

## Cycling

### Westport Cycle Hub

The West Mayo Cycle Network with the town of Westport as its hub offers three routes varying in distance from 8km to 24km with numerous shorter alternatives. Each cycle offers breathtaking views of the West coast of Mayo. Numerous picnic stops are dotted along the route as well as a number of local public houses and restaurants. Westport is a unique town because of its layout and location. Nestling safe at the foot of towering Croagh Patrick, overlooking Clew Bay and its picturesque islands, the town weaves an enchanting spell around those that visit.

#### ***Loop 1 – Distance 24km***

Start / Trailhead:	Westport Town
Estimated Time:	2-3 Hours
Terrain:	Country Roads, sections along the old dis-used Railway.
Traffic:	Generally light but can get busy during holiday season.
To Suit:	Suitable for people with medium levels of fitness.
Minimum Gear:	Helmet, Bike, Mobile Phone, Fluid, Snacks, Waterproofs.
Services:	Services are available throughout Westport Town.

#### ***Loop 2 – Distance 14km***

Start / Trailhead:	Westport Town
Estimated Time:	1-1.30 Hours
Terrain:	Country Roads, sections along the old dis-used Railway.
Traffic:	Generally light but can get busy during holiday season.
To Suit:	Suitable for people with medium levels of fitness.
Minimum Gear:	Helmet, Bike, Mobile Phone, Fluid, Snacks, Waterproofs.
Services:	Services are available throughout Westport Town.

#### ***Loop 3 – Distance 8km***

Start / Trailhead:	Westport Town
Estimated Time:	Approximately 1 Hour
Terrain:	Country Roads, sections along the old dis-used Railway.
Traffic:	Generally light but can get busy during holiday season.
To Suit:	Suitable for people with medium levels of fitness.
Minimum Gear:	Helmet, Bike, Mobile Phone, Fluid, Snacks, Waterproofs.
Services:	Services are available throughout Westport Town.

## **Great Western Greenway**

The World Class Great Western Greenway (Newport – Mulranny) is an 18km traffic free cycling and walking facility which primarily follows the line of the famous Newport / Mulranny Railway which closed in 1937. Its development has been made possible by agreement of local landowners who have allowed permissive access to users to pass through their lands. This route offers gentle gradients and some of the most idyllic scenery in the west of Ireland. The route forms part of the National Cycle Network and it is the longest off road cycling experience in the Country.

### ***Trail Description***

Start/ Trailhead:	Mulranny / Newport
Distance:	18 km
Estimated Time:	2-2.30 Hours Cycling, 5-5.30 Hours Walking
Ascent:	82m
Terrain:	Greenway off road cycle and walking trail
Waymarking:	Trail is waymarked using the National Cycle Network symbol and a white directional travel arrow
To Suit:	Suitable for people with moderate levels of fitness
Minimum Gear:	Helmet, Bike, Mobile Phone, Snacks, Fluid and waterproofs
Services:	Services available at Newport, Mulranny and Tiernaur
Os Discover Map:	Sheet No 30 & 31

## **Achill Cycle Hub**

Wild, windy and stunningly beautiful, Achill has numerous historic sites and excellent facilities and activities. The island has a long history of human settlement with megalithic tombs and promontory forts dating back 5,000 years. There's also a 15th century fortified tower house, Kildamhnait Castle, the 19th century Achill Mission, and the poignant deserted villages at Slievemore and Ailt. The Achill landscape is also a major draw with picture postcard Blue Flag beaches, some of Europe's highest cliffs and large tracts of blanket bog sweeping over the island's two peaks and down to the shore. Cycling along the quiet lanes and trails is a wonderful way to discover the island's interior.

### ***Loop 1 – Distance 44km, 3-4 hours***

Start: An Caol – Keel

The longest tour, taking you to the southern corner of Achill Island. Experience the spectacular sea cliff scenery along the 'Atlantic Drive'. Visit Kildownet Church Castle once used by Granuaile (The Pirate Queen) and ponder on those who inhabited the early promontory forts. There are some moderate climbs and a steep descent/ ascent on this route. You can pause for some well deserved refreshments in An Caiseal/ Cashel or Gob a Choire/ Achill Sound. There is an option to short cut the route at An Aisléim / Ashleam.

### ***Loop 2 – Distance 28km, 2-3 hours***

Start: An Caol – Keel

This looped cycle route visits the north east corner of Achill Island with views back to the mainland. Visit the 'deserted village', the beaches at Dumha Goirt and Golden Strand with opportunities for swimming. The route then follows quiet lanes back towards Bun a Chorraigh/ Bunacurry before returning along the main island road.

***Loop 3 – Distance 12km, 1-1½ hours***

Start: An Caol – Keel

This route makes for a pleasant short cycle with gentle gradients around An Caol. You can detour to visit the ‘deserted village’ and a megalithic tomb. Excellent views down to the Atlantic and the main beach – An Trá Mhór.