

Treks & Trails

Explore the great outdoors with our guide
to the best local walking & cycling routes



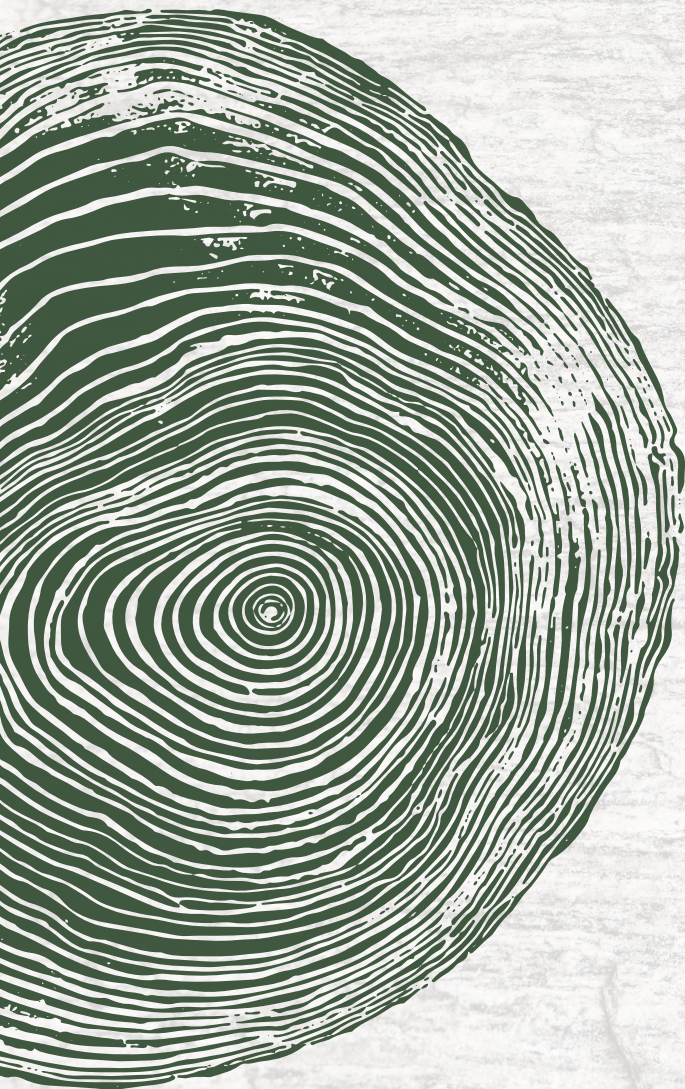
HODSON
BAY HOTEL



A greener stay,
a greater tomorrow.



SHERATON
Athlone Hotel




Shannon Banks Nature Trail	6
Athlone, Co. Roscommon	
Glendeer Pet Farm	8
Drum Co. Roscommon	
The Old Rail Trail Greenway	10
Garrycastle, Athlone, Co. Westmeath	
St John's Wood	12
Rinnagan, Co. Roscommon	
Mote Park Trails	14
Foxborough, Co. Roscommon	
Slíabh Bawn Trails	16
Ballyduffy, Co. Roscommon	
Hill of Uisneach	18
Loughnavalley, Co. Westmeath	
Lough Boora	20
Tullamore, Co. Offaly	
Belvedere House Gardens	22
Mullingar, Co. Westmeath	
Glenbarrow	24
Slieve Bloom Mountains, Co. Laois	

Shannon Banks Nature Trail


Athlone, Co. Westmeath

Distance From

Hodson Bay Hotel

 10 mins

Sheraton Athlone Hotel


 5 mins

Point of Interest

SHANNON CRUISERS

As well as plenty of small boats and the odd Viking boat you'll see Moorhen, Heron, Coots and Little Grebs enjoying the Shannon.

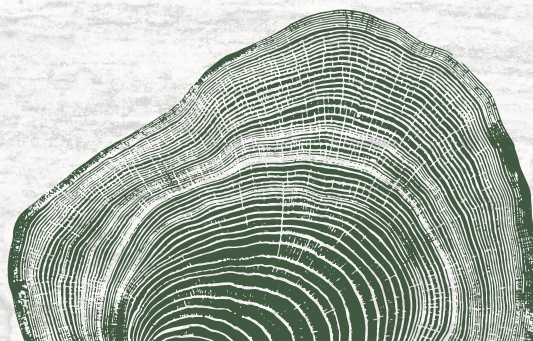
 5 km

 60 mins

 Easy

Head to the rear of Athlone Castle and follow the signs to explore this unexpected hidden gem in the heart of Athlone Town. This looped walk can be taken in either direction and is approximately 5km long. It will lead you along the banks of the River Shannon and the old Athlone Canal.

Make sure to stop along the way to read the four information boards to learn more about the local flowers, wildlife and fish that you may see on your journey.





Glendeer Pet Farm

Curryroe, Drum, Co. Roscommon

Distance From

Hodson Bay Hotel



15 mins

Sheraton Athlone Hotel




10 mins

Point of Interest

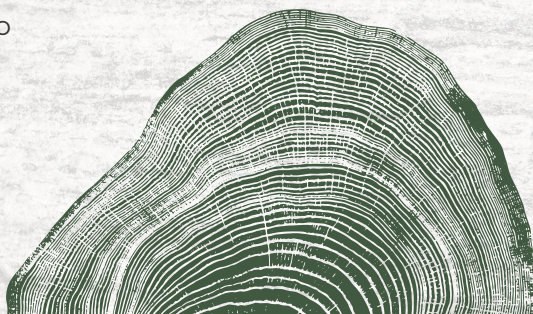
NATURE WALK
A tranquil trail that meanders through the countryside. The walk is part of an old mass path.

 1 km

 60 mins

 Easy

The walk at Glendeer Pet Farm is a gentle, family-friendly stroll through woodland and old paths, dotted with fairy doors, toadstools, and a charming hobbit village. Ideal for little legs and a relaxed pace, it also offers plenty of friendly animals to meet along the way. Set on around 12 acres, the farm is home to over 50 species, including goats, deer, llamas, monkeys, wallabies, and exotic birds—all of which you can feed and pet. Note that the farm has seasonal opening hours, so it's best to check ahead before visiting.





The Old Rail Trail Greenway

Garrycastle, Athlone, Co. Westmeath


 42 km  140 mins  Easy

Athlone - Mullingar

Enjoy a scenic cycle or walk on a dedicated off-road Greenway. If you don't have your own set of wheels, you can hire one at the start of The Old Rail Trail in Garrycastle.

From there you'll follow the flat route (great for little legs!) of the old train tracks under arched bridges, through a tunnel and past beautiful countryside all the way to Mullingar.

Distance From

Hodson Bay Hotel
 20 mins

Sheraton Athlone Hotel
 10 mins

Point of Interest

RIDE THE RAILS
Along the way you'll see plenty of leftovers from the days when trains followed this route, including stations, bridges and an impressive tunnel.

There are plenty of entry and exit points along the 42km route so you can explore the villages and attractions along the way. If you just want a quick spin, opt for the shorter cycle from Athlone to Moate.

Sections of the Old Rail Trail

Athlone to Moate	14.5 km
Moate to Castletown	16.3 km
Castletown to Mullingar	11.4 km
Athlone to Mullingar	42.2 km



St John's Wood

Rinnagan, Co. Roscommon

Distance From

Hodson Bay Hotel



15 mins

Sheraton Athlone Hotel



25 mins

Point of Interest

NATIVE PLANTS

From milk-drop mycena and sloes to watermint and wood sorrel, St. John's Wood is bursting with native plant species.



4 km



45 mins



Easy

Located next to Rinn Dúin, St. John's Wood is a rare example of Irish old growth woodland and one of the oldest in Ireland. It has thought to have been on the banks of Lough Ree for over 7,000 years! St. John's Wood is home to a variety of tree species including native wild crab apple trees, cherry trees and the densest population of hazel trees in Ireland.





Mote Park Trails

Mote Demesne, Foxborough, Co. Roscommon

Distance From

Hodson Bay Hotel



20 mins

Sheraton Athlone Hotel



30 mins

Point of Interest

Opened in 2025, the Mote Park Red Squirrel Play Area is perfect for little explorers! With its fun squirrel-themed design, kids can climb, crawl, and play to their hearts' content.



1.5 - 11 km



30 - 150 mins

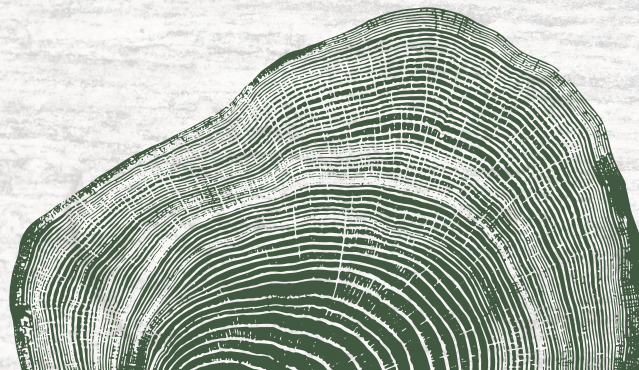


Easy

The Mote Park Trails wind their way through 650 acres of mature Norway Spruce, Scots Pine and Oak Forest. It is a great spot for walking, hiking and birdwatching all while soaking up the calming peace and quiet of nature. Kids will love collecting leaves and trying to spot the red squirrels moving through the trees.

Mote Park Trails

Bluebell Loop	1.6 km	30 mins
Crofton Trail	2.1 km	38 mins
Heritage Trail	12.5 km	1 hour +





Slíabh Bawn Trails

Ballyduffy, Co. Roscommon

Distance From

 **Hodson Bay Hotel**
35 mins

 **Sheraton Athlone Hotel**
30 mins

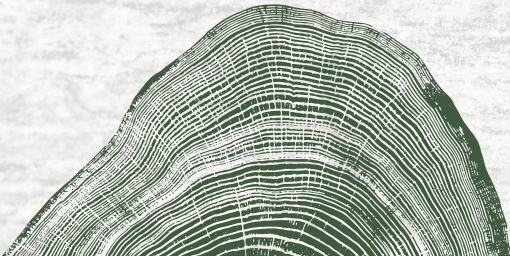
Point of Interest
Slíabh Bawn Wind Farm is producing clean electricity and will supply the equivalent of 37,700 households annually.

 **2.7 - 6.5 km**  **60 - 110 mins**  **Easy**

Slieve Bawn Mountain is home to the 20 turbines that make up Slíabh Bawn Wind Farm, along with recreational facilities including looped walks, a trim trail for fitness, an equestrian trail, a raised viewing platform, and a picnic area. There are several routes you can take, all of which begin with an ascent before reaching level ground. Site maps are located throughout the forest, highlighting historical points of interest, the summit viewing point, and picnic areas.

Walking Routes		
Trim Trail	2.0 km	30 min
Orange Loop	3.9 km	60 min
Yellow Loop	6.5 km	1 hr 20 min
Monastery Trail	2.7 km	35 min
Heritage Trail	3.3 km	45 min

Each route starts at Doughill Forest car park, climbing briefly before following forest roads and trails. The Trim Trail offers a fitness walk with views, the Orange Loop explores woodland, and the longer Yellow Loop passes turbines to the Holy Year Cross and summit.





Hill of Uisneach

Rathnew, Loughnavalley, Co. Westmeath


 3 km

 2 hrs

 Moderate

The Hill of Uisneach, often thought to be in Roscommon but actually in Westmeath, is an ancient and important site in Irish mythology. It's seen as the spiritual centre of Ireland and was once a key meeting point for the provinces. Legends say it's where the goddess Ériu, who gave Ireland its name, is buried. The hill features landmarks like the Catstone, said to mark the heart of the country, and was once the site of ancient festivals and gatherings.

Distance From

Hodson Bay Hotel
 35 mins

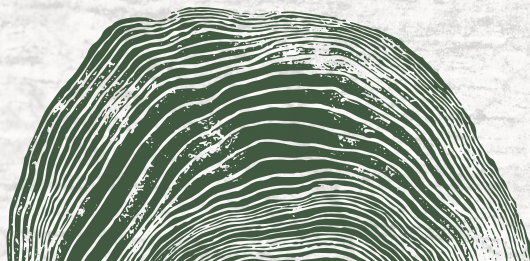
Sheraton Athlone Hotel
 30 mins

Point of Interest

The Catstone, or Ail na Míreann, is a large split boulder rich in mythology, thought to mark the spot where Ireland's five ancient provinces met.

The Walk

The guided tour of the Hill of Uisneach is typically around 3 km and lasts approximately 2 hours at a gentle, walking pace—ideal for soaking in the history and scenery. It's a relaxed hike over uneven terrain on private farmland, so wear sturdy footwear and be prepared for a bit of farm-style ground underfoot. The nearby Uisneach Visitor Centre offers parking, toilets, and refreshments.






Lough Boora

Boora, Lea Beg, Tullamore, Co. Offaly

Distance From

Hodson Bay Hotel

 35 mins

Sheraton Athlone Hotel

 30 mins

Point of Interest SCULPTURE PARK

Unique sculptures
made from stone and
railway lines, each with
its own story

 1.5 - 15.8 km  30 mins+  Easy

Lough Boora Discovery Park is home to lakes, wetlands and a variety of walking and cycling trails. Lough Boora is also home to a picnic area, fairy trail, four fully stocked fishing lakes, over 130 bird species and an innovative and interesting large-scale sculpture park. It is free and open to visitors year-round with tours, bike hire and café available during peak times.

Walking Routes

Fairy Trail 1.5 km 1.5 hrs

A fun, family-friendly trail with 14 fairy doors—perfect for children to explore.

Sculpture Park Loop 3.3 km 1 hr

A gentle walk among 24 large-scale sculptures in a natural setting.

Mesolithic Route 9.3 km 2.5 hrs

Explore a Mesolithic settlement from 6500 BC, through wetlands and canal views.

**Finnamore
Lakes Route** 10.5 km 3 hrs

A scenic loop around Finnamore Lakes, ideal for birdwatching and peaceful views.

Turraun Route 15.5 km 4 hrs

The longest trail, with varied habitats and wildlife like dragonflies and sundews.



Belvedere House Gardens & Park

Mullingar, Co. Westmeath

Distance From

Hodson Bay Hotel
40 mins

Sheraton Athlone Hotel
35 mins

Point of Interest

THE JEALOUS WALL
The Jealous Wall is Ireland's largest folly—a dramatic ruin built in the 1760s to block the view of a rival estate.

3 - 3.5km 45 mins - 1 hr Easy

Belvedere House, Gardens & Park is a stunning 18th-century estate set on the shores of Lough Ennell. The site features a restored Georgian villa, beautifully landscaped gardens, woodland trails, and lakeside walks. Visitors can explore historic follies, including the famous Jealous Wall, and enjoy peaceful surroundings across 160 acres. It's a great spot for families, walkers, and history lovers alike, with a café, visitor centre, and seasonal events throughout the year.

Walking Routes

Walled Garden Stroll 1 km 15 mins

A gentle stroll through the restored Victorian walled garden, with vibrant plants and a quaint glasshouse.

Earls Trail 3 km 45 mins


A woodland and lakeside loop, with platforms leading to scenic overlooks, picnic spots and swings along the way.


Woodland & Lake Shore Loop 3.5 km 1 hr

A scenic circular trail around the estate's edge, winding through mature woodland and along Lough Ennell, passing historic spots like the Icehouse and lakeside viewpoints.






Distance From

Hodson Bay Hotel
 55 mins

Sheraton Athlone Hotel
 50 mins

Point of Interest

The Clamp Hole Waterfall lies in Glenbarrow Gorge, where the River Barrow tumbles through a steep ravine, forming a striking three-tiered cascade.

 3 - 12 km  1 - 3.5 hrs  Moderate - Strenuous

Glenbarrow, in the Slieve Bloom Mountains, is a beautiful location known for its woodland walks and waterfalls. The River Barrow runs through a scenic gorge, forming the striking Clamp Hole waterfall. A range of looped trails offers everything from easy strolls to tougher hikes, winding through forests, wildflowers, and historic sites. Though a bit out of the way, it's well worth the trip—a peaceful place to enjoy nature and take in stunning mountain views.

Hiking Trails

Flat Rock Loop 3 km 1 hr
A walk to the waterfall and back.

Waterfall Loop 7 km 2 hrs
Continue past the waterfall, follow the bog bridge, ascend to the forest road, and return to the carpark.

The Eco Walk 10 km 3 hrs
A novel and educational walk developed in partnership with the local communities; the ECO walk has 10 stops along the way.

Old Mill Loop 12.5 km 3.5 hrs
After the first two walks, the trail passes old stone mill ruins before joining the forest road back to the car park.

