



HISTORY AND ARCHAEOLOGY

In 441AD Saint Patrick's journeyed to Crauchán Aigli (Eagle Mountain) to spend 40 days and nights on the summit. The most famous relic, The Black Bell was used by St. Patrick to banish the serpents from the Reek and Ireland. The valley to the north of the mountain is called Log na nDeamhan (Hollow of the demons). From the 10th century the mountain was referred to as Cruach Phádraig (Croagh Patrick or the Reek). Lighting on the summit on 17th March 1113AD killed 30 people. In later centuries the pilgrimage was moved to the last Sunday of July. In 1990's archaeologists discovered on the summit, an enclosing rampart and an ancient church (date 5th to 8th century), similar to the Gallarus Oratory in Co. Kerry.

PILGRIMAGE

Croagh Patrick is a national shrine and arguably the most recognisable site in Ireland associated with St. Patrick. While the traditional pilgrimage days are Garland Friday (Friday before Reek Sunday), Reek Sunday (last Sunday in July), and August 15th, pilgrims now climb all year round. Pilgrims come from all over the world and climb for various reasons. Outside of the main pilgrimage days, groups with their own priest who has a valid 'Celebret' may use the church on the summit for liturgies. Visitors are most welcome when the church is open, but if there is a Mass or wedding taking place please be respectful. For details on pilgrimage or how a priest can obtain the church key please consult www.westportparish.ie Official Pilgrimage Prayer Cards available at Teach na Míosa and Community Café.



Includes Ordnance Survey Ireland data reproduced under OSi Licence No. 2016/17 CCMA / Mayo County Council.

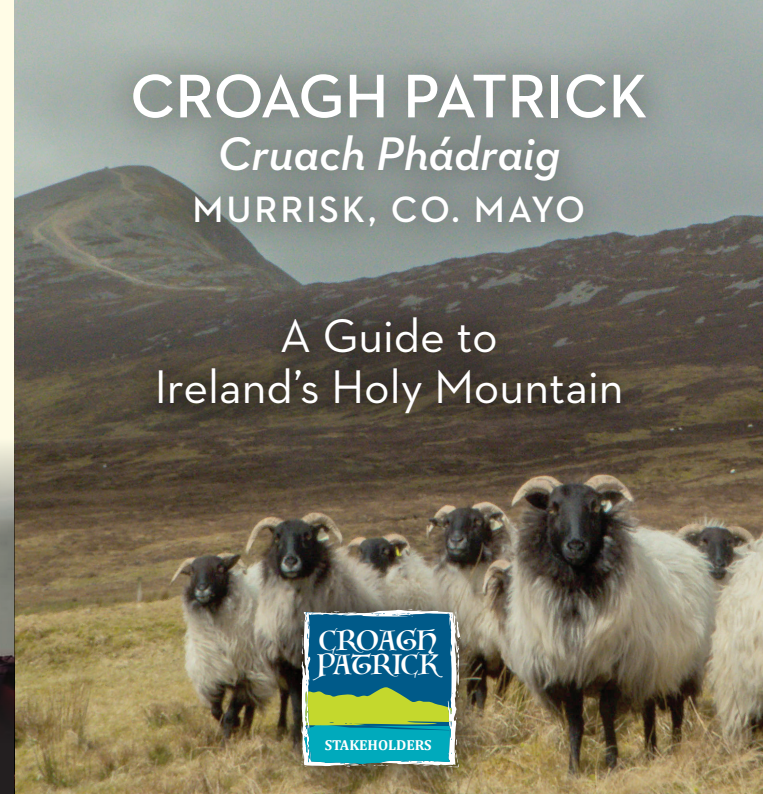
Unauthorised reproduction infringes Ordnance Survey Ireland and Government of Ireland copyright. © Ordnance Survey Ireland, 2016.

CROAGH PATRICK

Cruach Phádraig

MURRISK, CO. MAYO

A Guide to Ireland's Holy Mountain



ADVICE FOR YOUR CLIMB FROM MAYO MOUNTAIN RESCUE

You are entering mountainous territory, please bear in mind :

- Weather is always more severe as you climb higher
- Footwear should be sturdy as the surface is very rocky and slippery
- Make sure you have extra clothing and rain gear as the weather can change rapidly in the mountains.
- Bring sufficient water and food for your 3 & 1/2 hour climb.
- Make sure your phone is fully charged and be aware there may be areas Croagh Patrick where signal may not be strong.
- No running on the descent.
- Please be courteous to other climbers and respect the environment at all times.
- If you require assistance call 999 or 112 and ask for Mountain Rescue.



LEAVE NO TRACE AT CROAGH PATRICK

To help minimise the environmental impacts on Croagh Patrick, please follow the principles of Leave No Trace to help reduce the damage.

Plan Ahead and Prepare

Where possible, travel by public transport or share cars or cycle; consider the availability of parking.
Keep group numbers small; split larger parties into smaller groups.
Follow the advice on weather, equipment, planning and preparation from Mayo Mountain Rescue

Be Considerate of Others

Respect the people who live and work in the countryside of Murrisk.
Share Croagh Patrick - We all enjoy Croagh Patrick in different ways.
Pay attention, expect to encounter others and be courteous

Respect Farm Animals and Wildlife

Keep wildlife wild

Travel on durable ground

Stick to the trail. To avoid further erosion, travel in single file in the middle of the track even when wet or muddy.
Avoid creating new tracks.

Dispose of Waste Properly

"If you bring it up, take it back down" - take home all litter and leftover food (including tea bags, fruit peels and other biodegradable foods).

Do not light fires



CROAGH PATRICK SHAREHOLDERS

As a visitor to Croagh Patrick you enter private working farmland at the generosity and discretion of private land owners and you do so totally at your own risk. All users of the mountain should be respectful towards the landowners and accede to their requests and instructions at all times but most especially during lambing season. Strictly NO DOGS (with the exception of guide dogs) are allowed on the mountain. Treat mountain streams with respect as they provide the water supply to the local community.

MURRISK

Murrisk lies between the shores of Clew Bay to the north and in the shadow of Croagh Patrick to the south along the Wild Atlantic Way. Murrisk has traditionally been the starting point for the ascent of the mountain. Known locally as "The Reek", it rises 765m (2,507 ft) above sea level.

Local attractions include:

Murrisk Abbey - Augustinian Friary (founded in 1457);
The National Famine Memorial (Coffin Ship) commissioned by the Irish Government in 1996 to commemorate the Great Famine 1845-1849; Murrisk Loop Walks; Murrisk Pier; Fisherman's Memorial and numerous archaeological sites.

