



Background

The Great Western Greenway – Castlebar Network (National Museum – Lough Lannagh – Rehins Wood) follows the Castlebar River and runs parallel to the N5, it takes in a section of Castlebar town and continues along the line of the river until it connects with Lough Lannagh, it follows a portion of the lake and eventually connects to a beautiful woodland located near Islandeady. The trail offers a pleasant mix of fields, riverside woodlands, small sections of quiet country back roads and urban settings. This greenway forms part of a network of Greenways and cycle network around Mayo.

It has been designed for shared use by leisure walkers, joggers and cyclists and is suitable for people with easy to moderate levels of fitness. The route is mainly traffic-free and off- road with a solid surface, either tarred or compacted and can be used to commute to and from school or work. The Greenway is waymarked using blue text and symbols on a white background panel. It is recommended that hybrid or a mountain bike be used along this trail. All dogs must be on a lead and under control.



Please Note!

The Great Western Greenway – Castlebar Network can be traversed from the National Museum of Country Life Turlough to Lough Lannagh, Castlebar and onwards to Rehins Wood located near Islandeady.

The Greenway crosses through privately owned active farmland. The public have landowner permission to walk or cycle on the Greenway. Please respect private property, livestock and farming activities.

The Greenway will close for 24 hours on 21st February each year.

Disclaimer

The Greenway was constructed by the local authority with the support of local landowners and the local community. Both walkers and Cyclists use this route entirely at their own risk. No responsibility can be accepted the local authority, landowners or by the publishers and authors of this information leaflet, for any loss, damage or injury caused or sustained during your walk or cycle.

Acknowledgement

Mayo County Council wishes in particular to thank local landowners without whose cooperation, enthusiasm and support this Greenway would not have been made possible.

The local authority would also like to acknowledge the support of the National Museum of Ireland Country Life, Coillte, South West Mayo Development Company, the Local Rural Social Schemes, TUS, Inland Fisheries Board, Office of Public Works, National Parks & Wildlife Service and the National Trails Office.

Financial Support for the Greenway was made available by the Department of Transport, Fáilte Ireland, Department of Environment, Community and Local Government and Mayo County Council.



Great Western Greenway Castlebar Network





Trails Overview

Trial Name: Great Western Greenway – Castlebar Network

Official Trailheads – Access Points: Lough Lannagh Carpark & Lough Lannagh Holiday Village Castlebar, Rehins Wood Carpark, Turlough Village

Overall Distances of Greenway Network;

National Museum - Lough Lannagh - Rehins Wood: 16km

Castlebar to National Museum at Turlough: 10km (2hrs Walking; 1 hour Cycling)

Castlebar to Rehins Wood, Islandeady: 6km (1hr 30min. Cycling)

Trail Waymarking: Finger Post Sign with Blue text and symbols on white.

Terrain: Solid Surface, either tarred or compacted

Level of Difficulty: Easy – Moderate

Gradient: Minimal

Map Reference: O.S. Discovery Series 31

Services: Lough Lannagh Holiday Village, National Museum of Ireland Country Life and Turlough Village

Safety: When walking or cycling it is important to think of your own safety and also the safety of others. Always be courteous and respectful to other cyclists, walkers and possible drivers along county road sections.

Minimum Gear: Walking shoes, bike mobile phone, snacks, fluids and waterproofs. Always wear a helmet when cycling. It is recommended that either a hybrid or mountain bike be used on this trail. Whether on or off road, always ensure your bike is in good working order.



On-road

- Be familiar with the Rules of the Road as they apply to walkers and cyclists.
- Maximise your visibility – wear bright clothing, fit lights to your bike and use them at night and wear clothing with reflective strips.
- Be alert and don't wear earphones.
- Cycle decisively and clearly indicate your intentions to other route/road users.
- Take care at Junctions
- Think ahead and anticipate walkers and drivers actions.
- Walk/ Cycle well clear of the road edge or kerb – debris and drains are a hazard.
- When cycling in a group always warn cyclists behind you of hazards ahead.
- Cyclists should always give way to walkers.

Off-road

- Give way to pedestrians and leave plenty of room. Slow down and stop if necessary.
- Take care at junctions, bends and entrances.
- Don't assume that other users can see or hear you – use a bell.



Leave no trace

This is an Outdoor Ethics Programme designed to promote and inspire responsible outdoor recreation through education, research, and partnerships.

- Leave what you find
- Dispose of waste properly
- Minimise the effects of fire
- Practice a Leave no Trace ethic and make it hard for others to see you or hear you.

The Seven Principles of Leave No Trace:

- Plan ahead and prepare
- Be considerate of others
- Respect farm animals and wildlife
- Travel on durable ground

Emergency Contact

If you encounter any difficulties, contact the emergency services on **999**

