ACHOIMRE

Ag tosnú	An tSeanscoil, Ceathrú Thaidhg
Mapa	Sraith Discovery an Suirbhé Ordanáis uimhir 22
Tagairt Eangaí	F821 420
Seirbhísí	Ceathrú Thaidhg
Tír-raon	Cosáin, féarach garbh, ailt agus bóithre portaigh
Oiriúnach do	Meán leibhéal corpacmhainne
Íos-trealamh	Buataisí siúil, éadaí uiscedhíonach, sneaic agus deoch

LÚB CHLANN LIR (SAIGHEADA GORMA)

TREO NA SIÚLÓIDE

Ag tosnú ón gcarr-chlós ag ionad eolais na Seanscoile i gCeathrú Thaidhg lean an saighead gorm siar an Bhóthar Íochtair. (Tá na saigheada glasa le haghaidh lúb níos giortaí a fhágann do lúb mar a théann tú ar aghaidh, agus tá na saigheada dearga le haghaidh Lúb an Chlaí Dhuibh). Lean na saigheada gorma síos le fána, thar teampall Chill a' Ghallagáin, ar chosán gainimh chomh fada leis an mbóthar tarra. Iompaigh ar dheis anseo, coinnigh ort suas an cnoc ar feadh 200m agus iompaigh ar clé ag an gclaí. Lean an cosán a ritheann leis an gclaí, tríd dhá gheata, chomh fada leis an gclaí dubh. Lean an claí, a leanann líne an chósta agus a chasann ó thuaidh chomh fada le barr ailt ag Alt Breac. Coinnigh ort, taobh leis an gclaí thar Bhun an Ghleanna, An Láir Bhán agus Lag Fliuch chomh fada le dealbh Chlann Lir ag na Príosúin. Uaidh seo lean na saigheada gorma ó dheas ar Bhóthar na bPríosún ar feadh 1km agus cas ar clé ag an acomhal. Coinnigh ort ar an mbóthar díreach ar aghaidh tríd baile Cheathrú na gCloch agus ar ais chuig an tSeanscoil.

Fad	10 km
Airde	180 méadar
Am measta	2 – 2.5 uair a' chloig
Leibhéal deacrachta	Measartha

LÚB AN CHLAÍ DHUIBH (SAIGHEADA DEARGA)

TREO NA SIÚLÓIDE

Is ionann treo na siúlóide le haghaidh Lúb an Chlaí Dhuibh agus Lub Chlann Lir chomh fada le dealbh Chlann Lir ag na Príosúin. Uaidh seo lean na saigheada dearga soir. Tar éis duit dreapadh suas sroichfidh tú An Fiodán Dubh. Iompaigh ar dheis anseo agus lean taobh an fhiodáin chomh fada lena fhoinse. Ag leanacht na saigheada, coinnigh ort trasna an bhogaigh chomh fada le cloigeann an bhóthair phortaigh. Lean an bóthar portaigh chomh fada leis an mbóthar tarra, cas ar clé agus coinnigh ort díreach ar aghaidh ar ais chuig an tSeanscoil.

Fad	13 km
Airde	270 méadar
Am measta	2.5 – 3 uair a' chloig
Leibhéal deacrachta	Measartha

NÁ FAG DO LORG

Cloí leis an gcód seo led' thoil ar do thuras.

Bí Réidh: Cinntigh go bhfuil tú sách aclaí, go bhfuil an fearas atá uait agat agus an t-am a theastaíonn don lúb-bhealach a roghnaíonn tú. Lean na treoracha sábháilte atá curtha suas ar an lúb-bhealach. Seiceáil réamhaisnéis na haimsire roimhré 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 súil agat filleadh.

Ná fág do bhruscar i do dhiaidh: Tabhair gach bruscar agus bia a bhíonn fágtha i do dhiaidh abhaile leat. Má thugann tú isteach é, tóg amach é.

Fág gach rud mar a fuair tú é: Ná déan dochar do mhaoin mar shampla innealra foraoise nó feirme, claíocha, ballaí cloch srl. Fág na geataí mar a fuair tú iad. Ná déan dochar do dhéanmhais, do dhéantáin ná do shéadchomharthaí. Fág clocha, plandaí, ainmhithe agus gnáthóga mar a fuair tú iad.

Bíodh meas agat ar ainmhithe feirme agus ar fhiadhúlra: Coinnigh smacht géar ar mhadraí an t-am ar fad agus ná tabhair leat iad ar na cnoic ná ar thalamh feirme.

Cuimhnigh ar dhaoine eile: Páirceáil mar is cuí – ná cuir bac ar bhealaí isteach ná ar charranna eile. Léirigh do mheas ar dhaoine a chastar ort – éist leis an nadúr.

Cosain an cosán ar chreimeadh: Taistiligí i ngrúpaí beaga agus má tá an talamh fliuch agus creimthe siúlaigí i líne shingil. Fág do láithreán picnice mar a fuair tú é.

Seachtain an chontúirt a bhaineann le tine: Ná las tine agus má chaitheann tú toitín tabhair na cipíní agus na buin abhaile leat.

N.B. Ní mór a bheith aireach agus tú ag siúl ar na h-ailt agus coinnigh isteach ón imeall.

TREORMHARCANNA

Tá an tsiúlóid treormharcáilte le postaí dubha, tuairim is méadar ar airde, le treo-saighead (glas, gorm agus dearg).

SÉANADH

Is páirt iad na lúb-bhealaí de líonra d'ardchaighdeán de shiúlóidí ciorclacha atá á bhforbairt ag Fáilte Ireland ar fud na tíre i gcomhcheangal le Coiste Náisiúnta Comhairleach na Slite Slímharcáilte. Rinneadh na lúb-bhealaí seo le cúnamh 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.

OIFIG EOLAIS

Tá tuilleadh eolais le fáil sa Seanscoil i gCeathrú Thaidhg nó déan teagmháil le 097 88082, dunchaochain1@eircom.net

POINTÍ SUIMIÚLA

Teampall Chill a' Ghallagáin

De réir an tseanchais tá Naomh Gallagáin, naomh-phatrún an cheantair, curtha faoin ardán cruinn sa gcúinne thiar thuaidh den teampall. Fuarathas leac le cros Málta greanta uirthi ar bhárr an leachta a théann siar go dtí luath sa tréimhse Críostaí, agus bullán briste lena thaobh.

An Claí Dubh

Tógadh agus athtógadh an claí fód leis an tsíoraíocht chun na feithidí a chosaint ón alt. Go dtí go deiridh théadh na fir ag ailteoireacht ag tógáil aníos caorach a bhí imithe ar strapa.

Geolaíocht

Tá na carraigeacha atá le fáil ar an gcósta seo ar na cinn is sine sa Bhreatain Mhór agus in Éirinn, agus iad ar chomhaois le carraigeacha Inse Ghall. Is mar thoradh ar ghluaiseacht teicteonach, ón Tréimhse Réamhchaimbriach 600 milliún bliain ó shin, a cruthaíodh iad. Sceallaí, siostaí agus naghasanna atá iontu. Carraig shiostach atá sna Stácaí, cruinniú beag carraigeacha neadaithe go socair 3km. ón mórthír, atá idir 650 agus 950 milliún bliain d'aois.

Dealbh Clann Lir

Tionscnamh idirnáisiúnta nualach dealbhóireachta is ea Spirit of Place a dhíríonn ar cheantracha ar fud an domhain atá iargúlta agus neamhmhillte agus ina bhfuil oidhreacht shaibhir chultúrtha agus staire ar fáil. Tar éis dóibh tograí móra dealbhóireachta a fhorbairt ar fud an domhain, a fuair aitheantas ó Chumann National Geographic, d'fhorbraigh an t-ailtire Travis Price le cuidiú scolairí ailtireachta ó hOllscoil Chaitiliceach Mheiriceá, an dealbh Clann Lir ar bhord ailt anseo mar chomóradh ar an bhfinscéil clúiteach.

Logainmneacha

Deirtear, agus is fíor é, gur ar an tírdhreach a scríobh na Ceiltigh a gcuid úrscealta. Is furasta do phobal Dhún Chaocháin an timpeallacht a thuiscint, mar maireann siad i dtírdhreach atá breacaithe le ainmneacha Gaeilge, a thugann míniú do na gnéithe tíre agus ionad dóibh i saol an phobail. Tá ainm ar bheagnach chuile ghoilín, uaigh, bhoilg, charraig, chnoc, cheann tíre, pháirc, fiodán agus araile agus tugann siad léargas ar shlí bheatha agus ar nósmhaireacht an phobail san am a caitheadh. Tá mapaí agus dlúthdhioscanna ar na logainmneacha maraon le foilseacháin eile áitiúla le fáil in ionad eolais na Seanscoile i gCeathrú Thaidhg.

NATIONAL DEVELOPMENT PLAN
EUROPEAN UNION STRUCTURAL FUNDS
Fáilte Ireland
Comhar Dún Chaocháin Teo
Connaught Telegraph Printers, Castlebar 094 9021711

CEATHRÚ THAIDHG

LOOP WALKS

MAYO WALKS

Mayo Walks
Mayo County Development Board,
Community & Enterprise Office,
Mayo County Council,
Aras an Chontae,
Castlebar, Co Mayo.
Tel: 094 9047545 / 9024444
Email: mayowalks@mayococo.ie
Internet: www.mayowalks.ie

"The finest sustained coastal walk in western Ireland, with a profusion of precipitous cliffs, crags, caves, chasms and islands along the remote North Mayo coast".
(Lonely Planet Walking in Ireland 1999)

Map courtesy of Signiatec with alterations by Uinsionn Mac Graith (underneath the map)

AT A GLANCE

Trailhead	The Seanscoil, Ceathrú Thaidhg
Map Reference	OS Discovery Series Sheet 22
Grid Reference	F821 420
Services	Ceathrú Thaidhg
Terrain	Laneways, grassy tracks, coastal/cliff, bog roads
To Suit	Average levels of fitness
Minimum Gear	Walking boots, raingear, snack and fluid

THE CHILDREN OF LIR LOOP (BLUE ARROWS)

TRAIL DIRECTIONS

Starting from the car park at the Seanscoil information centre in Ceathrú Thaidhg travel westwards following the blue arrow along An Bóthar Íochtair. (The green arrows are for a shorter loop walk which will leave your loop as you progress and the red arrows are for the longer Black Ditch Loop). Continue to follow the blue arrows downhill, past Cill a' Ghallagáin graveyard, onto a sandy track to where it meets a tarmac road. Turn right here, continue uphill for approximately 200m and turn left at a fence. Follow a track along the fence and through two gates to join the black ditch. Follow this feature as it runs parallel to the coastline and then turns northwards as far as the clifftop at Alt Breac. Continue along the ditch past Bun an Ghleanna, An Láir Bhán and Lag Fliuch as far the Children of Lir Sculpture at Na Príosúin. From here follow the blue arrows southwards along Bóthar na bPríosún for approximately 1km and turn left at the junction. Continue along the road straight on through the village of Ceathrú na gCloch back to the Seanscoil.

Distance	10 km
Ascent	180 metres
Estimated Time	2 hours – 2.5 hours
Grade	Moderate

THE BLACK DITCH LOOP (RED ARROWS)

TRAIL DIRECTIONS

The trail directions are similar to those for the Children of Lir Loop as far the Children of Lir Sculpture at Na Príosúin. From here follow the red arrows eastwards. After a fairly demanding ascent you reach a stream called An Fiodán Dubh. Turn right here and continue along the edge of the stream to its source. Following the arrows, cross a short section of bogland to join the head of a bog road. Follow this to where it joins the tarmac road, turn left and continue on straight back to the Seanscoil.

Distance	13 km
Ascent	270 metres
Estimated Time	2.5 hours - 3 hours
Grade	Moderate

LEAVE NO TRACE (Principles of Outdoor Ethics)

Ionad Seirbhísí Teanga

Bell heather (Erica cinerea)

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 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 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.

N.B. Observe caution when walking on cliffs and always keep a safe distance from the cliff edge.

WAYMARKERS

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

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 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.

INFORMATION OFFICE

Further information is available in the Seanscoil, Ceathrú Thaidhg or contact 097 88082, dunchaochain1@eircom.net

Clann Lir sculpture

POINTS OF INTEREST

Cill a' Ghallagáin Graveyard

A large mound in the north eastern corner of the graveyard marks the burial place of Saint Gallagán, the patron saint of the area, according to local tradition and folklore. A stone slab bearing an inscription of a Maltese cross, unearthed on top of the mound, indicates it dates back to the Early Christian Period.

The Black Ditch

This sod fence was built and rebuilt down through the ages to prevent animals from falling over the cliff. Up until recent times men descended the cliff face to retrieve sheep which had fallen onto the ledges below – an unenviable task.

Geology

The rocks on this stretch of coastline are among the oldest in Britain and Ireland, equivalent in age to those which form the Outer Hebrides. Composed mainly of shales, schists and gneisses, they result from tectonic processes which occurred in Pre-Cambrian times ie. 600 million years ago. The magnificent sea stacks known as the Stags of Broadhaven were laid down between 650 and 950 million years ago.

The Children of Lir Sculpture

The internationally renowned Spirit of Place outdoor sculpture trail centres on culturally distinct, historic, unspoiled and isolated regions. After having developed major sculpture projects throughout the world which have been highlighted by the National Geographic Society, architect Travis Price, assisted by architectural students from the Catholic University of America developed the Clann Lir sculpture in this cliff-top setting which commemorates the legend of the Children of Lir. The four children were transformed into swans by their evil stepmother Aoife and condemned to live on the waters of Ireland for 900 years, the last 300 to be spent off this beautiful coast. According to folklore they are buried on the nearby island of Inis Ghluaire.

Placenames

The early Celts did not produce written fiction - instead they wrote their novels on the landscape. The community of Dún Chaocháin can easily identify with their environment because they live in a landscape that is dotted with Irish placenames, which give meaning to features on that landscape and which give them a place in the lives of the people. Every inlet, cave, reef, rock, hill, headland, field, stream etc. is imbued with its own special name and various customs and activities are also recorded. Placename maps and cds as well as other local publications are available in the Seanscoil information office in Ceathrú Thaidhg.