

THE SUCK VALLEY WAY

Self-guided walking 2007

The Suck Valley Way on the borders of West Roscommon and East Galway, incorporating part of the O'Sullivan Bere Way, offers you an opportunity to experience the beauty, peace and tranquillity of this oval shaped walk.



The route offers an attractive and varied countryside and passes over hillsides, through forest, woodlands, bogland and along banks of the River Suck and its many lakes and through open countryside. There is a wide range of historical and archaeological sites en route, including a unique La Tene Stone dating back to the Iron Age. For naturalists and wildlife enthusiasts it is a real haven, offering a rich variety of flora and fauna.

You will stay in B&Bs along the route. All rooms are en-suite, meals are excellent, and the scenery could not be better.

Your luggage will be transferred and you will be brought to the different starting points for your walks, from where you will go along tracks, with the help of maps supplied and walk description.

Duration:	7 days (6 nights)
Tour Dates 2006:	ANY DATE (April - October)
Level:	Easy
Equipment:	You are provided with route notes and maps, but correct rainproof gear and walking boots are essential to bring with you.
Accommodation:	Selected B&B's
Meals:	6 Irish breakfasts, 6 dinners, 5 packed lunch
Transfers:	Transfers to and from walks.
Miscellaneous:	Route note and map
Meeting Point:	Castlerea
Departure Point:	Castlerea



PRICE 2007:

Price per adult €625.00 per person sharing

All prices are in EURO, and based on per person sharing. Per person sharing means two people in one room.
Single Room supplement is applied when people require a room for themselves as part of a booking of two or more.
Single Room Supplement €100.00 per person



DAILY ITINERARY

DAY 1

Arrival in the small town of Castlerea. If you arrive in the train or bus station we will collect you and bring you to the B&B for your first night. If time allows you may consider visit of Clonalis House, a 19th century mansion open to the public. Please be back at your B&B 19.00 for your dinner. Your maps and starter pack will be awaiting you there.

DAY 2 Castlerea – Donamon (20km)

Start on the way of the Suck Valley Way. On the way you will pass Ballintubber village with its castle originally built by the O'Connor clan in the 13th century. Stay the night in B&B near the village of Dunamon, where dinner will be served for you.

DAY 3

Continue on your way passing Castlecoote where you can see an old watermill, through meadows beside the river to Castlestrange. The La Tene stone located here is of interest (it is more than 200 years old). Following the river bank you will reach the town of Athleague, where you will stay in B&B (dinner included) distance 18km

DAY 4

The way goes easily through fields and along minor roads following the bends of the river first to Mount Talbot before heading for a stretch of raised bog, where turf is still cut by bog, and then into the woods of the desmesne of Aughane Castle. You will pass what is left of Abbey Grey Fort (destroyed by Cromwell) before arriving in Mount Mary and your B&B – distance 20km.

DAY 5

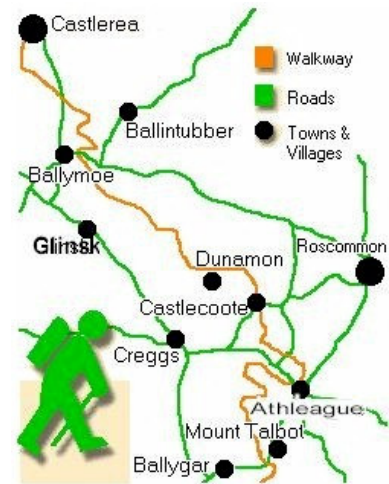
Mount Mary with 164m is the highest point of the Walk. You will pass the village of Cregg (with its monument to Charles Parnell Stuart). On the way you will also pass many ringforts and Lough Doo and Lough Lough before arriving at Glinsk, where you stay in B&B – distance 20km.

DAY 6

If you like a walk round Glinsk Heritage Park is worth while. The way continues through a mixture of pasture and bogland to Ballymoe and further north back to Castlerea. Castlerea was the birthplace of Sir William Wilde, husband of "Speranza" and father of Oscar Wilde, and in his own right a noted antiquary. Stay in B&B in Castlerea – distance 22km.

DAY 7

Breakfast, followed by departure!



Please be aware that the programme given for this tour is strictly intended as a guide only and may not be fully adhered to. Climatic conditions, safety regulations and travel options may subject the programme to changes and/or modifications without due notice, at any time.

In such case, Killary Tours reserves the right to make any necessary decisions.

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