

# Greenway Old Rail Trail

## Athlone to Mullingar

### WALKING AND CYCLING ADVICE

#### The Old Rail Trail – Westmeath

The Old Rail Trail is a rural route through the heart of the Irish Midlands, starting in the bustling town of Athlone and continuing on a converted stretch of the Midlands Great Western Railway.

The 43km journey takes us through rich fertile farmland, away from the hustle of towns, in a beautiful rural setting to the market town of Mullingar. The Old Rail Trail forms part of the proposed Galway to Dublin Cycleway, which will be Ireland's first dedicated inter-city coast to coast route for cyclists.

**Be prepared** - Although the route is off road, you still need to take special care at or near all road junctions.

Ensure you have the fitness, equipment and time for the walk or the cycle. Check the weather forecast and be prepared for changing weather conditions.

**Be considerate of other people** - This route is mixed use - while walking be aware of cyclists approaching. Cyclists should use a bell to alert walkers. Park appropriately and do not block entrances or other cars. Leave gates as you find them. Do not damage property.

**Respect farm animals and wildlife** - Dogs to be kept on a short lead and 'scoop-the-poop'. Keep a safe distance from farm animals. Leave habitats, plants and animals as you find them.

**In the unlikely event of an emergency dial 999 or 112 to contact Emergency Services.**

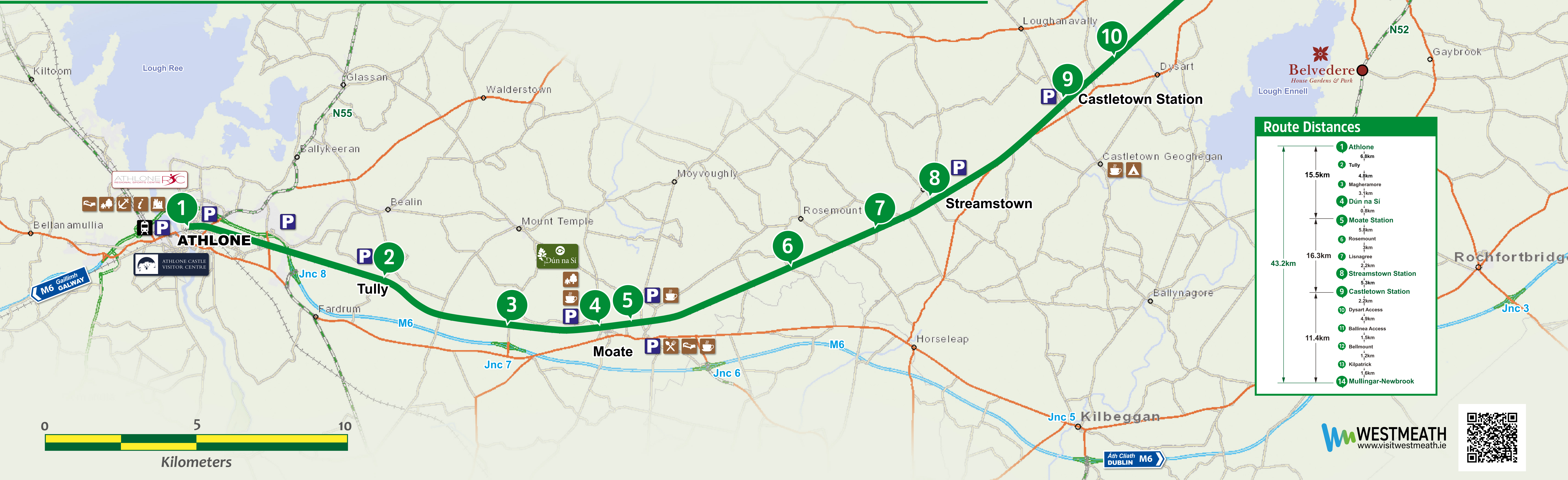


LEAVE NO TRACE

[www.leavenotraceireland.org](http://www.leavenotraceireland.org)

For local tourist information go to **VisitWestmeath.ie**, call **1850 230 330** or **+353 1 605 7700** or visit the Tourist Information Office at Athlone Castle.

For a more detailed map showing all access points and parking, go to [greenway.westmeathcoco.ie](http://greenway.westmeathcoco.ie)



### 1-5 Athlone to Moate

**Distance** 15.5 km

#### To Suit

This trail is suitable for family groups of all ages and all types of bikes.

#### Minimum Gear

Helmet, bike, walking shoes, raingear, snacks, a drink and mobile phone

#### Services

Services available at **1**, **4** and **5**

#### Description

Purpose built off-road shared pedestrian and cycleway trail, along disused railway track. Generally flat, smooth sealed surface with the exception of a surfaced dressed 2km stretch between **1** and **2**. This surface dressed section runs over the Crosswood bog area, which lies on approximately 6m of peat. There is also direct access to Dún na Sí Amenity & Heritage Park at **4**, which consists of a café and an exciting range of recreational, educational, environmental, cultural and historic activities.

### 5-9 Moate to Castletown

**Distance** 16.3 km

#### To Suit

This trail is suitable for family groups of all ages and all types of bikes.

#### Minimum Gear

Helmet, bike, walking shoes, raingear, snacks, a drink and mobile phone

#### Services

Services available at **5** and **9**

#### Description

Purpose built off-road shared pedestrian and cycleway trail, along disused railway track. Smooth sealed surface generally flat with some gentle slopes. This section of the Midlands Great Western Railway passes through the old stations at **5**, **8** and **9**.

### 9-14 Castletown to Mullingar

**Distance** 11.4 km

#### To Suit

This trail is suitable for family groups of all ages and all types of bikes.

#### Minimum Gear

Helmet, bike, walking shoes, raingear, snacks, a drink and mobile phone

#### Services

Services available at **9** and **14**

#### Description

Purpose built off-road shared pedestrian and cycleway trail, along disused railway track. Smooth sealed surface generally flat with some gentle slopes. There is access to the Royal Canal Greenway at **12** and **13** which link to Abbeysruble and Ballymahon. There is also access to Maynooth via the Royal Canal Greenway at **14**.

### MAP LEGEND



Access Points



Accommodation



Café/Restaurants



Camping



Castle



Marina



Parking



Picnic Area



Refreshments



Tourist Information



Train Station



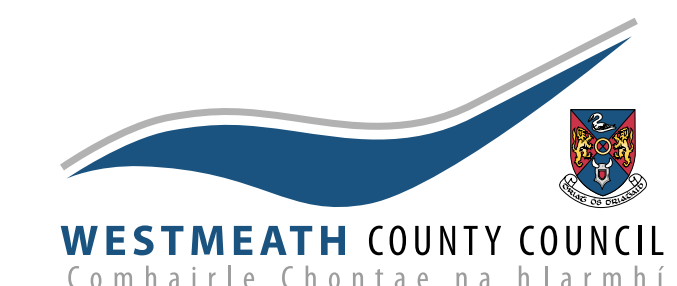
Royal Canal Greenway



Royal Canal



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