

## Environmental Guidelines

Parts of the Bangor Trail pass through private property. Please leave gates as you find them and be respectful of private land. Keep dogs on a lead and clean up after them. Don't leave any litter behind. Please don't pick the flowers, some are quite rare. Take only photos and leave only footprints.

**Note:** This leaflet is only a rough guide to the walk and should not be the only source of information used for planning and completing the trail.

(Photography by Rosemarie McDonald and Phelim Doran)



**For further information contact:**

**Ballycroy National Park Visitor Centre,  
Ballycroy Village,  
Westport,  
Co. Mayo**

**(Open March - September)**

**Tel: 098 49888**

# The Bangor Trail

## Free Information Leaflet

# A Walk Through the Nephin Beg Mountains and Ballycroy National Park



**Ballycroy National Park Visitor Centre**

