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Nota di contenuto	Cover -- About the author -- Title Page -- Contents -- Acknowledgements -- Foreword -- Introduction -- 1. Dublin -- 1 Skerries -- 2 Howth -- 3 Seapoint -- 4 Forty Foot -- 5 Vico -- 2. Wicklow -- 6 Magheramore -- 7 Brittas Bay -- 3. Wexford -- 8 Curracloe -- 9 Baginbun -- 10 The Hook -- 4. Waterford -- 11 Portally Cove -- 12 Guillamene -- 13 Helvick Cove -- 5. Cork -- 14 Myrtleville -- 15 Sandycove Island -- 16 Garrettstown -- 17 Lough Hyne -- 18 Barleycove -- 6. Kerry -- 19 Derrynane -- 20 Dingle Lighthouse -- 21 Coumeenoole -- 22 Brandon Creek -- 23 Meenogahane -- 24 Fenit -- 7. Clare -- 25 Pollock Holes -- 26 Kerin's Hole -- 27 Clahane -- 8. Galway -- 28 Blackrock -- 29 Inis Mor -- 30 Errisbeg Peninsula -- 31 Glassilaun -- 9. Mayo -- 32 Clare Island -- 33 Clew Bay -- 34 Keem Bay -- 35 Belmullet Tidal Pool -- 10. Sligo -- 36 Enniscrone -- 37 Rosses Point -- 38 Bishop's Pool -- 11. Donegal -- 39 Rougey Rocks -- 40 Silver Strand -- 41 Ballymastocker Bay -- 42 Harry's Hole -- 43 Fort Dunree -- Imprint Page -- If you have enjoyed this book, you might also enjoy the following eBooks.
Sommario/riassunto	Sea swimming is the great leveller; we're all the same in a pair of togs. No one minds who you are or what you've done; the question is 'are

you getting in?' Part guidebook, part travelogue, part analysis of our relationship with the sea, *At Swim* explores the thrills, fears and joys of sea swimming.

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