



Free Regional Map

Sligo & Mayo



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Discovering Sligo & Mayo



The captivating landscape and dramatic coastline of Sligo and Mayo on the Wild Atlantic Way will stop you in your tracks with their unspoilt beauty and their history as deep as the land. These coastal counties are packed with memorable experiences wrapped up in unforgettable landscapes.

Sligo's stunning landscapes, world class waves, buzzing towns and captivating history have beguiled poets and painters for generations. Discover the peaceful Innisfree that inspired the poetry of William Butler Yeats or visit the lively port town of Sligo to discover its narrow streets abuzz with restaurants, traditional pubs, music and charm.

The iconic Benbulbin with its distinctive flat peak is never too far from view: explore the trails around its base or see where the Spanish Armada ran aground from Streedagh Beach. Wander the gardens of the majestic Lissadell House with the beautiful and diverse setting of sea, woodlands and mountains or discover the ancient secrets of Carroneekel and Carrormore, megalithic sites that were built long before the pyramids of Egypt.

Sligo's collection of hiking trails and waterways make it a paradise for walkers and anglers, while its sculpted coastline is dotted with beautiful beaches like Easky, Inishcrone and Strandhill with some of the best waves for surfers in Europe.

Neighbouring Mayo is a magical place of stone-walled fields, heather covered moors, and dramatic cliffs with a rich prehistoric past. Wander down the colourful tree-lined streets of Westport, an elegant Georgian town, or join The Great Western Greenway which hugs the breath-taking coastline of Clew Bay. Arrive in must-see Achill Island, home to many picture-perfect Blue Flag beaches, ideal for a refreshing dip. Don your hiking boots and explore the Croaghnaun cliffs, some of Europe's highest sea cliffs.

Explore the stone houses and megalithic tombs of the Céide Fields, perhaps the world's most extensive Stone Age monument or uncover the county's history in museums like the Jackie Clarke Collection in Ballina or the National Museum of Ireland, Turlough Park near Castlebar.

Make time to enjoy one of Mayo's undiscovered treasures in Wild Nephin National Park, made up of one of the largest areas of blanket bog in Europe. Hop on a boat to visit another great Mayo island, Clare Island, the former home of the famous pirate queen Gráinne Mhaol. Standing sentinel over them all is Ireland's most sacred and iconic mountain, Croagh Patrick, where St Patrick is said to have fasted for 40 days. Conquer its challenging ascent and you'll be rewarded with stunning views over magnificent Clew Bay.

Activities & Adventure Sligo

7th Wave Surf School

www.surfsligo.com
Surfing,
Enniscrone, County Sligo.

Atlantic Sheepdogs

www.atlanticsheepdogs.ie
Sheepdog demonstrations.
Grange, County Sligo.

Atlantic Surf School

www.atlanticsurfschoolstrandhill.ie
Surfing lessons.
Strandhill, County Sligo.

Beach Bar Surf School

www.beachbarsurfschool.eu
Surfing lessons.
Aughris Head, County Sligo.

Carriga Climbing

www.carrigacimbing.com
Rock climbing,
County Sligo.

Enniscrone Boat Tours

<https://enniscroneboatstours.ie>
Boat tours of Sligo's coast.
Enniscrone, County Sligo.

Ewing's Sea Angling and Boat Charters

www.sligobatcharters.com
Fishing trips, boat trips.
Rosses Point, County Sligo.

Funny Bones

www.funnybones.ie
Children's activity centre, karting,
wall climbing.
Collooney, County Sligo.

Harbour SUP & Sail

www.harboursupsail.com
Stand-up paddling, sailing.
Enniscrone, County Sligo.

High Hopes Hiking

www.highhopesmountaintreks.com
Guided hikes of Benbulbin.
County Sligo.

Kiwi Girl Mullaghmore

www.kiwigirlmullaghmore.com
Wildlife & scenic boat tours, fishing
trips.
Mullaghmore, County Sligo.

North West Adventure

www.northwestadventuretours.ie
White-water rafting, wilderness
camping, abseiling.
Ballinacree, County Sligo.

Northwest Adventure Tours

www.northwestadventuretours.ie
Biking, hiking, stand-up
paddling tours.
Sligo Town.

North West Surf School

www.nwsurfing.com
Surfing.
Enniscrone, County Sligo.

Rebelle Surf

www.rebelleurf.com
Surfing.
Strandhill, County Sligo.

Rose of Innisfree

www.roseofinnisfree.com
Pleasure cruise on Lough Gill.
Doory Park, Sligo Town.

Seatrails

www.seatrails.ie
Guided walking tours.
Sligo Town.

Sligo Aero Club

www.sligoaeroclub.com
Flying lessons.
Strandhill Airport, County Sligo.

Sligo Bay SUP

www.sligobaysup.ie
Stand-up paddling.
County Sligo.

Sligo Craft Trail

www.madeinsligo.com
Network of craft producers with
tours available.
Sligo Town.

Sligo Food Trail

www.sligofoodtrail.ie
Food trails and tours.
Sligo Town.

Sligo Kayak Tours

www.sligokayaktours.com
Guided tours.
Sligo Town, County Sligo.

Sligo Oyster Experience

www.sligooystereperience.ie
Oyster farm tours and tastings.
Strandhill & Sligo Town.

Sligo Surf Experience

www.sligosurfexperience.com
Surfing.
Strandhill, County Sligo.

Sligo Walking Tour

www.sligowalkingtours.com
Walking tours of Sligo.
Sligo Town.

Strandhill Surf School

www.strandhillsurfschool.com
Surfing.
Strandhill, County Sligo.

Taste of Sligo Food Tours

www.tasteofsligo.ie
Foodie tour of Sligo.
Sligo Town.

Walking Tour of Sligo

www.discoverireland.ie
Courtsey walking tour of Sligo,
provided by Sligo Tourist
Development Association.
Sligo Town.

WaterPoint

www.waterpoint.ie
Funzone, climbing wall, 65m
waterslide.
Enniscrone, County Sligo.

West Coast Kayaking

Find us on Facebook
Kayaking trips.
Mullaghmore, County Sligo.

Wild Atlantic Outdoors

www.wildatlanticoutdoors.com
Kayaking, hill walking, coasteering,
scuba diving, rock climbing.
County Sligo.

Wilderness Ireland

www.wildernessireland.com
Walking, cycling, kayaking.
Collooney, County Sligo.

Wild West Sailing

www.wildwestsailing.com
Sailing trips along the coast.
County Sligo.

Wild Wet Adventures

www.wildwetadventures.ie
Kayaking, stand-up paddling,
guided walks.
Ballymote, County Sligo.

Your Wellbeing Warrior

www.yourwellbeingwarrior.com
Outdoor yoga with hiking and
surfing.
Strandhill, County Sligo.



Keel Beach, Achill Island, Co. Mayo
© Fáilte Ireland

Clare Island

Famed as home of the Pirate Queen of Clew Bay, Grace O'Malley (Graunaile), Clare Island has a much more genteel reputation nowadays. The island is a magnet for those in search of a more relaxed way of life. It is home to an array of looped walks while the views from the peak of Knockmore are simply breathtaking. Anglers, scuba divers and naturalists love Clare Island which has a beautiful beach at the harbour offering a spectacular view for visitors landing on the island.

Getting there: Clare Island Ferry Company (www.clareislandferry.com), O'Malley Ferries (www.omalleyferries.com), Clare Island Ferry Company (www.clareislandferry.com)

Inish Turk

'Turk' is a hugely popular destination both with visitors from nearby counties in the West of Ireland and from further afield. It is no surprise that people feel the need to return to 'Turk'. It has that charm that allows the visitor to switch off from the stress and strains of everyday life. But there's more to it than 'stress free living'... Inish Turk has an array of archaeological sites along with incredible bird life and flora.

Getting there: O'Malley Ferries (www.omalleyferries.com), Clare Island Ferry Company (www.clareislandferry.com)

Inishbiggle / Inis Bigil

In English it means 'Island of the fasting' and it is located just 90 metres from Achill Island. But such proximity does not take from its unique identity and its small community remains committed to traditional fishing and farming methods. Inishbiggle has looped walks that start at the Bullsmore and they are loved by visitors. The strong currents means access during winter months can be problematic.

Walking & Cycling in Mayo

Plot a route through Mayo, with a range of looped walks, greenways, multi-day treks, forest trails, riverside rambles, off the beaten tracks and lakeside shores to explore.

Sligo Town Centre



Mullaghmore Head, Co. Sligo
© Tourism Ireland

WILD ATLANTIC WAY

SLÍAN AN TAIGHGHI FHÁIN

Discover the Wild Atlantic Way route where 2,500km of spectacular coastline awaits! Sligo & Mayo's section of this world renowned route has three Signature Discovery Points:

Mullaghmore Head (Co. Sligo)

Escape to the small fishing village that should be on any outdoor enthusiast's itinerary, especially for those chasing the next big wave. The sandy beach stretches as far as the eye can see, ideal for a spot of swimming or taking in the panoramic view of Sliabh Liag in Donegal across the bay.

Downpatrick Head (Co. Mayo)

Jutting out into the ocean and rising almost 40m above the waves, it provides unparalleled views of the Atlantic, including the unique collection of islands known as the Staggs of Broadhaven and the nearby Dún Briste sea stack.

Keem Bay (Co. Mayo)

A sheltered rural beach surrounded by cliffs on Achill, Ireland's largest island. It's located at the head of a valley between the cliffs of Benmore and Croaghnaun Mountain. To reach this idyllic spot just follow the Atlantic Drive to Keel and continue westward via a cliff-top road with spectacular views of the Atlantic Ocean beneath.



For personalised advice and information, talk to us or visit us online!



Tourist Information Centres:

Sligo Town, O'Connell St, F91 VAK2.

Westport, Town Hall Theatre, F28 R240.



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Yeats Country

W.B. Yeats and his brother Jack spent much of their childhood in Sligo. The outstanding local scenery provided much of the inspiration for their poetry and painting. A selection of Jack B. Yeats paintings can be seen at The Model, Home of The Niland Collection. W.B. Yeats loved Sligo so much that he requested to be buried *Under Bare Benbulbin Head* - and his grave can be visited in the old monastic site of Drumcliffe. The Yeats Building hosts permanent exhibitions relating to the life and works of Yeats. Every year the Yeats International School is held in July along with the Tread Softly Festival.

Surfing in Sligo

The towns and beaches of Sligo welcome surfers of all levels with open arms. With so many wonderful surf schools and traditional pubs to warm up in afterwards, you will be spoilt for choice!

Strandhill (8km west of Sligo Town) is one of the most popular surf villages in the country and is also home to the National Surf Centre which offers fantastic surfing facilities for both operators and visitors. To the west of the county, more advanced surfers will be drawn to the two reef breaks at **Easky**, whereas beginner surfers can safely practice their skills on the fabulous **Inishcroe beach**.

Streedagh beach (18km north of Sligo Town) is another popular surfing spot. This exposed beach together with reef breaks creates ideal conditions for enjoying the waves. A little further north is **Mullaghmore Head**, Ireland's most popular big wave surfing spot and is for experts only!

Coolaney Mountain Bike Trails

A spectacular network of purpose-built singletack trails and forest roads on waymarked circular routes of between 3km and 22km. The trails take riders through forest and heathland with incredible views northwards over Ballisodare and Sligo Bays and up to Slieve League in Donegal. Continue to open up views across Co. Sligo, the Darry Mountains and 'Yeats Country'.

Walking in Sligo

With over 300km of tracks and trails to suit all levels, feel refreshed on a coastal walk from Aughris to Dunmoran, hike up Knocknarea Mountain, explore the Caves of Keash or enjoy the spectacular view from the Rock in Union Woods. Take on the 80km long Sligo Way or stroll around Hazelwood Forest, discover Ballymote on the heritage trail or marvel at Ireland's highest waterfall at the Devil's Chimney. More information: www.sligowalks.ie

Hidden Gems

The **Glen** is a narrow, deep and long chasm on the south face of Knocknarea, about 8km west of Sligo Town and is one of the most interesting natural phenomena on the Coolera Peninsula.

Glenniff Horseshoe is a single lane 10km route north of Sligo Town, brimming with breath-taking scenery as the Darry Mountains tower above you on either side, including Benbulbin and Truskmore. The Magic Hill is under the shadow of Tievebaun Mountain, where if you park your car, let the handbrake off, your car will magically free-wheel uphill. Drive with caution.

Devil's Chimney is about 12km northeast of Sligo Town. Overlooking Glencar Lake, it is one of the highest waterfalls in Ireland and is most spectacular during or after periods of heavy rainfall. There is a 1.2km upland loop trail to get close to it.

The **Ox Mountains** cover a large area of west County Sligo with Easkey Lough at the heart of this remote and wild landscape. On the eastern side of the range is Ladies Brae Viewpoint, a tranquil and peaceful spot for a picnic!

Discover More in Mayo

Ballina

This vibrant town sits on the River Moy in North Mayo and is famous for its salmon fishing, where anglers come from all over Europe. With several attractions in the area and the nearby Monasteries of the Moy Greenway, there is plenty for visitors to see and do!

Castlebar

Located in the heart of Mayo, this bustling town has plenty of shopping, cafés and bars to choose from. Visit the nearby National Museum of Ireland, Turlough Park and see the modern exhibition galleries, fascinating artefacts and research facilities or stroll around the beautifully landscaped Turlough Park. The Turlough Greenway provides a tranquil journey for walkers and cyclists.

Westport

Situated close to Clew Bay and Croagh Patrick, Westport is an elegant planned Georgian town. Stroll along the Carronebeg River and surrounding streets lined with colourful flowers and traditional shop fronts, cafés and bars. About 2km west of the town centre is the popular Quay area. Westport is also a hub for walking or cycling the nearby Great Western Greenway.

Mayo's Islands

Achill Island / Oileán Acla

It is the largest island in the country and is one of the very few that is accessible by road. Achill is a place of incredible beauty with its unique landscapes home to some of Europe's highest and most spectacular sea cliffs. While it's a paradise for a visitor looking for adventure with its myriad of water sports activities along its many Blue Flag beaches, Achill has a proud reputation as a wonderful holiday destination for families.

