

Environmental Guidelines

Parts of the Bangor Trail pass through private property. Please leave gates as you find them and be respectful of private land. Keep dogs on a lead and clean up after them. Don't leave any litter behind. Please don't pick the flowers, some are quite rare. Take only photos and leave only footprints.

What you will need

- Food and water (at least 2 litres)
- Waterproof jacket and trousers
- Spare warm clothing, hat, sunscreen, insect repellent
- Waterproof boots
- Map (OS Sheets 23 & 31 or East West Wild Nephin)
- Compass
- Headtorch
- Mobile phone (but don't expect to have much signal!)
- Register on www.campingwildnephin.com

Multi-day Hike

A multiday hike is possible by camping in one of our designated camping sites and/or shelters shown on the map and listed below. Please register on www.campingwildnephin.com

- Tarsaghaun Cottage 54° 4'55.58"N 9°43'49.83"W
- Altnabrocky Shelter 54° 2'59.38"N 9°36'30.84"W
- Lough Avoher Shelter 54° 0'15.24"N 9°37'13.05"W
- North of Bothy 53°59'57.86"N 9°34'30.42"W

Mayo Dark Sky Park

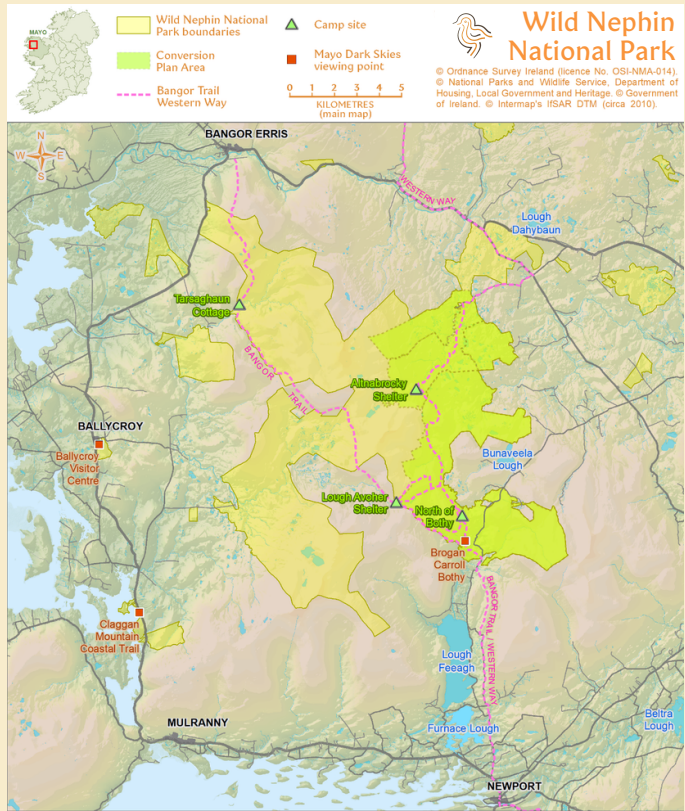
Did you know that Half the Park is After Dark? Wild Nephin showcases some of the darkest, most pristine night skies in the world and is officially certified as a Gold Tier standard International Dark Sky Park. On a clear night see thousands of twinkling stars, other planets in our solar system, the Milky Way, meteor showers and even Aurora Borealis if the conditions allow, all with the naked eye.

Note

This leaflet is only a rough guide to the walk and should not be the only source of information used for planning and completing the trail.

WILD NEPHIN NATIONAL PARK

Wild Nephin National Park is Ireland's sixth National Park. Comprised of 15,000 hectares of Atlantic blanket bog and mountainous terrain, it covers a vast uninhabited and unspoilt wilderness dominated by the Nephin Beg Mountains. To the west of the mountains is the Owenduff bog, one of the last intact active blanket bog systems in Ireland and Western Europe. To the east is the Nephin Forest, currently dominated of Sitka spruce and lodgepole pine, it was originally planted for commercial purposes. This area will now be managed for biodiversity and recreation.



CONTACT US

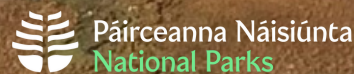
☎ Visitor Centre: +353 (0)98 49888
✉ ballycroyvisitorcentre@npws.gov.ie
🌐 www.nationalparks.ie/wild-nephin
www.mayodarkskypark.ie

📌 WildNephinNationalPark
📷 wildnephin_official
🐦 WildNephin



Wild Nephin National Park Walking

Bangor Trail Guide



Introduction

The Bangor Trail is an old road through the Nephin Beg mountains in north-west Mayo. It used to be the main route from Bangor to Newport, dating back to the 16th Century. Nowadays it mainly attracts recreational walkers, though due to the distance involved and the rough ground underfoot it is probably quieter now than it once was at the height of Ireland's population in the early 1800s.

Distance

The full length of the trail, from Bangor to Newport, is almost 39km, however this can be shortened to 26km by leaving a car at or being collected at the Letterkeen Trailhead.

Ground

The ground underfoot is rough and depending on weather can be very wet. The way is signposted but it is recommended to bring a map and compass and know how to use them.

Time Required

Completing the full walk will take at least 10 hours; 12 is more likely and longer than this is not uncommon. It is a long day and as such, walkers should be well prepared and ensure they have started early enough to finish before nightfall.

Preparation

This is not a beginner's walk. Walkers should be experienced and prepared for a long day over rough terrain. Don't go alone and be sure to tell somebody of your estimated time to arrive back. In case of emergency dial 112 or 999.

