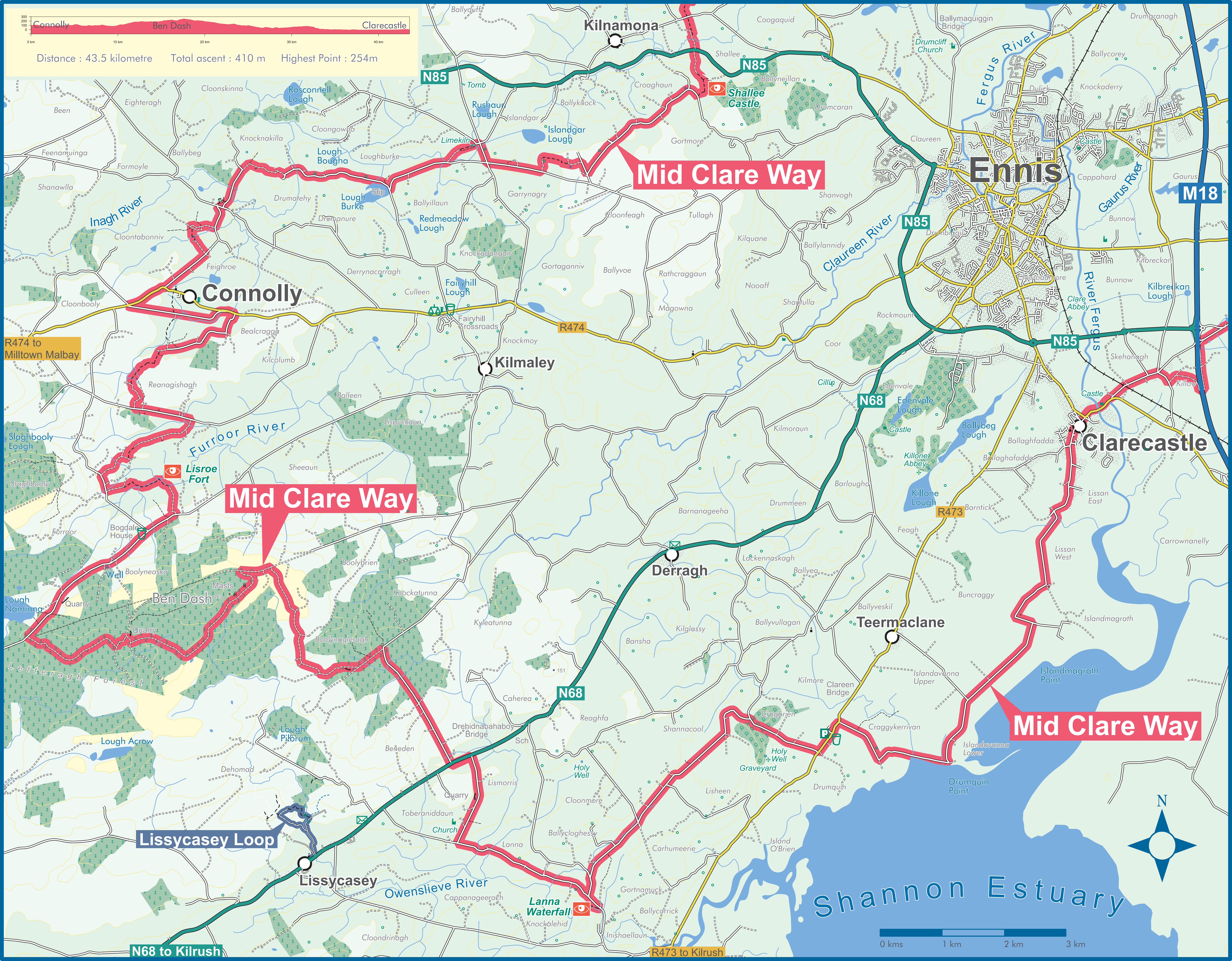




Distance : 43.5 kilometre    Total ascent : 410 m    Highest Point : 254m

Mid Clare Way

Mid Clare Way

Mid Clare Way

Lissycasey Loop

N68 to Kilrush

R473 to Kilrush

Lanna Waterfall

Shannon Estuary