

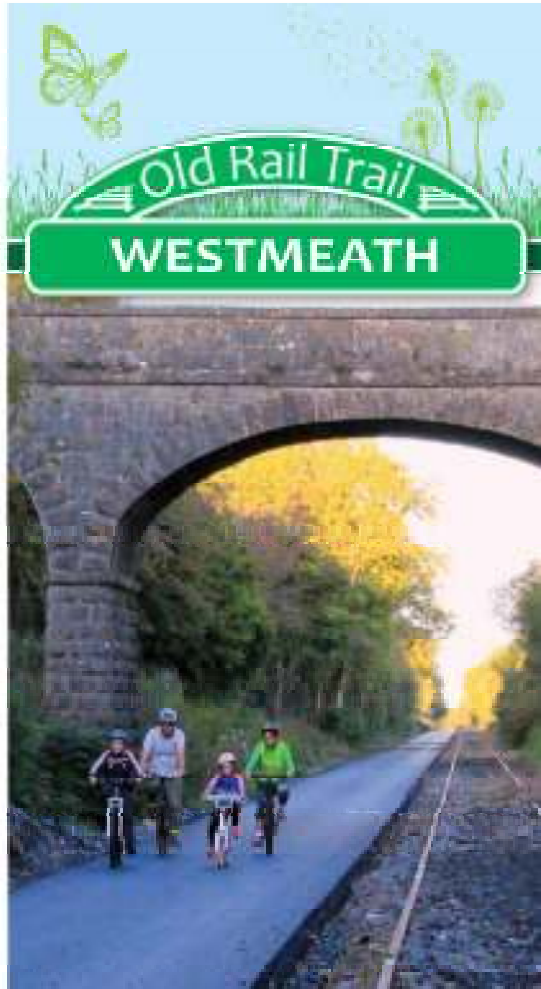
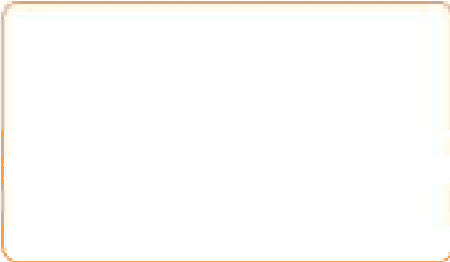
## Code of Conduct for shared use

- Cyclists should give clear hand signals and use bell to alert walkers.
- Walkers be aware that cyclists may be approaching from behind.
- Keep dogs on a short lead and 'scoop the poop'.
- Take special care at junctions and crossings.
- High-viz clothing recommended – "be safe be seen."
- Do not enter adjoining farmland.
- Do not litter the trail – "If you bring it in – take it out!"
- Respect the countryside – "Leave No Trace".

Westmeath County Council supports Ireland's "Leave No Trace" initiative.

For further information please visit:

[www.leavenotinreland.org](http://www.leavenotinreland.org)



**A Visitor's Guide**  
[greenway.westmeathcoco.ie](http://greenway.westmeathcoco.ie)

**Suggested Routes**

**Old Rail Trail**

- Athlone to Moate (10.5km)
- Moate to Castletown (18.5km)
- Castletown to Mullingar (24.4km)
- Athlone to Mullingar (40km)

**Royal Canal Greenway**

- Mullingar to Ballynacorney (18km)
- Mullingar to Meath County Boundary (21.6km)
- Meath County Boundary to Ballynacorney (45.8km)



For more information visit [greenway.westmeathcoco.ie](http://greenway.westmeathcoco.ie)  
 Phone: 044 9331000 | Emergency No: 999 / 112

## The Old Rail Trail Athlone - Mullingar

The Old Rail Trail is a rural route through the heart of the Irish Midlands, starting in the bustling town of Athlone and continuing on a converted stretch of the Midlands Great Western Railway. The golden journey takes us through rich fertile farmland, away from the hustle of towns, in a beautiful rural setting to the market town of Mullingar.

The Old Rail Trail forms part of the proposed Galway to Dublin Cycleway, which will be Ireland's first dedicated inner-city coast to coast route for cyclists.

### Athlone

The Old Rail Trail currently starts at Carrycastle on the eastern edge of Athlone, a designated historic town and more commonly known as the Capital of the Lakeland. Athlone is a thriving business and shopping town centrally located in the midlands of Ireland on the banks of the River Shannon. It is a busy and prosperous town with an abundance of interesting tourist attractions and excellent restaurants, each with its own distinctive character, catering for all the family. Dominating the town is Athlone Castle Visitor Centre - a Norman castle with panoramic views of the Shannons. Athlone is also home of the Luan Gallery, a contemporary art gallery and the first purpose built municipal art gallery located in the midlands of Ireland.

### Moate

Moate is a thriving town providing restaurants, refreshments and accommodation. There is also direct access to Dúis na Sí Amenly & Heritage Park. This is a community park for all, encompassing ecology, play, heritage, arts and education. The park consists of a café, a series of paths, children's playground, a wetland reserve and planted parkland which includes native species and bird hides.

### Castletown Station

The main station building is in private ownership. The village of Castletown Geoghegan (3km) can be accessed by public road, providing access to camping and refreshments.

### Mullingar

Mullingar is the end of the Old Rail Trail, a lovely old market town. Take a stroll to see the Joe Dolan statue one of the town's famous singers which stands outside the historic Market House which houses the local Tourist Office or visit the beautiful Renaissance style Cathedral with its fantastic mosaics. Belvedere House Gardens & Park overlooking Lough Ennel with its enchanting tale of the Jealous Wail, 160 acres of parkland and fantastic calendar of events is situated just 8 km from the town of Mullingar.

## Connections to other Routes

### Royal Canal Greenway

At Mullingar cyclists have the option of going west along the Royal Canal Greenway to Longford County Boundary. Alternatively cyclists can continue on their journey eastwards to the Meath County Boundary along the Royal Canal Greenway.

### Westmeath Way

Walkers can also access the Westmeath Way, Sí na hIarmhí, at Kilpatrick or Mullingar, it is a national waymarked linear walking route, some 53km in length, from Mullingar to Keshbeggan.

### Mullingar Cycle Loops

There is an opportunity for the cyclist to join the on-road Mullingar Cycle Loops at Castletown, Ballinew and Mullingar.

## Old Rail Trail - Some History

The Midland Great Western Railway (MGWR) was the third largest railway company in Ireland. The MGWR lines linked Dublin to both Galway and Sligo and in doing so brought an extensive railway network to Westmeath. The two largest centres of population along the route were Mullingar and Athlone, both in Westmeath. The railway line was originally constructed as a dual track which was later reduced to a single in 1938.

### Mullingar Station

The railway line reached Mullingar from Dublin in September 1848 by which time the new station had been built. The first train arrived in Mullingar on Monday, October 2nd 1848. By 1857 the station had been upgraded by the provision of additional station buildings.

### Castletown Station

Opened in 1851, this station catered for both passenger and goods transport. The first station-master who was appointed in 1851 was paid £40.00 p.a. The station closed in 1963.

### Moate Station

The station at Moate opened in 1851. The station house is a modest single storey structure and as well as passenger services, the station had both goods and cattle sidings. The Station closed in 1963.

### Athlone

The race to cross the Shannon at Athlone was a hotly contested one. The Great Southern Railway coming from Tullamore, had high hopes of being the first company to cross the river but the MGWR emerged victorious.

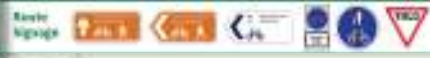
This railway line from Mullingar to Athlone was closed by Córas Iompair Éireann (CIE) in 1987 when the last remaining services were routed through Tullamore.

As part of the works for the Old Rail Trail, Westmeath County Council carried out conservation works to protected structures at both Moate and Castletown Stations. Some of the masonry stone arch bridges along the Old Rail Trail are protected structures, where these are crossed by the cycleway they can be identified by the newly erected old style parapet railings.





# Old Rail Trail WESTMEATH



**MAP LEGEND**

Old Rail Trail	Transit Information	Accommodation
Royal Canal Greenway	Paved Area	Camping
Royal Canal	Refreshments	Maps
Access Points	Cafés/Restaurants	Castles
Parking		
Train Station		

**ROUTE DISTANCES**

12.2km	Athlone to Moate
18.3km	Moate to Mullingar
11.6km	Mullingar to Mullingar



**Route Grading**  
 Purpose built off road dual or pedestrian and cycleway trail, alongside disused railway track. Generally flat with smooth surface and some gentle slopes. This trail is suitable for family groups of all ages and all types of bikes. Please consider conditions at destinations such as public houses.

