

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 walls 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.

WAYMARKERS

The walks are waymarked using black posts, about 1 metre high, with a direction of travel arrow (purple).



DISCLAIMER

These loops are part of a countrywide network of high-quality, circular walks being developed by Fáilte Ireland in association with the National Waymarked Ways Advisory Committee. The loops have been constructed with the kind assistance of local landowners. Scéim Sóisialta Tuaithe Pároiste na Cille Móire. Comharchumann Ionad Deirbhile and Údarás na Gaeltachta.

CONTACT DETAILS

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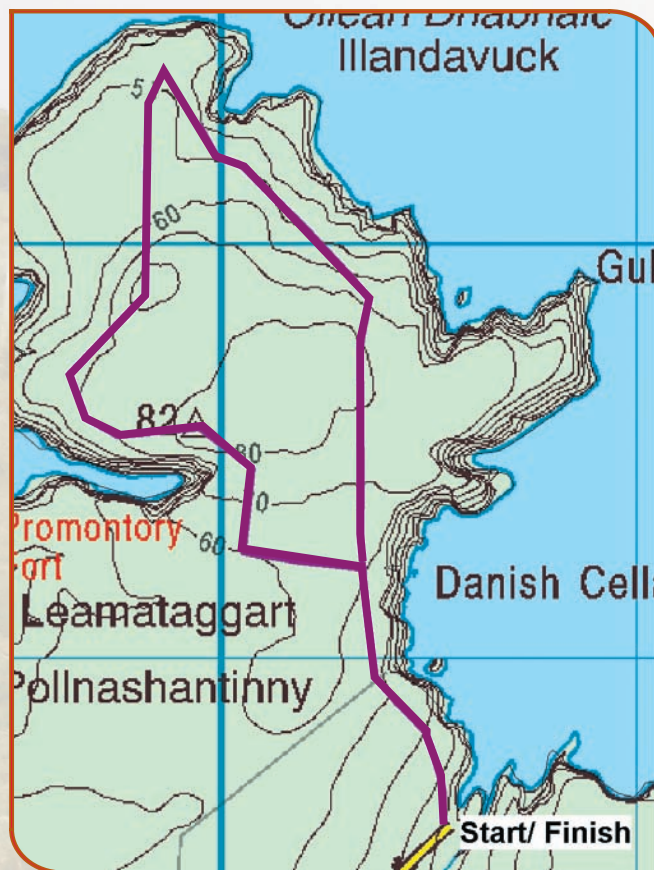
LÚB CEANN IORRAIS ERRIS HEAD Belmullet



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DIRECTIONS

Start from the town of Belmullet on the R313 between Bangor and Blacksod. Follow the sign for Ceann Iorrais to reach the start/trailhead at a small car parking area at the end of the road. (Note: The trailhead is signposted from Belmullet).



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TRAILHEAD

Erris Head Carpark (OS Sheet 22, F705 396) The trailhead is located at a small car parking area at the end of the access road to Erris Head. Parking is available for up to 8 cars. Services (accommodation, shops, pubs, etc) are available in Belmullet (8km).

AT A GLANCE

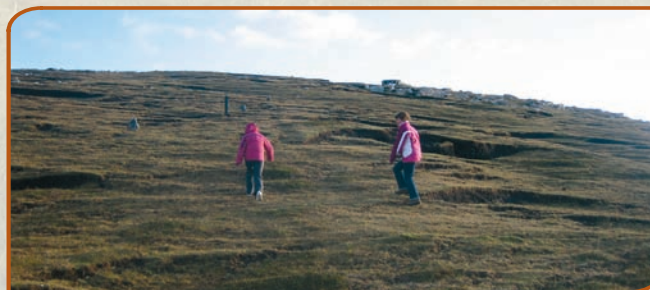
Loop Overview	Lúb Ceann Iorrais / Erris Head Loop
Theme	Coastal
Terrain	Grassy paths, earthbanks & open ground.
Distance/Difficulty	5km
Ascent	82m / 70m
Duration	1.5hrs – 2hrs
Minimum Gear	Trekking Boots, raingear, and fluid
Start/Trailhead	Car Park at Erris Head, Co Mayo.



LOOP DESCRIPTION

The loop starts from Erris Head car park and immediately crosses a stile into a field. Follow the fence on the right, the walker is taken through two fields to reach an old earth bank which once marked the boundary between parishes, but now provides sound walking terrain for almost half of the loop.

Following the earthbank for 300m to reach a wooden footbridge over a small stream. This marks the point to which you will return from the left on the final section of the loop. Continue straight ahead here.



Follow the earthbank to its conclusion near the northernmost tip of the head at this point you will experience spectacular views of Illandavuck Island, Pigeon Rock and some sea arches.

The loop turns sharp left now and climbs gently to reach a dated and dilapidated building which in previous times served as a coast watch station. From here, the loop descends to view a stone construction of word EIRE (Gaelic for Ireland) and skirts the northern edge of Ooghwee inlet before reaching a concrete pillar which served as an information gathering structure for the Meteorological Service.



From the pillar the loop descends gently again, and a stream crosses where it turns left. After 300m the loop rejoins the earthbank which was used on the outward journey at the small wooden footbridge. Turn right here and follow the earthbank back to enter the fields which mark the final part of the loop back to the trailhead.