



## Counties Limerick and Clare

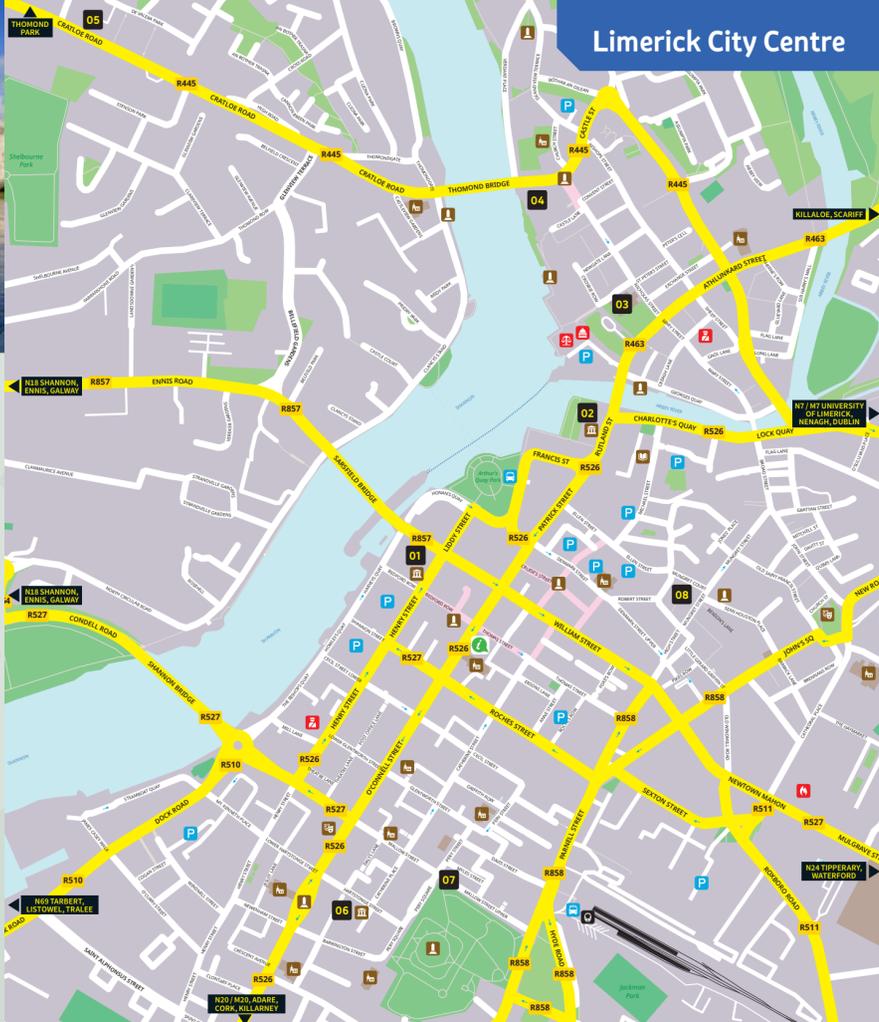
Separated only by the broad swathe of the Shannon Estuary, counties Clare and Limerick are certainly different, but each offers a complementary version of the very best Irish landscapes and traditions, from the weather-beaten coastlines and musical traditions of County Clare to the rich farmland and ancient sites of County Limerick.

**County Clare** is the Irish wild west in all its windswept glory. Its best-known natural attraction are the **Cliffs of Moher**, a series of dark limestone heads that plunge 214m into the churning Atlantic below, but there's much more to discover besides. South of the cliffs, beyond the surfing hotspots of **Doonbeg**, **Miltown Malbay** and **Lehinch**, is the slender finger of **Loop Head**, a lighthouse-tipped headland buttressed by sheer cliffs and a feeling that you've come to the end of the world. North of the Cliffs of Moher is the bare, rocky **Burren**, a 250 sq. km lunar-like landscape of grey limestone punctured in spring by wildflowers including 24 species of orchid.

It's a hard land, but it cradles a thriving culture of Irish traditional music. You'll hear some of the very best traditional sessions in villages and towns throughout the county, especially in **Ennis**, **Ennistimon**, **Kilfenora** (the set dancing in the barn next to Vaughan's is well renowned), **Miltown Malbay** (host of the annual Willie Clancy Summer School, one of the best traditional festivals in the country) and **Doolin**, whose pubs and music houses are famed throughout Ireland for the quality of the music played there.

**County Limerick** is closely tied to its namesake city, a thriving centre with a rich cultural heritage evidenced by its brooding Norman castle and fine collection of museums and art galleries. Surrounding Ireland's third-largest urban centre is a pastoral idyll of low-lying farmland and lush greenery that gently rises into the uplands and mountains that frame the entire county – from the **Sieve Felims** and **Galtees** in the east and the **Ballyhaura** and **Mullaghareirk** mountains in the south and west, each a wonderland of hiking trails and great views.

A short distance south of Limerick City is beautiful **Adare** village, its eye-catching collection of thatched cottages justifiably famous throughout Ireland. Southeast of here is Lough Gur, a picturesque horseshoe lake surrounded by ancient sites, from the Neolithic era to the Middle Ages.



## Visitor Attractions, County Limerick

**01 Limerick City Museum**  
[www.limerick.ie/limerick-museum](http://www.limerick.ie/limerick-museum)  
The collection illustrates the history of Limerick and its people. Displays include archaeological artefacts, Limerick silver, Limerick lace, military artefacts and much more.

**02 The Hunt Museum**  
[www.huntmuseum.com](http://www.huntmuseum.com)  
Exhibiting the original artefacts gathered over a life time, by John and Gertrude Hunt in an 18th century Custom House setting. Also displaying its own collections, as well as visiting exhibitions of local, national and international significance.

**03 St. Mary's Cathedral**  
[www.saintmaryscathedral.ie](http://www.saintmaryscathedral.ie)  
Founded in 1168 standing majestically over Limerick City on the banks of the River Shannon. One of the most important medieval buildings surviving intact in Ireland performing its original function.

**04 King John's Castle**  
[www.shannonheritage.com](http://www.shannonheritage.com)  
The stunning exhibition brings to life over 800 years of King John's Castle and Limerick City's dramatic history, through technology which will connect visitors to tales of siege and warfare.

**05 Thomond Park Stadium and Museum Tours**  
[www.thomondpark.ie](http://www.thomondpark.ie)  
Home ground of Munster Rugby, a famous venue, renowned internationally for its unique history and atmosphere.

**06 The Frank McCourt Museum**  
[www.frankmccourt.com](http://www.frankmccourt.com)  
A museum dedicated to the Pulitzer prize-winning author of *Angela's Ashes*, Frank McCourt which is based in Frank's former school in the Georgian Quarter of Limerick City.

**07 Limerick City Gallery of Art**  
[www.gallery.limerick.ie](http://www.gallery.limerick.ie)  
One of the leading contemporary art galleries in Ireland, home to an important collection of Irish 18th - 21st century art in all media.

**08 Limerick Milk Market**  
[www.milkmarketlimerick.ie](http://www.milkmarketlimerick.ie)  
All-weather venue in Limerick City established in 1852. Experience the weekly Friday Street Food Market, Saturday Famous Farmers Market and Sunday Soul Market with the best of local artisan food, crafts, fashion and family activities.

**09 Stonehall Wildlife Park**  
[www.stonehallvisitorfarm.com](http://www.stonehallvisitorfarm.com)  
A wildlife park and zoo for family to experience fun and education within a natural flora and fauna setting.

**10 Adare Heritage Centre**  
[www.adareheritagecentre.ie](http://www.adareheritagecentre.ie)  
Historical exhibition, a reconstruction of Adare's unique past from the arrival of the Normans to the ancient Abbeys of the Middle Ages.

**11 Lough Gur Heritage Centre**  
[www.loughgur.com](http://www.loughgur.com)  
A visit to the iconic site of Lough Gur allows the visitor to follow a trail on arrival that will take you on a walk to some of the most ancient monuments and historic sites in Ireland.

**12 Desmond Hall**  
[www.heritageireland.ie](http://www.heritageireland.ie)  
An imposing two-storey structure once used by the Earls of Desmond. The Hall, vaulted lower chamber and adjoining tower were all constructed during the 15th century. Medieval features include an oak musicians' gallery and a limestone hooded fireplace.

**13 Foynes Flying Boat and Maritime Museum**  
[www.flyingboatmuseum.com](http://www.flyingboatmuseum.com)  
Award winning museum dedicated to the history of the Flying Boats and passenger travel across the Atlantic from 1937-45. Board the World's only full-size Boeing 314 Flying Boat.

For further information please visit [www.WildAtlanticWay.com](http://www.WildAtlanticWay.com)

## Activities & Adventure, County Limerick

### Land & Water Based Activities

**Basecamp Adventure Park**  
[www.basecampadventurepark.ie](http://www.basecampadventurepark.ie)  
Paintballing, archery, splatball, bush craft. Shanagolden, County Limerick.

**Delta Karting**  
[www.deltakarting.ie](http://www.deltakarting.ie)  
Limerick City.

**Get West**  
[www.getwest.ie](http://www.getwest.ie)  
Stand Up Paddle boarding, kayaking, water zorbing, hoverball archery. Limerick City.

**Kilcornan Karting**  
[www.limerickkarting.com](http://www.limerickkarting.com)  
Kilcornan, County Limerick.

**Kilfinane Outdoor Education Centre**  
[www.kilfinaneoc.com](http://www.kilfinaneoc.com)  
Canoeing, surfing, hill walking, rock climbing, mountain biking. Kilfinane, County Limerick.

**Lazy Dog Clay Bird Shooting**  
[www.lazydogshooting.ie](http://www.lazydogshooting.ie)  
Knocklong, County Limerick.

**Limerick Carriage Tours**  
[www.limerickcarriage tours.com](http://www.limerickcarriage tours.com)  
Luxurious horse drawn carriage tours. Adare, County Limerick.

**Limerick Greyhound Stadium**  
[www.lgb.ie](http://www.lgb.ie)  
Limerick City.

**Limerick Racecourse**  
[www.limerickraces.ie](http://www.limerickraces.ie)  
Patrickswell, County Limerick.

**National Kart Centre Limerick**  
[www.nationalkartcentre.ie](http://www.nationalkartcentre.ie)  
Corbally, County Limerick.

**Nevsail**  
[www.nevsailwatersports.com](http://www.nevsailwatersports.com)  
Kayaking, surfing, sailing, windsurfing, rock-climbing, power-boating, coasteering. Limerick City.

**Roller Jam**  
[www.rollerjam.ie](http://www.rollerjam.ie)  
Indoor skating rink, Limerick City.

**Tours**

**Adare Walking Tours**  
Adare, County Limerick.

**Askeaton Walking Tours**  
Askeaton, County Limerick.

**Barratt Tours**  
[www.4tours.biz](http://www.4tours.biz)  
Tours to Clare and Cork, Limerick City.

**Kilmallock Walking Tours**  
Kilmallock, County Limerick.

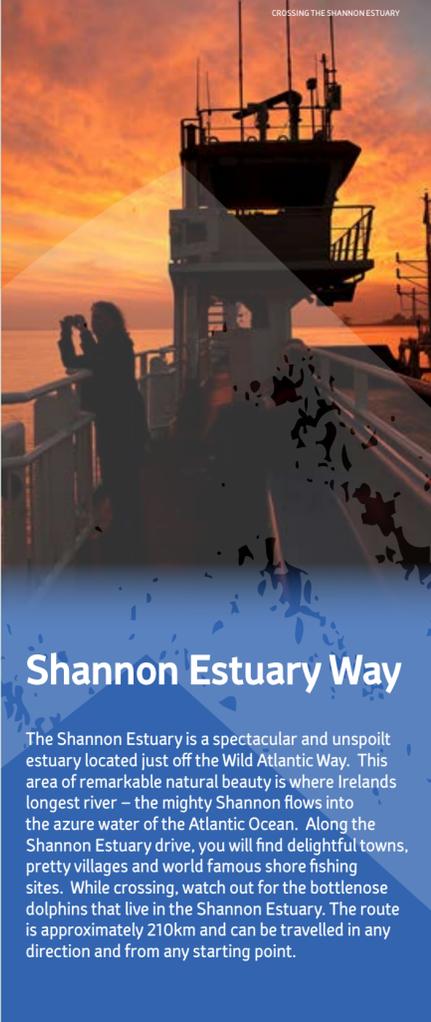
**Limerick City Walking Tours**  
[www.limerickcitytrust.ie](http://www.limerickcitytrust.ie)  
Limerick City.

**Paddywagon Tours**  
[www.paddywagon tours.com](http://www.paddywagon tours.com)  
Bus tours to Kerry and Clare, Limerick City.

**Railtours**  
[www.railtoursireland.com](http://www.railtoursireland.com)  
Train tours to Clare and Galway, Limerick City.

**Shannonside Walking Tours**  
Limerick City, County Limerick.

For a full listing of all there is to see and do in the area including angling, cycling, equestrian, gardens, golf, walking and more – please visit [www.WildAtlanticWay.com](http://www.WildAtlanticWay.com)



## Shannon Estuary Way

The Shannon Estuary is a spectacular and unspoilt estuary located just off the Wild Atlantic Way. This area of remarkable natural beauty is where Ireland's longest river – the mighty Shannon flows into the azure water of the Atlantic Ocean. Along the Shannon Estuary drive, you will find delightful towns, pretty villages and world famous shore fishing sites. While crossing, watch out for the bottlenose dolphins that live in the Shannon Estuary. The route is approximately 210km and can be travelled in any direction and from any starting point.



## Taste The Burren Events

The Burren Food Trail members organise an annual series of Long table events, taking place at unusual locations around the Burren, Co Clare. The Slow Food Festival takes place in May each year and the Burren Food Fayre closes off the season during the October Bank Holiday Weekend. [www.burren.ie](http://www.burren.ie)

## Loop Head Food Circle

Members have created this local food community, aspiring to the ethos of sustainability, with a strong commitment to sourcing as many of their ingredients as possible from the local area. The Loop Head Peninsula has been named as one of the Top 10 Foodie Towns in Ireland. [www.loophead.ie](http://www.loophead.ie)

## A Taste of Lough Derg

A Summer Series of food events where food producers and restaurant owners surrounding Lough Derg Lakelands join forces to promote the region as a food tourism destination. [www.discoverloughderg.ie](http://www.discoverloughderg.ie)



## Visitor Attractions, County Clare

**14 Bunratty Castle and Folk Park**  
[www.shannonheritage.com](http://www.shannonheritage.com)  
Explore 15th century Bunratty Castle featuring furnishings and tapestries. A stunning recreation of the 19th century Irish life, featuring over 30 buildings.

**15 Atlantic Airventure Aviation Centre**  
[www.atlanticairadventures.com](http://www.atlanticairadventures.com)  
Experience aviation with an educational and enjoyable day out. See jet fighters, airline cockpits, engines, gliders. Test your skills in the flight simulator.

**16 Craggaunowen - The Living Past Experience**  
[www.shannonheritage.com](http://www.shannonheritage.com)  
Set on 50 acres, Craggaunowen interprets Ireland's prehistoric and early Christian eras. Explore the crannog, ring fort, 'Brendan Boat' and Craggaunowen Castle built in 1550.

**17 Clare Museum**  
[www.clarelibrary.ie](http://www.clarelibrary.ie)  
Visit the Riches of Clare exhibition that features 6,000 years of Clare's history. The exhibition is displayed using the themes of Earth, Power, Faith and Water.

**18 Ennis Friary – 13th Century Franciscan**  
[www.heritageireland.ie](http://www.heritageireland.ie)  
Ennis Friary, founded in the 1240's is the burial place of the O'Brien and McMahon families - ancient Kings of Clare.

**19 Vandeleur Walled Garden**  
[www.vandeleurwalledgarden.ie](http://www.vandeleurwalledgarden.ie)  
This beautiful garden with a maze, giant chess game and Victorian-style glass house specialises in many unusual and tender plants. Facilities include bistro, gift shop, collection of old farm-machinery and kids play area.

**20 Scatterry Island Visitor Centre**  
[www.heritageireland.ie](http://www.heritageireland.ie)  
Explore the ancient ruins of Saint Senan's Monastery and marvel at the 85 foot tall round tower. Take a guided tour to learn about the Island's folklore.

**21 Loop Head Lighthouse**  
[www.loophead.ie](http://www.loophead.ie)  
Visitors are guided to the top of the lighthouse to enjoy the magnificent views. The Lighthouse Keepers Cottage hosts an exhibition on the history of Irish Lighthouses.

**22 Moher Hill Open Farm**  
[www.moherfarm.com](http://www.moherfarm.com)  
Come and visit the wide range of animals. Whiz on the outdoor go karts, have fun in the indoor play areas and bouncy castle.

**23 Cliffs of Moher Visitor Experience**  
[www.cliffsofmoher.ie](http://www.cliffsofmoher.ie)  
The Cliffs of Moher Visitor Experience located almost midway along the spectacular cliffs is home to a visitor centre set into the hillside, O'Brien's Tower and 800 metres of protected cliff side pathways.

**24 Doolin Cave**  
[www.doolincave.ie](http://www.doolincave.ie)  
Doolin Cave and visitor centre is home to the Great Stalactite, the longest free-hanging stalactite in Europe.

**25 The Burren Smokehouse Visitor Centre**  
[www.burrensmokehouse.com](http://www.burrensmokehouse.com)  
Discover the mystery of salmon smoking and the secret of how smoked salmon is handcrafted. Enjoy mosaics telling the story of the Salmon of Knowledge.

**26 The Burren Centre and Kilfenora Céilí Band Parlour**  
[www.theburrencentre.ie](http://www.theburrencentre.ie)  
The visitor centre lies in the heart of the historic village of Kilfenora and boasts a fantastic exhibition, an audio-visual theatre and local craft shop.

**27 Dysert O'Dea Castle and Clare Archaeology Centre**  
[www.dysertcastle.com](http://www.dysertcastle.com)  
A restored Gaelic Tower House built



in 1480 by the O'Dea clan, displaying local artefacts, audio visual presentation.

**28 The Farmyard**  
[www.thefarmyard.ie](http://www.thefarmyard.ie)  
An activity farm for groups promoting a healthy and active way of living through fun farm activities and educational workshops.

**29 Michael Cusack Centre**  
[www.michaelcusack.ie](http://www.michaelcusack.ie)  
A centre dedicated to Michael Cusack, founder of the GAA. Enjoy the famine era cottage and exhibition. Walk the Burren Walking Trail.

**30 Caherconnell Fort and Sheepdog Demonstrations**  
[www.caherconnell.com](http://www.caherconnell.com)  
Caherconnell Fort is one of the best preserved stone forts in the Burren with on-going excavations each summer. Daily sheepdog demonstrations during the season.

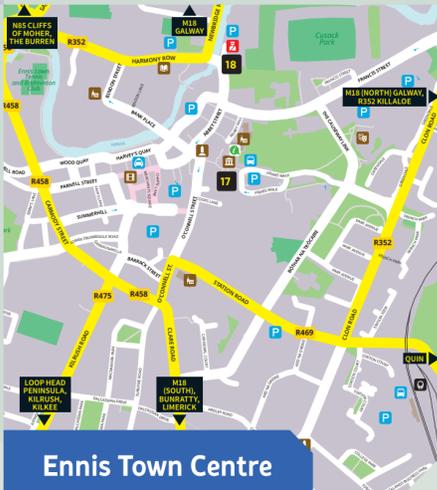
**31 Aillwee Cave and Birds of Prey Centre**  
[www.aillweecave.ie](http://www.aillweecave.ie)  
Explore one of Ireland's ancient caves, watch eagles in flight and sample delicious local food products in the nearby farm shop.

**32 Burren Perfumery and Floral Centre**  
[www.burrenperfumery.com](http://www.burrenperfumery.com)  
Home to an outstanding audio-visual presentation and photographic exhibition. The organic herb garden, set in an idyllic setting produces a large range of native organic herbs used in hand-made soaps and aromatherapy products.

**33 Irish Seed Savers Association**  
[www.irishseedsavers.ie](http://www.irishseedsavers.ie)  
20 acres of beautiful organic seed gardens, heritage orchards and native woodland trails.

**34 Holy Island/Inis Cealtra**  
[www.holyisland.ie](http://www.holyisland.ie)  
Holy Island on Lough Derg and the river Shannon is one of the most famous monastic sites in Ireland. Its many attractions include a well-preserved Round Tower. Boat trips and guided tours available.

For further information please visit [www.WildAtlanticWay.com](http://www.WildAtlanticWay.com)



## Ennis Town Centre

## Activities & Adventure, County Clare

### Boat Trips

**Cliff of Moher Cruises**  
[www.cliffmohercruises.ie](http://www.cliffmohercruises.ie)  
Doolin, County Clare.

**Derg Boat Trips**  
[www.dergboatrips.ie](http://www.dergboatrips.ie)  
Lough Derg, Scariff, County Clare.

**Dolphin Discovery**  
[www.discoverdolphins.ie](http://www.discoverdolphins.ie)  
Kilrush, County Clare.

**Dolphinwatch**  
[www.dolphinwatch.ie](http://www.dolphinwatch.ie)  
Carrigaholt, County Clare.

**Doolin Ferry Company with Bill O'Brien**  
[www.doolinferry.com](http://www.doolinferry.com)  
Aran Islands and Cliffs of Moher cruises. Doolin, County Clare.

**Doolin 2Aran Ferries**  
[www.doolin2aranferries.com](http://www.doolin2aranferries.com)  
Aran Islands and Cliffs of Moher cruises. Doolin, County Clare.

**Killaloe River Cruises**  
[www.killaloeivercruises.com](http://www.killaloeivercruises.com)  
Lough Derg, Killaloe, County Clare.

### Scatterry Island Tours

[www.scatterryislandtours.com](http://www.scatterryislandtours.com)  
Kilrush, County Clare.

### Secret Ireland Escapes

[www.secretirelandescapes.com](http://www.secretirelandescapes.com)  
Lough Derg, Killaloe, County Clare.

### Land & Water Based Activities

**Adventure Burren**  
Rock climbing, hiking, walking. Carron, County Clare. **Find us on Facebook.**

**Alpha Surf School**  
[www.surfschool.ie](http://www.surfschool.ie)  
Fanore, County Clare.

**Ben's Surf and Rock Climbing Clinic**  
[www.lahinchadventures.com](http://www.lahinchadventures.com)  
Lahinch, County Clare.

**Burren Outdoor Education Centre**  
[www.burrenec.com](http://www.burrenec.com)  
Snorkelling, kayaking, rock climbing, hill walking. Bellharbour, County Clare.

**Clare Kayak Hire**  
[www.clarekayakhire.com](http://www.clarekayakhire.com)  
Lahinch, County Clare.

**Clare Paintball**  
[www.clarepaintball.ie](http://www.clarepaintball.ie)  
Quin, County Clare.

**Clare Surf Safari**  
[www.claresurfsafari.com](http://www.claresurfsafari.com)  
Mobile Surf School, County Clare.

**Climb It**  
[www.climbit.ie](http://www.climbit.ie)  
Rock climbing and hill walking. The Burren, County Clare.

**Dive Academy Scuba Diving School**  
[www.diveacademy.info](http://www.diveacademy.info)  
Lahinch, County Clare.

**Get West Killaloe Kayak Tours**  
[www.getwest.ie](http://www.getwest.ie)  
Killaloe, County Clare.

**GoGaelic**  
[www.gogaelic.ie](http://www.gogaelic.ie)  
Experience Hurling and Gaelic football on a fun level. Ennis, County Clare.

**Lahinch Surf Experience**  
[www.lahinchsurfexperience.com](http://www.lahinchsurfexperience.com)  
Lahinch, County Clare.

**Lahinch Surf School**  
[www.lahinchsurfschool.com](http://www.lahinchsurfschool.com)  
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Lahinch, County Clare.

**Nevsail**  
[www.nevsailwatersports.ie](http://www.nevsailwatersports.ie)  
Kayaking, surfing, sailing, windsurfing, rock-climbing, power-boating, coasteering. Killee, County Clare.

**North Clare Sea Kayaking**  
[www.northclaresaikayaking.com](http://www.northclaresaikayaking.com)  
Doolin, County Clare.

**Ocean Scene Surf School**  
[www.oceanscene.ie](http://www.oceanscene.ie)  
Lahinch, County Clare.

**Soul Kite**  
[www.soulkite.ie](http://www.soulkite.ie)  
Kitesurfing and Stand Up Paddle boarding. Lahinch and Killaloe, County Clare.

**The Green Room Surf School**  
[www.thegreenroom.ie](http://www.thegreenroom.ie)  
Lahinch, County Clare.

**Tullassa Range**  
Clay shooting and archery. Ennis, County Clare. **Find us on Facebook.**

**UL Sport Adventure Centre**  
[www.ulac.ie](http://www.ulac.ie)  
Sailing, kayaking, Stand Up Paddle boarding, high ropes. Killaloe, County Clare.

**White Water Surf School**  
[www.whitewatersurfco.com](http://www.whitewatersurfco.com)  
Miltown Malbay, County Clare.



**Clare Kayak Hire**  
[www.clarekayakhire.com](http://www.clarekayakhire.com)  
Lahinch, County Clare.

**Clare Paintball**  
[www.clarepaintball.ie](http://www.clarepaintball.ie)  
Quin, County Clare.

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[www.northclaresaikayaking.com](http://www.northclaresaikayaking.com)  
Doolin, County Clare.

**Ocean Scene Surf School**  
[www.oceanscene.ie](http://www.oceanscene.ie)  
Lahinch, County Clare.

**Soul Kite**  
[www.soulkite.ie](http://www.soulkite.ie)  
Kitesurfing and Stand Up Paddle boarding. Lahinch and Killaloe, County Clare.

**The Green Room Surf School**  
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Lahinch, County Clare.

**Tullassa Range**  
Clay shooting and archery. Ennis, County Clare. **Find us on Facebook.**

**UL Sport Adventure Centre**  
[www.ulac.ie](http://www.ulac.ie)  
Sailing, kayaking, Stand Up Paddle boarding, high ropes. Killaloe, County Clare.

**White Water Surf School**  
[www.whitewatersurfco.com](http://www.whitewatersurfco.com)  
Miltown Malbay, County Clare.

## THINGS TO DO IN CLARE

Discover the highlights of the Shannon Estuary, the Burren, Loop Head, and the Cliffs of Moher. Explore the rich history and culture of County Clare through a variety of activities and experiences.

For a full listing of all there is to see and do in the area: including angling, cycling, equestrian, gardens, golf, festivals and events, suggested itineraries, walking and more – please visit:

[www.WildAtlanticWay.com](http://www.WildAtlanticWay.com)

For personalised advice and information visit our Tourist Information Centres

**Fáilte Ireland**  
www.fair.ie

**WILD ATLANTIC WAY**  
SÍ AN ATLANTACH THIAMH



# Limerick and Clare County Map



# Key for Town/City Centre and County Regional Maps

- Wild Atlantic Way**
  - Wild Atlantic Way Route
  - Wild Atlantic Way Signature Discovery Point
  - Wild Atlantic Way Discovery Point
  - Wild Atlantic Way Start/Finish Point
- Points of interest**
  - Fáilte Ireland Tourist Information Centre
  - Community Tourist Information Office
  - Museum
  - Theatre
  - Cinema
  - Historic Monument
  - Library Services
  - Church/Cathedral
  - Heritage Site
  - Mountain
  - Historic Ruins
  - Lighthouse
  - Lighthouse with visitor facilities
  - Park
- Services**
  - Hospital
  - Fire Station
  - Garda Station
  - Court House
  - Cemetery
  - Town/City Hall
  - Public Toilets
- Transport**
  - Airport
  - Ferry - Foot Passengers
  - Ferry - Vehicles on Deck
  - Ferry - Vehicles below Deck
  - Bus/Coach
  - Car Parking
  - Taxi Rank
  - Pier
  - Greenway Cycling and Walking Route
  - Railway Station
  - Railway Line
  - Toll Road
  - Motorway Junction Number
  - Motorways
  - National Roads
  - Regional Roads
  - Local Roads
  - Minor Roads

Don't forget to pick up your Wild Atlantic Way Passport and collect your Discovery Point Stamps along the route!

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## Explore County Limerick

**Adare**  
Often referred to as 'Ireland's prettiest village' where traditional thatched cottages and ancient stone walls preserve the spirit of an unspoiled Ireland. The very definition of postcard perfection, Adare is a picturesque oasis. Take an afternoon to explore the mysterious ruins and churches which surround the village and whisper of its rich history.

**Askeaton**  
This medieval village on the scenic N69 driving route and Shannon Estuary Way was once a stronghold of the Anglo-Norman Earls of Desmond. Today, the impressive ruins of Askeaton Castle and Franciscan Friary dominate the town. It is believed that William de Burgo established the property around 1199.

**Ballyhaura Mountain Trails**  
Undulating green pastures, woodlands, hills and mountain, this area which sits on the Cork/Limerick border is a well-established outdoor recreation hub. There are numerous looped walks in varying lengths: Blackrock loop (11km), Darragh Hills Loop (10km), Canon Sheehan Loop (7km).  
[www.visitballyhaura.com](http://www.visitballyhaura.com)

**Curraghchase Forest Park**  
300 hectares of mixed woodland and parkland. Attractions include way marked walks, family cycling, playgrounds, historic house, arboretum, pet cemetery, lake and specimen trees.  
[www.coillteoutdoors.ie](http://www.coillteoutdoors.ie)

**Clare Glens**  
This forest park is situated in a quite hilly area. It has beautiful nature trails, which are well signposted and incorporate lots of the other attractions, such as the natural rock pools, rapids and waterfalls. There is an abundance of natural flora and an abundance of indigenous birds and other wildlife. This is an extremely picturesque location, which has become very popular due to its natural beauty.

**Great Southern Greenway**  
In County Limerick, approximately 40km of the Great Southern Trail has now been developed for off road walking and cycling from Rathkeale to Abbeyfeale. The route makes its way through the West Limerick countryside giving the walker and cyclist the opportunity to stop off in towns and villages along the route including Rathkeale, Ardagh, Newcastle West, Templeglantine and Abbeyfeale.  
[www.southerntrail.net](http://www.southerntrail.net)

## Explore County Clare

**Burren and Cliffs of Moher UNESCO Global Geopark**  
The Burren means 'great rock' and in this karst limestone you will find the iconic Poulnabrone Dolmen, the longest cave system in Ireland, the largest stalactite in Europe, the Burren National Park, the Carron Nature Reserve, and a host of wild flora and fauna waiting to be discovered.  
[www.burrengeopark.ie](http://www.burrengeopark.ie)

**Lough Derg Blueway**  
Consisting of 13,000 hectares of beautiful clear waters and touching on three counties (Clare, Galway and Tipperary), Lough Derg is surrounded by some stunning countryside. Enjoy numerous trails on both land and water, which provide adventure enthusiasts with plenty to enjoy.  
[www.BlueWaysIreland.org](http://www.BlueWaysIreland.org)

## Wild Atlantic Way Signature Points

**Cliffs of Moher**  
The iconic Cliffs of Moher are one of Ireland's most visited natural attractions. Stretching for 8km along the Atlantic coast of Clare, the cliffs reach 214m at their highest point at Knockardakin. Midway along the cliffs you'll find the environmentally friendly visitor centre set into the hillside. Here, you can also discover O'Brien's Tower, a 19th-century viewing tower, and access 800m of protected cliff-side pathways with viewing areas.

**Loop Head**  
Loop Head is a slim finger of a peninsula pointing out to sea from the most westerly corner of County Clare, set between the Atlantic Ocean and Shannon Estuary, with breath-taking views. Visit Loop Head Lighthouse, go dolphin watching, bird watching, fishing and more on the Wild Atlantic Way.



POULNABRONE DOLMEN, THE BURREN, COUNTY CLARE

- ACTIVITIES & ADVENTURES COUNTY CLARE CONTINUED
- Tours**
  - Barratt Tours**  
[www.barratttours.ie](http://www.barratttours.ie)  
Bus tour to Clare and Cork. Ennis, County Clare.
  - Burren Experience Guided Walks**  
[www.mullaghmore-burren.com](http://www.mullaghmore-burren.com)  
The Burren. Corofin, County Clare.
  - Burren Guided Walks and Hikes**  
[www.burrenguidedwalks.com](http://www.burrenguidedwalks.com)  
The Burren. Fanore, County Clare.
  - Burren Hill Walks**  
[www.homepage.eircom.net/~burrenhillwalks/](http://www.homepage.eircom.net/~burrenhillwalks/)  
The Burren. Ballyvaughan, County Clare.
  - Burren Mountain Walking Tours**  
Mini bus and hill walking tour. Fanore, County Clare.  
**Find us on Facebook**
  - Burren Way Mountain Biking Tours**  
[www.burrenwaymountainbiketours.com](http://www.burrenwaymountainbiketours.com)  
Doolin, County Clare.
  - Clare Walking Tours**  
[www.clarewalkingtours.ie](http://www.clarewalkingtours.ie)  
Tuamgraney, County Clare.
  - Cliffs of Moher Walking Tours**  
[www.cliffsofmoherwalkingtours.com](http://www.cliffsofmoherwalkingtours.com)  
Extended hike along the Cliffs. Lisincarr, County Clare.
  - Doolin2Aran Ferries**  
[www.doolin2aranferries.com](http://www.doolin2aranferries.com)  
Bus and Boat to Cliffs of Moher and Aran. Ennis, County Clare.
  - Doolin Cliff Walks**  
[www.doolincliffwalk.com](http://www.doolincliffwalk.com)  
Guided cliff walk from Doolin to Cliffs of Moher.
  - Ennis Walking Tours**  
[www.enniswalkingtours.com](http://www.enniswalkingtours.com)  
Ennis, County Clare.
  - E-Whizz**  
[www.e-whizz.com](http://www.e-whizz.com)  
Electric Bike hire and tours. Kilmenera, County Clare.
  - Ollie's Walking Tours**  
[www.olliestours.com](http://www.olliestours.com)  
Ennis, County Clare.
  - Rural Irish Holidays**  
[www.ruralirishholidays.com](http://www.ruralirishholidays.com)  
Activity holidays around Lough Derg. Mountshannon, County Clare.
  - The Celtic Connexion**  
[www.thecelticconnexion.com](http://www.thecelticconnexion.com)  
Escorted hiking holidays. Killaloe, County Clare.
  - Ted Tours**  
[www.tedtours.com](http://www.tedtours.com)  
Father Ted (TV series) locations. Kilmenera, County Clare.
  - Walking Tour with Benoni at 'B' Art Studio**  
Ennis, County Clare.  
**Find us on Facebook.**
  - West Coast Cycle Tours**  
[www.westcoastcletours.ie](http://www.westcoastcletours.ie)  
The Burren, County Clare.

- E-Whizz**  
[www.e-whizz.com](http://www.e-whizz.com)  
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Ennis, County Clare.
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The Burren, County Clare.



KILLALOE, SOUTH LOUGH DERG, COUNTY CLARE



GOLDEN VALE, COUNTY LIMERICK

## Practical Information



LOOP HEAD LIGHTHOUSE, COUNTY CLARE

- Rail**  
**Irish Rail (Iarnród Éireann)**  
[www.irishrail.ie](http://www.irishrail.ie)  
National Rail Service
- Bus**  
**Bus Éireann**  
[www.buseireann.ie](http://www.buseireann.ie)  
National Bus Service
- Local Link**  
[www.locallink.ie](http://www.locallink.ie)  
Rural community bus service.
- Private Bus Operators**  
Please ask in your local Tourist Office for details on numerous private bus services nationwide.
- Air**  
**Shannon International Airport**  
[www.shannonairport.ie](http://www.shannonairport.ie)  
Shannon, County Clare, International Flights.
- Boat**  
**Shannon Ferries**  
[www.shannonferries.com](http://www.shannonferries.com)  
Ferry from Kilmier, County Clare to Tarbert, County Kerry.
- Driving**  
Driving is on the left hand side of the road & safety belts must be worn at all times. The M50 motorway around Dublin is a barrier-free toll road, tolls can be paid on [www.eFlow.ie](http://www.eFlow.ie) or at any outlet with a Payzone sign.
- National Transport**  
Driving: [www.rsa.ie](http://www.rsa.ie)  
Transport: [www.transportforireland.ie](http://www.transportforireland.ie)
- National Activity Organisations**  
Cycling: [www.cyclingireland.ie](http://www.cyclingireland.ie)  
Equestrian: [www.aire.ie](http://www.aire.ie)  
Fishing: [www.fishingireland.info](http://www.fishingireland.info)  
Golf: [www.golf.discoverireland.ie](http://www.golf.discoverireland.ie)  
Walking: [www.irishtrails.ie](http://www.irishtrails.ie)
- Irish Tourist Assistance Service**  
[www.itas.ie](http://www.itas.ie) Safety and assistance service for Tourists
- Emergency Services**  
In an emergency the "blue light" services - Garda Síochána, Ambulance, Fire and Irish Coast Guard - can be contacted by dialling 112 or 999.
- Tourist Information Centres**  
**Ennis Tourist Information Centre**  
Arthur's Row, Ennis, County Clare V95 RX78
- Limerick Tourist Information Centre**  
20 O'Connell Street, Limerick City, County Limerick V94 H9Y2
- Visit us at:  
[www.WildAtlanticWay.com](http://www.WildAtlanticWay.com)

