



Bridging the Distance

Feel dwarfed by the majesty of the iconic stone arch bridges at Streamstown and soak up the railway heritage as you cycle along! Here the Old Rail Trail passes under some of the most extraordinary examples of masonry stone arched bridges on the trail.

Step Back in Time

Opened in 1851, the now restored Castletown Station once catered for both passenger and goods transport before closing in 1963. Today, it is the turn off point for the quaint village of Castletown Geoghegan, a short 3km from the station by public road, providing access to refreshments.

Ancient Majesty

As Ireland's mythological and sacred centre, the Hill of Uisneach captivates visitors with its huge significance that pre-dates recorded history. It's a must-visit when exploring Ireland's Ancient East and a short 6km diversion from Castletown Station will take you there. Guided tours are available daily by passionate locals who will send you away dreaming of these enigmatic and sacred lands. www.uisneach.ie

Where Greenways link

The Old Rail Trail meets the Royal Canal Greenway at Ballinea and Newbrook. From here it's just a short spin into Mullingar for a rest, refreshments, culture and craic. The Blueway Activity Zone at Mullingar Harbour offers multi-activity exploration of the Royal Canal, including kayaking and stand-up paddle boarding.



At the Heart of It

Athlone is a vibrant hub of culture, art, heritage and a renowned shopping destination. It's a great base for exploring Ireland's Hidden Heartlands, with a range of accommodation options and mouth-watering local food.

Visitors can enjoy breath-taking panoramic views of the River Shannon from atop Athlone Castle and indulge their inner artist at the Luan Gallery, a national and international visual feast for the eyes.

Why not park up your bike and get on the water? Athlone is at the heart of it all, where the mighty River Shannon flows into Lough Ree. Enjoy a long easy cruise or a white-knuckle powerboat ride, discover the islands of Lough Ree by kayak or sail with the Vikings. Relax and soak in the scenery or let loose with adrenaline and adventure. Closeby, Glasson village offers award winning culinary delights and woodland walks at Portlick Millennium Forest. www.athlone.ie

Ancient Legends and Musical Heritage

Mullingar is a historical town in Ireland's Ancient East, famous for its musical heritage, ancient myths and legends and scenic lakes. The county town of Westmeath, Mullingar boasts excellent coffee shops, restaurants, boutiques and a range of accommodation options, along with a thriving Arts Centre and sports scene.

Among the must-sees in Mullingar is the Renaissance style Cathedral of Christ the King with its fantastic mosaics. Belvedere House, Gardens & Park on the shores of Lough Ennell guarantees a great experience.

From Mullingar, visitors can easily escape to quiet rural surroundings with sparkling lakes or the Royal Canal. Close by, Kilbeggan is home not only to the world's oldest licensed distillery dating back to 1757 but also a horse racing stadium that is sure to offer the visitor a thrilling day out. www.mullingar.ie



Railway heritage, natural beauty and brilliant biking



Athlone to Mullingar: a 42km Greenway.
Cycle or stroll on a dedicated, off-road path in spectacular surroundings, ideal for lovers of the outdoors.



www.athlone.ie

www.mullingar.ie



Map Legend

- Access Point
- Parking with Access
- 1 Whitegates, Athlone
- 2 Garrycastle Bridge
- 3 Tully
- 4 Magheramore
- 5 Dún na Sí Amenity & Heritage Park
- 6 Moate Station
- 7 Rosemount Access
- 8 Lisnagree, Streamstown
- 9 Streamstown
- 10 Castletown Station
- 11 Dysart Access
- 12 Ballinea Access
- 13 Belmont Access
- 14 Kilpatrick
- 15 Newbrook, Mullingar
- Playground
- Accommodation
- Cafés and Restaurants
- Tourist Information
- Bike Hire
- Train Station

Bike Hire and Tours

- DB Cycles Athlone**
www.dbcycles.ie
+353 90 64 92280
- Buckley Cycles Athlone**
www.buckleycycles.ie
+353 90 64 78989
- Moate Bicycle Hire**
+353 87 982 4082
- Outdoor Escape Mullingar**
www.outdoorescape.ie
+353 44 933 5351
- Mullingar Bike Hire**
www.mullingarbikehire.com
+353 44 933 6014
- Midland Cycling Tours**
+353 87 125 8462



Suggested Routes to Cycle or Walk

Athlone to Moate
14.5 km - Mostly flat surface. Suitable for family groups of all ages and all types of bikes.
Beginning in the bustling town of Athlone, the Greenway floats over Crosswood Bog's natural heritage area and through lush green landscapes, before reaching the restored Railway Station buildings in Moate. Why not take a break along the route at Dún na Sí Amenity & Heritage Park, where history and nature collide? Unwind in Moate; this hidden gem of a town provides refreshments, accommodation and the Tuar Ard Arts Centre.

Moate to Castletown
16.3 km - Mostly flat surface with gentle slopes. Suitable for family groups of all ages and all types of bikes.
Journey through stunning countryside on the way to the preserved historic Castletown Station building. Opened in 1851, it was in use for more than 100 years. Pass under the iconic three arched bridge at Streamstown. A short diversion from Castletown will allow you to savour the majesty of Uisneach, once the seat of the High Kings of Ireland and the burial site of the Earth Goddess Ériu and the Sun God Lugh.

Castletown to Mullingar
11.4 km - Mostly flat with gentle slopes. Suitable for family groups of all ages and all types of bikes.
From Castletown, the Greenway follows the old railway through sheltered countryside, surrounded by trees and birdsong. After passing under a tunnel, it meets the Royal Canal and follows its path before linking with the Royal Canal Greenway at Newbrook. From here, it's just a stroll into Mullingar, or you can continue on this Greenway all the way to the River Shannon in Longford or Dublin City (from 2019).