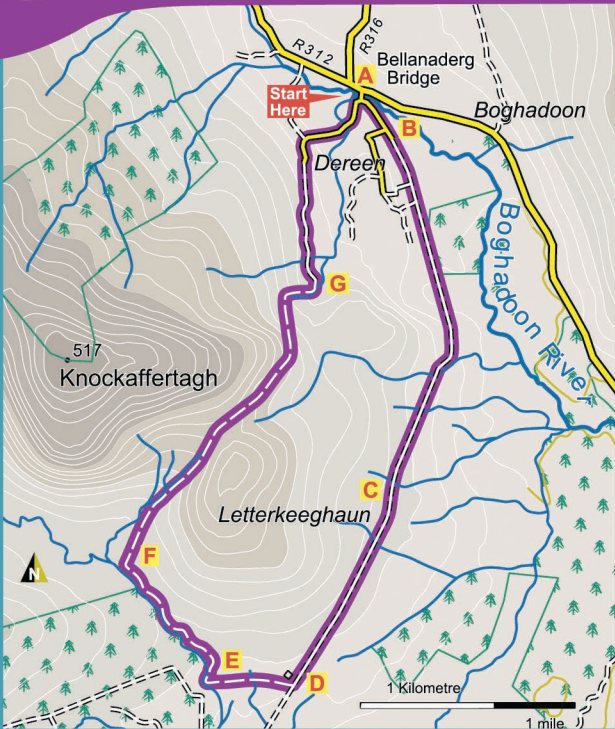


Keenagh Loop



Keenagh Loop

Trailhead :	Bellanaderg Bridge, Keenagh, Co Mayo GPS 54.002228, -9.423449
Terrain:	Country lanes, green roadways, riverbank & open mountain
Distance :	12 km
Difficulty :	Hard
Ascent:	130m / 170m
Duration:	3 hrs – 4 hrs
Minimum Gear:	Hiking boots, raingear, snacks & fluid
Services :	Crossmolina (15km),

Keenagh Loop Walk

This loop combines spectacular scenery, remote wilderness, and a variety of terrain that includes panoramic views of high mountains, a heavenly valley, wild vegetation and crystal clear rivers and streams. On the outward journey the walker has wonderful views towards Glenhest and Newport to the South and, on the return section, panoramic views of North Mayo all the way to the Atlantic. Starting from Bellanaderg Bridge west of Nephin, the walker follows the old road towards Newport, starting on a surfaced lane, then onto a wide grass covered track. A section along riverbank takes the walker into the remote and stunning Glendorragha Valley. The route then ascends to a mountain pass by Knockaffertagh and descends to meet a farm track and minor road back to the trailhead.

