

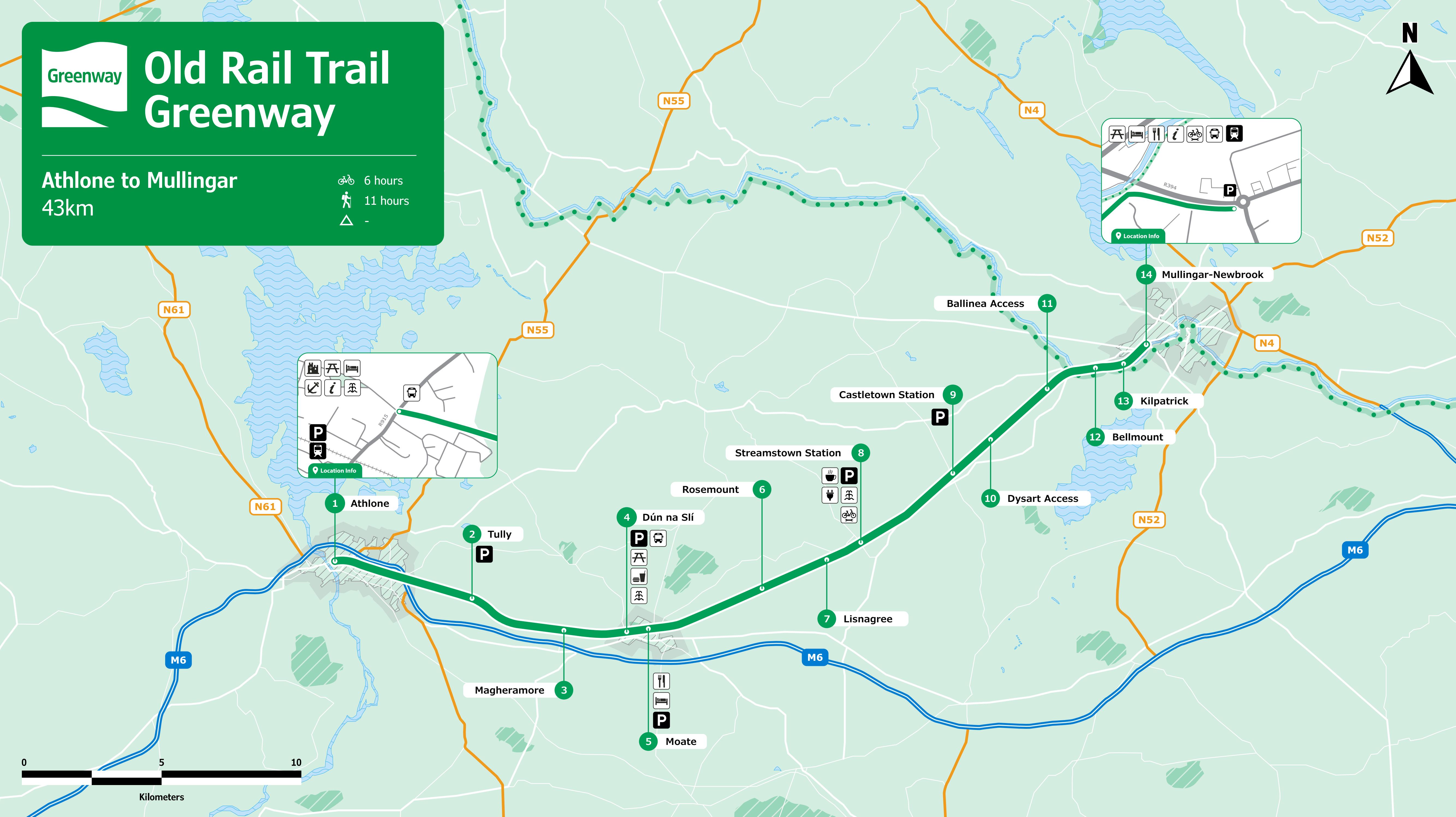


Old Rail Trail Greenway

Athlone to Mullingar

43km

6 hours
11 hours
-



1-5 Athlone to Moate

15.5 km

This trail is suitable for family groups of all ages and all types of bikes. The minimum recommended gear consists of: helmet, bike, walking shoes, raingear, snacks, a drink and mobile phone. There are services available at 1, 4 and 5.

This is a purpose built off-road shared pedestrian and cycleway trail, along disused railway track. Generally flat, smooth sealed surface with the exception of a surfaced dressed 2km stretch between 1 and 2. This surface dressed section runs over the Crosswood bog area, which lies on approximately 6m of peat. There is also direct access to Dún na Sí Amenity & Heritage Park at 4, which consists of a café and an exciting range of recreational, educational, environmental, cultural and historic activities.

5-9 Moate to Castletown

16.3 km

This trail is suitable for family groups of all ages and all types of bikes. The minimum recommended gear consists of: helmet, bike, walking shoes, raingear, snacks, a drink and mobile phone. There are services available at 5 and 9.

Purpose built off-road shared pedestrian and cycleway trail, along disused railway track. Smooth sealed surface generally flat with some gentle slopes. This section of the Midlands Great Western Railway passes through the old stations at 5, 8 and 9.

9-14 Castletown to Mullingar

11.4 km

This trail is suitable for family groups of all ages and all types of bikes. The minimum recommended gear consists of: helmet, bike, walking shoes, raingear, snacks, a drink and mobile phone. There are services available at 9 and 14.

Purpose built off-road shared pedestrian and cycleway trail, along disused railway track. Smooth sealed surface generally flat with some gentle slopes. There is access to the Royal Canal Greenway at 12 and 13 which link to Abbeyshrule and Ballymahon. There is also access to Maynooth via the Royal Canal Greenway at 14.

Map Legend

	Parking		Information
	Train Station		Restaurant
	Bus Stop		Picnic Area
	Bike Repair		Water Fountain
	EV Charging		Café
		Royal Canal Greenway	