

## **Croagh Patrick Heritage Trail - Aughagower to Murrisk**

<b>Trail Surface:</b>	Open moor, farmland, country roads and boreens.
<b>Difficulty:</b>	Hard
<b>Distance:</b>	19 Km
<b>Duration:</b>	4-6 hours
<b>Start:</b>	Community Centre in Aughagower
<b>O/S maps 1:50000:</b>	30

This walk features on Day Three of the Croagh Patrick Heritage Trail Festival walk which is held over the St Patrick's holiday weekend in March. This is the final stage of the walk and will bring you from the picturesque village of Aughagower to Murrisk at the base of Croagh Patrick.

Departing from Aughagower, one imagines that the village is waiting patiently to be discovered. Its many monuments such as ancient graveyards, round tower, mediaeval church and holy wells appear in such concentration not to be found throughout the country. Its gaelic name "Achadh Ghodhair" means 'the Plain of the Springs', probably due to the fact that it lies in a hollow and all surrounding lands appear more elevated. One of the monuments still in existence is 'Leaba Phadraig' (St Patrick's Bed) where the saint is reputed to have slept. Pilgrims performed stations between the bed and the holy well, Tobair na nDeachan (the Well of the Deacons) which has now dried up.

Much of this walk is on quiet country roads and at Lankhill you will see a seven-foot-tall standing stone. On the west face there is across with a "V" shaped ornament beneath it and on the east side is a cross and four concentric circles.

Soon you will be passing the famous Boheh stone or "St Patrick's Chair" as it is known locally. In 1991 local historian, Gerry Bracken, discovered a unique event called "The Rolling Sun". During the Spring and Autumn equinox, the evening sun appears to roll down the summit of Croagh Patrick as it is setting.

Onward Christian soldiers march, through Brackloon Wood, then Fahburren and up through Deerpark, sharing a short section of the Western Way. From Deerpark to Murrisk, your journey ends and you will be treated to a panoramic view of Clew Bay and its many islands of all shapes and sizes.