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# Connemara & Mayo: Mountain, Coastal & Island Walks



## Synopsis

Connemara and Mayo form an area known for stunning scenery with high hills meeting white sandy beaches at the edge of the Atlantic. This guidebook describes some of the region's best and most spectacular walks. Detailed instructions are provided with interesting information about archaeology, history, landscape, flora, and wildlife.

## Book Information

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## Customer Reviews

'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

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.

Slow mailing service.

Having never hiked in this region of Ireland, I bought this book to familiarize us with hikes that could be done in a day. I thought it would be much easier here since the elevation is not high. Believe me, the weather (wind, hail, rain and cold) make for some difficult hiking. Phelan prepares you for the

reality. I only wish he had been available to lead us in person! Can't wait to return and see the beauty of Ireland.

Clear directions, good details re surrounding areas. Seems very thorough.

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