Greenway
Old Rail Trail
Athlone to Mullingar

WALKING AND CYCLING ADVICE

OLD RAIL TRAIL WESTMEATH

The Old Rail Trail – Westmeath

The Old Rail Trail is a rural route through the heart of the Irish Midlands, starting in the bustling town of Athlone and continuing on a converted stretch of the Midlands Great Western Railway.

The 42km journey takes us through rich fertile farmland, away from the hustle of towns, in a beautiful rural setting to the market town of Mullingar. The Old Rail Trail forms part of the proposed Galway to Dublin Cycleway, which will be Ireland's first dedicated inter-city coast to coast route for cyclists.

Be prepared - Although the route is off road, you still need to take special care at or near all road junctions.

Ensure you have the fitness, equipment and time for the walk or the cycle. Check the weather forecast and be prepared for changing weather conditions.

Be considerate of other people - This route is mixed use - while walking be aware of cyclists approaching. Cyclists should use a bell to alert walkers. Park appropriately and do not block entrances or other cars. Leave gates as you find them. Do not damage property.

Respect farm animals and wildlife - Dogs to be kept on a short lead and 'scoop-the-poop'. Keep a safe distance from farm animals. Leave habitats, plants and animals as you find them.

In the unlikely event of an emergency dial 999 or 112 to contact Emergency Services.
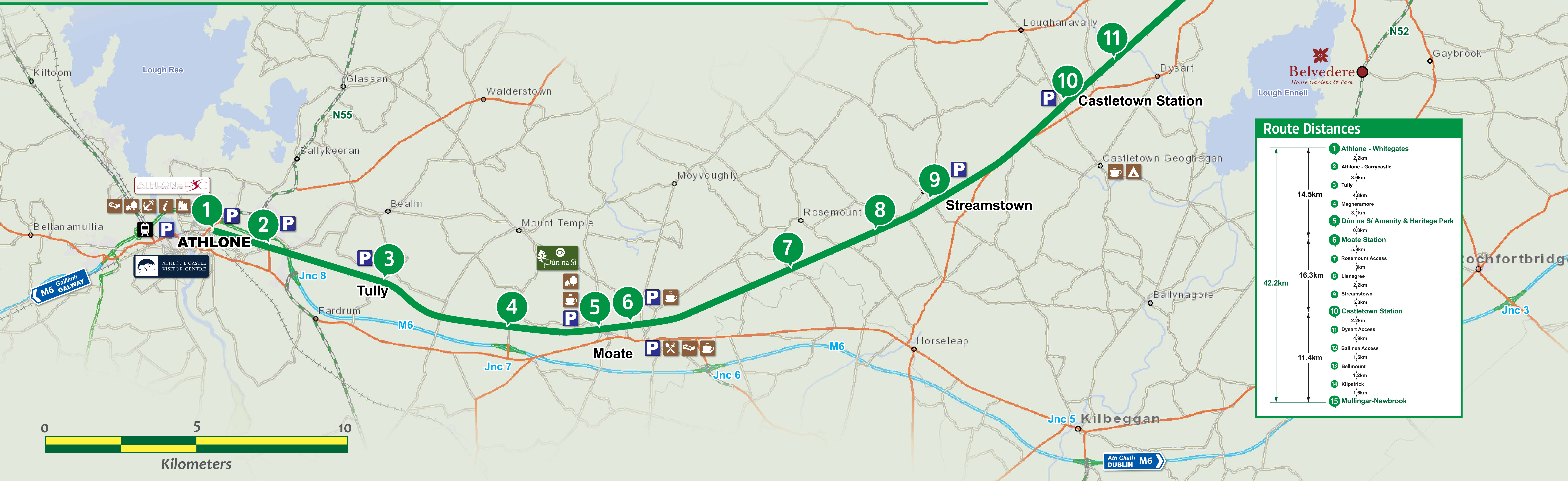
LEAVE NO TRACE
www.leavenotraceireland.org

For more information visit
greenway.westmeathcoco.ie

For further local information please contact Westmeath County Council
04493 32000

ireland leave no trace

Route Distances

	1	Athlone - Whitegates
		2.2km
	2	Athlone - Garrycastle
14.5km		3.0km
	3	Tully
		4.8km
	4	Magheramore
		3.1km
	5	Dún na Sí Amenity & Heritage Park
		0.8km
	6	Moate Station
		5.8km
	7	Rosemount Access
16.3km		3km
42.2km	8	Lisnanagh
		2.2km
	9	Streamstown
		5.3km
	10	Castletown Station
		2.2km
	11	Dysart Access
		4.9km
11.4km	12	Ballinea Access
		1.5km
	13	Bellmount
		1.2km
	14	Kilpatrick
		1.6km
	15	Mullingar-Newbrook

1-6 Athlone to Moate

Distance 14.5 km
To Suit
This trail is suitable for family groups of all ages and all types of bikes.
Minimum Gear
Helmet, bike, walking shoes, raingear, snacks, a drink and mobile phone
Services
Services available at 2, 5 and 6.
Description
Purpose built off-road shared pedestrian and cycleway trail, along disused railway track. Generally flat, smooth sealed surface with the exception of a surfaced dressed 2km stretch between 2 and 3. This surface dressed section runs over the Crosswood bog area, which lies on approximately 6m of peat. There is also direct access to Dún na Sí Amenity & Heritage Park at 5, which consists of a café and an exciting range of recreational, educational, environmental, cultural and historic activities.

6-10 Moate to Castletown

Distance 16.3 km
To Suit
This trail is suitable for family groups of all ages and all types of bikes.
Minimum Gear
Helmet, bike, walking shoes, raingear, snacks, a drink and mobile phone
Services
Services available at 6 and 10.
Description
Purpose built off-road shared pedestrian and cycleway trail, along disused railway track. Smooth sealed surface generally flat with some gentle slopes. This section of the Midlands Great Western Railway passes through the old stations at 6, 8 and 9.

10-15 Castletown to Mullingar

Distance 11.4 km
To Suit
This trail is suitable for family groups of all ages and all types of bikes.
Minimum Gear
Helmet, bike, walking shoes, raingear, snacks, a drink and mobile phone
*Services*
Services available at 10 and 15.
Description
Purpose built off-road shared pedestrian and cycleway trail, along disused railway track. Smooth sealed surface generally flat with some gentle slopes. There is access to the Royal Canal Greenway at 13 and 14 which link to Abbeyshrule and Ballymahon. There is also access to Maynooth via the Royal Canal Greenway at 15.

MAP LEGEND
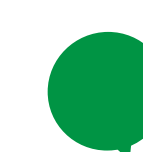
🔻 You are here   🟢 Access Points

- Accommodation
- Café/Restaurants
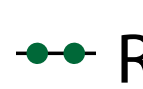- Camping
- Castle
- Marina
- Parking
- Picnic Area
- Refreshments
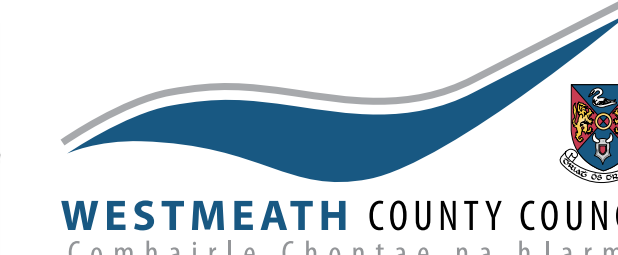- Tourist Information
- Train Station
- Royal Canal Greenway
- Royal Canal

An Roinn Iompair, Turasóireachta agus Spóirt
Department of Transport, Tourism and Sport

WESTMEATH COUNTY COUNCIL
Comhairle Chontae na hIarmhí

smartertravel >>>

Royal Canal Greenway

ACCESS Royal Canal Greenway

MULLINGAR

Castletown Station

Streamstown

Moate

Tully

ATHLONE

Dún na Sí

Belvedere House Gardens & Park

Kilometers
0   5   10