

DERRY TO BELLACORICK

9

WALK INFORMATION

DERRY TO BELLACORICK

START DERRY
FINISH BELLACORICK
DISTANCE 8 KILOMETRES
HEIGHT GAINED 20 METRES
DURATION 1 - 2 HOURS

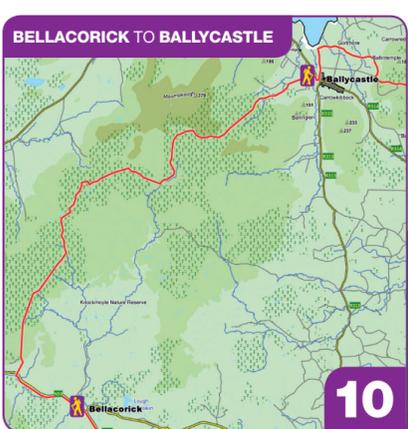
O/S map 1:50000 numbers 23

DIRECTIONS

Emerging from the forestry the Western Way follows a bog road until it reaches the R312, a regional road, and then the N59 to Bellacorick.

FEATURES

There are many bog pools and small lakes dotting the open bogland beyond the forestry. Bog Bean often grows around the edges. Teal, Ireland's smallest breeding duck, can be seen on the quieter pools. Like many of the places that the Western Way traverses this is a Special Area of Conservation. In 1947, the year of the great snow, two men lost their lives in this area when they became isolated and lost in snowdrifts.



BELLACORICK TO BALLYCASTLE

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WALK INFORMATION

BELLACORICK TO BALLYCASTLE

START BELLACORICK
FINISH BALLYCASTLE
DISTANCE 32 KILOMETRES
HEIGHT GAINED 370 METRES
DURATION 7 - 9 HOURS

O/S map 1:50000 number 33 kilometres

DIRECTIONS

From Bellacorick the trail follows the N59 for 4 kilometres before turning north toward Sheskin and following forestry trails to Ballycastle, a quiet market town. This is a remote area and care should be taken.

FEATURES

Today the giant wind turbines turn and turn to the east of the trail. This was not always the case, for Bellacorick was once a peat burning power station. Nothing remains today. The cooling tower and furnace housing are gone. Only the bog remains, depleted but not totally spent. It is now a nature reserve. The Owenmore that flows alongside the road is a well-known salmon river. It drains the great bog of Eriss, where the drains run off the stripped bog there are silt traps to prevent the silting of the gravel beds that the salmon need for spawning. William Bald the engineer was responsible for building the bridge at Bellacorick in the early years of the 19th century. There are many myths legends and folk tales about this bridge.



BALLYCASTLE TO BALLINA

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WALK INFORMATION

BALLYCASTLE TO BALLINA

START BALLYCASTLE
FINISH BALLINA
DISTANCE 32 KILOMETRES
HEIGHT GAINED 370 METRES
DURATION 7 - 9 HOURS

O/S map 1:50000 numbers 23 and 24

DIRECTIONS

From Ballycastle to Ballina the Western Way follows the coast, using quiet country roads. Killala is recognizable by its fine intact Round Tower, dating from early Christian times. The way then follows Bothar Na Sop the old road used by the invading French army in 1798. Ballina is a fine market town on the river Moy. Take care on all roads.

FEATURES

Near Ballycastle is the Céide Fields a complex of Neolithic farm sites with their stone walls and tombs. This is the world's largest archaeological site much of it hidden under the blanket bog. Here Irelands first farmers tilled their fields and raised livestock in peaceful conditions. Downpatrick head is worth a visit. There is a spectacular sea stack called Dún Briste, where the layers of sedimentary rock can be easily identified and nesting seabirds on narrow ledges occupy the wind free eastern side of the Dún.



BALLINA TO BUNNYCONNELLAN

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WALK INFORMATION

BALLINA TO BUNNYCONNELLAN

START BALLINA
FINISH BUNNYCONNELLAN
DISTANCE 21 KILOMETRES
HEIGHT GAINED 260 METRES
DURATION 6 - 8 HOURS

O/S map 1:50000 number 24

DIRECTIONS

This section of the Western Way follows a series of quiet country roads eastwards towards Bunnyconnellan, a small market town. Take care on all roads. The final stretch of the Western Way used to be an old Biancoi coach road. The Western Way parallels the R294 towards the Ox Mountains You are close to the end of your journey.

FEATURES

Ballina literally means the town on the mouth of the ford. People have occupied this place since the Stone Age. River crossing are always important places. The river was first bridged in 1836 and the railway arrived in 1873. The Moy is famous for its salmon fishery.



BUNNYCONNELLAN

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WALK INFORMATION

BUNNYCONNELLAN

DIRECTIONS
Congratulations you have reached the end of the Western Way hiking trail over 200 kilometres from the start in Oughterard in county Galway. Perhaps you have decided to begin your adventure here at the Sligo border. If so just use the map boards in reverse. The Western Way is way marked with the standard yellow man. There are other way marked trails nearby. The Ox Mountain Trail begins a few kilometres north west of this location, it is marked on this map board. Follow the R294 to the Sligo Way a short distance away at Lough Talt.



FEATURES

This area is called The Gap, appropriately so as it is one of few mountain passes from county Mayo into county Sligo for many kilometres. The Ox Mountains are mistranslated from Gaelic they should be called the Wintry Mountains. Look out for Sundews on the bog surface where the heather is short or absent. These plants have evolved a practical solution to the absence of nutrients in the bog. They eat insects that are attracted to their sticky leaves where they are trapped. The underlying rock here is red sandstone it gives way to limestone towards the Moy river valley.



The Western way
Slí an Iarthair

Is siúilíod leanúnach í Slí an Iarthair. Tosaíonn sí in Uachtar Ard, i gCo. na Gaillimhe agus leanann sí ar aghaidh go dtí an Mám. Uaidh sin déanann sí a bealach tríd Ghleann Inneach agus as sin chomh fada leis an Caoláire Rua sa Líonán. Trasaíonn sí isteach go Contae Maigh Eo ag Aasleagh. Sleamhnaíonn sí 6 thuaidh, ag trasnú fánáin Chruach Phódraig, tríd Chathair na Mairt agus Baile Uí Fhíacháin.

Glúaiseann sí tríd Sléibhte Néifinn chomh fada le Derry, Bellacorick agus Sheskin, áit a threabhann sí tríd tirdhreach iargúta. Ó Bhaile an Chaisil i Tuaiscirt Maigh Eo, sníomhann sí síos bóithre beag tuaithe tríd Chill Alla agus Béal an Átha. Tagann sí go ceann scríbe in Muine Chonalláin in aice le teorainn Shligigh, ós cionn 200 km ón tús.

The Western Way is a long distance hiking trail that begins in Oughterard in County Galway and continues north toward Maum. From Maum it makes its way through the Inagh valley from where it reaches Killary Harbour near Leenane. The trail enters County Mayo at Aasleagh. It then continues in a northerly direction, crossing the eastern slopes of Croagh Patrick, through Westport town to Newport.

The Western Way passes through the Nephin Mountains to Derry, Bellacorick and Sheskin where it traverses the most remote landscape. From Ballycastle in north Mayo it follows the coastline through Killala to Ballina and on to the County Sligo border near Bunnyconnellan, over 200 kilometres from the start.

- SÁBHÁILTEACHT AGUS COMPOIRD**
- Bróga feiliúnacha
 - Éadaigh báistí
 - Tabhair leat uisce agus bia fuinniúl
 - Tabhair aire agus tú ag siúl taobh le haibhneacha
 - Is deachleachtas é eolas faoi do thuras a fhágáil le duine éigin
 - Tabhair aire agus tú ag trasnú bearnaí sléibhe
 - Tabhair aire faoi áiteanna iargúta.
 - Fón póca a thabhairt leat

- NÁ FÁG DO LORG**
- NA PRÍONSABAIL**
- 1 Pleanáil chun cinn agus bí ullmh
 - 2 Smaoineag ar dhaoine eile
 - 3 Bíodh meas agat ar ainmhithe feirme agus ar fhiadhúlra
 - 4 Fág gach rud mar a fhaigheann tú é
 - 5 Faigh réidh le bruscar mar ba chóir

CLOI LEIS AN CÓD IS TÚ AR AON TURAS AMUIGH FAOIN AER

NOTICE: Some of the property traversed by the Western Way is private property. Access is available by kind permission of all the landowners/holders on the route. It is understood that persons entering do so by permission with the consent of the landowner and no matter how often they enter, or in what numbers, they do not do so as of right. No amount of expenditure by the partners to this agreement or by private individuals on the route being used will alter this position. As further evidence of the permissive nature of the access, the route will be closed on the 28th of February each year in agreement with the landowners. Nothing in this notice shall impact or address any pre-existing public rights of way.

- SAFETY AND COMFORT**
- For your comfort please ensure you have:
- Good hiking footwear
 - Rain gear
 - Trail food and Drinks
 - Rain gear
 - Carry a mobile phone
 - Take care near streams in flood
 - Be aware the trail passes through remote countryside
 - Inform someone about your intended itinerary

- LEAVE NO TRACE**
- PRINCIPLES**
- 1 Plan ahead and prepare
 - 2 Be considerate of others
 - 3 Respect farm animals and wildlife
 - 4 Leave what you find
 - 5 Dispose of waste properly

PLEASE ADHERE TO THIS CODE IN ANY TRIP TO THE OUTDOORS

NO DOGS ALLOWED

