

Walking and cycling around the Joyce Country & Western
Lakes geopark region

Siúl agus Rothaíocht timpeall an réigiúin geopháirc Dhúiche
Sheoigheach & Lochanna an Iarthair

Legend/Eochair Eolais

An Ghaeltacht

Connemara National Park
Páirc Náisiúnta Chonamara

The Western Way
Slí an Iarthair

Croagh Patrick
Heritage Trail

St Patrick's Causeway
Tóchar Phadraig

The Old Road
An Seanbhothar

National Trails
Cosáin Náisiúnta

Cycling Trails
Conairí Rothaíochta

N/T

0510 km

TIONSCADAL GEOPHÁIRC
Dhúiche Sheoigheach
& Lochanna an Iarthair
JOYCE COUNTRY & WESTERN LAKES GEOPARK PROJECT



Walking around the Joyce Country and Western Lakes geopark region

National Trails (walking and cycling) in the area

To see the National walking and cycling trails in more detail, visit <https://www.irishtrails.ie/>

- 1 Murrisk Loop; Murrisk Mountain Loop; Murrisk Pier Loop
- 2 Killeen Killadoon Beach Loop & Killeen White Stone Bog Loop
- 3 Inishturk - Lough Coolaknick Loop
- 4 Inishbofin Island - Westquarter Loop
- 5 Letterfrack Poetry Trail; Diamond Hill Loop; Connemara National Park
- 6 Marconi Loop
- 7 Inis Nee Loop
- 8 Luibin Mhairis

- 9 Luibin Garumna - Slí Chonamara
- 10 Siuloidi na Ceathrun Rua
- 11 Maigh Cuilinn (Moycullen) Heritage Trails
- 12 New Village
- 13 Ard na Gaoithe - Ardnageeha Loop; Cong Forest; Cong Pigeon Loop
- 14 Clonbur Wood Loop
- 15 Kilmaine: Church Walk ; Killernan Loop; Nature Walk
- 16 Tourmakeady: Lake Walk; Loop; Nature Walk

- 17 Moorehall Walk
- 18 Clogher: Holy Well Loop; Bog Loop; Red Walk
- 19 Great Western Greenway; Westport Cycle Hub
- 20 Louisburgh Cycle Hub
- 21 Clifden Cycle Hub
- 22 Derroua Mountain Bike Trail

--- The Western Way

The Western Way is a long-distance walking trail of more than 200 km that passes through Counties Galway and Mayo. The trail begins in Oughterard, Co Galway, and finishes in Bunnycibbellan, Co Mayo. This map focuses on the section that passes through the aspiring geopark area, from Oughterard to Westport.

There is a public car park at Oughterard.

Distances and times of trail sections:

Oughterard – Maam: 24 km – 6-8 hrs
Maam – Leenaun: 29 km – 6-9 hrs
Leenaun – Aasleagh: 3.5 km – 1 hr
Aasleagh – Sheeffry: 12 km – 3-4 hrs
Sheeffry – Westport: 25 km – 6-8 hrs

Please note, some parts of the trail pass through private land, so please seek permission from landowners/holders.



--- Croagh Patrick Heritage Trail

The Croagh Patrick Heritage Trail traditionally starts in the village of Balla and ends in the village of Murrisk. The trail is 63 km and does not include the mountain ascent. It is national way-marked the whole way. The difficulty is moderate, though the final ascent is classed as difficult. The terrain varies from woodland, to bog, to minor roads to mountain tracks. The minimum gear recommended is hiking boots, waterproofs, snacks and water.

Distances and times of trail sections:

Balla – Ballintubber: 17 km – 4 hrs
Ballintubber – Aghahower: 27 km – 6 hrs
Aghahower – Murrisk: 19 km – 5 hrs



--- St Patrick's Causeway

Also known as Tóchar Phadraig, this ancient pilgrim path begins at Ballintubber Abbey and finishes about 35 km away on Croagh Patrick. The minimum hiking gear recommended is hiking boots, waterproofs, snacks and water, as this hike can become difficult, especially in the winter months. In addition to the terrain, there are also about 113 stiles to climb over.

For health and safety reasons, a minimum of two people must walk together. Furthermore, all walkers must register with Ballintubber Abbey and sign a declaration.

Please note, there is a registration fee of €10. For more information, visit

<https://www.ballintubberabbey.ie/tochar-phadraig/> or email info@ballintubberabbey.ie.



--- Seanbhóthar

Seanbhóthar, The Old Road, is a 10 km paved walk between the villages of Corr na Móna and Clonbur which takes about 2 hrs 30 minutes. The walk has a maximum climb of 80 m and is mostly along the country roads.



www.leavenotraceireland.org

7 PRINCIPLES

- 1 Plan Ahead and Prepare
- 2 Be Considerate of Others
- 3 Respect Farm Animals and Wildlife
- 4 Travel and Camp on Durable Ground
- 5 Leave What You Find
- 6 Dispose of Waste Properly
- 7 Minimise the Effects of Fire

The areas marked 'An Ghaeltacht' are the Gaeltacht areas where Irish is the predominant language. Road signs in this area will be in Irish only.

What is a UNESCO Global Geopark?

A UNESCO Global Geopark is an area with sites and landscapes of international geological significance. Geoparks have a bottom-up approach and encourage local communities and authorities to come together for the sustainable development, protection and education within that area. This holistic concept has become increasingly popular around the world. UNESCO Global Geopark status adds no further planning regulations to those already in place by EU, national or local government. Currently, there are 3 UNESCO Global Geoparks in Ireland: Marble Arch Caves, in counties Fermanagh and Cavan, Burren and Cliffs of Moher, in County Clare, and Copper Coast, in County Waterford.

The Joyce Country & Western Lakes geopark region is an aspiring geopark and is expected to apply for UNESCO Global Geopark status.

