



ROSCOMMON WALKS & CYCLEWAYS

Let's Get Exploring...





Walking is the oldest, free and most natural form of activity, which has immense physical and mental benefits.

This **Roscommon Walks and Cycleways Book** sets out to inform you of the Walks and Cycle routes which are located throughout Roscommon. The book has been developed as part of the Healthy Roscommon Plan 2018-2021 which aims to create “A Healthy Roscommon, where everyone can enjoy physical and mental health and wellbeing to their full potential”.

Each route has been individually mapped to note location, length and difficulty, together with facilities along the routes. While our “notes” and “Activities” centre page is a fun way of recording the activity you have undertaken and checking out what you can see along the way.

Through informing you of our walks and cycleways, we want to encourage you, your family and friends to **to get active and get exploring....**



So grab your coat, hat or helmet and shoes... and let's get exploring!!!



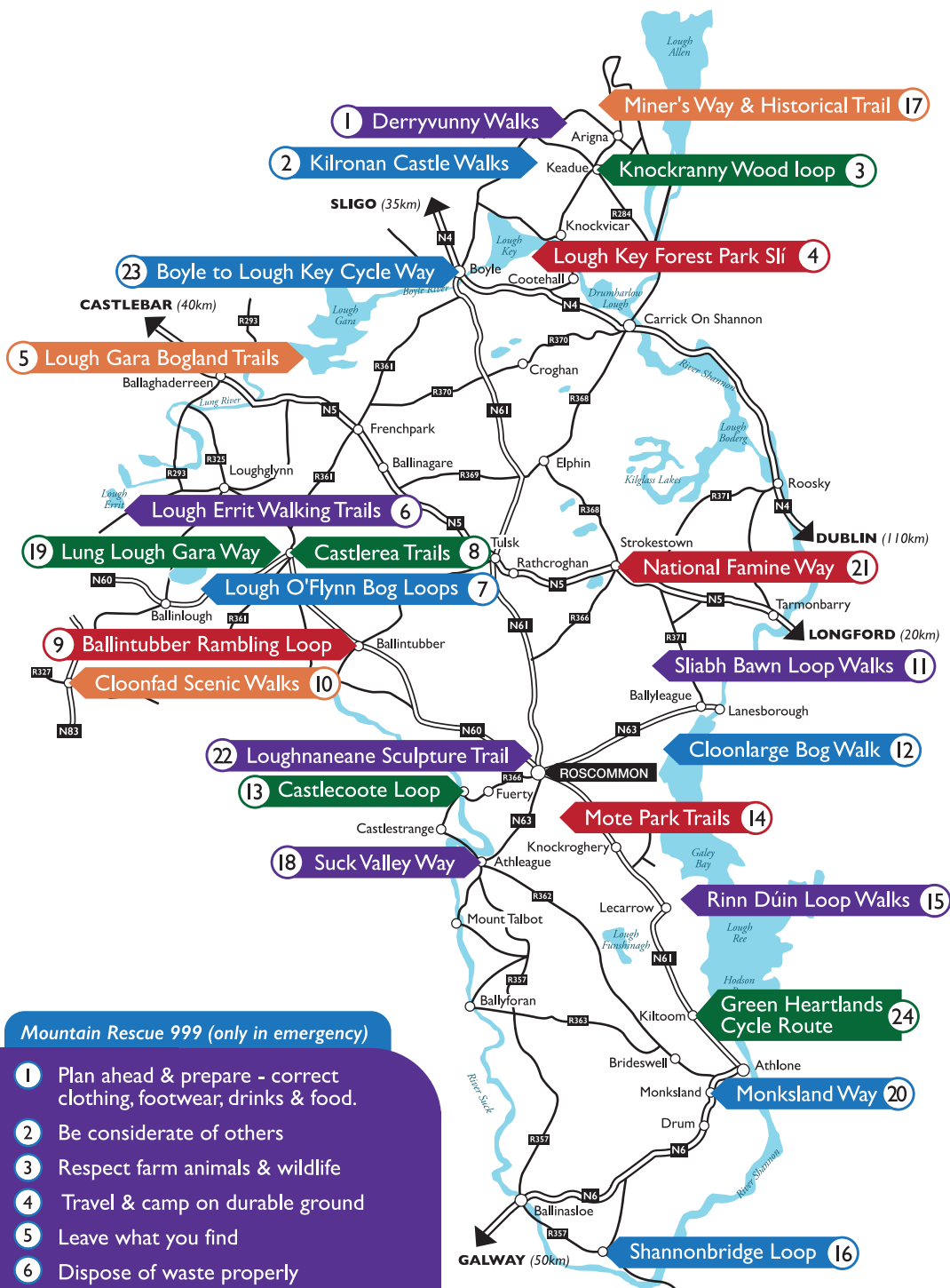
Many of Roscommon walking trails are on private property and access is due to the kind permission of the landowner. Many walks are on working farmland and therefore no dogs are allowed. Persons entering such private property do so by permission from the landowner and no right of access or right of way is created as a consequence. Please follow the directional signage for this trail and please respect the environment by following the principles of Leave No Trace.

When out cycling please wear a helmet and use lights in dark or dusk conditions. All users under 12 years of age must be supervised, especially on public roads and please wear appropriate clothing and footwear. Please respect all users, walkers and pedestrians.

**Please wear appropriate clothing and footwear.
Always wear a helmet when cycling.**

In order to minimise your social and environmental impacts on the outdoors, please follow the 7 principles of Leave No Trace





- 1 Plan ahead & prepare - correct clothing, footwear, drinks & food
- 2 Be considerate of others
- 3 Respect farm animals & wildlife
- 4 Travel & camp on durable ground
- 5 Leave what you find
- 6 Dispose of waste properly
- 7 Minimise the effects of fire



I

Derryvunny Walks

Trail Information

Location:	Corrigeenroe
Length:	.5 km - 1 km
Duration:	35 mins - 60 mins
Difficulty:	Easy
Dogs Allowed:	Yes - On lead
Buggy Accessible:	Yes - Multi Access Trail Only

Trail Description

This short multi access trail on forest road and track within Corrigeenroe Marsh, overlooks the amazing local landscape, with Lough Key in the distance.

Points of Interest

Why not visit in Spring to see the amazing Bluebells.

Notes



TO BALLYFARNON (8 km)

“

Did you know?

Physical activity improves
the quality of your life

”



Greenwood Loop Walk (0.6 km)

★ Start/Finish Point

P Parking

Multi Access Trail (0.5 km)

Picnic Area

Heritage Site

Old Woodland Trail (1 km)

Viewing Point

St. Teresa's Church

2

Kilronan Castle Walks

Trail Information

Location:	Ballyfarnon
Length:	2 km - 4.6 km
Duration:	50 mins - 70 mins
Difficulty:	Easy
Dogs Allowed:	Yes - On lead
Buggy Accessible:	No

Trail Description

This walk takes you through Kilronan Forest on a path from the Castle to the shore of Lough Meelagh, offering beautiful woodland and lake scenery.

Points of Interest

Why not visit the beautifully resorted Kilronan Castle after your walk.

Notes

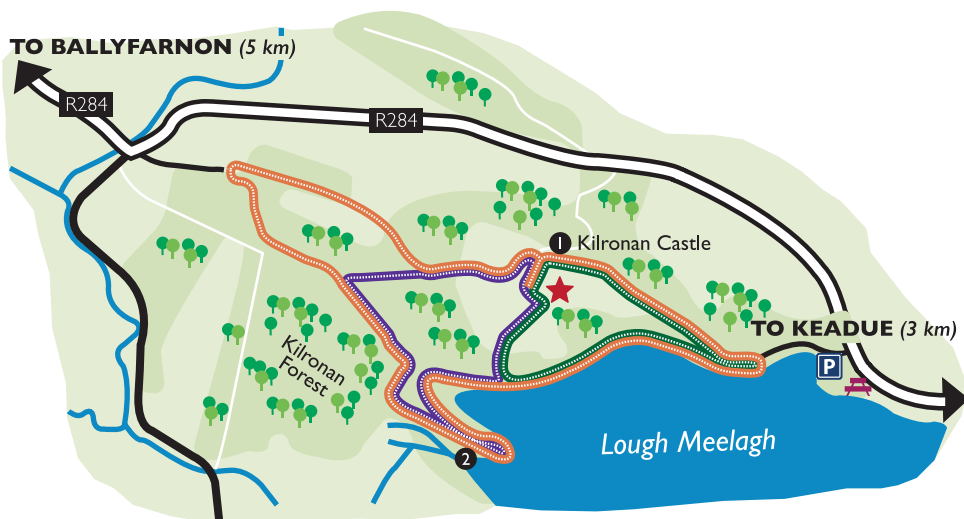


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Health Benefits

The number of calories you can burn walking depends on your speed, weight and fitness level but you can expect to burn anywhere between 90 - 200 calories on a 30 minute walk!

”



 Kilronan Castle Loop (4.6 km)

 Doon Point Loop (2.3 km)

 Lakeside Loop (2 km)

 Start/Finish Point

 Picnic Area

 Viewing Point

 Promontory Fort

 Parking

 Heritage Site

 Kilonan Castle



3

Knockranny Wood Loop

Trail Information

Location:	Keadue
Length:	1 km
Duration:	20 mins
Difficulty:	Easy
Dogs Allowed:	Yes - On lead
Buggy Accessible:	No

Trail Description

This is an attractive woodland walk on a path through mixed woodland and is routed pass the well-known megalith, Knockranny court tomb. There are beautiful views across Lough Meelagh from the trailhead.

Points of Interest

Visit the blind harpists Turlough O'Carolan final resting place in Kilronan Graveyard, Keadue.

Notes

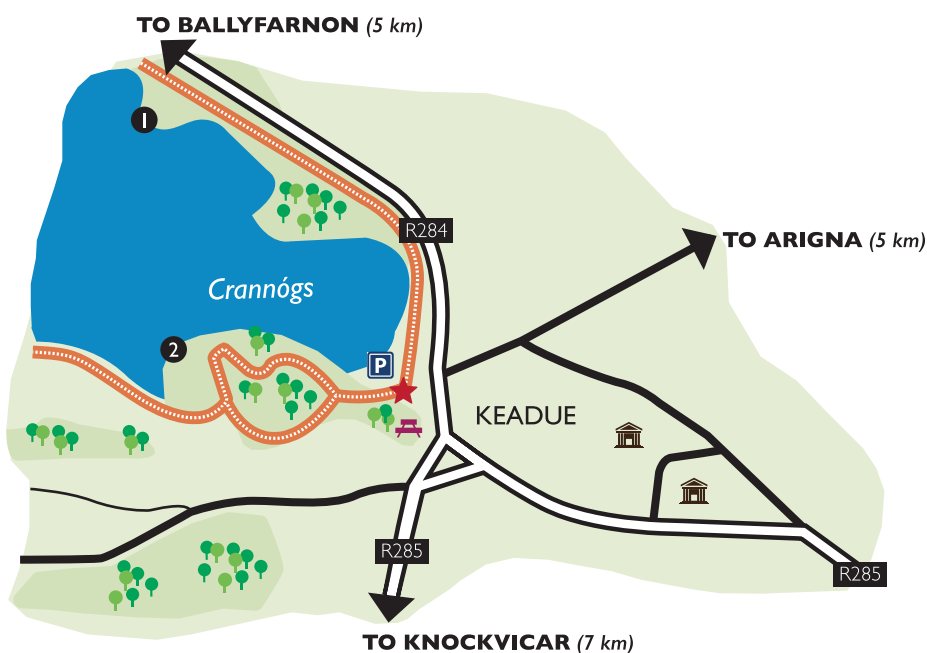


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Health Benefits

For maximum health benefits, adults need to be moderately active for at least **30 minutes** a day, **5 days** a week.

”



Knockranny Wood loop (1 km)

Start/Finish Point

Parking

Picnic Area

Heritage Site

Viewing Point

Lassair's Shrine

Tomb

Trail Information

Location:	Boyle
Length:	3km - 4km
Duration:	60 mins
Difficulty:	Easy
Dogs Allowed:	Yes - On lead
Buggy Accessible:	Yes

Trail Description

Take a stroll through Lough Key Forest Park. This 350 hectares park of amazing natural beauty, combines woodland and water with a wealth of points of interest including - Bog Garden, Fairy Bridge, Ice House and a Wishing Chair together with a variety of on site and local facilities and attractions.

Points of Interest

There is so much to see and do for all ages in Lough Key... Did you make a wish on the Wishing Chair?

Notes

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Did you know?

Physical activity helps you maintain a healthy weight

”



Drumman's Island Trail (3.5 km)

Miners Way Historical Trail (4.2 km)

Bog Garden Trail (4 km)

Slí na Sláinte (3 km)

Start/Finish Point

Heritage Site

Church

Drumman's Bridge

Icehouse

Parking

Viewing Point

Fairy Bridge

Viewing Tower

Caravan/Camping Park

Picnic Area

Gate Lodge & Arch

Bog Garden

Centre



5

Lough Gara Bogland Trails

Trail Information

Location:	Ballaghaderreen
Length:	2.5 km - 11 km
Duration:	40 mins - 180 mins
Difficulty:	Easy
Dogs Allowed:	Yes - On lead
Buggy Accessible:	Yes

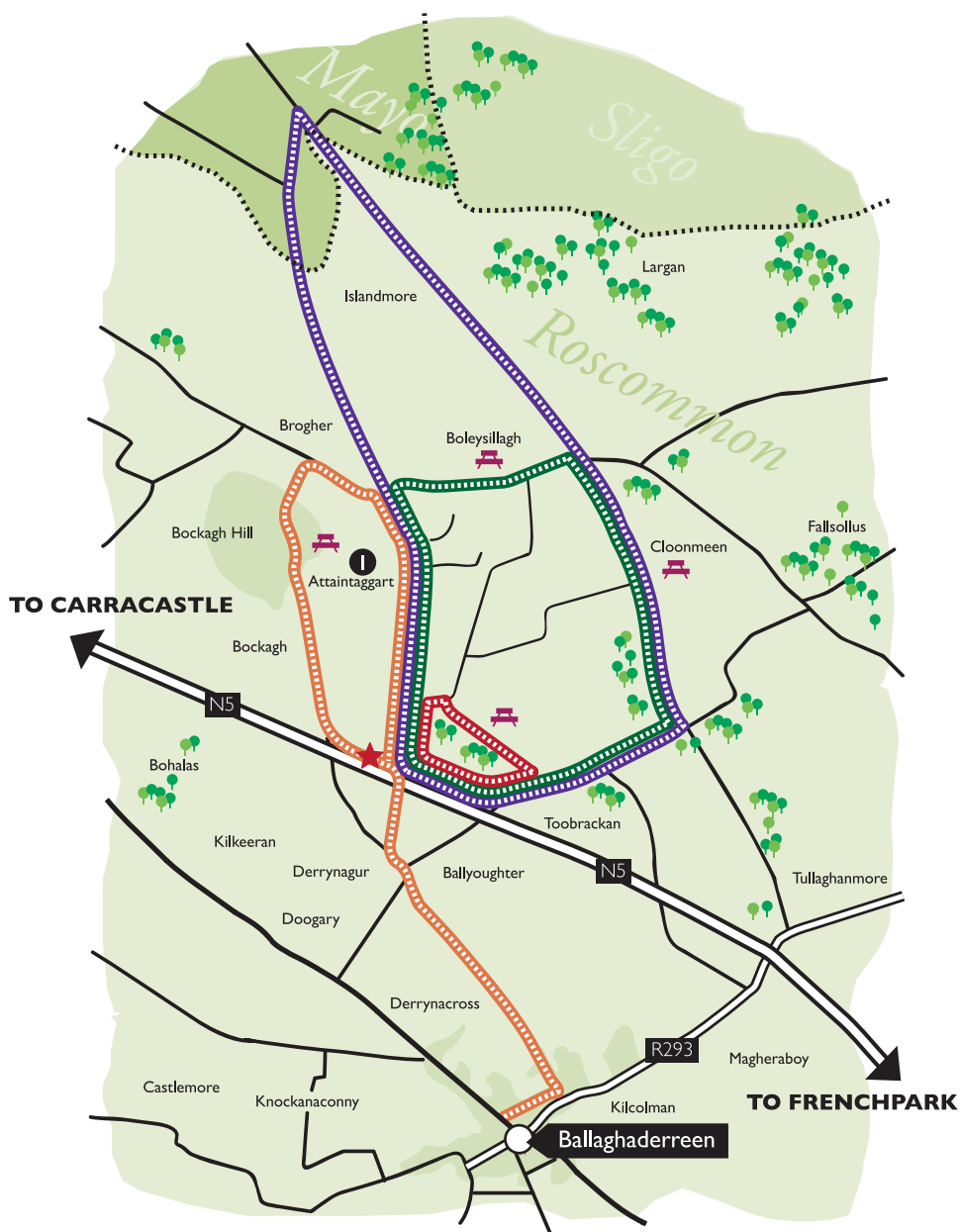
Trail Description

The Bogland trails consist of 4 looped walks located 3km from Ballaghaderreen. The trails are also suitable for cycling.

Points of Interest

Did you spot the windmills?

Notes



Bockagh Hill Loop (4.5 km)

Islandmore Loop (11 km)

Toobracken Loop (7 km)

Nature Loop (2.5 km)

Start/Finish Point

Picnic Area

Viewing Point

Parking

Heritage Site

Mass Rock

Lough Errit Walking Trails

Location:	Gortaganny
Length:	4 km - 8 km
Duration:	50 mins - 120 mins
Difficulty:	Easy
Dogs Allowed:	Yes - On lead
Buggy Accessible:	No

These peaceful walks include a trail along the tranquil shores of Lough Errit and through the local wood and bog lands, taking in Lough Errit amenity area which has a slipway, bathing area, car park and boat house on its shores.

Why not visit nearby 'Carrowbehly Living Bog' - one of Ireland's 12 unique raised bogs being brought back to life.



“

Health Benefits

Why not start your own walking group,
check out www.getirelandwalking.ie to find out how

”



Walk Route A (4 km)

Walk Route B (5 km)

Walk Route C (7 km)

Walk Route D (9 km)

Walk Route E (11 km)

Walk Route F (7 km)

Walk Route G (8 km)

★ Start/Finish Point

🪑 Picnic Area

👁 Viewing Point

② Handball Alley

④ Carowbehy Living Bog

P Parking

🏛 Heritage Site

① John Ganley Memorial

③ Dermot Early Memorial



7

Lough O'Flynn Bog Walks

Trail Information

Location:	Ballinlough
Length:	3.4 km - 6.4 km
Duration:	60 mins - 90 mins
Difficulty:	Easy
Dogs Allowed:	Yes - On lead
Buggy Accessible:	No

Trail Description

This looped walk takes you on minor and bog roads close to the lake shore of Lough O'Flynn, as it traverses the attractive and diverse landscape of a typical bogland.

Points of Interest

Why not bring along a picnic or try the outdoor gym.

Notes





8

Castlerea Trails



Trail Information

Location:	Castlerea
Length:	6 km
Duration:	105 mins
Difficulty:	Easy to moderate in places
Dogs Allowed:	No Dogs permitted in Clonalis Woodland Dogs On Lead in Demesne
Buggy Accessible:	Yes - Demesne

Trail Description

This looped walk around the Demesne Parkland gives you the option to continue to the Clonalis Woodlands.

Points of Interest

Why not visit the beautiful Clonalis House while on the trail or call into Castlerea for refreshments.

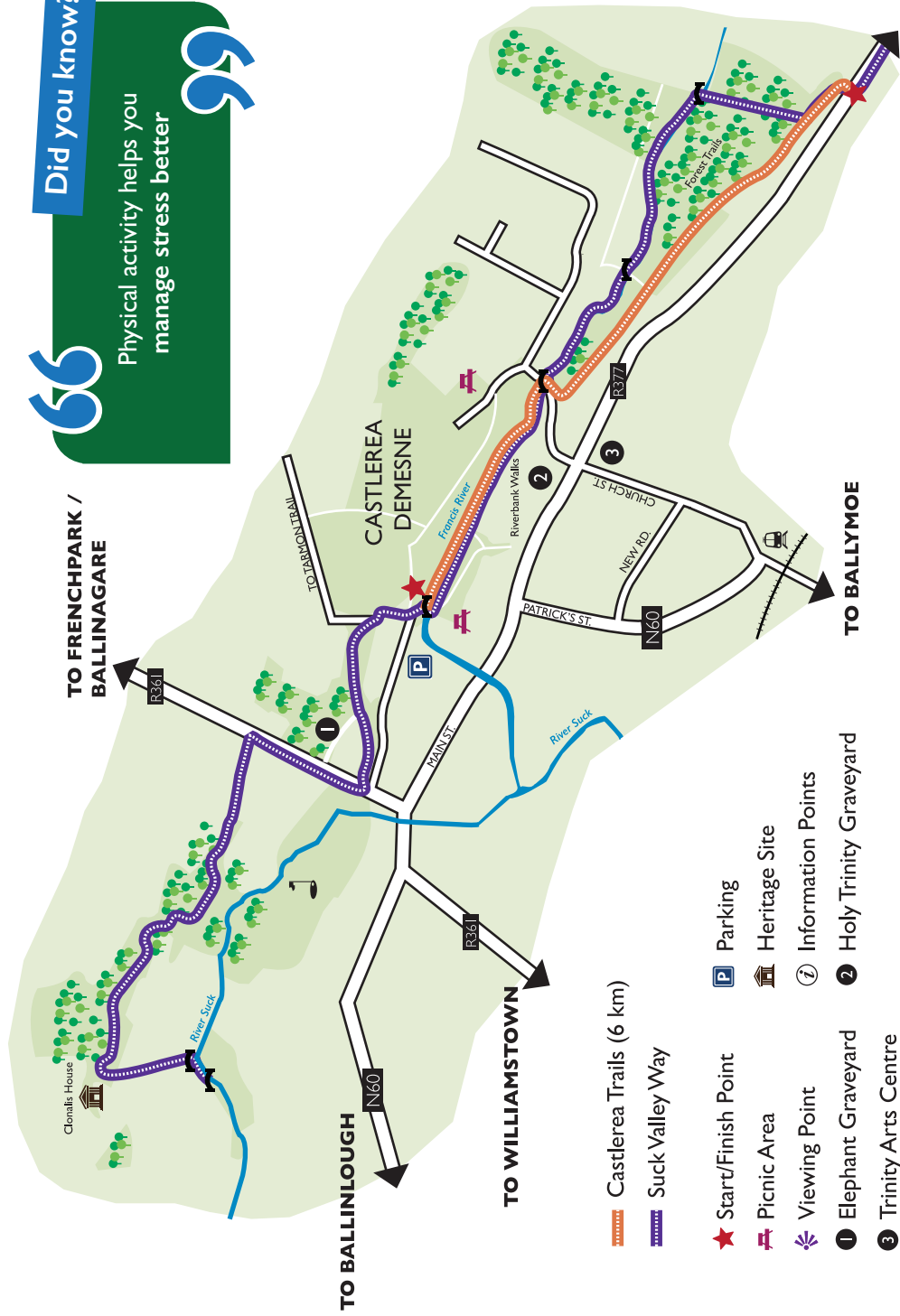
Notes





Did you know?

Physical activity helps you
manage stress better





9

Ballintubber Rambling Loop

Trail Information

Location:	Ballintubber Village
Length:	4 km
Duration:	75 mins
Difficulty:	Easy to moderate in places
Dogs Allowed:	No Dogs Permitted
Buggy Accessible:	No

Trail Description

A short looped walk which starts and ends at the 13th century Ballintubber Castle. This is a shorter walking option extending from the Suck Valley Way. www.discover-suckvalleyway.ie

Points of Interest

Discover 'Wilsgrrove Rambling House'

Notes

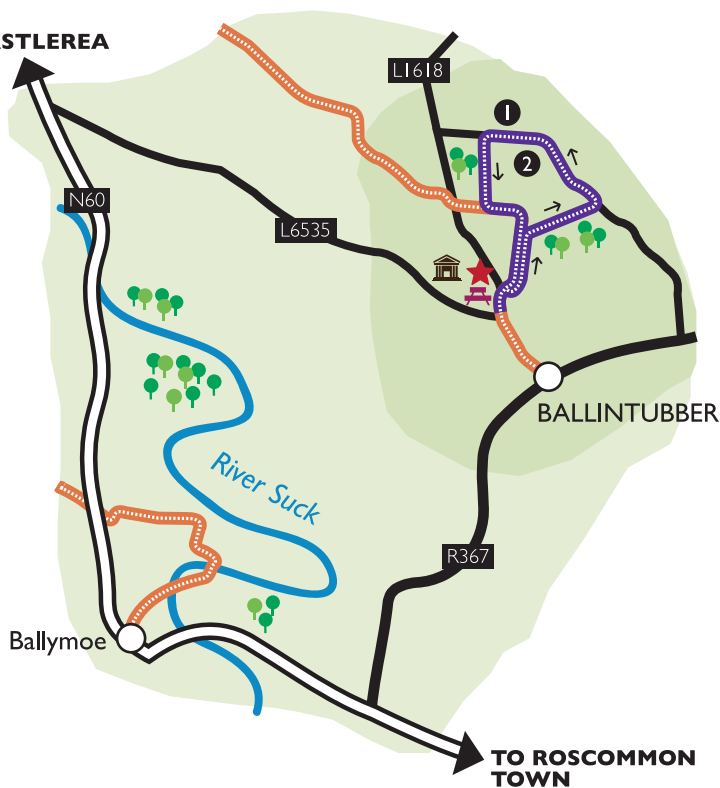


Did you know?

Physical activity can add years to your life



TO CASTLEREA



Ballintubber Rambling Loop (4 km)

Suck Valley Way

Start/Finish Point

Picnic Area

Viewing Point

Thatched Cottage

Parking

Heritage Site

Wils Grove Hall



10

Cloonfad Scenic Walks

Trail Information

Location:	Cloonfad
Length:	2.5 km - 6.5 km
Duration:	30 mins - 120 mins
Difficulty:	Easy
Dogs Allowed:	Yes - On lead
Buggy Accessible:	Yes

Trail Description

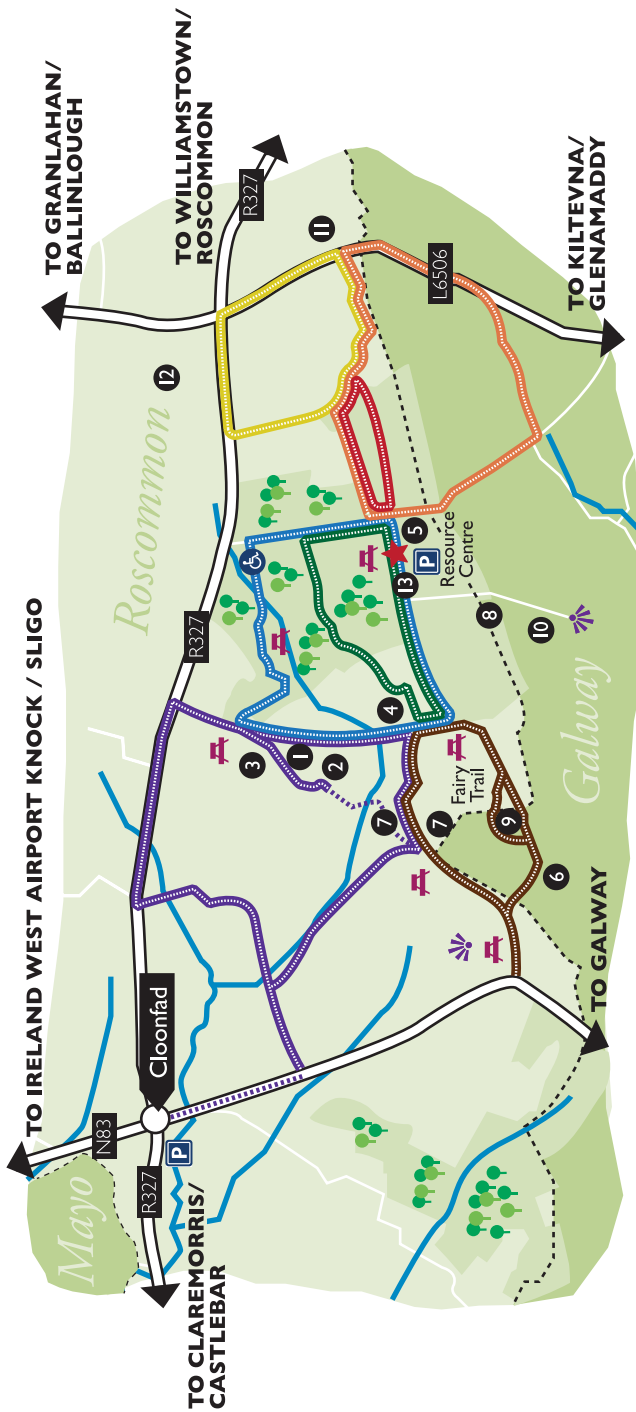
The walks (7 in total) take you on road through woodland and through an open cut-away bog with panoramic views of the surrounding countryside.

Points of Interest

You can cross from county Roscommon to Galway and back again.

Notes

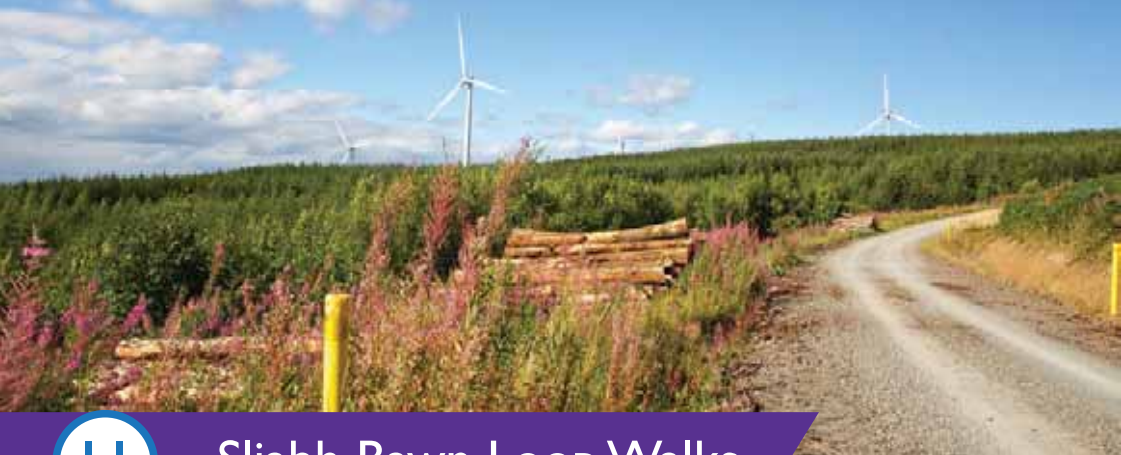




- Cortoon Loop (5 kms)
- Derrylahan Loop (3.6 kms)
- River Walk - Multi Access (5 kms)
- Clogher Beag (2.5 kms)
- Clogher Mór (3.6 kms)
- Cloonarkin Walk (6.5 kms)
- Bog Walk (3.5 kms)

- ★ Start/Finish Point
- 🏠 Heritage Site
- ① Children's Burial Ground
- ④ Brian's Póirce
- ⑦ Commonage
- ⑩ Standing Stone
- ⑬ Sweat House

- P Parking
- 🌸 Viewing Point
- ② Mass Rock
- ⑤ Blythe Cottage
- ⑧ Slieve Dart
- ⑪ Ringfort
- 🌳 Picnic Area
- ♿ Wheelchair Accessible
- ③ Site of Old Mill
- ⑥ Maggie Walsh's Cottage
- ⑨ Bid Burke's Cross
- ⑫ Lowberry Castle



Sliabh Bawn Loop Walks

Trail Information

Location:	Strokestown
Length:	2.7 km - 6.5 km
Duration:	60 mins - 110 mins
Difficulty:	Easy/ Moderate - Add time for use of gym equipment
Dogs Allowed:	Yes - On lead
Buggy Accessible:	No

Trail Description

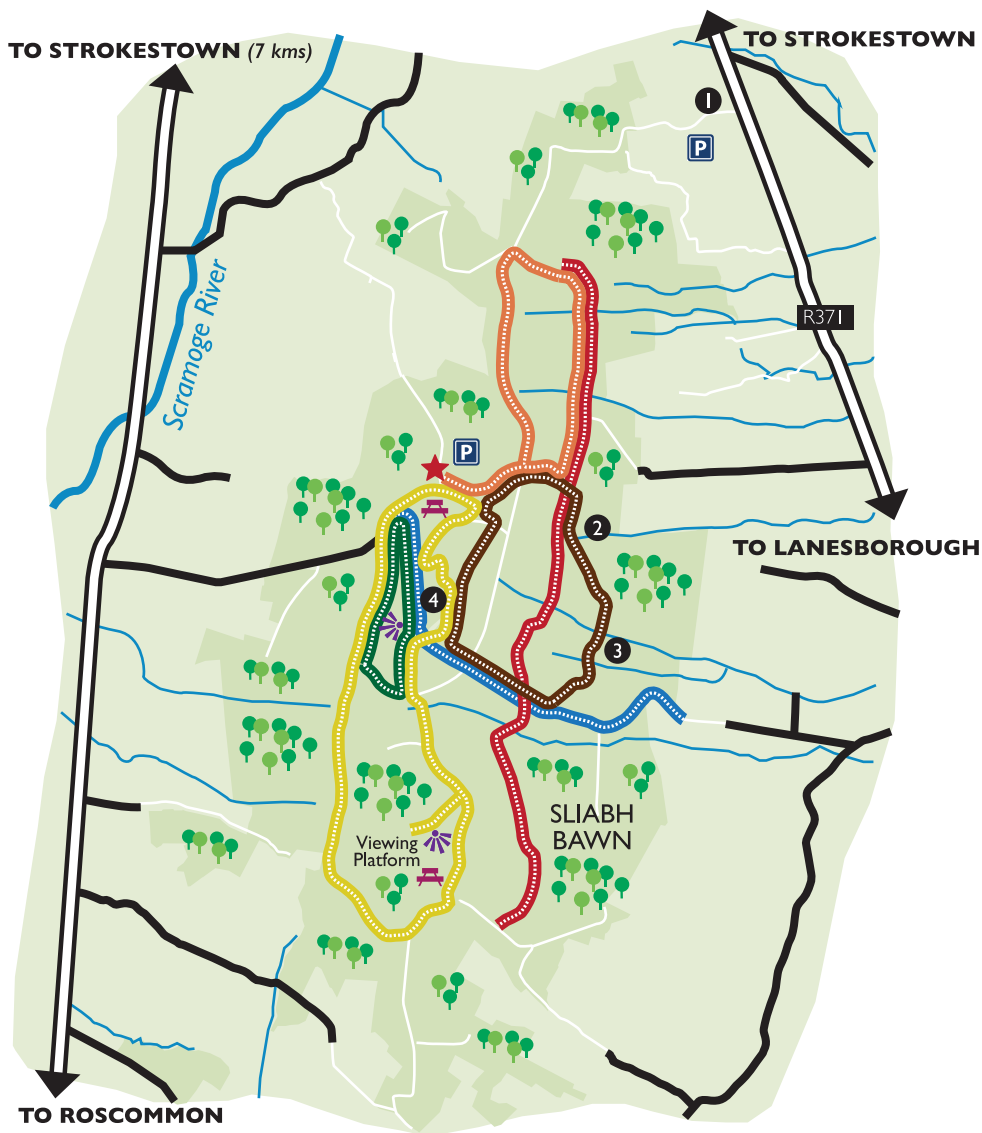
This amazing amenity, through the coillte forest includes a trim trail for fitness, an equestrian trail, six looped walks, a picnic area and a viewing Platform at the summit.

Points of Interest

How many counties can you view from the viewing platform at the summit!!

Notes





Trim Trail - Outdoor Gym (2.9 km)

Yellow Loop Walk (6.5 km)

Orange Loop Walk (3.9 km)

Monastery Trail (2.7 km)

Heritage Trail (4.2 km)

Equestrian Trail

★ Start/Finish Point

🚶 Picnic Area

👁 Viewing Point

② Church Ruin

④ Holy Cross 1950

🅑 Parking

🏠 Heritage Site

① Wind Farm Entrance

③ Mass Rock

SCAVENGER HUNT

SEE HOW MANY ITEMS YOU CAN FIND AND TICK OFF YOUR LIST.
LOOK HIGH AND LOW SO NOTHING IS MISSED.

TOUCH

- ☐ Something **Soft**
- ☐ Something **Smooth**
- ☐ Something **Rough**

SHAPES

- ☐ Something **Circle**
- ☐ Something **Square**
- ☐ Something **Triangle**

COLOURS

- ☐ Something **Green**
- ☐ Something **Brown**
- ☐ Something **Red**

CAN YOU FIND ME?

- ☐ Rock
- ☐ Leaf
- ☐ Pine Cone
- ☐ Wild Flower
- ☐ Bark
- ☐ Piece of Litter
- ☐ Stick
- ☐ 3 Leaf Clover
- ☐ Green Grass
- ☐ Feather
- ☐ Berry



Can you spot me?

FUN FACT: I use my tail for
balance & a parachute to
help me jump!



NATURE ART

GET CREATIVE AND SHARE YOUR NATURE ART
FROM YOUR ROSCOMMON WALK

#roscommonwalks



Shhh if you find me!

FUN FACT: My eyesight is bad but
my hearing & smell are great.
So if you spot me be extra quiet
so I don't get a fright!





12

Cloonlarge Bog Walk

Trail Information

Location:	Kilteevan
Length:	6.4 km
Duration:	80 mins
Difficulty:	Easy
Dogs Allowed:	Yes - On lead
Buggy Accessible:	Yes

Trail Description

This looped Bog Road walk allows you to explore the flora and fauna of the Kilteevan Peatlands. Information boards on the local butterflies, a locally-made Turf Hopper, together with quirky creative wood craft are all located along the trail.

Points of Interest

How many butterflies or birds can you see - can you name them?

Notes



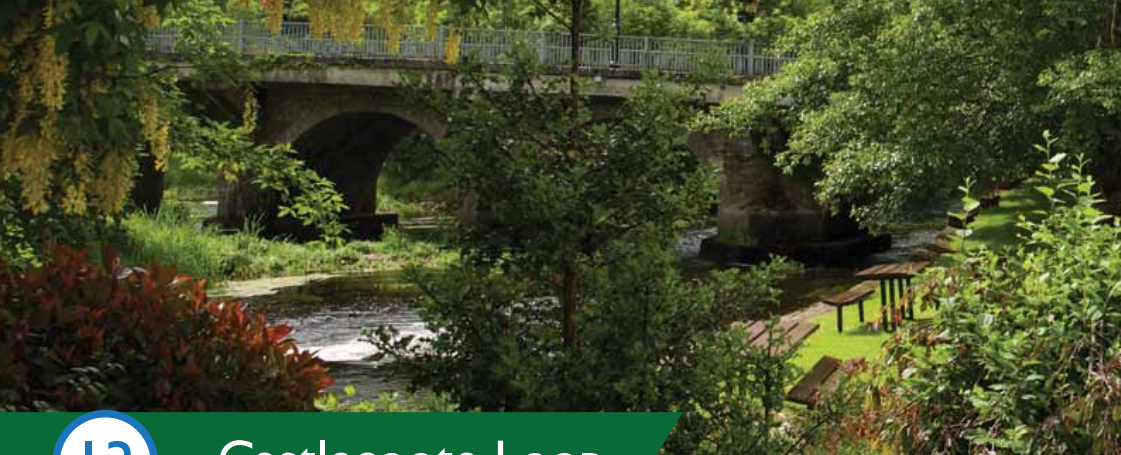
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Health Benefits

Walking - at any pace - is beneficial.

When you start to walk, pick a speed you can manage, but make sure your heartbeat is slightly raised, you're breathing a little faster, and you feel a bit warmer.”



**13**

Castlecoote Loop

Trail Information

Location:	Castlecoote Village
Length:	5.2 km
Duration:	90 mins
Difficulty:	Easy
Dogs Allowed:	No Dogs Permitted
Buggy Accessible:	No

Trail Description

This short Lady Bug loop, starts and ends in Castlecoote Village and brings you through the beautiful Roscommon countryside.
www.discoversuckvalleyway.ie

Points of Interest

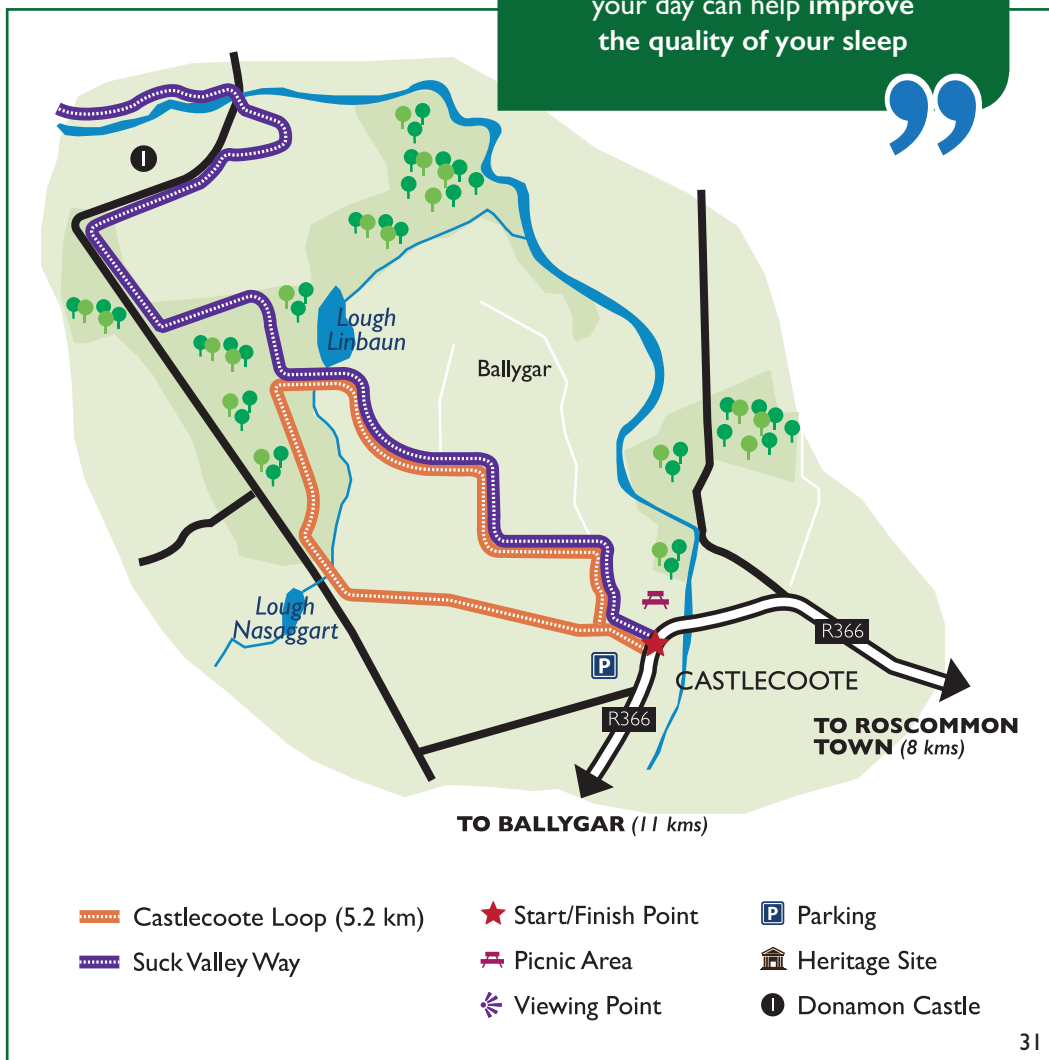
How many of the colourful stone ladybugs can you spot?

Notes



Did you know?

Including physical activity in your day can help improve the quality of your sleep





14

Mote Park Trails

Trail Information

Location:	Roscommon
Length:	1.5 km - 11 km
Duration:	30 - 150 mins
Difficulty:	Easy
Dogs Allowed:	Yes - On lead
Buggy Accessible:	Yes

Trail Description

Mote Park walks take you on forest road and paths through a mature conifer plantation of Norway spruce, Scots Pine and Oak.

Points of Interest

Watch out for the Red Squirrel!

Notes

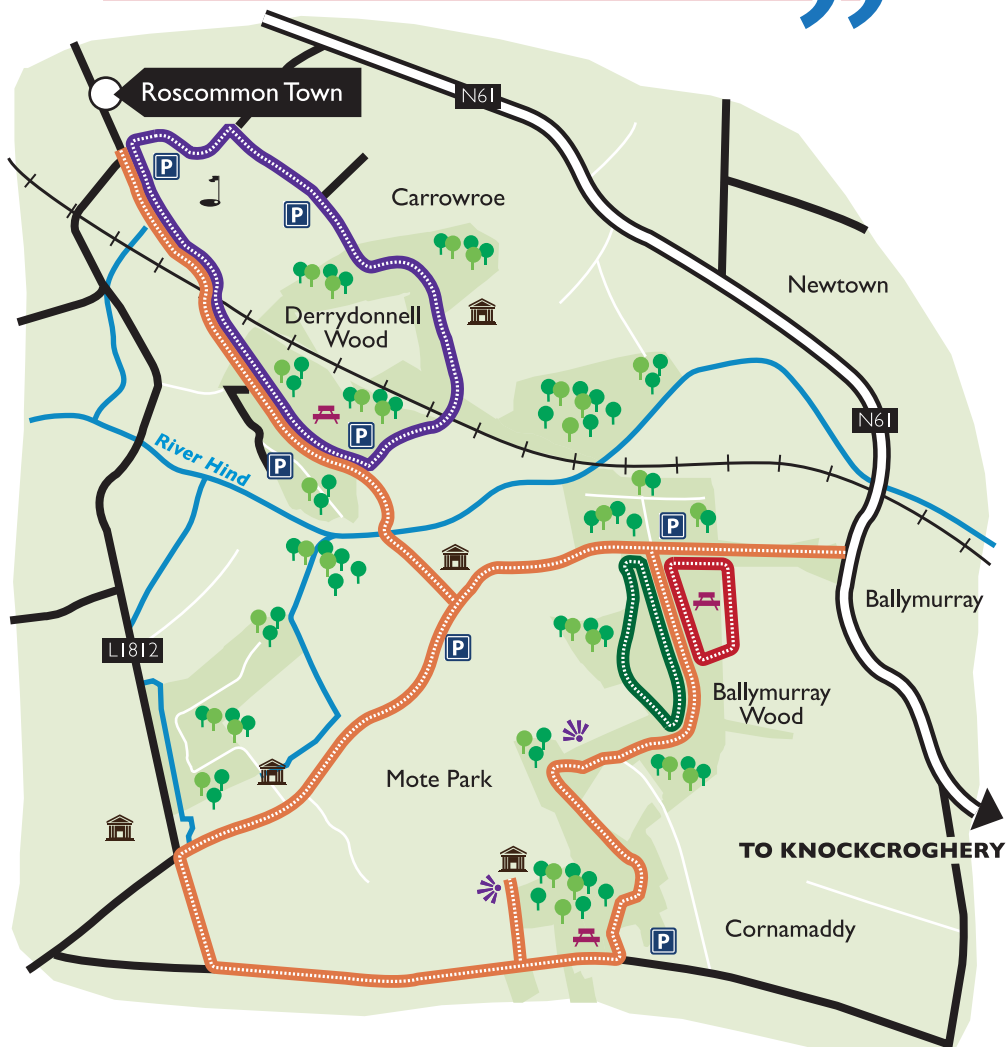


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Health Benefits

Children and young people need to be moderately or vigorously active for at least **60 minutes** a day - every day

”



 Mote Park Heritage Walkway (11 km)

 St. Coman's Walk

 Crofton Walk (2.5 km)

 Bluebell Walk (1.5 km)

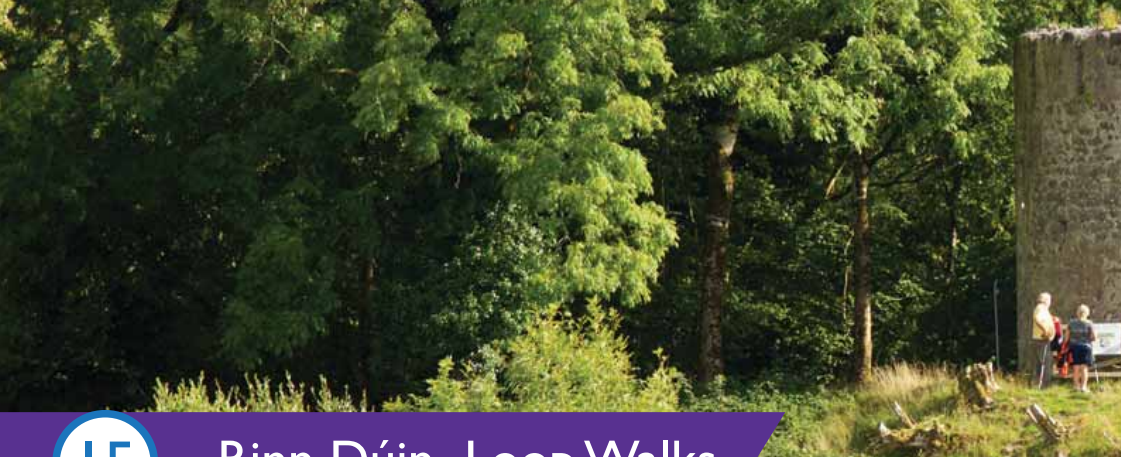
 Start/Finish Point

 Picnic Area

 Viewing Point

 Parking

 Heritage Site



15

Rinn Dúin Loop Walks

Trail Information

Location:	Lecarrow
Length:	3 km - 4.5 km
Duration:	60 mins - 110 mins
Difficulty:	Easy
Dogs Allowed:	No Dogs Permitted
Buggy Accessible:	No

Trail Description

Situated on Rinn Duin Peninsula on Lough Ree's shores, this looped walk features the best preserved deserted Norman town in Ireland, including a town wall with towers and gatehouse, windmill, Norman parish church and a hospital.

Points of Interest

Why not visit St. John's Wood, located beside Rinn Dúin which is a rare surviving example of Irish old growth woodland.

Notes



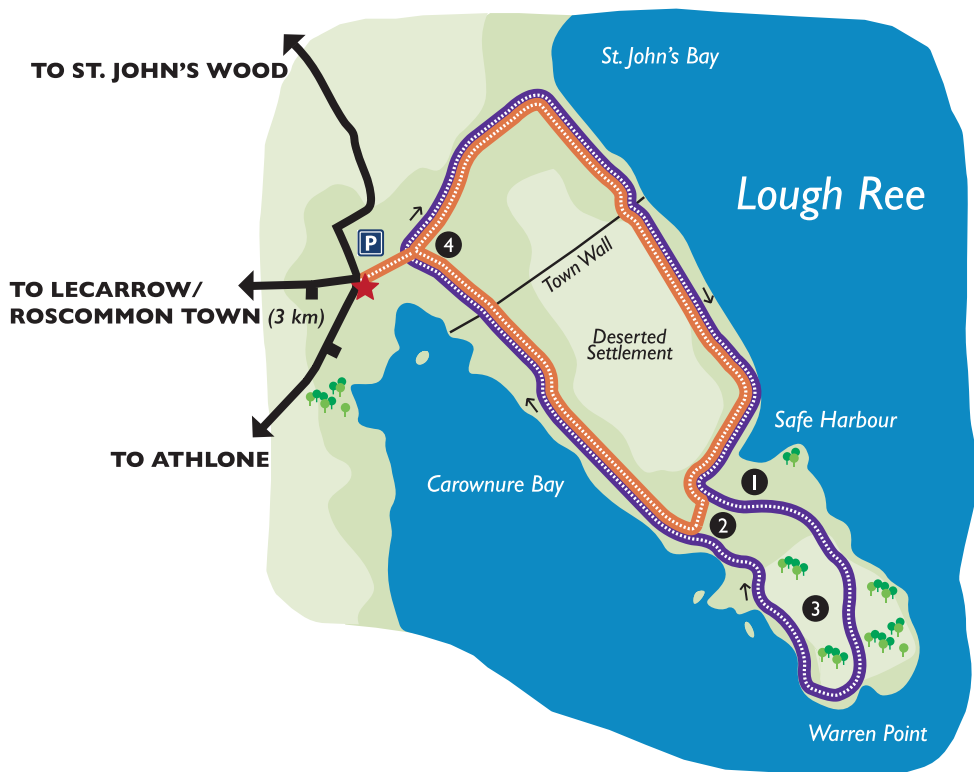


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Did you know?

If you are regularly active,
you are reducing your risk of
developing 35 chronic diseases

”



Castle Loop (3 km)

Warren Point Loop (4.5 km)

Start/Finish Point

Picnic Area

Viewing Point

② Church Ruin

④ St. John's Hospital & Cemeteries

Parking

Heritage Site

① Rinn Dúin Castle

③ Windmill Ruin



16

Shannonbridge Loop

Trail Information

Location:	Ballinasloe
Length:	5.2 km
Duration:	110 mins
Difficulty:	Easy
Dogs Allowed:	No Dogs Permitted
Buggy Accessible:	No

Trail Description

The Shannonbridge Fortifications Loop is a short tour of the Napoleonic Fort with some gorgeous panoramic views of the River Shannon.

Points of Interest

Learn the history of the fort with 7 information points along the way.

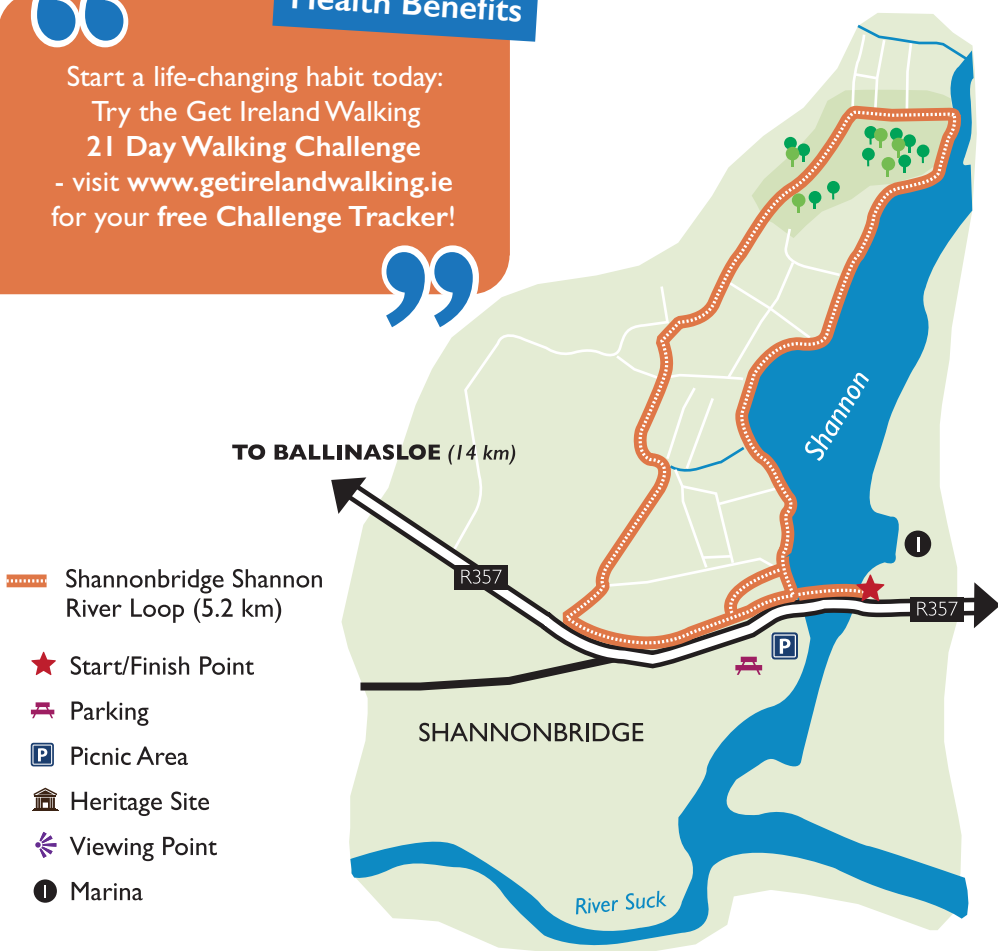
Notes





Health Benefits

Start a life-changing habit today:
Try the Get Ireland Walking
21 Day Walking Challenge
- visit www.getirelandwalking.ie
for your free Challenge Tracker!





Trail Information

Location:	Boyle/Arigna/Keadue
Length:	118 km
Duration:	Full walk take up to 5 days
Difficulty:	Easy to moderate in places
Dogs/ Buggy Allowed:	No



Part of the BBW

The Miners Way and Historical Trail (118 km)

★ Start/Finish Point Parking Picnic Area Heritage Site Viewing Point

Trail Information

Location:	Castlereagh/Castlecoote
Length:	110km
Duration:	Full walk take up to 5 days
Difficulty:	Easy to moderate in places
Dogs/ Buggy Allowed:	No



Part of the BBW

Suck Valley Way (105 km)

www.discoversuckvalleyway.ie

Start/Finish Point
 Parking
 Picnic Area
 Heritage Site
 Viewing Point



19

Lung Lough Gara Way

Trail Information

Location:	Castlerea to Corradoo
Length:	57.2km.
Duration:	Takes up to 3 days
Difficulty:	Moderate
Dogs Allowed:	No Dogs Permitted
Buggy Accessible:	No

Trail Description

The Lung/Lough Gara Way is a long distant walking trail steeped in history and archaeology. The trail begins in Clonalis Woodland, Castlerea and follows quiet local roads, pasture and bog land to link in with the Miners Way. This trail forms part of the Beara Breifne Way.

Points of Interest

Look out for the many crannógs (ancient manmade settlements) that are dotted around Lough Gara and the remains of Moygara Castle

Notes





Part of the BBW



20

Monksland Way

Trail Information

Location: Monksland

Length: 3.7km - 6.9km

Duration: 40 - 75 mins

Difficulty: Easy

Dogs Allowed: Yes - on lead

Buggy Accessible: Wheelchair and buggy friendly in parts

Trail Description

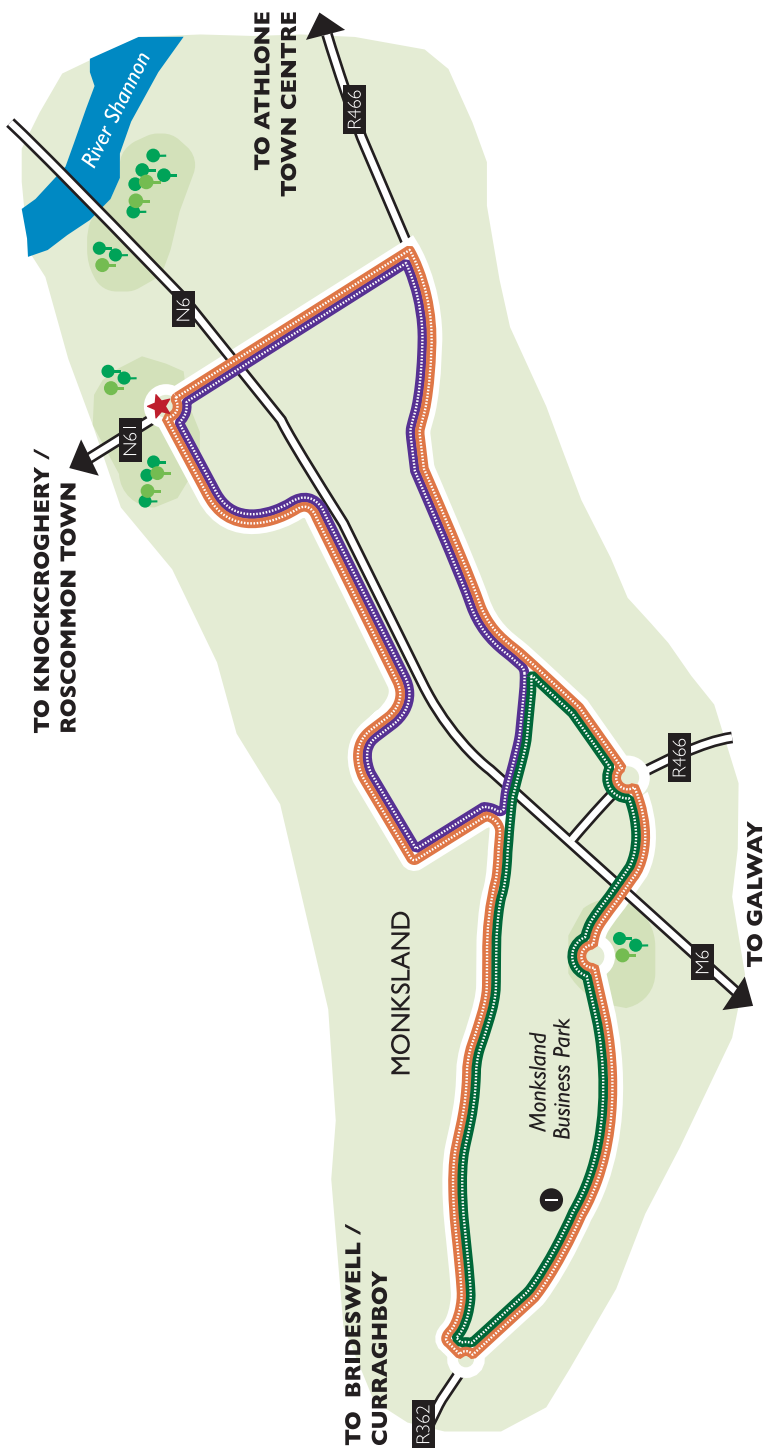
Choose for 3 walks ranging in length from 3.7 to 6.9km around Monksland and its hinterland.

Points of Interest

Monksland ...Land of the Monks....explore the Heritage Boards along the route and learn more about Monksland.

Notes





- Orange Loop Walk (6.9 kms)
- Green Loop Walk (3.7 kms)
- Purple Loop Walk (4.0 kms)

- ★ Start/Finish Point
- 🅑 Heritage Site
- 🅐 Parking
- 📍 Viewing Point
- 🍴 Picnic Area
- 📍 Outdoor Recreation Area



21

National Famine Way

Trail Information

Location:	Strokestown
Length:	18km (Strokestown to Tarmonbarry) Total to Dublin 165km
Duration:	2 hrs or full walk up to 1 week
Difficulty:	Easy
Dogs Allowed:	Yes - On lead
Buggy Accessible:	Only in parts

Trail Description

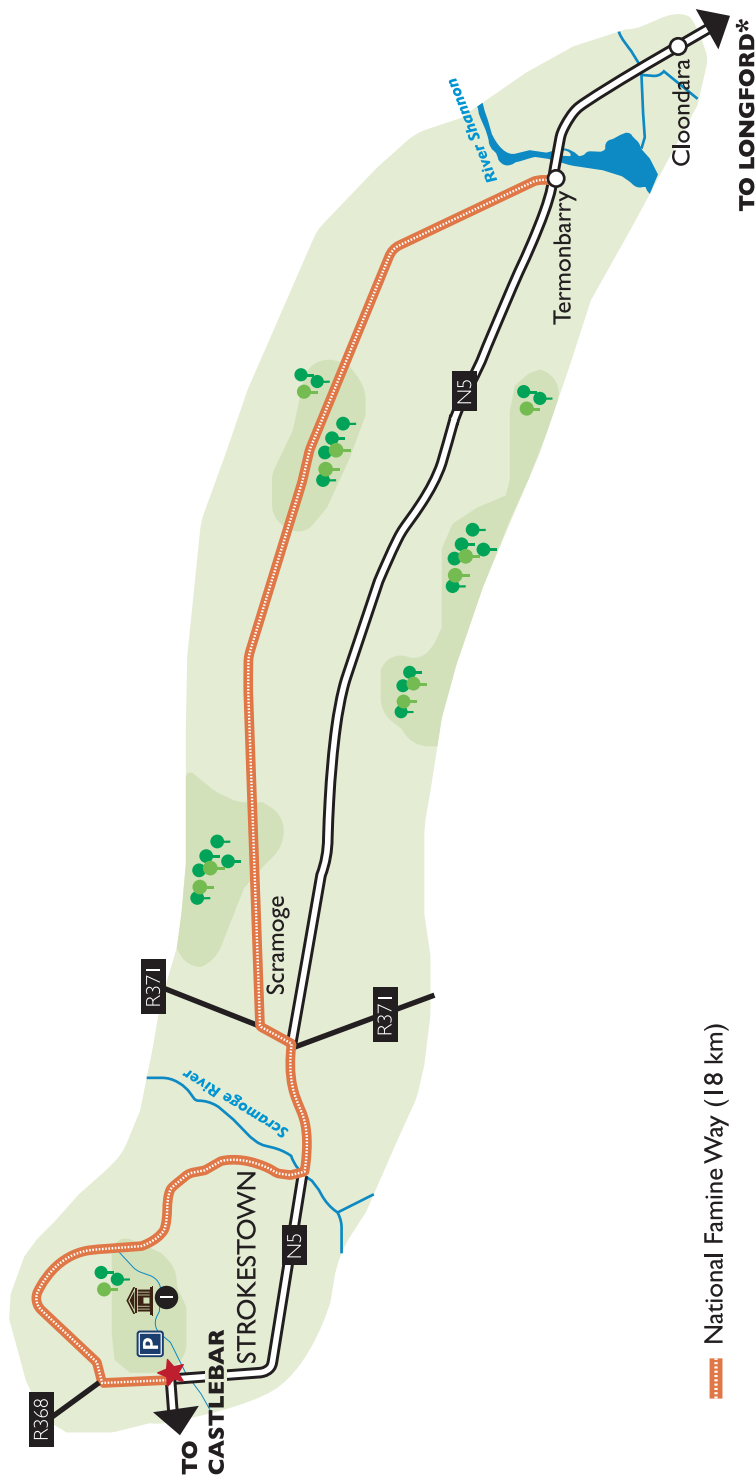
Follow in the footsteps of the 1,490 tenants who were forced to emigrate from Strokestown to Canada in 1847. Walk the Roscommon stretch from Strokestown to Tarmonbarry and view the amazing rural landscape of the area.

Points of Interest

Follow the story of Strokestown's Famine Emigrants through the interactive bronze shoe sculptures along the route

Notes





National Famine Way (18 km)

★ Start/Finish Point

🅑 Parking

🚶 Picnic Area

🏠 Heritage Site

👁 Viewing Point

🏛 National Famine Museum

* The Famine walk continues to Dublin via the banks of the Royal Canal



22

Loughnaneane Sculpture Trail

Trail Information

Location:	Roscommon Town
Length:	Network of paths on 14 acre Park
Duration:	1 km
Difficulty:	Easy
Dogs Allowed:	Yes - On lead
Buggy Accessible:	Buggy and Wheelchair friendly

Trail Description

The Sculpture Trail, located throughout the Park, informs you of the rich heritage of Loughnaneane park. The Nature Chair set along the banks of the pond allows you a chance to reflect and relax in this amazing historic landscape.

Points of Interest

Why not explore the 14 acre recreational Park which contains the ruins of 13th Century Roscommon Castle, outdoor gym and playground

Notes



Loughnaneane Sculpture Trail (1 kms)

★ Start/Finish Point

● Sculpture

③ Hill o' Bones

⑥ Bird Watching Area

⑨ Roscommon Castle

P Parking

① Playground

④ Wildflower Meadow

⑦ Bird Chart

🪑 Picnic Area

② Outdoor Gym

⑤ Turlough Area

⑧ Pond



23

Boyle to Lough Key Cycle Way

Trail Information

Location:	Boyle
Length:	7.9km
Difficulty:	Easy to Moderate
Dogs Allowed:	Yes - On lead
Buggy Accessible:	Wheelchair and buggy friendly in parts

Trail Description

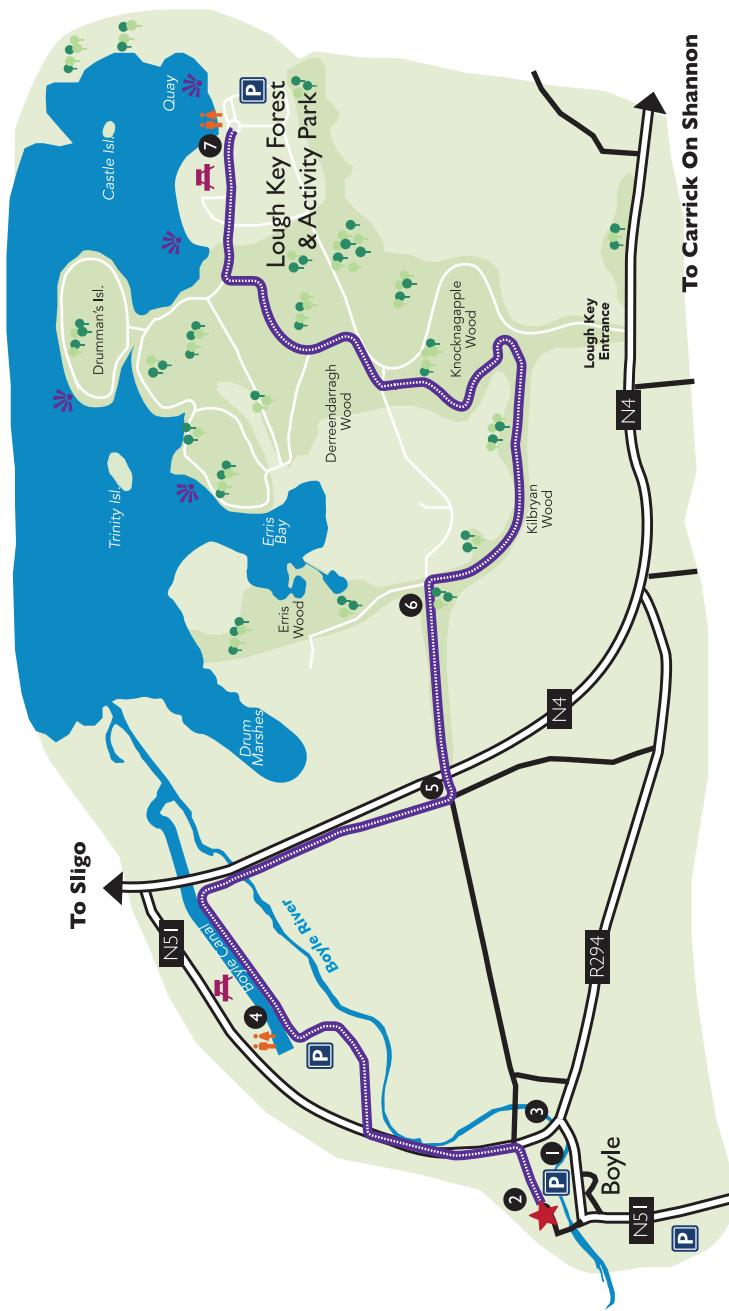
Walk or Cycle this scenic route which takes you along the banks of the Boyle Canal, through amazing woodland and onto the magnificent Lough Key..

Points of Interest

Why not explore Boyle Abbey, learn the story of Boyle and its people in King House or discover the amazing Lough Key Forest and Activity Park.

Notes





Boyle to Lough Key (7.9 km)

★ Start/Finish Point

🚻 Toilets

📍 Boyle Harbour

🅑 Parking

📍 Boyle Pleasure Gardens

📍 Boyle Archway

🚚 Picnic Area

📍 King House

📍 Lough Key Gate Lodge

🌿 Viewing Point

📍 Boyle Abbey

📍 Lough Key Visitor Centre & Cafe



24

Green Heartlands Cycle Route

Trail Information

Location:	Mid and South Roscommon
Length:	211 km
Difficulty:	Easy to Moderate
Dogs Allowed:	No
Buggy Accessible:	No

Trail Description

The Green Heartlands offers cyclists the opportunity to discover the beauty of mid and south Roscommon. The 211km circuit includes a dividing Link Road creating an option to explore a shorter loop.

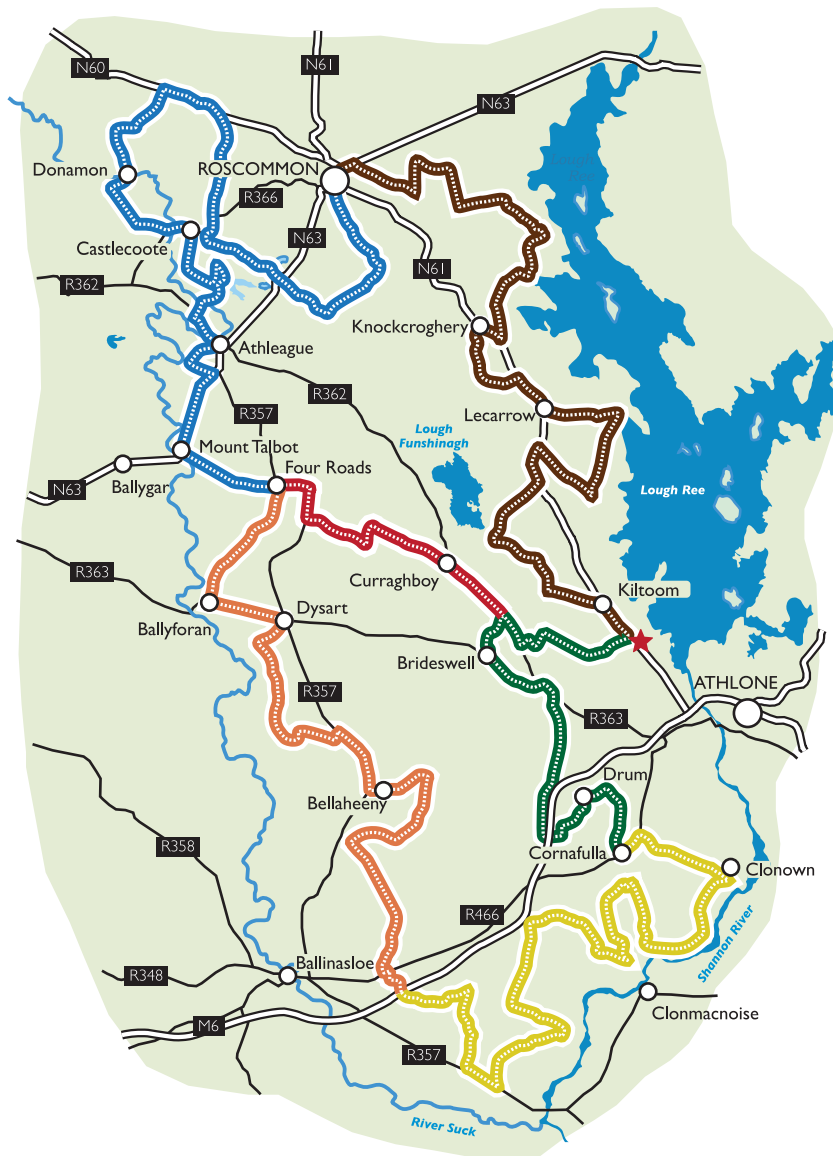
Points of Interest







Take in some sight seeing with magnificent views over Lough Ree and Lough Funshinagh.






More information on
www.greenheartlands.com

Notes





-  Stage 1 - Kiltoom to Drum (28 km)
-  Stage 2 - Drum to Ballinasloe (45 km)
-  Stage 3 - Ballinasloe to Four Roads (38 km)
-  Stage 4 - Four Roads to Roscommon (52 km)
-  Stage 5 - Roscommon to Kiltoom (48 km)
-  Stage 6 - The Link Road (13 km)

-  Start/Finish Point
-  Parking
-  Picnic Area
-  Heritage Site
-  Viewing Point

Let's get active...

ROSCOMMON WALKS & CYCLEWAYS

outdoor gyms*



Boyle Pleasure Grounds, Boyle

Keadue

Lough Key Forest Park, Boyle

Lough O'Flynn, Ballinlough

Loughnaneane Park, Roscommon

Monksland, Athlone

Sliabh Bawn, Strokestown

playgrounds*



Ballaghaderreen Town, Ballaghaderreen

Ballyforan, Athlone

Boyle Pleasure Grounds Boyle

Somers Park, Castlereagh

Church View, Boyle

Hawthorn Drive, Roscommon

Lecarrow Playground

Lisnamult, Roscommon

Lough Meelagh, Boyle

Dangan Community Centre, Kilmore

Elphin (Adjacent to Cathedral Site)

Strokestown (Adjacent to New Fire Station)

Loughnaneane Park, Roscommon

Monksland, Athlone

Portrunny, Roscommon

Paddocks, Carrownabrickna, Roscommon

Castle Hill Estate, Castlereagh

Plunkett Avenue, Boyle

St. Patrick Street, Castlereagh

Sliabh Bawn, Strokestown

* This is not an exhaustive list



Comhairle Contae
Ros Comáin
Roscommon
County Council



LCDC
Local Community Development Centres
Roscommon Local Community
Development Centres



Ireland's Hidden
HEARTLANDS



An Roinn Sláinte
DEPARTMENT OF HEALTH



irishtrails.ie
An Irish Sports Council Initiative



pobal
government supporting communities



2010/18/CCMAI