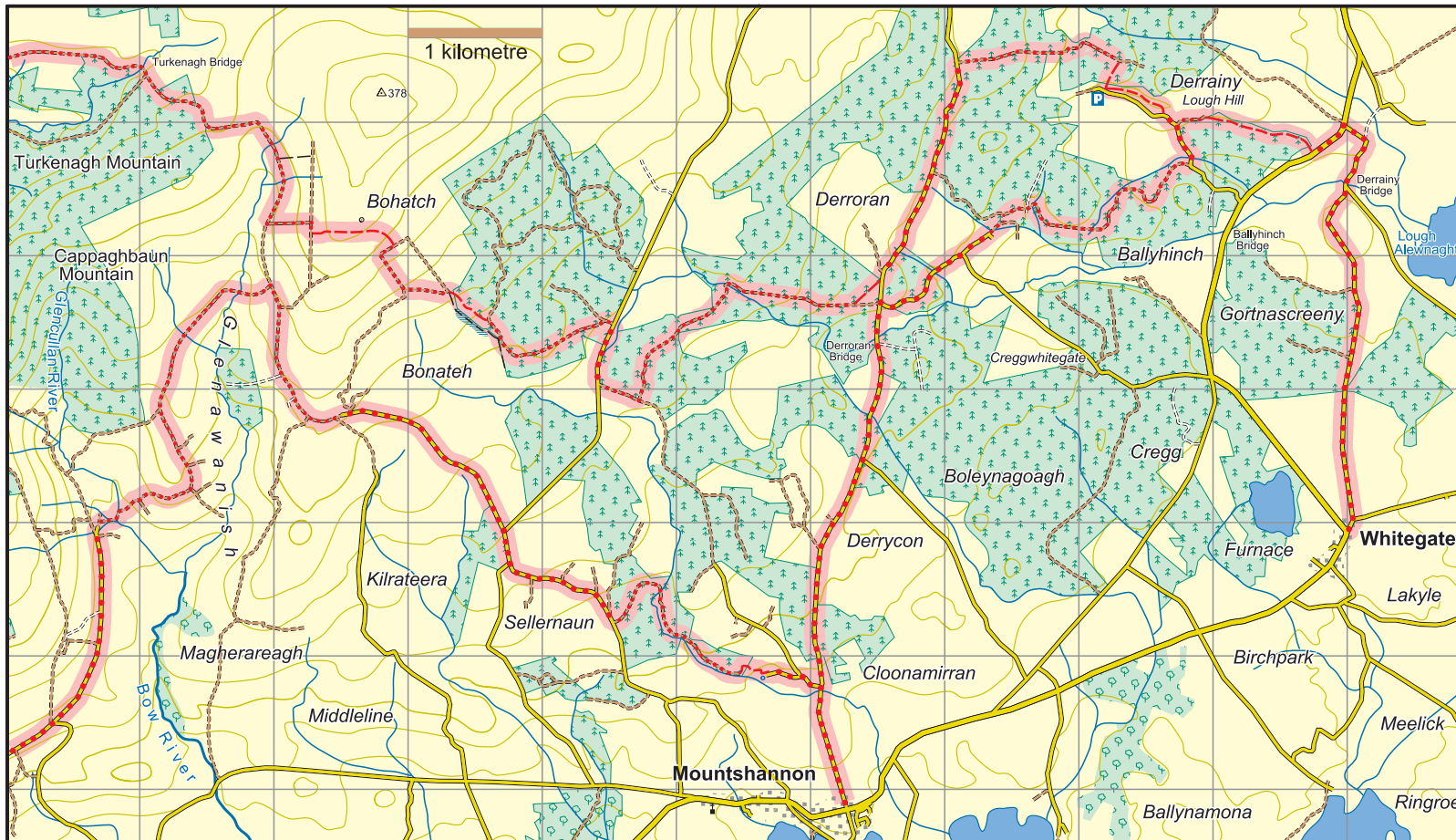


East Clare Way : Map 9 Glenawanish to Whitegate & Mountshannon



	National Road
	Main Road
	Minor Road
	Forest/ Dirt Road
	Track
	Rough Path/ No path
	Major power line
	Railway
	County boundary
	Cliff - impassable/small
	Forest - conifer/deciduous
	Car Park
	Church



The National Trails Office encourages trail users to apply the Leave No Trace principles:

1. Plan ahead and prepare
2. Be considerate of others
3. Respect farm animals and wildlife
4. Travel and camp on durable ground
5. Leave what you find
6. Dispose of waste properly
7. Minimise the affects of fire

