

## A Route Card for the Maamturks (Direction: to Leenane)

The Turks can be considered as divided into four pieces by three main passes: at Maumean/ Patrickswell (with lake), at Mám Ochóige (with lake) and at Maam Turk (no lake, very steep, narrow col). This routecard therefore is shown in four sections. Routecards are all very well but they are no substitute for having a map, compass and your own clear way of selecting your route. The column Nais below represents Naismith time (12 min/ km + 1 min/ 10m height gain). Absolutely no other allowance for the time taken to cover the ground has been used. You will need to compensate for rough ground, taking time to navigate in mist, getting tired, stops etc.

### Notes.

The initial leg deliberately goes left to reduce the otherwise unnecessarily high gradient.

We recommend using Turn 5 and a descent to the left as safer and quicker than heading down the ridge to Loch Mham Ochóige particularly in mist.

The "GPSID" field relates to the waypoint identifiers used in the GPS route linked below.

An alternative, more formatted route card is is linked below.

Recent organised walks take a more northerly route after Meall Cheo -Take the ridge towards Búcán and at the middle of the col turn north and head down the valley there, then east on the Western Way to Leenane.

More formatted routecard. [Here](#)

GPS Route [Here](#)

| A Route Card for The Maamturks |   |             |               |                |             |                   |              |               |                |
|--------------------------------|---|-------------|---------------|----------------|-------------|-------------------|--------------|---------------|----------------|
| Places .....                   | Navigation to Leenane.....                  |             |               |                |             | Statistics .....  |              |               |                |
|                                | Name GPSID                                  | Height<br>m | Distance<br>m | Bearing<br>Mag | Nais<br>min | Cum Time<br>hh:mm | Ht. +/-<br>m | Gradient<br>% | Climb<br>Cum % |
|                                | Start (969496) START                        | 99          |               |                |             |                   |              |               | 0              |
|                                | Pt on slope TURN                            | 150         | 760           | 220°           | 14          | 00:14             | 51           | 6.7           | 2              |
|                                | Corgemore/ Corcóg CORCOG                    | 613         | 1266          | 281°           | 61          | 01:15             | 463          | 36.6          | 22             |
|                                | Turn towards col TURN 2                     | 480         | 647           | 320°           | 8           | 01:23             | -133         | -20.6         | 22             |
|                                | Crúiscin COL                                | 380         | 471           | 270°           | 6           | 01:29             | -100         | -21.2         | 22             |
|                                | Shannagirah /Mullach Glas MLCHGLAS          | 624         | 704           | 240°           | 33          | 02:01             | 244          | 34.7          | 32             |
|                                | South of Big North Lake NOFNLAKE            | 590         | 362           | 241°           | 4           | 02:06             | -34          | -9.4          | 32             |
|                                | Col (NW of Mullagh Glas) COL2               | 530         | 304           | 305°           | 4           | 02:09             | -60          | -19.7         | 32             |
|                                | Eastmost Pond SOFEPOND                      | 610         | 889           | 294°           | 19          | 02:28             | 80           | 9.0           | 36             |
|                                | Binn Mhór (Trig plr) BINN MHOR              | 663         | 532           | 255°           | 12          | 02:40             | 53           | 10.0          | 38             |
|                                | Binn Ramhar 3 ponds in NS row NOF3PONDS     | 590         | 530           | 308°           | 6           | 02:46             | -73          | -13.8         | 38             |
|                                | S end of Col S ENDCOL                       | 275         | 873           | 298°           | 10          | 02:57             | -315         | -36.1         | 38             |
|                                | Chapel Maumeen/ Mám Éan ORATORY             | 259         | 551           | 321°           | 7           | 03:03             | -16          | -2.9          | 38             |
|                                | Pt on Ridge TURN 3                          | 550         | 704           | 339°           | 38          | 03:41             | 291          | 41.3          | 51             |
|                                | Binn Chaonaigh BNCHNGH                      | 633         | 517           | 12°            | 15          | 03:55             | 83           | 16.1          | 54             |
|                                | Pt on Ridge TURN 4                          | 580         | 294           | 281°           | 4           | 03:59             | -53          | -18.0         | 54             |
|                                | Saddle COL 3                                | 525         | 230           | 334°           | 3           | 04:02             | -55          | -23.9         | 54             |
|                                | Top at 650 TOP 650                          | 650         | 700           | 349°           | 21          | 04:23             | 125          | 17.8          | 60             |
|                                | Top at 659 TOP 659                          | 659         | 130           | 325°           | 2           | 04:25             | 9            | 6.9           | 60             |
|                                | Col COL 4                                   | 625         | 223           | 266°           | 3           | 04:28             | -34          | -15.2         | 60             |
|                                | Flat top FLATTOP                            | 683         | 275           | 273°           | 9           | 04:37             | 58           | 21.1          | 62             |
|                                | Binn idir an Dá Log BNIDRDLG                | 702         | 288           | 350°           | 5           | 04:42             | 19           | 6.6           | 63             |
|                                | N. BiaDL N BIADL                            | 693         | 205           | 11°            | 2           | 04:45             | -9           | -4.4          | 63             |
|                                | Pt on slope to left of ridge TURN 5         | 450         | 485           | 276°           | 6           | 04:50             | -243         | -50.1         | 63             |
|                                | L Mham Ochóige LOCMAMOCH                    | 380         | 673           | 327°           | 8           | 04:58             | -70          | -10.4         | 63             |
|                                | Small Saddle COL5                           | 365         | 76            | 303°           | 1           | 04:59             | -15          | -19.7         | 63             |
|                                | Small Bump BUMP                             | 370         | 35            | 327°           | 1           | 05:00             | 5            | 14.3          | 63             |
|                                | Maumahoge Col COL6                          | 345         | 116           | 303°           | 1           | 05:02             | -25          | -21.6         | 63             |
|                                | K'nahillion Side/Cnoc na hUilleann CNCNHULN | 500         | 453           | 297°           | 21          | 05:23             | 155          | 34.2          | 70             |
|                                | Col Veer Left Initially COL7                | 495         | 410           | 328°           | 5           | 05:28             | -5           | -1.2          | 70             |
|                                | Maumeen/ Mám Éan MAUMEEN2                   | 540         | 259           | 345°           | 8           | 05:35             | 45           | 17.4          | 72             |
|                                | E of Pond E OF POND                         | 505         | 166           | 336°           | 2           | 05:37             | -35          | -21.1         | 72             |
|                                | Barrlugevagh BRRLGRVGH                      | 555         | 443           | 294°           | 10          | 05:47             | 50           | 11.3          | 74             |
|                                | Plateau on Letterbreckaun PLATLTTBRK        | 650         | 716           | 297°           | 18          | 06:06             | 95           | 13.3          | 78             |
|                                | L'breckaun/Binn Bhriocáin BNBHRCN           | 667         | 314           | 279°           | 5           | 06:11             | 17           | 5.4           | 79             |
|                                | Pt on Plateau TURN6                         | 650         | 279           | 72°            | 3           | 06:14             | -17          | -6.1          | 79             |
|                                | Small Pond on Saddle POND                   | 580         | 329           | 58°            | 4           | 06:18             | -70          | -21.3         | 79             |
|                                | Top TOP600                                  | 600         | 114           | 62°            | 3           | 06:22             | 20           | 17.6          | 80             |
|                                | Gowlaunard GOWLNRD                          | 435         | 1024          | 320°           | 12          | 06:34             | -165         | -16.1         | 80             |
|                                | Maam Turk (Holy Well) MAAMTURK              | 355         | 329           | 48°            | 4           | 06:38             | -80          | -24.3         | 80             |
|                                | Ridge Maamturkmore RIDGEMTM                 | 450         | 243           | 33°            | 12          | 06:50             | 95           | 39.1          | 84             |
|                                | Top TOP480                                  | 480         | 373           | 305°           | 7           | 06:58             | 30           | 8.0           | 85             |
|                                | Top TOP465                                  | 465         | 386           | 336°           | 5           | 07:02             | -15          | -3.9          | 85             |
|                                | Saddle COL8                                 | 365         | 333           | 40°            | 4           | 07:06             | -100         | -30.0         | 85             |
|                                | Top TOP390                                  | 390         | 180           | 27°            | 5           | 07:11             | 25           | 13.9          | 86             |
|                                | Gleniska GLENISKA                           | 340         | 499           | 347°           | 6           | 07:17             | -50          | -10.0         | 86             |
|                                | Col of Despondency COLDESPOND               | 255         | 263           | 64°            | 3           | 07:20             | -85          | -32.3         | 86             |
|                                | Ridge RIDGE                                 | 555         | 1438          | 34°            | 47          | 08:07             | 300          | 20.9          | 99             |
|                                | Meall Cheo MEALLCHEO                        | 578         | 456           | 322°           | 8           | 08:15             | 23           | 5.0           | 100            |
|                                | Lochán/ Pond POND                           | 430         | 1327          | 16°            | 16          | 08:31             | -148         | -11.2         | 100            |
|                                | Road (873618) ROAD873618                    | 3           | 1140          | 56°            | 14          | 08:45             | -427         | -37.5         | 100            |

Map length, metres = 24314

Cum climb m. = 2336

Cum descent m. =

Imperial measure, miles= 15.11

Climb, feet. 7664

-2432

Revised as to magnetic variation, 2019 using value of -3.5 degrees

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