Great Eastern Greenway

(Omeath / Carlingford

Carlingford Lough may or may not be a true fjord but everyone, both before and since the Vikings who named it, recognises its scenic beauty and peace. Louth County Council, working in partnership with local farmers, and with funding from the government's Transport 21 programme, has built a new trail, the Great Eastern Greenway, along the lough's southern shore. Built mostly along the old railway line, the Greenway connects Omeath and Carlingford and as an old railway line it's also very level.

It's a great place for a bit of a walk and ideal for novice cyclists, including the wee ones. The Greenway provides great views across the lough to the mountains of Mourne, while Slieve Foy towers over it on the Louth side. The Greenway runs through fields full of grazing sheep, over old level crossings and even a few bridges. There are trees, wildflowers and birds to be seen along most of the way too.

The Greenway provides a safe mainly off road trail but there remains an isolated on-road section of 300 metres approaching Omeath.

This trail was only possible with generous co-operation and permission of each land owner along this section of the trail.

leave no trace

CODE OF CONDUCT

www.leavenotraceireland.org

- Plan Ahead & Prepare
- Be Considerate of Others
- Respect Farm Animals & Wildlife
- Dispose of Waste Properly
- Minimise the Effects of Fire

For those with children, please be aware that there are a number of steep embankments alongside the Greenway. Also, there is a short section of walkway along the public road at Omeath.

Trail information

Carlingford Trailhead: Access point is located at Carlingford Marina, just off the R173, traveling to Omeath.

Omeath Trailhead: Access point is in the centre of Omeath next to the pier.

Terrain: Greenway cycle and walking trail with 300m section on public road.

Route Grading:

Route Length: 7 km

cycling: less than one hour

Walking: 2 to 2.5 Hours Ascent: Minimal (40m)

To suit: people with moderate levels of fitness

Minimum Gear: Helmet, Bike, Mobile Phone, Snacks, Fluid and Waterproofs.

Emergency Contact Details: In case of emergency dial 112 or 999 - there are Garda stations in Carlingford & Omeath.

Services available in Carlingford and Omeath.

Bicycle Hire: available in Carlingford.

Waymarking: Trail is marked by marker posts.



What did /do you think of the Greenway? Email comments to info@louthcoco.ie

Map /brochure download available at: www.louthholidays.com

OS Discovery Map: No 36

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