

# BURRISHOOLE LOOP WALKS

Walking in the West of Ireland

## MULRANNY



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### 1 Mulranny Sand Dune System

The Mulranny Sand Dune System extends from Mulranny salt marsh to Rosmurrevagh peninsula covering an area of some three hundred acres. It contains a rich diversity of habitats from seashore to dunes and coastal grassland, as well as saltmarsh, bog, fen and machair. 'Machair' is derived from the celtic word 'maghera' meaning sandy seashore plain. It is one of the rarest habitats in Europe and is world famous for its wild flowers.

### 2 Nephin Beg Mountain Range

Nephin Beg Mountain Range is a Special Protection Area (SPA) for birds. It forms one of the largest, relatively intact, blanket bogs in the country stretching from the peaks of Nephin Beg to the flood plains of the Owenduff River. The site is famous for red grouse and supports breeding populations of golden plover, merlin and peregrine falcons.

### 3 Corraun Plateau

Corraun Plateau situated west of Mulranny is a Special Area of Conservation (SAC) and is dominated by wet and dry heath with several blanket bog types present. These, together with a variety of other habitats, support a diverse community of plants and wild life.

### 4 Mulranny Woodlands

Mulranny Woodlands are made up of birch, hawthorn, rowan, scots pine, hazel, sycamore, ash and oak. The woodlands are surprisingly rich in birdlife and include goldcrest, tree creeper and spotted flycatcher.

### 5 Clew Bay

Clew Bay is a wide shallow bay overlooked by Croagh Patrick and renowned for its multitude of drowned drumlins. This unique landscape is a Special Area of Conservation (SAC) and features a number of important wildlife habitats including lagoons, Atlantic salt marshes, machair and sand dunes. The bay is an important habitat for young Atlantic salmon, sea trout, otter and harbour seal. It supports a wide variety of marine bird species including brent geese and breeding populations of cormorant and Arctic tern.

### 6 Oileán Oona Island

Oileán Oona Island in Mulranny was used as a communal burial ground during An Gorta Mór (the Great Famine) from 1846 to 1848. "How many lie buried in the strand at Mulranny we could not count. Who they were, God alone knows. There they rest, the fever of life over, the ebbing and flowing tides ever murmuring their requiem" Pádraig Ó Móráin

## Lookout Hill loop

Distance: 6 km  
 Highest point: 80 metres (Behind the Hotel)  
 Trail Surface: Bog paths, woodland paths & open countryside  
 Difficulty: Moderate (includes 3 short uphill sections)  
 Duration: 2 - 3 hours  
 Trailhead: Mulranny - GPS 53.897678, -9.784402



6 Km

Starting at Mulranny beach the loop heads west towards Corraun, Follow the red arrows uphill along the 'Booster station' road before turning right onto a bog track which offers great views of Clew bay and the islands. Passing by Mulranny church a circular path brings you around a wooded hill to a picnic table on top, from here you emerge onto the Greenway, over a railway bridge & uphill to a viewing point behind Mulranny Hotel, this uphill section contains native Irish woodland & the elusive wild Irish goats also inhabits the area. Once you get to the high point (80m) you have an easy descent towards the hotel and return to the beach via the causeway.

## Causeway loop

Distance: 4 km  
 Highest point: 60 metres (Behind the Hotel)  
 Trail Surface: Bog paths, woodland paths & open countryside  
 Difficulty: Moderate (includes 2 short uphill sections)  
 Duration: 1 - 2.5 hours  
 Trailhead: Mulranny - GPS 53.897678, -9.784402



4 Km

The Causeway loop walk follows the Lookout Hill loop up to where you reach the Greenway; when you reach the Greenway the trail brings you to the grounds of the Mulranny hotel. The trail then descends through some woodland onto the causeway and along the Mulranny salt marsh; finishing back to the beach. This is the easier of the two loops but does offer a variety of terrain, including woodland and great viewing points.



Beach



Bellacragher Bay



Peregrine Falcon