

The Authors



HELEN FAIRBAIRN

An appreciation of the natural environment and the love of a challenge have led Helen to explore many of the world's dramatic landscapes over the years, and she has worked on six Lonely Planet walking titles to destinations as diverse as the American Rockies and the European Alps. Now leading a more settled life in Ireland, Helen continues to enjoy the outdoors whilst introducing her children to the adventures of life. Other writing achievements include a hiking guidebook to Northern Ireland and regular contributions to *Walking World Ireland* magazine.

MY FAVOURITE HIKES

The countless rewards of walking in Ireland keep me coming back. Even after decades exploring the country, there's always something else to discover. A recent approach to **Clare Island** (p150) by sea kayak enabled me to explore a series of spectacular shoreline caves I never knew existed. Then on **Tory** (p146), I spent five minutes enthralled by an unobscured view of the corncrake, a rare bird I had often heard but never seen. Alongside the countless highs of Irish walking, ranges like the **Twelve Bens** (p191) and the **MacGillycuddy's Reeks** (p110) guarantee a prize every time – it's little wonder I can't drag myself away.

GARETH McCORMACK

A professional landscape photographer, Gareth spends much of his time scouring the Irish countryside for that perfect photo. Born in Northern Ireland, he now lives in county Sligo and occasionally swaps the lens for the keyboard and works as a hiking author; his list of publications include eight Lonely Planet walking guides and 12 years' worth of articles for hiking magazines. Gareth's photographic interpretation of Ireland's wild places can be viewed online at www.garethmccormack.com.



LONELY PLANET AUTHORS

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Table of Hikes

DUBLIN & WICKLOW	DURATION	DIFFICULTY	TRANSPORT
PHOENIX PARK & RIVER LIFFEY	3½–4 HOURS	EASY	BUS
VIKING & MEDIEVAL DUBLIN	2 HOURS	EASY	BUS
HOWTH PENINSULA	3½–4 HOURS	EASY–MODERATE	TRAIN, BUS
BRAY HEAD	4–4½ HOURS	EASY–MODERATE	TRAIN, BUS
GREAT SUGAR LOAF	1–1¼ HOURS	MODERATE	PRIVATE
WICKLOW WAY HIGHLIGHT	3 DAYS	MODERATE	BUS, TAXI
MAULIN CIRCUIT	2½–3 HOURS	MODERATE	PRIVATE
CAMADERRY	4¾–5¼ HOURS	MODERATE	PRIVATE, BUS
MULLACOR	4–4½ HOURS	MODERATE	BUS
LUGNAQUILLA	5½–6 HOURS	MODERATE–DEMANDING	PRIVATE
SOUTHEAST	DURATION	DIFFICULTY	TRANSPORT
BLACKSTAIRS MOUNTAIN	5¼–5¾ HOURS	MODERATE–DEMANDING	PRIVATE
BARROW WAY HIGHLIGHT	5–5½ HOURS	EASY	BUS, PRIVATE
KNOCKANAFFRIN RIDGE	4½–5 HOURS	MODERATE–DEMANDING	PRIVATE
NIRE VALLEY COUMS	5–5½ HOURS	MODERATE–DEMANDING	PRIVATE
COUMSHINGAUN CIRCUIT	4–4½ HOURS	DEMANDING	PRIVATE
MAHON VALLEY	4–4½ HOURS	MODERATE	PRIVATE
EASTERN KNOCKMEALDOWNS	6½–7 HOURS	MODERATE–DEMANDING	PRIVATE
WESTERN KNOCKMEALDOWNS	4–4½ HOURS	MODERATE	PRIVATE
GALTYMORE	5¾–6¼ HOURS	MODERATE–DEMANDING	PRIVATE
LOUGH MUSKRY	4–4½ HOURS	MODERATE–DEMANDING	PRIVATE
SOUTHWEST	DURATION	DIFFICULTY	TRANSPORT
BRANDON MOUNTAIN	5½–6½ HOURS	MODERATE–DEMANDING	PRIVATE
DINGLE WAY HIGHLIGHT	3 DAYS	MODERATE	BUS
SLIEVE MISH CIRCUIT	5–6 HOURS	MODERATE–DEMANDING	BUS
COOMASAHARN	5–5½ HOURS	MODERATE–DEMANDING	PRIVATE
COOMLOUGHRA HORSESHORE	6–7 HOURS	DEMANDING	PRIVATE
REEKS RIDGE	6–7 HOURS	DEMANDING	PRIVATE
PURPLE MOUNTAIN & GAP OF DUNLOE	6–7 HOURS	MODERATE–DEMANDING	PRIVATE
MUCKROSS	4–5 HOURS	EASY	BUS
TORC MOUNTAIN	3½ HOURS	EASY–MODERATE	BUS
KERRY WAY HIGHLIGHT	2 DAYS	MODERATE	PRIVATE, BUS, BOAT
DERRYNANE COASTAL CIRCUIT	3 HOURS	EASY	BUS, PRIVATE
BEARA WAY HIGHLIGHT	2–3 DAYS	EASY–MODERATE	BUS
HUNGRY HILL	4–5 HOURS	MODERATE–DEMANDING	BUS
ESKATARRIFF	5½–6 HOURS	MODERATE–DEMANDING	PRIVATE
POCKET OF AKINKEEN	4–4½ HOURS	MODERATE–DEMANDING	PRIVATE
SHEEP'S HEAD WAY HIGHLIGHT	5½–6 HOURS	EASY–MODERATE	PRIVATE
ATLANTIC ISLANDS	DURATION	DIFFICULTY	TRANSPORT
RATHLIN ISLAND	3½–4½ HOURS	EASY	BOAT
TORY ISLAND	3½–4 HOURS	EASY	BOAT
ARRANMORE ISLAND	5–5½ HOURS	MODERATE	BOAT
CLARE ISLAND	5–5½ HOURS	MODERATE	BOAT
INISHTURK	3½–4½ HOURS	MODERATE	BOAT
INISHMORE	6–6½ HOURS	MODERATE	BOAT, PLANE

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ATLANTIC ISLANDS *continued*

INISHEER	4½–5 HOURS	MODERATE	BOAT, PLANE
GREAT BLASKET ISLAND	3½ HOURS	EASY–MODERATE	BOAT
CENTRAL WEST	DURATION	DIFFICULTY	TRANSPORT
BENBULBIN	4–5 HOURS	MODERATE	PRIVATE
ACHILL HEAD & CROAGHAUN	5–5½ HOURS	MODERATE–DEMANDING	PRIVATE
SLIEVEMORE	4 HOURS	MODERATE	BUS
MINAUN HEIGHTS	5–5½ HOURS	MODERATE	PRIVATE
DÚN CAOCHÁIN CLIFFS	5½–6½ HOURS	MODERATE	PRIVATE
CORRAUN HILL	5–5½ HOURS	MODERATE–DEMANDING	PRIVATE
CORRANBINNA	5½–6 HOURS	DEMANDING	BUS, PRIVATE
CROAGH PATRICK	4–4½ HOURS	MODERATE–DEMANDING	BUS, PRIVATE
MWEELREA	6½–7 HOURS	DEMANDING	PRIVATE
KILLARY HARBOUR	3½–4 HOURS	EASY	PRIVATE
DIAMOND HILL	2½–3 HOURS	EASY–MODERATE	BUS
GLENCOAGHAN HORSESHOE	7–7½ HOURS	DEMANDING	BUS
CENTRAL MAUMTURKS	5–5½ HOURS	MODERATE–DEMANDING	PRIVATE
ERRISBEG	2–3 HOURS	EASY–MODERATE	BUS
BLACK HEAD	5 HOURS	MODERATE	BUS, PRIVATE
NORTHWEST	DURATION	DIFFICULTY	TRANSPORT
RAGHTIN MORE	3½–4 HOURS	MODERATE	PRIVATE
MELMORE HEAD	4–4½ HOURS	EASY–MODERATE	PRIVATE
ARDS	2–2½ HOURS	EASY	PRIVATE, BUS
HORN HEAD	5–6 HOURS	MODERATE	PRIVATE
MUCKISH	2½–3 HOURS	MODERATE	PRIVATE
ERRIGAL	3½ HOURS	MODERATE	PRIVATE
GLENVEAGH NATIONAL PARK	5–6 HOURS	MODERATE–DEMANDING	PRIVATE
SLIEVE SNAUGHT & THE POISONED GLEN	6½–7 HOURS	DEMANDING	PRIVATE
SLIEVE LEAGUE	4½–5½ HOURS	MODERATE–DEMANDING	PRIVATE, BUS
GLENCOLMCILLE CIRCUIT	4–5 HOURS	MODERATE	BUS, PRIVATE
BLUE STACK CIRCUIT	6–7 HOURS	MODERATE–DEMANDING	PRIVATE
NORTHERN IRELAND	DURATION	DIFFICULTY	TRANSPORT
CAVE HILL	2–2½ HOURS	EASY–MODERATE	BUS
NORTH DOWN COASTAL PATH	4½–5 HOURS	EASY	TRAIN, BUS
LAGAN TOWPATH	4¼–4¾ HOURS	EASY	TRAIN
CASTLE WARD	2–3 HOURS	EASY	BUS, PRIVATE
SLIEVE BEARNAGH & SLIEVE MEELMORE	5–5½ HOURS	MODERATE–DEMANDING	BUS, PRIVATE
SLIEVE DONARD	4½–5 HOURS	MODERATE–DEMANDING	BUS
BRANDY PAD	6½–7½ HOURS	MODERATE	BUS
SLIEVE BINNIAN & THE ANNALONG VALLEY	5–5½ HOURS	MODERATE–DEMANDING	BUS, PRIVATE
CUILCAGH MOUNTAIN	5–5½ HOURS	MODERATE	PRIVATE
CUILCAGH WAY HIGHLIGHT	3–3½ HOURS	EASY–MODERATE	PRIVATE
SAWEL & DART	5–5½ HOURS	MODERATE–DEMANDING	BUS
BINEVENAGH CLIFFS	2–3 HOURS	EASY–MODERATE	PRIVATE
CAUSEWAY COAST WAY HIGHLIGHT	5–5½ HOURS	MODERATE	BUS, TRAIN
GLENARIFF FOREST PARK	2½–3 HOURS	EASY	BUS
ANTRIM HILLS WAY HIGHLIGHT	5–6 HOURS	MODERATE	BUS

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