

PRESS RELEASE

Great scenery and a warm welcome on Ireland's west coast

THE WILD ATLANTIC WAY AND WESTERN IRELAND

Front cover

6 cycle tours along Ireland's west coast
by Tom Cooper

Here on Ireland's wild Atlantic coast, many wonders await the turn of your pedals. There are sweeping stretches of golden sand, shingle strands, dramatic sea-cliffs and tiny harbours. It is a landscape rich in history and culture, where the Irish Gaelic language can still be heard, where welcoming pubs echo to the foot-tapping rhythms of Irish music and every stone holds a story.

Launched in 2014, the Wild Atlantic Way is a driving route along Ireland's breathtaking Atlantic seaboard. This guide adapts the Way for cyclists, taking advantage the region's quiet roads and green-ways. Since relatively few people are likely to have seven weeks to spare for a full Wild Atlantic Way tour, the book presents six self-contained cycle tours, each offering 7-10 days of riding: for the full Wild Atlantic Way experience, these distinct routes can be linked together into a 44-stage trip, covering almost 2,450km of coastline between Derry/Londonderry and Cork.

Each route includes detailed notes on accommodation and facilities, plus optional detours and shortcuts and points of interest. The routes themselves are presented as 'route cards': ideal for use with a cycle computer, these pages provide 'at a glance' information for when you're on the road, covering navigation, facilities and local highlights. With advice on transport and equipment, as well as background information on Ireland's history, geology, plants, wildlife and culture, The Wild Atlantic Way and Western Ireland has all you need to discover the magic of western Ireland on two wheels.

What's inside?

- six self-contained cycle tours along Ireland's west coast
- routes can be linked together to create a 2,450km Wild Atlantic Way adventure
- advice on transport, accommodation, facilities and side-trips

About the author

Tom Cooper is a writer and editor who fell in love with Ireland's Atlantic coast many years ago on a six-week ride from Belfast to County Cork. He enjoyed himself so much that he just keeps going back for more.

Key information

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