

## Background

The Great Western Greenway - Castlebar Network (National Museum - Lough Lannah - Rehins Wood) follows the Castlebar River and runs parallel to the N5, it takes in a section of Castlebar town and continues along the line of the river until it connects with Lough Lannagh, it follows a portion of the lake and eventually connects to a beautiful woodland located near Islandeady. The trail offers a pleasant mix of fields, riverside woodlands, small sections of quiet country back roads and urban settings. This greenway forms part of a network of Greenways and cycle network around Mayo.

It has been designed for shared use by leisure walkers, joggers and cyclists and is suitable for people with easy to moderate levels of fitness. The route is mainly traffic-free and off- road with a solid surface, either tarred or compacted and can be used to commute to and from school or work. The Greenway is waymarked using blue text and symbols on a white background panel. It is recommended that hybrid or a mountain bike be used along this trail. All dogs must be on a lead and under control.



#### **Please Note!**

The Great Western Greenway - Castlebar Network can be traversed from the National Museum of Country Life Turlough to Lough Lannagh, Castlebar and onwards to Rehins Wood located near Islandeady.

The Greenway crosses through privately owned active farmland. The public have landowner permission to walk or cycle on the Greenway. Please respect private property, livestock and farming activities.

The Greenway will close for 24 hours on 21st February each year.

#### Disclaimer

The Greenway was constructed by the local authority with the support of local landowners and the local community. Both walkers and Cyclists use this route entirely at their own risk. No responsibility can be accepted the local authority, landowners or by the publishers and authors of this information leaflet, for any loss, damage or injury caused or sustained during your walk or cycle.

#### **Acknowledgement**

Mayo County Council wishes in particular to thank local landowners without whose cooperation, enthusiasm and support this Greenway would not have been made

The local authority would also like to acknowledge the support of the National Museum of Ireland Country Life, Coillte, South West Mayo Development Company, the Local Rural Social Schemes, TUS, Inland Fisheries Board, Office of Public Works, National Parks & Wildlife Service and the National Trails Office.

Financial Support for the Greenway was made available by the Department of Transport, Failte Ireland, Department of Environment, Community and Local Government and Mayo County Council.















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# Great Western Greenway Castlebar Network





## Trails Overview

Trial Name: Great Western

Official Trailheads - Access **Points:** Lough Lannagh Carpark Village Castlebar, Rehins Wood

#### **Overall Distances of Greenway Network;**

National Museum - Lough **Lannagh - Rehins Wood:** 16km

Castlebar to National Museum at Turlough: 10km (2hrs Walking; 1 hour Cycling)

Castlebar to Rehins Wood. Islandeady: 6km (1hr 30min.

Trail Waymarking: Finger Post Sign with Blue text and symbols

Terrain: Solid Surface, either tarred or compacted

Level of Difficulty: Easy -

**Gradient:** Minimal

Map Reference: O.S. Discovery

**Services:** Lough Lannagh Holiday Village, National Museum of Ireland Country Life and Turlough Village

Safety: When walking or cycling it is important to think of your own safety and also the safety of others. Always be courteous

Minimum Gear: Walking shoes, bike mobile phone, snacks, fluids and waterproofs. Always wear a helmet when cycling. It is recommended that either a hybrid or mountain bike be used on this trail. Whether on or off road, always ensure your bike is in good working order.

## On-road

- · Be familiar with the Rules of the Road as they apply to
- Maximise your visibility wear bright clothing, fit lights to your bike and use them at night and wear clothing with reflective strips.
- Be alert and don't wear
- Cycle decisively and clearly indicate your intentions to other route/road users.

• Give way to pedestrians and

Rathbaun

- Take care at Junctions
- Walk/ Cycle well clear of the road edge or kerb - debris and
- always warn cyclists behind
- way to walkers.

• Don't assume that other users can see or hear you - use a

Ballvnew

Castlebar Bike

### Leave no trace

This is an Outdoor Ethics

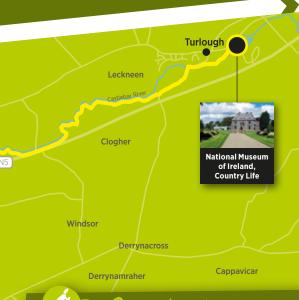
#### **The Seven Principles of Leave No Trace:**

- Be considerate of others
- Travel on durable ground

- Leave what you find
- Dispose of waste properly
- Minimise the effects of fire
- Practice a Leave no Trace ethic and make it hard for others to see you or hear you.

#### **Emergency Contact**

If you encounter any difficulties, contact the emergency services on **999** 



Green Way



Lough Lannah Newport Road Rehins Wood Holiday Village R312

Castlebar

R310