



## Walk the Bangor Trail with Ballycroy National Park Guides

Friday 27th June ...Bangor Trail Walk @ 11am

Ballycroy National Park guides will lead a 3 hour walk on the northern section of the Bangor Trail.

Our 10km walk will start in Bangor Erris and finish near the Tarsaghaunmore River.

**Meet at the Ballycroy National Park Visitor Centre at 11am sharp. Booking is essential**

Transportation provided. Sturdy waterproof footwear and a light lunch required. Graded strenuous.

The Bangor Trail is a four hundred year old ancient roadway which is carved through the foothills of the Nephin Beg mountain range. Its condition is primitive and it is said to have been used by herdsman bringing their cattle to market between the Baronies of Erris and Burrishoole. It extends for 40km and meets another ancient trail, the Western Way, just outside Newport. It is probably one of the most remote trails in the country and access is very limited. The section between Bangor Erris and Letterkeen can take up to eight hours to complete, for hardy hikers. The trail can be quite wet, depending on seasonal rainfall rates.

Parts of the Bangor Trail are within the lands of the Ballycroy National Park. To the west of the mountains is the Owenduff bog. This is one of the last intact active blanket bog systems in Ireland and Western Europe and is an important scientific and scenic feature of the National Park.

Booking is essential, free admission. Contact: BALLYCROY NATIONAL PARK VISITOR CENTRE, Ballycroy Village, Westport, Co. Mayo Tel: 098 49888 [ballycroyvisitorcentre@ahg.gov.ie](mailto:ballycroyvisitorcentre@ahg.gov.ie)  
[www.ballycroynationalpark.ie](http://www.ballycroynationalpark.ie)