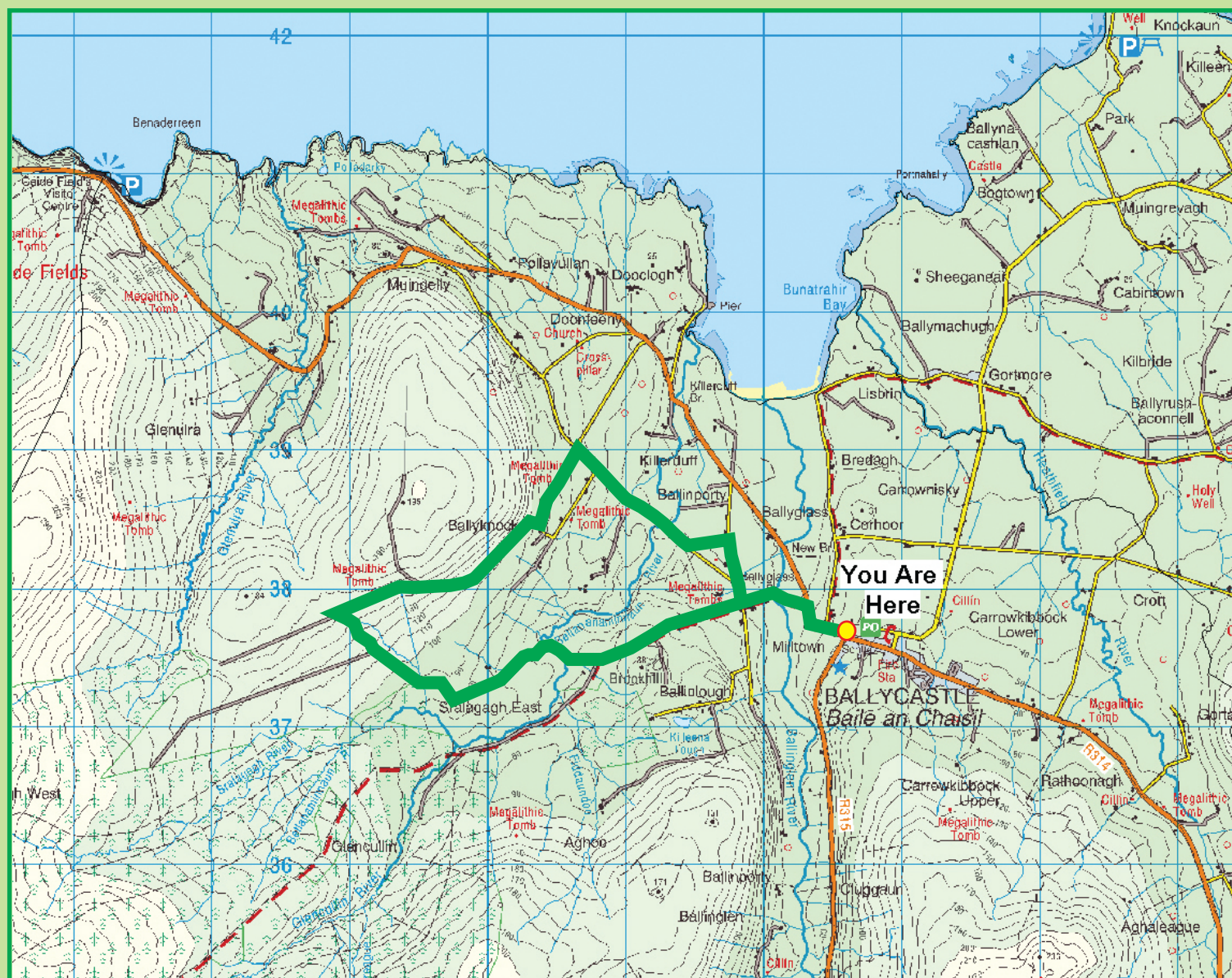




# Ballycastle Loop Walk



**LEAVE NO TRACE**

**Principles of Outdoor Ethics**

Please adhere to this code in any trips to the outdoors

- 1. PLAN AHEAD AND PREPARE**  
Be sure you are able for the level of walk you propose to take and that you have the correct equipment for the terrain. Follow all safety instructions that may be posted along the route. Check the weather forecast and always be prepared for changing weather conditions. Leave details of your plans with somebody and don't forget to contact that person later to say that you have returned safely.
- 2. DISPOSE OF WASTE PROPERLY**  
'Pack It In, Pack It Out'. Bring home all litter and left over food including biodegradable waste.
- 3. LEAVE WHAT YOU FIND**  
Respect property. For example, farming or forestry machinery, fences stone walls etc. Leave gates as you find them (open or closed). Preserve the past examine – but do not damage – archaeological structures, old walks and artefacts. Conserve the present: leave rocks, plants and other natural objects as you find them.
- 4. RESPECT WILDLIFE AND FARM STOCK**  
Dogs should be kept under control at all times and should not be brought onto hills or farmland.
- 5. BE CONSIDERATE OF OTHERS**  
Respect the people who live & work in the countryside. Park appropriately – avoid blocking gateways forest entrances or narrow roads. Let nature's sound prevail. Keep noise to a minimum.
- 6. TRAVEL ON DURABLE SURFACES**  
Durable surfaces include established trails and forest roads. Aim to leave your picnic site as you would like to find it.
- 7. MINIMISE THE EFFECTS OF FIRE**  
Fires can cause lasting impacts and are dangerous to forests especially in late spring. Where fires are permitted, use established fire rings, barbecues or create a mound fire. Do not burn plastics or other substances which emit toxic fumes. Dispose of ash carefully.

## At a Glance

|                          |                                      |
|--------------------------|--------------------------------------|
| Trail Name:              | Sralagagh LoopWalk                   |
| Trailhead / Start Point: | Ballycastle                          |
| Distance:                | 9.5 km                               |
| Trail Waymarking:        | Green                                |
| Terrain:                 | Country Lanes,<br>Sandy Paths        |
| Level of Difficulty:     | Easy - Moderate                      |
| Minimum Gear:            | Walking Shoes & Raingear             |
| Map Reference:           | OS Discovery Series<br>Sheet 22 & 23 |

The Ballycastle "Sralagagh Loop Walk" was developed in partnership with Ballycastle Local Community, Local Land Owners, Mayo County Council, North East Leader Company and the Local Rural Social Scheme.

Further details about walking in Mayo including downloadable maps & brochures are available on [www.mayowalks.ie](http://www.mayowalks.ie)