

THE MOUNTAINS OF IRELAND

A Guide to Walking the Summits

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A comprehensive guide, now the classic guide, to Ireland's 200 summits of 2000ft or more and to the 12 peaks exceeding 3000ft. The mountains are described clockwise from Wicklow to the Mourne, and offer a choice of 70 walking routes.

The guide divides the peaks into 5 groups, and at the start of each is described 'Paddy's Way' - the way the author tackled them - so that anyone who wants to emulate him has full directions.

The guide includes summing Carrauntoohil, Ireland's highest mountain as part of the Coomloughra horseshoe, the twelve Bens of Connemara, the Maum Turks, the Blue Stack mountains and the mountains of Donegal.

About the author

Paddy Dillon is a prolific outdoor writer with over thirty guidebooks to his name, as well as more than a dozen booklets and brochures. He writes for outdoor magazines and other publications, as well as for tourism organisations.

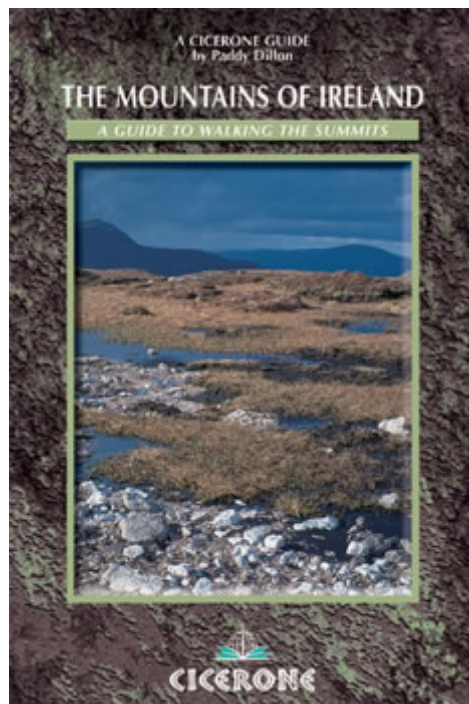
Paddy lives near the Lake District and has walked in every county in England, Scotland, Ireland and Wales; writing about walks in every one of them. Paddy enjoys simple day walks, challenging long-distance walks, and is a dedicated island-hopper. He has led guided walks and walked extensively in Europe, as well as in Nepal, Tibet, Africa and the Rocky Mountains of Canada and the USA.

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