



THE CONNEMARA LOOP MOUNTAIN WALKS

When walking would you please respect the countryside and....

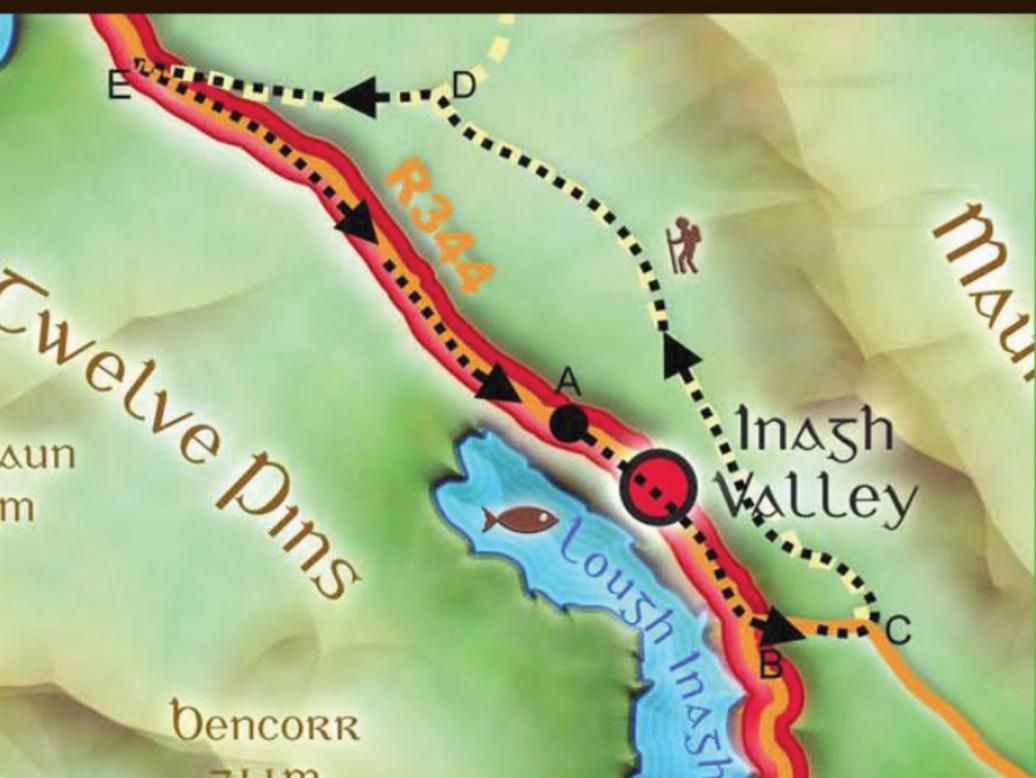
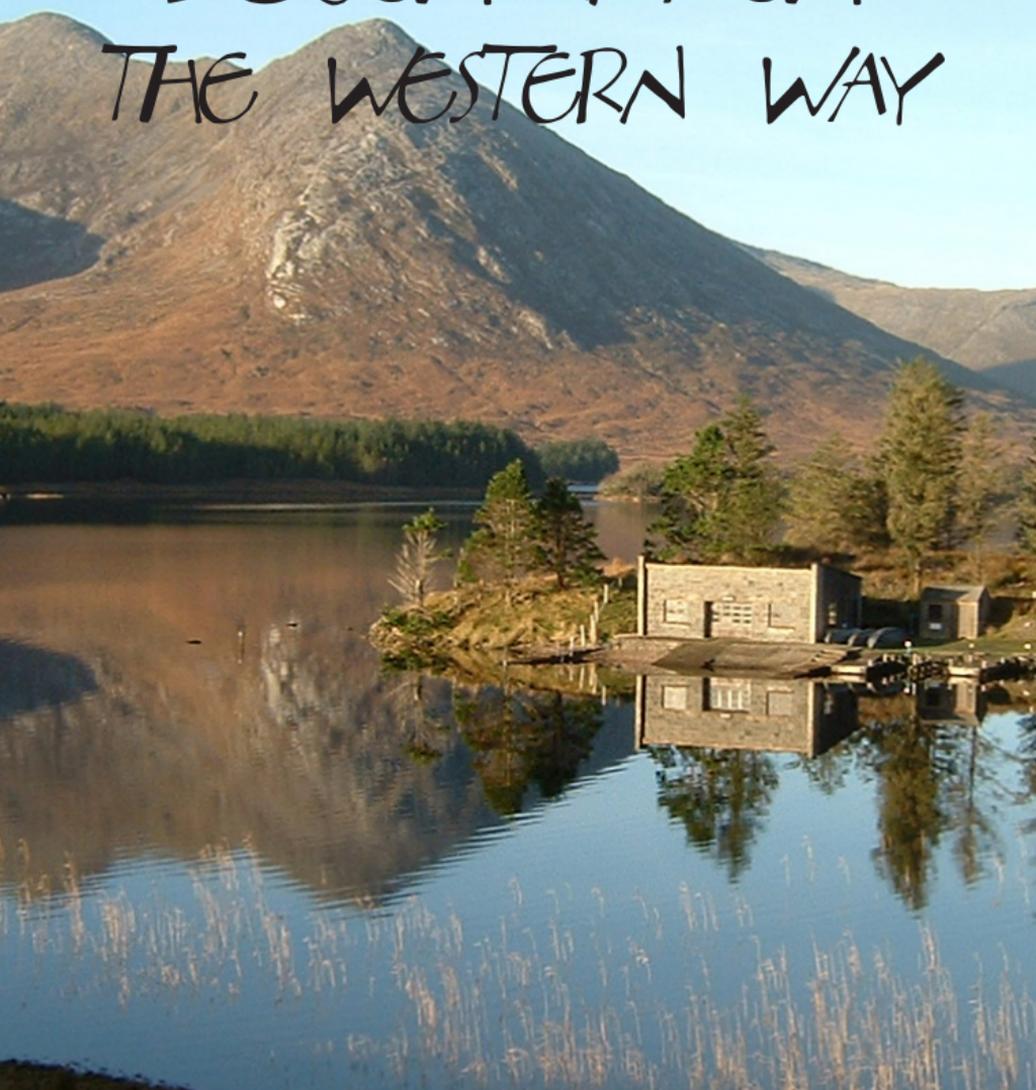
- Bring back all your own rubbish
- Take care of the flora and fauna in the area
- Please respect the land, the fencing and the walls in this area as these belong to somebody.
- Wear comfortable shoes and bring some rainwear.
- Inform someone where you are going and an approximate time of return

Thank you and have a safe and lovely walk.

www.goconnemara.com

This leaflet is for information purposes only.
Information may have changed since this publication

LOUGH WAGH THE WESTERN WAY



LOUGH INAGH THE WESTERN WAY

Distance: 16 km

Time: 4 hour

Level: Easy (may be muddy in patches)

Route Shape: Looped

The Walk

Start out from the Lough Inagh Lodge (A) walk left towards Recess and when you reach the little car park at the end of the wood (B), turn left up the hill, signed 'Mamean'. Almost immediately the good views begin, at first back towards Lough Inagh and then forward to the Maumturks. As you approach towering Cnoc na hUilleann, you reach (less than 1.5 km from the start) an obvious Western Way sign (C), and you leave the road to follow this sharp left, heading generally Northwest on the grassy way.

The way is mostly obvious, and there are a few gates and a few WW wooden posts to reassure you. You simply go along the valley with Binn Briochain and its quartzite ridges high above your right shoulder. Keep an eye out for a ruined homestead and a walled compound on your right. There are by now lovely views back down the valley and across left to the Gleninagh, (Gleann Eidhneach, the Ivy Glen) flanked by Ben Baun and Ben Dubh. One particularly rocky outcrop just to the left of the Way, where a rusty-roofed house is visible below on your left, is a good spot to stop and survey all around. Beware of some final mucky patches just before the Way reaches a stony little road, which brings you down to a bridge across a babbling river (D).

Here the Western Way goes right, into a wood, but you stay on the little road as it goes down past a homestead to another secluded bridge. The next part of your route is very scenic, crossing westward along the top of the valley. Then the narrow road drops gently to bring you to the main valley road (E), where there are good views over towards Kylemore Lough.

Your way home is to turn down left along the valley road, here the Lough Inagh awaits, now about an hour's walk away.

LETTERFRACK GREGG WALK



LETTERARACK - CREGG

Distance: 3km or 5km

Time: 30 minutes or 1 hour

Level: Easy

Route Shape:

There and Back

The Walk

Drive from Connemara West Centre, turn left and take the road to Clifden. Within a half mile, you will see Barnaderg Bay on your right, with a small jetty and old fishing boat. Behind that you can see the Rosleague Manor Hotel. A few hundred yards further on you pass the Hotel entrance on your right and on the next right-hand bend, next to a yellow 'no dumping' sign, you turn left. The road from here is, but taken slowly should present no problems. After about two miles you will see on your right the buildings of the disused marble workings where the famous Connemara green marble was quarried. Park your car on the roadside anywhere in the area.

The road continues from here to the top of Cregg Hill which is a distance of about half a mile. It is best to walk this since manoeuvring space for vehicles at the top is limited.

You will be rewarded by the magnificent views. Below you to the northeast, you will see Lough Nahillion nestling high in the hills. To the North and North-West you will see views over Ballinakill Harbour to the offshore islands in the Atlantic. The Twelve Bens can be seen to the East, Clifden to the South-West, and to the South is the valley of the Owenglen River. From the summit you are overlooking the Connemara bog lands including the Roundstone Bog lying further south. The area is particularly renowned for the variety of heather which it hosts and it also provides a habitat for Greenland White Fronted Geese, all of which are protected species within the European Communities. To the east, beyond the forestry, lie part of the Connemara National Park.