

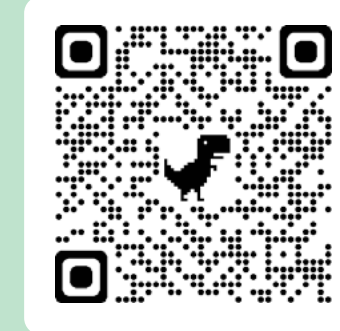


Monasteries of the Moy Greenway

Ballina to Killala



Bike Hire
For more information about the route and to find out how you can hire a bicycle along the route, visit www.northm Mayo.ie/monasteries-of-the-moy



Local Information
For information on amenities, food, accommodation and things to do, visit www.mayonorth.ie

Walking and cycling advice

The Monasteries of the Moy Greenway is a 14km walking and cycling route linking the historic Towns of Ballina and Killala. The route starts in Ballina in Belleek Woods and runs through the forest and its myriad of off-road tracks and trails.

Belleek is one of the largest urban woodlands in Europe, and within this mixed woodland, you'll find historical sites of interest and curiosities including the Ice House, the Mausoleum, the lime kiln, the old famine wall, the stone quay, and of course Belleek Castle. You may also catch a glimpse of Ireland's native red squirrel, a protected species, translocated here in 2007 and now thriving.

Follow the trail through Belleek Woods with the River Moy at your right, and leaving the woods, you will turn North onto the Old French Road, named for General Humbert's march from Killala during the 1798 Rebellion. Along this route, you will have the opportunity to visit the well-preserved ruins of Rosserk Abbey and Moyne Abbey, as well as Tobar Mhuire (Mary's Well).

If you visit Rosserk, upon returning to the main route, continue until you reach the sign for the off-road Greenway Trail. From here, you'll have the option to continue a little further to visit Moyne Abbey on your

right, or continue left along the peaceful off-road Greenway trail to Killala. You'll cross the main Ballina-Killala Road at a designated crossing and follow a scenic route right into the heart of historic Killala, passing Killala House, and arriving via the town park. From there, explore the town with its round tower, ancient Cathedral, Heritage Trail and Pier, with nearby Ross, Lacken and Kilcummin beaches to explore.

Be prepared and stay safe

1. Part of this route is mixed use. While walking or cycling, stay alert for other walkers, runners, cyclists or drivers who may approach from behind.
2. A part of this route diverts onto a narrow rural road. Walk on the right facing oncoming traffic, or cycle on the left obeying the rules of the road.
3. If using headphones/earphones it is recommended that one ear is left uncovered to alert you to other users. Remove entirely on the road.
4. When walking/cycling abreast please show consideration for others by making way for those who may be moving at a faster pace.

Respect farm animals and wildlife

This route passes through the renowned Belleek woods which is home to many bird and animal species. Please remember that parts of the greenway run adjacent to private land and in some places cross it. If you need to open a gate along the route please ensure you close it securely after you. Please keep dogs on leads at all times.

In the unlikely event of an emergency please call 999 or 112.

Trail Overview

Distance:	14km Ballina - Killala
Trailhead:	Ballina: Belleek Woods, past Ballina Town FC Killala: Town Park behind St Patrick's Cathedral
Duration:	Walking: allow up to 5 hours. Cycling: allow up to 2.5 hours (to include stops)
Minimum Gear:	Walking Shoes, Waterproofs, Mobile Phone, Snacks & Fluids
Trail Waymarking:	Greenway and Road Signage
Level of Difficulty:	Easy - Moderate
Services:	Ballina & Killala

STAGE 1-2 Belleek Woods, Ballina

Distance: 2.5km (one-way, off-road excludes trails)
Trailhead: Belleek Woods, past Ballina Town FC
Duration: Walking - Allow up to 60 mins. Cycling - allow up to 20 mins
Minimum Gear: Walking Shoes, Waterproofs, Mobile Phone, Snacks & Fluids
Trail Waymarking: Greenway Signage
Level of Difficulty: Easy

STAGE 2-3 Belleek to Moyne

Distance: 6.5km (one-way, on-road)
Trailhead: Knockatinole, at end of Belleek Woods
Duration: Walking - Allow 60-90 mins. Cycling - allow 20-40 mins
Minimum Gear: Walking Shoes, Waterproofs, Mobile Phone, Snacks & Fluids
Trail Waymarking: Greenway and road signage
Level of Difficulty: Moderate

STAGE 3-4 Moyne to Killala

Distance: 5km (one-way, off-road)
Trailhead: Killala Town Park, behind St Patrick's Cathedral
Duration: Walking - Allow 50-90 mins. Cycling - allow 20-30 mins
Minimum Gear: Walking Shoes, Waterproofs, Mobile Phone, Snacks & Fluids
Trail Waymarking: Greenway and road signage
Level of Difficulty: Easy

Points of Interest

1 Belleek Recreational Zone	6 Augustinian Abbey	12 Lime Kiln	19 Tobar Mhuire (Mary's Well)	25 Killala Town Park & Playground	31 Ross Beach
2 Belleek Gate Lodge	7 Jackie Clarke Collection	13 Ice House	20 Moyne Abbey	26 St Patrick's Cathedral & souterrain	32 Old Coastguard Station, Ross
3 Ballina Athletics Track	8 Connacht Whiskey Distillery	14 Stone Pier	21 Wetlands (bird and animal life)	27 Killala Round Tower	33 Lacken Strand
4 Ballina Town Football Club	9 Mausoleum	15 Old Famine Wall	22 Old Railway Bridge	28 Killala Pier	34 Downpatrick Head
5 Tom Ruane Park & Playground	10 Pond	16 Belleek Castle (Hotel, Café and Museum)	23 Killala House	29 Bartra Island	35 Enniscrone
	11 Off road Mountain bike trails	17 SS Creteboom	24 Killala Heritage Trail	30 Rathfran Abbey	36 The Quay
		18 Rosserk Friary			



LEAVE NO TRACE
Love our place, leave no trace. Please respect our area, and take any litter away with you.



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Department of Rural and Community Development



Route Highlights



Connacht Whiskey Distillery 8



Belleek Castle (Hotel, Café and Museum) 16



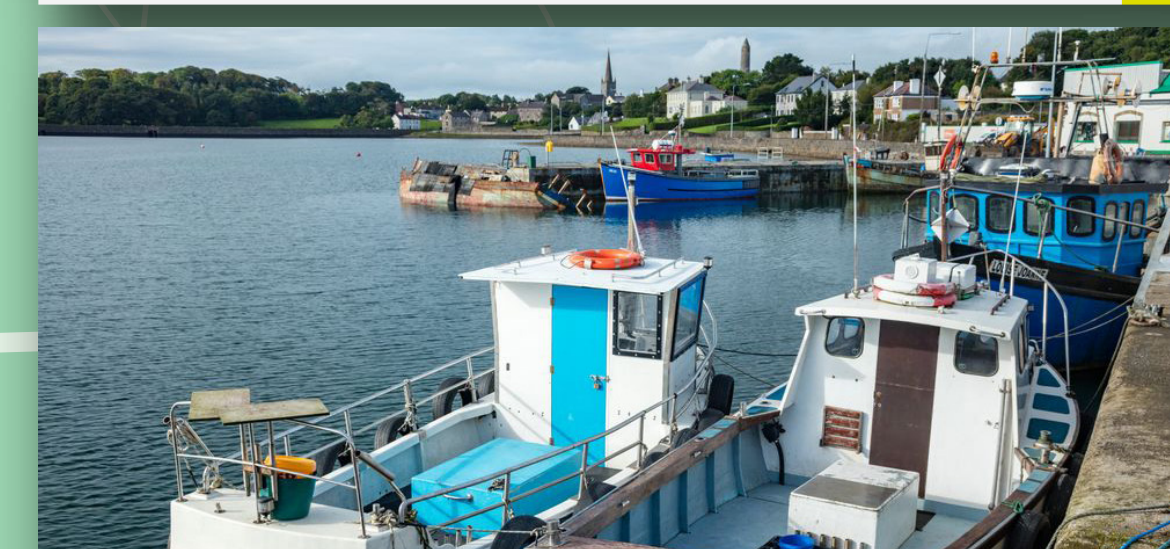
Rosserk Friary 18



Moyne Abbey 20



Killala Round Tower 27



Killala Pier 28

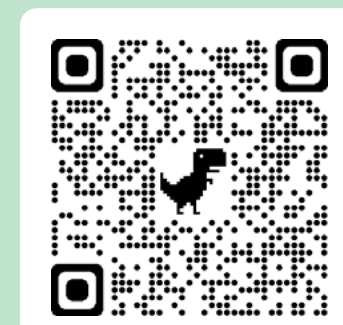


Help to maintain these routes, please report any dangerous obstacles or missing / damaged signs to: Mayo County Council 094 9024444
Email: mayowalks@mayococo.ie

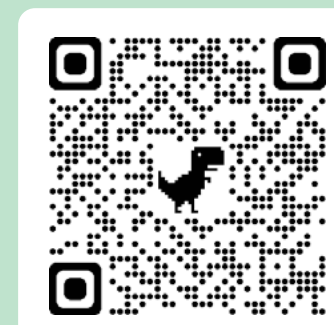


Monasteries of the Moy Greenway

Killala to Ballina



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Local Information
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Walking and cycling advice

The Monasteries of the Moy Greenway is a 14km walking and cycling route linking the historic towns of Ballina and Killala. The route starts in Killala in the town park and takes in a multi-terrain route to the top of Belleek Woods in Ballina with its myriad of off-road tracks and trails.

Historic Killala offers lots to explore, including the round tower, ancient Cathedral, Heritage Trail and Pier, with nearby Ross, Lacken and Kilcummin beaches. Starting in the Town Park, follow the route past Killala House along the track beside the main Killala-Ballina Road to the designated pedestrian crossing.

This peaceful, off-road track will lead you all the way to what is known as the Old French Road, named for General Humbert's march from Killala during the 1798 Rebellion. Here, a short diversion to your left will bring you to Moynes Abbey. Alternatively, take the right turn onto the road towards Ballina, where further along you will have the opportunity to divert left and visit the well-preserved ruins of Rosserk Abbey and Moynes Abbey, as well as Tobar Mhuire (Mary's Well).

When you reach Belleek Woods, turn left, and follow the trail with the River Moy at your left. Belleek is

one of the largest urban woodlands in Europe, and within this mixed woodland, you'll find historical sites of interest and curiosities including the Ice House, the Mausoleum, the lime kiln, the old famine wall, the stone quay, and of course Belleek Castle. You may also catch a glimpse of Ireland's native red squirrel, a protected species, translocated here in 2007 and now thriving.

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Trail Overview

Distance:	14km Killala - Ballina
Trailhead:	Killala: Town Park behind St Patrick's Cathedral Ballina: Belleek Woods, past Ballina Town FC
Duration:	Walking: allow up to 5 hours. Cycling: allow up to 2.5 hours (to include stops)
Minimum Gear:	Walking Shoes, Waterproofs, Mobile Phone, Snacks & Fluids
Trail Waymarking:	Greenway and Road Signage
Level of Difficulty:	Easy - Moderate
Services:	Killala & Ballina

STAGE 1-2 Killala to Moyne

Distance: 5km (one-way, off-road)
Trailhead: Killala Town Park, behind St Patrick's Cathedral
Duration: Walking - Allow 50-90 mins. Cycling - allow 20-30 mins
Minimum Gear: Walking Shoes, Waterproofs, Mobile Phone, Snacks & Fluids
Trail Waymarking: Greenway and road signage
Level of Difficulty: Easy

STAGE 2-3 Moyne to Belleek

Distance: 6.5km (one-way, on-road)
Trailhead: Knockatinole, at end of Belleek Woods
Duration: Walking - Allow 60-90 mins. Cycling - allow 20-40 mins
Minimum Gear: Walking Shoes, Waterproofs, Mobile Phone, Snacks & Fluids
Trail Waymarking: Greenway and road signage
Level of Difficulty: Moderate

STAGE 3-4 Belleek Woods, Ballina

Distance: 2.5km (one-way, off-road excludes trails)
Trailhead: Belleek Woods, past Ballina Town FC
Duration: Walking - Allow up to 60 mins. Cycling - allow up to 20 mins
Minimum Gear: Walking Shoes, Waterproofs, Mobile Phone, Snacks & Fluids
Trail Waymarking: Greenway Signage
Level of Difficulty: Easy

Points of Interest

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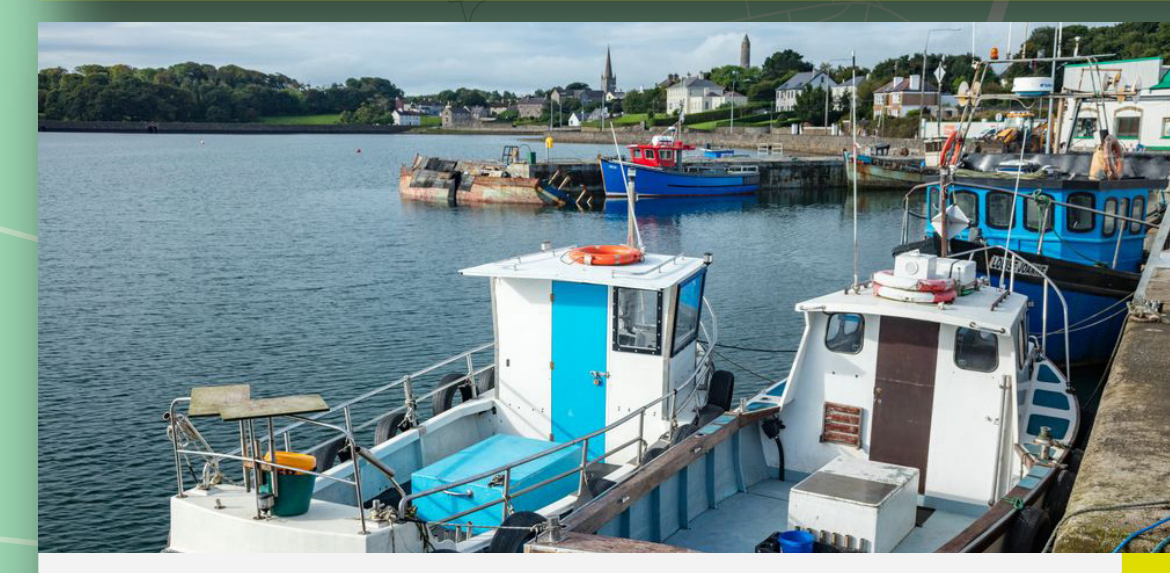
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Route Highlights



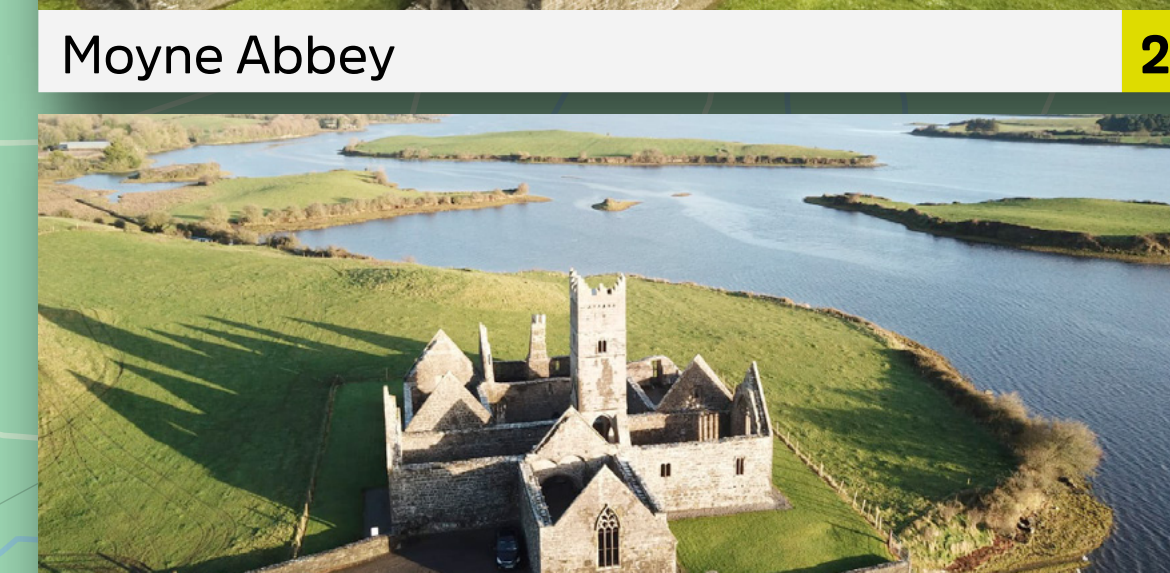
Killala Pier 28



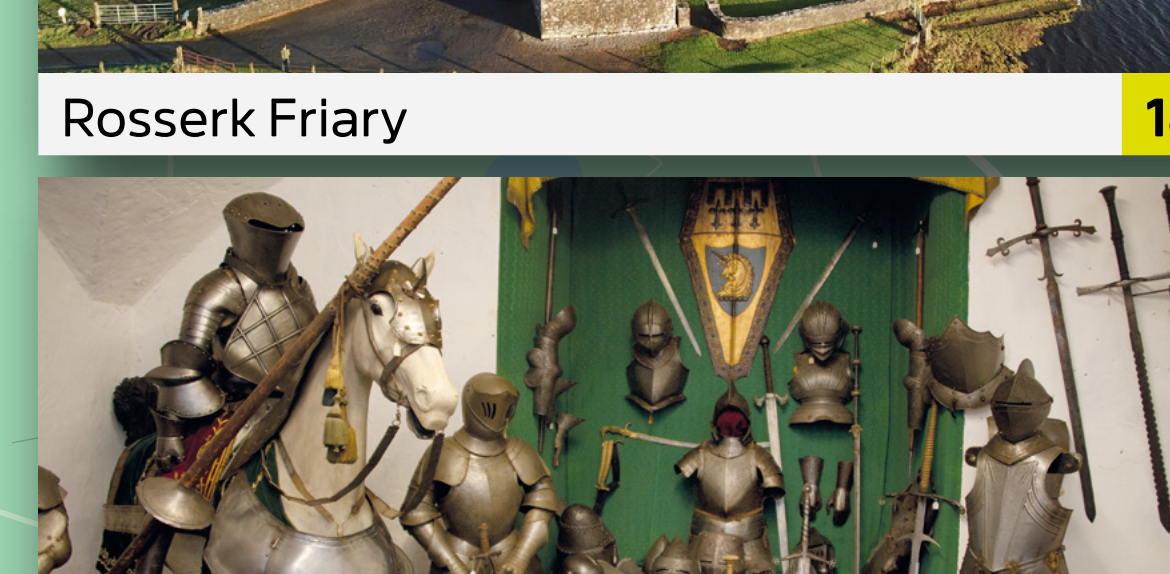
Killala Round Tower 27



Moynes Abbey 20



Rosserk Friary 18



Belleek Castle (Hotel, Café and Museum) 16



Connacht Whiskey Distillery 8

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