

Roscommon

Walks & Cycleways



Anáil isteach Ros Comáin
Breathe in Roscommon





Roscommon

Walks & Cycleways



Walking is the oldest, free and most enjoyable form of activity and has immense physical and mental health benefits for everyone. This **Roscommon Walks and Cycleways Book** sets out to inform you of the wonderful walks and cycle routes which are located throughout County Roscommon.

Each route has been individually mapped to note GPS location, length and difficulty together with facilities and points of interest along the routes. The Scavenger Hunt and activities centre page is a fun way of checking out what you can see along the way.

So choose a trail that is right for you, whether it be through a native woodland bustling with wildlife, or along tranquil shorelines that gently nourish our extensive flora and fauna, Roscommon is the perfect place to get active in nature.



“So grab your coat, hat
or helmet and shoes...
and let’s get exploring”

It is important to note that many of Roscommon’s walking trails are on private property and access is due to the kind permission of the landowners. Some 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 these trails.



Safety Advice

Please wear appropriate clothing and footwear; loose light layers are recommended for walking along with runners or walking boots depending on the type of trail you choose. When out cycling, please wear a helmet and use lights and high-vis vests when cycling in dark or dusk conditions. All users under 12 years of age must be supervised especially on public roads. Please respect all users, walkers and pedestrians.



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



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01 | Derryvunny Walks



Trail Information

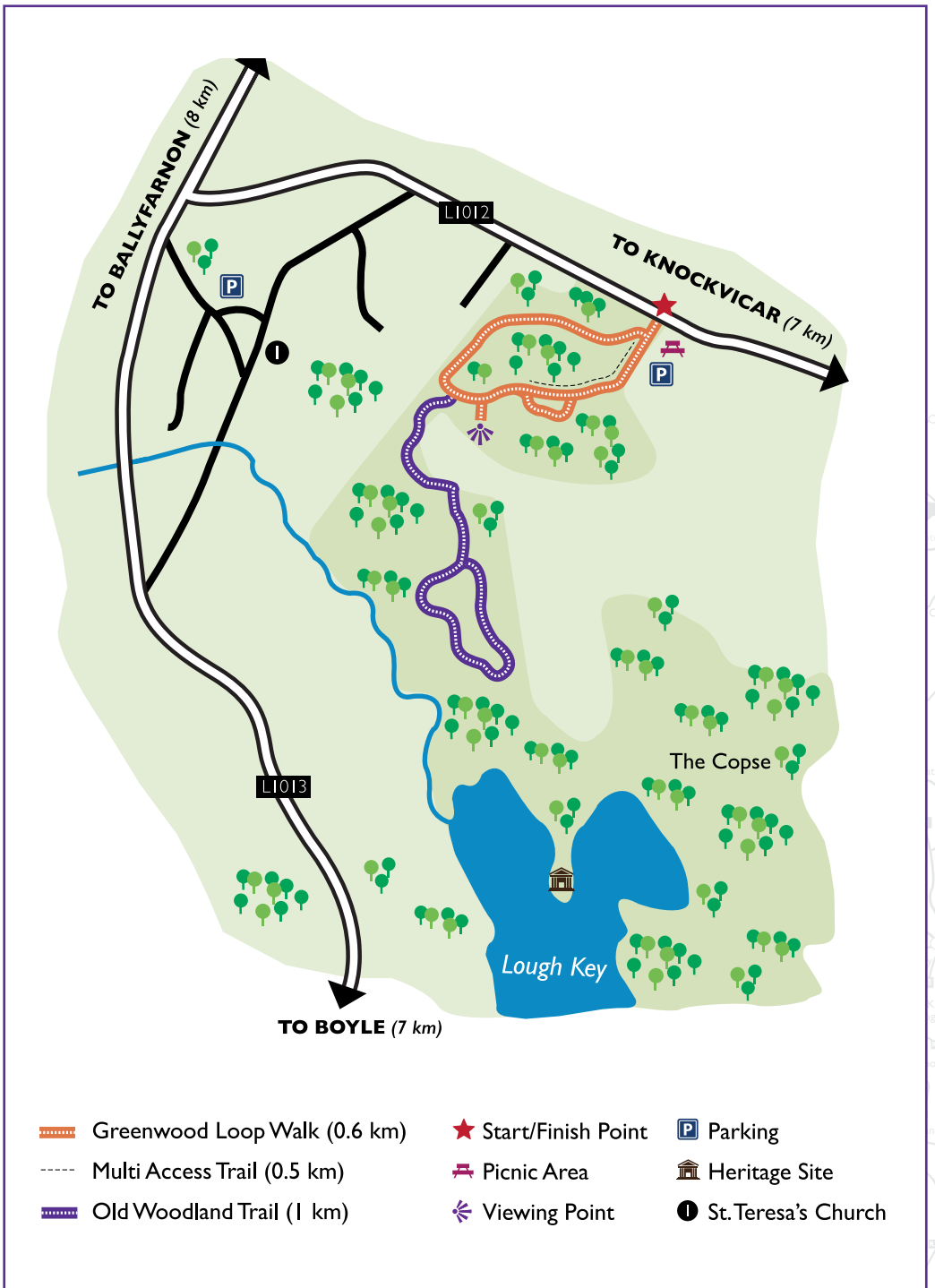
Location:	Corrigeenroe
Length:	.5 km - 1 km
Duration:	35 mins - 60 mins
Difficulty:	Easy
Dogs Allowed:	Yes - On lead
Accessibility:	Yes - Wheelchair & buggy friendly in parts
GPS Coordinates:	54.027445390883095, -8.271667696362883

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

Boyle 8km, café, restaurants, shops, Boyle Abbey, King House. Lough Key Forest & Activity Park 12km





Trail Information

Location:	Ballyfarnon
Length:	2 km - 4.6 km
Duration:	50 mins - 70 mins
Difficulty:	Easy
Dogs Allowed:	Yes - On lead
Accessibility:	No - Not wheelchair & buggy friendly
GPS Coordinates:	54.07982704117796, -8.1834333779676813

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 stunning views of the lake.

Points of Interest

Kilronan Castle, Arigna Mining Experience 9km, Keadue Village 4km, shop & pubs.





Trail Information

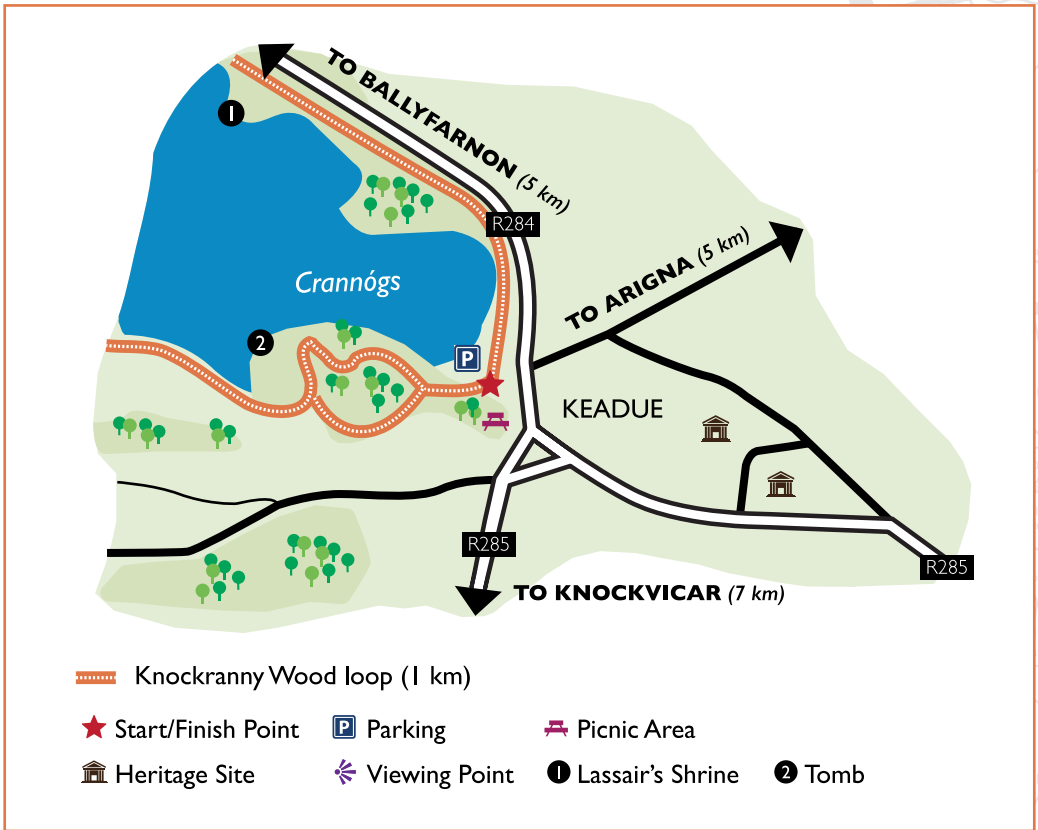
Location:	Keadue
Length:	1 km
Duration:	20 mins
Difficulty:	Easy
Dogs Allowed:	Yes - On lead
Accessibility:	No - Not wheelchair & buggy friendly
GPS Coordinates:	54.0543997840675, -8.150355010742377

Trail Description

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

Points of Interest

Keadue Village 1km, shop & pubs, Kilonan Castle 4km, Arigna Mining Experience 8km.



04 | Lough Key Forest Park Slí



Trail Information

Location:	Boyle
Length:	3 km - 4 km
Duration:	60 mins
Difficulty:	Easy
Dogs Allowed:	Yes - On lead
Accessibility:	Yes - Wheelchair & buggy friendly
GPS Coordinates:	53.9825075924843, -8.245877724745123

Trail Description

Take a stroll through Lough Key Forest Park. This 350 hectares park of amazing natural beauty, combines woodland and water with so much to explore- Fairy Bridge, Bog Garden and a Wishing Chair together with many onsite facilities.

Points of Interest


Lough Key Forest & Activity Park, Boyle 5km, Café, restaurants, shops, Boyle Abbey, King House



 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

 Parking

 Picnic Area

 Heritage Site

 Viewing Point

 Gate Lodge & Arch

 Church

 Fairy Bridge


 Bog Garden

 Drumman's Bridge

 Viewing Tower

 Centre

 Icehouse

 Caravan/Camping Park

05 | Lough Gara Bogland Trails



Trail Information

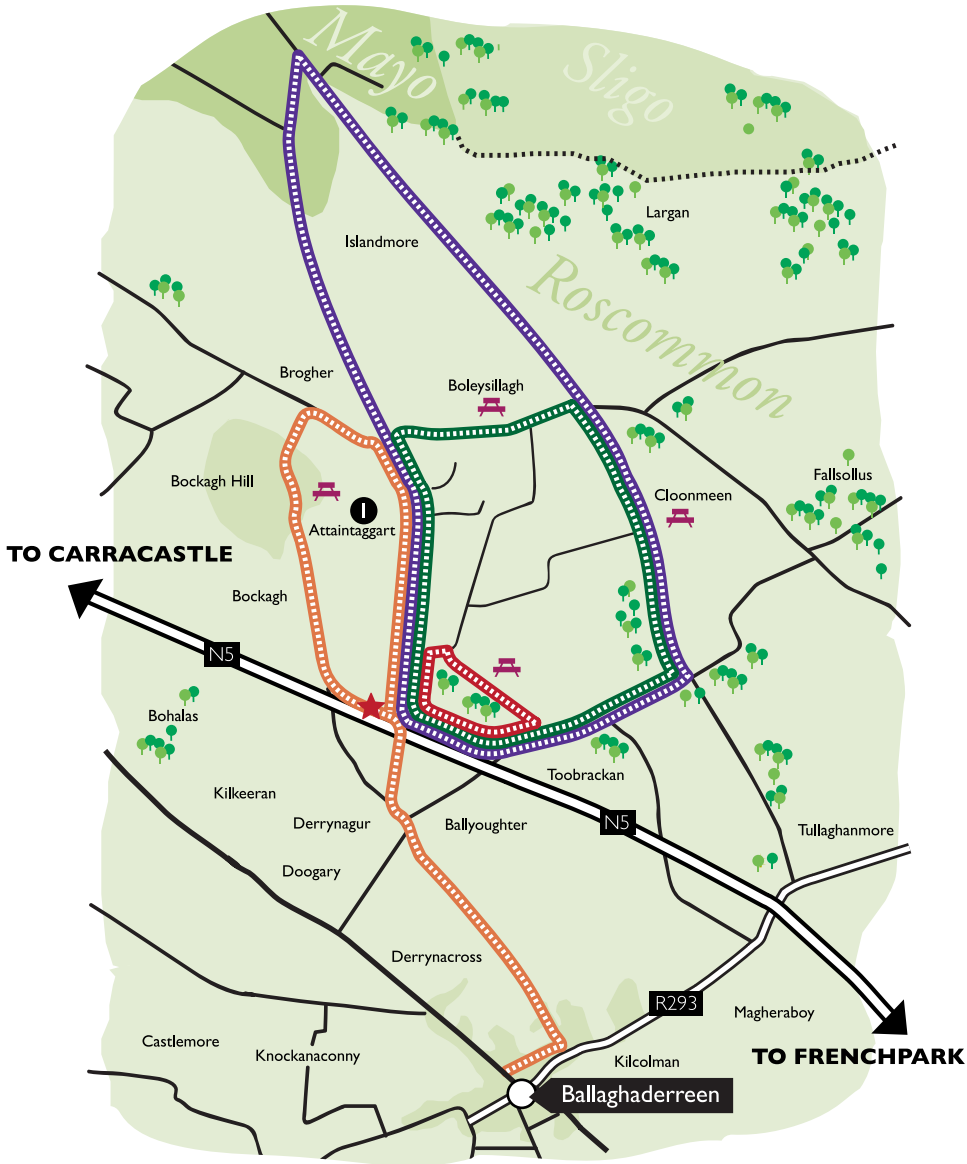
Location:	Ballaghaderreen
Length:	2.5 km - 11 km
Duration:	40 mins - 180 mins
Difficulty:	Easy
Dogs Allowed:	Yes - On lead
Accessibility:	Yes - Wheelchair & buggy friendly
GPS Coordinates:	535659.99 - 82659.99





Trail Description

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

Points of Interest

Ballaghaderreen, café, restaurants, pubs & shops.



-  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



Trail Information

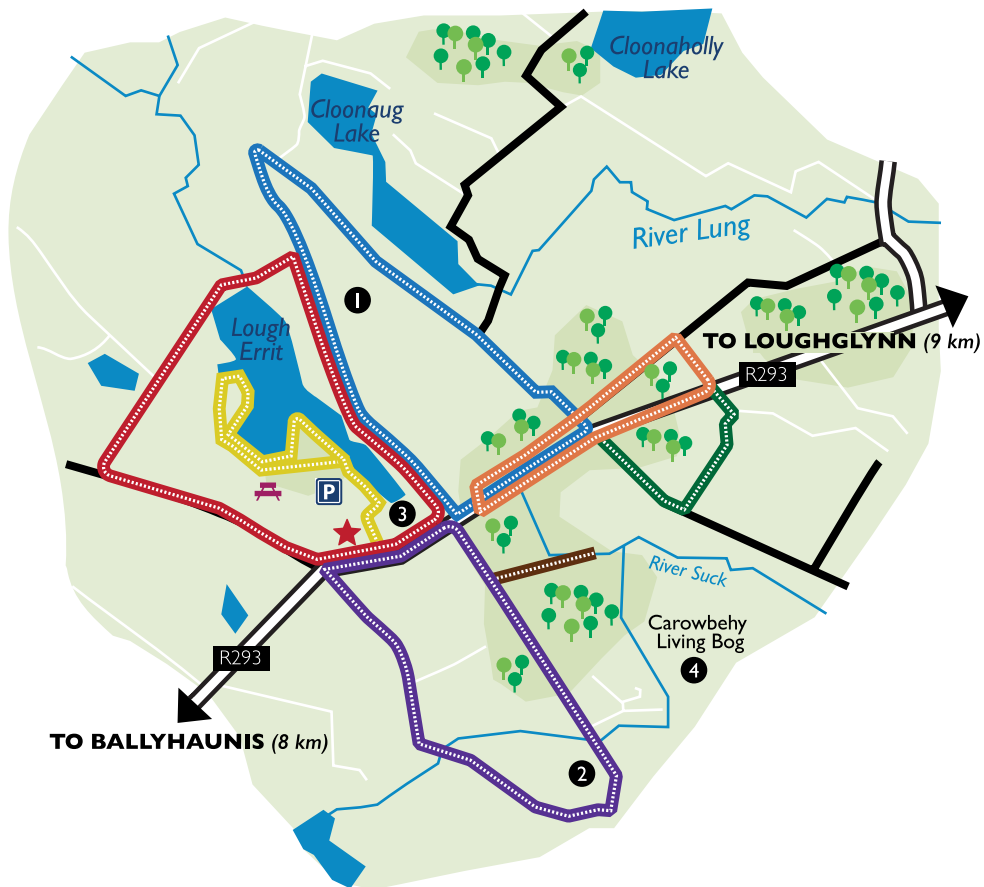
Location:	Gortaganny
Length:	4 km - 8 km
Duration:	50 mins - 120 mins
Difficulty:	Easy
Dogs Allowed:	Yes - On lead
Accessibility:	No - Not wheelchair & buggy friendly
GPS Coordinates:	53.80805587291906, -8.69178754933297

Trail Description







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, sauna and bathing area, car park and boat house on its shores.




Points of Interest

Ballaghaderreen 10km.



-  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
-  1 John Ganley Memorial
-  2 Handball Alley
-  4 Carowbehy Living Bog

-  Parking
-  Heritage Site
-  3 Dermot Early Memorial



Trail Information

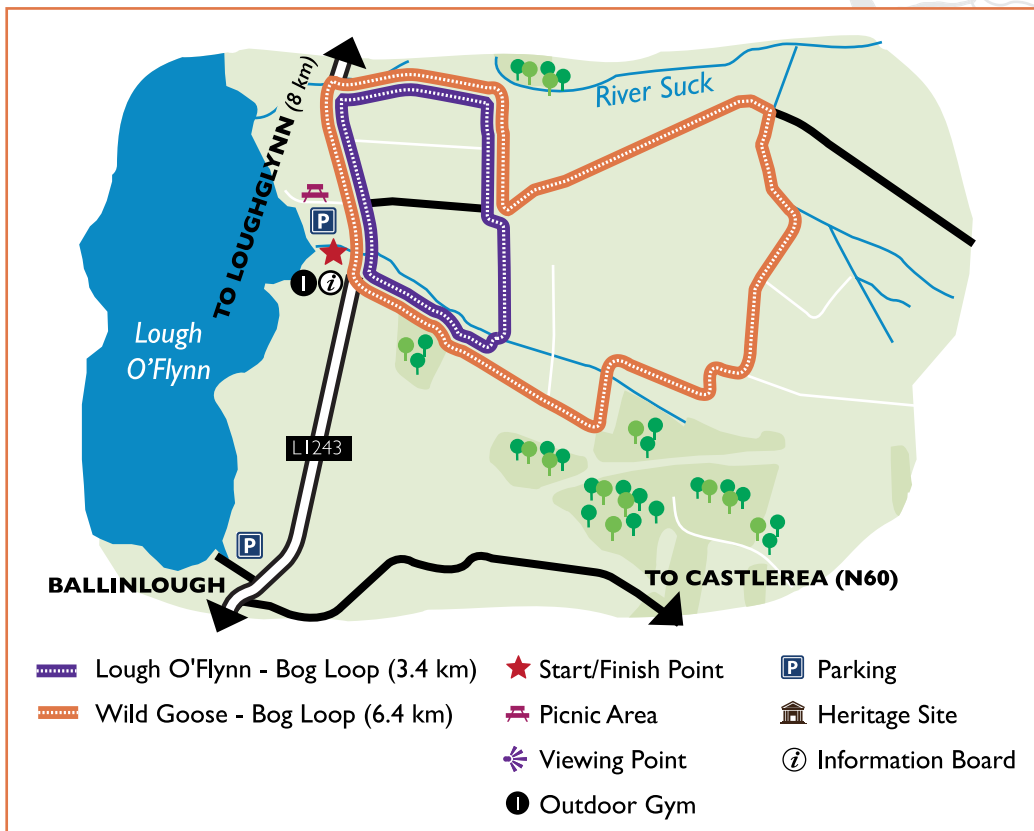
Location:	Ballinlough
Length:	3.4 km - 6.4 km
Duration:	60 mins - 90 mins
Difficulty:	Easy
Dogs Allowed:	Yes - On lead
Accessibility:	No - Not wheelchair & buggy friendly
GPS Coordinates:	53.76725034899716, -8.622406137629236

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

Ballinlough 3km, shops, restaurant and pubs.





Trail Information

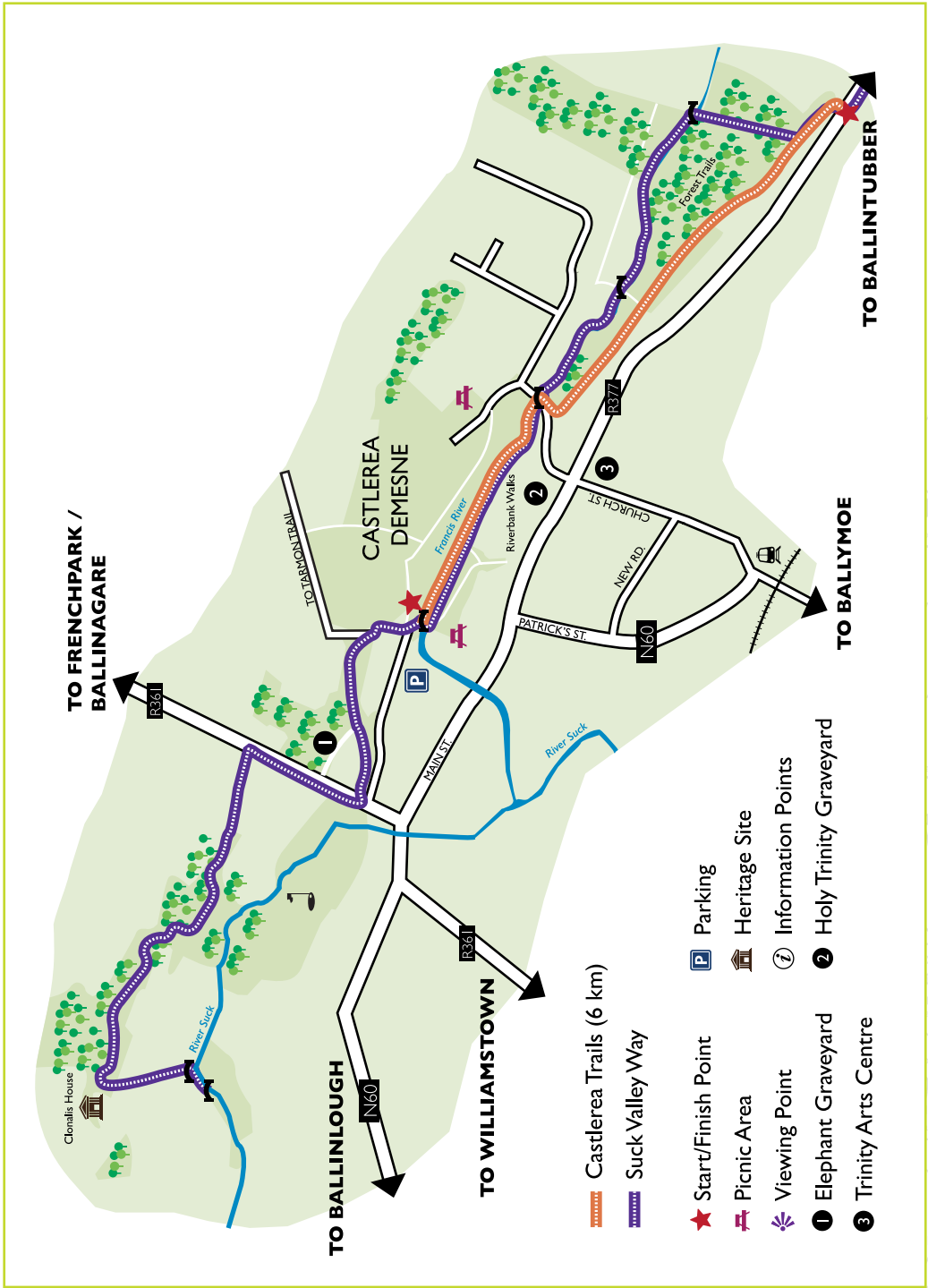
Location:	Castlerea
Length:	6 km
Duration:	105 mins
Difficulty:	Easy to moderate in places
Dogs Allowed:	No Dogs permitted in Clonalis Woodland Dogs On Lead in Demesne
Accessibility:	Yes - Wheelchair & buggy friendly - Demesne
GPS Coordinates:	53.77038640857682, -8.48891842380481

Trail Description

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

Points of Interest

Castlerea, shops, cafés, restaurant, pubs, Castlerea Railway Museum, Trinity Arts Centre, Clonalis House 2km.



▬ Castlereagh Trails (6 km)
▬ Suck Valley Way

- ★ Start/Finish Point
- Ⓟ Parking
- Ⓜ Picnic Area
- Ⓜ Heritage Site
- Ⓜ Viewing Point
- Ⓜ Information Points
- Ⓜ Holy Trinity Graveyard
- Ⓜ Trinity Arts Centre



Trail Information

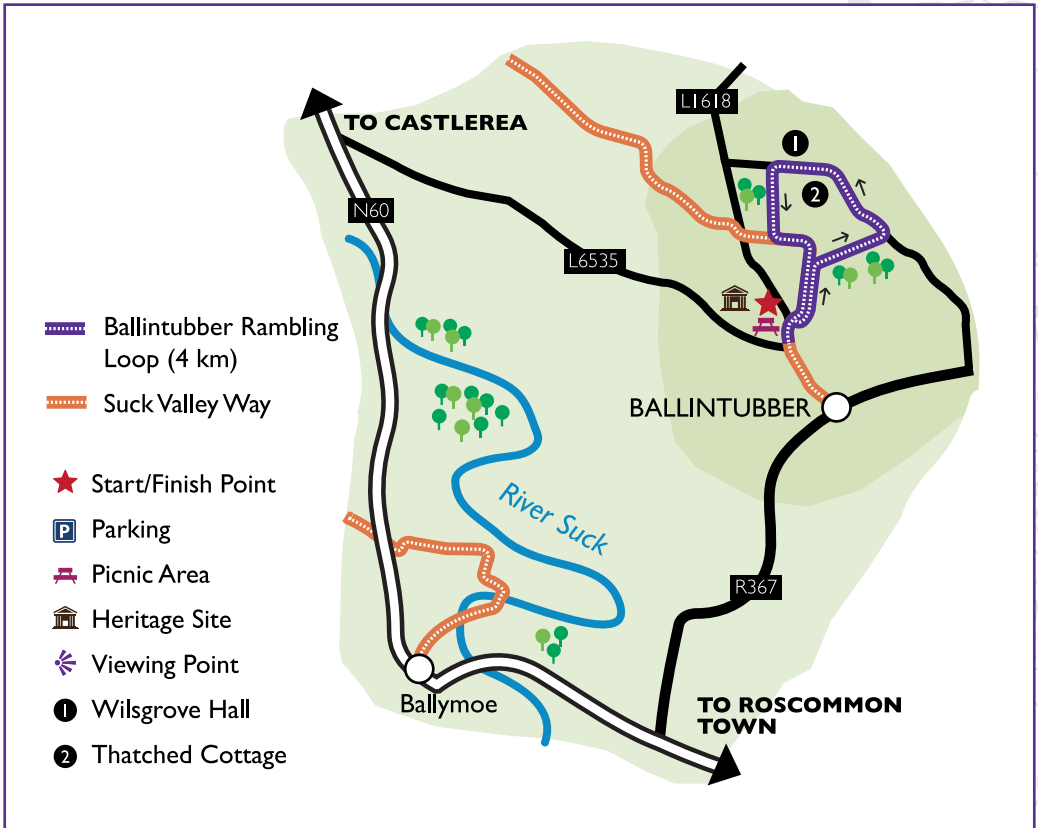
Location:	Ballintubber Village
Length:	4 km
Duration:	75 mins
Difficulty:	Easy to moderate in places
Dogs Allowed:	No Dogs Permitted
Accessibility:	No - Not wheelchair & buggy friendly
GPS Coordinates:	53.72157011985583, -8.413940210692308

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.discoversuckvalleyway.ie

Points of Interest

Ballintubber Village, shop, pub, Ballintubber Castle, Castlereagh 9km.



10 Cloonfad Scenic Walks



Trail Information

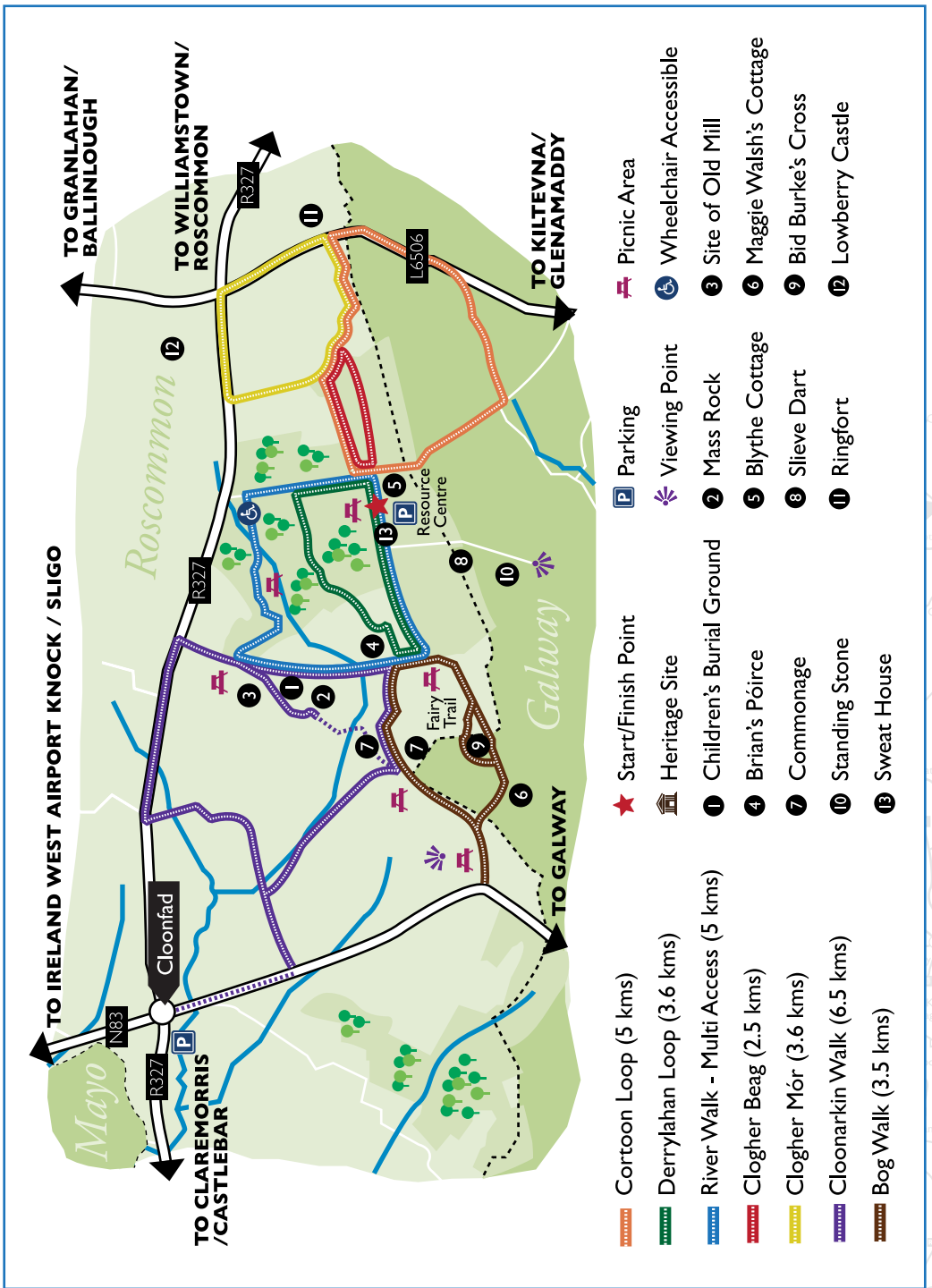
Location:	Cloonfad
Length:	2.5 km - 6.5 km
Duration:	30 mins - 120 mins
Difficulty:	Easy
Dogs Allowed:	Yes - On lead
Accessibility:	Yes - Wheelchair & buggy friendly
GPS Coordinates:	53.673537322553265, -8.703240362192506

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

Café & Resource Centre 1km, Cloonfad village 5 km.



II 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
Accessibility:	No - Not wheelchair & buggy friendly
GPS Coordinates:	53.73449860472608, -8.067830284045332

Trail Description

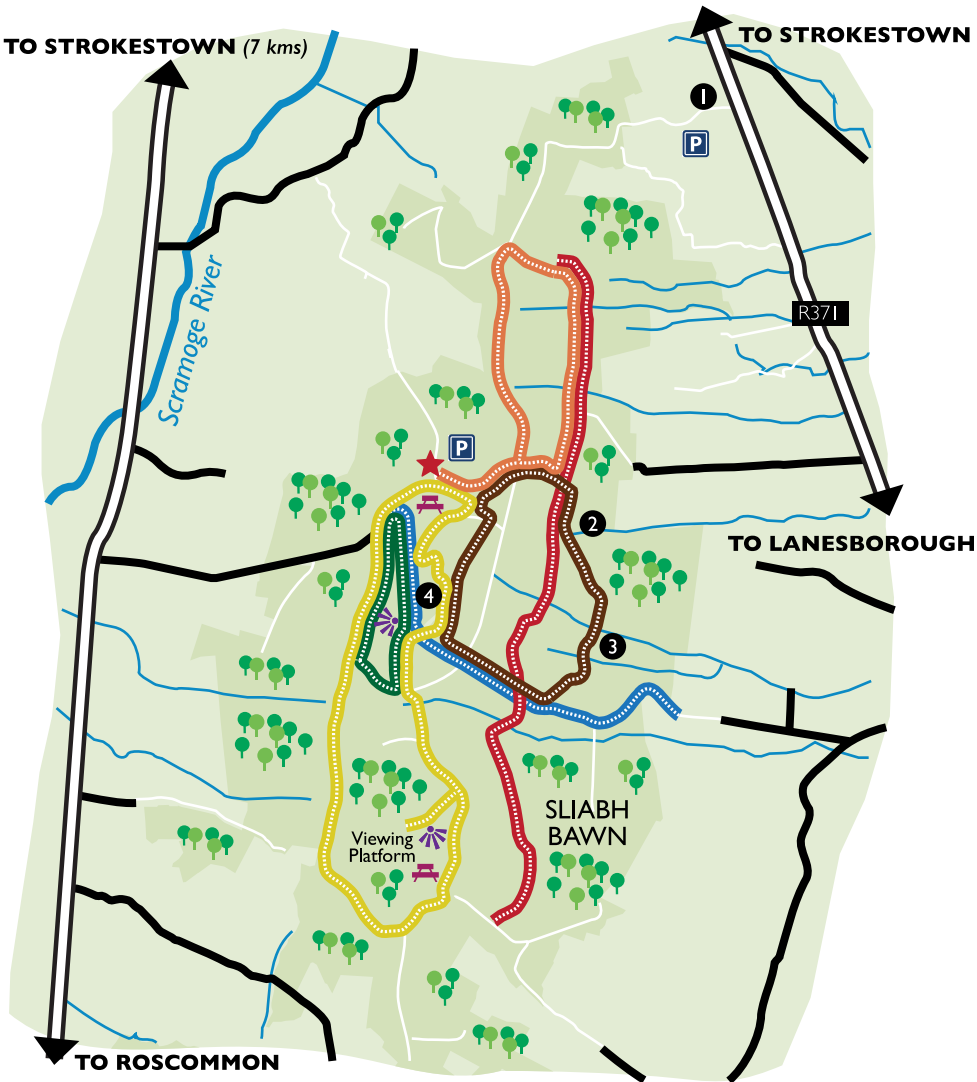
This amazing amenity, through the Coillte forest includes a trim trail for fitness, an equestrian trail, six looped walks, a picnic area and a viewing Platform at the summit.

Points of Interest

Strokestown 10km, shops, restaurant, pubs, The National Famine Museum|Strokestown House.

TO STROKESTOWN (7 kms)

TO STROKESTOWN



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

③ Mass Rock

12 Cloonlarge Bog Walk



Artist Credit: Mark Feeley

Trail Information

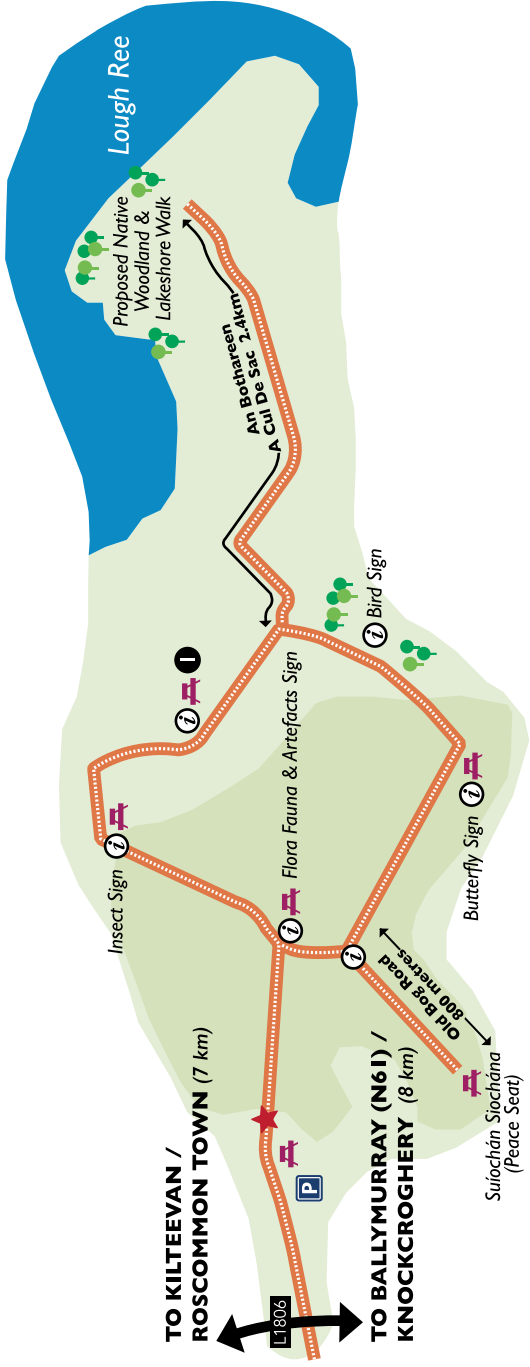
Location:	Kilteevan
Length:	6.4 km
Duration:	80 mins
Difficulty:	Easy
Dogs Allowed:	Yes - On lead
Accessibility:	Yes - Wheelchair & buggy friendly
GPS Coordinates:	53.622856437534345, -8.095240418295615

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

Roscommon town 8km, shops, pubs, restaurants, cafes, Roscommon Castle.



- Cloonlarge Bog Walk (6.4 km)
- Start/Finish Point
- Parking
- Picnic Area
- Heritage Site
- Information Points
- Turf Hopper

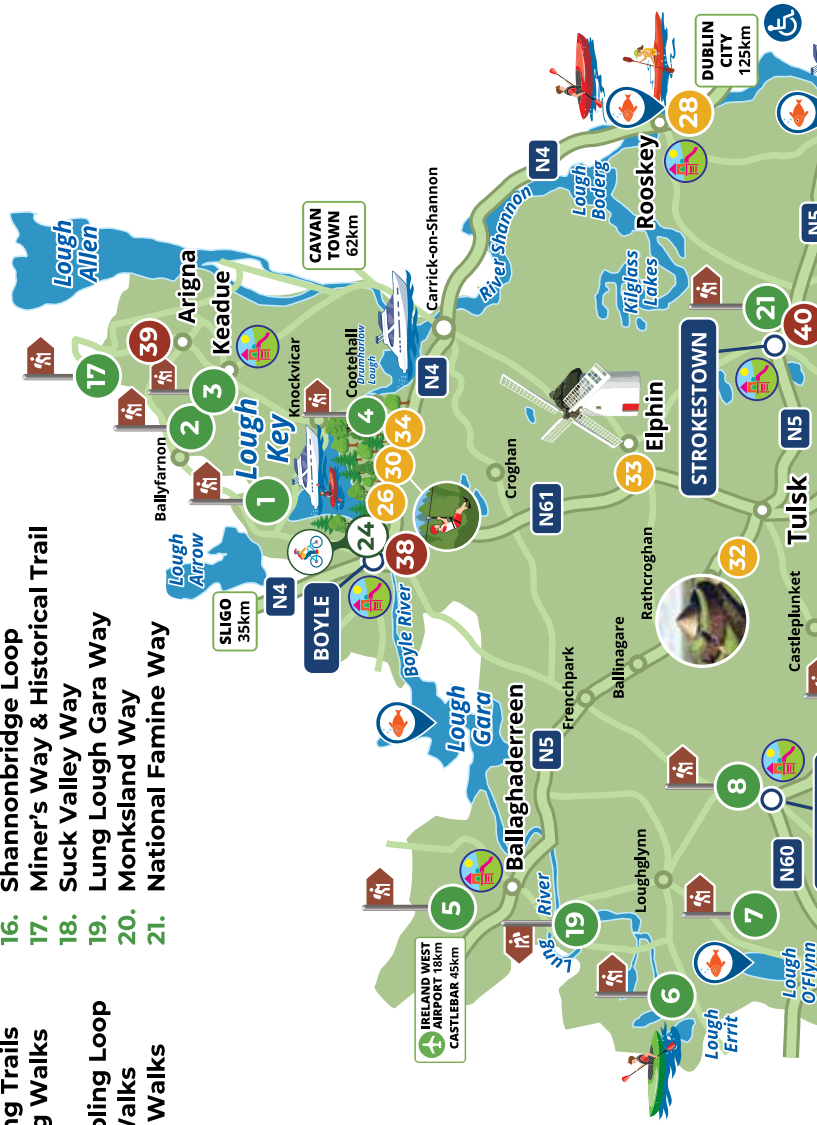
Trails



1. Derryvunny Trail
2. Kilonan Castle Walks
3. Knockranny Wood Loop
4. Lough Key Forest Park Sí
5. Lough Cara Bogland Trails
6. Lough Errit Walking Trails
7. Lough O'Flynn Bog Walks
8. Castlereagh Trails
9. Ballintubber Rambling Loop
10. Cloonfad Scenic Walks
11. Sliabh Bawn Loop Walks

11. Sliabh Bawn Loop Walks
12. Cloonlarge Bog Walk
13. Castlecoote Loop
14. Mote Park Trails
15. Lecarrow Canal Walk
16. Shannonbridge Loop
17. Miner's Way & Historical Trail
18. Suck Valley Way
19. Lung Lough Gara Way
20. Monksland Way
21. National Famine Way

22. Loughnaneane Sculpture Trail
23. St. Johns Wood Trail
24. Boyle to Lough Key Cycle Way
25. Green Heartlands Cycling Route





Outdoor Activities

26. Lough Key Forest Park, Boyle
27. Bay Sports, Hodson Bay
28. Shannon River Adventure, Rooskey
29. Glendear Pet Farm, Monksland
30. Zip It, Lough Key, Boyle
31. Loughnaneane Park, Roscommon Town
32. Rathcroghan Visitor Centre, Tulisk
33. Palace Neighbourhood Park, Elphin
34. Kayaking – Lough Key
35. Kayaking – Ballylough
36. Kayaking – Lough Errit
37. Kayaking – Suck Valley Way

More in the County

38. King House, Boyle
39. Arigna Mining Experience
40. Strokestown Park House & Famine Museum



Access For All Boat Trips



Playgrounds



Fishing Locations

13 Castlecoote Loop



Trail Information

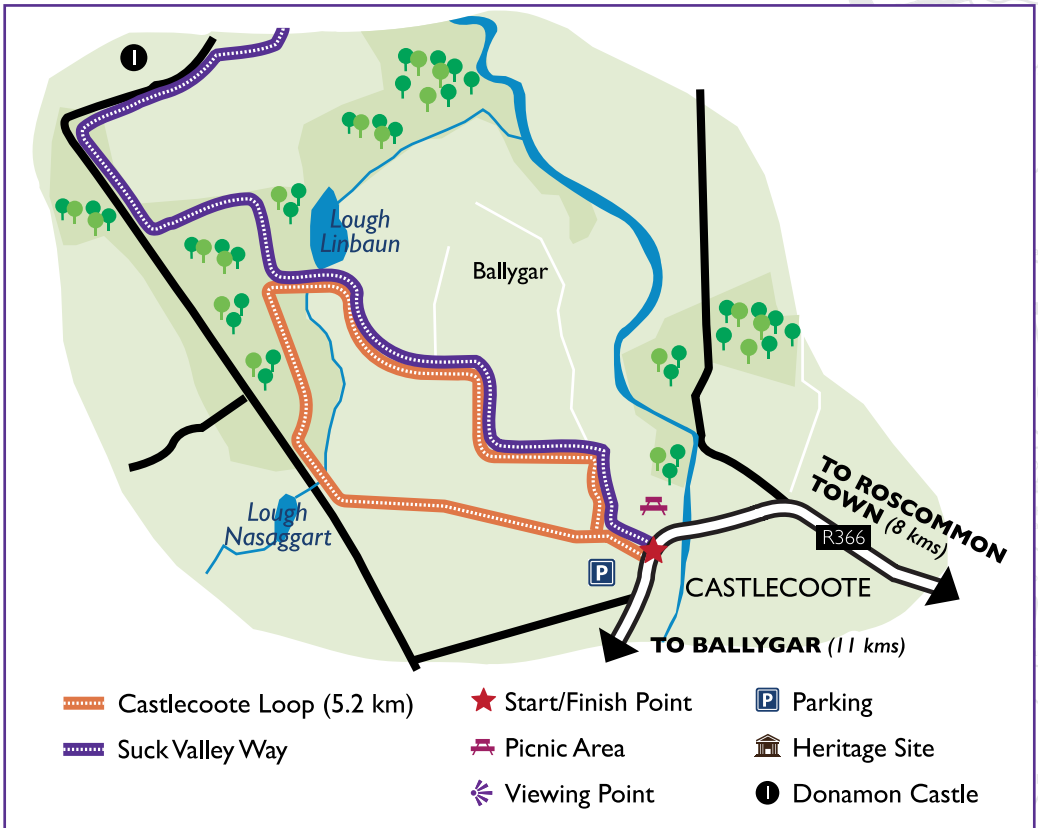
Location:	Castlecoote Village
Length:	5.2 km
Duration:	90 mins
Difficulty:	Easy
Dogs Allowed:	No Dogs Permitted
Accessibility:	No - Not wheelchair & buggy friendly
GPS Coordinates:	53.61612368553122, -8.289603267200954

Trail Description

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

Points of Interest

In Castlecoote Village, Shops, pubs, restaurant, Castlecoote House.



14 Mote Park Trails



Trail Information

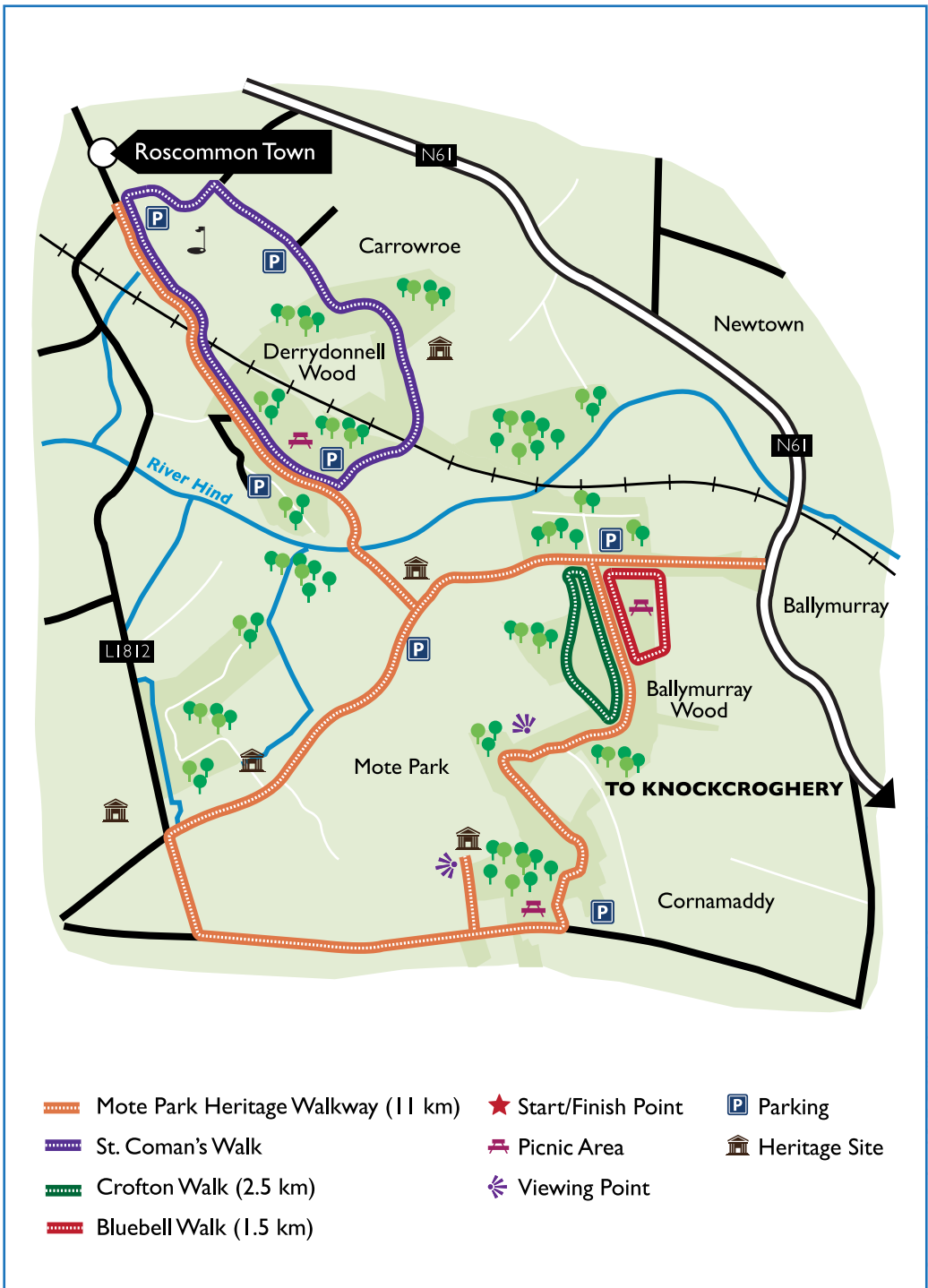
Location:	Roscommon
Length:	1.5 km - 11 km
Duration:	30 - 150 mins
Difficulty:	Easy
Dogs Allowed:	Yes - On lead
Accessibility:	Yes - Wheelchair & buggy friendly
GPS Coordinates:	53.6011401925403, -8.143387734224794

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

Roscommon town 6km, shops, pubs, restaurants, cafes, Roscommon Castle



15 Lecarrow Canal Walk



Trail Information

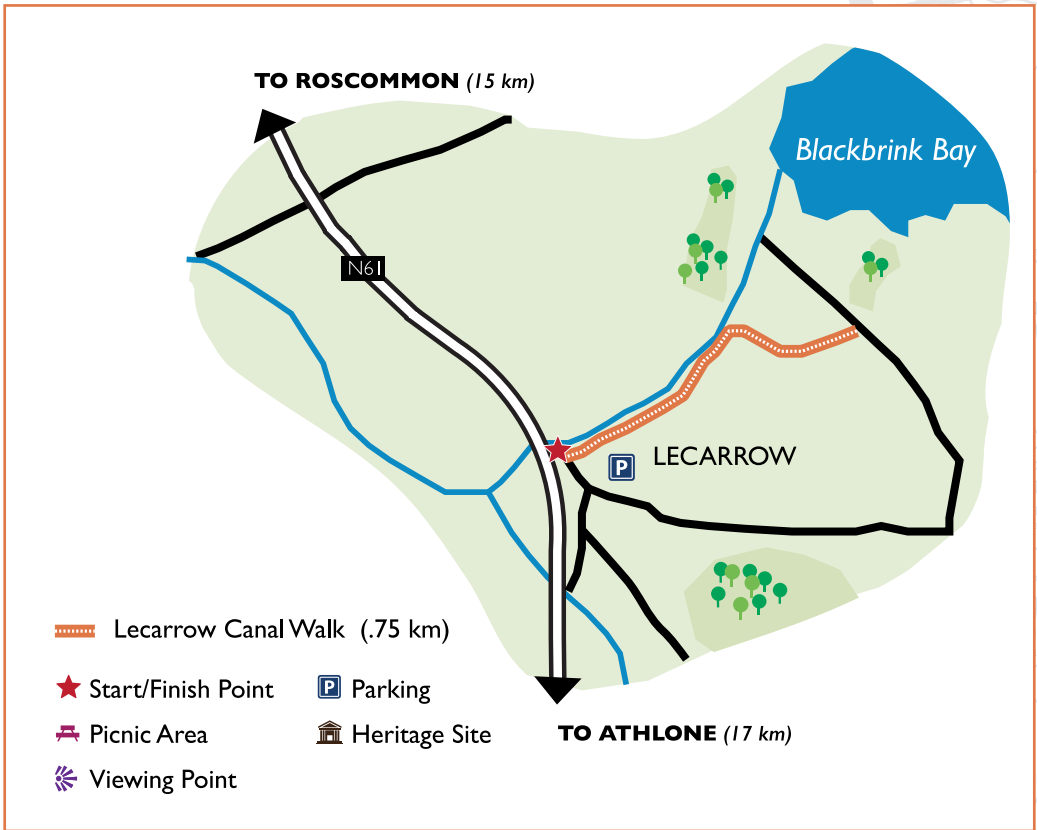
Location:	Lecarrow
Length:	.75 km
Duration:	10 mins
Difficulty:	Easy
Dogs Allowed:	Yes - On lead
Accessibility:	Yes - Wheelchair & buggy friendly
GPS Coordinates:	53.54600633788636, -8.051959237078922

Trail Description

This walk commences at Lecarrow Harbour and follows the southern bank of the canal half way out to Lough Ree.

Points of Interest

Lecarrow Village, Bar & Shop, Roscommon town 15km.



16 Shannonbridge Loop



Trail Information

Location:	Ballinasloe
Length:	5.2 km
Duration:	110 mins
Difficulty:	Easy
Dogs Allowed:	No Dogs Permitted
Accessibility:	No - Not wheelchair & buggy friendly
GPS Coordinates:	53.279304978254395, -8.051916907300011

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

In Shannonbridge Village, café, shop, pubs, Shannonbridge For.



17 Miner's Way & Historical Trail



Trail Information

Location:	Boyle/Arigna/Keadue
Length:	118 km
Duration:	Full walk take up to 5 days
Difficulty:	Easy to moderate in places
Dogs Allowed:	No Dogs permitted
Accessibility:	No - Not wheelchair & buggy friendly
GPS Coordinates:	54.07675879530945, -8.108412748636832

Trail Description

This is a network of walking paths which wind their way through adjoining parts of Counties Leitrim, Roscommon & Sligo. The route follows many of the paths used by the Miners going to work in the Arigna Coal Mines.

Points of Interest

Keadue Village 8km, shop, pub, Arigna Mining Experience 2km.



 The Miners Way and Historical Trail (118 km)  Start/Finish Point

 Parking  Picnic Area  Heritage Site  Viewing Point

18 Suck Valley Way



Trail Information

Location:	Castlerea/Castlecoote
Length:	110 km
Duration:	Full walk take up to 5 days
Difficulty:	Easy to moderate in places
Dogs Allowed:	No Dogs permitted
Accessibility:	No - Not wheelchair & buggy friendly
GPS Coordinates:	53.52504019952845, -8.285013752201424

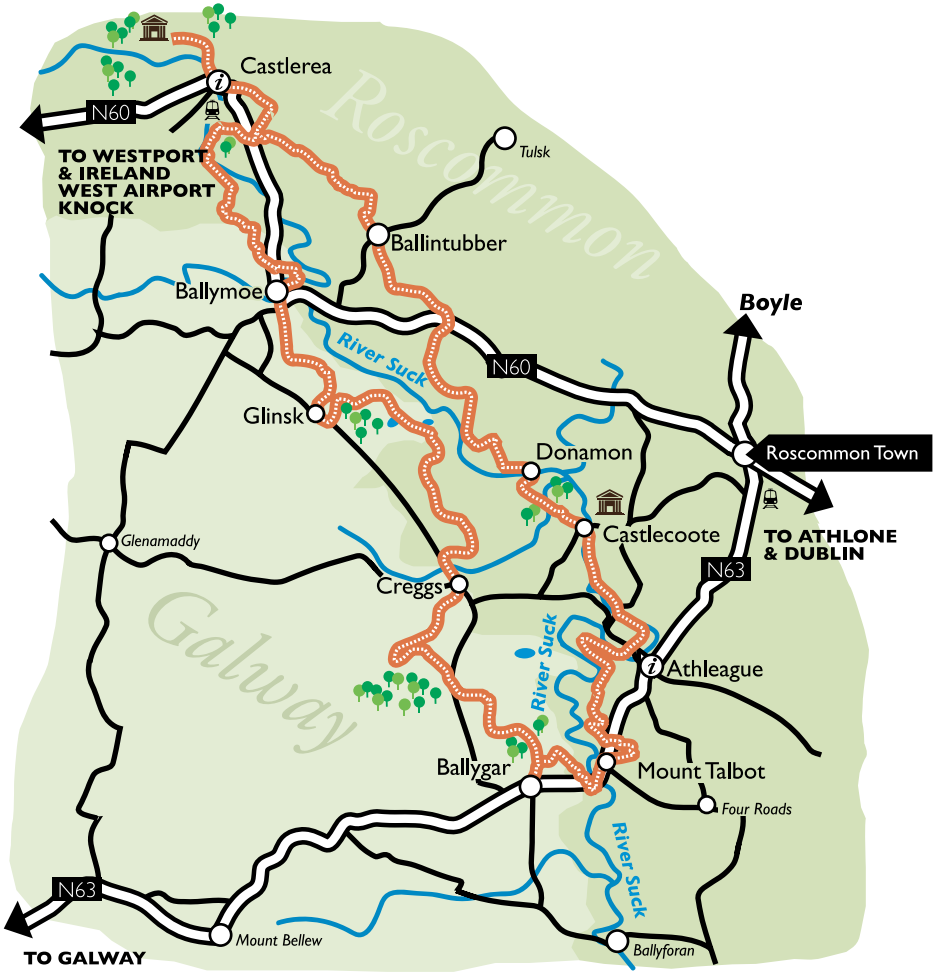
Trail Description

This is a tranquil walking experience meandering along the banks of the River Suck, with its numerous lakes and drainage channels. It passes through counties Roscommon and Galway.

www.discover-suckvalleyway.ie

Points of Interest

Town and villages along the way- Ballygar, Creggs, Glinsk, Ballymoe, Ballintubber, Dunamon, Castlecoote, Athleague, Mount Talbot and Castlerea.



- ⋯ Suck Valley Way (105 km) ★ Start/Finish Point
- P Parking ★ Picnic Area Ⓜ Heritage Site ★ Viewing Point

19 Lung Lough Gara Way



Trail Information

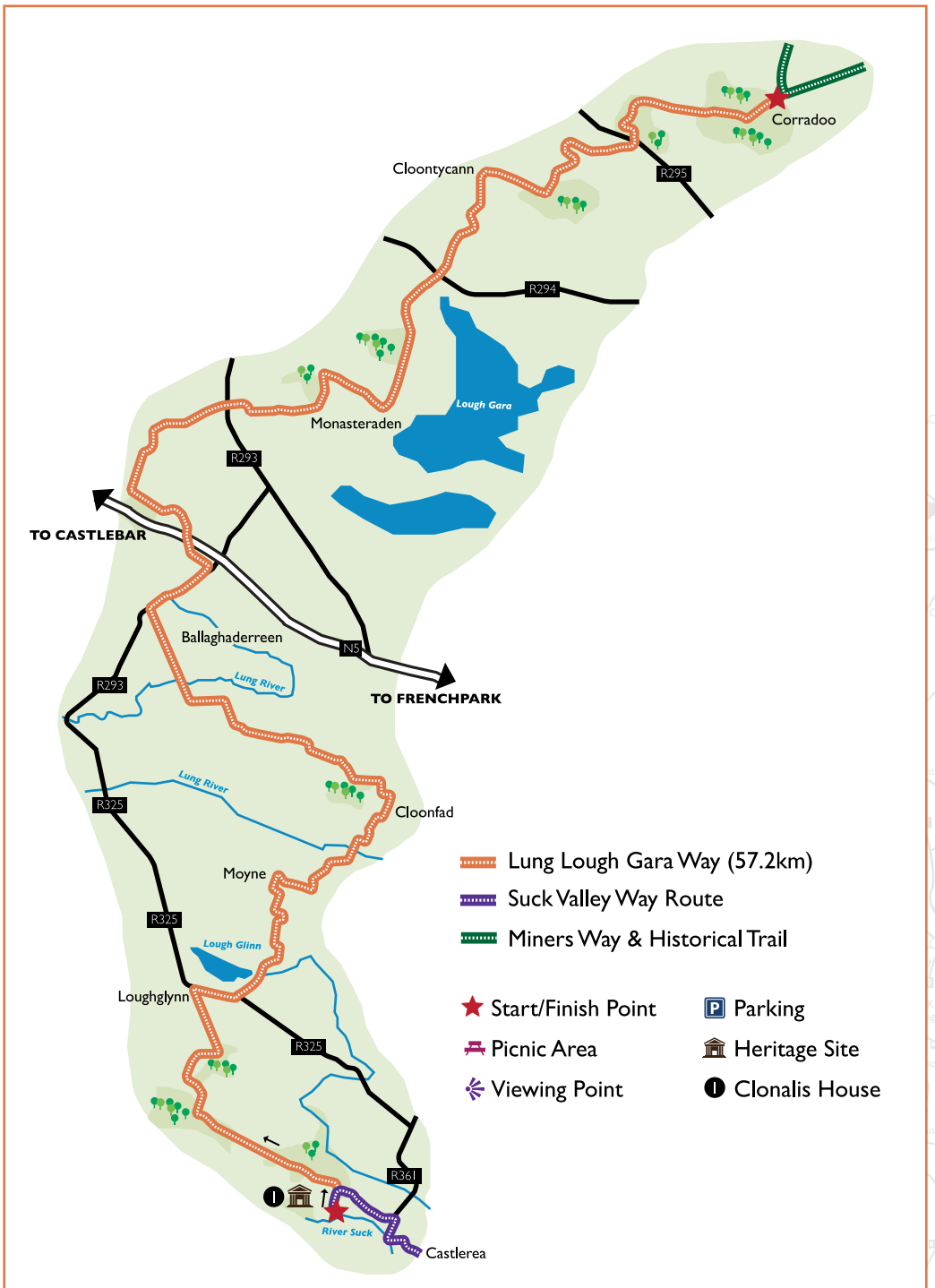
Location:	Castlerea to Corradoo
Length:	57.2 km
Duration:	Takes up to 3 days
Difficulty:	Moderate
Dogs Allowed:	No Dogs Permitted
Accessibility:	No - Not wheelchair & buggy friendly
GPS Coordinates:	53.76638035866705, -8.479028186812457

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

Starting point in Castlerea, shops, cafés, restaurant, pubs, passes through Ballaghaderreen, shops, restaurants, pubs





Trail Information

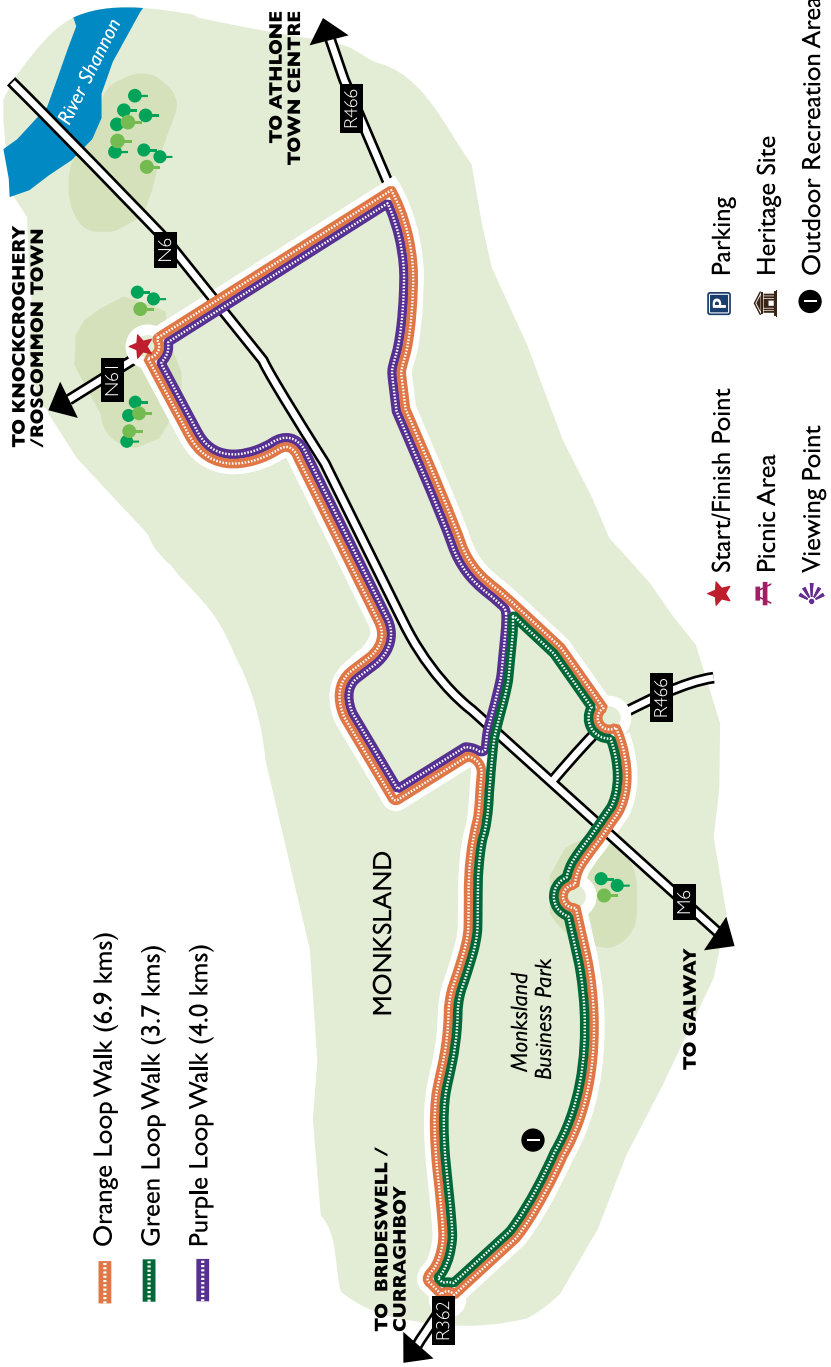
Location:	Monksland
Length:	3.7 km - 6.9 km
Duration:	40 - 75 mins
Difficulty:	Easy
Dogs Allowed:	Yes - on lead
Accessibility:	Yes - Wheelchair & buggy friendly in parts
GPS Coordinates:	53.42665249817774, -7.970475789148139

Trail Description

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

Points of Interest

Monksland, shops



21 National Famine Way



Trail Information

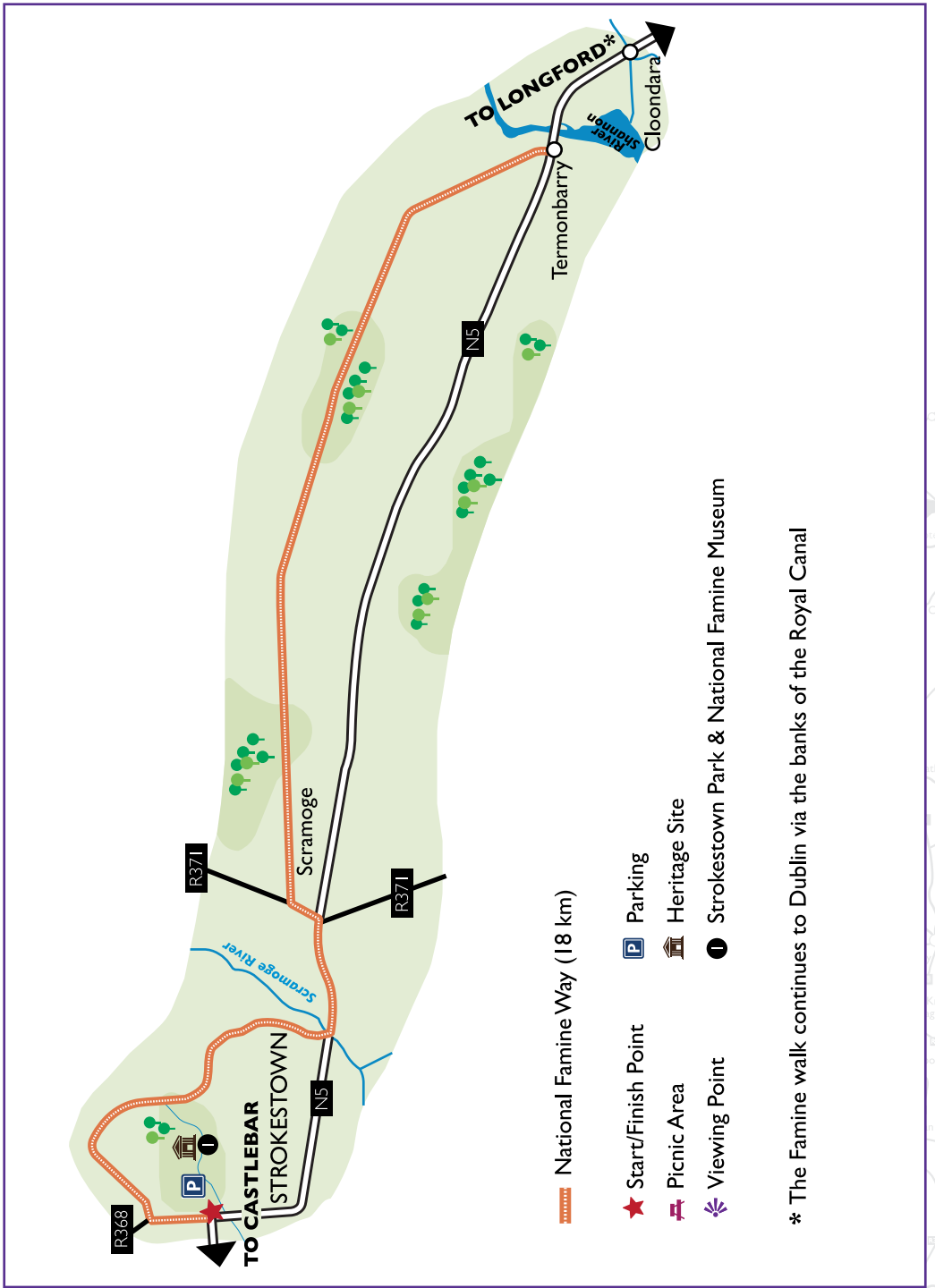
Location:	Strokestown
Length:	18 km (Strokestown to Tarmonbarry) Total to Dublin 165km
Duration:	2 hrs or full walk up to 1 week
Difficulty:	Easy
Dogs Allowed:	Yes - On lead
Accessibility:	Yes - Wheelchair & buggy friendly in parts
GPS Coordinates:	53.77727580466003, -8.09785795117708

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

Starting point in Strokestown, café, shops, restaurant, pubs





Trail Information

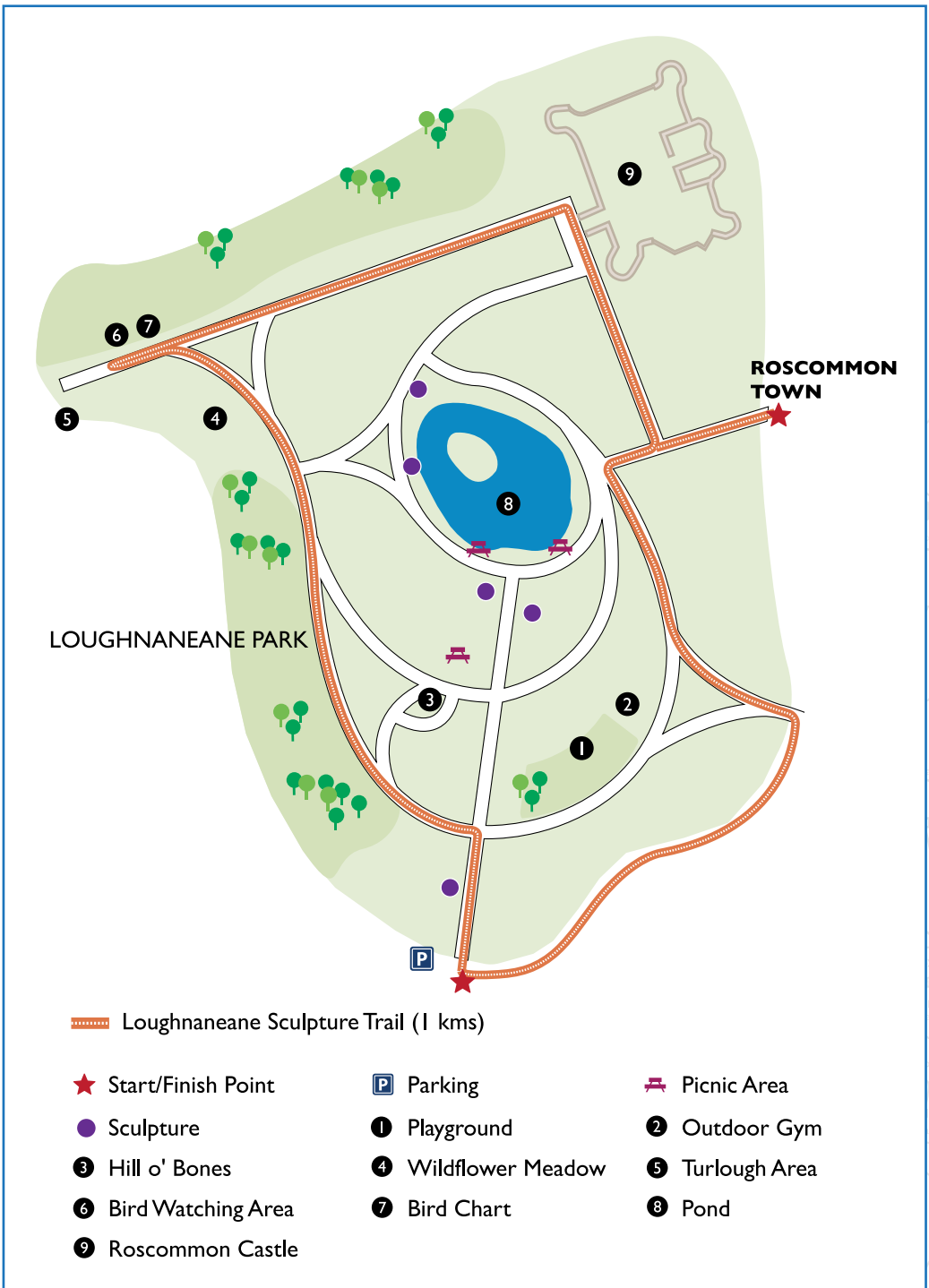
Location:	Roscommon Town
Length:	Network of paths on 14 acre Park
Duration:	1 km
Difficulty:	Easy
Dogs Allowed:	Yes - On lead
Accessibility:	Yes - Wheelchair & buggy friendly
GPS Coordinates:	53.63390469706702, -8.194044731788312

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

In Roscommon town, shops, pubs, restaurants, cafés, Roscommon Castle





Trail Information

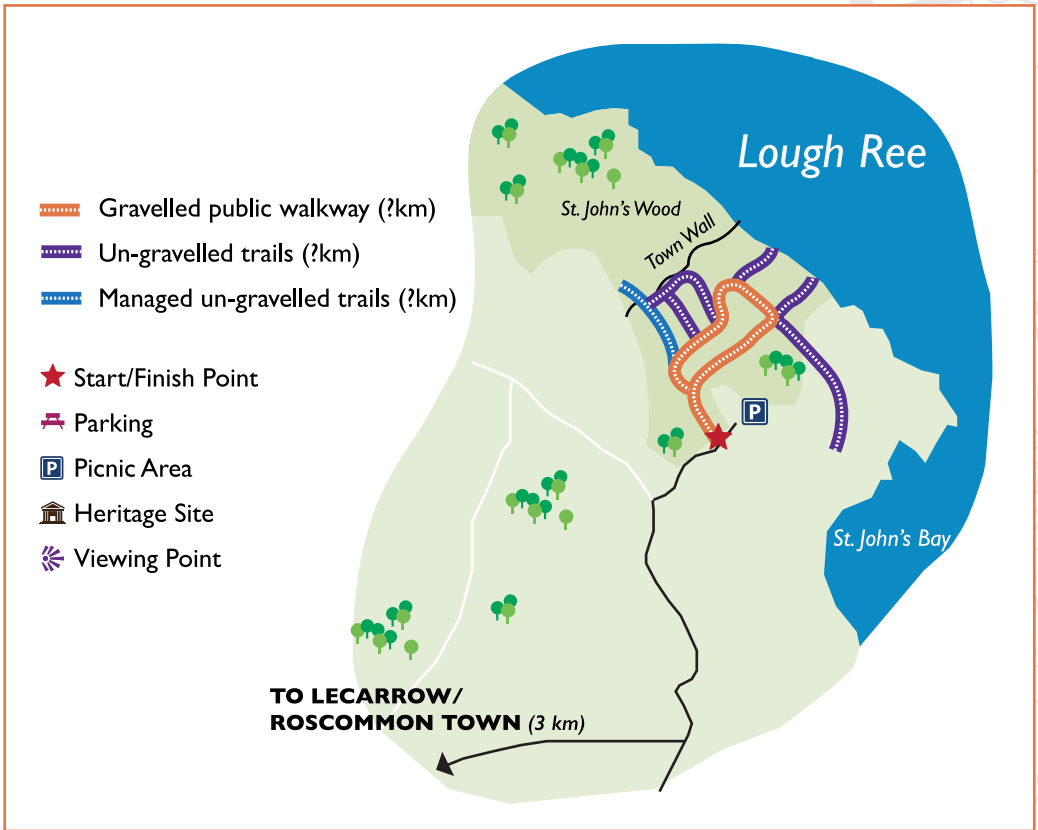
Location:	Lecarrow
Length:	1.2 km
Duration:	20 mins
Difficulty:	Easy
Dogs Allowed:	Yes - On lead
Accessibility:	Yes - Wheelchair & buggy friendly in parts
GPS Coordinates:	53.552382616731165, -8.004061699878498

Trail Description

St John's Wood trail is through 11 acres of Ireland's largest surviving ancient woodland.

Points of Interest

Lecarrow Village, Bar & Shop, Roscommon town 15 km





Trail Information

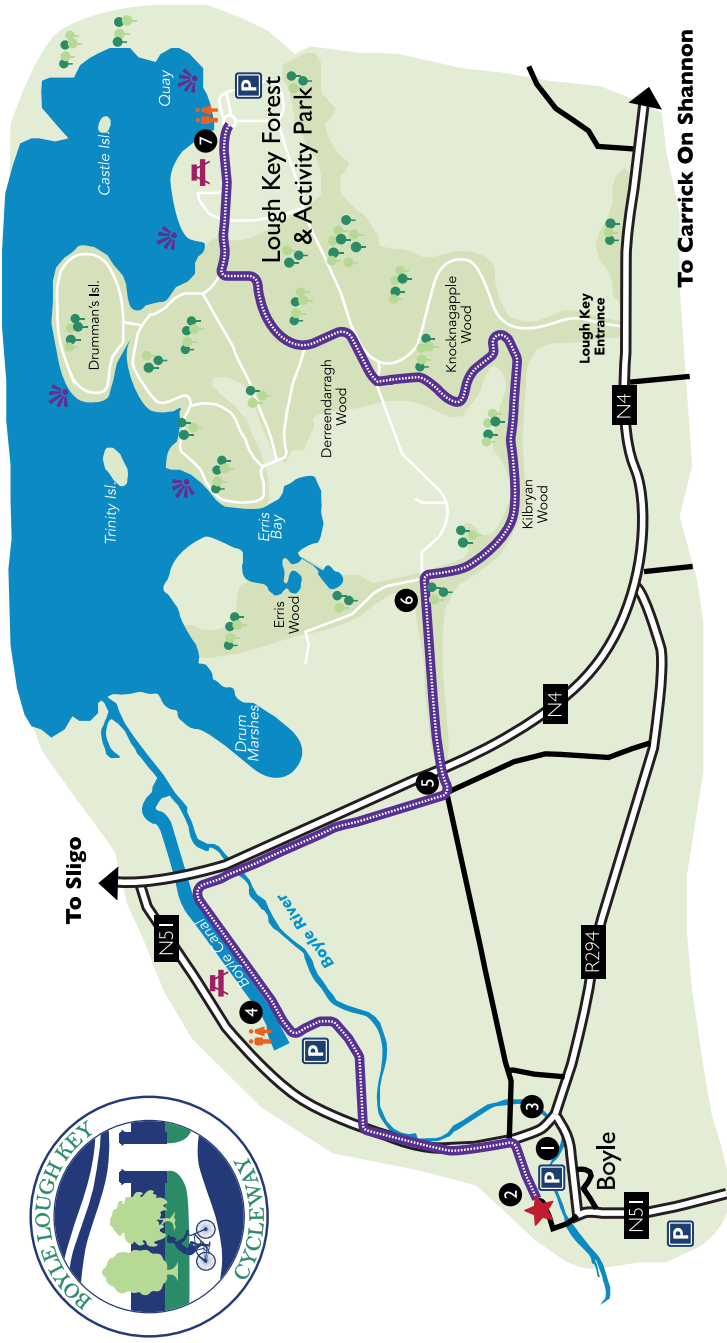
Location:	Boyle
Length:	7.9 km
Difficulty:	Easy to Moderate
Dogs Allowed:	Yes - On lead
Accessibility:	Yes - Wheelchair & buggy friendly in parts
GPS Coordinates:	53.973565357996414, -8.297012663964479

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

In Boyle, café, restaurants, shops, Boyle Abbey, King House. Finishes in Lough Key Forest & Activity Park.



Boyle to Lough Key (7.9 km)

- Start/Finish Point
- Parking
- Toilets
- Boyle Harbour
- Boyle Pleasure Gardens
- King House
- Boyle Archway
- Lough Key Gate Lodge
- Lough Key Gate Lodge
- Lough Key Visitor Centre & Cafe
- Viewing Point
- Picnic Area
- Boyle Abbey



Trail Information

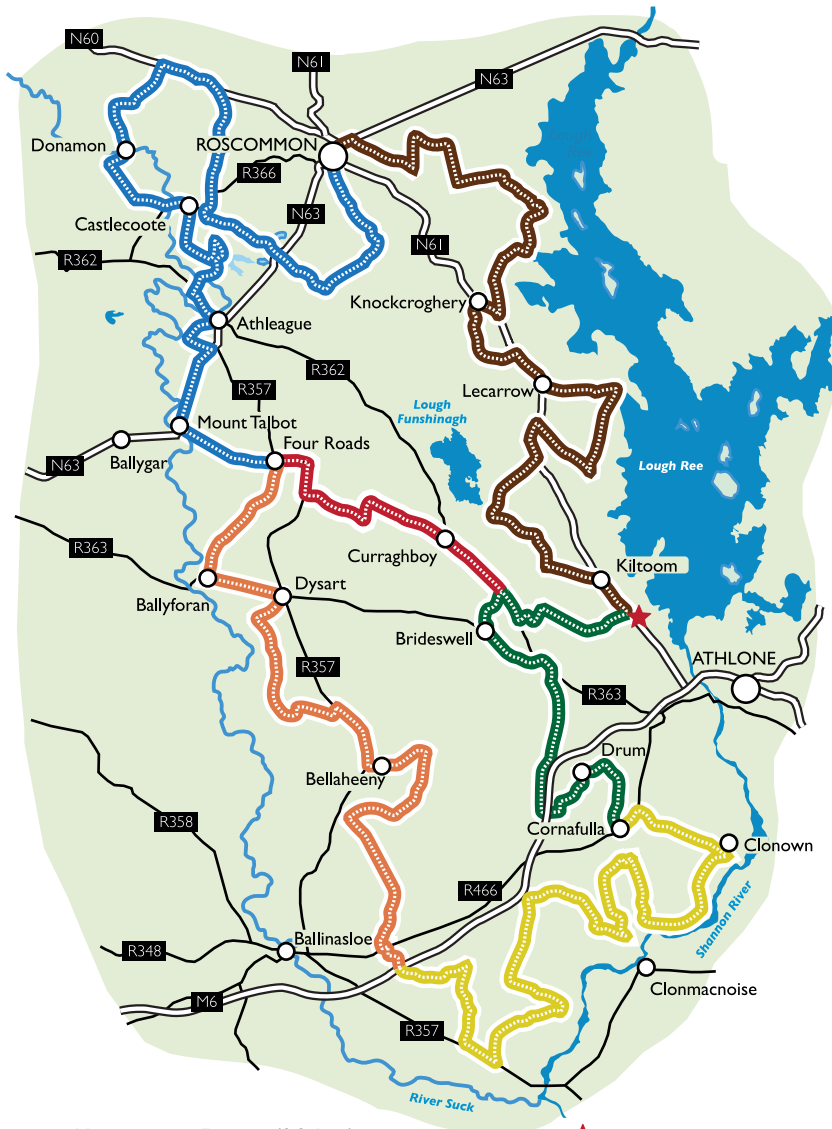
Location:	Mid and South Roscommon
Length:	211 km
Difficulty:	Easy to Moderate
Dogs Allowed:	No Dogs permitted
Accessibility:	No - Not wheelchair & buggy friendly
GPS Coordinates:	53.47769137738827, -8.019413648184713

Trail Description

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

Points of Interest

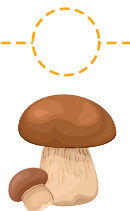
Passes through several towns & villages in Roscommon. Download the Green Heartlands Cycling App to find out more.



- 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
 - P Parking
 - 🚚 Picnic Area
 - 🏛️ Heritage Site
 - 🌿 Viewing Point

SCAVENGER HUNT

See how many items you can find on your walk and tick off your list.



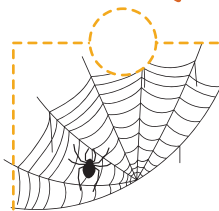
Mushroom



Ladybug



Maple leaf



Cobweb



Fox



Oak leaf



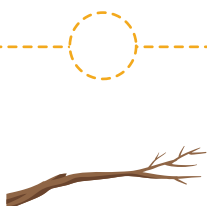
Worm



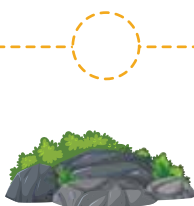
Pinecone



Acorn



Stick



Stone



Wildflower

Fun Fact

Red foxes will sleep for more than eight hours every day, with the average being around ten hours in a 24-hour period. During the winter, red foxes may sleep for up to 12 to 14 hours every day.



Spot the Difference

Can you spot 10 differences between the two pictures!



PUZZLE TIME

Can you help the hungry hedgehog family find the way through the maze to the fruit?





Roscommon playgrounds & outdoor gyms

playgrounds

- Ballagherreen Town, Ballagherreen
- Ballyforan, Athlone
- Boyle Pleasure Grounds Boyle
- Somers Park, Castlereah
- 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 Fire Station)
- Loughnaneane Park, Roscommon
- Monksland, Athlone
- Portrunny, Roscommon
- Paddocks, Carrowabrickna, Roscommon
- Castle Hill Estate, Castlereah
- Plunkett Avenue, Boyle
- St. Patrick Street, Castlereah
- Sliabh Bawn, Strokestown

outdoor gyms

- Boyle Pleasure Grounds, Boyle
- Keadue
- Lough Key Forest Park, Boyle
- Lough O'Flynn, Ballinlough
- Loughnaneane Park, Roscommon
- Monksland, Athlone
- Sliabh Bawn, Strokestown

* This is not an exhaustive list



Rialtas na hÉireann
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2040

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