



Ballycroy National Park

# MAYO

Jutting proudly into the Atlantic Ocean, Mayo has a stunningly beautiful, unspoilt environment - a magical destination for visitors. Mayo promises the holiday experience of a lifetime with rugged beauty – vast seascapes and mountain ranges, lakes, rivers, stunning walks, festivals, events and a warm and friendly people.

Here’s a taste of what you could experience...



Westport



Achill Island

## Mayo Towns and Villages

**Mulranny**  
The village of Mulranny lies on an isthmus, a convergence of land and sea, a crossroads of marine and terrestrial habitats. Mulranny is designated a European Destination of Excellence for Tourism and Regenerated Heritage Sites. *Read more on [Mulranny overleaf](#).*

**Newport**  
Newport nestles on the shore of Clew Bay which is famous for its 365 Islands. The Seven Arches Viaduct is a beautiful historic landmark and signals your arrival at Newport, a quaint and picturesque port village, surrounded by the majestic Nephin Mountains.

**Westport**  
Few towns in Ireland can match Westport’s charisma and continental flavour. Westport is special; the essence of Ireland’s magical west. Nestling safe at the foot of towering Croagh Patrick, overlooking Clew Bay and its enchanting islands, the town weaves its spell around everyone it meets. Cheerful, multi-coloured shop fronts jostle for attention with an attractive selection of pubs, shops, cafés and restaurants.

**Ballina**  
Ballina, the river Moy and the surrounding areas are world renowned in angling circles with wonderful lake, river and sea fishing all on offer. Among Ballina’s key visitor attractions are the ruins of Moyne Abbey and Rosserk Friary, dating back to the 15th century. The impressive St Muredach’s Cathedral stands imposingly on the banks of the River Moy.



Céide Fields



Catching a wave



Croagh Patrick



Museum of Country Life

## The Islands

Achill Island, Clare Island, Inishbofin and Inishturk Islands stand strong in the Atlantic Ocean. Looking out over the sea with the breeze in your face, nothing invigorates like a visit to the islands off Mayo. All easily accessible from the mainland, a visit to some of these islands is a must if you are looking for places that embody the soul of Ireland, where the Irish language and culture is still vibrant.

**Achill Island**  
Ireland’s largest off-shore island has glorious cliff scenery, spectacular drives and walks, and beautiful beaches. With its Atlantic location, five Blue Flag beaches and breathtaking mountain landscape, Achill provides an unrivalled arena for outdoor activities and watersports of all types.

## Adventure and Water Sports

With stunning scenery, crystal clear waters and winds sweeping in off the Atlantic Ocean the west of Ireland is perfect for lovers of the outdoors and adventure of all kinds.

**The Great Western Greenway**  
The world-class Great Western Greenway between Westport and Achill Island is a 42km traffic-free walk and cycle trail. The Greenway is the first of its kind in Ireland and passes through some of the most stunning scenery in the West of Ireland. *More information overleaf.*

**Walking & Cycling**  
Mayo has so much to offer both walkers and cyclists. Its unspoilt and varying landscapes, unique scenery and rich heritage and folklore mark it as the ideal walking and cycling destination. The County offers all kinds of trails including mountain, coastal and Island, the Great Western Greenway and national loop trails. Cycling Hubs – There are several cycle hubs in Mayo around the areas of Achill, Westport and Louisburgh. They each have a number of looped cycle routes consisting of half day and full day cycles. Guided cycling tours and bicycle hire are readily available.

**Angling**  
Mayo is home of some of the finest fishing Ireland has to offer. Whether its sea angling or game fishing this is a dream destination.

**Watersports**  
Whether you’re just searching for a little fresh air or looking for an adventure rush, you’ll have a wide choice of outdoor pursuits on your doorstep. Decide between surfing, sailing, wind surfing, diving, kite surfing or whatever takes your fancy. Go on, try something different today!

**Golf**  
Superb golf courses are to be found in Mayo. These range from 9 hole, par 3 courses to 18 hole championship and links courses.

**Equestrian**  
There is nothing like trekking in the Mayo countryside or galloping across one of Mayo’s beaches. What better way to explore than on horseback?

## What to do and see in Mayo

**1 Belmullet & Erris peninsula**  
The Mullet Peninsula is an area of unspoiled natural beauty and mystique which is becoming a very popular tourist location. A popular location for sea angling, it is also renowned for its unique bird life. The islands of Inishkea are well known bird sanctuaries and the peninsula is a Gaeltacht area with a rich heritage of traditional music, song and dance

**2 Croagh Patrick**  
Croagh Patrick or “The Reek” as it is known locally over looks Clew Bay and its reputed 365 islands. An important site of pilgrimage, with people regularly making the 764m ascent in honour of St Patrick. Croagh Patrick is 5 miles from Westport and its conical shape soars majestically above the surrounding countryside. Magnificent views of Clew Bay and the surrounding south Mayo countryside are spectacular from all stages of the ascent of the mountain.

**3 Museum of Country Life**  
Home to the National Folk like Collection, the award winning museum is located 8km east of Castlebar. The museum portrays traditional life in Ireland since 1850. Fascinating artefacts deal with domestic life, agriculture, clothing and textiles, transport and all other areas of life. Set in the spectacular grounds of Turlough Park, the museum gives a taste of how our ancestors lived their daily lives.

**4 Foxford Wollen Mills**  
The award winning Foxford Woollen Mills Visitor Centre has welcomed more than a quarter of a million visitors since it opened in 1992. It begins with a self guide multimedia tour of the origins of the mill in the late 1800’s. Visitors are taken right through the working mill as it is run today, where they can see

first-hand the mastery of tradition, design and craftsmanship that goes into every single Irish made Foxford product.

**5 Céide Fields**  
The Céide Fields in North Mayo are the oldest known field systems in the world and will certainly give you a unique experience. For this is not just another archaeological monument or visitor centre. Here you can indulge yourself in a vast prehistoric landscape, a natural wild ecology of blanket bog, dramatic cliffs and coastline, and a much acclaimed building, which has received Ireland’s most prestigious architectural award. You can even take a look over the edge of a 370ft high sea cliff from the viewing platform.

**6 Ballycroy National Park**  
Ballycroy National Park was established as Ireland’s sixth National Park and is located on the Western seaboard in northwest Mayo. It comprises 11,000 hectares of Atlantic blanket bog and mountainous terrain, covering a vast uninhabited and unspoilt wilderness dominated by the Nephin Beg mountain range. The visitor centre for the park is in the village of Ballycroy.

**7 Westport House**  
Westport House enjoys a superb parkland setting with a lake, terraces, wonderful gardens and magnificent views overlooking Clew Bay, the Atlantic Ocean, Clare Island and Croagh Patrick. It was built and is still privately owned by the Browne family who are direct descendants of the 16th century Pirate Queen, Grace O’Malley. Along with the adjoining Pirate Adventure Park Westport House provides a unique cocktail of culture, fun and adventure for all members of the family. A fun-filled day out for all the family!

A European Destination of Excellence

A MULRANNY TOURISM INITIATIVE

MULRANNY GO MAYO

GREAT WESTERN GREENWAY

European Destination of Excellence

European Destination of Excellence

Mulranny Mayo's Jewel

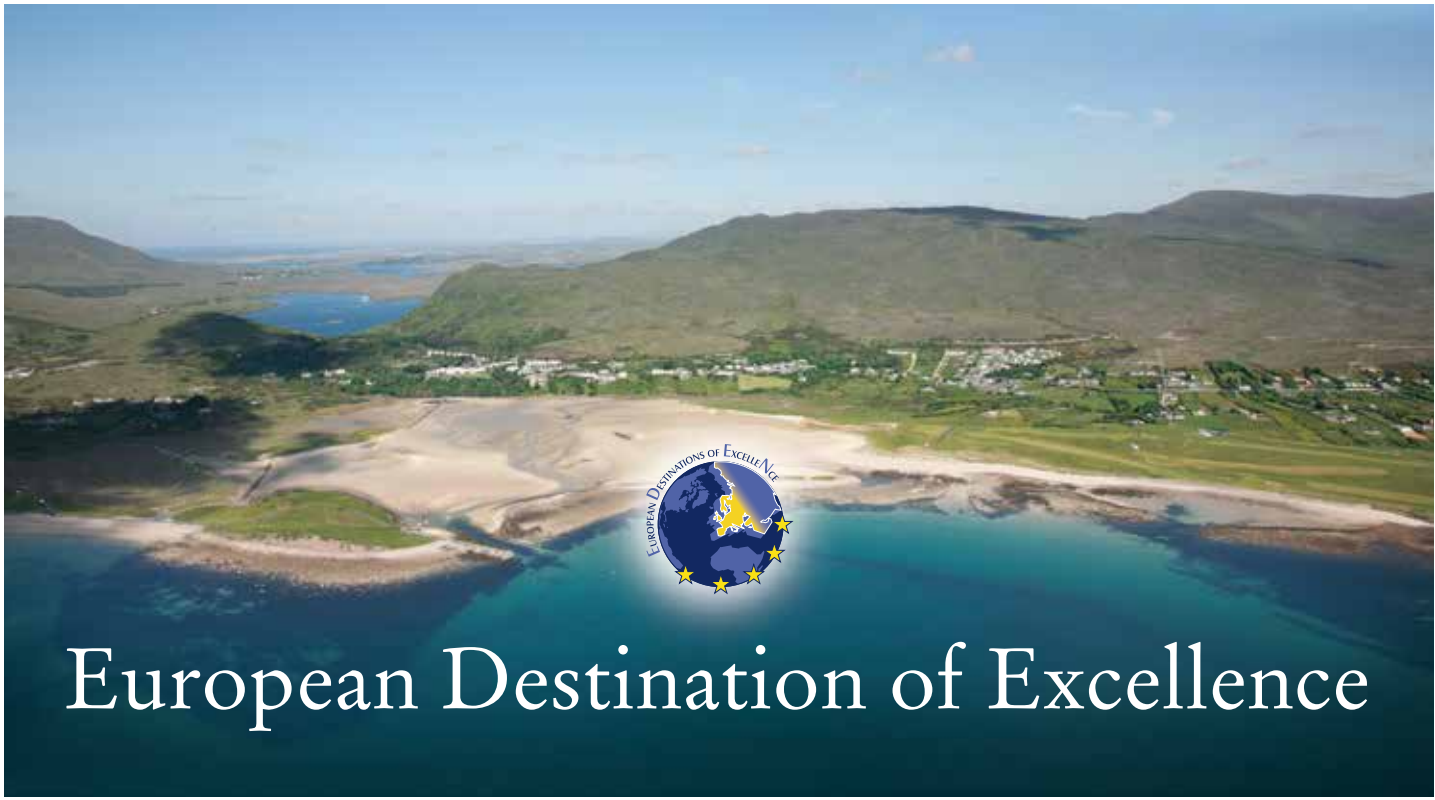
A Mulranny Tourism Initiative

For further information please contact  
www.mulranny.ie  
www.mulrannyparkhotel.ie  
www.greenway.ie  
www.discoverireland.ie

QR Code

NDP  
South West Mayo  
Irish Government National Development Plan 2007 – 2013  
Rialtas na h-Eireann Plean Forbartha Náisiúnta 2007 – 2013





## European Destination of Excellence

Mulranny and the Great Western Greenway, Co Mayo have been designated a European Destination of Excellence. The award recognises the outstanding locally driven achievements, including the opening of the Great Western Greenway, the sensitive restoration of the stunning Mulranny Park Hotel, and the regeneration of Mulranny’s Victorian Causeway and Look Out Hill walks. Combined with a truly spectacular location these developments enhance an already remarkable place.



## MULRANNY

Mulranny is a charming seaside village on the northern shores of Clew Bay. Located 25 minutes from Westport and 15 minutes from both Achill Island and Ballycroy National Park, it is the perfect base for exploring west Mayo. This hamlet has a vibrant social community, offering a wide variety of activities and services and is waiting to give you a warm welcome.

### Great Western Greenway

The Great Western Greenway follows the old railway line from Westport to Achill Island. On opening in 1895 it was known as one of the most scenic railway journeys in western Europe. The line operated until 1937. The Greenway is the first of its kind and is the longest (42km) off road walk and cycle trail in Ireland, passing through some of the most stunning scenery in the West of Ireland.

“A simply spectacular journey. Nothing beats it”  
– Diarmuid Gavin, RTE’s Tracks & Trails series

“The Greenway is perfect for all the family, from those on stabilisers to the grannies and granddads who maybe haven’t been on a bike for years. Gone is the hustle & bustle of cars, giving way to the twittering of birds, the hum of bees and swans cruising on the Burrishoole river” – *Outsider Magazine*

“Imagine the joy of cycling without meeting a car and the only sounds are the birds singing and the wind whistling. The Atlantic Ocean is on your left and the majestic Nephin Mountains on your right. 42km of walking and cycling heaven” – *Sunday World*

### Mulranny Park Hotel

Perched on a hill with staggering views over Clew Bay and the nearby Blue Flag beach, this hotel was originally built by the Great Western and Midland Railways in 1897 and became a famous destination during the lifetime of the railway between Westport and Achill. By 1990 the hotel had become entirely derelict. The hotel was sensitively restored in 2005 and reopened as the Mulranny Park Hotel.

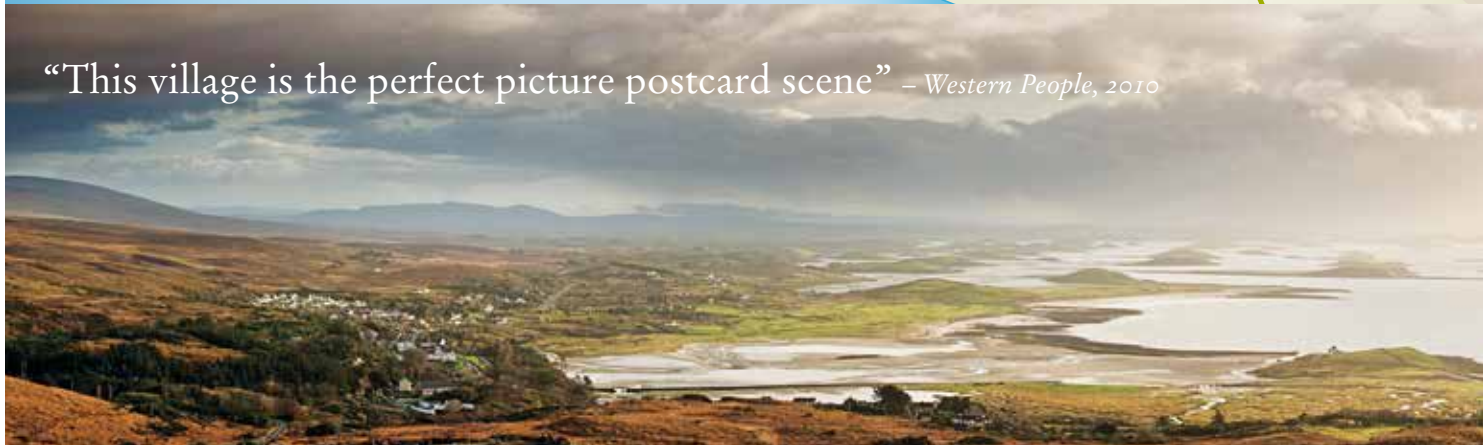
[www.mulrannyparkhotel.ie](http://www.mulrannyparkhotel.ie)

“The Best Family Hotel in Ireland” – *Irish Independent Hot List*

“The future success of Irish tourism lies in allowing people to access the natural beauty of the environment in a real, experiential way, along with letting them meet inspiring food producers, and then being able to enjoy these great local foods in destination addresses like the Mulranny Park Hotel” – *John McKenna, Bridgestone Guide*

“From the views of Clew Bay to a bubbly Canadian hot tub, my expectations are exceeded” – *Pol O’Conghaile, Irish Independent*

“John Lennon stayed here in the 1960’s so you’ll be in good company!” – *Outsider Magazine*



A view across Mulranny



Mulranny Beach



Mulranny Causeway

### The Walking Experience

West Mayo is one of Ireland’s most spectacular and beautiful walking destinations. It offers not only wild mountain scenery but also dramatic coastal walks and seascapes. The vast Nephin Mountain range and iconic seascape of Clew Bay, with its drowned drumlin islands, provide spectacular views and ever changing hues. An abundance of walks, both guided and self guided, are right on our doorstep. Listed by John & Sally McKenna’s Bridgestone Guide as one of the top 10 places for walkers in Ireland in 2012.

Lookout Hill National Loop Walk - “It is one of the most beautiful short walks in the country. From the top of Lookout Hill, a superb panorama across Clew Bay, from the long whalebacks of the Nephin Beg range back east to the bulgy spine of the Mweelrea mountains, down in the southwest on the doorstep of Connemara” – *Christopher Sommerville, Irish Independent*

“A coastal trail walk takes in both Bellacragher and Clew Bay. You will find out how this famous seascape formed, why “Old Irish” goats love Mulranny, why brent geese migrate 3,000 miles from Greenland to visit Mulranny every winter, and why Machair dunes are so rare and on your way home pick some periwinkles for supper” – *Sunday World*

### Creative Arts

Where words, forms and ideas ignite the creative impulses... Try your hand at Rug Weaving & Felting, Fibre Arts, Glass Bead Making & Flame Work Structure. With spectacular views of both rugged mountains and the sea, this is the perfect environment for the painter who wants to get away from it all and enjoy the ever changing light of a dramatic landscape. It is a painter’s paradise!

“It was an utterly extraordinary gift to have found Mulranny with all its beauty. I can’t wait to organise groups for an extended stay, exploring nature and creative potentials” – *Dr Jean Baruch, Beads of Courage, Arizona, USA.*

### A Wealth of Activities

For lovers of the great outdoors Mulranny & its environs is heaven. Adventure sports are booming in the area and on Achill Island.

#### Cycling

There is a feast of great cycling options through a series of scenic routes. There are country roads leading to seaside coves, and to mountain tops. Linking up with Achill’s Cycle Hub trails. Rich in breathtaking scenery, the area is a cyclist’s paradise. Bike hire is readily available in the area.

#### Golf

Mulranny’s 9-hole links course overlooks Clew Bay, with Croagh Patrick across the bay. The Nephin Beg range is to the north and the course is flanked by two Blue Flag beaches, where you can swim after a game of golf. The course, like the scenery, is very easy on the eye, but always manages to challenge the discerning golfer.

#### Watersports

The peace you find on water is unlike any other experience. Ideal for both the beginner and the more adventurous! “Achill is a perfect surfing playground” – *Outsider Magazine*

#### Fishing

The Mayo coast line is famous for its angling which can be done from Mulranny Pier as well as from the beaches and shore line around the village. Deep sea angling can be arranged locally and the rivers and lakes surrounding Mulranny providing ample opportunity for fresh water fishing.

### Blue Flag Beach

Mulranny has a number of spectacular coves with beautiful soft golden sand backed by Machair dunes. All have breathtaking views across Clew Bay and out towards Clare Island. An energetic walk along any of these strands in any weather would uplift and inspire even the lowest of spirits. Mulranny’s Blue Flag beach is directly accessible via the Victorian Causeway across Trawoughter Bay.

### ECOTOURISM

“I visited Mulranny as part of a tour around all the EDEN award-winning destinations in Ireland... These are small regions which have been awarded the EU’s European Destination of Excellence Award for sustainable tourism practices.

A long time ago, the railway brought this community together and now the Greenway plays that role linking cyclists with canoeists, walkers with wildlife photographers and sailors with surfers. Although it is the extraordinary achievement of the Great Western Greenway that most people are hearing about, what they don’t discover until they get here is the



### The Local Environment

Clew Bay is one of the most spectacular seascapes in Europe, the descent of its drumlins into the Atlantic Ocean is marked, first by an array of peninsulas and then an archipelago of drowned drumlin islands and inlets stretching out into the bay. This delicate ice sculpted landscape is a haven for otters and seals, seabirds and wild flowers, a panoramic vista of unparalleled beauty.

Mulranny commands a superb view over the bay and its Machair sand dunes, which provide a safe idyllic platform to explore the terrestrial and inter-tidal reaches of the bay. The dunes are one of Europe’s rarest and most bio-diverse habitats and a unique attraction of Co Mayo.

whole web of wonders which weave out from the Greenway. Electric bike tours along the Bangor Trail, catamaran sailing on Bellacragher Bay, a plethora of loop walks straight out of the Mulranny Park Hotel and then Achill Island at the end of it which, when you cycle around it, is like saving the icing on the cake until last. I was bowled over by the community-driven commitment to sustainable tourism in Mulranny, and consequently would happily cite it as a top model of ethical and sustainable tourism” – *Catherine Mack*

*Travel writer specialising in responsible and ecotourism*



### Last Stronghold of the Old Irish Goat

Mulranny’s Old Irish Goats are colourful characters. The males in particular are impressive animals, a veritable melting pot of all things masculine – long hair, quiffs, beards and side-burns, not to mention their impressive horns. The females have a more delicate frame and a matriarchal role, their lineage is the social thread of the herd. Collectively these attributes make them a fascinating part of our natural heritage. Mayo is now the last stronghold of the Old Irish Goat, and although elusive, they are still regularly seen on the foothills around Mulranny. Find out more about sustainable tourism in Mulranny and our environment via a multi media presentation available in Mulranny tourist office.