



Bridging the Distance

Feel dwarfed by the majesty of the iconic stone arch bridges at Streamstown and soak up the railway heritage as you cycle along! Here the Old Rail Trail passes under some of the most extraordinary examples of masonry stone arched bridges on the trail.

Step Back in Time

Opened in 1851, the now restored Castletown Station once catered for both passenger and goods transport before closing in 1963. Today, it is the turn-off point for the quaint village of Castletown Geoghegan, a short 3km from the station by public road, providing access to refreshments.

Ancient Majesty

As Ireland's mythological and sacred centre, the Hill of Uisneach captivates visitors with its huge significance that pre-dates recorded history. It's a must-visit and a short 6km diversion from Castletown Station will take you there. Guided tours are available by passionate locals who will send you away dreaming of these enigmatic and sacred lands. www.uisneach.ie

Where Greenways link

The Old Rail Trail meets the Royal Canal Greenway at Ballinea and Newbrook. This scenic 130km walking and cycling amenity stretches alongside the historic 225-year-old canal. Not only Ireland's longest greenway, it's also known for its scenic beauty, rich heritage and abundance of wildlife. www.royalcanalgreenway.org



Athlone to Mullingar

At the Heart of It

Athlone is a picturesque town on the River Shannon and a vibrant hub of culture, art and heritage. It's a renowned shopping destination with an excellent range of accommodation options and outstanding restaurants. Enjoy breath-taking panoramic views from atop Athlone Castle and indulge your inner artist at the Luan Gallery. Explore the scenic waters of Lough Ree by kayak or take a tour on a Viking Ship. Take a short detour to Glasson and explore woodland walking trails at Portlick Millennium Forest or tee off on Glasson Golf Course, designed by Ryder Cup hero Christy O'Connor Jnr. Divert southwards to Ballinahown to experience the beauty of Ireland's raised bogs and learn to sculpt an ancient piece of bog oak. www.athlone.ie

athlone
at the heart of it

Ancient Legends and Musical Heritage

Mullingar is famous for its musical heritage and vibrant culture. It's also an ideal destination for outdoor adventure; where the Old Rail Trail meets the Royal Canal Greenway and scenic lakes nearby. The town bustles with a fantastic range of coffee shops, restaurants, boutiques and high-quality accommodation options. The Renaissance-style Cathedral of Christ the King is a must-see with its exquisite mosaics. Enjoy heritage and family fun at Belvedere House, Gardens & Park. Take a short diversion to Kilbeggan for a tour of the world's oldest whiskey distillery or a thrilling day out at the Kilbeggan Races. Or take a spin to North Westmeath to breathe in the beauty of the gardens at Tullynally Castle or discover the 7 Wonders at Fore Abbey. www.mullingar.ie



#lovemullingar



Railway heritage, natural beauty and brilliant biking



Athlone to Mullingar:

a 43km Greenway

From the River Shannon to the Royal Canal, cycle or stroll on a dedicated, off-road path through scenic and tranquil landscapes

athlone
at the heart of it

WESTMEATH
www.visitwestmeath.ie



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Cycle the Greenway

This journey begins in the bustling town of Athlone and ends in the elegant old market town of Mullingar, County Westmeath.

Between these two cultural hotspots, lose yourself along the spectacular 43km cycle path.

A converted stretch of the Midlands Great Western Railway carved through rich fertile farmland, the Old Rail Trail Greenway leads visitors through the very heart of Ireland.

www.visitwestmeath.ie

www.athlone.ie

www.mullingar.ie



Battles and Battlements on the Shannon Banks

Before you hop on a bike at the river Shannon marina, take a stroll along the Shannon Banks to Athlone Castle. Climb the steps to the castle keep and enjoy panoramic views across the majestic river. Or climb higher still to the castle battlements and look across the rooftops of the entire town. Take a step back in history and discover the ancient stories through swords, cannon balls, stunning sculptures and interactive displays at the Visitor Centre. www.athlonecastle.ie

Crosswood Bog - Biodiversity and Natural Beauty

Find rare flora and fauna at Crosswood Bog between Garrycastle and Tully. This extensive area of raised bog habitat is internationally renowned for its biodiversity and ecological value. Notice the different trail surface here, a legacy of the extra care that was taken in constructing the greenway to protect the bog.

Art, Heritage and Play

Directly accessible from the Old Rail Trail at Moate, Dún na Sí Amenity & Heritage Park should not be missed. Features include a fantastic playground, outdoor art displays, guided heritage tours and genealogy as well as a great locally run café with outdoor seating overlooking the park and play areas. Enjoy the walking and cycling trails through a wetland nature reserve and planted parkland or unwind with traditional Irish music and dance. www.dunnasi.ie

Map Legend

- | | |
|--|------------------------------------|
| P Parking with Access | 10 Dysart Access |
| Access Point | 11 Ballinea |
| 1 Athlone Marina | 12 Belmont Access |
| 2 Tully | 13 Kilpatrick |
| 3 Magheramore | 14 Newbrook, Mullingar Town |
| 4 Dún Na Sí Amenity & Heritage Park | Playground |
| 5 Moate Town & Station | Accommodation |
| 6 Rosemount | Cafés and Restaurants |
| 7 Lisnagree, Streamstown | Tourist Information |
| 8 Streamstown | Bike Hire |
| 9 Castletown Station | Train Station |

For a detailed interactive map showing access points and parking, go to www.VisitWestmeath.ie/Get-Outdoors OR Download the Visit Westmeath App



Bike Hire

Buckley Cycles Athlone
www.buckleycycles.ie
+353 90 64 78989

OE Bikes Mullingar
www.oebikes.ie
+353 44 933 5351

Mullingar Bike Hire
www.mullingarbikehire.com
+353 87 992 3409



Suggested Routes to Cycle or Walk

Athlone to Moate

15.5 km - Mostly flat surface. Suitable for family groups of all ages and all types of bikes.

Beginning in the heart of Athlone at the River Shannon Marina, the Greenway floats over Crosswood Bog's natural heritage area and through lush green landscapes, before reaching the restored Railway Station buildings in Moate. Why not take a break along the route at Dún na Sí Amenity & Heritage Park, where history and nature collide? Unwind in Moate; this hidden gem of a town provides refreshments, accommodation and the Tuar Ard Arts Centre.

Moate to Castletown

16.3 km - Mostly flat surface with gentle slopes. Suitable for family groups of all ages and all types of bikes.

Journey through stunning countryside on the way to the preserved historic Castletown Station building. Opened in 1851, it was in use for more than 100 years. Pass under the iconic three arched bridge at Streamstown. A short diversion from Castletown will allow you to savour the majesty of Uisneach, once the seat of the High Kings of Ireland and the burial site of the Earth Goddess Ériu and the Sun God Lugh.

Castletown to Mullingar

11.4 km - Mostly flat with gentle slopes. Suitable for family groups of all ages and all types of bikes.

From Castletown, the Greenway follows the old railway through sheltered countryside, surrounded by trees and birdsong. After passing under a tunnel, it meets the Royal Canal and follows its path before linking with the Royal Canal Greenway at Newbrook. From here, it's just a stroll into Mullingar, or you can continue on this Greenway all the way to the River Shannon in Longford or eastwards to Maynooth.