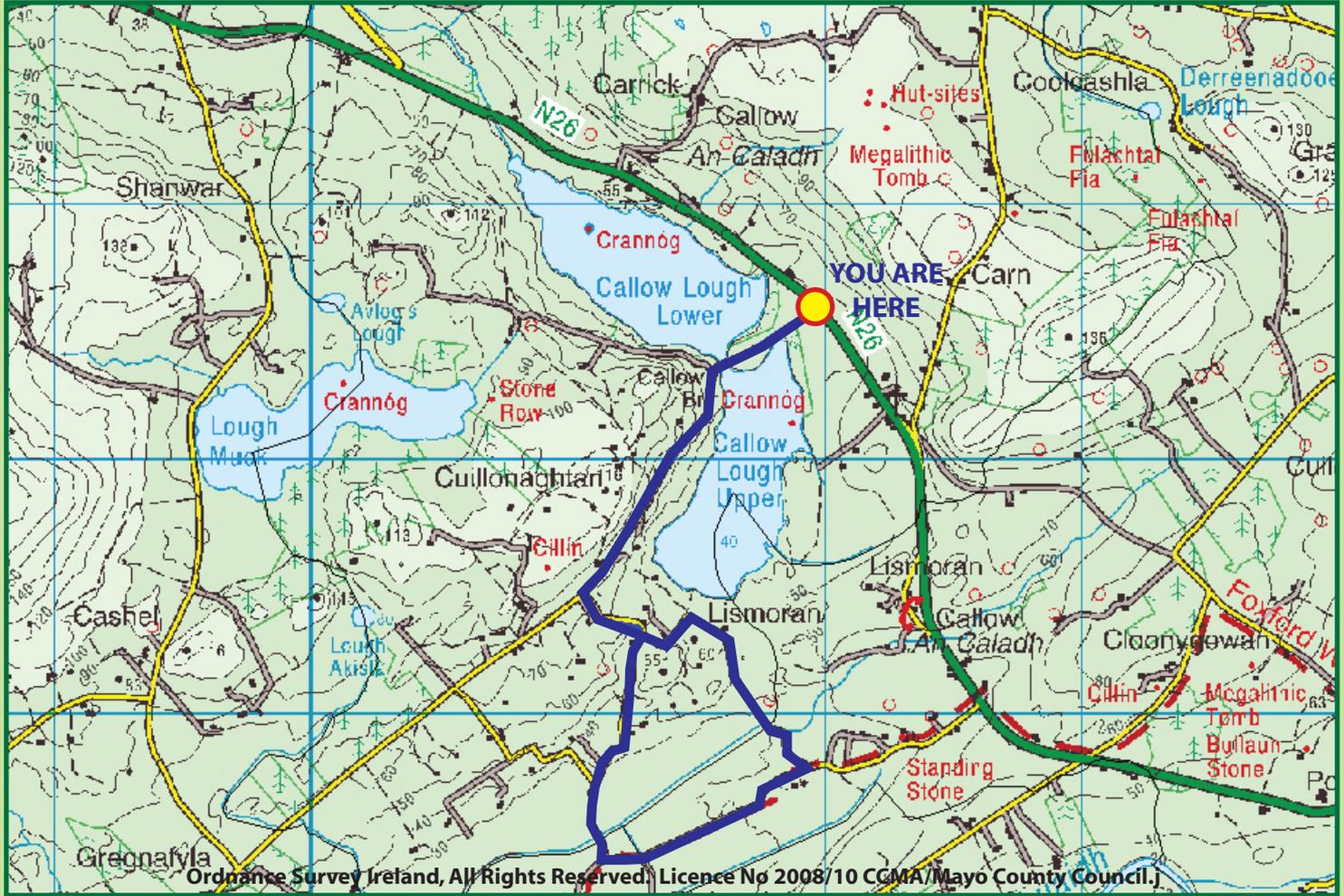




# Lough Callow Loop Walk



**At a Glance**

**Name:** Lough Callow Loop Walk

**Trailhead / Start Point:** Pier at Lough Callow

**Car Parking:** Parking available for 5 - 6 cars

**Distance:** 6.5 kms

**Estimated Time:** Approximately 2 hours

**Trail Waymarking:** Blue

**Terrain:** Country Lanes & Sandy Stony Paths

**Level of Difficulty:** Moderate

**Minimum Gear:** Walking Shoes & Raingear

**Os Discovery Map:** Sheet No 31

**Think Safety!**

- This route is shared with vehicles – be aware!
- Plan ahead and be prepared!
- Keep children under close supervision
- Take adequate Clothing, food and fluid
- If you do encounter difficulties, contact the emergency services on 999

The Lough Callow Loop Walk was developed in partnership with Mayo North East Leader Partnership Company Teoranta, Mayo County Council, Mayo County Development Board, Local Rural Social Scheme and the local Community. Further details about walking in Mayo including downloadable maps & brochures are available on [www.mayowalks.ie](http://www.mayowalks.ie)

**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.