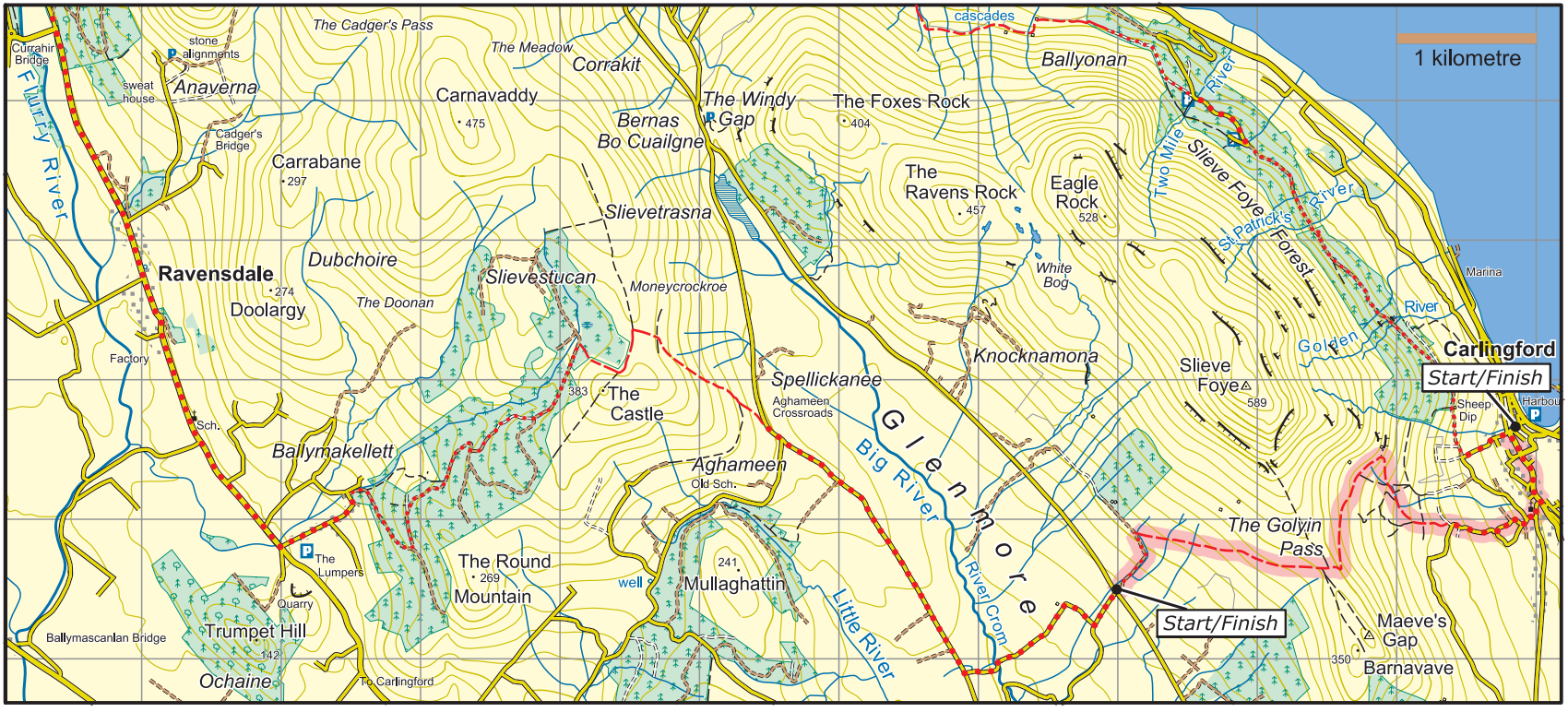Táin Way : Section 5 Glenmore - Carlingford