



“Tough Soles”

“Tough Soles”, aka **Ellie Berry** and **Carl Lange**, set themselves a challenge to walk and make video recordings of each of the 42 national way marked trails in Ireland. This adventure was in part to better understand their home country, and grew to be an awareness-raising project encouraging others to discover the trails and the countryside through which they pass. One marvels at Ellie’s and Carl’s determination and discipline. Andrew Stuck would have loved to have accompanied them on the trails as their infectious enthusiasm and sheer joy spills through in this interview, that we recorded on Zoom. Andrew was also intrigued to establish how this mammoth walking adventure might have impacted on their relationship. 28'.53" 13.5MB

Notes from the podcast interview by **Andrew Stuck**: Recorded on Zoom in July 2021 and published in April 2022. <http://www.talkingwalking.net>

Tough Soles website <https://toughsoles.ie/> and youtube videos <https://www.youtube.com/channel/UCNueRYOEHfjIwrGo9ySBwIQ>

Camino de Santiago https://en.wikipedia.org/wiki/Camino_de_Santiago

42 Trails in Ireland - 4,000kms+ https://en.wikipedia.org/wiki/Lists_of_long-distance_trails_in_the_Republic_of_Ireland

Dingle Way - south west of Ireland <https://www.dingleway.com/>

Wicklow Way <https://www.wicklowway.com/> - JB Malone walking advocate https://en.wikipedia.org/wiki/J._B._Malone

Sheep’s Head Way - west coast of Ireland - uses old pilgrimage paths <http://thesheepsheadway.ie/>

The canals offer new routes: <https://www.waterwaysireland.org>

Croagh Patrick Heritage Trail parallels the more religious Tóchar Phádraig Pilgrim Path.

5 trails in County Donegal - wettest county in Ireland <https://www.alltrails.com/ireland/county-donegal>

Kerry Way <https://www.kerryway.com/> - multiple guidebooks - as many as 30 trails do not have a guide book

The Miners’ Way: <https://www.sportireland.ie/outdoors/walking/trails/miners-way-historical-trail>

Camino del Norte: <https://caminoways.com/camino-del-norte>

Wrote about wild camping

Met the CEO of Leave No Trace Ireland <https://www.leavenotraceireland.org/> - Walking through

Westport https://en.wikipedia.org/wiki/Westport,_County_Mayo

Leave No Trace Training and its 7 principles: <https://lnt.org/why/7-principles/>

Founded in the US in 1994 - Leave No Trace Ireland was set up in the early 2000s

Partnership with Sport Ireland and national tourism agencies in Ireland <https://www.sportireland.ie/>

Next challenge - Highpoints for each county

The Ulster Way - 1,000kms across the whole of the island: <https://walkni.com/ulster-way/>

Ellie Berry’s art practice: <http://www.ellieberry.com/about>

Patreon page - crowd funding website <https://www.patreon.com/toughsoles>

Tough Soles recommends:

1. Carl: The Miners’ Way County Roscommon but also recommend that people try to see the landscape you live in from a different perspective: <https://www.sportireland.ie/outdoors/walking/trails/miners-way-historical-trail>
2. Ellie: The Tain Way - Carlingford, Cooley Mountains: <http://carlingfordandcooleypeninsula.ie/carlingford-activities/walking-trails/t%C3%A1in-way>