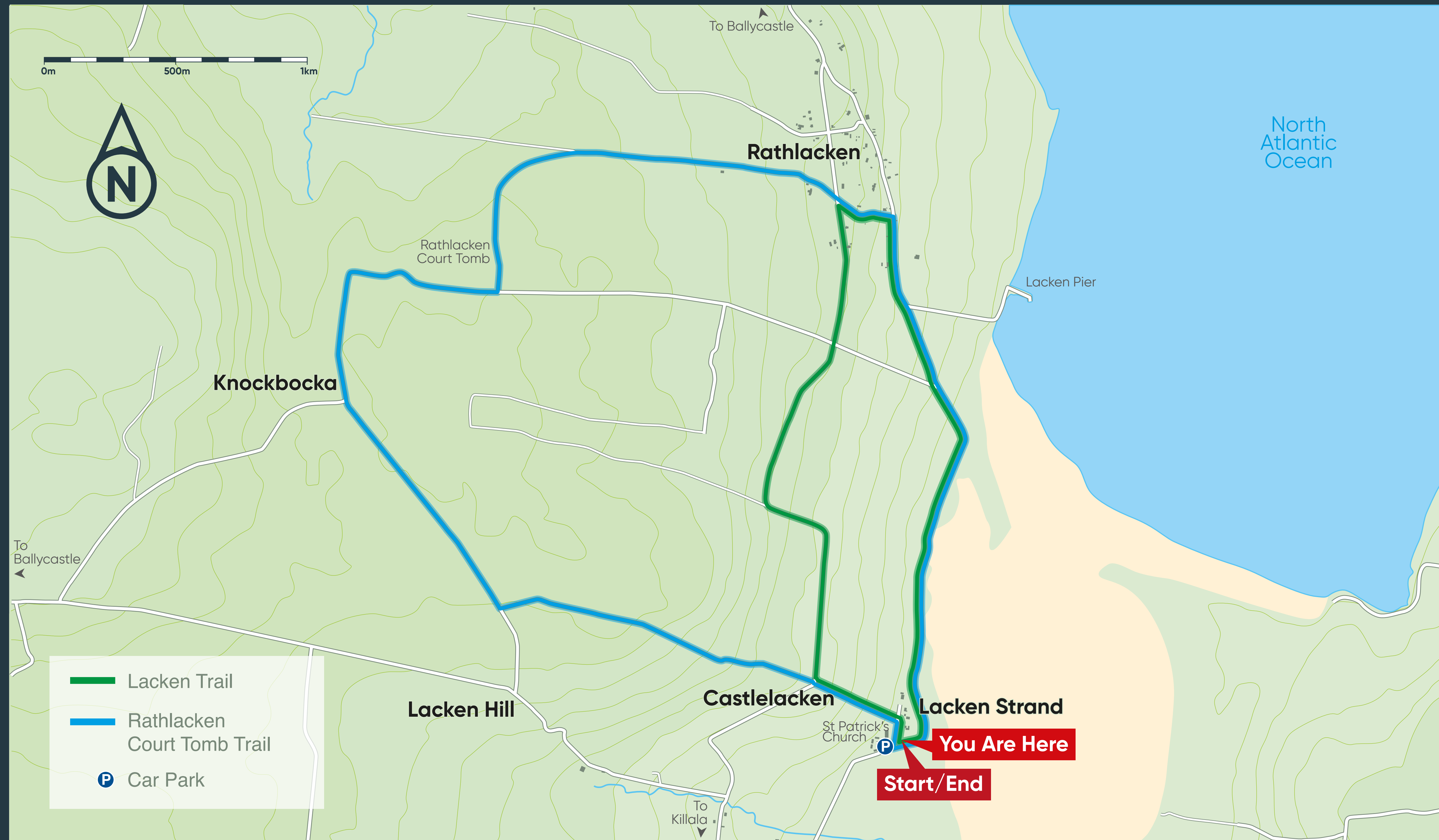


Rathlacken Court Tomb Trail

(including the Lacken Trail)



Location:	Lacken, Killala
Start/Finish/Trailhead:	Lacken Church Car Park
GPS:	54.273979, -9.257797
Distance:	Lacken Trail - 4km Rathlacken Court Tomb Trail - 8km
Difficulty:	Lacken Trail - Easy Rathlacken Court Tomb Trail - Moderate
Estimated Time:	Lacken Trail 1hr – 1.5hrs (Green Travel Arrow) Rathlacken Court Tomb Trail 2hrs – 2.5hrs (Blue Travel arrow)
Terrain:	Mix of paved and bog road, laneways and grassy track
Elevation in Metres:	100m on the Rathlacken Court Tomb Trail
Trail Waymarking:	Black Post 1 metre high with a Green travel & Blue arrow highlighted
Map Reference:	OS Discovery Series – sheet 24
Minimum Gear:	Sturdy Walking Shoes Waterproofs, Mobile Phone, Snacks & Fluids
Services:	Killala & Ballycastle
Description:	The Lacken Trails are located along the rugged North Mayo coastline, between the towns of Killala and Ballycastle, looking out onto the Atlantic and offering a breath-taking view of Mayo and Sligo. The location offers some beautiful shoreline and some of the best unspoilt beaches that the region has to offer.

These recreational trails are part of a countrywide network of high-quality, trails, being developed by local community & agencies. The trails 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.

Further details about walking trails throughout Mayo including downloadable maps & information are available on:
www.mayotrails.com
www.mayo.ie/activities








Principles of Outdoor Ethics

Please adhere to this code in any trips to the outdoors

1. Plan Ahead and Prepare
2. Be Considerate of Others
3. Respect Farm Animals and Wildlife
4. Travel and Camp on Durable Ground
5. Leave What You Find
6. Dispose of Waste Properly
7. Minimise the Effects of Fire

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 emergency services on 999 or 112
-  Keep dogs on leash at all times

Loop / Trail Grade Definitions

Multi-Access

Generally flat trails with good surfaces, suitable for less able users, including wheelchair users, blind or partially sighted, some elderly users, parents with buggies or very young children. Typical duration up to one hour.

Green

Easy, short (1-2hrs), suitable for all levels of fitness

Blue

Moderate difficulty, 2-3 hrs duration, suitable for medium levels of fitness

Red

Hard, (3-5 hrs), suited to walkers with higher than average levels of fitness

Purple

Difficult terrain, more high level

Yellow

Indicates Waymarked Ways & most Linear Routes