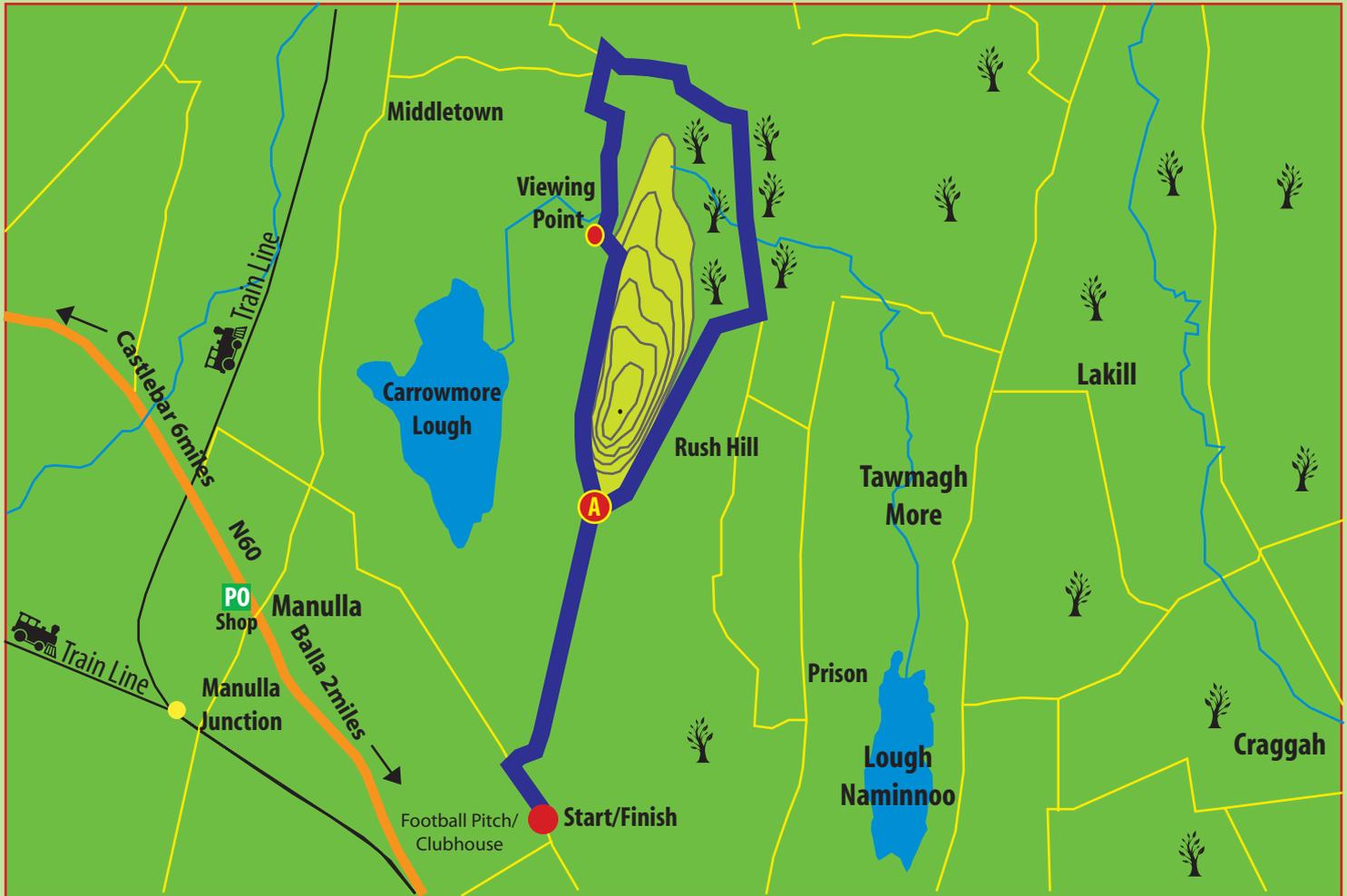




Crucspullagadaun Loop Walk



At a Glance

Name: Crucspullagadaun Loop Walk
Trailhead / Start Point: Manulla Football Pitch
Distance: 9 kms
Estimated Time: Approximately 2 hours
Trail Waymarking: Blue
Terrain: Country Lanes, Forestry Paths & Stony Paths
Level of Difficulty: Moderate
Minimum Gear: Walking Shoes & Raingear
Os Discover Map: Sheet No 31

Think Safety!

- This route is shared with vehicles – be aware!
- Plan ahead and be prepared!
- Keep children under close supervision
- Take adequate Clothing, food and fluid
- If you do encounter difficulties, contact the emergency services on 999

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.

Description

Starting from the Manulla Football Clubhouse, continue along the road, with the football ground on your left, turn right at the end of the football grounds and follow the tarred road uphill for 1.4 km until you reach a fork in the road at point A, alternatively if you want to avoid walking the uphill section you can drive up the hill and park your car at one of the lay-bys near the top, making sure not to block the road.

Taking the right hand fork follow the road for a further 1.5 km before turning left into a forest. Turn left when you emerge from the forest, the trail continues along the western face of the hill, where you will have extensive views of West Mayo, including Lough Conn, the Nephin Mountains, Achill island, Clare Island, Croagh Patrick, the Partry Mountains & Lough Carra. The trail returns to point A from here you retrace your steps down hill to reach the Football club.

The Crucspullagadaun Loop Walk was developed in partnership with South West Mayo Development Company, Coillte, Mayo County Council, Mayo County Development Board, Local Rural Social Scheme and the local Community. Further details about walking in Mayo including downloadable maps & brochures are available on www.mayowalks.ie