



Connemara & Mayo – A Walking Guide : Mountain, Coastal & Island Walks

By Paul Phelan

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Connemara & Mayo – A Walking Guide : Mountain, Coastal & Island Walks By Paul Phelan

Connemara and Mayo form an area known for stunning scenery and this guidebook describes some of the region's best and most spectacular walks. A wide variety of walks and terrains are covered: easy two-hour walks on surfaced paths; two- to three-hour ?at island and coastal walks; two- to four-hour gentle hill and mountain hikes; and four- to seven-hour strenuous hill walks. Detailed instructions are provided along with information regarding archaeology, history, landscape, ?ora and wildlife. Maps are included for each walk while photographs illustrate the routes and give a sense of the beautiful landscape. This is the most comprehensive walking guide to the area published for some time. • 'a near definitive guide to the best walks in Connemara and Mayo (RTÉ Guide) • For all who want to walk in and appreciate the landscape of the region • Other Walking Guides also available: Carrauntohil & MacGillycuddy's Reeks by Jim Ryan; The Burren and the Aran Islands by Tony Kirby; Northern Ireland by Helen Fairbairn

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Editorial Review

Review

'It is a near definitive guide to the best walks in Connemara and Mayo'. RTE Guide 'In case the walks, encompassing sandy beaches and mountain tops, aren't enough for you, Phelan gives sound commentary on the archaeology, history, landscape, flora and wildlife. Maps are included for every walk with photographs to illustrate the routes and even refreshment options'. Irish Examiner

About the Author

Paul Phelan worked in research and marketing in Ireland and overseas before starting his own business consultancy. He lives and works in Connemara, enjoys taking people on walks on the hills and islands, and also provides guiding services.

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