurgan, take the left, towards Spiddal on the R336. Walk past the Credit Union and take the next left on to Bóthar Buí. Follow the road for approximately 1 mile (1.6km). You will find a small bridge crossing the Crumlin River. Cross the bridge and walk on another 1/2 mile (.8km) as the road continues to wind slowly upwards. Eventually you will come across an Electronic Windmill Farm on your right, the trek home is to the left. The Windmills were the brain child of a local politician <u>Pól Ó Foighil</u>. These cutting edge technical creations are an amazing sight against the backdrop of the bog and surrounding rugged landscape. They stretch over 100 feet into the sky.</p> <p>The road back is more direct and runs approximately 3/4 mile (1.2km) directly to the R336. When you reach the main road, take a left turn back to the carpark of Coláiste Lurgan.</p>
<i>Killary Walk</i>	Walking trail	**	8kms / Easy	2 hrs	<p>Killary Walk</p> <p>The start of this walk is approximately 8km from Leenane village, on the right after crossing the bridge over the Owenmore River. On the right, as we descend towards the shore, the wooded area in the valley is the work of these earlier landlords. The length of the Outer Killary begins to open out before us and the size of this bay can be fully appreciated. Across Killary stands the mass of Mweelrea, the highest mountain in Connaught, and the steepness of its slopes can help us judge the depth of water. As our walk progresses, we keep to the right-hand track.</p> <p>There is a potential choice within the final three kilometres but, to stay with the Killary as long as possible, keep again to the right. (It is possible to leave the track and gain the little Killary via a rocky gap on the left). Ahead the navigation marks (beacons) for safely entering the Killary are clearly visible rising up from island and rock. Tucked under the lee of the shore ahead you can just glimpse the floating structure of the salmon farm. Bearing around left, our track passes close by cottages in the form of Rosroe and we turn right to finish on the pier 100 meters beyond.</p>

COUNTY GALWAY WALKING & CYCLING ROUTES

Trail name	Type	Quality	Length/Grade	Time	Nearest town / Description
<i>The Leenane Horseshoes (loop)</i>	Walking/ Hiking Trails	***	5.5 Kms / Moderate	2.5 to 3hrs	<p><u>Leenane</u> This walk is probably one of the easier walks in the Maumturk mountains. Spectacular views onto Killary Harbour await you along the route. This leads you to the unnamed peak (556 m) at L863604, passing a small bog lake along the way. There is a good view into the grassy corrie of Leenaun and of Killary Harbour, Irelands only fjord, from here. There are many nice views from this peak, such as the remainder of the Maumturk range to the south, Binn Gorm to the north and Devils Mother on the North East. The descent is a direct route northwards down the grassy ridge towards Leenane village.</p>
<i>Leathanach</i>	Walking trail	**	6.5 Kms / Easy	1h to 1h30	<p>Begin this walk opposite the Zetland Hotel, passing the community centre and hand-ball alley on your left. The rhododendrons dotted here among the hawthorns, willows and holly are evidence of a nearby 'big house'. Both of the nearby hotels had their origin as big houses in the last century. Note the first turn on the left at about 500m. This is where our walk will turn upon returning from the shore. Beyond these hedgerows the road comes onto open grazed rocky heath land typical of many parts of Connemara. The larger European Gorse, part of the hedgerows and strewn haphazardly about the place, flowers yellow from May onwards. The road is now a track, which continues 500m past the farm gate at the end, keeping right on to the shore. From here there are fine views over <i>Leitreach Áird</i> on the far side of the bay.</p> <p>After absorbing sufficient sea views and air, retrace your steps to the turn mentioned above. Our route turns right here, across to link up with the Carna-Cashel road. Turn left here through this vast spectacular expanse of blanket bog and granite outcrops. After half a mile we turn left once again towards Cashel and our starting point.</p> <p>Alternative starting points along Cashel Bay will lengthen this walk. If you start from the Post Office the journey will be 11 kms and will take a little over 2 hours to complete.</p>

COUNTY GALWAY WALKING & CYCLING ROUTES

Trail name	Type	Quality	Kms/ difficulty level	Time	Description
Lios Uachtair	Walking trail	**	20 / Severe	4 to 5 hours	<p><u>Lios Uachtair</u></p> <p>Begin this walk by turning left off the main road just west of Caher House. Ahead you have spectacular views of the Maumturk Mountains, with a low pass of Maumeen, the popular Patrician Pilgrimage site, clearly visible. Before the first small lake on the right hand side of the road, you can see the remains of ancient pines. Ahead, you can discern the original sedimentary strata of these Connemara rocks. Along the sides of the hills, these strata are clearly folded and angled upward in an aspect, very different from the ancient original.</p> <p>You quickly reach the car park at the bottom of the pilgrimage route and, if you have the time and the inclination, the climb and the view beyond into the Maam Valley are well worth the effort (add extra time for this). From here on our route follows part of the long-distance walking route, The Western Way. Looking ahead, the Maamturks stretch out on the left, facing the Twelve Bens across the wide valley. Passed the small church traditional field patterns still cling to the side of the mountain, interspersed with the ruins of the original habitations. On the left hand side of the route the lough is called Lough Leathanach.</p> <p>As we leave Lios Uachtair behind us Lough Inagh is visible ahead to the left. This lough gives its name to the magnificent Inagh Valley. As our route bears left towards this valley we pass where the Western Way continues northward across the bog to Leenane. Turning left when we reach the car-park for the Lough Inagh Fishery, we pass the boat sheds. The Inagh Valley Inn is on the narrows between the two Our route then reaches the main Clifden – Galway road again. Turn left and walk 4km/2.5ml brings us back to the start with Glendollagh Lough on the right.</p>

COUNTY GALWAY WALKING & CYCLING ROUTES

Trail name	Type	Quality	Length / difficulty level	Time	Description
<i>Roundstone and Letterdyfe</i>	Walking trail	***	11kms / Moderate	6 hrs	<p><u><i>Roundstone and Letterdyfe</i></u></p> <p>Begin in the village, following the road uphill beside the pub. Take the first turn right and our route lies between the village and Roundstone Hill to the west. We pass initially through an expanse of European Gorse. Ahead on the left we see contrasting healthy slopes of commonage on the Roundstone Hill. The road climbs slightly and we are soon aware of the majestic Twelve Bens and Maumturk Mountains away in the distance. On the right Cashel Hill rises low in contrast.</p> <p>Our way leaves behind us the better fields and field patterns can be seen on the left under the hill slope. Pass through the gate (closing it after us!) out onto the commonage, a grazed heath which in autumn shows spectacular colours contrasting between Dwarf Gorse and several species of heather. On the left, Roundstone Bay and Inishnee make up the foreground. The track we are on gives local access to the peat bogs and evidence of past and recent turf cutting is frequent. Away on the right, rhododendrons can be seen in sheltered dips in the rolling bog land; self-seeding from nearby plantings originating in the last century.</p> <p>As the track begins to descend, the north western section of the Roundstone Bog becomes visible; an area of scientific interest for, among other attributes its rare flora and wintering white fronted geese. Our route takes the track to the right, through a farm gate. (If you have time, the left hand track here leads you to impressive views and adds about 5 km/ 3 ml to the length of the walk). Our route turns right at the paved road, back towards Roundstone. On the left we pass the head of Roundstone Bay and, on the opposite shore, the island of Inishnee. Coming closer to the village, passed Letterdyfe House, those botanically inclined can search out the unusual Babington's Leak on the sea side of the wall.</p>

COUNTY GALWAY WALKING & CYCLING ROUTES

<i>Tully cross</i>	Walking trail	**	5 kms / Moderate	1 hr	<p><u><i>Tullycross and Teoreena</i></u></p> <p>Leave Tullycross on the Letterfrack road; Tully Mountain (known locally as Leitir Hill, the wet hillside) is away on the right and on the green hillock closer by is the storage tank for the local water supply. The road descends for about 2.2kms towards the mouth of the Dawros River, a famous salmon and white (sea) trout fishery. In spring and early summer, if the conditions are right, you may see salmon jump the falls below the bridge at Derryinver. Ahead, the peaks of Diamond Hill and Knockbrack are in the foreground with Muckanaught (correctly Macha Nocht) one of the Twelve Bens, looming behind.</p> <p>Our route follows the track to the left, immediately before Derryinver Bridge, by another water storage tank. Up ahead rises Currywongaun, with the dark mass of Doughruagh behind; Altnagaighera and Lettergesh Mountain behind (Benchoona) are visible away to the northwest. Our route is through an actively harvested blanket bog. Here on the floor of the valley the peat or turf has developed to a considerable depth (up to 3m +) and has been cut for fuel for as long as people have lived here. In the water logged low-lying cutaways, you can find floating mats of the bog moss (Sphagnum), which, as it grows, accumulates increasing the depths of peat. In other cut-away areas you will see ancient pine</p>
<i>Tully mountain</i>	Walking/ Hiking Trails	**	8 Kms / Moderate	3hrs	<p>This walking way is situated near the Twelve Bens. This is a relatively easy walk with stunningly beautiful views. The summit offers views onto the islands of InishBofin and InishTurk to the west and north west, and the Ben Choona mountain range to the south. From Derryinver quay, walk towards Tully mountain for about 1 km. This brings you to the cairn at the summit. The summit ridge consists of small lakes or tarns, tiny valleys and rocks.</p>



Corrib



Trail name	Type	Quality	Length/Grade	Time	Nearest town / Description
<i>Ardnageeha Loop / Ard na Gaoithe</i>	Walking / Hiking Trail	***	2.3 Kms / Easy	1 Hr	<u>Cong Village</u> Starting at the car park, walk along the elevated path overlooking Lough Corrib. At the lake edge there is a seating area to enjoy the scenic views of Lough Corrib and its islands. This trail will take you through a wide variety of different woodlands and habitats. Species to see include ash, sycamore, beech, Norway spruce and larch.
<i>Binn Bhan</i>	Walking / Hiking Trail	**	9 Kms / Severe	3 - 3.5 hrs	Binn Bhán (the White Peak) is the highest peak of the Beanna Beola (the Twelve Bens). Access to this peak is on the small road off the main road in the Inagh Valley at L820562. The route begins beyond the gate which is west of the farm house. Follow the path below the stone sheep fold at L813564 and continue along the valley floor of Gleann Eindhneach, for another 2 km. You then ascend the ridge between Binn Charrach (Knockpasteenmore) and Binn Bhán. This takes approximately 30 to 40 minutes. Once on top of the ridge, continue in a South Westerly direction towards the summit of Binn Bhán. Eventually, you will come across a small mountain trail which zig zags on the right hand side (the North side) of the summit, before turning South high up, the final one hundred meters or so to the summit.

COUNTY GALWAY WALKING & CYCLING ROUTES

Trail name	Type	Quality	Length/Grade	Time	Nearest town / Description
<i>Clonbur Wood Loop Trail</i>	Walking/Hiking trail	***	7.5 Kms / Easy	2hrs 30 min	<p><u>Clonbur</u></p> <p>This loop walk goes through mixed woodland with a wide variety of both native and exotic tree species such as beech, ash, hazel, birch, willow, yew, Scots pine and larch. Along the route you can enjoy views of Lough Mask, the remains of a shooting lodge, limestone pavement, Clonbur river and turloughs. The remains of Ballykine Castle are slightly off the trail as shown on the map. There is signage along your route outlining the work undertaken to restore 293ha of priority woodland under the Life nature project. The restoration project was co-funded by Coillte and the EU.</p>
<i>Cong Forest - Cong Nature Trail (loop)</i>	Walking/Hiking Trails	***	3.8 Kms / Easy	3 Hrs	<p><u>Cong Village</u></p> <p>This interesting trail takes you through a diverse forest containing a wide range of both exotic and native trees. Observe the many fine large specimen trees along the route. These include large specimens of common silver fir, Douglas fir, Sitka spruce, Scots pine, coast redwoods, giant sequoia, Monterey pine and many more species, both coniferous and deciduous. You will see "teach aille"ink, reputed to have been used as a fridge or larder by the monks in bygone days. Pigeon hole cave can be seen which carries an underground river between Lough Mask and Lough Corrib. You will return along the banks of the Cong river with its water tolerating trees and back to the "Abbey bridge" where you entered the forest.</p>



COUNTY GALWAY WALKING & CYCLING ROUTES

Trail name	Type	Quality	Length/ Grade	Time	Nearest town / Description
<i>New Village</i>	Walking/ Hiking Trail	***	5 Kms / Moderate	1hr 30min	<p><u>Oughterard</u></p> <p>This looped walking trail follows quiet forest roads for most of its length. It goes through forest plantations of spruce and pine and small open areas with some willow and birch. It climbs slowly to the higher part of the forest property at the northern end and emerges onto the Glann road. This is a public road and while it is relatively traffic free, caution is advised.</p> <p>This road section gives wonderful views over Lough Corrib and there is a timber bench halfway along where you can rest and admire the views.</p> <p>Note: The public road section of this trail is the Western Way which would lead you northwards along the Glann road towards Lackavrea. The Way leads south from New village to Oughterard.</p>
<i>Lackavrea</i>	Walking/ Hiking Trail	**	3.1 Kms / Moderate	1hr	<p><u>Forest entrance to Lackavrea (15kms from Oughterard)</u></p> <p>Lackavrea is the 851st highest summit in Ireland. Lackavrea is the most easterly summit in the Maamturks area. This is a relatively short climb to the splendid viewpoint of Lackavrea. Great views over Lough Corrib and the higher summits of the Maamturks. Although this is a short walk, be aware that there are no paths and the terrain is very boggy and slippery. The trail shows only the way up to the summit. Either retraces your steps or continues to the south summit and descends south to either Maumwee Lough or Lough Corrib to make a circular walk.</p>

COUNTY GALWAY WALKING & CYCLING ROUTES



Trail name	Type	Quality	Length /Grade	Time	Nearest town / Description
<i>Oughterard</i>	Walking trail	**	2.8 Kms / Easy	1.5 Hr	<p><u><i>Oughterard</i></u></p> <p>The Heritage Walk starts at the church grounds and finishes at the same spot. The Golden Mile, which is a 1.6km section of the Heritage Walk, starts at the waterfall entrance on the Clifden road and ends at Cregg na Coille estate on the Cloosh Road. Please note that there are some steep gradients along the walk, notably at the waterfall. We hope that you enjoy your walk and that the booklet enhances your appreciation of the flora, fauna and heritage of both walks.</p>
			2.1 Kms / Moderate	1 hr	<p><u><i>Leam Walk - Míle Órga Léim</i></u></p> <p>In the past, in order to reach Leam people had to jump (léim) across the river and this is how the area got its name. Later, a stone bridge was built and this has brought fame to the place as it featured in the "Quiet Man" starring John Wayne and Maureen O Hara which was filmed in the area in 1952. John Wayne plays "Sean Thornton", a retired prize-fighter, who returns home to Inishfree in rural Ireland, with the intention of buying back the cottage where he was born. The ruins of the cottage may be seen at Maam and many of the scenes were filmed at Ashford Castle in Cong.</p>

COUNTY GALWAY WALKING & CYCLING ROUTES



Trail name	Type	Quality	Length/Grade	Time	Nearest town / Description
Seanbhóthar	Walking/ Hiking Trails	***	10 Kms / Easy	2hr 30min	<u>Corr na Mona</u> Sean Bothar is a walk from Clonbur to Cornamona overlooking Lough Corrib. For the more energetic climbing Mount Gable is a must, offering panoramic views of both lakes, mountains and access to an authentic famine village. It can be accessed nearby, the entire route overlooks Lough Corrib.
<i>Western Way (Connemara)</i>	Walking/ Hiking Trails	**	55 Kms / Moderate	2 days	<u>Oughterard</u> This 66 km linear walking route provides an excellent introduction for walkers to the beautiful and scenic wildernesses of Connemara in County Galway in the west of Ireland. Starting in the famous angler's town of Oughterard on Lough Corrib, it follows the western edge of the lake, one of the longest, and the second largest lake in Ireland, northwards into a magnificent wilderness of mountain and bog to reach civilisation again at the village of Maam Bridge. It was from here that the Scottish engineer Alexander Nimmo planned the modern roads of Connemara in the early 19th century. From Maam Bridge the route crosses the rugged Maumturk Mountains by a pass, at the top of which is Maum Ean, a holy place that has attracted pilgrims since the early Christian period. Descending again into the beautiful Inagh Valley the route passes between the Twelve Bens and the Maumturks, and through a sad landscape that was, before the Great Famine, well populated by cottiers, to reach the shores of Killary Harbour and the picturesque village of Leenane, one of the locations for the movie The Field. Overnight accommodation is limited along the route, so careful planning is necessary.

North & East Galway Walking Ways

Trail name	Type	Quality	Length/ Grade	Time	Nearest town / Description
<i>Athenry Architectural Trail</i>	Walking trails	***	Easy		<p><u><i>Athenry</i></u> This Architectural Walking Tours focuses on the architectural histories of one of the main towns in Galway East: <i>Athenry</i>. The tour is self guided and comprise a brochure with illustrated map, and an audio narrative which will be available for free download from the web (www.galwayeast.com/wayfinding). This audio tour describes in detail each of the sites featured in this tour.</p> <p><i>Athenry</i> distinguishes itself among the towns of Galway East in having a considerable collection of buildings surviving from the Middle Ages. The ancient defensive walls with their imposing gate and several towers enclose the modern town, including a medieval priory and an old town church and the most dominant landmark in the urban landscape is the powerful Norman castle, built in the 13th century.</p> <p>While listening the audio-description, you will discover the North Gate, Market Cross, the Pharmacy, Ball Court, Ulster Bank, Saint Mary Church, Abbey Row, the Priory, ruined Turret, the Station, Burgage plots, and Mid c19 Houses.</p>
<i>Milltown Slí</i>	Sli Na Slainte Walking Routes	**	4.5 Kms / Easy	40mins	<p><u><i>Milltown, Galway</i></u></p> <p>The Milltown Slí route is 4.5km in length. It traverses a scenic rural area that includes the River Clare, several historical sites and the tidy towns award winning Village of Milltown. Beginning at the car park opposite the church, you take the footpath south on the Tuam Road to the Dawros Road junction for 200 meters and turn left across the River Dawros Bridge, where immediately you find yourself in a completely rural setting.</p>
<i>Monivea - Historical Trail</i>	Walking/ Hiking Trails	***	1.5 Km / Moderate	1Hr	<p><u><i>Monivea</i></u></p> <p>Steeped in aristocratic tradition, this trail offers the visitor a looped walk with highlights being the Mausoleum and the famous Ice-House. A peaceful walk though native and exotic species, bird-song and wild-life abound.</p>
<i>Monivea - Mass Track Trail</i>	Walking/ Hiking Trails	***	1.3 Km / Moderate	1Hr	<p><u><i>Monivea</i></u></p> <p>This trail leaves from the forest car park. Follow the blue waymarkers that will guide you through a mature stand of Norway Spruce with a rich understory of briar, fern, ivy, holly and grasses. Take time to observe the abundance of natural regeneration growth of beech, ash, hazel and holly on the forest floor - this is largely due to the amount of light that is able to penetrate through the canopy.</p>

COUNTY GALWAY WALKING & CYCLING ROUTES



<i>Trail name</i>	Type	Quality	Length/Grade	Time	Nearest town / Description
<i>Mountbellew woodland</i>	Walking routes	**	5 Kms / Easy		<u>Mountbellew</u> Mountbellew Demesne is about 1 km west of Mountbellew. The Bellews family received this old estate in 1684 under the Act of Settlement. They erected a flour mill in 1775 which is now in ruins. Facilities here include walled gardens enclosing a herd of Sika deer, an old forge - now a museum containing local artefacts - a tug boat (around 900 years old), the Herd's House and a flour mill (now in ruins).
<i>Moylough Slí na Sláinte</i>	Walking Routes	***	3.5 Kms / Easy	30mins	<u>Moylough, Galway</u> The Moylough Slí na Sláinte route is 3.5km in length. It traverses a scenic rural area that includes, several historical sites, recreational play area and the award winning Galway County Heritage wildlife feature of "Cloonoran Turlough".
<i>Tuam Slí na Sláinte</i>	Walking Routes	**	3.30 Kms / Easy	30mins	<u>Tuam</u> Tuam contains three different Slí Na Sláinte routes which can be taken; Linear and Palace Route - 2.3 km (Return 3.3 km), Unmarked New Road Route - 1.4 km, Palace Circular Route - 1.3 km. Routes can be walked in either direction. Recommended as daytime walks.

COUNTY GALWAY WALKING & CYCLING ROUTES

<i>Trail name</i>	Type	Quality	Length/Grade	Time	<i>Nearest town / Description</i>
<i>Tuam Architectural Trail</i>	Walking trail	***			<p>This Architectural Walking Tours focuses on the architectural histories of one of the main towns in Galway East: <i>Tuam</i>. The tours are selfguided and comprise a brochure with illustrated map, and an audio narrative which will be available for free download from the web (www.galwayeast.com/wayfinding).</p> <p>This audio tour describes in detail each of the sites featured in this tour.</p> <p>Tuam stands at the crossing-point of ancient roads which meet at the Market Square in the heart of the town. While listening the audio narrative, you will discover the Town Hall, on Market Square, the Palace Piazza, the Cathedral of the Assumption, the imposing Ulster Bank, the Temple Jarlath, the Church of Ireland Cathedral of Saint Mary and the old railway Station.</p>



COUNTY GALWAY WALKING & CYCLING ROUTES

Trail name	Type	Quality	Length/ Grade	Time	Nearest town / Description
<i>Suck Valley Way</i>	Walking /Hiking Trails	**	105 Kms / Moderate	5 days	<p><u>Castlerea</u></p> <p>The River Suck links a 60 mile stretch of countryside in West Roscommon and East Galway known as The Suck River Valley. Walkers can enjoy this unspoiled countryside by walking The Suck Valley Way.</p> <p>The 100km Walk +Way is unusual among Irish Waymarked Ways because for most of its length it lies across lowland farms.</p> <p>It also crosses the boglands and callows of the River Suck with their numerous lakes and drainage channels. The way passes through the "Nine Friendly Villages", Ballygar, Creggs, Glinsk, Ballymoe, Ballintubber, Dunamon, Castlecoote, Athleague and Castlecoote. The Suck Valley Way is marked with black posts on which carved yellow arrows show direction, and feature the international Walking Man symbol above the arrow. Whenever the Way leaves or joins a tarmac road you will see a brown fingerpost inscribed "Suck Valley Way" with the Walking Man Symbol.</p> <p>Enthusiasts may take six days to complete the route. The less energetic may decide to complete smaller stages, stopping en route to re-energise in any or all of the villages along the way.</p>



South & East Galway

Trail name	Type	Quality	Length/ Grade	Time	Nearest town / Description
<i>Ballinasloe Architectural Trail</i>	Walking trail	**			<p><u>Ballinasloe</u></p> <p>This Architectural Walking Tours focuses on the architectural histories of one of the main towns in Galway East: <i>Ballinasloe</i>. The tours are selfguided and comprise a brochure with illustrated map, and an audio narrative which will be available for free download from the web (www.galwayeast.com/wayfinding).</p> <p>This audio tour describes in detail each of the sites featured in this tour.</p> <p>Ballinasloe is a fine market town. East Galway's most important urban centre, administered by its own Town Council, it achieved its eminence and prosperity through being an important transport hub.</p> <p>The tour which follows will touch on the main points of interest and will suggest a few short excursions to the outskirts of the town.</p> <p>Listening to audio-guide, you will discover the statue known as The Man with the Horse, Diocletian windows, the Earl of Clancarty. Town mansion town of Ireland, the Bridge, St Michael's Church (1852-58), the late-Georgian Garda Barracks the late-Georgian Garda Barracks and St. John's Church.</p>
<i>Gort Architectural Trail</i>	Walking trail	***			<p><u>Gort</u></p> <p>This Architectural Walking Tours focuses on the architectural histories of one of the main towns in Galway East: <i>Gort</i>. The tours are self guided and comprise a brochure with illustrated map, and audio narratives which will be available for free download from the web (www.galwayeast.com/wayfinding). This audio tour describes in detail each of the sites featured in this tour.</p> <p>Gort is a noted heritage town whose Irish name, Gort Inse Guaire, means 'The Field of the Island of Guaire,' is an 18thcentury provincial town whose origins lie as far back as the 13th century if not earlier. Today it is a small market town, strategically located between Galway and Shannon.</p> <p>Listening to audio-guide, you will discover many things : the Market Square with the statue of Christ the King (1930), the Bridge House, 19th Century buildings, Barrack Street, the Court House, Boland's Lane, and finally the two main churches : the Catholic church and the Church of Ireland.</p>

COUNTY GALWAY WALKING & CYCLING ROUTES

Trail name	Type	Quality	Length/ Grade	Time	Nearest town / Description
<p><i>Coole/ Garryland Nature Reserve</i></p>	<p>Walking trail (loop)</p>	<p>***</p>	<p>4.5km/ Easy</p>	<p>1 hour</p>	<p>Gort</p> <p>This is a way marked trail taking in mixed woodland and wetland and including aspects of the history of Coole especially associated with Lady Gregory and the Irish Literary Revival. Paths are, for the most part, hard and level, some areas with tree roots, steps and stiles. Some areas are liable to periodic flooding, especially in winter.</p> <p>The Seven Woods, named by the Gregory family, were made famous by the poet W.B Yeats. Starting at the Visitor Centre the trail passes the famous autograph tree with signatures of many writers and artists who visited Coole in the early 20th century.</p> <p>Coole Lough is a turlough, considered to be of global importance because of its size, naturalness, diverse vegetation, rare plants and because it is uniquely bordered by woodland. In winter it is visited by a wide variety of wetland birds including Whooper and Mute Swans, inspiration for W.B Yeats.</p> <p>A variety of native species of birds and animals can be found here, including jays, tree creepers, squirrels, pine marten, bluebells and other woodland flora as well as rare plants associated with turloughs.</p> <p>The nature reserve is open daily year round. There are car parks, toilets, a visitor centre and tearooms open during the summer and a picnic area in the Walled Garden.</p> <p>Visit www.npws.ie or www.coolepark.ie for further information on this site.</p>

COUNTY GALWAY WALKING & CYCLING ROUTES

Trail name	Type	Quality	Length/ Grade	Time	Nearest town / Description
<i>Coole/ Garryland Nature Reserve</i>	Walking trail (loop)	***	1.75km/ Easy (slight inclines)	20-30 mins	<p>Gort</p> <p>This is a waymarked trail, suitable for all, taking in mixed woodland and wetland and including aspects of the history of Coole especially associated with Lady Gregory and the Irish Literary Revival. Paths are, for the most part, hard and level, some areas with tree roots, steps and stiles. Some areas are liable to periodic flooding, especially in winter.</p> <p>Starting at the Visitor Centre, The Family Trail passes the famous autograph tree with signatures of many writers and artists who visited Coole in the early 20th century. The trail continues through mixed woodland glimpses of the river and turlough can be seen through the trees.</p> <p>Coole Lough is a turlough, considered to be of global importance because of its size, naturalness, diverse vegetation, rare plants and because it is uniquely bordered by woodland. In winter it is visited by a wide variety of wetland birds including Whooper and Mute Swans, inspiration for W.B Yeats.</p> <p>A variety of native species of birds and animals can be found here, including jays, tree creepers, squirrels, pine marten, bluebells and other woodland flora as well as rare plants associated with turloughs.</p> <p>There are car parks, toilets, a visitor centre and tearooms open during the summer and picnic area in the Walled Garden.</p> <p>Visit www.npws.ie or www.coolepark.ie for further information on this site.</p>
<i>Coole/ Garryland Nature Reserve</i>	Walking trail	**	4.6 km/ moderate	1 hour	<p>Gort</p> <p>This is a low level easy trail suitable for all ages which passes through the heart of Coole/Garry land nature reserve. Some areas are liable to periodic flooding, especially in winter. A non-circular route, well signed between 2 car parks at Coole and at Garryland. Visitors will see mature woodland & turlough habitats and squirrels, birds, rare plants may be spotted along the way. The trail passes next to native yew woodland, a very rare habitat found in only a few places in the country.</p> <p>There are car parks at either end of the trail and toilets in Coole. Also at Coole a visitor centre and tearooms are open during the summer and picnic area in the Walled Garden.</p>

COUNTY GALWAY WALKING & CYCLING ROUTES

Trail name	Type	Quality	Length/ Grade	Time	Nearest town / Description
<i>Hymany Way</i>	Walkin g/ Hiking Trail	**	50 Kms / Easy	2 days	<p><u>Portumna</u></p> <p>The Hymany Way is a long-distance trail in County Galway, Ireland. It begins in Portumna and ends in Aughrim. It is typically completed in two days. Starting in Portumna, the trail follows the banks of the River Shannon before turning inland at the townland of Friarsland, near Eyre court, to reach Clonfert. From Clonfert, it crosses bogland to the townland of Cloonascragh. On the final approach to Aughrim, it passes the site of the Battle of Aughrim. The Hymany Way forms part of the Beara-Breifne Way, a walking and cycling route under development, intended to run from the Beara Peninsula, County Cork to Breifne, County Leitrim following the line of Donal Cam O'Sullivan Beare's march in the aftermath of the Battle of Kinsale in 1602.</p>
<i>Loughrea Architectural Trail</i>	Walkin g trail	**			<p><u>Loughrea</u></p> <p>This Architectural Walking Tours focuses on the architectural histories of one of the main towns in Galway East: <i>Loughrea</i>. The tours are self guided and comprise a brochure with illustrated map, and audio narratives which will be available for free download from the web (www.galwayeast.com/wayfinding). This audio tour describes in detail each of the sites featured in this tour.</p> <p>Loughrea, Baile Locha Riach in Irish, meaning 'the settlement of the grey or speckled lake', is a fine town standing on the ridge that rises above the shores of the lake that gives the place its name. It is located on the ancient route between the County's two largest towns - Ballinasloe to the east and Galway City to the west. The shores of the lake run all along the town's southern border, giving Loughrea a well-defined shape.</p> <p>Listening to audio-guide, you will discover many things : the Court House, The Walk is St. Mary's with the gothic Carmelite Church and Priory, the Railway Station Hotel, the Mercy Convent School, the St. Brendan's Cathedral and the Church of Ireland.</p>
<i>Portumna Forest Park - Bonaveen</i>	Walkin g/ Hiking Trails	***	10.5 Kms / Modera te	2hrs	<p><u>Portumna</u></p> <p>Portumna Forest Park is located on the northern shores of Lough Derg and formed part of the Clanrickarde family estate which was purchased by Coillte in 1948. The park offers walking trails, nature trails, Views of the lake and the opportunity to see deer and other wildlife.</p>

COUNTY GALWAY WALKING & CYCLING ROUTES

Trail name	Type	Quality	Length/ Grade	Time	Nearest town / Description
<i>Portumna Architectural Trail</i>	Walking trail	***			<p><u>Portumna</u> This Architectural Walking Tours focuses on the architectural histories of one of the main towns in Galway East: Portumna. The tours are self guided and comprise a brochure with illustrated map, and audio narratives which will be available for free download from the web (www.galwayeast.com/wayfinding). This audio tour describes in detail each of the sites featured in this tour. Portumna, whose name in Irish, Port Omna, means 'the landing place of the oak', owes its existence to its location near the Shannon where it flows into Lough Derg, the river's largest lake. The town lies a mile to the west of the river on a site designed to be near an imposing castle with a commanding view of the lake's great expanse of water.</p> <p>Listening to audio-guide, you will discover many things : the Christ Church, the Lodge, Abbey street, the Court House, Saint Bridgid's convent, the Workhouse, the Gates, the Iron Bracket and the Catholic Church.</p>



COUNTY GALWAY WALKING & CYCLING ROUTES

<i>Trail name</i>	Type	Quality	Length/ Grade	Time	Nearest town / Description
<i>Portumna Forest Park – Forest friendly</i>	Walking/ Hiking Trails	***	1.4 Km / Buggy and wheel chair friendly	20min	<u>Portumna</u> The Forest Friendly Trail is a multi-use trail designed to give every visitor an opportunity to explore Portumna Forest Park. The trail surface is designed to allow users of all abilities to access the park and combines sections of wide and smooth forest road with sections of wide timber boardwalk. Wheelchair users, kid's bikes with stabilizers, family groups on foot or bike can equally enjoy this loop. The trail takes you closer to views across Lough Derg which is visible from here through the gap to your left down to the lakeshore.



COUNTY GALWAY WALKING & CYCLING ROUTES

<i>Trail name</i>	Type	Quality	Length/ Grade	Time	Nearest town / Description
<i>Portumna Forest Park - Rinmaher</i>	Walking/ Hiking Trails	***	10 Kms/ Moderate	2Hrs	<p><u><i>Portumna</i></u></p> <p>The Rinmaher trail is one of the two long Waymarked loops in the Park. It begins along a two-way section of trail from the car-park and overlaps with the Woodland trail here. You will experience the full diversity of wildlife in the Park on this trail and have good views along the lakeshore near Rinmaher point. This loop is mainly on single-track (narrow trails) and is suitable for those looking for a longer walk or more challenging cycle. On this trail as with the others in the Park, cyclists give way to walkers when they meet. The compliment is usually returned by walkers allowing cyclists to pass by.</p> <p>You will approach some large fences on this route and these have been erected to keep deer to the larger section of the park and allow them to roam more freely, while protecting the newly planted trees within the fence. This large area is where Coillte are converting the older conifer plantations to mixed broadleaf stands under the Native Woodland Scheme. Indeed all of the seed used to replant this area comes from native species such as oak, ash and alder. Use the deer gates to pass through the fence lines.</p> <p>Along by Rinmaher point, you will pass through native birch stands which have withstood exposure along the lakeshore over the years. This area gives a very pleasant dappled effect to the views south towards Terryglass and east towards Portumna bridge.</p>

COUNTY GALWAY WALKING & CYCLING ROUTES

Trail name	Type	Quality	Length/ Grade	Time	Nearest town / Description
<i>Portumna Forest Park – Woodland Mountain</i>	Walking/ Hiking Trails	***	2.00 Kms / Easy	30min s	<p><u>Portumna</u></p> <p>The Woodland trail is slightly longer than the Forest Friendly trail and can be used by family walking and cycling groups. The surface is graveled and also has sections of tarred forest road and wide timber boardwalk. There is minimal gradient on the trail making it suitable for buggies and small kids bikes.</p> <p>The trail starts from the car-park and winds through large Spruce trees before reaching an open wild grass area. This is a popular area for fallow deer grazing in the long grass and if you are quiet, you may be lucky enough to see a family group here. This is a two-way section of trail and you may meet cyclists or walkers coming back from the longer routes in the park.</p> <p>The trail continues on a section of narrow trail through Spruce and large Japanese Larch and joins into the Forest Friendly trail just before the viewing platform.</p>



Galway City & environs

Trail name	Type	Quality	Length/Grade	Time	Nearest town / Description
Mervue Slí na Slainte	Walking Routes	**	2.60 Kms / Easy	30min	<u>Galway</u> Begin at the entrance to Mervue Business Park; here you will see the mapboard illustrating the route. Go left and walk a short distance along Wellpark Road until you reach the junction with Connolly Avenue and Monivea Road. Take a left turn and continue until you meet the junction with Tuam Road, here take another left turn and walk along the Tuam Road in the direction of the City Centre. On reaching the roundabout, take the first exit left onto the Moneenageisha Road. At the next roundabout, take the left turn into Wellpark Road. Continue your walk until you return to the entrance of Mervue Business Park.
Loughwell Loop	Walking trail	**	12km/Easy	3 hrs	Depart Moycullen village towards Galway turn right at Clydagh Bridge to Loughwell, turn left at Loughwell and right again when you reach Spiddal-Moycullen Road, proceed to Moycullen
Letter to Doon Mast	Walking trail	***	7km/Moderate	1.5hrs	Head from Moycullen to Roscahill and take right before bend in road, drive up forest road to Letter Lodge and park at forest gateway to the Mast.
Rocks Road Moycullen	Walking trail	***	10km/Easy	2hrs	Depart Moycullen Gaa Field and take first turn right. Turn right at Cloonabinna Road and right again at cross roads. Take right at Tullykyne school back to Gaa Field.
Drumaveg Moycullen	Walking trail	**	8km/Moderate	2hrs	Depart Moycullen village and head towards Spiddal. Turn right into Drumaveg and right a Drimavohaun and right again onto to N59 and head back to Moycullen
Slieveena Moycullen	Walking trail	**	12km/Easy	3hrs	Depart Loughwell Farm towards An Spideal and take first right. Continue to end of road and return same route.
Killannin - Kylemore - Collinamuck	Walking trail	**	12km/Easy	3hrs	Depart Killannin Church Carpark towards Brigit's Garden and take first turn left. Turn right at T Junction and walk 2km to cross roads and turn right again. Turn right at next cross roads heading to Brigit's Garden.

COUNTY GALWAY WALKING & CYCLING ROUTES

Trail name	Type	Quality	Length/ Grade	Time	Nearest town / Description
<i>Oranmore Slí na Slainte</i>	Walking Routes	**	4.80 Kms / Easy	40min	<p><u>Oranmore</u></p> <p>The Slí route starts in Oranmore Village outside the Church of the Immaculate Conception, built in 1974. Following the footpath to the right, you pass 'Roseville Cottage' a late 18th century private house. Continue to an old traditional Thatched cottage on your left. Dating back to the 1800's, a cottage typical of the times was built from clay, mud and stones and thatched by a respected craftsman.</p> <p>Take the next right crossing over the Turreen Stream. Remains of ancient ring-forts can be seen in this area. A ringfort was a protected enclosure around farmsteads dating back to the early Christian period.</p> <p>Continue up the lane stopping at intervals to savour the beautiful view of Oranmore Bay with Oranmore Castle in the distance. Cross over the stile into Rinville Park at the North Wood.</p> <p>Follow left towards Rinville Castle. The Castle dates back to the 16th century when it was owned by Richard McThomas Oge (Burke). Turn right before reaching the 1819 ruins of Rinville Hall and follow the track around the Rear of the ruins. Continue right into the West Wood. Exit the woods following the track ahead.</p> <p>Turn right following the pathway to the car park. Cross the road and continue walking on the coast lane towards Galway Bay Sailing Club. Look across at the spectacular beauty of Galway Bay and the ruins of 1770 Ardfry House. Continue onto Rinville Point where you can look across to Galway City and Salthill.</p>
<i>Spiddal</i>	Walking trail	**	5.6km / moderate		<p>Driving from Galway city going west, turn right going through Spiddal. Continue up that road until you reach the entrance to the Spiddal caravan and camping park on the left hand side. Take the smaller road to the left. Continue until you reach a bunch of houses on the left. There are many ways to access the top of the river. The first turn off is exactly 0.9 miles from the turn at Spiddal, and then (reset your odometer) the path is 1.4 miles exactly from that turnoff. Most of the access routes are to the lake and then to paddle to the dam and on to the river. One way to access the lake and the top of the river is by a small narrow trail; this trail is marked on Ordinance Survey maps as being a public foot path. However I would advise that you make sure that you are on the correct path. If in doubt knock on a door and ask a local for some advice. Another way is to go even further up the road and there are some roads down to the lake. It is possible to walk from the Lake all the way to the River mouth at the Primary School in Spiddal. This is a walk along the River and is quite a difficult trek. It is 2.2 miles (3.5Km) from the lake to the School.</p>

 CYCLING ROUTES



West Conamara

Trail name	Type	Quality	Length/Grade	Time	Nearest town / Description
<i>Clifden Cycle Hub Loop</i>	On Road Cycling Trails	***	16 Kms / Easy	1Hr15	<p><u>Clifden</u></p> <p><i>Route 1: Sky Road Loop</i></p> <p>Overlooking Clifden Bay to the South and Streams town Bay to the North, this route rises more than 150 m above sea level and has spectacular views of the Atlantic, the islands of Inishturk and Turbot and Clifden town. You will also see the ruin of Clifden Castle, former home of John D'Arcy who founded the town at the start of the 19th century. The terrain is relatively flat towards the end of the peninsula. Follow the coastline of the tranquil Streams town Bay back towards the main road.</p>
<i>Clifden Cycle Hub Loop</i>	On Road Cycling Trails	***	14 Kms / Easy	2hrs 30	<p><u>Clifden</u></p> <p><i>Route 2: Errislannan Loop</i></p> <p>This is a short loop. From Bridge Street pause to view the Owen glen Cascade where salmon can be seen leaping upstream. Continue on up a steady hill while enjoying fine views of Clifden Bay. A signpost indicating the Alcock & Brown monument is your signal to turn. The monument offers a magnificent panoramic vantage point. Water and stone are the themes of this circuit; the rocky landscape is typical of Connemara.</p>

COUNTY GALWAY WALKING & CYCLING ROUTES

Trail name	Type	Quality	Length/ Grade	Time	Nearest town / Description
<i>Clifden Cycle Hub Loop</i>	On Road Cycling Trails	***	33 Kms / Modera te	3Hrs	<p>Route 3: Cleggan Loop</p> <p>Route 3 is a longer trip north to the rocky Connemara coast around Cleggan, following the fringes of Streamstown Bay. The route passes Omey Island and you can opt to visit this small but beautiful island on foot when the tide is out. Near the charming fishing village of Cleggan you can climb to the top of Cleggan Head where you can admire the views of the village below as well as Inishbofin, Inishturk, Clare Island and the imposing Twelve Bens mountain range. There is an option to catch the ferry at the pier in Cleggan to the island of Inishbofin. From Cleggan a mountain road climbs more gradually through a forested area before a speedy descent back down to the town.</p>
<i>Clifden Cycle Hub Loop</i>	On Road Cycling Trails		40 Kms / Modera te	3.5 Hrs	<p>Route 4: Ballyconneely and Roundstone Loop</p> <p>Route 4 is a longer trip. On this route you can take in the lovely natural wilderness of Derrygimlagh and Roundstone bogs. You will see the site of the crash-landing of the first transatlantic flight by Alcock & Brown in 1919, as well as the old Marconi transatlantic wireless station. Further on towards Ballyconneely, Coral Strand makes a lovely photo stop. At Roundstone, one of the oldest fishing villages in Ireland, you can experience the local fishermen's catch of the day direct from its busy harbour. Nearby you can visit the stunning beaches of Gurteen and Dog's Bay with their pristine white sands and azure waters. On the coast road there are fine views and generally gentle gradients.</p>



Corrib

<i>Trail name</i>	Type	Quality	Length/ Grade	Time	<u><i>Nearest town / Description</i></u>
<i>Derroura Mountain Bike Trail</i>	Off-Road Cycling Trails	***	16.00 Kms / Severe	2Hrs	<p><u><i>Oughterard</i></u></p> <p>This trail offers miles and miles of singletrack in the most spectacular setting imaginable with outstanding views of mountains, lakes and forests all combined with big climbs and big descents. It is a circular waymarked loop of around 16km with a little over 13km on singletrack; much of it over high ground and it is not for the faint hearted. This trail takes you in to some very remote places that are exposed to the full force of the weather and conditions can change in a few minutes so be prepared for anything!</p> <p>Parts of the trail are technical, steep and rocky and you need to know how to handle a bike over all kinds of terrain including exposed rock slabs, boulders, mud, roots, loose gravel and even elevated timber boardwalks. Whilst some of the climbs feel like they go on forever, then again, so do the descents!</p> <p>The waymarked loop includes long climbs and descents over a wide variety of sometimes difficult terrain on trails that are only suitable for mountain bikes i.e. bikes with 26 inch wheels, knobby tyres and flat handlebars.</p> <p>Please ensure that both you and your bike are in good working order and always carry spare warm clothing, water and food. Always wear a helmet and be prepared for any eventuality. Always tell someone where you are going and when you expect to get back. Always ride within your abilities and take care.</p>

South & East Galway

Trail name	Type	Quality	Length/ Grade	Time	Nearest town / Description
<i>Bonaveen Mountain Biking Trail</i>	Biking trail	**	10.50 Kms / Moderate	1 Hr	<p><u>Portumna Forest Park</u></p> <p>This trail is the longest loop in the park covering the western side of the Park, including the wonderful Bonaveen Point section by the lake. This loop brings the visitor into a multitude of diversity including mature Scots Pine forest and open lakeshore environments.</p> <p>The trail starts northwards from the car-park on singletrack (narrow and twisty in places) and heads into large stands of Scots Pine. It then winds through mature Beech forest and younger mixed broadleaves bringing you around the top of Portumna Golf Club. The visitor will pass through deer gates in high fences, designed to keep the deer from entering onto the golf course. When you reach the golf club's car-park, cross directly over while watching for traffic entering and leaving the car-park.</p> <p>The next section brings you above a large turlough on the western end of the park. This is a feature typical of low-lying limestone areas where the water table fluctuates throughout the year. It leads onto a forest road to the south of the golf club and brings you near the disused Bonaveen harbour and onto the long section around the lakeshore. This is some of the most attractive landscape in the park with great views out over the expanse of Lough Derg; a very busy area for pleasure craft in Summer. On the return leg from the lake, you can link into the green waymarked loop of the Rinmaher trail to give a 4 hour walk or 2 hour cycle of the full trails in the park.</p>

COUNTY GALWAY WALKING & CYCLING ROUTES

Trail name	Type	Quality	Length/ Grade	Time	Nearest town / Description
Forest Friendly Family Cycling Trail	Cycling trail	***	10.00 Kms / Moderate	1 Hr	<p><u>Portumna Forest Park</u></p> <p>Rinmaher Mountain Biking Trail</p> <p>The Rinmaher trail is one of the 2 long waymarked loops in the Park. It begins along a two-way section of trail from the car-park and overlaps with the Woodland trail here. You will experience the full diversity of wildlife in the Park on this trail and have good views along the lakeshore near Rinmaher point. This loop is mainly on singletrack (narrow trails) and is suitable for those looking for a longer walk or more challenging cycle. On this trail as with the others in the Park, cyclists give way to walkers when they meet. The compliment is usually returned by walkers allowing cyclists to pass by.</p> <p>You will approach some large fences on this route and these have been erected to keep deer to the larger section of the park and allow them to roam more freely, while protecting the newly planted trees within the fence. This large area is where Coillte are converting the older conifer plantations to mixed broadleaf stands under the Native Woodland Scheme. Indeed all of the seed used to replant this area comes from native species such as oak, ash and alder. Use the deer gates to pass through the fencelines.</p> <p>Along by Rinmaher point, you will pass through native birch stands which have withstood exposure along the lakeshore over the years. This area gives a very pleasant dappled effect to the views south towards Terryglass and east towards Portumna bridge.</p>

COUNTY GALWAY WALKING & CYCLING ROUTES

<i>Trail name</i>	Type	Quality	Length/ Grade	Time	Nearest town / Description
<i>Rinmaher Mountain Biking Trail</i>	Biking trail	***	2 Kms / Easy	15min s	<p><u>Portumna Forest Park</u></p> <p>The Woodland trail is slightly longer than the Forest Friendly trail and can be used by family walking and cycling groups. The surface is gravelled and also has sections of tarred forest road and wide timber boardwalk. There is minimal gradient on the trail making it suitable for buggies and small kids bikes.</p> <p>The trail starts from the car-park and winds through large Spruce trees before reaching an open wild grass area. This is a popular area for fallow deer grazing in the long grass and if you are quiet, you may be lucky enough to see a family group here. This is a two-way section of trail and you may meet cyclists or walkers coming back from the longer routes in the park.</p> <p>The trail continues on a section of narrow trail through Spruce and large Japanese Larch and joins into the Forest Friendly trail just before the viewing platform.</p>



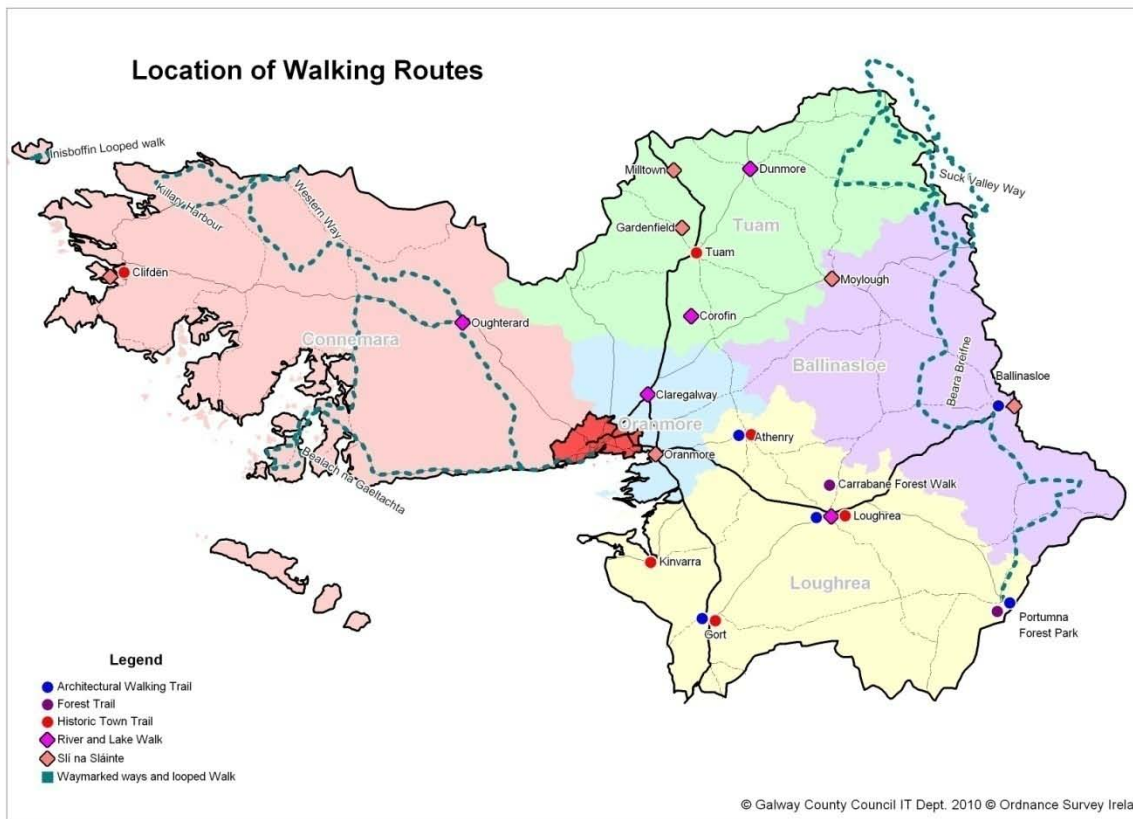
COUNTY GALWAY WALKING & CYCLING ROUTES

<i>Trail name</i>	Type	Quality	Length/ Grade	Time	Nearest town / Description
<i>Woodland Mountain Biking Trail</i>	Biking trail	***	2.00 Kms / Easy	15 mins	<p><u>Portumna Forest Park</u></p> <p>The Woodland trail is slightly longer than the Forest Friendly trail and can be used by family walking and cycling groups. The surface is gravelled and also has sections of tarred forest road and wide timber boardwalk. There is minimal gradient on the trail making it suitable for buggies and small kids bikes.</p> <p>The trail starts from the car-park and winds through large Spruce trees before reaching an open wild grass area. This is a popular area for fallow deer grazing in the long grass and if you are quiet, you may be lucky enough to see a family group here. This is a two-way section of trail and you may meet cyclists or walkers coming back from the longer routes in the park.</p> <p>The trail continues on a section of narrow trail through Spruce and large Japanese Larch and joins into the Forest Friendly trail just before the viewing platform.</p>

Galway city & environs

<i>Trail name</i>	Type	Quality	Length/ Grade	Time	Nearest town / Description
<i>Moycullen</i>	Biking trail	**			<p>Short XC loop right in the village – the MBW Lunch Loop. Park up behind the retirement home (turn right at traffic lights if coming from Galway and it's on your left). Follow the MTB signs – kind of a clockwise loop. The MBW lads will point you in the right direction & show you the shortcut from the shop.</p>

COUNTY GALWAY WALKING & CYCLING ROUTES





The Leave No Trace programme is designed to help outdoor enthusiasts value the natural environment, to understand the impact of their activities, and to enable them to make decisions to minimize that impact while still enjoying their activities with freedom.

Practice a Leave No Trace ethic: Make it hard for others to see or hear you and LEAVE NO TRACE of your visit.

Here you have the Seven Principles of Leave No Trace:

1/ Plan Ahead and Prepare

- ✓ Know the regulations and special concerns for the area you'll visit.
- ✓ Prepare for extreme weather, hazards, and emergencies.
- ✓ Schedule your trip to avoid times of high use.
- ✓ Visit in small groups when possible. Consider splitting larger groups into smaller groups.
- ✓ Repackage food to minimize waste.
- ✓ Use a map and compass to eliminate the use of marking paint, rock cairns or flagging.

2/ Travel and Camp on Durable Surfaces

- ✓ Durable surfaces include established trails and campsites, rock, gravel, dry grasses or snow.
- ✓ Protect riparian areas by camping at least 200 feet from lakes and streams.
- ✓ Good campsites are found, not made. Altering a site is not necessary.

*In popular areas:

- ✓ Concentrate use on existing trails and campsites.
- ✓ Walk single file in the middle of the trail, even when wet or muddy.
- ✓ Keep campsites small. Focus activity in areas where vegetation is absent.

*In pristine areas:

- ✓ Disperse use to prevent the creation of campsites and trails.

- ✓ Avoid places where impacts are just beginning.

3/ Dispose of Waste Properly

- ✓ Pack it in, pack it out. Inspect your campsite and rest areas for trash or spilled foods. Pack out all trash, leftover food, and litter.
- ✓ Deposit solid human waste in catholes dug 6 to 8 inches deep at least 200 feet from water, camp, and trails. Cover and disguise the cathole when finished. Pack out toilet paper and hygiene products.
- ✓ To wash yourself or your dishes, carry water 200 feet away from streams or lakes and use small amounts of biodegradable soap. Scatter strained dishwater.

4/ Leave What You Find

Preserve the past: examine, but do not touch, cultural or historic structures and artifacts. Leave rocks, plants and other natural objects as you find them. Avoid introducing or transporting non-native species. Do not build structures, furniture, or dig trenches.

5/ Minimize Campfire Impacts

- ✓ Campfires can cause lasting impacts to the backcountry. Use a lightweight stove for cooking and enjoy a candle lantern for light.
- ✓ Where fires are permitted, use established fire rings, fire pans, or mound fires.
- ✓ Keep fires small. Only use sticks from the ground that can be broken by hand.
- ✓ Burn all wood and coals to ash, put out campfires completely, and then scatter cool ashes.

6/ Respect Wildlife

- ✓ Observe wildlife from a distance. Do not follow or approach them.
- ✓ Never feed animals. Feeding wildlife damages their health, alters natural behaviors, and exposes them to predators and other dangers.
- ✓ Protect wildlife and your food by storing rations and trash securely.
- ✓ Control pets at all times, or leave them at home.
- ✓ Avoid wildlife during sensitive times: mating, nesting, raising young, or winter.

7/ Be Considerate of Other Visitors

- ✓ Respect other visitors and protect the quality of their experience.
- ✓ Be courteous. Yield to other users on the trail.
- ✓ Step to the downhill side of the trail when encountering pack stock.
- ✓ Take breaks and camp away from trails and other visitors.
- ✓ Let nature's sounds prevail. Avoid loud voices and noises

"In wildness is the preservation of the world."
—HENRY DAVID THOREAU

For further information: <http://www.leavenotraceireland.org/>