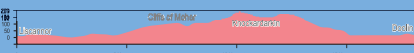


# Cliffs of Moher Coastal Walk

## Linking the villages of Liscannor and Doolin



Distance 18.7 kilometre Total ascent 293 m Highest Point 930 metres

- N59** National Primary Road
- R319** Regional Road
- Minor Road
- Lane or Housing Estate
- Dirt Road or Bog Road
- Path
- Cliffs of Moher Coastal Walk**
- The Burren Way
- Car Park
- Tourist Information
- Hostel, Camp Site
- Shop, Pub, Restaurant



<b>Start/Finish Points</b>	Liscannor/Sports Field Moher/ Cliffs of Moher Visitor Centre/ Doolin Community Centre
<b>Dist/Time</b>	Liscannor - Doolin / Doolin – Liscannor 20km, 4-5hrs Sports Field Moher - Cliffs of Moher Visitor Centre 6km, 2hrs Cliffs of Moher Visitor Centre - Doolin 8km, 2 hrs-2 hrs 30 Cliffs of Moher Visitor Centre - Hags Head return (Moher Walk) 10km, 2hrs 30-3hrs
<b>Terrain</b>	Exposed Clifftop path, narrow & steep ascents, flagstone steps, farm tracks, local and regional road
<b>Difficulty</b>	Difficult. High Levels of Fitness required. Caution Exposed Clifftop path
<b>Minimum Gear</b>	Hiking Boots, warm & waterproof clothing, fluid, SPF, Snack, Mobile Phone
<b>Grid Reference</b>	R 4182 9216

## Directions to Trailheads

Start/Finish points in Liscannor and the Cliffs of Moher Visitor Centre are on the R478 North of Lehinch. Doolin Start/Finish is on the R479. To reach the trailhead at Moher Sports Field, turn left at Liscannor Stone/ The Rock Shop, north of Liscannor Village. Travel straight through the 4 way junction. The Sports Field is on your right after approx, 2km.

## Trek Guiding

**A-B** Starting at **Liscannor Village**, follow flagstone markers north, to reach **Moher Sports Field** (6km).

**B-C** From **Moher Sports Field** follow flagstone markers north, taking left turn to reach **Hags Head** (1km).

**C-D** From **Hags Head** follow flagstone markers along Clifftop for 5km until you reach **Cliffs of Moher Visitor Centre**. Services available here.

**D-E** From **O'Briens Tower** follow clifftop path which veers inland to reach farm road. Walk through narrow passage beside cattle pen on your left. Travel through this field, keeping the stone wall on your left, until the path takes a sharp left back to the coastline. Follow the trail into **Doolin Village** (8km).

## Cliff Path Safety Code

1. **Keep to the official path**, away from cliff edges and overhangs.
2. Always supervise children, especially near cliff edges.
3. Be aware that weather conditions can change suddenly. Strong onshore wind can suddenly change to off-shore as the wind eddies on the higher sections of the cliff. Heavy fog is common and results in extremely poor visibility.
4. Apply the principles of **Leave No Trace** and **The Burren Code** by being well prepared for your walk, following trail notices, taking home your rubbish and minimizing your impact on the environment.

*This walking trail has been developed with kind assistance of local landowners and organisations. Please respect these landowners, their fencing, and their livestock, by parking in designated areas only, and staying on the official trail. Strictly no dogs. Strictly no bicycles.*



In case of emergency phone 112

We welcome feedback on your walking experience. Please contact us at [trails@cldc.ie](mailto:trails@cldc.ie)  
[www.discoverireland.ie/walking](http://www.discoverireland.ie/walking)