



# The Western Way

## Slí an Iarthair

Distance: 53 km  
 Duration: 2/3 days  
 Fad: 53 km  
 Fad Ama: 2/3 lá



**SAFETY**  
 Good hiking Footwear, Rain gear, take care when rock surface is wet. Mobile phone.

**SÁBHÁILTEACHT**  
 Bróga feiliúnacha, Éadaigh báistí, tabhair aire ar na carraigeacha agus iad fliúch. Fón póca.

- LEAVE NO TRACE PRINCIPLES**
- 1 Plan Ahead and Prepare
  - 2 Be Considerate of Others
  - 3 Respect Farm Animals and Wildlife
  - 4 Leave What You Find
  - 5 Dispose of Waste Properly

Please adhere to this code in any trip to the outdoors

- NÁ FÁG DO LORG NA PRIONSABAIL**
- 1 Pleanáil chun cinn agus bí ullmh
  - 2 Smaoinigh ar dhaoine eile
  - 3 Bíodh meas agat ar ainmhithe feirme agus ar fhiadhúlra
  - 4 Fág gach rud mar a fhaigheann tú é
  - 5 Faigh réidh le bruscar mar ba choir

Cloí leis an cód is tú ar aon turas amuigh faoin aer

**EMERGENCY CONTACT:** In the event of an emergency call 999  
**TEAGMHÁIL ÉIGEANDÁLA:** I gcás éigeandála glaigh ar 999

