



Siúlóid Oidhreachta / Croagh Patrick Heritage Trail



Overview of the Trail

The Croagh Patrick Heritage Trail extends from the town of Balla in central Mayo, to the village of Murrisk at the base of Mayo's holy mountain, Croagh Patrick. The trail is 61km in length and mainly at low level, but the walker should note that the trail does reach a high point of 310 metres around the foothills of Croagh Patrick. The trail itself does not include the ascent to the summit of Croagh Patrick.

From the starting point in Balla, the trail passes through deciduous woodland and across rolling fields and raised bog. The trail also utilises boreens and ancient pathways as it makes its way through a number of picturesque villages towards its destination on the shores of Clew Bay. The trail is at the heart of rural West Mayo, it includes outstanding heritage sites and many features of great natural beauty. Services such as accommodation, food & transport links are available along the route. The trail can be walked in its entirety over a number of days, or if you prefer, you can walk a section as part of a one day walk. For more information contact www.mayowalks.ie or tocharvalley@eircom.net

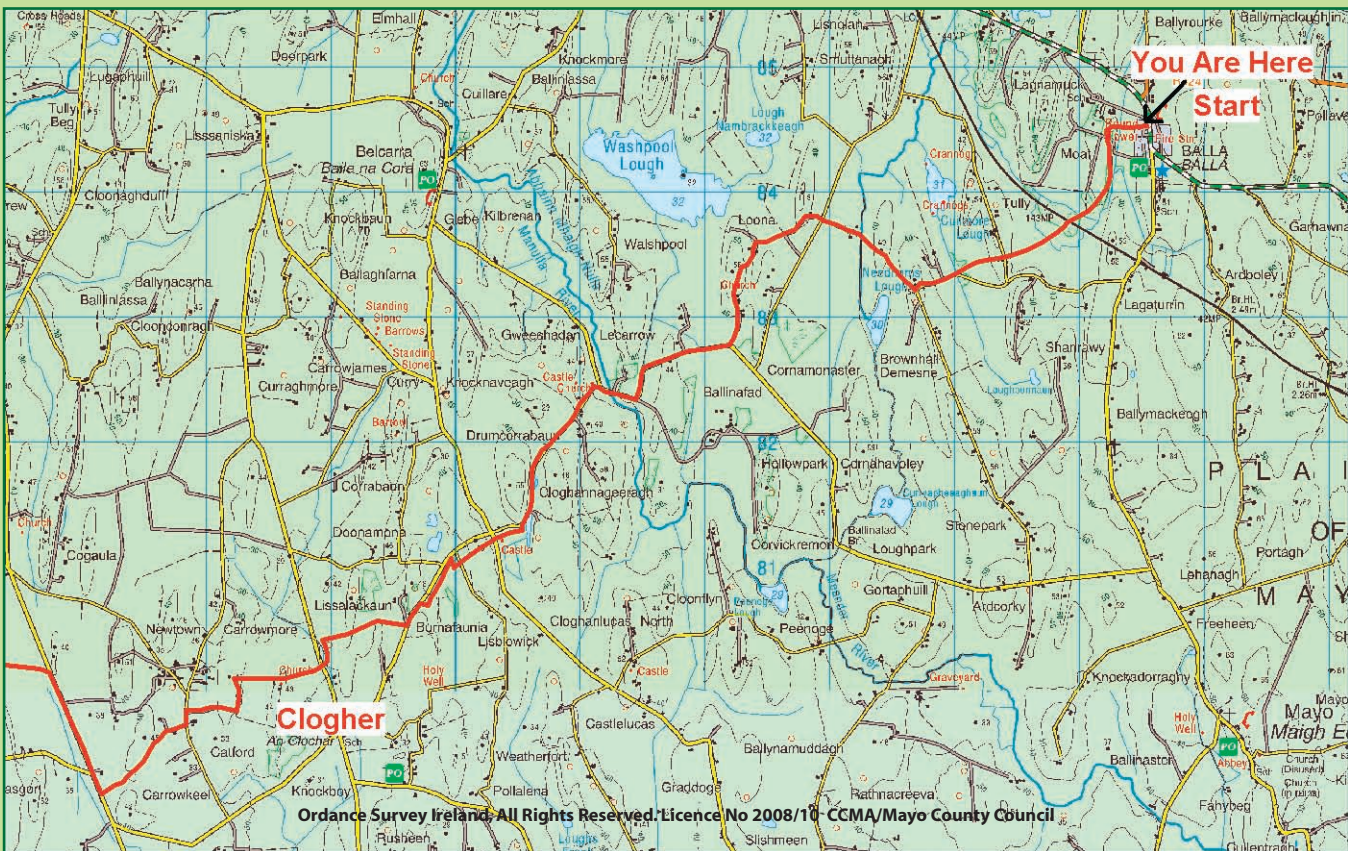
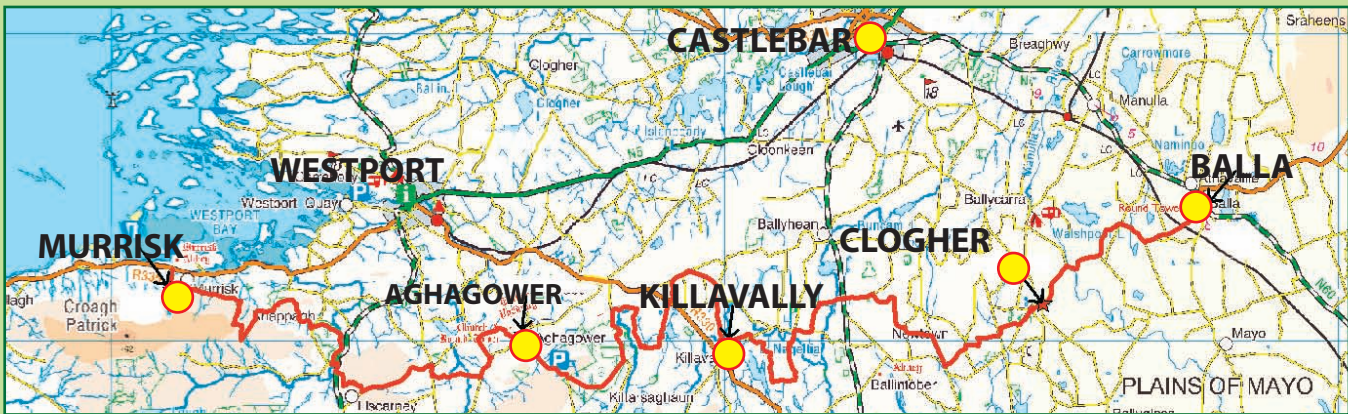
Croagh Patrick Heritage Trail at a Glance

- Linear Trail: Balla - Murrisk
- Theme: Waymarked Way
- Overall Total Distance: 61 km
- Level Difficulty: Hard
- Ascent: 310m
- Terrain: Woodland, Bog, Forestry, Fields, Boreens & Minor Roads, Mountain Tracks & Open Bog.
- Minimum Gear: Trekking Boots, raingear, snacks & fluid, Camping
- Map Reference: OS Discovery Sheet 31, 38 & 30.
- Services: Services available at Balla, Clogher, Killavally, Aghagower & Murrisk.

Distance between Villages

Balla – Clogher	08 km
Clogher – Killavally	17 km
Killavally – Aghagower	16 km
Aghagower – Murrisk	20 km

Balla - In early times the village was known as 'Ros Dairbhreach', translating as 'The Height of the Oak Wood'. The continuing importance of the oak to the community is reflected in the 'Dawn Oak 2000 project. At the beginning of this millennium, 2000 oak trees were planted, creating a new wood in Balla's magnificent town park. A monastic settlement was founded in Balla by St Mochau in 616 AD, and the nearby blessed well was a significant pilgrimage site up until the nineteenth century. One of the town's most famous sons was PW Nally; born in 1855 he was an accomplished sportsman & was influential in the establishment of the Gaelic Athletic Association. More information on the town's history can be found in the Resource Centre.



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.

The Croagh Patrick Heritage Trail was created by the Tóchar Valley Rural Community Network in association with the local Landowners and developed in partnership with, South West Mayo Development Company Ltd, The Rural Social Schemes, Mayo County Council, Vocational Education Committee, FAS, Department of Community, Rural & Gaeltacht Affairs; Fáilte Ireland, Gní Mhaigh Eo, Mayo County Development Board and the National Trails Office. The Croagh Patrick Heritage Trail is an accredited national Way Marked Way and is part of a countrywide network of high-quality walks.

Further details about looped walks throughout Mayo including downloadable maps & brochures are available on: www.mayowalks.ie