

LOUGH AROHER LOOP (RED LOOP)

Starting from the Brogan Carroll Bothy follow the red (blue and purple) arrows for 100m to reach a footbridge. Cross the bridge and turn left onto the bank of the Altaconey River.

Follow the riverbank for almost 1km to reach 'humpback' metal footbridge. Cross the bridge and turn right.

Continue to follow the red arrows as you travel along what remains of an old cattle road. After 1km the blue loop turns onto a fire break – you continue straight here.

Continue to follow the old roadway for approx 2km – crossing a stream en-route. Near the end of a section of forestry (on your right) watch for the point where the loop turns into the forestry via wooden posts. The more challenging purple loop continues straight – but you turn right here.

Now follow the track into the forestry and join a sandy roadway which takes you along the side of Lough Aroher (on your right). Over 1km later, at a sharpe right bend, the loop proceeds straight into a green track. Follow the track as ascends for 500m to rejoin the purple loop – then continue through the pass and descend to reach a forestry road where you turn right.

Follow the forestry road for 1km to rejoin the blue loop as it comes in from your right. Veer left and follow the blue, red and purple arrows as the loop takes you onto and along the Altacroney River for 2km to regain the trailhead.



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.

N.B. Observe caution when walking on cliffs and always keep a safe distance from the cliff edge.

WAYMARKERS

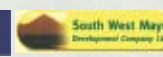
The trails are waymarked using black posts, about 1 metre high, with a direction of travel arrow (Blue, red and purple).



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.



LETTERKEEN

Loop Walks
Newport



Mayo Walks

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LETTEKEEN LOOPS

Trailhead
Bothy at Letterkeen, 12km from Newport, Co Mayo. Nearest services at Newport.

DIRECTIONS

Starting from Newport, take the N59 heading in the direction of Mulranny, for approximately 1km to reach a road junction on you right (signposted Letterkeen Loop & Bangor Trail). Turn right and follow this road for approximately 10km until you arrive at Letterkeen Forest. Continue to follow the Letterkeen Loop fingerpost signs until you arrive at Brogan Carroll Bothy. The trailhead is located at this point.



LOOP / TRAIL GRADE DEFINITIONS

- Multi-Access**
Generally flat trails with good surfaces, suitable for less able users, including wheelchair users, blind or partially sighted, some elderly users, parents with buggies or very young children. Typical duration up to one hour.
- Green** Easy, short (1-2hrs), suitable for all levels of fitness;
 - Blue** Moderate difficulty, 2-3 hrs duration, suitable for medium levels of fitness;
 - Red** Hard, (3-5 hrs), suited to walkers with higher than average levels of fitness;
 - Purple** Difficult terrain, more high level.

AT A GLANCE

Loop Overview	Bothy Loop (Blue Loop)
Theme	Nature
Terrain	Riverbank, tracks, forestry road
Distance/Difficulty	6km
Ascent	100m / 80m
Duration	1 hr – 1hr30mins
Minimum Gear	Hiking Boots, Raingear & Fluid.

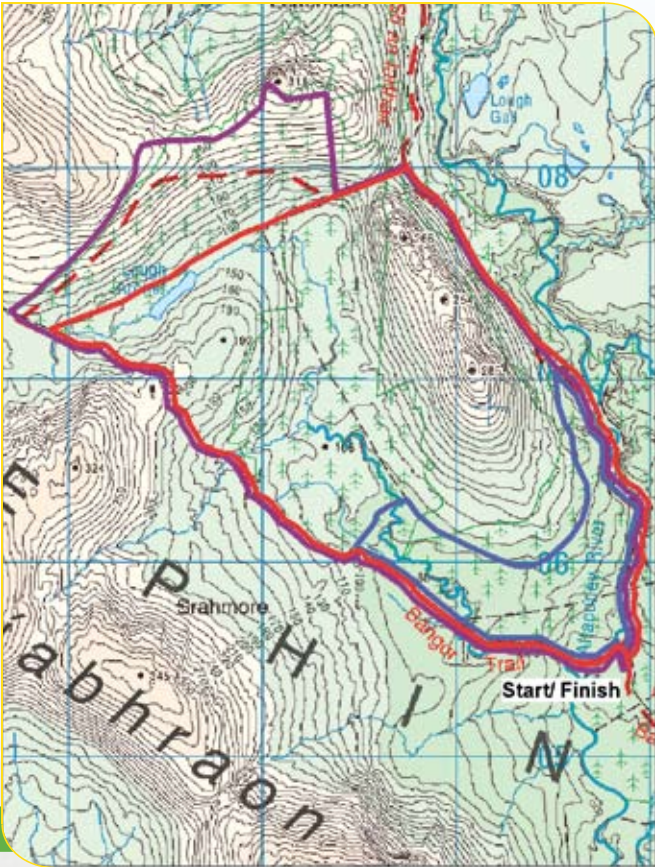


Brogan Carroll Bothy

Loop Overview	Lough Aroher Loop (Red Loop)
Theme	Nature
Terrain	Riverbank, mountain tracks, sandy paths & forestry roads
Distance/Difficulty	10km/ Moderate
Ascent	200m / 240m
Duration	2 hr 30mins– 3hrs
Minimum Gear	Hiking Boots, raingear, snacks & fluid.



Loop Overview	Lettekeen Loop (Purple Loop)
Theme	Mounatin
Terrain	Riverbank, mountain tracks, sandy paths & forestry roads
Distance/Difficulty	12km/ Hard
Ascent	310m / 250m
Duration	3 hr– 3hrs30mins
Minimum Gear	Hiking Boots, raingear, snacks & fluid.



BOTHY LOOP (BLUE LOOP)

Starting from the Brogan Carroll Bothy follow the blue (red and purple) arrows for 100m to reach a footbridge. Cross the bridge and turn left onto the bank of the Altaconey River.

Follow the tracks along the banks of the river for almost 1km to reach ‘humpback’ metal footbridge. Cross the bridge and turn right.

Continue to follow the blue arrows as you travel along what remains of an old cattle road. After 1km – watch for the point where the loop turns right onto a firebreak and leaves the red and purple loops. Follow the firebreak for 500m to reach stream crossing and join a sandy roadway where you turn right.

Follow the sandy roadway for about 1.5km as it sweeps left and reaches a T-junction with a forestry road. Here you rejoin the red and purple loops. Turn Right.

Following the blue (red and purple arrow), the loop takes you onto and along the Altaconey river for 2km to regain the trailhead.

LETTEKEEN LOOP (PURPLE LOOP)

Starting from the Brogan Carroll Bothy follow the purple (blue and red) arrows. Cross the footbridge and turn left. Follow the bank of the Altaconey River for 1km to reach a metal ‘humpback’ footbridge. Cross the bridge and turn right.

Continue to follow the purple arrows along the old cattle road. After 1km the blue loop turns right onto a firebreak – you continue straight here.

Continue to follow the old roadway for approx 2km – crossing a stream en-route. Near the end of the section of forestry (on your right) the red loop turns into the forestry – you continue straight for only another 200m to reach a point where you turn right and ascend following the inside of an old wire fence.

Follow the wire fence to the top of the hill, and veer right as the loop skirts the corner of the forestry – then follow the markers carefully as you ascend steeply to the highest point 311m.

Enjoy the panoramic views before turning right and reaching thee end of the forestry where you turn left. After 300m the loop turns right and descends steeply along a narrow path through trees. At the bottom you rejoin the red loop and turn left. Follow the stony track through the pass and descend to reach a forestry road where you turn right.

Follow the forestry road for 1km to rejoin the blue loop as it comes in from your right. Veer left and follow the purple, red and blue arrows as the loop takes you onto and along the Altaconey River for 2km to regain the trailhead.

