



Bóithre Portaigh Sheana Mhach - Seana Mhach Bog Trails



1

Bealach Sheana Mhach

Fad / Distance	7.00 Km			
Grád / Grade	Measartha / Moderate			
Dath / Colour	Corcra / Purple			
Aird / Elevation	37 m			
Am Measta / Estimated Time	Siúl / Walking 2.0-2.5 uair / hrs Rothaíocht / Cycling 1.5 uair / hrs			

2

Lúibín Loch Bhárr an tSrutháin

Fad / Distance	2.69 Km			
Grád / Grade	Measartha / Moderate			
Dath / Colour	Glas / Green			
Aird / Elevation	27 m			
Am Measta / Estimated Time	Siúl / Walking 0.75-1.0 uair / hrs Rothaíocht / Cycling 0.5-0.75 uair / hrs			

3

Lúibín Loch na mBruaichíní

Fad / Distance	3.35 Km			
Grád / Grade	Measartha / Moderate			
Dath / Colour	Gorm / Blue			
Aird / Elevation	29 m			
Am Measta / Estimated Time	Siúl / Walking 0.75-1.0 uair / hrs Rothaíocht / Cycling 0.5-0.75 uair / hrs			

4

Lúibín na Spéartha Dorcha

Fad / Distance	6.35 Km				
Grád / Grade	Measartha / Moderate				
Dath / Colour	Oráiste / Orange				
Aird / Elevation	39 m				
Am Measta / Estimated Time	Siúl / Walking 2.0-2.5 uair / hrs Rothaíocht / Cycling 1.25-1.5 uair / hrs				

Eolas

Tuairisc	Conair ilúsáide roinnte (siúl & rothaíocht) ina bhfuil conairí lúbtha agus líneacha.
Tús na Siúlóide	Tús na Siúlóide ó dheas: 53.29743, -9.54890 Tús na Siúlóide ó thuaidh: 53.33001, -9.54184
Baile	Sráidbhaile Chasla 1.30 Km Stad Bus # 531791
Seirbhísí	Páirceáil carranna ag an dá Tús na Siúlóide. Siopaí, bialanna/café laistigh d'achar siúlóide (1.5km) ó na cosáin.
Nóta	Chun eolas slatiascaireachta a fháil, téigh go www.fishinginireland.ie

Information

Format	Shared multi-use trail (walking & cycling) comprising of looped and linear trails.
Trailheads	Trail Head South: 53.29743, -9.54890 Trail Head North: 53.33001, -9.54184
Town	Casla Village 1.30 Km Bus Stop ID 531791
Services	Car parking at both trail heads. Shops, restaurants/café within walking distance (1.5km) of the trails.
Note	For angling information go to www.fishinginireland.ie

Forbhreathnú

Tacaíonn ceantar Sheana Mhach le raon éagsúil gnáthóga, lena n-áirítear laigeacha fairsinge gairbhéil agus draighean. Tá sé tábhachtach go náisiúnta don Ghóilín Geal Órga (Greenland White-fronted Goose) agus soláthraíonn sé láithreacha hníomhnóireachta do na Ploibhín Órga (Golden Plover). Tá an córas abhann agus locha mar chuid de limistéar Chuan Chasla. Chomh maith leis sin, meastar an réigiún a bheith ina cheann scríbe tosaigh d'iascaireacht bradán agus breac geal, ar a dtugtar "shneachta i gcórán" "An tSeoid sa Choróin" go minic ar go háitiúil.

Tugann na cosáin i Seana Mhach radharcanna iontach ar Loch Ghleann Mhac Muirinn, ar na Máim Toirc, raon sléibhe na Beanna Beola agus ar Chuan Chasla. Le linn míonna an earraigh, baintear móna le láimh go traidisiúnta sa cheantar.

Overview

The area of Seana Mhach supports a variety of habitats, including extensive blanket bog and heath. It is nationally important for the Greenland White-fronted Goose and provides nesting sites for the Golden Plover. The river and lake system forms part of the Casla Bay catchment area. Furthermore, the region is considered a prime destination for salmon and sea trout fishing, often referred to as the jewel in the crown of the area.

The trails in Seana Mhach offer spectacular views of Loch Ghleann Mhac Muirinn, the Maamturks, the Twelve Pins Mountain range, and Casla Bay. During the spring months, peat cutting by hand is traditionally carried out in the area.

Sábháilteacht

Grád	Meascán de dhreapadh agus fánaí le fánaí measartha. D'fhéadfadh an dromchla a bheith scaoilte, míchothrom nó láibeach ó am go ham.
Tír-raon	Dromchla gairbhéil, roinnt tarra agus scealp agus clárchosáin comhdhéileach.
Trealamh Iosta	Bróga oiriúnacha, rothar sléibhe/híbrid, clogad, fón póca, sneaiceanna, leachtanna agus éadaí uiscdhíonacha.
Éigeandáil	Déan teagmháil le 112 nó 999 Difibrilítoir: Éirchód H91AH27
Ainmhithe	Beostoc sa cheantar, Madra ar luaidhe i gcónaí.

Safety

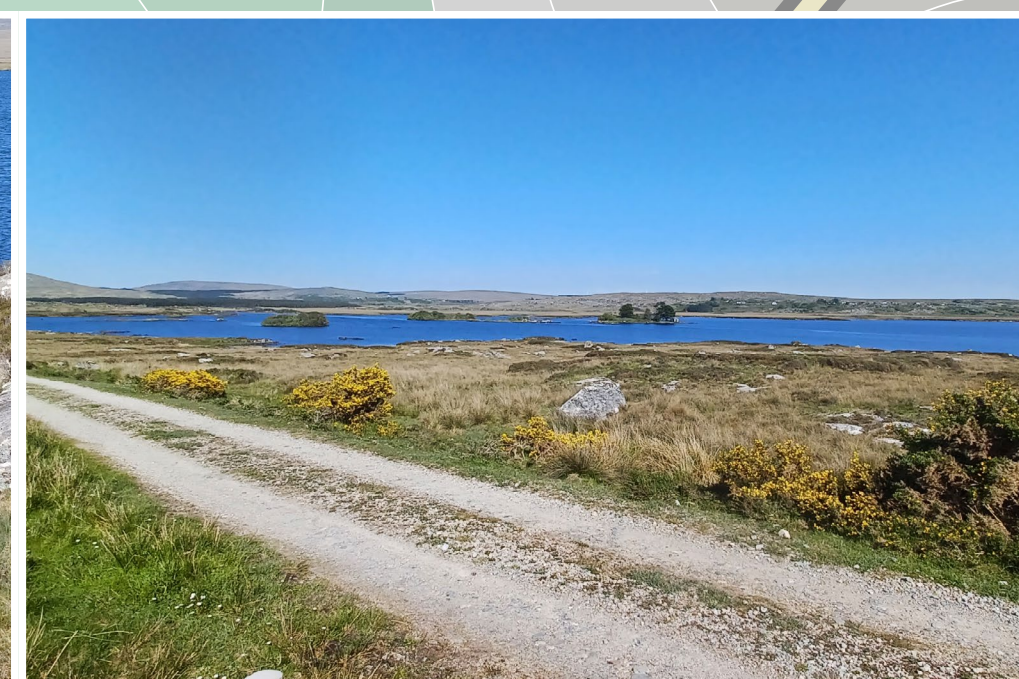
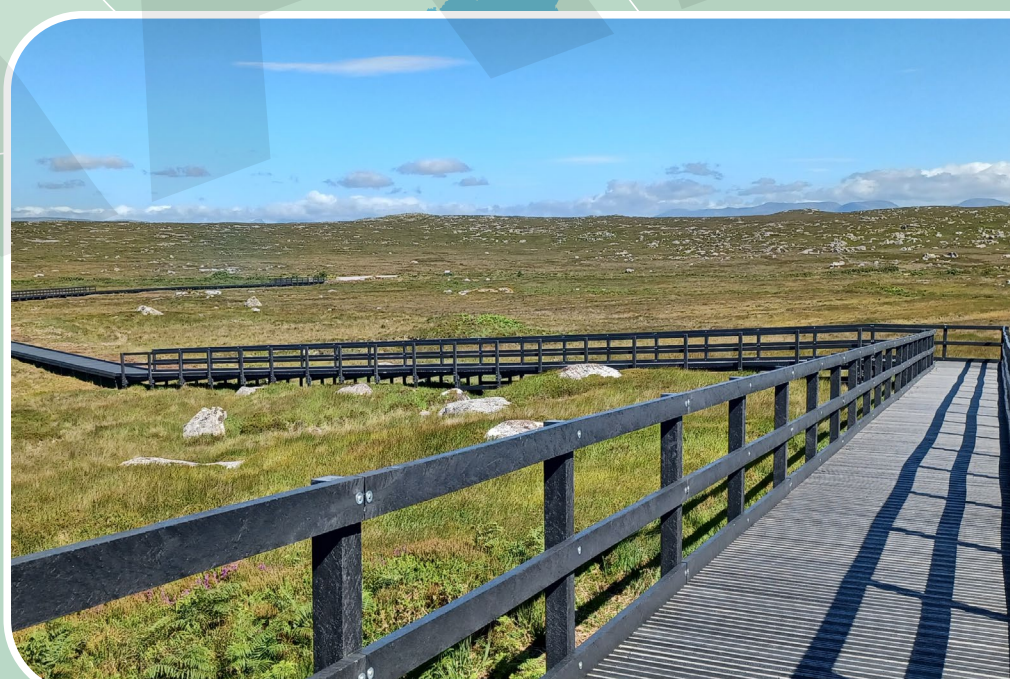
Grade	A mixture of climbs and descents with moderate gradients. Surface might be loose, uneven or muddy at times.
Terrain	Gravel surface, some tar and chip and composite boardwalk.
Minimum Gear	Suitable foot ware, mountain/hybrid bike, helmet, mobile phone, snacks, fluid and waterproofs.
Emergency	Contact: 112 or 999. Difibrilítoir: Eirchód H91AH27
Animals	Livestock in the area, Dog on lead always.

PRIONSABAIL "FÁG NÁ AISTIR"

1. Pleanáil roimh ré agus ullmhaigh.
2. Bí tuiscianach le daoine eile.
3. Meas ar ainmhithe feirme agus ar fiadhúlra.
4. Taistil agus campáil go freagrach.
5. Fág an méid a fhaigheann tú.
6. Faigh réidh le dramhaíl i gceart.
7. Cosáin an dúlra ó thine.

THE 7 PRINCIPLES OF LEAVE NO TRACE

1. Plan Ahead and Prepare.
2. Be Considerate of Others.
3. Respect Farm Animals and Wildlife.
4. Travel and Camp Responsibly.
5. Leave What You Find.
6. Dispose of Waste Properly.
7. Protect Nature from Fire.



Rialtas na hÉireann
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2040

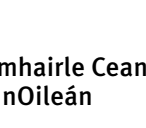
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Údarás na Gaeltachta



Comhairle Ceantar na nOileán



Comhairle Chontae na Gaillimhe
Galway County Council



Páirc Ghaoithe na Gaillimhe
Galway Wind Park

