

BURRISHOOLE LOOP WALKS

Walking in the West of Ireland

NEWPORT



Abbey Walk

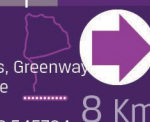
Distance: 6 km
 Highest point: Sea Level
 Trail Surface: Minor roads, Town, Greenway
 Difficulty: Shortest / Easiest
 Duration: 1.5 hours
 Trailhead: Newport GPS 53.883181, -9.545734



An enjoyable walk along the Greenway to the Dominican Friary of St. Mary. This friary has had a tumultuous history since its foundation in 1469. As well as monks, soldiers of Elizabeth's army and Cromwellians have occupied it. Today it stands in splendid ruin where the Burrishoole River enters Clew bay.

Derryhillagh Loop

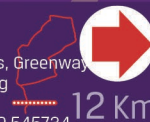
Distance: 8 km
 Highest point: 40 metres
 Trail Surface: Minor roads, bog roadways, Greenway
 Difficulty: Middle Distance - Moderate
 Duration: 2 hours
 Trailhead: Newport GPS 53.883181, -9.545734



Many of the placenames in this area have the prefix Derry, meaning an oak wood. Small remnants of the woods remain here and there. Ireland was once covered in extensive woodland. The 16th and 17th centuries witnessed extensive cutting of these woods. Derrintaggart Lough means the oak wood lake of the priest, perhaps a priest lived nearby in penal times.

Doogary Loop

Distance: 12 km
 Highest point: 100 metres
 Trail Surface: Minor roads, bog roadways, Greenway
 Difficulty: Longest - Most Challenging
 Duration: 3 hours
 Trailhead: Newport GPS 53.883181, -9.545734



The highest point on this walk is 100 metres. From this vantage point the walker is treated to a 360 degree panoramic view. Directly north is Buckoogh and the Nephin mountain range, Nephin itself stands alone to the north east while to the south is Croagh Patrick. Clare Island is the island to the south west across Clew Bay. The valley of Glenhest runs north east from Newport.

Loch Morchan Loop

Distance: 8 km
 Highest point: level
 Trail Surface: Minor roads, Greenway
 Difficulty: Moderate
 Duration: 2 hours
 Trailhead: Newport GPS 53.883181, -9.545734



St Marcan is important in local folklore. St. Marcan's lough is a Lugnasa site. Marcan was associated with cures for animals, the animals being immersed in the lake water. There was a well and small church here. Nearby is Kilbride church and graveyard associated St. Brigid. Apparently both saints were in dispute, was Brigid trying to override the pagan animal cure tradition of Lugnasa. No one knows for certain.

Lecarrow Loop

Distance: 7 km
 Highest point: 60 metres
 Trail Surface: Minor roads, Greenway
 Difficulty: Moderate
 Duration: 2 hours
 Trailhead: Newport



Carrow signifies a quarter. The old townlands were very often divided into quarters, eventually becoming named geographical entities in their own right. Lecarrow means the half quarter, in the area of this walk there are places called Carrowmore, Carrowbeg and Carrowbaun. Not all quarters were of equal size as Carrowbeg: small quarter, and Carrowmore: large quarter, suggest. The townland is a small geographical division of land used in Ireland; it dates back to the earliest of times.

Bangor Trail

Distance: 39 Km
 Trailhead: Newport - GPS 53.883181, -9.545734
 Bangor Erris - 54.144651, -9.742857
 Highest Point: 230 metres

Trail surface: Country roads, Bog tracks, open countryside, wet in places. Some small river crossings.

Difficulty: Requires a good level of fitness, this is a long and demanding trail. Take care to carry extra food and drink and leave word where you are going. Beware of rivers in spate.

Duration: For entire route allow 10 hours. For Letterkeen to Bangor allow between 6 and 7 hours

Description: Starting in Newport the trail follows quiet country roads north towards the Nephin Mountains and Letterkeen forest. At the Brogan Carroll Bothy the Bangor Trail veers northwest and begins its long journey through Ireland's first designated wilderness area. Crossing a number of mountain passes and skirting the western flanks of the Nephin Mountains the trail enables the walker to experience a solitude no longer available elsewhere in Ireland.



Railway Viaduct



St. Patrick's Church



Burrishoole Abbey



Newport Harbour



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