



Cycle 2

Westport/Lankhill/Derrycraff/ Croaghrim/Aughagower/Westport Cycle Route

APPROXIMATE TIMES: Approximately 3 to 4 hours

LOCATION:

This cycle route passes through areas south east of Westport town (the best place to live in Ireland). This is an area of natural rural tranquillity with rolling hills, lakes, forests and farm animals especially sheep. This cycle also passes through the historic village of Aughagower – see additional information below.

LANDSCAPE:

This rural countryside has varied landscapes including sheep rearing farmland, boglands, forest clusters, lakes and rivers. On route you will experience background views of the holy mountain Croagh Patrick, the Shreeffrey Mountains, the Partry Mountains and to the north the Nephin Mountains.

START/FINISH: At the car park adjacent to the Tower's bar at the Quay, Westport

DISTANCE:

Approximately 42.3 Km

TERRAIN:

The terrain includes a mixture of flat roads and some hills – see attached profile. Suitable for Intermediate level, **not for beginners**.

CYCLE ROUTE:

From the Car Park head westwards for about 200m and then left onto the Greenway. Continue on the Greenway as far as the first bridge. After the bridge take the first turn right through a small car park adjacent to the playground, and then turn left on to the R335. Continue for about 100m to the T-junction. Then turn right on to the Leenane road (N59) and continue until you come to a Filling Station (**Point 2** on the map), turn left at the Filling Station and continue for 200m and at the T-junction, turn right on to the Lankill road. Continue on this road for 7km, passing Lankill National School and Cordaragh crossroads until you come to Derrycraff Cross (**Point 3** on Map). You will see a sign for Tourmakeady. Turn left and continue on this road towards Tourmakeady for 2.5 Km. Turn left at sign post for Killavally (**Point 4** on map) and continue on this road for 4 Km. Turn left at sign for Aughagower (**Point 5** on map). Turn left at next crossroads (**Point 6** on the map). Continue on for 2.3 Km and keep left at Y junction (**Point 7** on the map). Continue on up this hill with a forest on your left and a quarry on your right on top of the hill. After this continue to Aughagower. Take a sharp left at Aughagower Church (**Point 8** on the map) and go straight up the village passing Scott's shop and bar. Continue on this road for 5 Km until you reach the Lankill road (**Point 9** on the map). Turn right at this cross and continue on to the end of this road for 7 Km. Turn left at the T- junction (**Point 10** on the map) and after 150m turn right on to the Leenane road (N59). Continue on this road until you reach the R335. Turn left and go onto the Greenway at the playground. Continue on down the Greenway and make your way to the Tower's bar

SERVICES/FOOD/BEVERAGES: Refreshments in Aughagower/ Westport

Additional Information:

Aughagower is said to have been visited by St. Patrick on his way to Croagh Patrick.

It lies on the pilgrimage way of the Tochar Phadraig- a pilgrimage way from Ballintubber Abbey to Croagh Patrick. The ruin of a medieval church is beside the graveyard. It has a well preserved 10th Century tower. The tower was built between 973 and 1013. The tower was part restored in 1969 and leans slightly to the north. Aughagower has ancient artefacts such as Dabhnoch Phadraig- a circular bath where pilgrims may have washed their feet. There is a well which has now dried up, but it was where pilgrims were said to have drunk water while performing the pilgrimage.