

WALK INFORMATION

OUGHTERARD TO MAUM

START OUGHTERARD (PUBLIC CARPARK) **FINISH MAUM DISTANCE 24 KILOMETRES HEIGHT GAINED 130 METRES**

DURATION 6 - 8 HOURS O/S maps 1:50000 numbers 45 and 38

DIRECTIONS

The trail begins in Oughterard and follows the lough Corrib shoreline for some ten kilometres north west toward Maum. A few kilometres beyond Doon Rock the trail enters a forestry plantation and for the first time the sensation of remoteness will be experienced. The R336 brings the hiker over the pass and down toward Maum. The trail turns west 300 metres south of Maum Bridge.



FEATURES Lough Corrib to the east of the trail is one of Irelands great lakes. It is the second largest lake in Ireland at 176 km². In places it is 47 metres deep. Wildlife in and about Lough Corrib includes hawks, otters, mink, stoat, frogs,

and bats. Freshwater trout and

salmon are fished for in the lake



WALK INFORMATION

MAUM TO LEENAUN

START MAUM **FINISH LEENAUN DISTANCE 29 KILOMETRES HEIGHT GAINED 540 METRES DURATION 6 - 9 HOURS**

O/S maps 1:50000 numbers 37, 38 and 44

From Maum the trail follows a minor road that leads to Maumeen. At Maumeen the trail loops away to follow the western slopes of the Maumturk mountains. The Twelve Bens mountain range forms the western border of the Glen Inagh. While the trail skirts the western slopes of the Maumturk Mountains. Eventually it loops around the northern slopes of the Maumturk mountains before reaching Leenaun along an old coach road.



FEATURES

Maum Éan is a place of pilgrimage; the pilgrimage may have evolved from pre-Christian times in honour of the God, Lugh, who was honoured at Lughnasa. It is said that St. Patrick stood here and blessed Connemara. There is a small church, a holy well and a statue of Patrick to remind one of the significance of this place in Irish Christianity.



WALK INFORMATION

LEENAUN TO AASLEAGH

START LEENAUN FINISH AASLEAGH **DISTANCE 3.5 KILOMETRES HEIGHT GAINED 50 METRES DURATION 1 HOUR**

O/S map 1:50000 number 37

DIRECTIONS

Leenaun nestles at the foot of the Maumturk mountains at the head of the Killary. From here the Western way follows the N59 for 2.5 kilometres to the County Mayo border at Aasleagh. Please take care as this is a National route



FEATURES

The name Leenaun means the shallow sea bed, somewhat ironic as it sits at the head of the Killary fjord and fjords are renowned for their depth. The Killary is 16 kilometres long and 45 metres deep in places. Leenaun is a haven for geologists due to its great variety of sedimentary, volcanic and metamorphic rocks. Today the hiker will see mussel rafts and salmon cages floating on the fjord.



WALK INFORMATION

AASLEAGH TO SHEEFFRY

START AASI FAGH FINISH SHEEFFRY **DISTANCE 12 KILOMETRES** HEIGHT GAINED 200 METRES **DURATION 3 - 4 HOURS**

O/S maps 1:50000 numbers 37 and 38



Aasleagh Falls are in County Mayo. The Western Way passes between The Devilsmother to the south and the imposing Ben Gorm to the North West. The Erriff valley opens up as the trail follows alongside the river for some 5 kilometres to Houston's bridge. Thereafter the way passes through conifer plantations to reach Sheeffry. This part of The Western Way follows the river and forestry roads.



FEATURES

The Erriff River is a major feature of this section of the trail; Aasleagh Falls can be spectacular when there is a flood on the river for it is a spate river. The river is renowned for its salmon fishery and Aasleagh lodge was once owned by the Marquise of Sligo.



WALK INFORMATION

SHEEFFRY TO WESTPORT START SHEEFFRY

FINISH WESTPORT DISTANCE 25 KILOMETRES HEIGHT GAINED 430 METRES DURATION 6 TO 8 HOURS

O/S 1:50000 numbers 31, 37 and 38

From Sheeffry the Western Way

Drummin and for another 5 kms

Croagh Patrick. Once across the eastern shoulder of Croagh Patrick

the trail follows the coastline into

the town of Westport.

before turning north across bogland and forestry roads to the south of

follows a quiet road through

DIRECTIONS



FEATURES The Sheeffry Mountains mean the Hills of the Wraiths, or ghosts or spectres. Drummin village is typical of so many small scattered communities that the Western Way passes through, a church and a pub remains. The post office is closed as are the few shops that survived until the 1960's. The underlying rock here is a grit stone formed about 485 million years ago. The northern vista is dominated by Croagh Patrick, a quartzite cone. The northern vista is dominated by Croagh Patrick, a quartzite cone. The path to the summit is well worn by the annual visit of thousands of pilgrims. The Reek as it is called locally is 765 m high. The trail touches the calm inner limits of Clew Bay before reaching Westport town.



WALK INFORMATION

WESTPORT TO NEWPORT

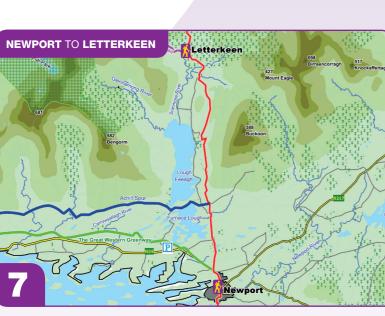
START WESTPORT **FINISH NEWPORT DISTANCE 15 KILOMETRES HEIGHT GAINED 50 METRES**

DURATION 2-3 HOURS O/S map 1:50000 number 31



DIRECTIONS The Western Way shares the Great Western Greenway along the old railway line to Newport. This is a dual cycling and Newport. This line opened in 1894 and closed in 1937. walking trail.

Westport is a planned town dating to the 18th century. To the north of Westport the way crosses the undulating landscape caused by the dumping of huge masses of glacial material. The soil is quite rich and grass grows well making for good pasture and hay. The slopes are well drained but the valleys between betray their wetness by the presence of rushes, Purple Loosestrife and Yellow Flags. The trail follows the old railway line between Westport and



WALK INFORMATION

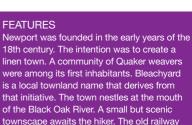
NEWPORT TO LETTERKEEN

START NEWPORT FINISH LETTERKEEN **DISTANCE 13 KILOMETRES HEIGHT GAINED 160 METRES DURATION 3 - 4 HOURS**



DIRECTIONS

From Newport the trail follows the N59 national route for a kilometre out of the town and turning north follows minor roads and tracks to Letterkeen forest. To the west of the trail are Loughs Furnace and Feeagh, while the Nephin





WALK INFORMATION

Mountain range looms ahead.

LETTERKEEN TO DERRY

FINISH DERRY DISTANCE 13 KILOMETRES HEIGHT GAINED 120 METRES DURATION 3 - 5 HOURS

O/S map 1:50000 numbers 23 and 31

Through Letterkeen the

trail makes its way along

the eastern slopes of

the Nephin Mountains

time. Please take care.

on forestry tracks before emerging at Derry. As this is

a dedicated wilderness area the trail will deteriorate over



of varying depth.



plantations in Ireland and and is part of

a designated wilderness area. The main tree species are Lodgepole Pine, and

Sitka Spruce with some Japanese Larch.

main soil type of the forest is blanket bog

The first plantings were made in 1951. It covers an area of 4,843 hectares. The

viaduct dates from the late 19th century.



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• GALWAY 095 41116

For further information or feedback on the trail contact the Rural Recreation officer:

MAYO 098 41950



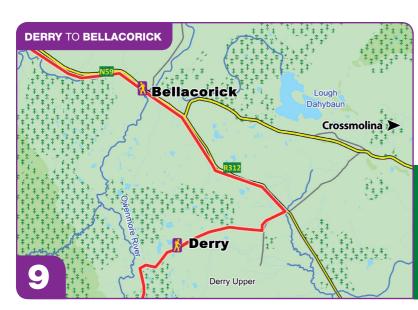






🤼 Fáilte Ireland WILD ATLANTIC WAY

FOLD/SCORE



DERRY TO BELLACORICK

START DERRY FINISH BELLACORICK DISTANCE 8 KII OMETRES **HEIGHT GAINED 20 METRES DURATION 1 - 2 HOURS**

WALK INFORMATION

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.



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

north toward Sheskin and following forestry

kilometres before turning



FEATURES Today the giant wind turbines turn and turn to the east of the trail. This was not

should be taken. WALK INFORMATION START BALLYCASTLE

trails to Ballycastle, a quiet market town. This is a remote area and care

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 Erris, 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

FINISH BALLINA **DISTANCE 32 KII OMETRES** HEIGHT GAINED 370 METRES **DURATION 7 - 9 HOURS** O/S map 1:50000 numbers 23 and 24

From Ballycastle to Ballina the Western

Way follows the coast, using quiet

country roads. Killala is recognizable

by its fine intact Round Tower, dating

follows Bothar Na Sop the old road

used by the invading French army in

the river Moy. Take care on all roads.

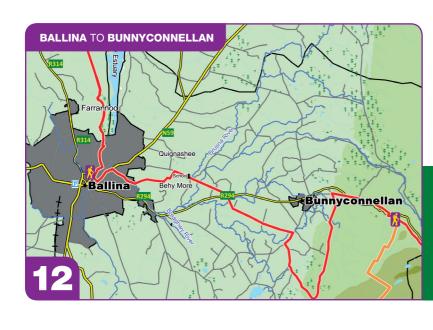
1798. Ballina is a fine market town on

from early Christian times. The way then

DIRECTIONS



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.



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 Bunnyconi a small market town. Take care on all roads. The final stretch of the Western Way used to be an old Bianconi coach road. The Western Way parallels the R294 towards the Ox Mountains You are close to the end of your journey.



FFATURES

Ballina literally means the town





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



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.





agus as sin chomh fada leis an Caoláire Rua sa Líonán. Trasnaíonn sí isteach go Contae Maigh Eo ag Aasleagh. Sleamhnaíonn sí ó

thuaidh, ag trasnú fánáin Chruach Phádraig, tríd Chathair na Mairt agus Baile Uí Fhiacháin. Gluaiseann sí tríd Sléibhte Néifinn chomh fada le Derry, Bellacorick agus Sheskin, áit a threabhann sí tríd tírdhreach iargúlta. Ó Bhaile an Chaisil i Tu-aiscirt Maigh Eo, sníomhann

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

sí síos bóithre beag tuaithe tríd Chill Alla agus Béal an Átha.

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.

Tabhair leat uisce agus bia fuinniúil

- 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 iargúlta. Fón póca a thabhairt leat
- **NÁ FÁG DO LORG**
- NA PRIONSABAIL Pleanáil chun cinn agus bí ullamh 2 Smaoinigh ar dhaoine eile
 - 3 Bíodh meas agat ar ainmhithe feirme
 - agus ar fhiadhúlra Fág gach rud mar a fhaigheann tú é 5 Faigh réidh le bruscar mar ba choir

- Good hiking footwear Rain gear
- Trail food and Drinks Carry a mobile phone Take care near streams in flood
- Take care crossing a mountain pass Be aware the trail passes through remote countryside
- Inform someone about your intended itinerary **LEAVE NO TRACE**
 - Plan ahead and prepare Be considerate of others
 - Respect farm animals and

Leave what you find 5 Dispose of waste properly



CLOÍ LEIS AN CÓD IS TÚ AR AON PLEASE ADHERE TO THIS CODE 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 permission enture 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.

PRINCIPLES

wildlife