

# Siúlóid Lúibe Pholl an tSómais Pullathomas Loop Walk



These loops are part of a countrywide network of high-quality, circular walks being developed by Fáilte Ireland, Department of Rural & Community Development and Sport Ireland. The loops have been developed with the kind assistance of local landowners and organisations. It is understood that if persons enter private land they do so by permission and with the consent of the landowners and no matter how often they enter, or in what numbers, they do not do so as of any right.

We welcome feedback about your walking experience. Please contact us at: [info@mayowalks.ie](mailto:info@mayowalks.ie) [visit@mayo.ie](mailto:visit@mayo.ie)

### Think Safety!

- A section of this route is shared with vehicles – be aware!
- Keep Children under close supervision
- Take adequate clothing, food and fluid
- If you encounter any difficulties, contact 999 or 112

### Information

Further information relating to Walking in County Mayo is available from: [www.mayowalks.ie](http://www.mayowalks.ie) [www.mayo.ie/walking](http://www.mayo.ie/walking)

In The Event Of An Emergency Dial: **112 or 999**

<b>Location:</b>	Pullathomas
<b>Start / Finish / Trailhead:</b>	Across the road from McGuire's Valley Inn Bar
<b>GPS Location:</b>	54.26210 -9.80083
<b>Distance:</b>	3.1km <b>Total Ascent:</b> 94m
<b>Maximum Elevation:</b>	103m
<b>Terrain:</b>	Rough Tracks, country road and Paved Road
<b>Trail Waymarking:</b>	Black Post 1 metre high with a Green travel arrow highlighted
<b>Level of Difficulty:</b>	Easy – Moderate (just to note a short steep incline at the start)
<b>Map Reference:</b>	OS Discovery Series 22
<b>Minimum Gear:</b>	Sturdy Walking Shoes / Boots, Waterproofs, Mobile Phone, Snacks & Fluids
<b>Services:</b>	Pullathomas Village, Belmullet Town

### Principles of Outdoor Ethics

Please adhere to this code in any trips to the outdoors:

1. Plan ahead and prepare
2. Dispose of waste properly
3. Leave what you find
4. Respect wildlife and farm stock
5. Be considerate of others
6. Minimise the effects of fire



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