

LEAVE NO TRACE (Principles of Outdoor Ethics)

Please adhere to this code on any trips to the outdoors.

1. Plan Ahead and Prepare: Be sure you are able for the level of walk you propose to take and that you have the correct equipment for the terrain. Follow all safety instructions that may be posted along the route. Check the weather forecast and always be prepared for changing weather conditions. Leave details of your plans with somebody and don't forget to contact that person later to say that you have returned safely.

2. Dispose of Waste Properly: 'Pack It In, Pack It Out'. Bring home all litter and leftover food including biodegradable waste.



3. Leave What You Find: Respect property. For example, farming or forestry machinery, fences, stone walls etc. Leave gates as you find them (open or closed). Preserve the past: examine – but do not damage – archaeological structures, old walks and artefacts. Conserve the present: leave rocks, plants and other natural objects as you find them.

4. Respect Wildlife and Farm Stock: Dogs should be kept under control at all times and should not be brought onto hills or farmland.

5. Be Considerate of Others: Respect the people who live and work in the countryside. Park appropriately – avoid blocking gateways, forest entrances or narrow roads. Let nature's sound prevail. Keep noise to a minimum.

6. Travel on Durable Surfaces: Durable surfaces include established trails and forest roads. Aim to leave your picnic site as you would like to find it.

7. Minimise the Effects of Fire: Fires can cause lasting impacts and are dangerous to forests especially in late spring. Where fires are permitted, use established fire rings, barbecues or create a mound fire. Do not burn plastics or other substances which emit toxic fumes. Dispose of ash carefully.

MC MAHON PARK (CLARE LAKE) REGULATIONS

As a visitor you are requested to adhere to the following regulations which apply to the estate.

1. Obey the advice of the Park Wardens.
2. Please observe the variable closing times displayed on the main gate.
3. Consumption of alcohol is strictly forbidden
4. Dogs must be kept on a lead at all times.
5. The use of Barbecues is forbidden.
6. Please bring your litter with you.
7. Fishing bye-laws have to be obeyed.

The park is for your enjoyment and that of others and your cooperation on the foregoing is requested. It is the policy to prosecute those causing annoyance to others or damage to property.



DISCLAIMER

This loop is part of a countryside network of high-quality, circular walks, developed in partnership with Claremorris Chamber of Commerce, Mayo County Council, Claremorris I.R.D., McMahon Park/Lake Development Committee, Forestry Service, Fisheries Board & the National Waymarked Ways Advisory Committee. The loops have been constructed with the kind assistance of local landowners and organisations.

Walkers use these routes entirely at their own risk. No responsibility can be accepted by landowners or by the publishers and authors of this information leaflet, for any loss, damage or injury caused or sustained during the walks.



CLAREMORRIS

Loop Walks



Mayo Walks
Mayo County Development Board,
Community & Enterprise Office,
Mayo County Council,
Aras an Chontae,
Castlebar, Co. Mayo.
Tel: 094 9047545 / 9024444
Email: mayowalks@mayococo.ie
Website: www.mayowalks.ie

MC MAHON PARK (CLARE LAKE) LOOP WALK, CLAREMORRIS



Trailhead

McMahon Park (Clare Lake), Car parking is available beside the Children's Playground. Services are available in Claremorris.

DIRECTIONS



McMahon Park (Clare Lake) is located in Claremorris town just off Lower James Street on the R331 Caremorris to Ballinrobe Road.



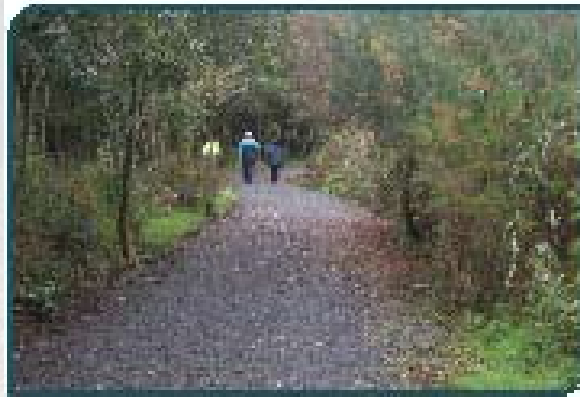
LOOP / TRAIL GRADE DEFINITIONS



Multi-Access

Generally flat trails with good surfaces, suitable for less able users, including wheelchair users, blind or partially sighted, some elderly users, parents with buggies or very young children. Typical duration up to one hour.

- Green** easy, short (1-2hrs), suitable for all levels of fitness;
- Blue** moderate difficulty, 2-3 hrs duration, suitable for medium levels of fitness;
- Red** Hard, (3-5 hrs), suited to walkers with higher than average levels of fitness;
- Purple** Difficult terrain, more high level.



AT A GLANCE



Loop Overview	Mc Mahon Park (Clare Lake)
Theme	Nature
Terrain	Stone Path
Distance	3km
Difficulty	Multi-Access / Easy
Duration	Approximately 45 minutes
Minimum Gear	Walking Shoes.



DESCRIPTION/ITEMS OF INTEREST



To start this walk, as you enter the gates of the park you will observe the bridge from which Claremorris derived its name – Clar - (the bridge) where tolls were paid by anyone coming in to the town to sell their wares Clainne, (family) Mhuiris – (Morris Prendergast).

The walk is exactly one mile long and en route can be seen the newly developed area with its band stand, seating areas and hump back wooden bridge, one of the three bridges on the estate – the others the stone bridge over the stream and the Credit Union bridge at the top end of the lake.

The natural reed beds and Silax (or common Sally) grows profusely all over the untouched lakeside.

Seventeen thousand trees, primarily native, have been planted over the years including Oak, Ash, Willow, Birch and Alder.

Wildlife includes foxes, rabbits, hares, hedgehogs, badgers, weasels, bats, frogs and field mice

Fish – pike, perch, trout and eel

Birds – there are 35 different species of birds identified on the display panel

Within the lake itself is a Crannóg dating back 2000 years and an even older Crannóg (4000 years old) is located in the marshy ground by the wooden bridge.

The users of the walk are varied, from avid fitness people, walkers and strollers, parents and children, older folk to those who come upon it and find it a charming and peaceful spot to relax in.

In the background is what remains of the Workhouse where many people had to come for refuge during the Famine in 1845. The stone used as the small support walls around the bay and on the pathways are from this building. We must also remember the Ford showroom nearby, as the previous owners the McMahon family gifted the first 4 acres of this land to the town of Claremorris. The Boyle and McHugh families donated land to achieve a circle of the lake especially for the convenience of users.

The park is a valuable asset to the town as an environmental green area with carbon sink to counteract manmade pollution. It offers a tranquil surrounding to over-stresses individuals and casual users within an urban area and conveniently situated on the south of the town