INTRODUCTION
Mayo Trails Partnership has been heavily involved in the promotion and development of walking and cycling trails throughout Mayo.

Membership of the Partnership is free and representatives are appointed from Mayo County Council, South West Development Company, Mayo North East Leader Partnership, Teagasc, Farming Representative Bodies, Mayo Sports Partnership, Community Forum & Other Stakeholders.

This promotion aims to provide you with information about participation and leader training opportunities for the various walks and cycling routes in the county.

If you would like to register your community group or work place for the “Mayo in Motion” initiative please contact Mayo Sports Partnership office at 094 9047025 or Anna Connor, Walking Development Officer 094 904745. Also log on to www.mayosports.ie or www.mayostrails.ie for more details.

So during June why not get out and about and put yourself in motion!

Your faithfully

Charlie Lambert
Sports Co-ordinator
Mayo Sports Partnership

Anna Connor
Walking Development Officer
Mayo County Development Board

USEFUL TIPS
Walking is one of the few activities that can be enjoyed all year round. When planning a walk/hike consideration should be given to the following:

2. Weather check
3. Make sure you have a map and compass (or a GPS device) and/or your mobile phone
4. Tell someone about your plans.
5. Check the weather forecast a day or two in advance.
6. Be well prepared.
7. Be aware of the area and any potential hazards.
8. Take a rest if you need to – don’t try to push yourself.
9. Watch for changes in weather, if it deteriorates be prepared to alter the route or turn back.
10. Be aware of your surroundings and know where you are.

WALKING CALENDAR JUNE 2013

<table>
<thead>
<tr>
<th>Area</th>
<th>Date</th>
<th>Meeting Point</th>
<th>Distance</th>
<th>Contact Person/Number</th>
<th>Name of Group</th>
</tr>
</thead>
<tbody>
<tr>
<td>Turlough</td>
<td>17-Jun</td>
<td>The Coast Road</td>
<td>8km</td>
<td>Noelle Henry 087 6253442</td>
<td>Turlough Walking Group</td>
</tr>
<tr>
<td>Lackawanna</td>
<td>10-Jun</td>
<td>The Diamond</td>
<td>5km</td>
<td>Noelle Henry 087 6253442</td>
<td>Lackawanna Walking Group</td>
</tr>
<tr>
<td>Castlebar</td>
<td>10-Jun</td>
<td>The Walkway</td>
<td>12km</td>
<td>Noelle Henry 087 6253442</td>
<td>Castlebar Walking Group</td>
</tr>
</tbody>
</table>

CASTLEBAR INTERNATIONAL 4 DAYS WALKS

The Castlebar International Four Days Walks were established in 1967 and since then have attracted walkers from all over the world. The walks offer a wide variety of routes to suit all levels of fitness. The four walks in 2013 are the

- **4 Days Walks**
- **1 Day Walks**
- **10km, 20km and 40km road walks**
- **11 July 2013**

The festival starts on the Wednesday evening with an informal get-together when walkers can register and there is also a short but important briefing. For more information contact:

4DaysWalking@iglucom or Tel/Fax: 035 (0)9402402

LACKAN TRAILS – KILLALA

TRAIL OVERVIEW

Trail Head: Carpark at Lackala Church

- **Terrain:** Mixed, mostly on hard surfaces.
- **Distance:** 5 km

**Route Details**

- **Starting Point:** The carpark at Lackala Church
- **Access:** From Kilbeggan take the R380 and continue for approximately 3.5 km. The carpark is on your left.
- **Facilities:** Toilet facilities are available at the carpark.

**Getting There**

- **Parking:** There is plenty of parking available in the carpark at Lackala Church.
- **Transport:** Buses run to Kilbeggan and Athlone from Dublin and Galway.

**Local Information**

- **Tourist Information:** The local tourist information centre is located in Lackala Church.
- **Emergency Services:** There are local emergency services available in Kilbeggan.

**Rules of the Trail**

1. Keep to the right whenever possible.
2. Respect the environment and do not litter.
3. Do not cut across fields or private property.
4. Do not disturb wildlife or vegetation.
5. Keep your dog on a lead and be considerate of other walkers.

**Safety Precautions**

1. Check the weather forecast before setting out.
2. Wear appropriate clothing and footwear for the weather conditions.
3. Carry water, snacks, and a map and compass.
4. Carry a mobile phone and a whistle.
5. Let someone know your intended route and time of return.

**Emergency Contact**

- **Local Authority:** Mayo County Council
- **Emergency Services:** 911 (112 in Ireland)

**Additional Information**

- **Local Amenities:** There are cafes and restaurants in Kilbeggan and Athlone.
- **Public Transportation:** Buses run to Kilbeggan and Athlone from Dublin and Galway.

**Cycling**

- **Riding Routes:** The trails are suitable for both road and mountain bikes.
- **Safety Precautions:** Wear a helmet and follow the rules of the road.

**Walking**

- **Distance:** 5 km

**Local Information**

- **Tourist Information:** The local tourist information centre is located in Lackala Church.
- **Emergency Services:** There are local emergency services available in Kilbeggan.

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