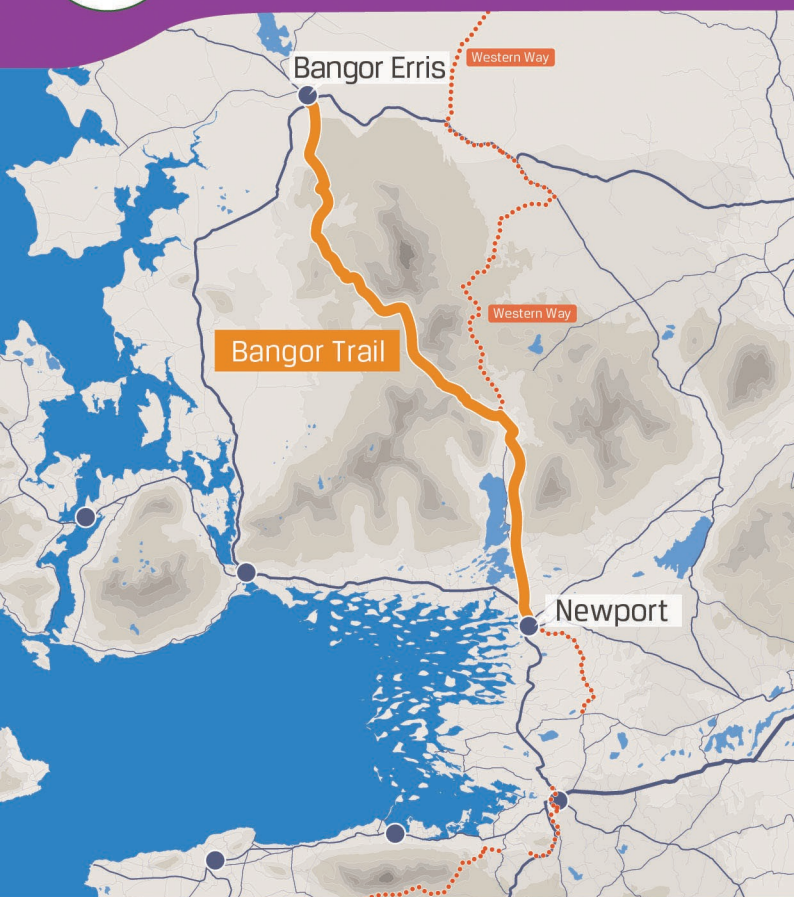




The Bangor Trail



The Bangor Trail

Trailhead :	Newport - GPS 53.883181, -9.545734 Bangor Erris - GPS 54.144651, -9.742857
Terrain:	Country roads, Bog tracks, open countryside, wet in places. Some small river crossings.
Distance :	39 km
Difficulty :	Hard - 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.
Ascent:	230m
Duration:	For entire route allow 10 hours. For Letterkeen to Bangor allow between 6 and 7 hours
Minimum Gear:	Hiking boots, raingear, fluid & mobile phone
Services :	Newport and Bangor Erris

The Bangor Trail

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.

