



INFORMATION FOR INCOMING EXCHANGE AND INTERNATIONAL STUDENTS - Mayo Campus

Academic Year 2017-2018



Web: <http://www.gmit.ie/mayo>

Email: mayo@gmit.ie

ABOUT THE CAMPUS

Galway-Mayo Institute of Technology (GMIT) is made up of five campuses. The Dublin Road Campus and Art Campus are located in Galway city, the Furniture Technology Campus is in Connemara (85 km west of Galway), Agricultural Campus in Mountbellew near Galway. The fifth multi-disciplinary Campus is in Castlebar, Co. Mayo (90 km north of Galway), which is where you will be studying.

The Mayo Campus of the GMIT is located on approximately 20 hectares of land less than 10 minutes' walk from Castlebar Town. The Mayo Campus enrolled its first students in September, 1994. There are 1,300 students (of which 900 are full-time) studying at the Mayo Campus. Students enjoy the advantages of being part of a vibrant small student population with a high staff to student ratio. Students have access to excellent computing, videoconferencing and library facilities. An active sports programme has been very successful in national and international competitions. Student clubs cater to a range of interests, including culture, outdoor activities, and politics. The campus was the first third level Institute of Technology to be awarded the FEE (Foundation for Environmental Education) Green Flag under the An Taisce Green Campus programme. The primary aim of the Institute is to provide high quality educational courses to students in order to prepare them for the future demands of the community in which they live and work.

CONTACTS AT THE MAYO CAMPUS IN CASTLEBAR

The addresses and contact numbers for GMIT Mayo Campus in Castlebar are:

- ◆ Niamh Hearn
Lecturer and Erasmus Co-ordinator for the Mayo Campus
GMIT, Westport Road, Castlebar, Co. Mayo, Republic of Ireland

Tel: + 353 (0)94 9043278
Fax: + 353 (0)94 9025757
E-mail: niamh.hearns@gmit.ie

- ◆ Stephen Hannon
Lecturer and Outdoor Education Co-ordinator for the Mayo Campus
GMIT, Westport Road, Castlebar, Co. Mayo, Republic of Ireland

Tel: + 353 (0)94 9043121
Fax: + 353 (0)94 9025757
E-mail: stephen.hannon@gmit.ie

- ◆ Bridie Coleman/Lynda Huxley
Administration: Head of Campus/Department
GMIT Westport Road, Castlebar, Co. Mayo, Republic of Ireland

Tel: +353 (0)94 9043160/3101
Fax: +353 (0)94 9025757
E-mail: bridie.coleman@gmit.ie / lynda.huxley@gmit.ie

GMIT - INTERNATIONAL OFFICER

Catriona Cummins, based at GMIT Galway Campus, is your main contact in GMIT **BEFORE** your arrival. She will send you all the necessary information and is the person you should contact with all queries. It's best to communicate with her via e-mail or fax.

- ♦ Caitriona Cummins
International Officer, GMIT Galway Campus, Dublin Road, Galway, Republic of Ireland
E-mail: caitriona.cummins@gmit.ie

Once you start studying on the Mayo Campus, Niamh Hearn (Lecturer & Erasmus Co-ordinator), is your Mayo Campus; contact e-mail: niamh.hearns@gmit.ie

ACCOMMODATION IN CASTLEBAR

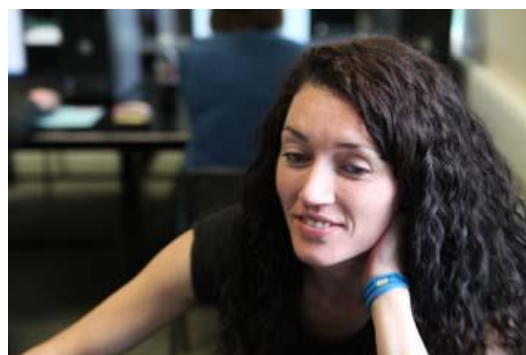
Student accommodation arrangements at Castlebar are handled by the Students' Union. Contact details are as follows:

Trish Reddington, Students' Union President – Mayo Campus,
GMIT, Westport Road, Castlebar, Co. Mayo, Republic of Ireland

Tel: + 353 (0)94 9043162
Email: supresidentmayo@gmit.ie

Student Villages

Alternatively, you can contact Hawthorn Village student accommodation www.hawthornvillage.ie directly to book your accommodation.



Newspapers

Other sources of information about accommodation are the local newspapers

Mayo Advertiser: <http://www.advertiser.ie/mayo> [Free Paper]

Western People: <http://www.westernpeople.com/>

Mayo News: <http://www.mayonews.ie/>

Connaught Telegraph: <http://www.con-telegraph.ie/>

PROVISIONAL INSTITUTE CALENDAR 2016/2017

All 1st Year students commence	Wednesday 7 September 2016
2nd, 3rd and 4th Year students commence	Monday 12 September 2016
Bank Holiday	Monday 31 October 2016
Term 1 Lectures end	Friday 9 December 2016
Winter Examinations Begin	15 to 23 December 2016
Lectures recommence for all programmes	Monday 16 January 2017
Public Holiday for St Patrick's Day	Friday 17 March 2017
Term 2 Lectures end	Friday 7 April 2017
Term 3 Lectures begin	Monday 24 April 2017
Public Holiday	Monday 1 May 2017
Revision Week	Monday 2 to 5 May 2017
Summer Examinations	8 to 26 May 2017
Progression and Award Board Meeting	Tuesday 13 June 2017
Exam Results Released	Friday 16 June 2017

Please note that the college is closed on Public Holidays.

ARRIVAL AT CASTLEBAR

On the last page of this booklet is a map of Castlebar town which shows the location of GMIT.



You will need warm clothes and waterproof jackets from September as it rains a lot in the West of Ireland.



When you arrive at GMIT Mayo Campus in Castlebar you enter the college through the main door and the reception desk is on your right. **Please report to reception on arrival.** Reception opening hours are: 9.00am – 4.30pm (Monday – Friday)

ADMISSION REQUIREMENTS

The admission of students to GMIT's programmes is based on trust between partners. The home institute must select the students to send to GMIT. GMIT in turn accepts these students onto its programmes provided that:

- the number of students selected does not exceed the agreed flows in the Bilateral Agreement between the institutions, and is in the agreed subject areas
- the students have built up enough ECTS (European Credit Transfer System) credits for entry to the desired level of the course. For example, for entry to 3rd year, students should already have 120 ECTS credits from their home institution. For entry to the final year of Degree Programmes however, each application is considered individually and entry is not automatic. Generally, in such cases, GMIT only accepts students from colleges with whom it has developed dual degree programmes.

APPLICATION PROCEDURES

The initial application is made to GMIT, (through Caitriona Cummins, International Officer at GMIT Galway) from the home institute. The normal format is a one-page CV in English with a passport photo as well as a transcript of subjects studied, with marks and credits received. The CV should ideally contain the following details:

- Surname & Christian Name
- Home Address & Term Address
- Phone Numbers & E-mail address
- Date of Birth
- Name of College & Course & Number of years completed
- Work experience: employer's name; dates of employment; responsibility
- Interests & Hobbies.

Your college Information Package should be accompanied by Application Form, Medical Questionnaire and ECTS forms. The Application Forms have to be returned promptly to the International Officer, accompanied by a photo if one was not included with the original CV. **The Medical Questionnaire should be kept by you and a copy handed to Niamh Hearn's your Erasmus Co-ordinator.** The ECTS form should be completed when you arrive at the college with assistance of the Lecturer and Erasmus Co-ordinator. Once completed, this form is sent to the International Officer, who sends it to your home institution so that they can approve the chosen subjects and agree to give credit to the student for work done abroad. They then send it back and you the student receive a copy of this learning agreement.

There are no absolute deadlines for applying to study in GMIT as an exchange student. However, it is expected that the initial application by the home institute is made by end of April for entry in September and by November for the second semester which commences at the end of January.

REGISTRATION

Every student at GMIT will be issued with an ID (Identification) Card. You will need to use this identification card throughout the academic year. It is also used to loan books from the library. You will also be given a password to access your student IT account. It is important that you activate this account in order to access Moodle (our learning management system) and other IT services including exam results.

COMPUTER ACCESS & E-MAIL

Each student at GMIT is issued with an e-mail address and computer access.

You will be required to read and sign the regulations before being given access to the computers. The regulations stipulate the prohibition of sending offensive or disruptive mail, loading or using any software without authorisation, and damaging computer equipment or files.

This is covered further in the Student Code of Conduct which will be issued to you when you register.

EXAMINATIONS 2016/17

It is necessary for you to register with GMIT to obtain your Student Identification Card and computer password. Please contact the Registration and Grants Officer, Mary Lammond in office Y005. You must have your Student Id. Card with you when you sit examinations as proof of registration and identity.

The Winter Exams session is from 15 to 23 December 2016. The Summer Exams session is from 8 to 26 May 2017. There is a fee to pay for repeat examinations, these repeats typically take place in August and you should liaise with the respective lecturer before 20 June 2017.

Continuous Assessment (CA)

Within GMIT, many of the modules have an element of continuous assessment, whereby typically 30% or 40% (even 100% in some cases) of the module final remark is allocated to assignments completed by students (either individually or in groups) over the course of the academic year. **It is very important that students inform themselves of and submit CA assignments throughout the year.** If you would like more explanation on Examinations and Continuous Assessment don't hesitate to ask Niamh Hearn when you start your studies at GMIT Mayo Campus.

ECTS (European Credit Transfer System)

GMIT uses the ECTS system throughout all its programmes. The modules which make up each academic year of each programme are awarded credits. The number of credits awarded to each module are indicated in the programme descriptions. To be awarded these credits, students must successfully complete the workload associated with the module and pass the final examination where relevant.

Each student is expected to complete the Learning Agreement form after arrival in GMIT. This form is signed here and returned to the home college for approval of module choices and confirmation that full academic recognition will be given in the home institute for the modules studied abroad.

On completion of exams, examination results will be available from the college's IT system which you will be able to access on-line

Opening a Bank Account

A bank account can be opened through the bank (Allied Irish Banks) on the Mayo Campus. Documents required are as follows:

1. Passport or Student ID Card
2. Letter to confirm that you are a registered student
3. Letter from your Accommodation Landlord

Cost of Living

A breakdown of approximate monthly cost of living expenditure is as follows:

- Room Rental € 400.00
- Heat & Electricity € 40.00
- Food € 200.00 - this is a conservative estimate
- Social life € 250.00 - this is a conservative estimate and doesn't include travel around the country

When you first arrive there will also be the additional expense of deposit on your accommodation which could be around €400 and the purchase of books for your studies. It would be wise to overestimate your monthly budget in the initial months and these additional funds will enable you to "live" here rather than just "survive".

You can get a Student Travel Card which gives discounted travel in Ireland, contact the Students' Union for more details.

Purchasing a Mobile (Cellular) Phone

Below is a list of mobile (cell) phone service providers in Ireland. Please see below websites for information in relation to special offers, price plans and free web text services.

Vodafone	www.vodafone.ie	C&C Cellular, Hopkins Road, Castlebar (094 9028707)
Meteor	www.meteor.ie	Main Street, Castlebar (094 9060960)
3	http://www.three.ie/	Unit 4, Market Square, Castlebar
Tesco Mobile	http://www.tescomobile.ie/	Tesco's, Market Square, Castlebar (1890 928416)
Eir-Mobile	https://www.eirmobile.ie/	Main Street, Castlebar (094) 9060960
Carphone Warehouse	https://www.carphonewarehouse.com/	Hopkins Road, Castlebar (094 9026624)

You have two options when purchasing a mobile phone. You may purchase a "ready to go" phone or an account paying phone. The 'ready to go option' allows a customer to purchase a mobile phone and 'top it up' with credit as and when required. Credit can be purchased online, at ATM machines in shops or in dispensing machines. It is a good idea to shop around to find the best deal available.

ACCOMMODATION

The Students' Union at the Mayo Campus can help you find accommodation (address given on page 3).

We recommend that you book your accommodation through the Students' Union. If you do book accommodation through the Students' Union, it is normal practise for them to inform you of your address before you arrive. It is essential, therefore, that you tell them of the date and time of your arrival so that they can make arrangements for you to have access to your accommodation on arrival. We recommend that you arrive on a week-day between 9am and 5pm to ensure easy access to accommodation.

SHOPPING

Food Shopping: The largest supermarkets are Tesco, Dunnes Stores, SuperValu, Aldi and Lidl. Lidl is located the furthest at approximately 2km from the college but the others are within walking of the college.

Other Shopping: Castlebar have the following stores – TK Maxx, Penneys, Dunnes Stores, Pamela Scott, Argos, Elvery's, Next, New Look, Swamp, Paco, Holland & Barrett, Costa Coffee, Tesco's, Closet, Boots Chemist, Staunton's Chemists, Shaws and Easons to name but a few.

GMIT SERVICES

Library

The campus Library is situated on the ground and first floor of the building and special collections are housed on the second floor of the library block. Study seating is available on both floors. The main Library desk is situated on the ground floor; student will find desktop computers on the first floor. Wi-Fi is available throughout the library and students have access to Edu roam where appropriate. The library also has a group study room available to students for project work, practising presentations and group viewings.

Students have access to an expanding library collection at Mayo campus and the other GMIT campuses. The collections include approximately 100,000 print items, 31,000 full text journals available in electronic format and circa 50 electronic databases including e-book collections, most of which are available remotely.

Four books may be borrowed at any one time for a period of one week and they can be renewed three times. Books on loan may be reserved and inter-campus loans and loans from other colleges can also be requested. To use the library online go to <http://library.gmit.ie/>

Term Time Opening hours are:

First Term: Monday to Thursday, 09.30 - 19.00 & Friday, 9.30 to 17.00.

Second & Third Term: Monday to Thursday, 09.30 -20.00 & Friday, 9.30 to 17.00.

An induction tour of the library is given for the visiting students towards the beginning of the first and second semesters.

Students' Union

The contact address for the Students' Union at GMIT Mayo Campus in Castlebar can be found on Page 3. The Student Union is a representative organisation run by the students to protect their own interests and to represent the student body in negotiations with the Institute and other organisations. The Union has a full-time President and Vice President, elected each year by the student body, who are assisted by class representatives elected by each class group. It provides the following services:

- Clubs and Societies
- Entertainment – Rag Week, nights out, bands in canteen etc.
- Travel Information
- Sports Information
- Issue of International Student Cards (ISIC)
- Area 15 – student's area with games Room with pool tables, dart boards, etc.



<https://www.facebook.com/gmitmayostudentsunion>



Student Health

GMIT provides a free health service for students through a local GP practice in the town.

It is essential that all visiting students complete the Medical Questionnaire and hand it to Niamh Hearn on arrival. All medical questionnaires are treated confidentially. If you have any medical illness or condition that requires ongoing treatment or medication or if you have specific medical needs, please inform Niamh. If you are on medication of any type, it is advisable to bring an adequate supply of it, as it may not be possible to get exactly the same medication here. Please ensure that you have a form E111 (if you are from the EU) so that you can avail of free medical treatment here. You can attach a copy of the form to the medical questionnaire. If you are from outside the EU, please ensure you have adequate medical insurance from your home country.

Counsellor

The Counsellor is Michelle Kerins-O'Brien. Her hours are 09.00 – 13.00 and 14.00 – 17.00 Monday to Friday. Drop in hours are 11.00-12.00 daily but to see her at other times it is necessary to make an appointment. The Counsellor's contact number is 094 9043127 or email: michelle.kerinsobrien@gmit.ie

The Counsellor offers support and a listening ear to students dealing with any issues that are causing concern, such as:

- academic concerns: subject or course difficulties,
- personal concerns: loneliness, shyness, depression, self-esteem, anxiety, addiction, family issues, relationships, sexual issues, pregnancy,
- welfare concerns: financial issues, childcare issues.

The counsellor encourages all students to call in and introduce themselves during their first few weeks at the college.

Chaplain

The Chaplain is Reverend Daniel Caldwell. His office is located next to the Counsellor. The Chaplain offers support and a listening ear to students dealing with any issues that are causing concern. His contact number is 094 9043150.

Careers Service

The Career Service is dealt with by the Counsellor, Michelle Kerins-O'Brien and she can be contacted at telephone number 094 9043127 or email: michelle.kerinsobrien@gmit.ie. Michelle provides information on various aspects of graduate recruitment including: notices of Job Vacancies, company presentations and recruitment visits, careers information events, advice on CV and interviews and assistance for recent graduates who are searching employment.

Sports, Recreation and Societies

The cultivation of an interest in competitive sports, leisure and cultural activities, which broaden students' interests and makes them more interesting and more sociable people in the workplace and in society generally is encouraged. A variety of clubs and societies available on campus ensures that most interests are catered for. Clubs available include: Gaelic Football, Hurling, Soccer, Rugby, Basketball, Badminton, Volleyball, Athletics, Golf, Kayaking, Surfing, Aquatic, Mountaineering, Boxing, Karate, Aerobics etc. The GMIT Sports Officer is Nigel Jennings and his contact number is 094 9043244.

There is also a number of societies: Computer, Language, Board games, Comedy, Drama, Heritage, Parent Support, East Timor Group and Ogra Fianna Fail. These can vary every year.

The college, in partnership with Mayo Sports Partnership, offers lunchtime activities during the academic year which are provided at a discount rate for students. These activities are organised under the Fit4Work programme and include: yoga, boot camp, Zumba, Pilates.

2016 Student Sport Ireland Cup

Bas Van Amsterdam (The Netherlands), Corentin 'Coco' Guisti (France) were members of the combined campus GMIT Rugby team who won the 2016 Student Sport Ireland Cup.



Castlebar town has an arts centre which holds concerts, plays and exhibitions. Their website address gives information on up and coming events: www.thelinenhall.com.

GMIT Green Campus



GMIT Mayo Campus is a Green Campus and is the first Institute of Technology in Ireland to have been awarded the FEE (Foundation for Environmental Education) Green Flag for achievements in recycling and reducing Litter & Waste, reducing Energy and Water consumption.

Everyone is welcome to get involved in Green Campus either using the recycling facilities on campus, being energy conscious and by taking part in our monthly Green Campus Day. If you have an environmental issue you'd like to highlight you can organise one of the Green Campus Days. You can find additional information about Green Campus and keep up-to-date on activities by joining us on

<https://www.facebook.com/GMITMayoGreenCampus/>



Canteen

The Canteen seats 250 is open each day from 08.30 to 16.00. In the morning you can get a cooked breakfast. From 12.00 to 13.00 there is a choice of lunches and from 14.00 to 16.00 snacks are available. Throughout the day you can get teas, coffees, sandwiches, bread, salads, fruit, yoghurts, juices etc. There are vending machines supplying sweets and cold drink. Everything must be paid for in cash, no cards are necessary.

Bank

There is one bank on campus, the AIB. It is possible to open an account free of charge. The bank usually has special offers for students setting up accounts for the first time. To open an account, you need a copy of your passport and a letter from the International office indicating both your home and local address. The bank offers a variety of services including foreign exchange.

TRANSPORT TO AND IN CASTLEBAR

You can reach Castlebar by Plane (Knock Airport), Train, Bus and Car.

Plane

The nearest airport to Castlebar is Knock International which is 40km to the north. To find details of flight schedules visit www.irelandwestairport.com. If you fly into Knock airport you will need to take a taxi to Castlebar which will cost approximately €55 or Bus Eireann www.buseireann.ie. Bus Eireann operate a service to Castlebar and you can find details at this link: <http://www.irelandwestairport.com/toandfromairport/toandfromairport.aspx>

There is also an international airport at Shannon but public transport to and from Shannon is not very frequent and requires a changeover of buses in Ennis. Therefore, we do not recommend arriving at Shannon, particularly at the weekends or late in the evening unless you can organise transport.

Trains

The train service from Dublin to Castlebar is on the main Dublin/Westport line see www.irishrail.ie. You can book rail tickets on-line and they are usually cheaper than buying at the railway station. If you arrive at Dublin airport you will need to take a shuttle bus from the airport to Heuston train station which costs approximately €10 and takes about 45 minutes. There are several trains a day from Dublin. Castlebar station is located on the edge of town so you will need to take a taxi to your accommodation. The train journey from Dublin to Castlebar takes approximately 3.5 hours.

Buses

Bus Eireann operate a bus service from Castlebar to Dublin city. There are four buses per day and the one-way fare is approximately €20. There is a bus connection from the bus terminal in Dublin to the airport, which costs approximately €5.

Car

If you arrive by Ferry, you will be driving to Castlebar. Be very careful of your car especially in the Dublin area. Do not leave any valuables visible in the car that could attract thieves. Make sure that you have adequate insurance cover car in case it is stolen, or broken into, or if you have an accident. Castlebar's crime rate is low but please be aware that car theft can happen. Having your own car here is very convenient for travelling around this beautiful country.

Bicycles

Many students choose to buy bicycles when they get here. There are cycle lanes in Castlebar which make cycling around the town easier and safer. Mayo also has a fantastic cycling route call The Great Western Green Way which gives wonderful views of the coast and in land scenery, you can find out more information about this on www.greenway.ie

WHAT COUNTY MAYO HAS TO OFFER

County Mayo (Mhaigh Eo) is located on Ireland's west coast and is often described as one of Ireland's hidden treasures. Home to more than 120,000 people and 86 towns and villages, it has plenty to offer residents and tourists alike with a wide variety of shops, restaurants and festivals to choose from.

Lots to Do & See

Mayo offers miles of trails for walking, cycling and hill walking. Perhaps the most impressive is the Great Western Greenway (<http://www.greenway.ie/>) which allows walkers and cyclists an 42 km off road trip from Westport to Achill. The world class greenway is a traffic free cycling and walking trail which follows the route of the renowned Westport to Achill railway which closed in 1937. Greenway towns are Westport, Newport, Mulranny and Achill.

Visitor attractions include the following:



Ballycroy National Park – located in Ballycroy (50km from GMIT) the park is situated on the western seaboard in northwest Mayo and covers over 11,000 hectares of Atlantic blanket bog and mountainous terrain. The National Park is dominated by the Nephin Beg mountain range and the Owenduff bog which is one of the last intact active blanket bog systems in Ireland and Western Europe. For more information contact: +353 (0)98 49888 or www.ballycroynationalpark.ie



Céide Fields – located in Ballycastle (61km from GMIT) the area showcases amazing geology, archaeology, botany and wildlife of this region of north Mayo. The Céide Fields Visitors Centre offers audio-visual presentations and exhibitions. The remarkable Neolithic site contains the oldest known stone-walled fields in the world – dating back nearly 6,000 years. For more information contact: +353 (0)96 43325 or <http://ceidefields.com/>



Croagh Patrick – located in Murrisk near Westport (26km from GMIT) the mountain, which overlooks Clew Bay in County Mayo, is considered the holiest mountain in Ireland. The tradition of pilgrimage to this holy mountain stretches back over 5,000 years from the Stone Age to the present day without interruption. It rises 750 metres (2,500 feet) into the sky above County Mayo. For more information contact: +353 (0)98 64114 or www.croagh-patrick.com



Deserted Village – located in Slievemor, Achill Island (67km from GMIT) the deserted village consists of some 80 - 100 stone cottages located along a mile-long stretch of road on the southern slopes of Slievemor mountain. The village is a haunting reminder of times past. An hour spent meandering from cottage to neighbouring cottage, along the ancient track and through adjacent fields with their lazy-bed ridges and furrows is a journey back in time. For more information contact: +353 (0)98 20400 or www.achilltourism.com



Erris – the area was selected as the Best Place to Go Wild in Ireland competition ran by the Irish Times (May 2014). Erris stretches from the 11,000 hectares of mountain and blanket bog that is Ballycroy National Park – Ireland's only true designated wilderness – to the white sandy beaches of the Mullet peninsula. There is variety: the windswept Atlantic side is heaven for surfers, while the sheltered east-facing coves are perfect for family pottering. For more information contact: +353 (0) 97 82292 or www.errisbeo.ie



National Museum of Country Life – located in Turlough Village (8km from GMIT) the museum is home to the national folk life collection. The Museum of Country Life is a branch of the National Museum of Ireland and is open to the public free of charge. For more information contact: +353 (0)94 9031755 or <http://www.museum.ie/Country-Life>



Westport House – located in Westport (18km from GMIT) this historic and magnificent Westport House enjoys a superb parkland setting with lake, terraces, wonderful gardens and magnificent views overlooking Clew Bay, the Atlantic Ocean, Achill, Clare Island and Ireland's holy mountain Croagh Patrick. It was built and is still privately owned by the Browne family who are direct descendants of the 16th century Pirate Queen, Grace O'Malley. For more information contact: +353 (0)98 27766 or www.westporthouse.ie



Wild Atlantic Way – is a world-famous coastal route that spans seven of Ireland's counties, taking in some breath-taking scenery along the way. In Mayo you can travel along a beautiful scenic coastal view which takes in Downpatrick Head, Inisbiggle Island, An Fal More, Blacksod, Keem Strand, Elly Bay, Lacken Strand to name but a few. For more information see <http://www.wildatlanticway.com/>



Ashford Castle – is a medieval castle that has been expanded over the centuries and turned into a five-star luxury hotel near Cong on the Mayo-Galway border, on the shore of Lough Corrib. It is part of the Red Carnation Hotel Collection and a member of Leading Hotels of the World. The grounds alone are worth the visit. For further information contact: +353 94 9546003 or <http://www.ashfordcastle.com/>



Clare Island – is the largest of the 365 islands in Clew Bay and is located 3.5 miles off the west coast of County Mayo. Famous as the ancestral home of the legendary Pirate Queen Grace O'Malley (Granuaile), this vibrant island has a population of approximately 160 people. There is so much to see and do – it can be explored on foot, bike or by mini bus. Check out the Blue Flag Beach, Granuaile's Castle, the 12th century Cistercian Abbey, the Lighthouse, the Napoleonic Tower and the various Bronze-Age sites. For more information visit <http://www.clareisland.ie/>



Achill Island – is County Mayo's (and Ireland's) largest island is attached to the mainland by Michael Davitt Bridge, between the villages of Achill Sound and Polranny. The rugged landscape features dramatic cliffs, soaring mountains, remote lakes and secluded beaches (including 5 blue flag beaches). A visit to Achill can be as active, or as relaxed, as you choose. Achill offers over a dozen quality restaurants with fresh Atlantic seafood a speciality. For more information visit <http://achilltourism.com/> or <http://www.visitachill.com/>



Mayo Trails – Mayo's has so much to offer both walking and cycling enthusiasts from its largely unspoilt, clean countryside, varying landscapes, unique scenery and rich heritage and folklore mark it as the ideal walking and cycling destination. Mayo offers all kinds of trails including Mountain, Coastal and Island, Rural and Urban Greenways and National Loop Walks. Visit <http://mayotrails.ie/> for more details.

Mayo also has a number of scenic drives including Westport to Leenane (Galway), Tír Sáile art trail, around Lough Furnace, Callow Lakes and much more.

Mayo's extensive coastline offers miles of unspoilt beaches (including more than a dozen Blue Flag beaches), amazing seascapes and hundreds of islands including Achill Island, Clare Island and Inishturk Island to name but a

few. Mayo's seashore, countless lakes and rivers provide ample opportunity for surfing, sailing, kayaking, and fishing, especially in Ballina which has been named the Salmon Capital of Ireland.

Mayo is also a cultural gem with several Irish-speaking communities (Gaeltachts) as well as musicians, dancers and artists of all kinds. A number of venues also stage regular events including the Breaffy House Hotel, TF Royal Theatre, the Linenhall (Castlebar), Town Hall Theatre (Westport) and the Ballina Arts Centre.

Adventure Centers:

- www.killaryadventure.com
- www.delphimountainresort.com
- www.achilloutdoor.com
- www.theadventureislands.com

