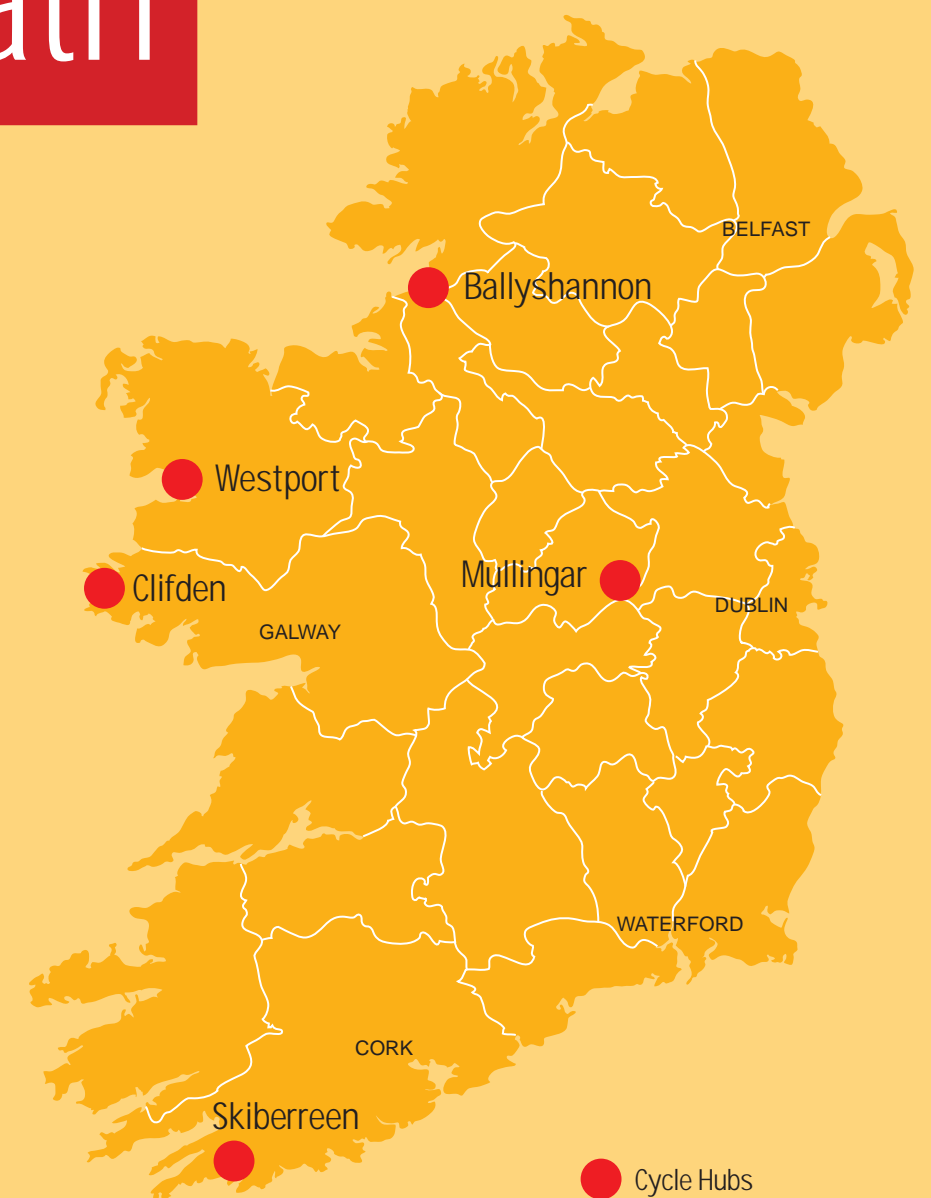


The National Cycle Network is being developed throughout Ireland. A number of Cycle Hub towns are located across the country. Each hub town has a number of looped cycle routes consisting of half day & day cycles.

Mullingar Co. Westmeath

It's time to take things slowly... Quiet country roads with stunning views of rich pastureland and beautiful lakes provide the ideal backdrop for your cycle routes. Enjoy some fresh air, peace and tranquillity. Mullingar is your starting point. A busy market town with excellent facilities and amenities, Mullingar is finely situated on the River Brosna near the ancient centre of Ireland. Visit the beautiful Renaissance style Catholic Cathedral and admire breath-taking frescoes. Visit the local tourist office at the Market Square and see the statue of the late Joe Dolan, commemorating the life and music of Mullingar's own and internationally renowned singer and entertainer. Venture north to Lough Owel and on to Multyfarnham with it's 13th Century Franciscan Friary. Follow in the steps of ancient Irish warriors on the Táin Trail and cycle alongside the Royal Canal, built in the 1800s, and now a recreation amenity and wildlife haven. Cycle south around Lough Ennell, relax at Lilliput amenity area and visit the 18th Century estate at Belvedere where bike parking facilities are available. Whichever route you choose you will enjoy a pleasant cycle in a gentle landscape rich in lake and canal, lore and legend.



Loop 1 : 30 kilometres, 2-3 hours

Start : An Muileann Cearr - Mullingar

This looped cycle route takes you north of Mullingar around Lough Owel. Rest at Portnashangan and take in the beautiful view of the lake and Church Island. Continuing north to the pretty village of Multyfarnham, visit the ancient Franciscan Friary dating back to 1248. Follow the route back on the western side of the lake climbing Frewin Hill, a favourite stronghold of King Eochaid Airem who features in the legend, Midir and Etain.

Loop 2 : 49 kilometres, 3.5-4.5 hours

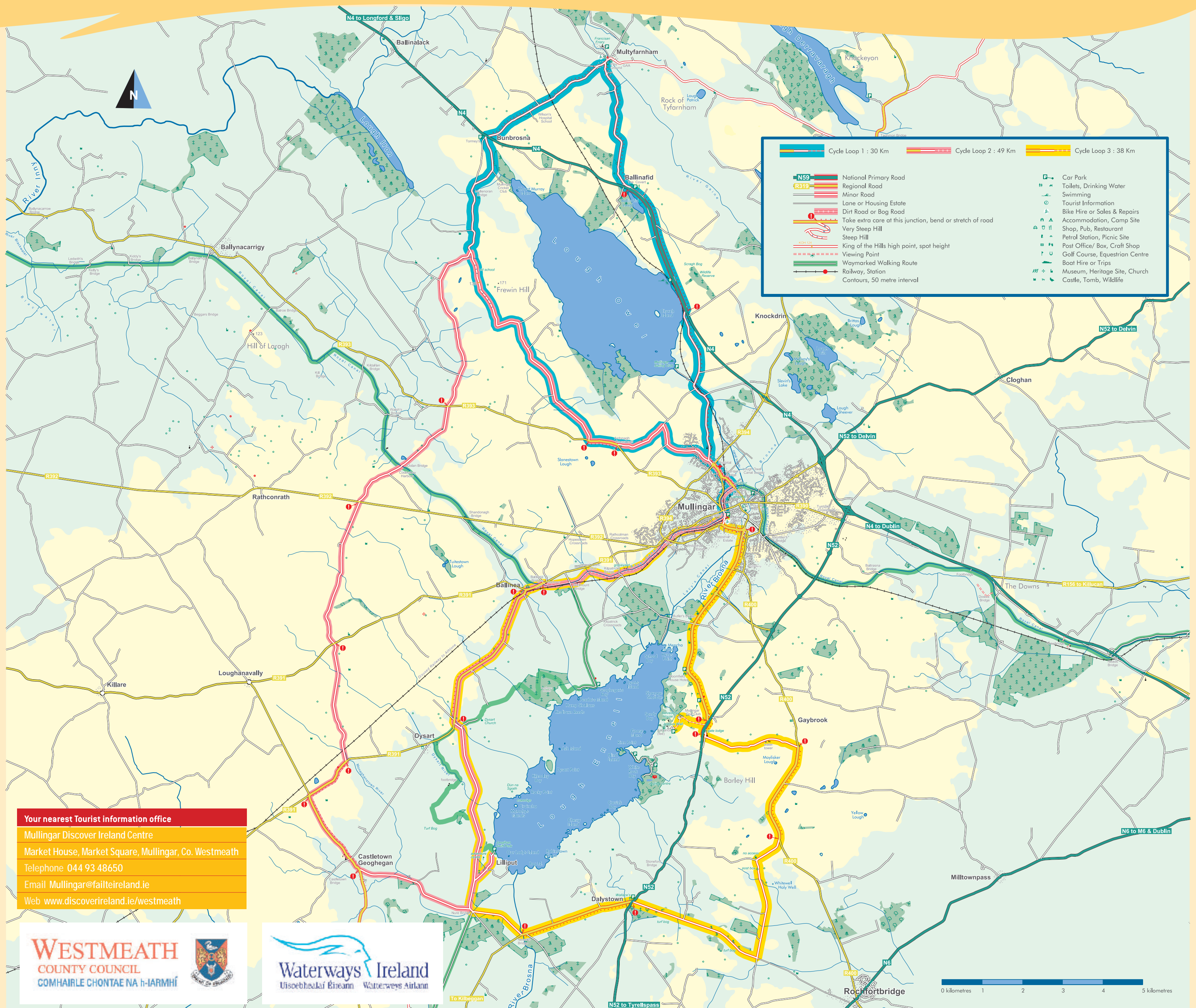
Start : An Muileann Cearr - Mullingar

On this historic route along the Táin Trail, you will follow in the steps of ancient Irish warriors who travelled east to capture the Brown Bull of Cooley in the legend of Táin Bó Cuailgne. Cross the Royal Canal at Coolnahay and cycle over rolling hills to the village of Castletown-Geoghegan. Return by Lilliput and Ballinea meeting up with the Royal Canal again on your journey back in to Mullingar.

Loop 3 : 38 kilometres, 2.5-3.5 hours

Start : An Muileann Cearr - Mullingar

On this cycle route, you will travel south of Mullingar to Lilliput, a beautiful amenity area with stunning views of Lough Ennell. Lilliput is believed to be the inspiration for the enchanting tale - 'Gullivers Travels'. Travelling via Dalystown and Gaybrook, continue on through pleasant open countryside towards the lakeshore again with a visit to Belvedere House, Gardens and Park and learn about the tale of the Jealous Wall on your return journey to Mullingar.



Your nearest Tourist Information office
Mullingar Discover Ireland Centre
Market House, Market Square, Mullingar, Co. Westmeath
Telephone 044 93 48650
Email Mullingar@failteireland.ie
Web www.discoverireland.ie/westmeath



These routes are part of a countrywide network developed by Fáilte Ireland in association with the Local Authorities.
Fuller details of these and other route options are available from

www.discoverireland.ie/cycling



Leave no trace

- Plan ahead & prepare
- Be considerate of others
- Respect animals & wildlife
- Travel & camp on durable ground
- Leave what you find
- Dispose of waste properly
- Minimise the effects of fire