



The Walking Experience...

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



## *Welcome to a walkers haven...*

West Mayo is one of Ireland's most spectacular and beautiful walking destinations. It offers not only wild mountain scenery but also dramatic coastal walks and seascapes. The vast Nephin Mountain Range and iconic seascape of Clew Bay, with its drowned drumlin islands, provide spectacular views and ever changing hues. Mayo is a county of great geographical contrasts, offering walkers a quality of terrain that few places can compete with.

The village of Mulranny lies on an isthmus, a convergence of land and sea, a crossroads of marine and terrestrial habitats. Such is the quality of environment here that a trio of European conservation areas and Ireland's largest National Park converge on Mulranny.

The landscape here has many stories to tell...

**Marked Walking Trails including Great Western Greenway**  
These walking trails are suitable for walkers of all ages. They pass through forests, along rivers, beaches, through farmland, bogland and over small hills, and are rarely far from a road. Most of the trails have their own map/guide.

### **Guided Walks**

Our experienced guides will show you some of our best routes with a strong focus on local history. The Mulranny Park Hotel hosts several walking festivals throughout the year and these guided walks are only a taste of what is on offer in this region.

### **Hill Walking**

Some of Ireland's best hill walks and climbing is to be found in this part of Co Mayo. With stunning mountain ranges on our doorstep you will be spoiled for choice. Experienced and knowledgeable guides can be organised by the Mulranny Park Hotel.



## *Mulranny Park Hotel*

The Mulranny Park Hotel is an exquisite 4 star hotel nestled within a beautiful woodland estate in the village of Mulranny, Co Mayo. Perched above the glittering waters of the Atlantic Ocean, the hotel exudes not just old world charm and elegance but offers every visitor the warmest of welcomes.

### **Dining**

The Nephin Restaurant offers the very best in fresh local produce skillfully prepared by our expert chefs, all in a beautiful dining room illuminated by the dramatic views through its bay windows. The Waterfront Bar serves hearty soups, homemade dishes, delicious salads, catch of the day and tasty specials.

### **Accommodation**

Rooms have been designed for exceptional comfort & relaxation. There is a choice of 41 rooms & 20 2 bedroom suites with spacious bathrooms, beverage tray, Tv and Internet access.

### **Leisure**

The magic of the Mulranny Park Hotel is that you don't even have to leave the grounds to achieve the rejuvenation you've been looking for. Submerge yourself in the 20 metre swimming pool and enjoy the jacuzzi, sauna, steam room, plunge pool, outdoor Canadian hot tub and fully equipped gymnasium.

*See page 7 for travel information.*





## Mulranny Loop

From our doorstep this is a walk of stunning beauty and immense diversity. Such is the biodiversity here, that you enter three different European designated areas of conservation and Ireland's largest National Park. On the way visit Ireland's only stand of Mediterranean heather, woodland, beaches, rare Machair dunes, Atlantic salt marsh and traverse Trawoughter Bay along Mulranny's unique causeway. The route features elevated views of the dramatic deep sided Bellacragher Bay and to the south the stunning spectacle of Clew Bay and its drowned drumlin islands set against the majestic Croagh Patrick.

**Route:** ① (this route is outlined on page 6)

**Grade:** Moderate **Length:** 5½ km. The walk takes 2½ hours

**Recommended:** Boots, waterproofs, walking stick, binoculars, water & snacks.

## Letterkeen Loop

The Letterkeen Loop takes in a hidden area of outstanding natural beauty, rugged landscape and coniferous forest. Set in the remote out-back of the Nephin Mountains, unspoilt bog and mountain stretches as far as the eye can see. This way marked walk is made up of mountain track, a somewhat challenging scramble across deforested bog land and mountainous terrain.

Hike here and you'll see that bogs can be beautiful. On a sunny day in July, the views take on an almost hallucinogenic hue: the peat bogs burn shocking pink and acid green. The route circles back to the bothy via a stretch of the Western Way, following another rugged riverside.

**Route:** ② (this route is outlined on page 6)

**Grade:** Moderate **Length:** 10km. The walk takes 4 hours

**Recommended:** Boots, waterproofs, water and snacks.



## *Lettermaghera Loop* (as featured on RTE's Tracks and Trails)

This walk starts at the Deradda Community Centre and takes a meandering route through Burrishoole's "lake district" with the Nephin Beg range as a stunning backdrop. Along the route you can visit the famous "Salmon Leap" at Lough Furnace, part of Europe's oldest salmon research centre. Here you can enjoy the beautiful sight of different kinds of fish swimming in the water. You then join a bog road crossing the lower slopes of the Bengorm Mountains, which offers splendid views across Clew Bay and its islands.

The route turns south again passing through Burrishoole's "lake district" and crossing the new Great Western Greenway, (which was the old railway Westport-Achill line that operated between 1892 and 1937) until you are back at the Community Centre.

**Route:** ③ (this route is outlined on page 6)  
**Grade:** Easy **Length:** 7km. The walk takes 2½ hours  
**Recommended:** Boots, waterproofs, water & snacks.

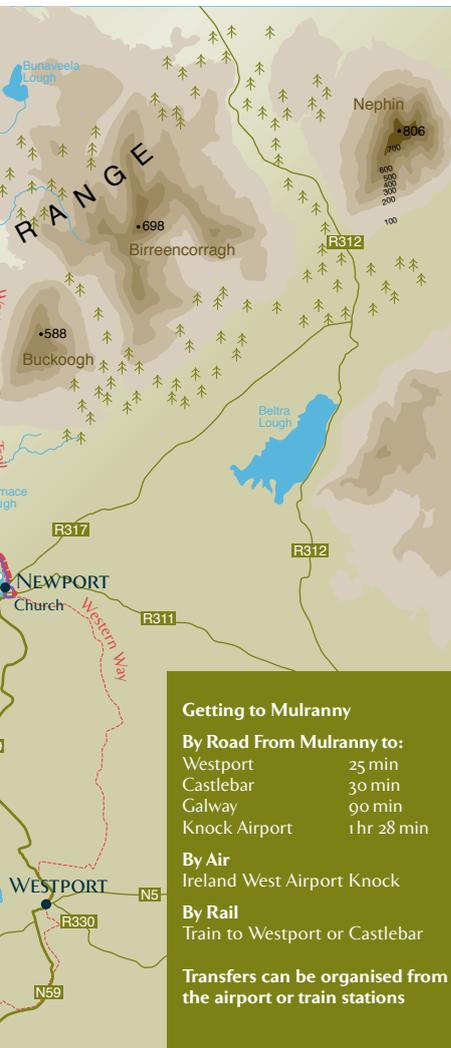




This area is covered by the following Discovery Series 1:50,000 maps



These routes are only a sample of the walks available in the Mulranny area. Please contact the hotel for further information on additional walks.



# The Great Western Greenway

*(as featured on RTE's Tracks and Trails)*

The Great Western Greenway which runs along by the hotel is a wonderful facility for walkers and cyclists alike. The trail mainly follows the track of the famous Newport / Mulranny railway which closed in 1937. The Greenway is the first of its kind and is the longest off road (17.5km) walk and cycle trail in Ireland passing through some of the most stunning scenery in the West of Ireland. The Mulranny Park Hotel is the ideal location to base your adventure on this fantastic resource. Take a packed lunch and head off walking at your own pace or we have bikes available at the hotel for a day or 1/2 day use.

You will find that West Mayo and Mulranny is one of Ireland's most spectacular and beautiful walking destinations. Aside from the essentials, one of the most vital pieces of equipment is your camera to capture the stunning scenery!





## Clew Bay Coastal Walk

Clew Bay is one of Ireland's most iconic seascapes, and a "must see" for any visitor. Initially we explore Mulranny's Machair sand dunes, one of Europe's rarest habitats. These are dynamic landforms renowned for their variety of wild flowers, they feature a variety of a of habitats including beach, dune, mudflat and Atlantic salt marsh. Rosmurrevagh is a fine example and home to rare species of fungi, moths and curious beetles.

Historic sites on the route include a Celtic Midden, a Killeen, Gairí Beag Na bPáistí, (the children's small garden), a fairy fort Blea Na Shee, (the curve of the fairies) a fine lime kiln, and the magnificent single arch Washing Pool Bridge. Rosturk takes you deeper into the bay offering exceptional views of Clew Bay's drowned drumlins, a beautiful legacy of the last Ice Age. You can walk past the historic Rosturk Castle and our fully guided walks offer a unique opportunity to access the once inhabited island of Moynish Mór.

**Route:** ④ (this route is outlined on page 6)

**Grade:** Moderate **Length:** 19km. The walk takes 5 – 5½ hours

**Recommended:** Boots, waterproofs, water & snacks.





## *Burrishoole Heritage Trail*

The guided walk starts in the neighbouring town of Newport at Newport Church with a guided tour of the priceless Harry Clark stained glass window collection including “the Last Judgement” scene. The walk takes in the view of the magnificent seven arch old railway viaduct, before heading out to Burrishoole Friary, established in 1469.

We then take in an elevated viewing point of the rustic seven-arch Burrishoole Bridge followed by a guided tour of the intact fortress of Gráinne Uaile (Grace O Malley) the notorious pirate queen of the Sixteenth Century.

The walk passes Roigh Pier and Saint Brendan’s Well before veering north for the Nephin foothills and then west along a mountain track through Tiernaur (the Land of the Slaughter) across the impressive Washing Pool Bridge and on to our destination the Mulranny Park Hotel, built in 1897.

**Route:** ⑤ (this route is outlined on page 6)

**Grade:** Easy **Length:** 25km. The walk takes 6 – 6½ hours

**Recommended:** Boots, waterproofs, walking sticks, water & snacks.





## *Take to the Hills*

The Nephin Beg Mountain range dominates the landscape in North West Mayo. It offers some of the best hillwalking opportunities anywhere in Ireland. This relatively undiscovered mountain range contains five iconic hikes for the experienced hill walker. These hikes require a Guide and demand good levels of fitness, experience, and appropriate hiking gear.

Nephin itself is a towering mountain of some 806 metres and the views from the top are impressive. On a clear day Slieve League in Donegal is visible, and nearby the Bireencorragh Horseshoe is a tough but rewarding circuit. It rises to 698 metres with a Bronze Age burial site on top.

The Glendahork Horseshoe is one of Ireland's finest high level circuits. Nephin Beg and Slieve Carr are more remote but well worth the hike into the north Mayo wilderness and Ballycroy National Park. Nearby, Achill Island & the Corraun peninsula contain several high level hikes with dramatic views of the Atlantic Ocean. Finally there is the Bangor Trail, stretching down from Bangor Erris toward Newport. One of the most enjoyable days a walker will spend anywhere in Ireland, this is a full day's hike [25 km] that can be enjoyed in either direction. The hike is a tough one and like all the Hillwalks mentioned above demand good levels of fitness, experience, and appropriate hiking gear.

## Activities

-  Walking
-  Cycling
-  Horsingriding
-  Canoeing/Kayaking
-  Windsurfing
-  Sailing
-  Surfing
-  Blue Flag Beaches
-  Historical Monuments
-  Golf
-  Woodland
-  Mountain Ranges
-  Sea/Fresh Water Fishing
-  Deep Sea Fishing (Sailing Points)
-  Seal, Porpoise and Whale Watching

The location of some activities are subject to change and are weather permitting.





MULRANNY PARK  
HOTEL



*Experience the great outdoors*

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