

### 3 Cullentragh Loop 16km

**Start/Finish:** Pope Francis Plaza, Main Street, Knock.  
**Difficulty:** Moderate, 3-3.5hrs. Waymarked red arrow.  
**Description:** Route follows country lanes and boreens, all paved. The trail traverses rural countryside, an old Ringfort and Cairns (ask guide for directions) and part of Byrne's old Mill. You will pass part of the shoreline of Eatons & Cullintra Lakes.  
**Gear:** Good walking shoes, water proof clothes, high visibility vest (essential), fluids, snacks and mobile phone.

### 4 Mannin-Coogue Loop 18km

**Start/Finish:** Pope Francis Plaza, Main Street, Knock.  
**Difficulty:** Moderate, 3-4hrs. Waymarked purple.  
**Description:** Route follows country lanes and boreens, all paved. The trail traverses rural countryside, an old Ringfort and Cairns, ruins of old Dancehalls (Muldoons & Rattigans), through old townlands.  
**Gear:** Sturdy walking shoes, water proof clothes, high visibility vest (essential), fluids, snacks and mobile phone.

**Experienced Walking Guide available for groups.**  
**Contact Michael Sloyan (East Mayo Ramblers)**  
**on 00353 (0)87 9947842**



## Disclaimer

These loops are part of a countrywide network of high-quality, circular walks being developed by Fáilte Ireland in association with the National Waymarked Ways Advisory Committee. The loops have been constructed with the kind assistance of local landowners and organisations. Walkers use these routes entirely at their own risk. No responsibility can be accepted by landowners or by the publishers and authors of this information leaflet, for any loss, damage or injury caused or sustained during the walks.

## THINK SAFETY!

- Sections of these routes are shared with vehicles – be aware!
- Plan ahead and be prepared!
- Keep children under close supervision.
- Take adequate clothing, food and fluid.
- If you encounter any emergency 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
2. Dispose Of Waste Properly
3. Leave What You Find
4. Be Considerate Of Others
5. Travel On Durable Surfaces
6. Minimise The Effects Of Fire
7. Respect Wildlife And Farm Stock

*-Dogs should be kept under control at all times and should not be brought onto hills or farmland*

## Acknowledgments

This loop walk was developed by The Tourism, Recreation & Amenity Dept. of Mayo County Council in partnership with East Mayo Ramblers / Golden Rose Walks. Further details about looped walks throughout Ireland including downloadable maps & information are available on: [www.mayotrails.ie](http://www.mayotrails.ie).



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# KNOCK LOOP WALKS

Layout & Design: Sínead Mallee. Printed by KPS Colour Print, Knock





# OVERVIEW

The Apparition of 1879, witnessed by 15 local people, put the small village of Knock, Co. Mayo on the map. Part of the original stone from the gable wall is preserved in the outside wall of the Apparition Chapel at the Parish Church. Today Knock is a modern pilgrimage centre attracting over 1.6 million visitors annually, who come in search of healing, reconciliation and peace.

The Knock Loop Walks start at the Pope Francis Plaza, situated across from the Parish Church on the Main Street in Knock. The routes vary in distance from 2.9km to 18km on picturesque roads and lanes (boreens), which are waymarked using black posts, about 1 metre high, with a direction of travel arrow.

## 1 Knock Village Loop 3km

**Start/Finish:** Pope Francis Plaza, Main Street, Knock.  
**Difficulty:** Easy short 45mins. Waymarked green arrow.  
**Description:** This route takes in a loop of Knock village, passing the rear of the Shrine grounds and Basilica, down through Churchfield and Main Street, finishing at the Plaza across from the Parish Church and Apparition Chapel.

## 2 Lecarrow Loop 6.5km

**Start/Finish:** Pope Francis Plaza, Main Street, Knock.  
**Difficulty:** Moderate, 1-1.5hrs. Waymarked blue arrow.  
**Description:** Route includes part of Knock village and out onto country lanes, passing the birthplace of some of the witnesses of the Apparition. Peaceful, interesting walk. Good walking shoes, high-vis vest, water and mobile phone.



### Trail Grading

The Knock Loop Walks vary in distance and degrees of difficulty. The trails are waymarked using a specific colour to indicate the level of difficulty.

Details as follows (times are approximate):

- Green** - easy, short, less than 1hr, suitable for all levels of fitness.
- Blue** - easy to moderate, 1-1.5hrs duration, suitable for medium levels of fitness.
- Red** - moderate, 3-3.5hrs duration, suited to walkers with higher than average levels of fitness.
- Purple** - moderate to difficult terrain, usually more high level, 3-4hrs.





# Knock Loop Walk





**Knock Loop Walk**

**Location:** Knock Village

**Trailhead:** Start / Finish: At the information Point which is directly across the street from the Apparition Church

**Distance:** Knock Village Loop – Green Waymarking 2.9km **Grade:** Easy  
 Lecarrow Loop – Blue Waymarking 6.5km **Grade:** Easy  
 Cullintra Loop – Red Waymarking 16km **Grade:** Moderate / Hard  
 Mannin Lake Loop – Purple Waymarking 18km **Grade:** Hard

**Minimum Gear:** Walking / Trekking Shoes, Raingear, Fluids & Mobile Phone

**Terrain:** Minor Roads / Lanes, Lakeside Tracks

These loops are part of a countrywide network of high-quality, circular walks being developed by Fáilte Ireland.

The loops have been developed with the kind assistance of local landowners and organisations. It is understood that if persons enter private land they do so by permission and with the consent of the landowners and no matter how often they enter, or in what numbers, they do not do so as of any right.

Further details about looped walks throughout Ireland including downloadable maps & information are available on:

[www.mayotrails.ie](http://www.mayotrails.ie)

**Leave No Trace Principles of Outdoor Ethics**  
 Please adhere to this code in any trip to the outdoors

- Plan ahead and prepare
- Dispose of waste properly
- Leave what you find
- Be considerate of others
- Travel on durable surfaces
- Minimise the effects of fire
- Respect wildlife and farm stock

**Think Safety!**

- A section of this route is shared with vehicles – be aware!
- Keep children under close supervision
- Take adequate clothing, food and fluid
- If you encounter any emergency difficulties, contact emergency services on 999 or 112

**Waymarkers**  
 The trail is waymarked using black posts, about 1 metre high, with a direction of travel arrows (Green, Blue, Red & Purple)

**Information**  
 Further information relating to walking in County Mayo is available from [www.mayotrails.ie](http://www.mayotrails.ie)

In the event of an emergency dial:

**112 or 999**

We welcome feedback about your walking experience. Please contact us at:

[info@mayotrails.ie](mailto:info@mayotrails.ie)




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