

LEAVE NO TRACE (Principles of Outdoor Ethics)

Please adhere to this code on any trips to the outdoors.

1. Plan Ahead and Prepare: Be sure you are able for the level of walk you propose to take and that you have the correct equipment for the terrain. Follow all safety instructions that may be posted along the route. Check the weather forecast and always be prepared for changing weather conditions. Leave details of your plans with somebody and don't forget to contact that person later to say that you have returned safely.

2. Dispose of Waste Properly: 'Pack It In, Pack It Out'. Bring home all litter and leftover food including biodegradable waste.

3. Leave What You Find: Respect property. For example, farming or forestry machinery, fences, stone walls etc. Leave gates as you find them (open or closed). Preserve the past: examine – but do not damage – archaeological structures, old walks and artefacts. Conserve the present: leave rocks, plants and other natural objects as you find them.



4. Respect Wildlife and Farm Stock: Dogs should be kept under control at all times and should not be brought onto hills or farmland.

5. Be Considerate of Others: Respect the people who live and work in the countryside. Park appropriately – avoid blocking gateways, forest entrances or narrow roads. Let nature's sound prevail. Keep noise to a minimum.

6. Travel on Durable Surfaces: Durable surfaces include established trails and forest roads. Aim to leave your picnic site as you would like to find it.

7. Minimise the Effects of Fire: Fires can cause lasting impacts and are dangerous to forests especially in late spring. Where fires are permitted, use established fire rings, barbecues or create a mound fire. Do not burn plastics or other substances which emit toxic fumes. Dispose of ash carefully.

WAYMARKERS

The walks are waymarked using black posts, about 1 metre high, with a direction of travel arrow (purple).



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.

ACKNOWLEDGMENT

This loop walk was developed in partnership with Keenagh Community Development Committee, Crossmolina Development Group, Local Landowners, Local Rural Social Scheme, Fáilte Ireland, Moy Valley Development Company and Mayo County Development Board.



KEENAGH

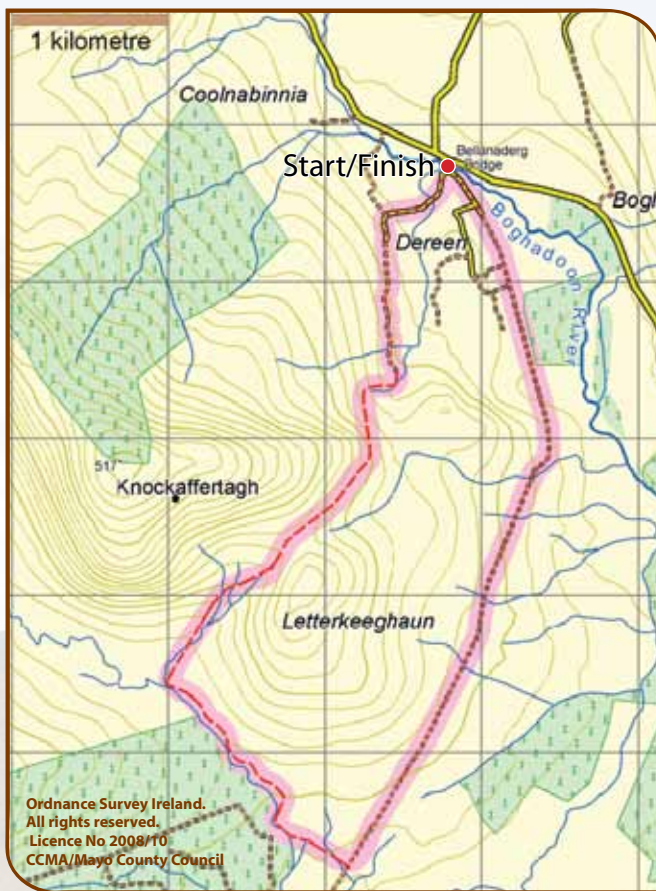
Loop Walks
Crossmolina



Mayo Walks

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KEENAGH LOOP WALK OVERVIEW

This is a beautiful scenic walk with panoramic views of high mountains, a heavenly valley, vegetation and crystal clear rivers and streams. It presents the walker with a lot of variety and changing terrain and its length (11.5km) and rate of ascent make it a challenging walk.

The combination of spectacular scenery and remote wilderness together with the variety of terrain make this a walker's dream. The walker has wonderful views towards Glenhest and Newport to the South and on the return spectacular views of North Mayo all the way to the Atlantic.

DIRECTIONS

From Crossmolina take the R316 heading in the direction to Newport. At approximately 17.5km you will approach a junction R312 Belmullet to Castlebar Rd, at this point turn left heading in the direction to Castlebar. Travel for approximately 50 meters, Bellanaderg Bridge is located to your right. The trailhead is located at this point.



From Castlebar take the R312 heading in the direction of Belmullet. Travel this section of road for approximately 28.5km. You will approach a major junction where R316 Crossmolina to Newport Rd meets with the Belmullet Rd, at this point look out for Bellanaderg Bridge which is located to your left. The trailhead is located at this point.



AT A GLANCE

Loop:	Kennagh Loop Walk
Start / Trailhead:	Bellanaderg Bridge
Distance / Difficulty	11.5 km / Hard
Ascent	250m
Terrain:	Riverbank, grassy tracks, mountain tracks & sandy paths
Minimum Gear:	Walking boots, raingear snacks & fluid
Map Reference:	OS Discovery Series Sheet 31

LOOP DESCRIPTION

The walk starts from Bellanaderg bridge, west of Nephin, and follows the old road towards Newport, going south-south-east through Derren townland for 2kms on surface lane, then 2.5kms south-south-west through Letterkeeghaun townland on a wide grass covered track, which rises gently along the south – eastern shoulder of Knockaffertagh.



Short of the forest edge and Derryroe Bridge the route leaves the track and turns right to cross 500m of boggy ground to join the river.

The route follows the riverbank for c. 1.2kms towards Glendorrageha valley, then turns right at fence posts and ascends by a tributary stream for about 1km up to the pass between Knockaffertagh and Pt 295m on the map.

Crossing the pass it then traverses the eastern slope of Knockaffertagh, descending north-north-east to meet a farm track and then takes the narrow minor road back to the start.