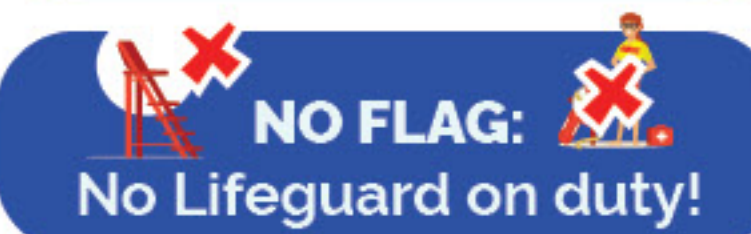


ADVICE FOR STAYING SAFE WHILE OUTDOORS

KNOW YOUR FLAGS AT THE BEACH



Make the most of your time

Be aware of weather forecasts and tidal times

Be SunSmart



Slip on clothing that covers your skin, long sleeves, collared t-shirts



Slop on sunscreen on exposed areas using factor 50+ for children



Slap on a wide-brimmed hat



Seek shade - especially if outdoors between 11 am and 3 pm



Slide on sunglasses to protect your eyes



For more information on being SunSmart visit:

www.hse.ie/eng/services/list/5/cancer/prevention/skin-cancer-prevention-sunsmart.html

For more information on being Safe in the water please visit:

<https://watersafety.ie>



FIVE WAYS TO WELLBEING

SIMPLE ACTIONS YOU CAN DO IN YOUR EVERYDAY LIFE TO FEEL GOOD & FUNCTION WELL



CONNECT with the people of Clare when visiting our Blue Health & Wellbeing Spaces

BE ACTIVE and enjoy our Blue, Green, Limestone and Woodland spaces

TAKE NOTICE of how each space makes you feel, color in the hearts of your favourite spaces.

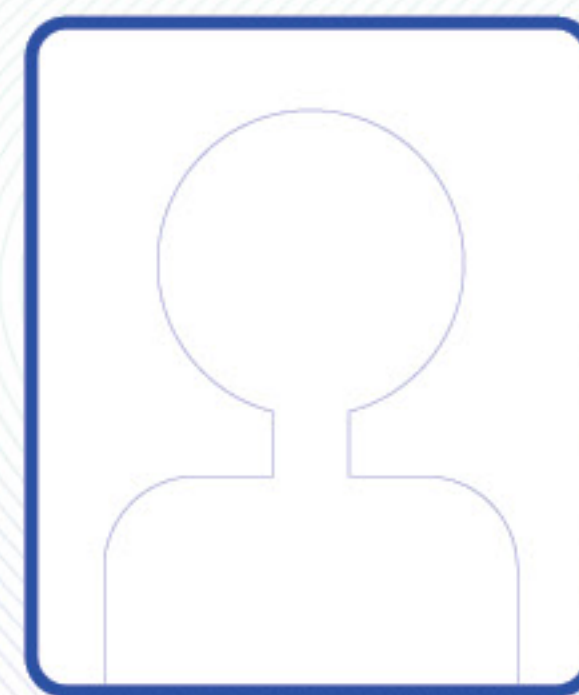
KEEP LEARNING, reading and listening to books and participating in workshops all over the county with Clare Libraries

GIVE respect to mother nature by following the 7 principals of 'Leave No Trace' when exploring County Clare.

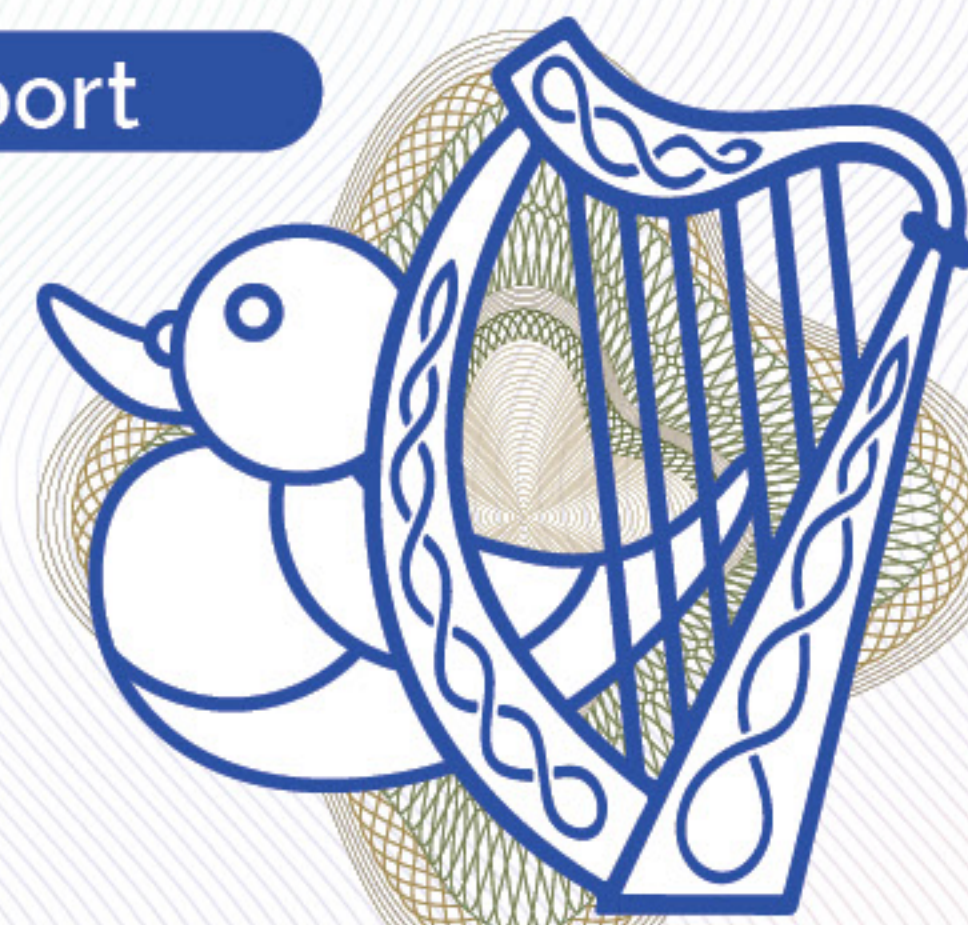
THE 7 PRINCIPLES ARE:

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 Effects of Fire

Pas/Passport



Draw your portrait



An Clár/Co. Clare

I connected with _____

I played _____

I noticed _____

I learned _____

I gave _____



Favourite place in Co. Clare.
Draw/Modify

EZexploring®

BLUE HEALTH & WELLBEING PASSPORT



Visit the Healthy Clare Page for more information on www.clarecoco.ie/services/community/healthy-clare/

North Clare

Playgrounds

- Ballyvaughan
- Fanore
- Lisdoonvarna
- Doolin
- Lahinch
- Tubber
- Corofin
- Miltown Malbay

Nice Walks

- The Glen (Ennistymon)
- Ballyvaughan Wood Loop
- Burren National Park
- The Burren Discovery Trail

- Bunakippaun Woodland Trail (Tubber)
- Dromore Woods
- Cliffs Coastal Walk
- Miltown Malbay track and trail loop walk
- White Strand Spanish Point walk

- Seaworld Lahinch Leisure Centre complex
- North Clare Sports Amenity Park (Lisdoonvarna)
- North-West Clare Family Resource Centre (Ennistymon)
- Libraries - Miltown Malbay, Lisdoonvarna, Ennistymon, Corofin

Wellbeing Spaces

West Clare

Playgrounds

- Kilkee
- Kilrush - Cappagh Pier
- Kilbaha
- Cooraclare
- Kildysart
- Ballynacally
- Lissycasey
- Kilmaley
- Labasheeda

Nice Walks

- Lissycasey Looped Walk
- The West Clare Way
- Vandeleur Gardens, Kilrush
- Kilkee Cliff Walk

Wellbeing Spaces

- Active Kilrush Sports Complex
- West Clare Family Resource Centre (Kilrush)
- Cultúrann Sweeney
- The Lighthouse - West Clare Mental Health Association
- Libraries - Kilkee, Kilrush, Kildysart, Kilmihil

Shannon

Playgrounds

- Newmarket on Fergus
- Shannon Town (incl. Pump Track)
- Cratloe
- Quin
- Sixmilebridge
- Meelick
- Parteen

Nice Walks

- Shannon Town Park
- Mooghaun Woods & Castle
- The Shannon Estuary Way
- Shannon Loop Trail
- Illeunmanagh Loop

Wellbeing Spaces

- Obair Newmarket on Fergus
- Shannon Swimming & Leisure Centre
- Shannon Family Resource Centre
- Libraries - Shannon, Sixmilebridge, Newmarket on Fergus

Ennis

Playgrounds

- Lee's Road Playground, Skatepark & Sports Complex
- Tim Smythe Park Playground & Sports Complex
- Coote Park
- Cloughleigh
- Clarecastle

Nice Walks

- Mid Clare Way
- Clare Abbey River Fergus Walk
- Ennis Heritage Trail
- Ballygalla Lake Walk
- Lee's Road Woodland Walks

Wellbeing Spaces

- Active Ennis Sports & Leisure Complex
- Glór
- Mná ag Gaire (Women's Shed)
- Ennis Men's Shed
- De Valera Public Library

East Clare

Playgrounds

- Crusheen
- Tulla
- Feakle
- Killaloe
- Scarriff
- Mountshannon
- O' Briensbridge
- Kilkishen

Nice Walks

- East Clare Way
- 12 O' Clock Hills
- Ballycuggaran, Crag Woods
- Lough Derg Blueway
- Moylussa walk
- Woodpark Walk Mountshannon
- Killaloe / Ballina Walking Route
- Scarriff Community Riverside Park Looped Walk

Wellbeing Spaces

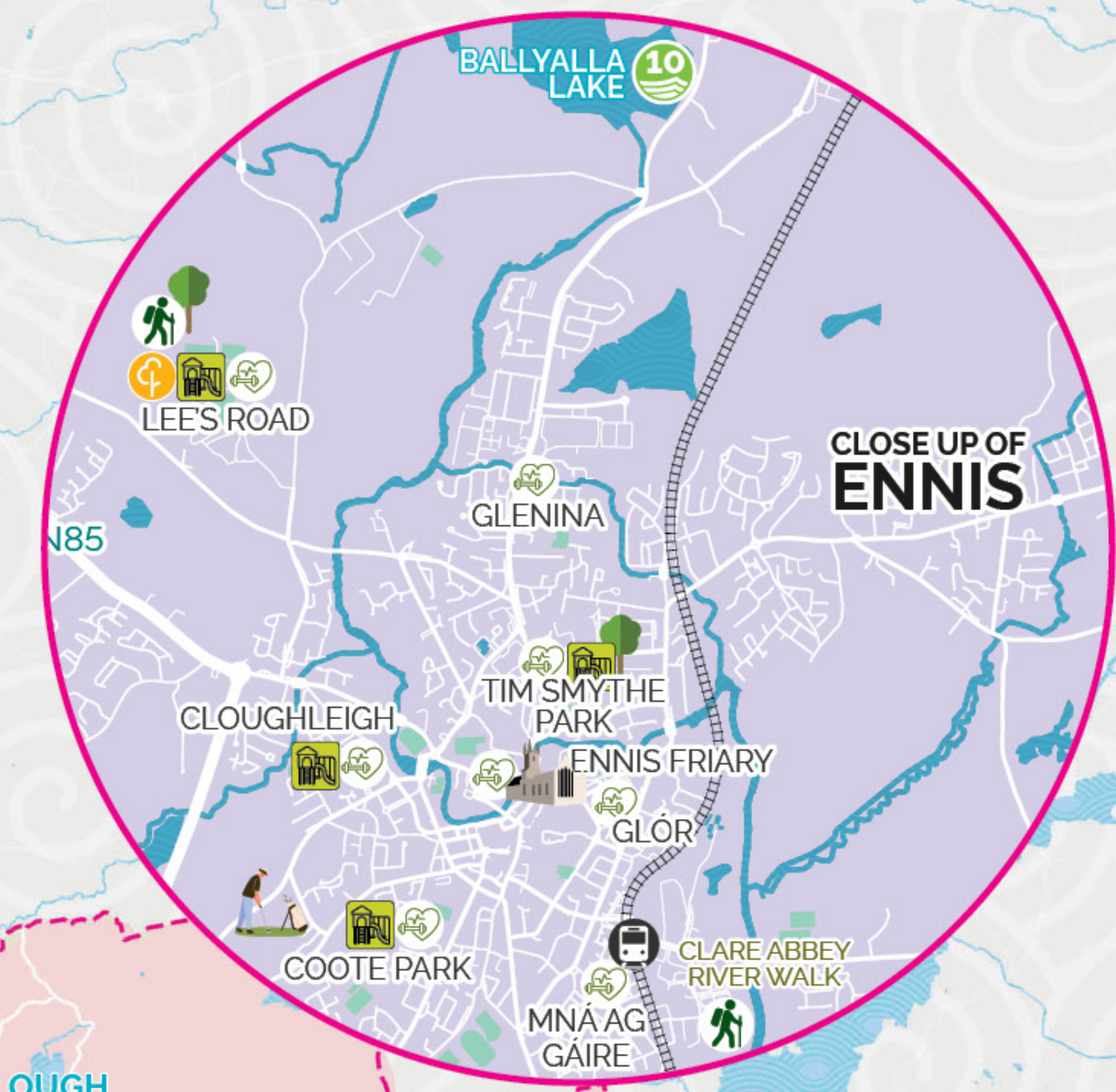
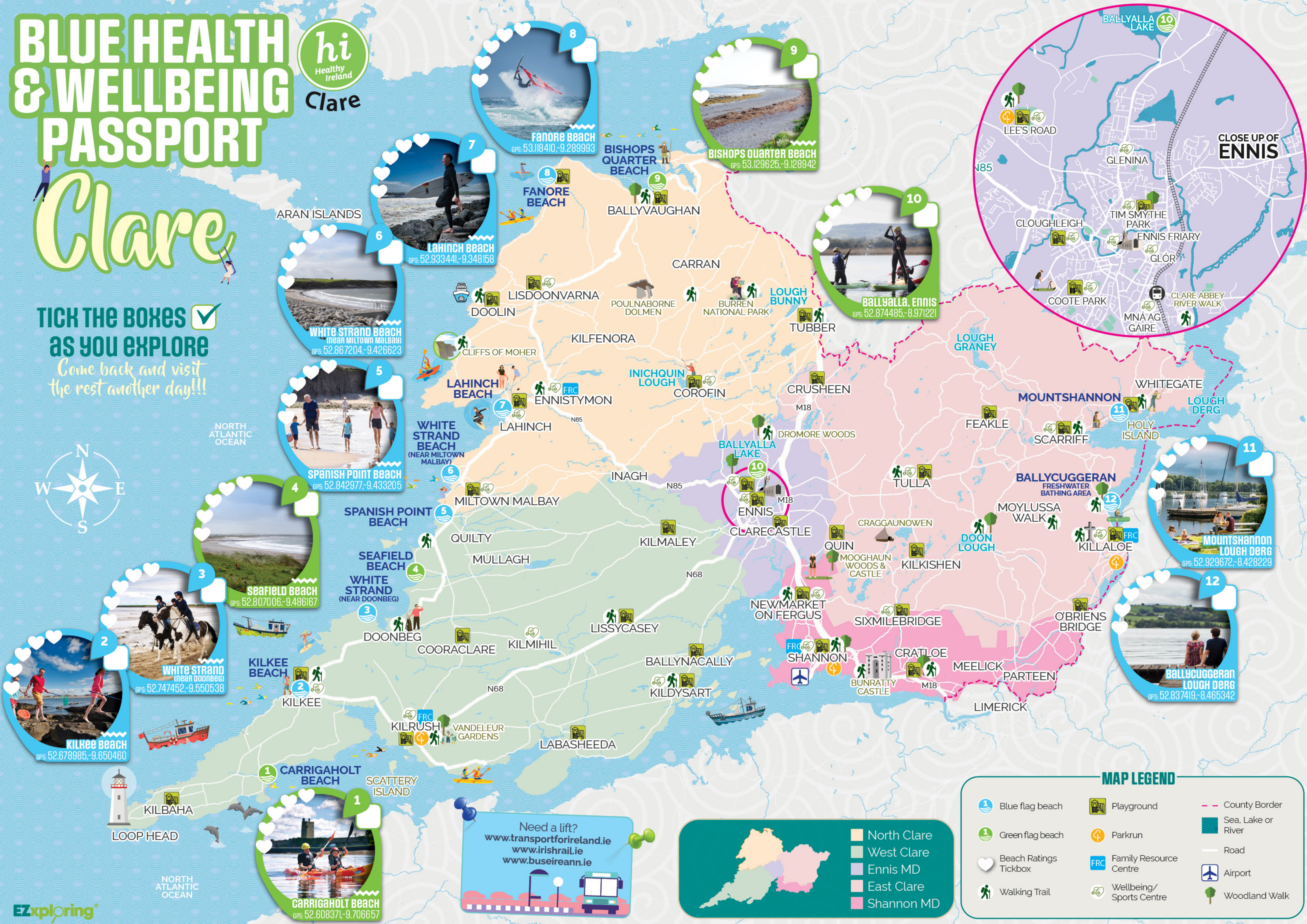
- Clariford Park
- Killaloe/Ballina Family Resource Centre
- Libraries - Tulla, Killaloe, Scarriff

BLUE HEALTH & WELLBEING PASSPORT

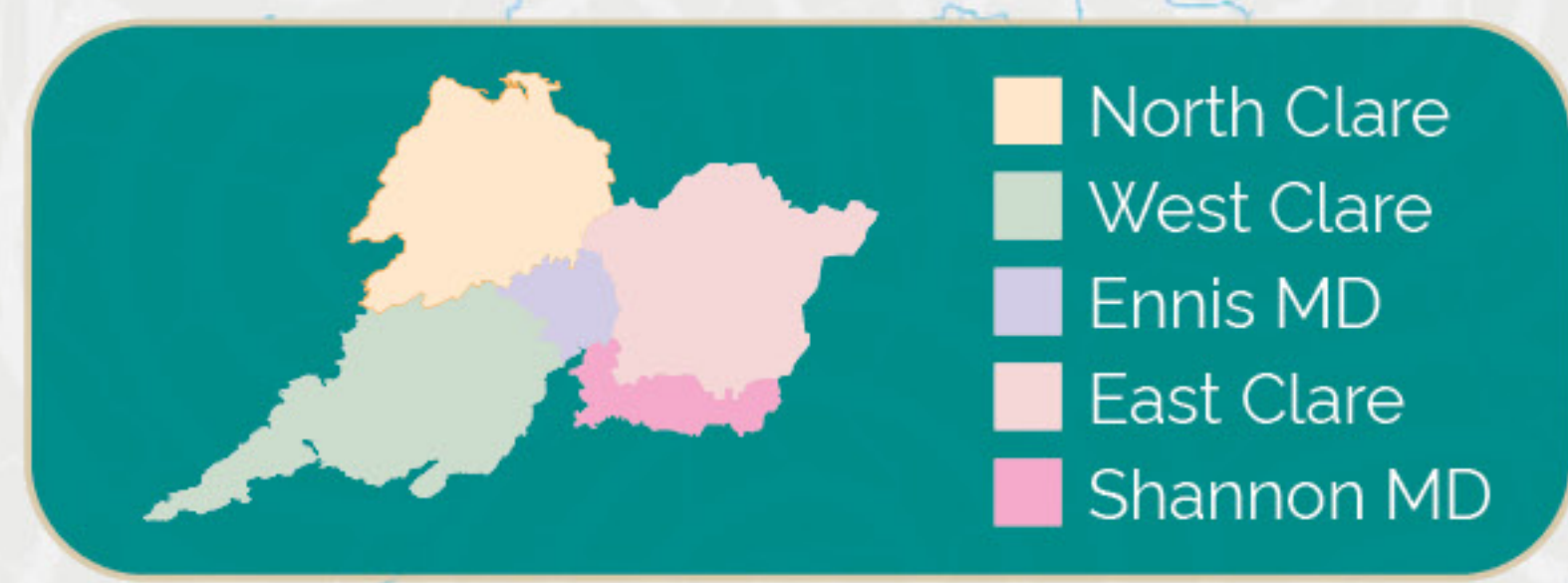


Clare

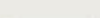
TICK THE BOXES ☒
as you explore
Come back and visit the rest another day!!!



Need a lift?
www.transportforireland.ie
www.irishrail.ie
www.buseireann.ie



MAP LEGEND

	Blue flag beach		Playground		County Border
	Green flag beach		Parkrun		Sea, Lake or River
	Beach Ratings Tickbox		Family Resource Centre		Road
	Walking Trail		Wellbeing/ Sports Centre		Airport
					Woodland Walk