

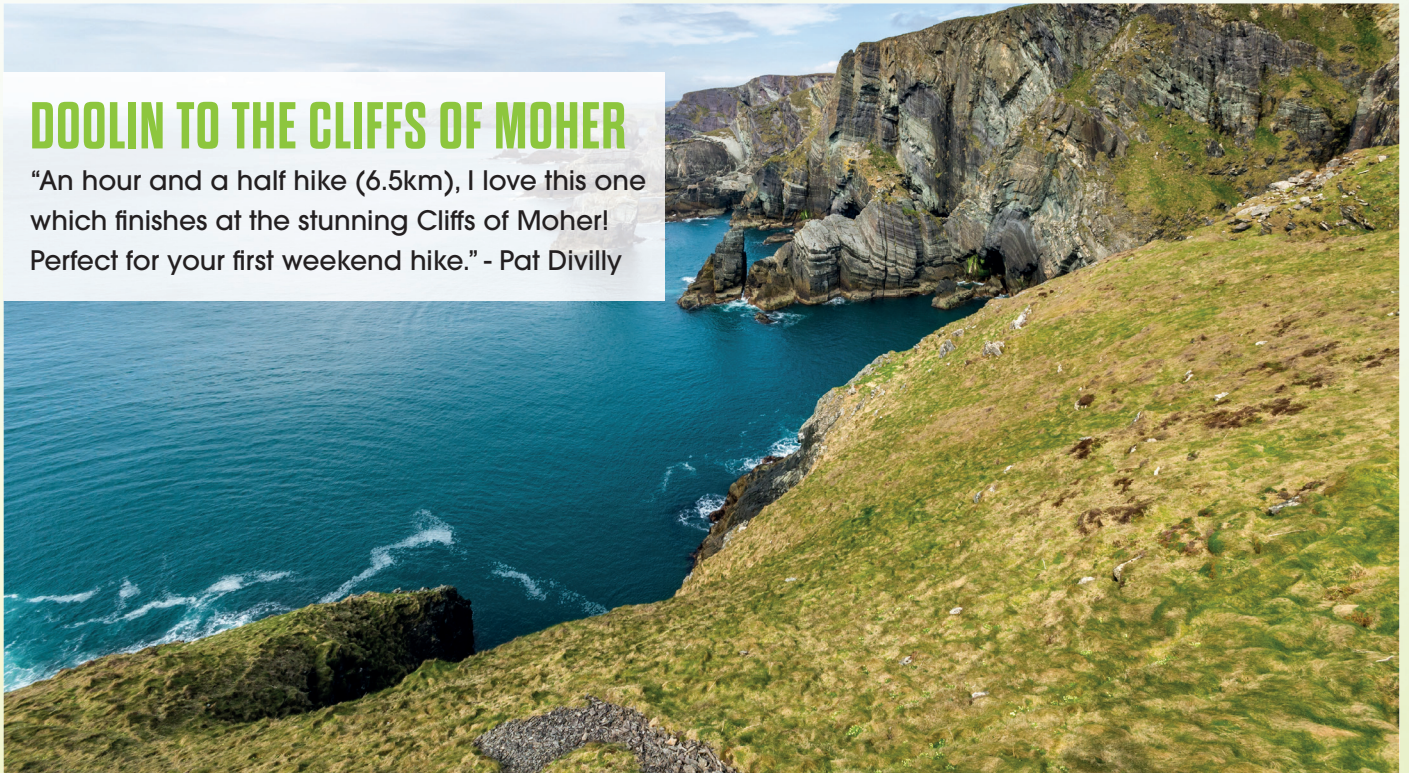
# RESTART



## HIKING ROUTES AROUND IRELAND

### DOOLIN TO THE CLIFFS OF MOHER

"An hour and a half hike (6.5km), I love this one which finishes at the stunning Cliffs of Moher! Perfect for your first weekend hike." - Pat Divilly



### DIAMOND HILL

Around 7km's and a 400 meter ascent this takes around 2 - 3 hours and is a lovely hike near Letterfrack Co. Galway.

### CROAGH PATRICK

Give yourself around 2 hours to get to the top and an hour and half coming back down, Croagh Patrick near Westport is a good step up in challenge from Diamond Hill!

### GLENDALOUGH

Lots of stunning views and hikes in the Wicklow mountains. There are nine different options for you to chose from with varying lengths that take up to 4 hours to complete!

### CARRAUNTOOHIL

The highest peak in Ireland, it's worth getting a guide to bring you up Carrauntoohil, 1038 meters. Give yourself 4 - 6 hours for this one and bring some grub!

OUTSIDER MAGAZINE

## TIPS

- Plan Your Route
- Pack Proper Clothing
- Wear Walking Boots
- Map, Compass & GPS
- Bring Phone
- Bring Food & Drinks

ALWAYS TELL SOMEONE WHERE YOU ARE GOING, YOUR ROUTE AND WHEN YOU THINK YOU WILL BE BACK.

FIND OUT MORE ON [CENTRA.IE](http://CENTRA.IE)

\*You should understand that when participating in any exercise or exercise program, there is the possibility of physical injury.

[CENTRA.IE](http://CENTRA.IE)

