

THE RED WALK



Distance: 5km
Walking Time: Approximately 45mins - 1 hour
Grade: Easy
Start: Doonamona Castle
Terrain: Country Lanes
Essential: Comfortable Walking Shoes & Rainwear
Items of Interest: Geata na gCorp (Gate of the Corpse) is located in the townland of Clogher. Coffins were carried to Drum Graveyard by pallbearers. On arrival at Geata na gCorp it was customary to pause and rest a while, before continuing along the old pathway that can be traced to the graveyard.

AN tSIÚLÓID DHEARG



Fad: 5 km
Am Measta: 45 nóiméad - 1 uair a'chloig go neasach
Leibhéal deacrachta: Éasca
Ag tosnú: Caisleán Dhún na Móna
Tír-raon: Bóithrín
Íos-trealamh: Bróga Siúil & Éadaí Uisceadhionach
Pointí Suimiúla: Suite i mbaile fearainn an Chlochair, tá an geata seo déanta i stíl thútach. Tógadh impróirí pailín cónraí chuig Reilig an Droma.

Bhí sé de nós acu stad le haghaidh sosa, ar theacht dóibh ar Gheata na gCorp, roimh dul ar aghaidh ar an tsean-rian chun na reilige.



Stone Step Styles
Céimeanna Cloiche



Gate of the Corpse
Geata na gCorp

LEAVE NO TRACE

Principles of Outdoor Ethics

Please adhere to this code in 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 left over 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 & 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.

NÁ FÁG DO LORG

Prionsabail Eitice Lasmuigh

Glac leis an gcód seo agus tú i mbun turais lasmuigh

1. PLEAN CHUN CINN & BÍ RÉIDH

- Bí cinnte go bhfuil an leibhéal lúb-bhealaigh a roghnaíonn tú i do chumas agus an fearas a theastaíonn le haghaidh do ghníomh-achtaí agat.
- Tabhair aird ar threoracha sábháilteachta a mbeadh fógartha ar an mbealach.
- Seiceáil tuar na haimsire roimh ré agus bí réidh d'athrú ar bith san aimsir.
- Abair le duine i gcónaí cá bhfuil tú ag dul agus cén t-am a bhfuil síúil agat filleadh, agus ná dean dearmad dul i dteagmháil leo a rá go bhfuil tú tagtha ar ais.

2. NÁ FÁG DO BHRUSCAR I DO DHIAIDH

- Má Thugann tú Isteach é, Croch leat Arís é. Tabhair leat abhaile brus-car agus fuíoll bia, bíodh sé ina ábhar in-bhith-dhíghrádaithe nó ná biodh.

3. FÁG MAR A BHÍONN ROMHAT

- Bíodh meas agat ar mhaoín, mar shampla innealra feirme nó foraoi-seachta, sconsaí, ballaí cloiche srl. Fág geataí mar a bhíonn siad romhat (oscailte nó dúnta).
- Caomhnaigh an stair: scrúdaigh ach ná dean aon damáiste do struchtúir sheandálaíochta, sean-bhallaí agus déantáin oidhreacht.
- Caomhnaigh gach a bhfuil ann faoi láthair: fág carraigeacha, bláthanna, plandaí, ainmhithe agus gnáthóga eile an nádúir mar a fhaigheann tú iad.

4. BÍODH MEAS AGAT AR AINMHITHE FEIRME AGUS AR AN BHFIADHÚLRA

- Ba chóir madraí a choinneáil faoi smacht ghéar agus ní coir iad a thabhairt ar chnoic nó ar thalamh feirme.

5. CUIMHNIGH AR DHAOINE EILE

- Bíodh meas agat ar lucht cónaithe agus oibríthe áitiúil.
- Páircéil mar is cuí - ná bí sa bhealach i mbóithre conga, ar gheataí, nó bealaí isteach chuig coillte.
- Ná bíodh ach glór an nádúir le cloisteáil. Ná bí ag gleo agus ag déanamh an iomarca torainn.

6. FAN AR THALAMH CRUA

- Áirítear cosáin seanbhunaithe agus bóithre foraoise ar thalamh cru. Bíodh sé mar aidhm agat do láthair picnicí a fhágáil mar a bhí sé nuair a tháinig tú air nó níos fearr.

7. SEACHAIN AN CONTÚIRT A BHAINNEANN LE TINE

- Is féidir le tinte éifeachtaí buana a bheith leo agus is féidir leo coillte a mhilleadh go háirithe san Earrach.
- I gcásanna a gceadaítear tinte, bain úsáid as fáinní tine seanbhunaithe, bearbaiciú nó dean tine mhullóige.
- Ná bí ag dó plástigh nó substaintí eile a dhéanann deatach nimhiúil.
- Bí cúramach agus luaithe á dhiúscairt.

DISCLAIMER

These loops are part of a countrywide network of high quality walks being developed by Fáilte Ireland in association with the National Way-marked 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.

SÉANADH

Is páirt iad na lúb-bhealaí de líonra d'ardchaighdeán de shiúlóidí atá á bhforbairt ag Fáilte Ireland ar fud na tíre i gcomhcheangal le Coiste Náisiúnta Comhairleach na Slite Slímharcaílte. Rinneadh na lúb-bhealaí seo le cúnaimh ó úinéirí talún agus eagraíochtaí áitiúla agus is maith uathu é.

Tá na coisithe ar an tsiúlóid ar a gcomhairle féin. Ní ghlacann úinéirí talún nó foilsitheoirí/údair an bhróisiúir seo aon fhreagracht as gortú nó damáiste ar bith a tharlaíonn le linn do na siúlóirí an bealach seo a shiúl.

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CLOGHER LOOP WALKS

Lúb-Shiúlóidí an Chlochair



MAYO WALKS

Conair Shiúil Mhaigh Eo



MAYO WALKS

Mayo Walks

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Community & Enterprise Office,
Mayo County Council,
Aras an Chontae,
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DIRECTIONS TO CLOGHER

Start from the village of Ballintubber just off the N84 Castlebar to Ballinrobe road.

Approximately 100 meters past the Ballintubber Abbey which is located to your right, look out for fingerpost sign pointing you in the direction to Clogher. Turn left and follow this road for approximately 5km until you arrive in Clogher village. The trail head is located at the Clogher Heritage Centre.

THE CLOGHER BOG WALK



Distance: 8 km
Walking Time: 2 - 3 hrs
Grade: Easy
Start: Clogher Heritage Centre
Terrain: Country Lanes & Bog Tracks
Essential: Comfortable Walking Shoes & Rainwear

Items of Interest: The Clogher Heritage Centre & Working Forge.
Drum Graveyard: *St Patrick built the first church, from timber, here in 440A.D. The church was in use until the mid 1800's but sadly all that remains is one wall that is of great archaeological interest. At the rear of the graveyard the remains of a Caiseal can be seen. A Caiseal was a place where pilgrims could spend the night in safety.*
St Patrick's Footprint: *A most unusual phenomenon, situated at the rear of Drum Graveyard.*

LÚB-SHIÚLÓIDÍ AN CHLOCHAIR

CONAIR PHORTAIGH AN CHLOCHAIR

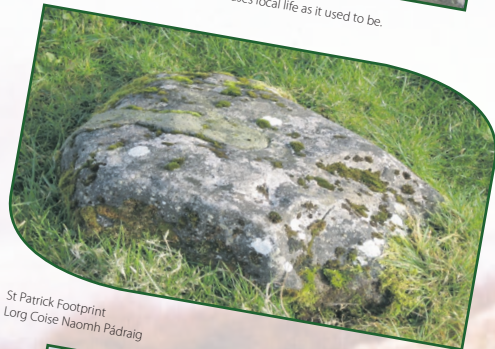
Fad: 8 km
Am measta: 2 - 3 uair a'chloig
Leibhéal deacrachta: Éasca
Ag tosnú: Ionad Oidhreacht an Chlochair

Tír-raon: Bóithrín agus Cosáin Phortaigh
Íos-trealamh: Bróga Siúil Compordacha agus Éadaí Uiscédhíonach

Pointí Suimiúla: Ionad Oidhreacht an Chlochair & Ceárta Oibre.
Reilig an Droma: Naomh Pádraig a thóg an chéad shéipéal ó adhmaid, anseo i 440A.D. Bhí an Séipéal ag feidhmiú go dtí lár na 1800í, ach anois níl ach balla amháin de mhór spéis sean-dálaíochta fágtha. Tá iarsmaí Caisil le feiceáil. *Is éard a bhí i gCaiseal ná áit ina raibh oilithrigh in ann an oíche a chaitheamh go slán sábháilte.*
Lorg Coise Naomh Phádraig: Feiniméan iontach neamhghnách, suite ar chúil na Reilige.



17th Century replica cottage, which showcases local life as it used to be. "an saol mar a bhíodh"



St Patrick Footprint
Lorg Coise Naomh Pádraig



Drum Graveyard
Reilig an Droma

THE HOLY WELL (BLUE WALK)



Distance: 5 km
Walking Time: 1 hr
Grade: Easy
Start: Clogher Community Centre
Terrain: Country Lanes
Essential: Comfortable Walking Shoes & Rainwear
Items of Interest: Site of the old Clogher National School.
Holy Well - *Burial Ground for unbaptised babies.*
Fortlawn Ringfort: *An Ancient Ringfort can be seen alongside Fortlawn House which was built in 1748.*

AN TOBAR BEANNAITHE (SIÚLÓID GHORM)

Fad: 5 km
Am Measta: 1 uair a'chloig
Leibhéal Deacrachta: Éasca
Ag tosnú: Ionad Phobal an Chlochair
Tír-raon: Bóithrín
Íos-trealamh: Bróga Siúil agus Éadaí Uiscédhíonach
Pointí Suimiúla: Suíomh Sheanscoil Náisiúnta an Chlochair.
An Tobar Beannaithe - *Úirleachas do leanaí neamhbhaiste.*
Lios Risteaird: *Tá Lios Ársa le feiceáil le taobh Tí Fortlawn a tógadh i 1748.*



Fortlawn Ringfort
Lios Risteaird



Burial Ground for unbaptised Babies
Cillín

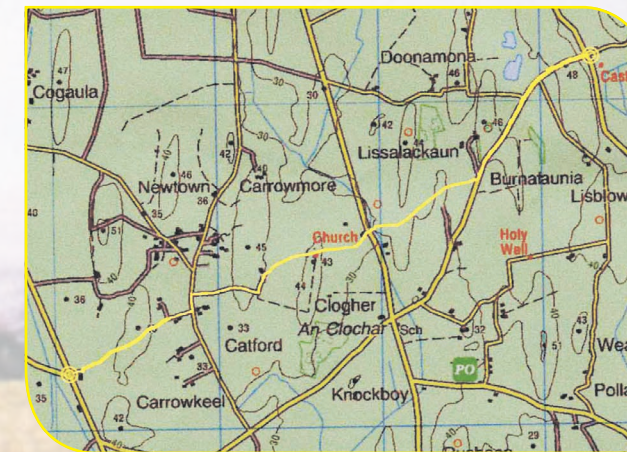


Holy Well
Tobar Beannaithe



Local Forge
An tSean-Cheárta

THE TOCHAR WALK (YELLOW WALK)



Distance: 6.4km
Walking Time: Approximately 1 hour
Grade: Moderate
Start: Doonamona Castle
Terrain: Country Lanes & Bog Tracks
Essential: Comfortable Walking Boots & Rainwear
Items of Interest: This trail is a section of the Croagh Patrick Heritage Trail.
Doonamona Castle: The Castle was built in

AN tSIÚLÓID TÓCHAIR (SIÚLÓID BHUI)

Fad: 6.4km
Am Measta: 1 uair a'chloig go neasach
Leibhéal deacrachta: Measartha
Ag tosnú: Caisleán Dhún na Móna
Tír-raon: Bóithrín agus Cosáin Phortaigh
Íos-trealamh: Bróga Siúil Compordacha agus Éadaí Uiscédhíonach

Pointí Suimiúla: Is cuid den Chonair Oidhreacht Chruach Phádraig í an chonair seo
Caisleán Dhún na Móna: *Thóg na Normannaigh an Chaisleán sa 15ú aois, bhí sé i seilbh muintir Uí Cheallaigh ó Uí Máine. B'iad muintir de Búrca a bhí liostaithe mar uiníirí i 1574. Fágta é ina urdhún ag muintir De Búrca go dtí gur tháinig Tíoránach Dubh na Connachtach, Bingham ar an bhfód i 1586. Is iarsmaí é an poll mór ar bharr, ó lámhach canóin na Francaigh i gcoinne na Sasanaigh thart ar 1798.*



Doonamona Castle
Caisleán Dhún na Móna