

WALK NO. 4

Knockmore - 3 Options

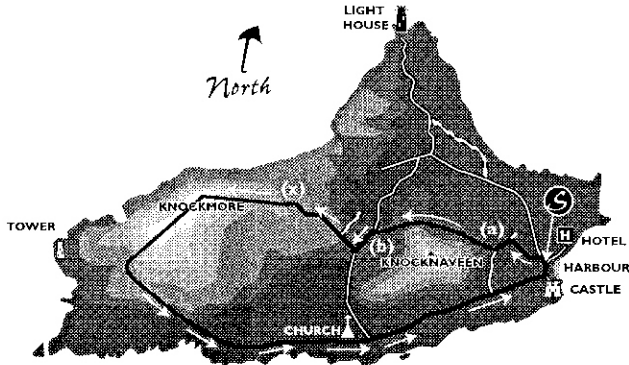
- (A) To Point 'X' and return (1.5 hours)
- (B) To Summit and return (2.5 hours)
- (c) To Summit and complete walk (4 hrs.)

Good walking boots and clear weather recommended especially for (c).

Start as Walk No. 3, turning left at Point 'B' and continuing about 100 metres to where road zig-zags. Leave road for lesser track on right towards Knockmore. Continue on, ignoring an even lesser track on right, until track peter out at bog workings. This is Point 'X' (and return point for Option A).

If continuing, use wire fence on right as guide to Summit and concrete trig point. (This is return point for Option B: retrace route down by wire fence until it bends sharply left and you will locate the track to the bog workings by going in the direction of the church or 140° from bend in fence).

If continuing complete walk, walk along summit to large cairn of stones, maintaining a westerly direction across a peat hag. Below you will see a cluster of dwellings: continue down towards these until you meet the road which, on turning left will return you by the Abbey and Church to starting point.



WALK NO. 5

Full circuit of Island

5.5 hours

12 miles involving 2000+ feet ascent.
For experienced walker with good walking shoes.

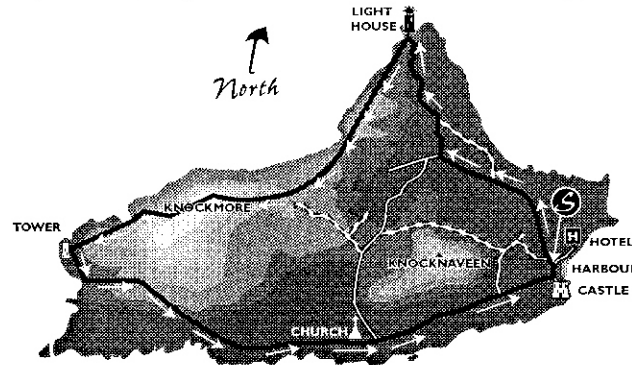
The first hour is as Walk No. 2 to Lighthouse. Continue from Lighthouse up the steep hillock on the left (southwest) bringing you to the cliffs en route to Knockmore. You will cross over several small hills contributing to the total ascent of 2000 feet.

As you ascend Knockmore itself just after some turf cuttings you will encounter a wire fence going steeply uphill. Keep the fence on your right or seaward side which will level off when you will swing left up to the summit.

From the trig point at the summit pass the cairn of stones but stay right of the peat hags and head down in zig-zag fashion to the sea (northwest), keeping fairly westward to, avoid cliff inlet shown on map.

You will meet a wire fence which will guide you westward to the Castle Tower Lookout where you can view Inisturk and Inisbofin islands.

Continue east towards the right of the big 'bowl' sweeping down from Knockmore picking up a track where the main stream off the slope passes under a little bridge. This road improves as you go south east 4 more miles to starting point.



Walking on Clare Island

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Presented by:

The Bay View Hotel

(O'Grady Family)

Guide: Tom Phelan

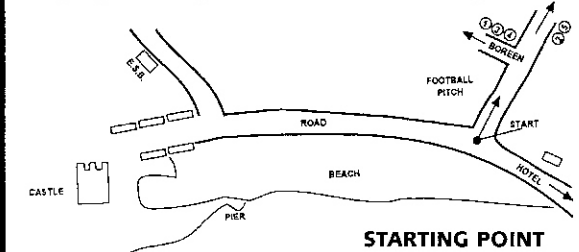


Come to Clare Island and enjoy its ageless wonder by walking the island; experiencing the magic of its history and the quiet moments of peace and tranquillity offered by the unique and gentle character of Grace O'Malley's Island.

This leaflet offers five different walks, some gentle and some challenging with the assurance of a big personal welcome in the Bay View Hotel.

Points to be aware of..

- WEATHER: Always bring rain gear. This can be kept in your back pack until needed.
- FOOTWEAR: Wear the best you can, but serious hillwalking footwear is essential for walks 4 and 5.
- DOGS: Always be aware of sheep and be ready to attach a lead to dogs. No dogs should be brought on walks 4 and 5.
- SAFETY: Don't walk alone and don't overdo it if you are not accustomed to walking. Bring rain gear, maps and a snack. Close all gates, or if climbing gates do so at hinge side. For walks 4 and 5 bring compass, whistle and food. Tell someone where you are going and when you will return. Beware of cliff edges.



WALK NO. 1

A shortwalk on Green Route

Approximately 1 hour.

Easy terrain and good views of mainland.

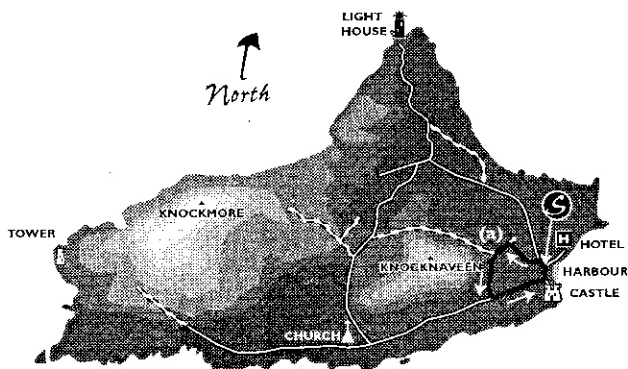
Start: slight uphill of northward road which is the one that heads to the B&B.

After 50 metres take first boreen on left, cottage on right and football pitch on left.

Enter at next cottage, go through wooden gate, turn right on grassy road. This swings left, passing old schoolhouse. 50 metres on at T-Junction turn left and go through metal gate 100 metres on. Do not go straight on (this is Point 'A' for Walks 3 and 4) but turn up immediate left and follow green road to view Croagh Patrick on mainland.

Carry on this road until metal gate. Before going through, detour to right going along stone wall until ground which has been steep for about 100 metres levels out; swing right from wall up to little hillock to view Achill.

Retrace steps to metal gate: go, through, turning left, and follow road back to main road. This will bring you back in about 1-5 minutes to start, passing the craftshop and electricity generator station.



WALK NO. 2

The Old Lighthouse

Approximately 2 hours.

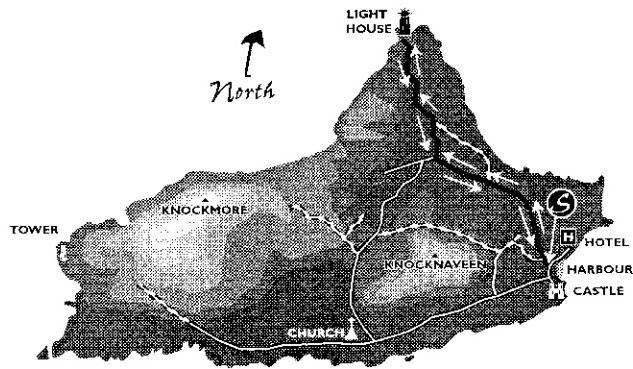
Start as Walk No. 1 which is same for all walks. Heading Northward towards the B&B and continuing on through the first of several gates. Past the first crest of the hill to view Clew Bay and Achill Island.

Continuing on, the Lighthouse may be seen in distance briefly which is your destination. Good sea views to the right for much of the walk.

After about 15 minutes from start, a second gate is encountered and, about 10 minutes later, the road swings to the right. (Ignore boreen on left).

Now you pass between gateless pillars, and road swings left again passing cottage on left.

Soon after the third gate, the road peters out to become a grassy track which leads you to the Lighthouse. This Lighthouse is now out of operation having been replaced by one to the North on the mainland. Return trip as you came.



WALK NO. 3

A walk around Knocknaveen

2 hours maximum

A straightforward walk with good underfoot conditions. Normal footwear will be adequate.

Follow route, of Walk No. 1 as far as metal gate 'A'. Continue on straight. On your left is Knocknaveen (729 feet) which will remain on your left, throughout the walk.

After about half an hour you will meet a better road and turn left. (This is point 'B' referred to in Walk No. 4). Continue on for about 5 minutes with Knockmore and small all lakes on your right. (Where the road becomes zig-zag is where the track on right for walk No. 4 to Knockmore starts).

Continue on, road you have been on.

Note here evidence of potato lazybeds of famine times. The road descends and passes the Abbey, where Grace O'Malley is believed to be buried, and the Church. Continue on past the Church until you meet the main road which will, on turning left, return you to starting point in about 45 minutes.

