



Foxford Loop Walks

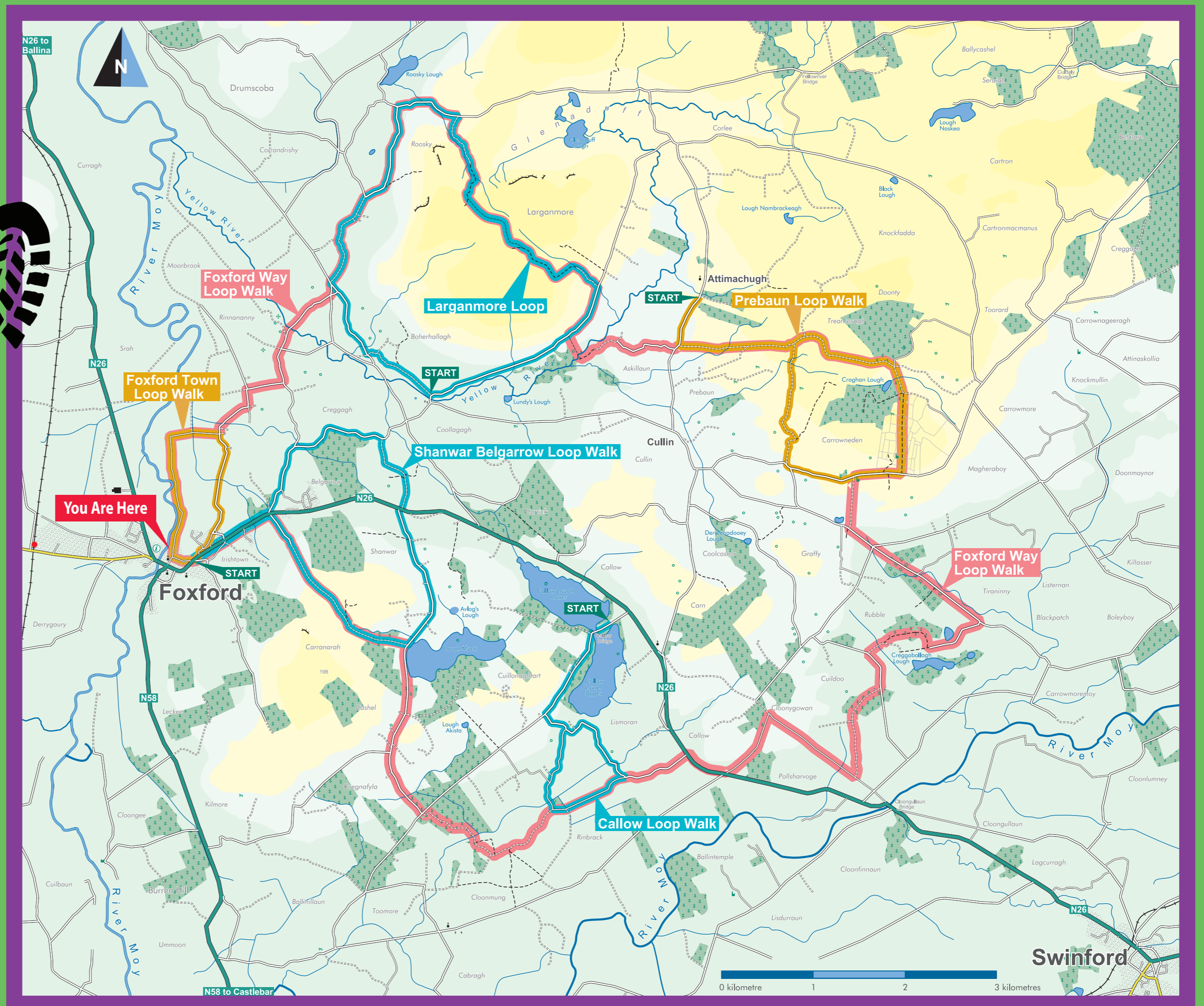
ABOUT FOXFORD LOOP WALKS

Foxford is a small town located in North Mayo and is approximately 08km from Ballina town. Situated on the River Moy, the picturesque town of Foxford has established an excellent reputation as a tourist centre. Nestling between the Ox and Nephin mountains Foxford is the ideal location for a relaxing, stress free break away from the routines of working life. There are a number of loop walks in the area and they all vary in distance and difficulty.

Trail Grading

The looped walks are waymarked using a specific colour to indicate the level of difficulty. Details are as follows:

- Green:** easy, short 1-2hrs duration, suitable for all levels of fitness.
- Blue:** moderate difficulty, 2-3hrs duration, suitable for medium levels of fitness.
- Red:** hard, 3-5hrs duration, suited to walkers with higher than average levels of fitness.
- Purple:** difficult terrain, usually higher level.
- Yellow:** indicates waymarked trails.



FOXFORD WAY LOOP

What to Expect: The Foxford Way Loop is 33km long, with the Ox Mountains on one side and the distinctive Nephin Mountain on the other; it is one of Mayo's finest walks. It is an innovative walk with a rich variety of flora and fauna and an exceptional archaeological and historical content. During your walk, you will encounter bogs, mountains, rivers and Lakes and breathtaking scenery to delight the walker. Although not obvious to the landscape, the influence of man is chronicled through the many fascinating pre-historic and early Christian sites throughout your walk.

Start / Finish: The trailhead / official start point is located in Foxford beside the children's playground in a car park just off the N26 Foxford – Swinford Road and a trailhead is also located at the Foxford Sports and Leisure Centre.

Distance: 33 km
Theme: Long Distance Waymarked Way
Trail Waymarking: Trail is waymarked using a black post about 1 metre high, with a direction travel arrow (Yellow and the Walking Man).
Highest Point: Larginmore 271m
Grade: Hard
Estimated Time: Approximately 7 - 8 hours.
Minimum Gear: Sturdy Walking / Trekking Boots, Waterproofs, Fluids, Snacks and Mobile Phone

SHANWAR / BELGARROW LOOP

What to Expect: Country lanes, bog tracks and hillside, the user will experience wonderful vistas of Nephin and the Ox Mountains.
Description: The trailhead / official start point is located in Foxford beside the children's playground just off the N26 Foxford – Swinford Road and a trailhead is also located at the Foxford Sports and Leisure Centre

Nearest Town: Foxford
Start / Finish: Beside children's playground located just off the N26 Foxford – Swinford Road
Distance: 08 km
Theme: Community Walk
Trail Waymarking: Trail is waymarked using a black post about 1 metre high, with a direction travel arrow (Red).
Grade: Moderate - Hard
Estimated Time: 2 hour – 2hour 30mins
Minimum Gear: Sturdy Walking / Trekking Shoes Waterproofs, Fluids, Snacks and Mobile Phone.

FOXFORD TOWN LOOP

What to Expect: Country lanes and riverside walk.
Description: The trailhead / official start point is located in Foxford beside the children's playground just off the N26 Foxford – Swinford Road.

Nearest Town: Foxford
Start / Finish: Beside children's playground located just off the N26 Foxford – Swinford Road and a trailhead is also located at the Foxford Sports and Leisure Centre.
Distance: 04 km
Theme: Community Walk
Trail Waymarking: Trail is waymarked using a black post about 1 metre high, with a direction travel arrow (Green).
Grade: Easy
Estimated Time: 1 hour
Minimum Gear: Sturdy Walking / Trekking Shoes Waterproofs and Fluids and Mobile Phone

PREBAUN LOOP

What to Expect: Country lanes, bog tracks and hillside, taking in sections of the Foxford Way.

Description: trailhead / official start point is located at the parish church in the townland of Attmachugh, Foxford, Co Mayo. (OS Sheet 32, G327 074) Services (accommodation, shops, pubs, restaurants, etc) are available in Foxford (10km)

Nearest Town: Foxford
Start / Finish: Attmachugh Church
Distance: 10 km
Theme: Nature
High Point: 200m
Trail Waymarking: Trail is waymarked using a black post about 1 metre high, with a direction travel arrow (Purple)
Grade: Moderate - Hard
Estimated Time: 2 hour – 3hour 30 mins
Minimum Gear: Sturdy Walking / Trekking Boots, Waterproofs, Fluids, Snacks and Mobile Phone.

CALLOW LOOP

What to Expect: Country lanes, and bog tracks taking in sections of the Foxford Way and vistas of Callow Lake. This is a beautiful trail overlooking Callow Lakes, situated just off the N26 Foxford – Swinford road. The two lakes (north and south) are approximately 100 acres each and are joined by a narrow channel, which is navigable throughout the season. Both lakes hold good stocks of wild brown trout. The lake gets good hatches of duckfly, mayfly and sedges and fishes particularly well.

Description: The trailhead / official start point is located at the pier slipway at callow lake just off the N26 Foxford – Swinford Road. Services (accommodation, shops, pubs, restaurants, etc) are available in both Foxford and Swinford (3km).

Nearest Town: Foxford / Swinford
Start / Finish: Pier / Slipway at Callow Lake
Distance: 6.5 km
Theme: Nature
Trail Waymarking: Trail is waymarked using a black post about 1 metre high, with a direction travel arrow (Blue)
Grade: Moderate
Estimated Time: 2 hour – 2hour 30mins
Minimum Gear: Sturdy Walking / Trekking Shoes Waterproofs, Fluids, Snacks and Mobile Phone.

LARGANMORE LOOP

What to Expect: Surface roads, country lanes and bog / mountain tracks. The Western slopes of the Ox Mountains are home to a herd of 'feral' goats, the descendants of domestic goats run wild. For much of the year the 'Billy' goats, with their fine horns, live in groups separate from their females (Nannies) and their Kids which are born in early spring. The goats are the focus of the annual goat fair held in each year in Foxford on the 15th May.

Description: The trailhead / official start point is located at an 'official' viewing point in the townland of Glanduff, Foxford, Co Mayo. (OS Sheet 31, G305 092) Services accommodation, shops, pubs, restaurants, etc) are available in Foxford (10km)

Nearest Town: Foxford
Start / Finish: Viewing Point at Glanduff, Foxford
Distance: 14 km
Theme: Mountain
Highest Point: 271m
Trail Waymarking: Trail is waymarked using a black post about 1 metre high, with a direction travel arrow (Purple)
Grade: Moderate - Hard
Estimated Time: 4 hour – 4hour 30 mins
Minimum Gear: Sturdy Walking / Trekking Boots, Waterproofs, Fluids, Snacks and Mobile Phone

Additional Information: OS Discover Map: Sheet No 24, 31 and 32. Emergency Contact No: In the event of an emergency dial 999. Help maintain Foxford Loop Walks, please report any dangerous obstacles or missing / damaged signs to Mayo County Council. Tel 094 9024444 or email mayowalks@mayococo.ie. Additional informational in relating to North Mayo can be obtained by logging onto www.northmayo.ie. Local information is available by contacting Foxford Visitor Information Centre, Foxford, Co. Mayo. Telephone + 353 (0)94 9256488 Fax + 353 (0)94 9256194. Leave No Trace. Plan ahead and prepare. Dispose of waste properly. Leave what you find. Respect wildlife and farm stock. Dogs should be kept under control at all times and should not be brought onto hills or farmland. Be considerate of others. Minimise the effects of fire.

Acknowledgement: The Foxford Loop Walks have been constructed with the kind assistance from local landowners and organisations. The organisations included the local Rural Social Scheme, Mayo North East Leader Partnership Teoranta, Mayo County Development Board, Mayo County Council, Fáilte Ireland and the Local Community.