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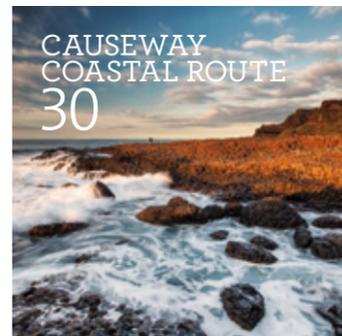
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**IRELAND
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PICTURE THIS

DUNLUCE CASTLE

Rising theatrically from the rugged coastal cliffs of north County Antrim, Dunluce boasts one of the most dramatic castle scenes to be found anywhere in the world. These impressive ruins are perched 100ft above the roaring ocean and are surrounded by tales of wailing banshees, smugglers and tragic love. It's a real showstopper along the Causeway Coastal Route, a place to pause and spend a while. Visit near sunset as the sun smoulders into the ocean and the castle walls turn to silhouettes and you'll be treated to a sight you'll never forget.



Fly to Ireland for less than a pot of gold. Non-stop from St. John's.

Welcome to a city where history is everywhere: from towering cathedrals and conquering Vikings to Georgian elegance and cobblestone quarters. Not all of Dublin's charm lies in the past, though. Dublin is also home to a contemporary arts and culture scene, and Dublin's restaurants prepare dishes made with only the finest and freshest local produce. Of course, no trip would be complete without a rip-roaring Irish music session in a bustling city pub.

WestJet offers service from St. John's, Newfoundland to Dublin every May through October.* Convenient connections are also available from other Canadian cities.

Visit westjet.com/ireland for details.



DO SOMETHING DIFFERENT

Take a trip beyond the ordinary – Ireland is bursting with amazing things to do, from traditional music to following the trail of the Vikings



1 A view over Muckross Lake, Killarney, County Kerry. A beautiful place to start your pony-and-carriage tour of Killarney National Park. 2 Reginald's Tower, Waterford. The first tower on this site was built by the Vikings after 914. 3 Black Taxi Tour. Travel like a local on a tour of Belfast. 4 Slemish Mountain, County Antrim. Thought to be the site of St Patrick's conversion. 5 Traditional Irish music session. Feel the unmissable beat of Ireland's traditional music.

Ⓐ A PONY AND CARRIAGE

Clip-clopping through the Killarney National Park has to be one of the world's great pleasures. What better way to experience this delightful part of Ireland than in a traditional jaunting car with a cheerful guide? The tours cover the park's most scenic spots, including the 15th century Ross Castle and tranquil Lough Leane, with backdrops that are simply stunning. Carriages are available for hire in both Killarney town and at Muckross House – all you have to do is sit back, relax and enjoy an afternoon of effortless outdoor adventure.



Ⓐ TAKE A VIKING TOUR

The Vikings landed in Ireland in the 800s and we haven't stopped talking about them since. Much of the island's Viking history is concentrated in Ireland's Ancient East and the cities and towns of Dublin, Wexford, Waterford, Cork and Limerick. Make your way to Waterford, founded by the Vikings in 914, and take a guided walk through the city's history with the Epic Tour of the Viking Triangle. Or jump on a replica Viking ship with Viking Tours Ireland and sail to the monastic site of Clonmacnoise on the River Shannon. What a way to arrive!



Ⓒ WALK WITH ST PATRICK

St Patrick's legacy looms large in Ireland. You'll find some of the island's most famous sights, including the Rock of Cashel in County Tipperary and the city of Armagh, have close links to the saint. But one of the best ways of connecting with Patrick is to walk in his footsteps. Croagh Patrick in County Mayo is where the saint spent 40 days and nights, and walkers still make the hike to the top for views of Clew Bay. Or climb the steep track up Slemish Mountain in County Antrim, where Patrick spent six years in slavery, tending sheep for a local chieftain.



Ⓒ BLACK TAXI TOUR

There are guided tours – and then there's the Black Taxi Tour in Belfast. If you're looking for a unique and entertaining way to see the city then jump into a traditional black taxicab. Local drivers who know Belfast inside and out will guide you around some of the city's most interesting sights, from the grand City Hall to the famous wall murals. Tours include a Belfast Historical Buildings Tour, a Belfast Political & Mural Tour and even a trip out to the Causeway Coast and stunning Giant's Causeway. All from the comfort of your own cab!



Ⓒ TRADITIONAL MUSIC

There's nothing like the atmosphere of a traditional music session in Ireland. Toes are tapping, hands are clapping and everyone joins in as musicians come and go, adding to a great feeling of spontaneity. It's part of what makes Ireland's cities, towns and villages such captivating places to visit. County Clare in particular is known for its great traditional music villages such as Doolin, Kilrush and Ennis, and you're guaranteed an amazing experience in pubs such as the Dufferin Arms in Killyleagh, County Down. 🍀

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AS VOTED BY GUESTS & AGENTS

ROOMS WITH A VIEW

From cliff-edge hotels to B&Bs nestled into idyllic scenery, Ireland offers unique places to stay with some of the best views on the island

1. EDENVALE HOUSE

Strangford Lough, the Mourne Mountains, gardens and pretty paddocks – the scenes at Edenvale in County Down are delightful. Located about a half-hour drive from Belfast, this historic B&B makes a great base for exploring the surrounding area, with everything from horse riding to golf close by. And don't miss the Edenvale breakfast, made with their own eggs, homemade bread and local bacon. [edenvalehouse.com](https://www.edenvalehouse.com)

2. INIS MEÁIN SUITES

In the rugged stone landscape of this Aran Island sits a very special place to stay. Just five suites cocoon guests in luxury in its most simple form, with interiors featuring wood, limestone and wool. The views at Inis Meáin Suites are outstanding – stretching out over grey stone that tumbles down to the Atlantic Ocean. Guests are provided with a hotpot lunch, exploration kit and bicycles, meaning you can discover the island at your own pace. Glorious isolation at its finest. [inismeain.com](https://www.inismeain.com)

3. THE CLIFF HOUSE HOTEL

Clinging to the edge of a cliff in County Waterford, the Cliff House Hotel is pure luxury. Each room boasts views of tranquil Ardmore Bay, while the interior mixes rugged local textures with flashes of vibrant colour. What's more, it's located in a part of Ireland's Ancient East that's filled with great restaurants, historic country houses and hidden coves. Treat yourself to a gourmet feast in the Michelin-starred House Restaurant, take a seaweed bath in the Outdoor Summer Spa or simply lie back and enjoy the view. [thecliffhousehotel.com](https://www.thecliffhousehotel.com)

4. LOUGH ERNE RESORT

There's a real sense of quality to the Lough Erne Resort: this is one of Ireland's finest golf resorts, nestled on a 600-acre peninsula with stunning views of the Fermanagh Lakelands. Home to two Championship Golf Courses, it's the perfect destination for a golfing break with every level of golfer catered for, as well as a fine-dining restaurant and a luxurious spa. [loughernereresort.com](https://www.loughernereresort.com)

5. MARKREE CASTLE

Ireland is justly famous for its magnificent castle hotels such as Ashford Castle in County Mayo. A hidden gem, though, is Markree Castle in County Sligo, with views over the formal gardens or quiet woodland. Set within a secluded 500-acre estate close to some great golf courses, the castle ripples with old-world charm and offers great food, wine and tranquillity. [markreecastle.ie](https://www.markreecastle.ie)



1 Edenvale House, County Down Views reach out over the gardens of this elegant country house B&B. 2 Inis Meáin Suites, County Galway Cool grey beauty on a quiet Aran Island. 3 The Cliff House Hotel, County Waterford Stunning views of Ardmore Bay make this a great choice. 4 Lough Erne Resort, County Fermanagh One of Ireland's most acclaimed golf resorts. 5 Markree Castle, County Sligo Set within 500 acres of secluded countryside.

“CLINGING TO THE EDGE OF A CLIFF IN COUNTY WATERFORD, THE CLIFF HOUSE HOTEL IS PURE LUXURY, WITH VIEWS OF TRANQUIL ARDMORE BAY”

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Ireland Explore



DISCOVER ALL ABOUT.. CASTLES

Legend, lore and lavish surroundings have ensured that Ireland's castles never fail to capture the imagination. Explore these reminders of Ireland's past

Arriving with the Anglo-Normans, many castles in Ireland began as earth and timber structures, but by the late 12th century, it was all about stone. Today, you'll find everything from crumbling tower houses to huge medieval hulks. Get to grips with tales of brutal sieges in Athlone Castle on the banks of the River Shannon or relax in the elegant surrounds of Ballygally Castle Hotel in County Antrim – whatever you're looking for, Ireland's castles will deliver.



1 One of Ireland's most famous castles, **Blarney** in County Cork is a magnificent blend of history, beauty and fun. Kiss the famous Blarney Stone for the "gift of the gab," wander the gorgeous gardens and soak up the romantic atmosphere in the Rock Close, described by a writer in 1824 as "indeed a fairy scene."

2 Dating to the 13th century and seeming to grow out of the rock around it, **Cahir Castle** in County Tipperary is one of the biggest in Ireland. Over the years, it's been enlarged, rebuilt, besieged and has witnessed everything from treason to murder. It even starred in John Boorman's *Excalibur* – take it from us, this one's a star.

3 Built in the Scottish Baronial style, **Glenveagh Castle** sits within an area of wild beauty in Glenveagh National Park, County Donegal. The location is simply breathtaking, so it's no surprise that stars such as Marilyn Monroe, Clark Gable and Charlie Chaplin are rumoured to have vacationed here.

4 With a beautiful location in the historic town of Enniskillen, County Fermanagh, **Enniskillen Castle** was built nearly 600 years ago by the ruling Gaelic Maguire family. Overlooking the River Erne, it traditionally guarded one of the few passes into Ulster and today houses the Fermanagh County Museum.

5 **Trim Castle** in County Meath has been many things: fortress, home, prison, even film set (*Braveheart* was filmed here).

But throughout it all, it's retained its stern grandeur and height. Built in the 12th century, the castle boasts a 20-sided tower and overlooks the River Boyne.

6 The magnificent cliff-top **Dunluce Castle** in County Antrim is one of the island's most famous sights. Teetering on the edge of a basalt outcrop, this structure looks like something straight out of a fantasy film, with steep drops on either side – so steep, in fact, that one stormy night in 1639 the kitchen fell into the sea! 🍀

1 Blarney, County Cork Home to the famous Blarney Stone.
2 Cahir, County Tipperary Scene of countless sieges and bombardments. 3 Glenveagh, County Donegal Built to resemble a romantic highland retreat. 4 Enniskillen, County Fermanagh Originally built in the 16th century. 5 Trim Castle, County Meath Ireland's largest Norman castle. 6 Dunluce, County Antrim Did this place inspire Cair Paravel in CS Lewis's *The Chronicles of Narnia*?

ireland.com

Lough Eske Castle, a Solís Hotel & Spa



Lough Eske Castle, a Solís Hotel & Spa sits within 43 acres of forest woodland open since December 2007, this lovingly restored castle-hotel blends its historic past with a dash of contemporary elegance. Whether you wish to relax and rejuvenate in our award-winning Spa Solís, indulge in a sumptuous dining experience or explore the great outdoors of Co. Donegal, Lough Eske Castle truly has it all.

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FOOD IN IRELAND

With great restaurants, gastropubs and fab farmers' markets, Ireland's food scene is at the top of its game

TRADITIONAL TASTES

Ireland's food traditions are undergoing an exciting revival right now, with restaurants adding traditional flavours to their menus. Combining high-quality local ingredients with the latest techniques, the result is dishes that taste fresh, modern and delicious while still staying true to their heritage. If you're looking for a taste of authentic Ireland, then don't miss out on a bowl of **coddle** at The Woollen Mills in Dublin – it's a hearty dish of sausages, bacon and potatoes that's unique to the city. You can unearth Cork's food culture at The English Market, where you'll find Tom Durcan's acclaimed **spiced beef**. Try it for yourself with lunch at No 5 Fenn's Quay, where it makes a great sandwich served with cabbage pickle.

Irish stew is an enduring favourite thanks to its hearty, rustic combination of lamb, potatoes and carrots, and Gleeson's of Roscommon is reputed to serve one of the best. Popular all along the Wild Atlantic Way, **smoked fish platters** combine the best of the sea and bring a contemporary edge to one of Ireland's oldest food traditions.

And that's not all – there's **black pudding** (blood sausage) from Clonakilty, freshly baked brown **soda bread** and great potato pancakes called **boxty**. One dish definitely not to miss is an **Irish cooked breakfast**: Northern Ireland's speciality is the **Ulster Fry**, a traditional fried feast of bacon, black and white pudding, tomato and sausages served with a potato farl (potato bread) and soda bread.

THE NATURAL LARDER

Ireland excels at producing local artisan **cheese** – all with different styles and a distinctive creamy taste. Look out for Milleens, Kearney Blue, Cashel Blue, St Tola, Leggygowan and the first smoked brie in Europe, Ballyoak from Fivemiletown Creamery. Expect high-quality, grass-fed beef such as **Glenarm Shorthorn Beef**, and herb-fed mountain lamb such as **Comeragh Mountain Lamb**. And from oysters to crab claws, mussels to lobster, Ireland's **seafood** is exceptional. Our advice? Go simple with Guinness and oysters or fresh fish and chips. It doesn't get better than that.

THE BEST LOCAL DRINKS

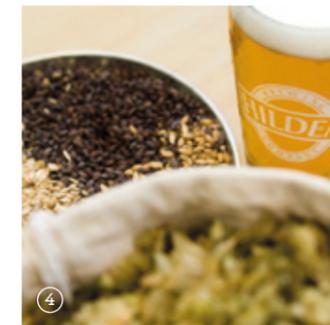
Great food deserves great drinks to go with it. And Ireland certainly delivers. Irish whiskey ranges from the traditional Bushmills and Jameson to newer tastes of Teeling, Glendalough, Nephin and Blackwater. The craft beer industry is flourishing with **Brú Brewery**, **Bo Bristle** and **Hilden**, to name just a few. Or try one of the new breed of Irish artisan gins from small distilleries including **Dingle Distillery** in County Kerry and **ShortCross Gin** in County Down. Finally, don't miss the award-winning **AJ Apple Juice**, made from freshly pressed Armagh apples – simply delicious!



Ireland Food



1 Hatch & Sons, Dublin A great place in the heart of the city. 2 Established Coffee, Belfast Delicious breads, salads and apple pies in the charming Cathedral Quarter district. 3 The Woollen Mills, Dublin Serves up tasty interpretations of traditional Irish dishes. 4 Hilden Brewery, Lisburn The oldest independent brewery on the island of Ireland. 5 Stunning seafood at Ox, Belfast Michelin-starred dishes made with the best local ingredients.



TOP TIP

Visit a farmers' market such as The English Market in Cork (pictured), St George's Market in Belfast and the Temple Bar Food Market in Dublin, as well as smaller local markets across the island.



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Kylemore Abbey, Connemara, Co. Galway



1

2



5 THINGS YOU NEED TO KNOW ABOUT... GENEALOGY

Curious about your Irish ancestors? Here's how to get started on an adventure into your past

1. ESTABLISH BASIC FACTS

Make a list of siblings, parents, grandparents and cousins, as far back as you can go. Include names, dates of birth, where they lived and where they were born. If you don't know, ask relatives. Gather any material you can, including letters, birth, marriage or death certificates, photos, or even memorial cards and locations of family graves. Focus your research first on where you know the ancestor spent the last years of their life. Karel Kiely of Roots Ireland recommends trying to find out where they died, if they appear in ships' passenger lists, newspapers, or have naturalization or census records in their own country. Collect as much information as you can and keep good notes.



3

2. THINK OUTSIDE THE BOX

You will encounter obstacles along the way, so be flexible. Online databases make a good place to go hunting. Use websites such as the Irish Government-sponsored irishgenealogy.ie, or build a family tree on ancestry.com that faraway relatives can add to. Ireland Family History on Facebook is great for making contacts, while the Ulster Historical Foundation is a useful research foundation tracing Scots-Irish and Irish roots (ancestryireland.com). Remember that sometimes you don't need to start your research in Irish databases, though, as Karel Kiely advises: "If your ancestor emigrated from Ireland, don't start your research in Ireland. Working back from the known to the unknown, generation by generation, is the only way to be sure."



4

3. MAKE THE JOURNEY HOME...

New Yorker Gerry Britt, who traced his ancestors back to a small village in County Tipperary, explains the importance of this next step: "Coming here gives you an experience that records just can't. Knowing your family history is one thing – living it is quite another."

4. RESOURCES YOU'LL FIND IN IRELAND

Check out the free walk-in advisory services and census records at the National Library and National Archives in Dublin. At the Public Record Office of Northern Ireland (PRONI) and General Register Office for Northern Ireland (GRONI) there's free access to public records (PRONI), and registers of births, deaths, marriages and adoptions (GRONI). Dublin's Glasnevin Cemetery holds burial records for over 1.5 million people and a Genealogy Research Centre (glasnevintrust.ie), while the Military Archives offers a range of information for the Republic of Ireland (militaryarchives.ie). And don't miss the Irish Family History Centre at EPIC Ireland in Dublin, with genealogy experts, family history records and interactive displays. Many counties boast their own county genealogy centres and you can access a list on rootsireland.ie



5

- 1 Clonmacnoise, County Offaly Stepping into Ireland's past.
- 2 Trinity College Dublin Think outside the box on where to look for information.
- 3 EPIC Ireland, Dublin This new visitor attraction boasts an excellent Irish Family History Centre.
- 4 Glasnevin, Dublin Glasnevin Cemetery holds the burial records for over 1.5 million people.
- 5 Linen Hall Library, Belfast The right resources and the right research may yield amazing results.



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CITY BREAKS

Take a break in some of the most exciting cities in the world, from the cobbled streets and traditional old pubs of Dublin to great sightseeing in Belfast and Cork

1



2



3

DUBLIN

Backed by mountains and on the edge of the Irish Sea, Dublin is a place that makes the most of its striking location. Breezy and easy-going, the city is surrounded by gorgeous coastal villages that ooze charm and offer a bounty of cliff walks, castles, cool bars and *crac* (fun), and the Dublin Mountains are a walker's paradise.

All this right on the doorstep gives Dublin its edge, but if you're looking to discover the city's distinctive personality – head straight to the centre. Creative, charismatic and cultural, Dublin buzzes with energy from the lively cobbled streets of Temple Bar to the grand galleries of the Irish Museum of Modern Art, the Hugh Lane and the National Gallery of Ireland.

Walking the city is easy. Crossing over bridges, down small cobblestone alleys and past lively pubs, you'll find everything from secret stained glass windows by Irish artist Harry Clarke on Asdill's Row to boardwalks along the River Liffey. There's Christ Church Cathedral, dating to 1030; Dublin Castle, with a history that stretches back to the first Celtic settlement in the 1st century AD; and Kilmainham Gaol, one of the

largest unoccupied gaols in Europe, and a place with a key role in modern Irish history. Step inside Trinity College to enjoy the famous 9th century illuminated manuscript, The Book of Kells; explore a dazzling collection of prehistoric gold jewellery at the National Museum of Ireland; and get the inside track on Ireland's most famous stout at the Guinness Storehouse, with its panoramic Gravity Bar.

And if you're looking for great things to eat, there's no better place to be. Fast-paced and cutting-edge, Dublin's food scene makes the most of the island's natural bounty in a never-ending stream of hip cafés, street food and high-grade restaurants. Feast on fresh oysters at the Temple Bar Food Market on Saturdays, enjoy the five-course tasting menu at the acclaimed Forest Avenue, or grab a shellfish pot at the casual seafood eatery of Catch 22 on South Anne Street.

Thanks to its historic traditional pubs, such as the Stag's Head, the Palace Bar and Kehoe's; an acclaimed theatre and music scene; and brilliant year-round festivals, Dublin isn't just a great city to visit – it's an adventure in itself.

OUT AND ABOUT

EAT Located near the 17th century marketplace of Smithfield (where you'll find the Old Jameson Distillery), **Fish Shop** is a delight, offering delicious fish dishes in casual surroundings. Downstairs in the **Winding Stair** on Lower Ormond Quay you'll find a bookstore, but head upstairs to its restaurant and you can enjoy tasty modern Irish dishes overlooking the River Liffey. Or go for critically acclaimed cooking in charming surroundings at **Delahunt** restaurant. Inside there's a lovely mahogany bar, picture-lined walls and lace curtains, while on the first floor is a relaxed cocktail bar – perfect for a pre-dinner drink.

DRINK Looking for traditional Irish music in a great setting? Head to **O'Donoghue's** pub on Baggot Street, where the music sessions are legendary. **The Long Hall** on South Great George's Street is something of an institution with a Victorian interior that has changed little since the 1860s. Wood panelling and cozy little snugs (traditional booths) define the atmosphere at the small but charming **Toner's** on Lower Baggot Street. It opened in 1818 as a bar and grocery store, and retains many of its original features today.

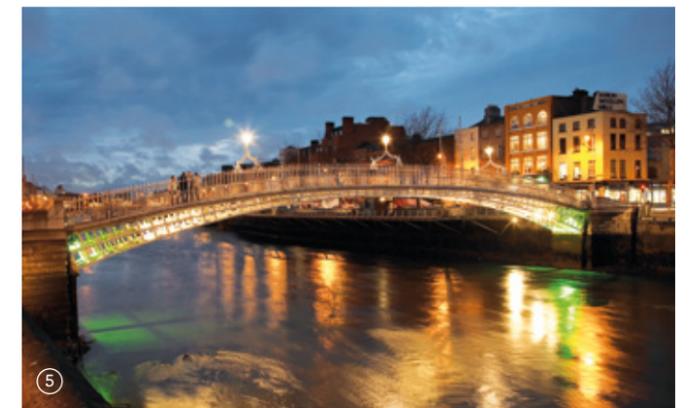
SLEEP Boasting a beautiful conservatory-style restaurant and with a great location just off Grafton Street, the **Westbury Hotel** offers five-star luxury with an Irish twist. For a friendly atmosphere and a great location, try **Brooks Hotel**, with a bar, restaurant and even a private cinema. Or opt for old-school glamour at **The Merrion Hotel**. Comprising four Georgian townhouses, it's also home to a two-starred Michelin restaurant.

DO Dublin boasts two great distilleries: the **Old Jameson Distillery** in Smithfield (re-opening following refurbishment spring 2017) and the newer **Teeling Distillery** in the historic Liberties area of the city. Showcasing the journey of Irish people throughout the world, **EPIC Ireland** is an excellent new visitor centre on Custom House Quay with state-of-the-art galleries and an Irish Family History Centre. Tucked away on St Stephen's Green is the **Little Museum of Dublin**, housing an eccentric collection of Dublin artefacts.

EXPLORE Dublin is the perfect place to mix culture with sea air. Why not go kayaking around scenic **Dalkey Island** (kayaking.ie), walk the Victorian pier at **Dun Laoghaire**, enjoy a seafood lunch by the harbour at **Howth**, or explore historic **Malahide Castle**? You'll get the best coastal views with walks around **Howth Head** to the north or up **Killiney Hill** in south County Dublin.



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GOOD TO KNOW

Ireland's national museums and galleries all have free entry.

Dublin is a UNESCO City of Literature – find out more at the Dublin Writers Museum on Parnell Square.

Dublin is small and walkable but Dublin Bus, the Luas tram and the DART (the railway that travels out to the north and south coasts) are great ways to get around.

WHEN TO GO: Dublin buzzes all year round. There's the St Patrick's Festival in March, great summer festivals in the city parks and on the docklands, and in autumn the Dublin Festival Season covers theatre, fashion, music and Halloween events. Come December and January, things don't go quiet, with the New Year's Festival and Temple Bar TradFest in January.

- 1 River Liffey Many bridges cross the River Liffey, which divides the city into north and south.
- 2 Trinity College Dublin This historic university was founded in 1592.
- 3 Temple Bar Dublin's cultural quarter mixes it up with food, film, art and music.
- 4 The Winding Stair Perfect for a taste of modern Ireland.
- 5 Ha'penny Bridge Dublin's iconic bridge was constructed in May 1816.



1

OUT AND ABOUT

EAT Enjoy a taste of Ireland's great seafood at the **Mourne Seafood Bar**. Fresh produce is brought in daily from the ports of Annalong and Killeel, so expect bowls of delicious mussels, oysters and seafood chowder, as well as classic fish and chips – perfect with a glass of stout. A stalwart of the restaurant scene, **James Street South** is ideal for anyone looking for fine dining with a touch of relaxed glamour. Their "Taste of Ulster Tasting Menu" is a good way of trying out local flavours. Taste some of Northern Ireland's famous beef at **Meat Locker**, which uses Hannan meats – matured in a Himalayan salt chamber and cooked over a charcoal grill. Delicious.

DRINK Step into a world of glorious Victoriana at the delightful **Crown Liquor Saloon**. Its beautifully carved ceilings, mahogany detailing and gas lamps make it a great place to relax with a glass of real ale or local cider. Lively traditional music kicks off on Tuesday, Wednesday, Thursday and Saturday at **Kelly's Cellars**, built in 1720, with musicians from all over Ireland joining sessions. And if you're after an upscale cocktail in an environment that gives an Irish twist on belle époque glamour, then check out **Aether & Echo** on Lower Garfield Street, with food, drink and music.

SLEEP Right in the middle of the Cathedral Quarter, the **Merchant Hotel** is set within an old 1860s bank and boasts an opulent and elaborate interior. Adjacent to the Belfast Opera House, the **Europa Hotel** is an excellent central choice, or try the **Old Rectory Guesthouse** in south Belfast. This charming B&B is located within an old church and serves award-winning breakfasts.

DO With a beautiful Palm House and Tropical Ravine, Belfast's **Botanic Gardens** are a 19th century horticultural wonderland and a great place to relax. Take a culinary tour around the city with the **Belfast Food Tour** and get to know the people that make Belfast taste great. **The Ulster Museum**, meanwhile, gives a great insight into the art, history and natural science of Northern Ireland.

EXPLORE Stroll up the slopes of Cave Hill to enjoy spectacular views of Belfast from the **Belfast Castle Estate** and **Cave Hill Visitor Centre**. Great walking trails here will take you past caves, an ancient fort and Belfast Castle. Around 30 minutes outside the city on the shores of Belfast Lough is **Carrickfergus Castle**. Built in the 12th century, it has been besieged by the Scots, Irish, English and French. Further on at Islandmagee is **The Gobbins**, a majestic cliff path originally opened in 1902 that has been restored and extended with bridges and tunnels.



4



5

BELFAST

With critically acclaimed modern restaurants, Titanic sightseeing and an engaging cultural scene, it's easy to see why Belfast is one of Europe's most appealing destinations. Located on the island's northeast coast, this is a city that feels cosmopolitan and international, but retains its individuality with super-friendly locals, atmospheric pubs and great local tours with a twist.

You don't have to dig deep to uncover Belfast's charms. From red-bricked Victorian architecture to the salty docklands and the green open spaces of Belfast Castle Estate and Sir Thomas and Lady Dixon Park, there's always somewhere different to discover. Wander along the River Lagan and you'll get a taste of what Belfast must have been like in its shipbuilding heyday when the world's biggest ocean liner, Titanic, was built here.

At the Titanic Quarter, Belfast's maritime history can be enjoyed in all its glory with the SS Nomadic (the world's last surviving White Star Line ship) and HMS Caroline, a WWI light cruiser. But it's Titanic Belfast, the world's largest Titanic visitor experience, that's really

the star of the show. Step inside this shimmering titanium giant and you'll find state-of-the-art interactive displays and compelling exhibitions.

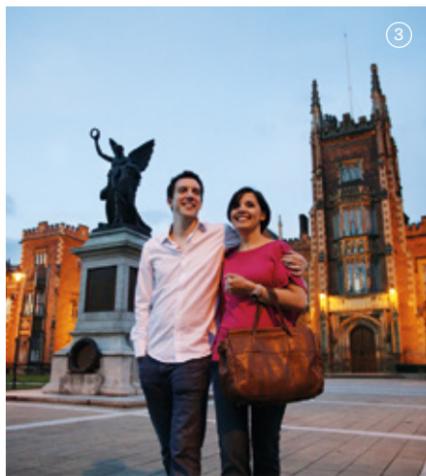
At the heart of Belfast's social and cultural action, the Cathedral Quarter is the go-to place for an afternoon of galleries and an evening of socializing. Visit The MAC Belfast for dynamic exhibitions, before partaking in culture of a different sort in traditional pubs such as the John Hewitt.

Hip, innovative and accessible, Belfast's food scene is flourishing with outstanding local ingredients and acclaimed chefs. To get a feel for all things foodie, visit the St George's Market on a Friday or Saturday and you'll find everything from local cheese to chocolate. Call into George's of the Market while you're here – it's famed for serving a great Ulster Fry, Northern Ireland's legendary cooked breakfast. After that, go for some upscale dining at Michelin-starred Ox and Epic, or try the buzzing eateries of Stix & Stones and The Muddlers Club.

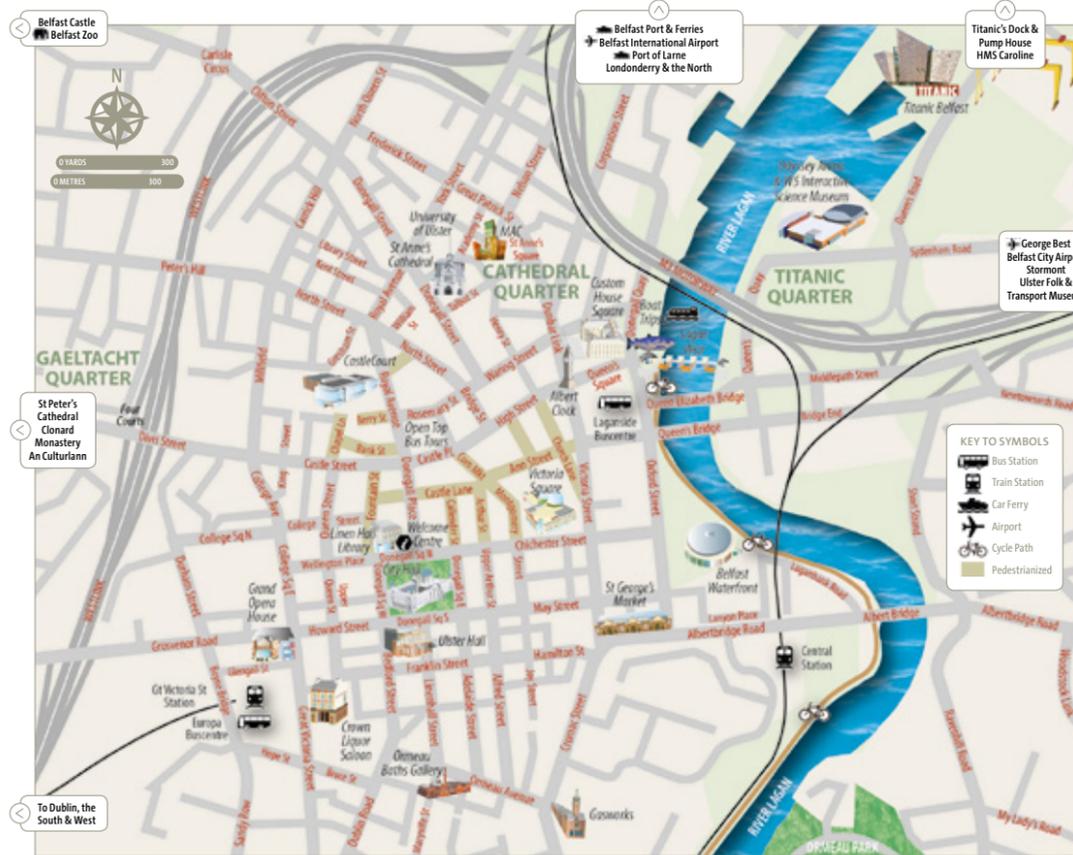
It's this great mix of culture, tradition, food and entertainment that makes Belfast such a memorable place to visit.



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3



GOOD TO KNOW

Belfast's national museums and galleries all have free entry, but Titanic Belfast charges an entry fee. It's a good idea to book ahead at busy times to avoid disappointment.

Belfast, along with the rest of Northern Ireland, is not in the Eurozone and uses pound sterling.

Belfast is very accessible from Dublin. Driving between the two cities will take around two hours. The cities are also connected by rail. Journey time is around two-and-a-half hours and trains go regularly.

WHEN TO GO: Any time is a great time to visit Belfast, but for festival fun, try the fall season with the Belfast International Arts Festival running from October to November.

1 Belfast City Hall Public guided tours of the building's finest rooms are available. 2 HMS Caroline The last surviving ship from the Battle of Jutland in 1916. 3 Queen's University A red-bricked beauty dating back to 1849. 4 St George's Market Victorian covered market built between 1890 and 1896. 5 Titanic Belfast The world's biggest Titanic visitor attraction.



PHOTO: SHUTTERSTOCK.COM



CORK

Is Cork the best place in the world? The locals certainly think so. One thing you'll notice about this charming city on Ireland's southwest coast is that it inspires a devotion in those who live here that no other place can rival.

Sitting proudly on an island in the middle of the River Lee, Cork is a bustling collection of atmospheric coffee shops, vibrant art galleries, unusual museums

OUT AND ABOUT

EAT A little outside the city itself in the nearby town of Midleton, **Sage Restaurant** has been garnering rave reviews for its food, which is sourced from within 19km of its door. Try the vibrant and fresh flavours of **Orso** with an Irish take on Mediterranean fare, or nip into **The Fish Wife** for great fish and chips. Get a box or a bag to take away and walk down to the quays by the River Lee to enjoy them al fresco.

DRINK You can mix great craft beer with a bite to eat at the **Franciscan Well Brewery**, built on the site of an old Franciscan monastery. **Crane Lane** is a good option if you're after a bit of music because it offers tunes seven nights a week, or step into the cozy and atmospheric **Sin É**, which is big on atmosphere and feels like the quintessential "Irish pub."

1 **Elizabeth Fort** Built in 1601 on a rocky outcrop overlooking the city. 2 **Blackrock Castle Observatory** Enjoy science and the cosmos in a 16th century castle. 3 **The English Market** Cork's famous 18th century market is the go-to for local foods and flavours. 4 **Hayfield Manor** Five-star hotel luxury just outside the city centre. 5 **Cobh** A pretty town near Cork city with Titanic connections.

and seriously good pubs. Despite being a city, there's a decidedly towny feel – life is laidback, nothing is too much hassle and the city centre is easily walkable.

A good place to start is the Crawford Art Gallery, where Irish artists such as Paul Henry, Jack B Yeats and Dorothy Cross share space with the original 5th century Athenian discus-thrower, Discobolus. The Triskel Arts Centre takes culture to the next level with everything from arthouse films to intimate gigs within a beautiful converted church, while the Butter Museum offers a surprisingly interesting take on one of Cork's historic industries. And if you're looking for a unique experience, ring church bells at St Anne's Church, take in the eerie 19th century history of the Cork City Gaol or float under the city's bridges on an urban kayaking tour.

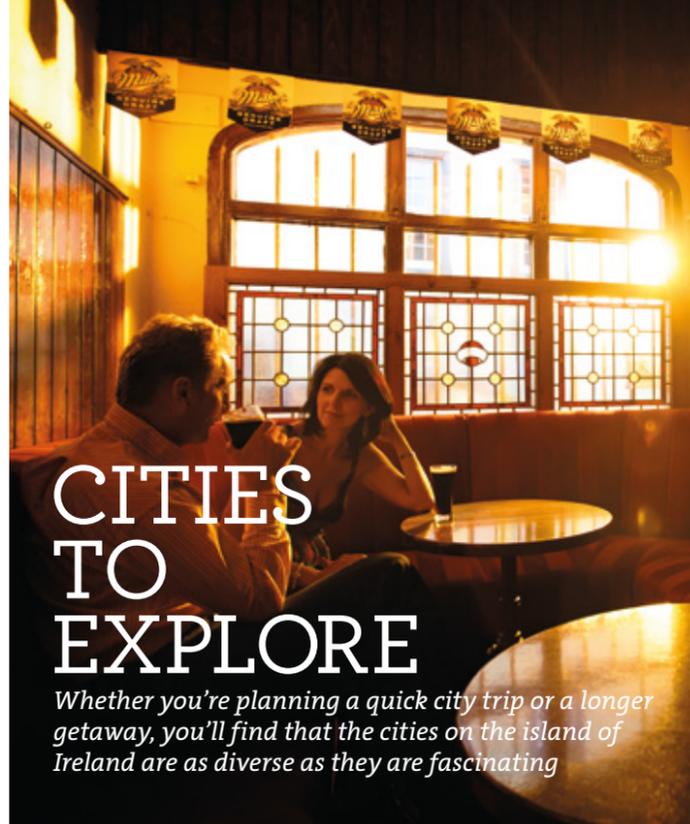
Foodies will discover that Cork is something of a culinary hub. Walk around the historic English Market and you'll find artisan cheese, smoked fish and creamy chocolate among the buzzing food stalls. Flavour, quality and innovation drive the city's vibrant restaurant scene, with favourites such as Café Paradiso and Farmgate Café sitting alongside new hotspots like Electric, Salt, Miyazaki and Elbow Lane. When it comes to drinks, you can expect the same level of quality that fires up the food scene. Cork's local brews are big right now – Eight Degrees Brewing, Rising Sons and Elbow Lane among the names to look out for; not forgetting Ireland's alternative stout, Murphy's.

Small, tasty, creative... once you've sampled Cork, you'll probably start agreeing with the locals.

SLEEP Just outside the city, the award-winning **Hayfield Manor** is a haven of elegance, calm and five-star luxury. **The Clarion** overlooks the River Lee and is a good, modern choice with swimming pool and spa, or try the **Maldron Hotel's** spacious and comfortable rooms in a central location.

DO The compelling tour of early 17th century **Elizabeth Fort** off Barrack Street – it's been used as an army barracks, female prison and a police station over the centuries. Just 2km from the centre you'll find **Blackrock Castle Observatory** on the banks of the River Lee, or get an art fix at the elegant **Lewis Glucksman Gallery**.

EXPLORE One of the most popular daytrips from Cork is to **Cobh**, a beautiful seaport town and Titanic's last port of call – you can find out more at the **Titanic Experience Cobh**. Visit the seafood town of **Kinsale**, or head out to **Spike Island**. Known as "Ireland's Alcatraz," it was used to house convicts before penal transportation.



CITIES TO EXPLORE

Whether you're planning a quick city trip or a longer getaway, you'll find that the cities on the island of Ireland are as diverse as they are fascinating



ARMAGH

Ireland's ecclesiastical capital? Welcome to Armagh, proud possessor of two cathedrals, both dedicated to St Patrick. A compact city, Armagh is perfect for exploring on foot. Wander through the gracious tree-lined Georgian Mall (once a rather scandalous racecourse); watch out for the 22 quirky bronze gargoyles

and angels hidden around the city; or try stargazing at the planetarium. With a great collection of restaurants including the Moody Boar and Uluru Bistro, Armagh is a city to be savoured.



DERRY~LONDONDERRY

Ancient city walls, great pubs and a rich cultural scene are making Derry~Londonderry one of the most exciting cities to visit on the island of Ireland. The gorgeous natural setting is complemented by structures that really set Derry~Londonderry apart: the Peace

Bridge, the fully intact city walls and the Edwardian Guildhall. Also explore the Bogside murals, the award-winning Tower Museum and traditional pubs, such as Peadar O'Donnell's.



GALWAY

The spirit of Ireland's west coast is very much present in this vibrant seaside city. Galway is never far from a festival (arts, film, horse racing and oysters are all celebrated in quick succession during the summer months). This, combined with its compact streets and colourful shop fronts, gives the feeling of a rolling

street party. A super little museum, thriving food scene (Galway has two Michelin-starred restaurants, Aniar and Loam) and the scenic coastal suburb of Salthill seal the deal.



KILKENNY

Located in Ireland's Ancient East, Kilkenny mixes nightlife, great food and culture to perfection. This city will wow you with medieval showpieces by day and keep you entertained in traditional pubs by night. Walk the Medieval Mile and be catapulted back centuries with Tudor inns, old merchant townhouses,

hidden alleys and historic big hitters such as Kilkenny Castle and St Canice's Cathedral. The city also boasts great craft shops, design studios and the Smithwick's Experience Kilkenny.



LIMERICK

Limerick is a place with culture at its heart. Overlooking the River Shannon, this charismatic medieval city is known for its festivals, galleries and museums. There's the faded Georgian elegance of the Newtown Pery district; the Hunt Museum, with its collection of precious art and antiquities; and the Frank

McCourt Museum, based in the author's old school. See rugby at Thomond Park, try local food at the Milk Market's weekend market or explore the fortifications of the 13th century King John's Castle.



LISBURN

In terms of heritage, Lisburn goes way back, as you'll discover when you wander down the 18th century streetscapes to the Irish Linen Centre and Lisburn Museum. The city was once a large centre of linen production during the 19th century, but today it keeps things lively with a dynamic arts scene, great restaurants

and excellent shops. It's also just a short drive from the city to Hillsborough Castle and Gardens, the official residence of Her Majesty the Queen in Northern Ireland.



NEWRY

Scratch the surface of this modern urban hub and you'll discover a history that stretches over 850 years. Bagenal's Castle, a 16th century fortified house with an adjoining 19th century warehouse, is a good place to start. It now houses the Newry and Mourne Museum, which traces the area's story back to prehistory.

Afterwards, walk or cycle along the Newry Canal Path – a towpath once used by the horses pulling the canal boats – and relax in the buzzing bars, clubs and restaurants.



WATERFORD

The atmosphere in Waterford is more small town than big city, but you'll find lots to do in this mini medieval metropolis in Ireland's Ancient East. Waterford was founded by the Vikings and its history is covered in the Viking Triangle of museums, which contains the Medieval Museum, Bishop's Palace

and Reginald's Tower. See beautiful cut glass at the House of Waterford Crystal, taste a freshly baked "blaa" (bread roll) at the Granary Café or take a walk along the historic quays. 🍷

TOP IRELAND EXPERIENCES

The island of Ireland is packed with incredible things to see and do, from epic landscapes to fabulous festivals. Get inspired with some of the best...



1



2

THE CLIFFS OF MOHER AND THE BURREN

County Clare

1|2. Soaring to 702ft and stretching down the craggy western coastline for over 8km, the Cliffs of Moher bring a real wow factor to the Wild Atlantic Way. This is the kind of place that makes the heart beat faster – sea birds soar above, waves surge below and platforms boast incredible panoramas. The cliffs sit on the edge of one of Ireland’s most unusual geological landscapes, known as the Burren. This vast, moon-like, karst limestone plateau reaches down to the ocean, with arctic-alpine plants, orchids and patches of grassland. Take a walking trail, explore the history and relax in one of the surrounding towns and villages, such as pretty Ballyvaughan or musical Doolin.



3

GIANT’S CAUSEWAY

County Antrim

3. It’s a moment of fantasy, the Giant’s Causeway – the kind of place you can’t quite believe exists. Here, 60-million-year-old volcanic activity and the pounding of the ocean have created 40,000 hexagonal basalt columns that tumble down to the water. Now a UNESCO World Heritage Site, the Causeway is perched on the edge of the famous Causeway Coastal Route and is a place where the facts about its formation are as compelling as the legends that surround it. Walk the coastal paths, enjoy the views from the surrounding cliffs and step inside the award-winning visitor centre to find out more about this geological wonder. For a view with a difference, take to the water with a boat trip around the stunning coastline with Portrush Sea Tours.

RING OF KERRY

County Kerry

4. Beginning and ending at Killarney, the Ring of Kerry is one of the island’s most lauded spots, loved by National Geographic and Vogue magazines alike. This looped route on the Iveragh Peninsula in Ireland’s southwest boasts some of the island’s most exceptional sights from Valentia Island to Moll’s Gap, while charming villages such as Killorglin, Kenmare and Waterville all make lovely stops for great seafood and atmospheric pubs. The scenery here is something else! Expect everything from powdery white beaches to green hills and dramatic mountain passes. And a real highlight? It’s got to be Muckross House, Gardens and Farm, a Victorian estate between Muckross Lake and Lake Leane.



4

POWERSCOURT ESTATE

County Wicklow

5. The jewel in County Wicklow’s crown, Powerscourt Estate boasts what are widely considered to be among the most majestic gardens in the world. When the house was completed in 1741 it was praised as possessing the “massive dignity of a great Italian Renaissance villa,” but it is the gardens that really make this place special. You can easily spend hours wandering this lush, playful, and enchanting creation, from the pretty Japanese garden to the wooded valleys and back to the quirky pet cemetery, which sits in a quiet part of the estate surrounded by azaleas, rhododendrons and roses in the summer. And if you’re hungry after all that walking, feast on the tasty dishes served up in the resident Avoca Restaurant and Café.



5



6

THE GOBBINS

County Antrim

6. Ancient cliffs, sparkling sea and a walk full of excitement: this is The Gobbins, a 100-year-old revitalized cliff-face path in County Antrim. The trail clings to the edge of Islandmagee – a small peninsula just a short drive north of Belfast – and it’s about as close to walking on water as you can get on the island of Ireland. Designed in 1902 by railway engineer Berkeley Deane-Wise, The Gobbins closed to the public in 1954, but was restored and rebooted in 2015 to great acclaim. Strap on a helmet and join the guided tour and you’ll be taken over dramatic bridges, down steps that snake around the edges of cliffs and through smugglers’ caves. It’s a perfect introduction to the glories that lie ahead on the Causeway Coastal Route.



SKELLIG MICHAEL

County Kerry

7. There are few words to describe the sheer magnificence of Skellig Michael, lying 11.7km off the coast of County Kerry. It was here, between the 6th and 8th centuries, that devout Christian monks sought extreme isolation, and they certainly found it. This is an extraordinary place, described by writer George Bernard Shaw as “part of our dream world.” Walk up 600 stone steps and you’ll encounter a small monastery, made up of six dry-stone beehive huts and two oratories. More recently, Skellig Michael hit the big screen with a starring role in Star Wars: The Force Awakens. Numbers on the island are limited so book ahead, or opt for a boat trip around the island instead. Either way, it’s an unforgettable experience.

7

CONNEMARA

County Galway

8. Oscar Wilde was certainly onto something when he called Connemara “a savage beauty.” Ochre hills, navy lakes, and towns and villages that thrum with traditional music – this is Ireland unplugged. Connemara’s raw, untamed landscapes and glorious white-sand beaches have made the area a chosen destination for artists, poets and thinkers through the ages. Incorporating parts of Galway and edging into Mayo, this unique area covers everything from the breathtaking Killary Fjord to the ancient bogs around Roundstone. Visit beautiful Kylemore Abbey, walk one of the Connemara National Park trails, enjoy a pint in a traditional pub such as Coyne’s in Kilkerrin Bay or take a boat trip to the island of Inishbofin.



8



9

ST PATRICK’S DAY

9. Get the party started: St Patrick’s Day in Ireland is one of the highlights of the festival calendar, with a fantastic array of events taking place all over the island. In Dublin, the run-up to the big day is a great excuse for a four-day festival (16-19 March 2017) with everything from street theatre to céilís (traditional dances); while Derry~Londonderry’s St Patrick’s Day Spring Carnival is a cheerful celebration with events throughout the city. There are parades in Downpatrick and Armagh, while what’s thought to be the oldest St Patrick’s Day parade in Ireland takes place in Wexford town. Wherever you go, expect a flurry of green, traditional song and dance, and that great celebratory atmosphere Ireland is famous for.

WALLED CITY OF DERRY~LONDONDERRY

10. There are so many things that make Derry~Londonderry a fascinating city: the vibrant cultural life, great restaurants and fabulous music pubs for starters. But one of the city’s biggest draws is the 17th century city walls that fully enclose it. Derry~Londonderry is one of the finest examples of a walled city in Europe and these huge barricades, built between 1613 and 1618, form a historic walkway of 1.5km (about a mile) around the city. Look out for the cannons, too – the city boasts Europe’s largest collection of cannons, which boomed during two 17th century sieges. Find out about these, as well as more of the city’s history, in the award-winning Tower Museum, which offers interactive displays and an open-air viewing platform.

10



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IRELAND'S ANCIENT EAST

Stunning scenery, vivid tales and adventure with the ancients, discover the power of the past on a trip around this incredible part of the island of Ireland



1

Prehistoric passage tombs haunted by the past; stunning monastic sites that once drew scholars from all over Europe; dramatic castles rocked by bloody sieges. This is Ireland's Ancient East, a vast playground of fascinating history, compelling characters and beautiful green pastures. Comprising 17 counties east of the River Shannon and tracing 5,000 years, here the past comes alive with every step you take, from gracious mansions set in lush valleys to bogs that harbour secrets of Iron Age Ireland. Trace Ireland's maritime history along a coastline with Titanic connections, walk with the Vikings through one of Ireland's oldest cities and encounter the world of Stone Age man. A trip around Ireland's Ancient East brings history to life. It's time to peel back the centuries...



2



3



4

5

GETTING GOING

With so much at your fingertips in Ireland's Ancient East, it can be hard to know where to start. But there is one thing that links these amazing places, from the medieval city of Kilkenny to the mystical Hill of Tara and that's the stories... Discover the tales behind these landmarks and you'll unearth the hopes and dreams that fuelled the lives of high kings and heroes, saints and scholars. Here are some ideas to get you going.

ANCIENT IRELAND

History inhabits almost every corner of County Meath, an apt place to kickstart your journey. Here, over 5,000 years ago, Neolithic people cultivated land and created farms, but what they left behind are among the world's most astonishing monuments: curving softly from the green fields of the Boyne Valley is the passage tomb of Newgrange, dating back to 3200BC. Enter the Brú na Bóinne Visitor Centre and it's your key to 5,000-year-old ingenuity at Newgrange – a UNESCO World Heritage Site – the passage tomb erected to line up with the first rays of sunlight on the winter solstice and the equally fascinating burial mounds of Knowth and Dowth. County Meath also boasts the Loughcrew Cairns (4000BC), which according to legend were made when a witch dropped an apronful of rocks as she leapt across mountains. Its 30 or so tombs make up what's said to be the world's oldest cemetery.

HIGH KINGS AND HEROES

Everyone loves a good story, and in Ireland's Ancient East you can delve into some of the most fascinating around. Ireland's ancient kings ruled the landscape 2,000 years ago, and keeping the gods happy was a driving force in their lives: sacrificial deaths were just one way to appease their deities. The history of these kings is wrapped in fabulous legends, such as the story of King Laoghaire who was buried upright on the Hill of Tara, the ancient capital of Ireland, with a sword in hand to keep his enemies at bay – even in death. Around 142 kings reigned at Tara, crowned on a coronation stone called the Lia Fáil, which is still standing today.

SACRED IRELAND

The longest Viking ship ever recorded was built from oak beams from Glendalough in 1042, but this idyllic



6

1 Rock of Cashel, County Tipperary This glorious site is also known as St Patrick's Rock. 2 Ardmore Cathedral, County Waterford Founded by St Declan in the 5th century. 3 River Barrow, County Carlow A picturesque spot along the banks of the river. 4 Newgrange, County Meath An ancient burial mound. 5 Clonmacnoise, County Offaly This monastic site was established by St Ciarán in 544. 6 Jerpoint Park, County Kilkenny A great example of a 12th century medieval town.

Wicklow valley of the two lakes is best known for its early medieval monastic site. Although raided by marauding Norsemen at times, the remarkable cathedral, round tower and stone huts testify to the life of worship enjoyed here since the 6th century, when St Kevin founded the site. Similar serenity can be found at Jerpoint Abbey, a 12th century church that was once the spiritual heart of a now vanished Irish province, the Kingdom of Osraige. In a time of saints and scholars in Ireland, women made their mark in County Kildare at the religious settlement now occupied by St Brigid's Cathedral. The resident abbess held so much sway that even the bishop of the region used to bow to her will when visiting.

ANCIENT HIGHWAY

In a similarly sacred setting, this time on the banks of the mighty River Shannon in Offaly, is Clonmacnoise. Complete with round towers, churches, cathedral and high crosses, this Early Christian site was once one of Europe's most important centres of learning and religion. >



7 Glendalough, County Wicklow Situated within the wilds of Wicklow National Park. 8 Kilkenny Castle, Kilkenny city With a majestic location at the entrance to the city.

Part of Clonmacnoise's importance lies in its strategic position – at the heart of the island's ancient crossroads on the Shannon, a watery highway that has been used as far back as the Iron Age. Today, it's all about pleasure, stunning unspoilt waters, boating and watersports and great towns and villages along the banks.

TRACING THE VIKINGS

Bearing down on an unsuspecting Ireland from Scandinavia, hordes of Vikings first arrived in the 8th century. They looted Ireland's monasteries, battled kings and established cities that still exist today. Waterford, which dates back to 914, is one of the oldest cities in Ireland, and one of the most important for Viking history. Take a walking tour of the Viking Triangle and step inside the trio of museums called Waterford Treasures to discover all about the Vikings' effect on the city.

CASTLES AND CONQUESTS

Castles don't come more fairytale than the spellbinding Rock of Cashel in County Tipperary. Traditionally the seat of the Kings of Munster and visited by St Patrick in the 5th century, this remarkable place has one of the most impressive collections of medieval architecture and Celtic art in Europe. Over at the Rock of Dunamase in County Laois, you'll find another storybook sight. If it looks like an unlikely wedding present, that's because it is. History tells of how in 1170, the castle of Dunamase once formed part of the dowry of Aoife Rua, daughter of the King of Leinster. Equally impressive is Kilkenny Castle, the pride of the Medieval Mile and an ode to the glory days of epic architecture. As you stand in the beautifully kept grounds and look up at the castle, it's hard to imagine that it was nearly brought to its knees during a siege in 1922.

BIG HOUSES AND HARD TIMES

Hidden within quiet valleys are some of the island's most spectacular reminders of indulgent aristocratic life, including Russborough House in County Wicklow, Beaulieu House in County Louth, and Curraghmore House in County Waterford. One of the most beautiful, though, is Castletown House in County Kildare – a Palladian manor built by William Conolly, once the wealthiest commoner in Ireland. While in County Westmeath, seek out the

scars of a spiteful family feud in the serene setting of Belvedere House. In stark contrast, life was very different for poverty-stricken locals. You can find out more about their experiences at the Dunbrody Famine Ship and Irish Emigrant Experience in New Ross, County Wexford.

MARITIME GATEWAY

Ireland's relationship with the sea stretches back millennia. At the pretty port town of Cobh in County Cork, you'll find rows of multicoloured houses and the heartbreaking stories of emigrants. It's thought that over 2.5 million people departed from here between 1848 and 1950. Cobh was also the last port of call for the Titanic. Take a ticket in the name of a real-life passenger at the Titanic Experience to see how you would have fared on that tragic night.

SPORT OF KINGS

From 3rd century kings racing their chariots to the lush landscapes ready for a countryside canter or a race for the finish line, nowhere is our love affair with the steed more clearly seen than County Kildare. Witness the spectacle of long lines of thoroughbreds training across miles of flat, rich plains at the Curragh, or visit the Curragh Military Museum and see how these grounds, in their time, were used for the Jacobites and their war horses in 1686, as well as British soldiers during WWI. Simply incredible. 🍀

ALONG THE WAY

TAKE A TOUR: One of the best ways to experience Ireland's Ancient East is with a tour guide. You'll find excellent tour guides with great stories everywhere from heritage towns such as Birr in County Offaly to mansions like Curraghmore, County Waterford.

EXPERIENCE: Ireland's Ancient East offers fabulous festivals from beach horse racing at Laytown (Sept) to the entertaining Waterford Spraoi International Street Arts Festival (July).

ENJOY: Sample a sup of ale at the Smithwick's Experience Kilkenny, shop for great bargains at Kildare Village Designer Outlet and discover craft from Waterford Crystal to Nicholas Mosse Pottery.



10 GREAT EXPERIENCES

HOOK LIGHTHOUSE

This County Wexford lighthouse boasts stunning views and is the oldest operational lighthouse in the world.

CAVAN BURREN PARK

Walk through the world of prehistoric man in County Cavan – it's one of Ireland's most unusual landscapes.

CORLEA TRACKWAY

Step back to 148BC with this Iron Age bog road in County Longford – the biggest of any found in Europe.

ATHLONE CASTLE

Take a journey into the history of this riverside town in County Westmeath, where a brutal siege raged in 1691.

LOUGH GUR

At Lough Gur in Limerick, a hoard of Viking spoils awaits. Iron knives, jet bracelets, spindle whorls and a store of Danish silver reward the visitor at this tranquil lake, along with the silent stone forts of Carraig Aille.

ST PETER'S CHURCH DROGHEDA

After its owner was hung, drawn and quartered in 1681, St Oliver Plunkett's head now sits in a vast gilded shrine in St Peter's Church, County Louth.

BATTLE OF THE BOYNE

Head to County Meath to see where 60,000 troops fought in one of Ireland's most defining battles in 1690.

CARRICKMACROSS FAMINE WORKHOUSE

Built in the 1840s, this County Monaghan Famine workhouse is one of only a few left in Ireland.

KENNEDY HOMESTEAD

The visitor centre in County Wexford showcases an exhibit examining the legacy of five generations of the famous Kennedy family.

CARLINGFORD

Take a medieval walking tour of this pretty County Louth town, with its castle, friary and 15th century mint.

For more information on ways to explore Ireland's Ancient East, visit ireland.com

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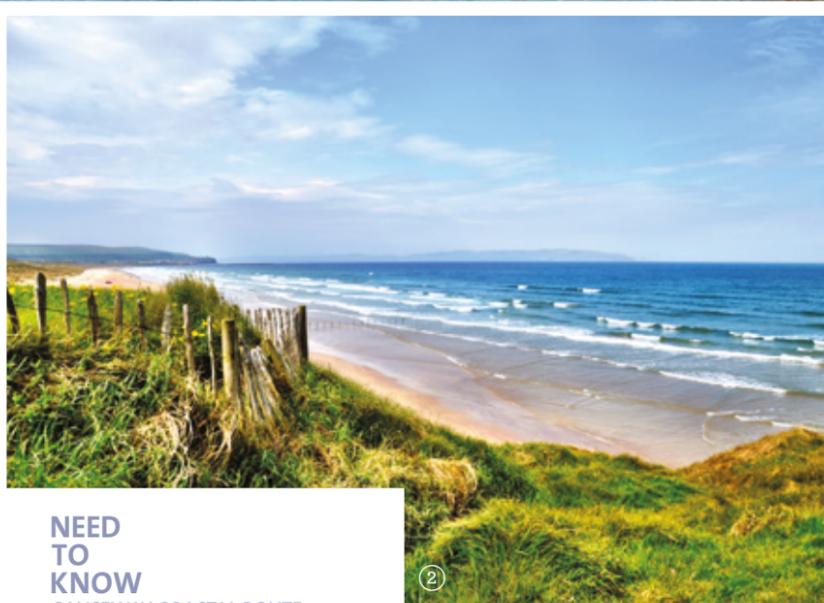
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3 GREAT NORTHERN IRELAND ROAD TRIPS

Northern Ireland is blessed with inspirational driving routes through fantasy landscapes and along one of the most dramatic coastlines in Europe



CAUSEWAY COASTAL ROUTE

Dramatic cliff-top castles, vast white-sand beaches, charming little villages – the Causeway Coastal Route delivers an incredible amount of beauty within just 314km. Starting in the vibrant city of Belfast and finishing in Derry~Londonderry (or the other way around if you prefer), the route is all about taking your time and savouring the sights, sounds and flavours of this spellbinding coastline. See show-stopping panoramas from the craggy heights of Torr Head, experience the warmth of local people in the villages of the Glens of Antrim, and feel the joy of sipping a whiskey in The Bushmills Inn after a day of outdoor adventure. If you're looking for memorable experiences, you're certainly going to get them here.

Frequently cited as one of the best touring routes in the world, it's no surprise that the Causeway Coastal Route is a genuine joy to drive. Each weave and turn of the car brings another gorgeous view, with the road hugging the coastline so closely at times that you can taste the sea salt in the air. And it's not just the views that impress, either. Part of this route's allure is that so many great places are packed into a relatively short stretch of coastline. There's Carrickfergus, with its dramatic 12th century castle; there's The Gobbins, a restored 100-year-old cliff path that brings you through tunnels and over chasms; there's Glenarm Castle, home to the Earls of Antrim for 400 years; and there's the fairytale beauty of Glenariff Forest Park.

But nothing can quite compare with the Carrick-a-Rede rope bridge, which swings and sways 75ft over the sea between the mainland and

Carrick-a-Rede Island. Crossing is a fabulously exhilarating experience, with the bridge bouncing with every step you take and the Atlantic Ocean crashing against the shore below.

If you're expecting downtime after that, think again. Next up is the UNESCO World Heritage Site of the Giant's Causeway, just a short distance away. From the Visitor Centre perched at the top of a hill, a winding road leads down to the main attraction: 40,000 hexagonal stone columns that blanket the landscape and disappear into the ocean like stepping stones to a lost world. According to science, intense volcanic activity 60 million years ago created this whimsical landscape, but the local legend of warring giants is a lot more fun.

It's typical of the Causeway Coastal Route that just when you think you've seen it all more keeps coming. Take it slow, savour it all and recharge your batteries in Bushmills village. Small, quaint and friendly, the village boasts lovely restaurants, such as The French Rooms, as well as The Bushmills Inn and the Old Bushmills Whiskey Distillery.

As you head back along the coast, Dunluce Castle keeps drama high on the agenda. Like something out of a film, this dramatic ruined 14th century castle sits on a stark, rocky headland. And if it looks like it's about to topple into the sea, that may be because it once did. According to local tales, on a dark and stormy night in the 17th century, parts of the kitchen actually collapsed and fell down into the foaming waves below.

After all the cliff-edge cragginess, it's time to relax on the long, wide sands of Portstewart Strand. You'll find towering dunes behind the beach – some of the tallest in Ireland – with the waters of the North Atlantic lapping at the shore. More beauty awaits at Downhill Beach – but make sure to look up: on the edge of a cliff here sits Mussenden Temple built in 1785, a replica of the Temple of Vesta in Rome. As views go, it doesn't get much better – a great lasting memory of what truly is one of the world's great road trips.



HIDDEN GEMS ALONG THE WAY

ENJOY THE ELEGANT SURROUNDINGS AT...

Ballygally Castle Hotel, Ballygally
A stunning 17th century castle overlooking the golden sands of Ballygally Bay with uninterrupted views towards Scotland.

LISTEN TO MUSIC AT...

The House of McDonnell, Ballycastle
Park up the car and settle in for a Friday night of great traditional Irish music in this lovely old pub, founded in 1766.

ENJOY SOME IRISH STEW AT...

The Red Door Tea Room, Ballintoy
This traditional Irish cottage tearoom in the charming village of Ballintoy is a proper delight. As well as Irish stew, you'll find fish chowder and local mackerel.

TAKE TO THE WATER AT...

Portrush
Portrush Sea Tours offers everything from one-hour journeys to full-day boat charters to some of the big sights and tiny islands of the Causeway Coast.

ENJOY ONE OF THE WORLD'S GREAT TRAIN JOURNEYS FROM...

Coleraine to Derry~Londonderry
Described by travel journalist Michael Palin as "one of the most beautiful train journeys in the world."

1 Ballintoy Harbour, County Antrim With great views of the Atlantic Ocean. 2 Portstewart Strand, County Antrim Enjoy miles of golden sand. 3 Mussenden Temple, County Londonderry Dramatic temple overlooking Downhill Beach. 4 Carrick-a-Rede rope bridge, County Antrim Linking the mainland to an island. 5 Glenariff, County Antrim Bluebells in spring. 6 Whitepark Bay, County Antrim A beautiful sandy beach between two headlands. 7 Ballygally Castle Hotel, County Antrim 17th century castle that's now a hotel.

NEED TO KNOW

CAUSEWAY COASTAL ROUTE

DISTANCE

314km.

TIME

From one to three days.

PUBLIC TRANSPORT

Yes, there are buses and trains along the way. Find out more at: translink.co.uk or journeyplanner.transportforireland.ie

NEAREST AIRPORT

Belfast International Airport; George Best Belfast City Airport; City of Derry Airport.

IMPORTANT INFO

Distances are in miles in Northern Ireland; speed limits range from 30mph/48km in built-up areas to 70mph/112km on motorways.



THE MOURNE COASTAL DRIVE

8

Backed by the Mourne Mountains and weaving along Carlingford Lough and the Irish Sea, the Mourne Coastal Drive has all you could want from a road trip: scenery, adventure and charm.

Starting off in Newry, the route threads through Warrenpoint, along the northern shore of breathtaking Carlingford Lough. This glacial fjord has seen a lot over the years, including Viking invasions and Norman conquests. It's also an outdoor wonderland, with everything from golf at the Warrenpoint Golf Club to scenic boat tours.

Tracking the road along the shore, you'll reach the village of Rostrevor at the foot of Slieve Martin Mountain. Stunning walking trails suitable for all abilities run through Kilbroney Park and Rostrevor Forest, while Rostrevor is also considered the best place for mountain biking on the island of Ireland.

If perfecting culinary skills is more up your alley, head along to the Mourne Seafood Cookery School in Kilkeel. Overlooking the water, the cookery school specializes in local dishes.

As you pass through the harbour village of Annalong, the scenery revs up with the moody blue tones of the Mourne Mountains. The Mournes were an inspiration for author CS Lewis's Narnia – see them in winter and you'll realize why.

Onwards to the scenic seaside town of Newcastle. It's a great place to end your trip with a walk along beaches, through stunning mountain trails or a round of golf at the world-famous Royal County Down course.

EAT Enjoy delicious locally sourced produce at **Maisons** in Rostrevor. **SLEEP** **Slieve Donard Resort** in Newcastle makes a great base for exploring the area. **ENJOY** Take a **Bay and Harbour Cruise** or a **Castle Cruise** of Carlingford Lough with Carlingford Lough Cruises.



“As you pass through the harbour village of Annalong, the scenery revs up with the moody blue tones of the Mourne Mountains”



10



11

8 Mourne Mountains, County Down Dramatic peaks, gentle slopes and crystalline lakes. 9 The Dark Hedges, County Antrim A beautiful avenue of beech trees. 10 Inch Abbey, County Down Atmospheric monastic site. 11 Quintin Castle, County Down Built by John de Courcy in 1184.



GAME OF THRONES® LOCATIONS

9

If you're looking for fantasy landscapes, mysterious woodlands and beautiful harbours, you've come to the right place. Northern Ireland is Game of Thrones® territory. This is real-world Westeros.

The journey begins at Tollymore Forest Park in County Down, better known as the Haunted Forest, a beautiful woodland of follies, grottos and caves, all overlooked by the Mourne Mountains. Still in Down, you might recognize 800-year-old Inch Abbey as the backdrop for some compelling moments from the series, and Castle Ward on the shores of Strangford Lough adds a serious “wow” factor. Game of Thrones® spent eight weeks here, building the set of Winterfell and today Winterfell Tours offers a Game of Thrones® experience: medieval banquets, face-to-face meetings with direwolves and a location tour.

Instantly recognizable as the Kingsroad from Game of Thrones® is the atmospheric Dark Hedges in County Antrim. It's a beautiful drive to get there through Belfast and with a detour through the Shillanavogy Valley (the Dothraki Grasslands). Turn off the quiet country road and there it is... a magical avenue of beech trees. Pictures taken, it's back on the road to Ballintoy Harbour, near the Giant's Causeway. You may recognize this stone harbour as Lordsport Harbour in Pyke, one of the Iron Islands.

Joining up with the Causeway Coastal Route is Larrybane, AKA the Stormlands, with views out towards Sheep Island. Dragonstone is next – or rather Downhill Beach. This golden stretch of sand is a suitably dramatic ending to your journey.

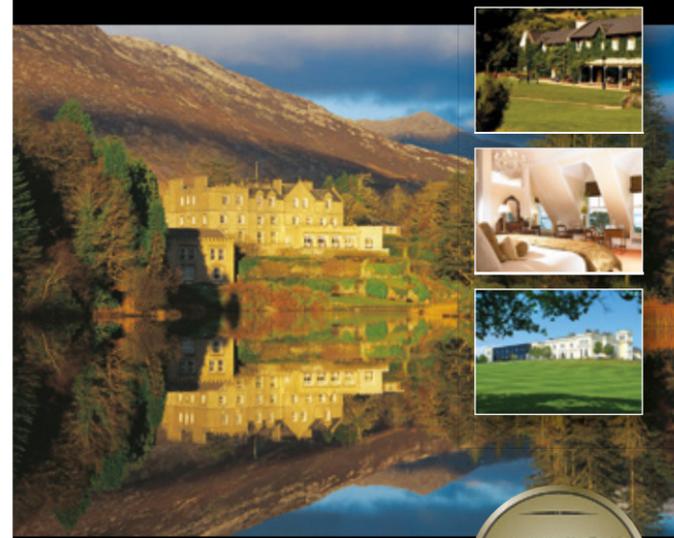
EAT Try **Upstairs@Joes** in Cushendall for great local food. It's just above McCollam's Bar, which is well known for its traditional music sessions. **SLEEP** Bed, breakfast and stunning views are all part of the deal at award-winning **Whitepark House**, Ballintoy. **ENJOY** Explore the huge sand dunes of **Portstewart Strand**, which featured as the coast of Dorne in season five. 🍀



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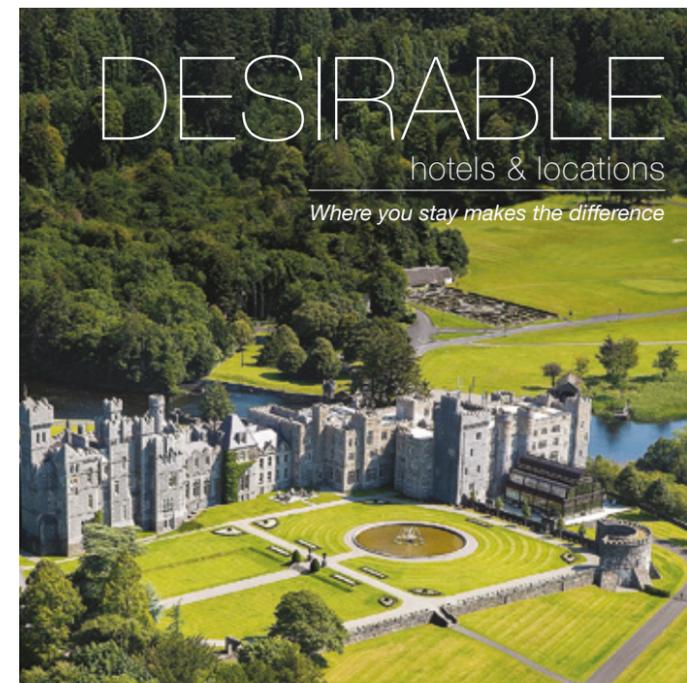
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6 WAYS TO DO THE WILD ATLANTIC WAY

Welcome to one of the world's most captivating coastlines – the Wild Atlantic Way. Pól Ó Conghaile looks at six different ways to travel this magnificent coastal highway

Stretching 2,500km along the coast of western Ireland from Malin Head in County Donegal to Kinsale, County Cork, the Wild Atlantic Way is a sensational journey of soaring cliffs and buzzing towns, of traditional culture and beautiful bays. It's a route that can be driven end to end, or dipped into as the mood strikes. And did we mention that it's the longest defined coastal touring route in the world? At that length, driving the Wild Atlantic Way top to toe is a once-in-a-lifetime experience. But you can also take it in smaller sections, each of which offers epic sights and charming villages where you can listen to traditional music, eat great seafood fresh from the boats and join in the fun at a local festival.



NORTHERN HEADLANDS

Malin Head ➤ Donegal town

The northwest is one of the island's least explored areas, a rugged and remote coastline way off the beaten track. County Donegal is home to some of Europe's highest sea cliffs at Slieve League and one of Ireland's most spectacular lighthouses at Fanad Head. You might see a basking shark, learn a few words of Irish in the Gaeltacht, or even get to witness a dazzling display of the Northern Lights. Make no mistake, this is Ireland's Northern Star!

TASTE THIS

Treat yourself to the acclaimed six-course dinner at the award-winning **Mill Restaurant** in Dunfanaghy, or head to **The Village Tavern**, just outside Donegal for equally great seafood dishes and craft beers in a pub that dates back to 1798.

DON'T MISS

Take in stunning views from **Malin Head** – Ireland's most northerly point; explore **Grianán of Aileach**, a stone fort from 1700BC; and walk through the beautiful surrounds of **Glenveagh National Park**.

TRY THIS

Learn to play the bodhrán (a type of Irish drum) at **Oideas Gael** language and cultural centre in the beautiful surrounds of Glenn Chohm Cille.

TOP TIP

Donegal is one of Ireland's best places to go walking, with quiet routes and amazing views. For a personalized tour, try **WalkingDonegal.net**



THE SURF COAST

Donegal town ➤ Erris, County Mayo

Stretching from southern Donegal to the wilds of western Mayo, Ireland's Surf Coast witnesses epic winter waves adored by surfers – although watching their aqua acrobatics from the shore is a great option, too. You'll also find Céide Fields – a 6,000-year-old monument of stone-walled fields, houses and tombs – and Ben Bulbin, Sligo's tabletop mountain. Little wonder Irish poet WB Yeats dubbed Sligo and Leitrim his "Land of Heart's Desire."

TASTE THIS

Head to the Lyons Department Store in Sligo town for cakes, bakes and gourmet sandwiches at the **Lyons Café**. Or try the charming **Beach Bar** in Aughris, County Sligo, in a traditional Irish thatched cottage.

DON'T MISS

Glencar Waterfall, County Leitrim – set inland from the coast, it's so pretty WB Yeats immortalized it in a poem; **Lissadell House** in County Sligo, a beautiful Greek-Revival house in lovely countryside; **Ballycrocy National Park** in County Mayo, with blanket bog and mountain terrain.

TRY THIS

Round up sheep with **Atlantic Sheep Dogs** (+353 85 7402836), where you can meet and spend time with clever Irish sheep dogs.

TOP TIP

Don't miss **Downpatrick Head**, which has close links to St Patrick, as well as some of the most spectacular sea stacks on the island of Ireland.

THE BAY COAST

Erris, County Mayo ➤ Galway Bay

Whether you're a walker, cyclist or driver, the Bay Coast beckons. This is where you'll find Galway city, home to some of Ireland's most vibrant festivals and food, and Achill Island, with its beautiful beaches. The Bay Coast also cradles Connemara, a stunning sprawl of mountains, loughs, islands and bogs that makes an impression whatever the weather. At the heart of it all is Croagh Patrick, overlooking island-studded Clew Bay. The views are fit for a saint.

TASTE THIS

Mixing mountain and sea views, the thatched cottage of **Cronin's Sheebeen** in County Mayo overlooks Clew Bay and serves great pub food. Head to **Kai** in Galway city for creative Irish food.

DON'T MISS

The town of **Westport** is famed for its beauty; **Slievemore Deserted Village** on Achill Island, County Mayo, boasts remains of almost 100 abandoned stone cottages; or try **Inishbofin** island to enjoy a 17th century fort and looped walks (ferries from Cleggan).

TRY THIS

Check out life and times of the original Wild Atlantic Way Woman, 16th century pirate queen, Grace O'Malley at **Westport House**.

TOP TIP

Keep a watch for signposts signalling the tidal timed dates for the **Omey Beach Races** in July – horses, music, dance and lots of fun, it's a must-do!



THE CLIFF COAST

Galway ➤ Tralee, County Kerry

Prepare for some incredible sights here: the Cliffs of Moher and the Burren are highlights but Ireland's Cliff Coast has lots of off-the-beaten-track moments, too. Detour onto Loop Head for sky-high sea arches, crashing waves and an ends-of-the-earth lighthouse, or enjoy one of County Clare's hopping traditional music pubs. For the bucket list, take a trip to the Aran Islands, see the Burren in wildflower season (May), or book a round of golf at Ballybunion.

TASTE THIS

The **Wild Honey Inn** on the edge of Lisdoonvarna village dates from 1860 and serves modern Irish bistro fare. **Barrtrá Seafood Restaurant** within a traditional white cottage is a top spot for local seafood.

DON'T MISS

The **Cliffs of Moher** are a must-see – try walking to them along the cliff path (8km) from Doolin; the **Flying Boat & Maritime Museum** in Foynes, Limerick, tells the story of the golden age of transatlantic travel.

TRY THIS

Jump on the **Dolphin Discovery** in Kilrush (discoverdolphins.ie) to see one of the island's only resident group of bottlenose dolphins.

TOP TIP

Take a guided tour of the **Aillwee Cave** in the heart of the Burren. The 30-minute stroll takes you into a dramatic underworld of waterfalls, caverns and past extinct brown bear bones.

1 Malin Head, County Donegal Wild beauty on the north coast of County Donegal. 2 Broadhaven Lighthouse, County Mayo On the northeastern tip of the Mullet Peninsula. 3 Dog's Bay Beach, County Galway A mile-long sandy white beach. 4 The Cliffs of Moher, County Clare The cliffs soar to 702ft.

"I have been photographing the Wild Atlantic Way for over 20 years now and I still find it exciting to go out there, explore and shoot. I think that says it all"

Carsten Krieger
Photographer
This Is the Burren



5 Valentia Island, County Kerry
This island is linked by bridge to the mainland with views out into the Atlantic. 6 Kinsale, County Cork One of Ireland's prettiest coastal towns is famed for its seafood.

"I love the Wild Atlantic Way because it taps into the primal human desires to explore, to discover, to embark on a voyage, and to see for yourself what lies around the next corner"

John McKenna
Author and food writer

SOUTHERN PENINSULAS

Tralee, County Kerry ➔ Ballydehob, County Cork

From the Ring of Kerry to Ireland's most southwesterly point at Mizen Head, this sensational stretch of the Wild Atlantic Way sees five craggy peninsulas – Dingle, Iveragh, Beara, Sheep's Head and Mizen – jut out into the ocean from Kerry and Cork. These peninsulas are as far west as Ireland gets, stashing away the beautiful Bere Island, Kerry's International Dark Sky Reserve and, of course, the Skellig Islands, now famous all over the world as a location for Star Wars: The Force Awakens.

TASTE THIS

Enjoy delicious seafood at the super-friendly **Moorings Restaurant** in Portmagee, County Kerry, and taste West Cork's famous flavours at **Manning's** deli, just outside Bantry.

DON'T MISS

Skellig Michael is an ancient monastic outpost 11km off the mainland in the Atlantic Ocean (booking ahead advised); see beautiful **Bantry House**, with its views of Bantry Bay, and **Gougane Barra**, a delightful monastic retreat set in the lush green landscapes of West Cork.

TRY THIS

Cross the iconic **Mizen Head Bridge** and find spellbinding views and perfect photo opportunities.

TOP TIP

Take a boat trip out of Dingle to see the town's famous dolphin, Fungie.



6

THE HAVEN COAST

Ballydehob, County Cork ➔ Kinsale, County Cork

Start or finish your Wild Atlantic Way on the Haven Coast, and you're in for an unforgettable treat. Meandering from the lovely coastal town of Ballydehob to the Old Head of Kinsale, taking in offshore islands, tropical gardens and refreshing sea-kayaking, it's the route in a nutshell. Watch whales on a trip out into the Atlantic, trace centuries of history and taste the meats, fish and cheeses that have made West Cork a fabled foodie destination. It's all here for the taking.

TASTE THIS

Clonakilty is famous for its black pudding, but it's also got high-grade seafood in lovely pubs such as **An Súgán**. For more great flavours of the sea, try the acclaimed **Fishy Fishy Café** in pretty Kinsale.

DON'T MISS

A visit to either **Cape Clear Island** or **Sherkin Island**, off the coast of Cork; a round of golf at the **Old Head of Kinsale Golf Links**; or a view from on high at the **Galley Head Lighthouse**, built in 1875 near Rosscarbery, West Cork.

TRY THIS

Go **whale watching** off the coast of West Cork – it's reputed to be the best place in Europe to spot minke whales, humpback whales and basking sharks (whalewatchwestcork.com).

TOP TIP

Take in the natural beauty of the hidden gem of **Lough Hyne**.

6 GREAT EXPERIENCES

TORY ISLAND

County Donegal

Embark on a trip to Tory, the most remote of Ireland's inhabited islands. Tory is a place that feels unique, it even has its own elected king. Expect cliff-edge scenery, shipwrecks, monastic ruins, folklore and very friendly locals.



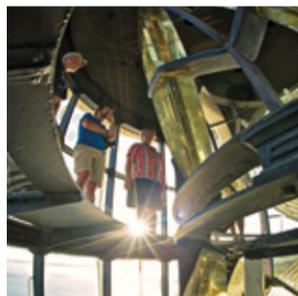
Killary Fjord

THE KILLARY FJORD BLUEWAY

County Galway

This touring route, an extension of the Ring of Kerry, offers breathtaking Atlantic views, lively villages, quirky experiences and, of course, access to the Skellig Islands. Hardly surprising that it's been named one of the world's Top 10 Regions in Lonely Planet's Best in Travel 2017.

One of just three glacial fjords in Ireland, Killary offers unforgettable snorkelling and kayaking experiences along the Blueway. Take a trip to Glassilaun beach, where you can snorkel into Killary Bay Little to the north.



Exploring a lighthouse

SAMPLE THE SEAWEED BLUEWAY

Counties Kerry, Mayo, Sligo

Seaweed is a cutting-edge health and food trend, but for communities along the coast, it's been that way for centuries. Take a family foraging day with Wild Atlantic Cultural Tours in Mayo, a seaweed walk with Atlantic Irish Seaweed in Kerry, or relax with a seaweed bath in Sligo.

A LIGHTHOUSE ADVENTURE

Several lighthouses have been restored and rebooted as visitor attractions, and some even offer accommodation in cottages and lighthouses themselves. Check out Clare Island Lighthouse in Clew Bay, Fanad Lighthouse in Donegal, Loop Head in County Clare or Galley Head in West Cork.



Great Western Greenway

GREAT WESTERN GREENWAY

County Mayo

This 42km off-road cycle and walking track links Achill and Westport along the line of a former narrow-gauge railway. You can do it in sections or its entirety. Quiet, leisurely and traffic-free, it also boasts incredible coastal views.

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GET OUTSIDE

The only real way to appreciate the island's countryside, beaches and waterways is to head outdoors. Here are some wonderful ways to breathe in that fresh air.
By Yvonne Gordon

①



②

GARDENS

With so many castles, grand country houses and wild landscapes, Ireland is home to gardens of all types and sizes. There are grand formal lawns, tumbling terraces, Victorian walled gardens and wild natural spaces. From one of the most beautiful gardens in the world at Powerscourt Estate in County Wicklow to the stunning walled garden of Florence Court in County Fermanagh, it's time to discover a world in bloom.

GREAT PLACES TO TRY In the glorious region of Connemara in County Galway, **Kylemore Abbey** basks in beauty with a six-acre walled garden dating to the Victorian period. The **Japanese Gardens** at the Irish National Stud in County Kildare are renowned throughout Europe for their beauty, tranquillity and grace and were created over 100 years ago. One of Northern Ireland's most beautiful green spaces, **Rowallane Garden** in County Down has a mix of formal and informal areas; while **Glenarm Castle** in County Antrim boasts one of the island's oldest walled gardens.

INFO & TIPS Check garden opening hours before your visit – some are closed to visitors during winter months. To maximize enjoyment of Ireland's gardens, why not consider a garden trail, such as the **Antrim Garden Trail**, the **Carlow Garden Trail** or the **Wexford Garden Trail**.



③

GOLF

Home to over 400 golf courses, including more than a third of the world's links courses on this one island, Ireland is quite simply a golfer's paradise. It also boasts some of the most historic and scenic golf locations in the world – not to mention quite a few champions.

GREAT PLACES TO TRY The **Royal County Down Golf Club** consistently ranks among the best in the world, and is a favourite of Rory McIlroy. On the Antrim coastline, **Royal Portrush Golf Club** is another links beauty, loved by all because its Dunluce and Valley courses are just "so playable," according to Ryder Cup 2016 Captain, Darren Clarke. That's also probably why The Open is coming here in 2019. It's only a short distance from Portrush to yet another stellar course at **Portstewart Golf Club**, which will host the 2017 Irish Open. Set on the Ring of Kerry, **Waterville Golf Links** is more than 100 years old and laden with dunes, gorse and native grasses; while **Lahinch Golf Club** in County Clare also overflows with history – the Old Course first opened in 1892.

INFO & TIPS It's a good idea to always book your tee time in advance, especially during the summer season. Different clubs have different rules on dress codes, so always check before you arrive. For more information on different courses, tee times and green fees, log onto ireland.com/golf



④



⑤

① Kylemore Abbey, County Galway One of Connemara's most popular attractions. ② Florence Court, County Fermanagh An 18th century mansion at the foothills of Cuilcagh Mountain. ③ Royal County Down Voted number 1 golf course in the world by Golf Digest in 2016. ④ Waterville, County Kerry A classic links moulded by the sea. ⑤ Great Blasket Island, County Kerry This beautiful island was abandoned in 1953. ⑥ Inis Oírr, County Galway Known for its stone walls and beaches.



⑥

ISLAND VISITS

Fire up the imagination on ancient monastic islands such as Devenish on Lough Erne and Valentia in County Kerry, and you'll understand why Ireland's islands are wild outposts of traditional culture, wildlife and folklore. Yet regardless of how remote they seem, many are reached by bridge, while others are a ferry ride away.

GREAT PLACES TO TRY Take the ferry across the Sea of Moyle off the coast of County Antrim and you might spot a dolphin on your way to **Rathlin Island**. Once there, enjoy the seals basking on rocks, hear tales of ancient shipwrecks and see one of the most flourishing sea bird populations in Ireland. Off the Galway coast, travel to the **Aran Islands** and you're stepping back in time, with a beautifully stark landscape and seas that glow turquoise on sunny days. The largest, Inis Mór, boasts an incredible cliff-top prehistoric fort called Dún Aonghasa, while Inis Oírr is famed for its sandy beaches. Day-trippers and bird-watchers should make their way to the **Saltee Islands**, just 5km away from Kilmore Quay in County Wexford. A haven for sea birds, the islands are among the most ancient in Europe and show evidence of primitive Stone Age man.

INFO & TIPS Always check sailing times. Bring food and water with you to uninhabited islands and note that many will have no facilities. Bring sunscreen, walking shoes and weather-appropriate clothing.



7

WALKING

Coasts, mountains, forests, National Parks and Areas of Outstanding Natural Beauty – Ireland has scenic walking trails for all levels. And the really great thing about it? After exploring brooding valleys, scenic cliff edges and green pastures, you can relax in one of the island’s welcoming towns and villages, where you’ll find traditional music pubs and great seafood restaurants.

GREAT PLACES TO TRY For a mix of woodland trails, lakelands and peat bogs, take to the **Sperrin Mountains** in County Tyrone and a variety of trails that let you soak up the unspoilt scenery. Within over 40,000 acres, **Donegal’s Glenveagh National Park** has six walking options for all levels of fitness. To make sure you get on the right track, the Trail Walker Bus takes walkers from the Visitor Centre on Saturdays, Sundays and bank holidays. For something gentler, the eight looped walks at the **Glen of Aherlow** in County Tipperary (from 2km to 10km) will take you through the forests and moorland of the beautiful Galtee Mountains.

INFO & TIPS Weather can change quickly – check the forecast, wear layers and bring a waterproof jacket, hiking boots, sunscreen and plenty of water. For details of all routes check out walkni.com and irishtrails.ie



8

CITY TOURS

The best way to get your bearings in one of Ireland’s cities is to take a guided walk or bus tour – then go back and explore the places you love in more detail!

GREAT PLACES TO TRY Kilkenny is small enough to be explored on foot, especially along the Medieval Mile. Discover its secrets and hear stories of witches and the Black Death with **Kilkenny Walking Tours**, visiting the medieval laneways, old city wall and the Black Abbey. For larger cities such as Belfast and Dublin, get your bearings with a **Hop-On Hop-Off Bus Tour**. Highlights of the **Dublin Bus** 90-minute tour include Guinness Storehouse, Kilmainham Gaol and Dublin Castle, while **Sightseeing Belfast’s** tour takes in the Cathedral Quarter, Belfast City Hall and the Peace Wall. Or brave two wheels for a **Segway Guided Tour of Belfast**, gliding to the famous Titanic Quarter. In Cork, discover the city on the **Fabulous Food Trail**, which has tastings and stops at markets, cheesemongers, butchers and bakers, including The English Market.

INFO & TIPS Book walking tours in advance, especially during peak season and holiday weekends. Wear comfortable shoes and bring a raincoat, just in case.



9

7 **Glenveagh National Park, County Donegal** Set in the Donegal mountains, keep your eye out for the Park’s large herd of red deer. **8** **Kilkenny’s Medieval Mile** On the River Nore, a tour of the city takes in 13th century St Canice’s Cathedral and Kilkenny Castle. **9** **Coasteering** Cliff jumping is one way to get the adrenaline pumping while exploring Ireland’s stunning sea caves and rocks. **10** **Sea kayaking** Spend a morning on a sea kayaking trip along the south Dublin coastline.



10

WATERSPORTS

With so many miles of coastline including the Wild Atlantic Way, the Causeway Coast and parts of Ireland’s Ancient East, as well as inland lakes and rivers, Ireland is perfect for watersports lovers. Prepare to get wet.

GREAT PLACES TO TRY What better way to enjoy County Waterford’s Copper Coast than by kayak? Paddling this UNESCO Global Geopark reveals sea stacks, sea arches, caves, blow-holes and tunnels, all close up. **Coasteering** also offers a chance to explore sea caves and rocks along areas like the Causeway Coast, with some climbing and bouldering as well as (optional) cliff jumping. Or make for the waves in County Sligo, one of Ireland’s most popular **surfing** destinations. Take a beginner or intermediate lesson on the beach in Strandhill with Strandhill Surf School, before heading into a cozy Sligo pub for a hearty bowl of seafood chowder.

INFO & TIPS Safety is important: always use a registered and qualified watersports operator. Watersports are a real summer treat – but in the winter, the west coast of Ireland sees some of the world’s most impressive waves – perfect for very experienced surfers only. Fancy a different watersport not covered here? Visit ireland.com for more information on everything from windsurfing to scuba diving, as well as suggestions for exploring the island of Ireland’s coastline by sailboat. 🌊



For further information please contact
Visitor Services, OPW,
Unit 20, Lakeside Retail Park,
Claremorris, Co. Mayo, Ireland
Tel: +353 1 6476000
email: info@heritageireland.ie



For further information on the OPW Heritage Card please contact Tel: +353 1 6476592
email: heritagecard@opw.ie

Visit Ireland’s Heritage Sites



Ross Castle, Killarney, County Kerry



Céide Fields Visitor Centre, Ballycastle, County Mayo



Tintern Abbey, Saltmills, New Ross, County Wexford



Newgrange Megalithic Tomb, County Meath



Athenry Castle, Athenry, County Galway



The Main Guard, Clonmel, County Tipperary

Full details www.heritageireland.ie



THE LAST WORD ON... TRADITIONAL CULTURE

Traditional culture is alive and well on the island of Ireland. Here's how to enjoy it...

FESTIVALS TAKE THREE

Traditions are at the heart of festivals in Ireland

FESTIVAL OF THE FIRES

Uisneach Hill, **County Westmeath** (May)
Held in the mythological and sacred centre of Ireland, the Uisneach Festival of Fire celebrates a tradition that stretches back to this site over 1,400 years.



PUCK FAIR

Killorglin, **County Kerry** (August)
With a history dating back almost 400 years, Puck Fair is thought to be one of Ireland's oldest. Celebrations last three days and see a mountain goat crowned.



BANKS OF THE FOYLE HALLOWE'EN CARNIVAL

Derry-Londonderry city (October)
The Irish invented Halloween (31 October) so no wonder it's such a big deal on our island. Derry-Londonderry is definitely the place to go and the city's annual carnival is now the largest of its kind in the world.



LOOK OUT FOR:

Dry-stone walls in the west of Ireland, particularly along the Wild Atlantic Way. What's remarkable is that these traditional walls are held together with just stone and no mortar. In Northern Ireland, you'll find the **Mourne Wall** in County Down, which is the longest on the island and stretches for over 35km. The **Irish thatched cottage** also holds centuries of tradition within its walls and can be seen all over the island. Back in the 1800s, it's thought that half the population slept in a thatched cottage. Visit the village of **Adare** in County Limerick for a picture-postcard scene.



TRADITIONAL CRAFTS

From glassblowing to pottery, weaving to woodwork – craft in Ireland is thriving. Connected to the landscape and calling on skills passed down from generation to generation, craft is an integral part of Irish culture whether it's knitwear, basket-weaving or lace-making. In Donegal, the hills and the sheep that roam them have led to a rich tradition of handweaving. Visit **Handwoven Tweed** in Ardara for great wool blankets and textiles. **Kilkenny's** creative spirit can be enjoyed to the fullest on the **Made in Kilkenny Craft Trail**, which allows you to meet the makers of textiles, ceramics, jewellery and glass in idyllic locations. Or make your way to **Belleek** in Enniskillen, County Fermanagh, one of the oldest working potteries creating fine Parian china. A tour of the visitor centre is ideal for learning about its history.

DON'T MISS The **House of Waterford Crystal Visitor Centre** in Waterford is a must-visit to find out about this famous crystal – you can even see pieces created before your eyes. The **Irish Linen Centre**, Lisburn, is great for a walk-through of this historic and prestigious industry. The **Claypipe Centre**, County Roscommon, tells the story of the traditional craft of claypipe making, which dates back to the 1700s.

DID YOU KNOW?

THE CLADDAGH RING

One of Ireland's most famous pieces of jewellery has to be the Claddagh Ring. Believed to have originated in the village of Claddagh in Galway Bay, you wear it with the crown pointing in if you're in love or married; or pointing out if you're looking for love! **Thomas Dillon's** in Galway city has been making this iconic ring since 1750.



LISTEN OUT FOR:

The Irish language spoken in the **Gaeltacht** (Irish-speaking areas). You'll find Gaeltacht areas around the west coast of the island, along with parts of counties Cork, Donegal, Meath and Waterford. And in Northern Ireland, keep an ear out for **Ullans**, a variant of Scots-Irish. 🍀

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IRELAND GENERAL INFORMATION

CLIMATE

Ireland has a mild, temperate climate with summer temperatures generally ranging from 60°F/15°C to 70°F/20°C. Temperatures in spring and autumn are generally 50°F/10°C, and in winter between 40°F/5°C and 46°F/8°C. Snow is rare but rain showers can occur at any time of the year. For up-to-the-minute weather reports visit met.ie

EMBASSIES & HIGH COMMISSION

Canadian Embassy in Dublin
canadainternational.gc.ca/ireland-irlande
British High Commission
gov.uk/government/world/canada
Irish Embassy in Canada
embassyofireland.ca

PASSPORT/VISA REQUIREMENTS

A valid Canadian passport is required to visit the island of Ireland and no visa is required. However, if you are travelling on a passport issued by another country (although a resident in Canada), please check visa requirements with the embassy.

VAT (SALES TAX) AND REFUNDS

In the Republic of Ireland, tourism services such as restaurant meals and accommodation benefit from a lower VAT (sales tax) rate of 9%. Visitors to Ireland from non-EU countries can claim back sales taxes on purchases made in Ireland; shopping in Ireland is subject to a sales tax of 23%. Always look for the "Tax-Free Shopping" sign in the windows of participating stores. To avail of your tax refund, complete a valid tax refund document, which you can get from participating stores. Present this and goods to customs on departure from the EU, and you can receive your refund on the spot

at some airports; otherwise, you can mail your tax refund document to the store and a refund will be issued. Select shopkeepers will offer you the Horizon Tax-Free Shopping card, a new paperless method of getting tax refunds brought to you by FEXCO Tax-Free Shopping. With each purchase, the card is swiped and tax-free eligible items are logged. At the end of your trip, hand in the card to the FEXCO Tax-Free Shopping desk at Dublin or Shannon Airport. You can apply for a card online at shoptaxfree.com

For details on how to claim tax back on goods bought in Northern Ireland, please visit gov.uk/tax-on-shopping/taxfree-shopping

PUBLIC HOLIDAYS 2017

New Year's Day Holiday	2 Jan
St Patrick's Day Holiday	17 Mar
Good Friday (NI only)	14 Apr
Easter Monday	17 Apr
May Bank Holiday	1 May
Spring Bank Holiday (NI only)	29 May
June Bank Holiday (ROI only)	5 June
July Holiday (NI only)	12 July
Aug Bank Holiday (ROI only)	7 Aug
Aug Bank Holiday (NI only)	28 Aug
Oct Bank Holiday (ROI only)	30 Oct
Christmas Day	25 Dec
St Stephen's Day (ROI)	26 Dec
Boxing Day (NI)	26 Dec

Good Friday is not an official public holiday in the Republic of Ireland, although most shops and businesses, and all pubs, are closed.

WHERE TO STAY

Hospitality comes naturally in Ireland, and the island boasts a wonderful range of places to stay – from the friendliest bed & breakfasts in the world to 5-star hotels. For fantastic accommodation offers and inclusive packages visit ireland.com/hotoffers

Choose from hotels or guesthouses, elegant country homes, luxury castles, village pubs, Georgian manors, budget hotels and Victorian houses. You'll find welcoming bed & breakfasts throughout Ireland, even in the most remote areas, with friendly personal service and delicious full Irish or Ulster fry breakfasts. To feel part of the countryside, nothing compares to a farmhouse holiday, but book early as they are very popular – it's an excellent way to get to know local people.

Ireland's large network of hostels gives budget travellers great independence. Facilities vary so check in advance.

HOTELS & GUESTHOUSES

irelandhotels.com
irelandhotels.com
 Northern Ireland Hotels Federation
nihf.co.uk
 Ireland's Blue Book
irelands-blue-book.ie
 Good Food Ireland
goodfoodireland.ie
 Manor House Hotels and Irish Country Hotels
manorhousehotels.com
irishcountryhotels.com

BED & BREAKFASTS

B&B Ireland
bandbireland.com

COUNTRY HOUSES

The Hidden Ireland Guide
hiddenireland.com

HOSTELS

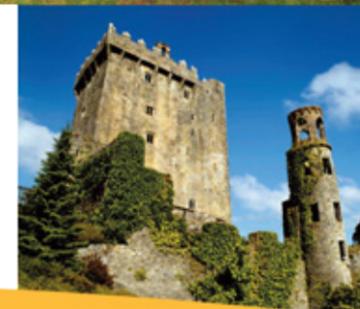
An Óige – Irish Youth Hostel Association
anoige.ie
Independent Holiday Hostels
hostels-ireland.com
Hostelling International Northern Ireland
hini.org.uk
Independent Hostels of Ireland
independenthostelsireland.com



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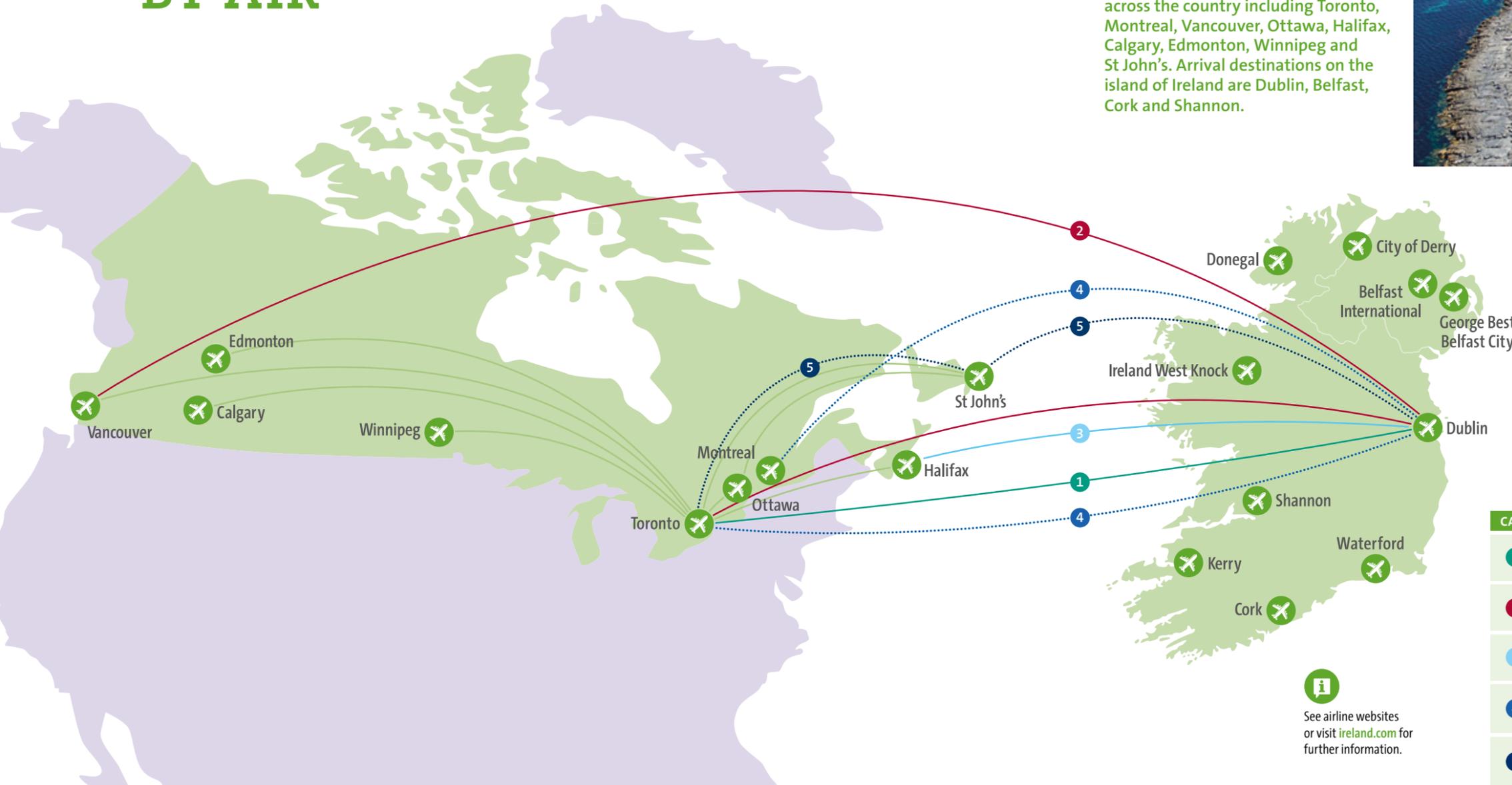
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i See airline websites or visit ireland.com for further information.

AIR SERVICES FROM CANADA

AIRLINE	TELEPHONE	WEBSITE
Aer Lingus	800 474 7424	aerlingus.com
Air Canada	888 247 2262	aircanada.com
Air Transat	866 847 1112	airtransat.ca
American Airlines	800 433 7300	aa.com
British Airways	800 247 9297	ba.com
Delta Airlines	800 221 1212	delta.com
ASL Airlines	1 844 332 9090	aslairlines.com
United Airlines	800 864 8331	united.com
US Airways	800 622 1015	usairways.com
Virgin Atlantic	800 862 8621	virgin-atlantic.com
WestJet	1 877 952 4696	westjet.com

CARRIER	CONTACT	ROUTE
1 Aer Lingus	aerlingus.com	TORONTO - DUBLIN (year round)
2 AIR CANADA rouge	aircanada.com	TORONTO - DUBLIN (year round) VANCOUVER - DUBLIN (June-Oct)
3 ASL	aslairlines.com	HALIFAX - DUBLIN (July-Oct)
4 Air transat	airtransat.ca	TORONTO - DUBLIN (May-Oct) MONTREAL - DUBLIN (May-Oct)
5 WESTJET	westjet.com	TORONTO - DUBLIN (via St John's, May-Oct) ST JOHN'S - DUBLIN (May-Oct)

Note: Dotted line indicates seasonal service. Information correct at time of printing. Map not to scale.

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TAXI: Taxis cost between €20-30* depending on where you are travelling within the city.

BELFAST

Belfast International Airport
BUS: The 24-hour Airport Express 300 to and from Belfast city costs £7.50* single and £10.50* return.

TAXI: Fares to the city are about £30*.

George Best Belfast City Airport

BUS: Airport Express 600 into the city centre runs on the hour (every 20 minutes during peak times); £2.60* single and £3.80* return.

TAXI: Fares to the city centre are about £10*.

TRAIN: Trains run from Sydenham station near the airport to Belfast and beyond.

*Prices are subject to change.



COMPANY	WEBSITE
ESCORTED TOURS & INDEPENDENT VACATIONS	
ALBA Tours	albatours.com
Air Canada Vacations	aircanadavacations.com
ATOURZ/Airliners	atourz.ca
CIE Tours	cietours.com
CIT Tours	cittours.ca
Collette Vacations	collettevacations.com
Contiki Holidays	contiki.com
Connection Tours	connectiontours.ca
Cosmos	cosmosvacations.ca
Craig Travel	craigtravel.com
Denure Tours	denuretours.com
DH Tour	dhgrouptours.com
Ellison Travel and Tours	ettravel.com
Globus	globusjourneys.ca
Goway	goway.com
Indus Travels	indus.travel
Insight Vacations	insightvacations.com
Irish Travel Bureau	irishtravel.ca
Kensington Tours	kensingtontours.com
Merit Travel Group	merit.ca
Monograms	monogramstravel.ca
NAVTOURS	navtours.com
Preference Vacations	vacancespreference.com
Romantic Planet	romanticplanet.ca
Rostad Tours	rostad.com
Royal Irish Tours	ritvacations.com
Tauk	tauck.com
Tours Chanteclerc	tourschanteclerc.com
Trafalgar	trafalgar.com
Transat	transat.com
Travel Only	travelonly.ca
Senior Tours	seniortours.ca
Vacances Ideals	vacancesideal.com

GOLF	
Golf-Away Tours	golfawaytours.com
Golf the World Vacations	golfttheworldvacations.com
Gryphon Golf Tours	gryphongolf.com
Merit Golf Vacations	meritgolfvacations.com
Strider Golf Adventures	strider.ca
ACTIVE VACATIONS	
Active Journeys	activejourneys.com
The Adventure Travel Company	theadventuretravelcompany.com
Butterfield & Robinson	butterfield.com
Comfortable Hiking Holidays	letshike.com
Freewheeling Adventures	freewheeling.ca
G Adventures	gadventures.com
Great Explorations	great-explorations.com
Hidden Trails	hiddentrails.com
Randonée Tours	randoneetours.com
The Vacation Station	thevacationstation.com
World Expeditions	worldexpeditions.com
YOUTH & EDUCATIONAL TOURS	
Celtic Learning	celticlearning.com
Connaissance Travel and Tours	connaissancetravel.com
EF Educational Tours	eftours.ca
Explorica	explorica.ca
Georgia Hardy Tours	ghardytravels.com
Languages Abroad	languagesabroad.com
Travelcuts	travelcuts.com

A packaged vacation offers a variety of choices including a range of fully escorted coach tours, self-drive vacations, golf, cycling, walking, horse riding and fishing. Packages, including pre-paid vouchers, can be booked before departure from a Canadian tour operator. For details of packages, please visit ireland.com/hotoffers or call your travel agent. All information correct at time of going to press.

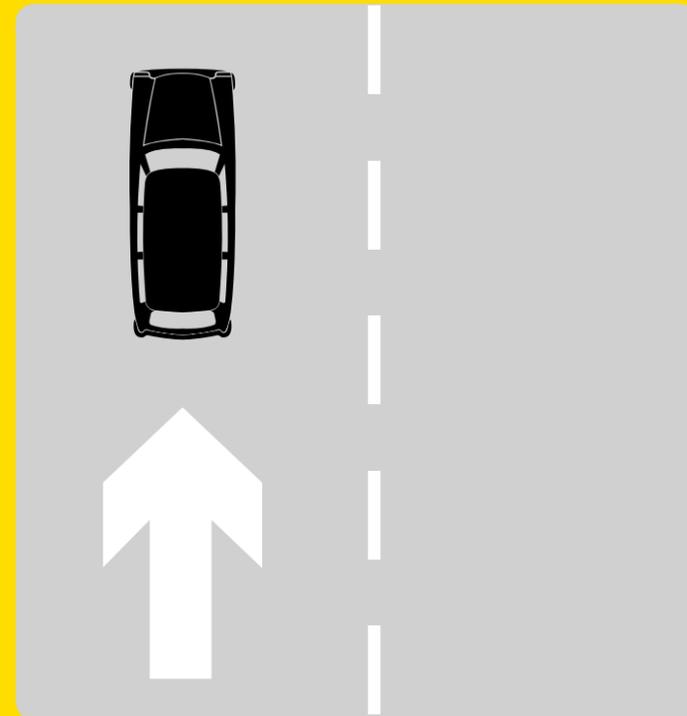
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Road Safety Authority

TRAVELLING AROUND IRELAND

PUBLIC TRANSPORT

BY RAIL

The rail network serves many large towns and cities across the island, including the ferry ports of Larne, Belfast, Dublin, Cork and Rosslare.

The Enterprise is a fast, high-quality rail network linking Dublin and Belfast. The journey takes around two hours and is probably the most comfortable way to travel between the two cities. Catch the Enterprise from Connolly Station in Dublin and Central Station in Belfast.

Britrail Pass Plus Ireland (must be purchased before leaving Canada) combines either eight or 10 days of unlimited rail travel in Britain and Ireland with a round trip crossing of the Irish Sea by Stena Line. Eurail/Rail Europe also offer unlimited rail travel packages in the Republic of Ireland and Northern Ireland (must be purchased before leaving Canada).

BY BUS

Bus services link to the rail system as well as providing access to ferry ports and airports. Recent investment in road and rail provides more comfort for travellers, offers greater frequency of service and improves travel times. Services include the western rail link between Galway and Limerick. Rail and bus fares offer good value for the traveller, with various discount tickets available offering unlimited travel on bus and rail services.

URBAN TRANSPORT

The Dublin Bus 3-day Freedom Pass offers visitors unlimited travel on tour buses, airport links and regular bus services. Please check for offers when booking.

The Leap Visitor card offers 72 hours unlimited travel on Airlin, Dublin Bus, Luas, DART and Commuter Rail services. It is available for purchase at Dublin Airport only, and costs €19.50 for 72 hours.

The Belfast Visitor Pass includes unlimited travel on all scheduled Metro buses, NI Railways and Ulsterbus services operating within the Translink Belfast Visitor Pass Zone, as well as discounts on attractions and tours, and special offers for shopping and eating out. visit-belfast.com

DUBLIN LUAS

The Dublin Luas tram system connects outlying suburbs to Dublin city centre with a

high-capacity, high-frequency and high-speed service. When in the Republic of Ireland call Luas on 1800 300 604 or visit luas.ie

If you do not have a validated bus ticket, you will need to keep in mind that Dublin Bus services require exact change to be given; notes will not be accepted. Bus/rail/Luas travel tickets are available from most newsagents in Dublin city centre and the surrounding suburbs.

DART

The Dublin area is served by the DART – Dublin Area Rapid Transit – from Howth to Malahide in north County Dublin via Dun Laoghaire to Greystones in County Wicklow. irishrail.ie

CYCLING

The Dublin Bike Sharing Scheme is another good option for travelling around the city. dublinbikes.ie
Cork, Galway, Limerick (bikeshare.ie) and Belfast (belfastbikes.co.uk) also have bike schemes.

REPUBLIC OF IRELAND

Irish Rail – Iarnród Éireann

Tel: +353 1 836 6222

irishrail.ie

Irish Bus – Bus Éireann

Tel: +353 1 836 6111

buseireann.ie

Dublin Bus – Bus Átha Cliath

Tel: +353 1 873 4222

dublinbus.ie

NORTHERN IRELAND

Translink (Northern Ireland Railways,

Ulsterbus, Metro – Belfast's bus service)

Tel: +44 28 9066 6630

translink.co.uk

Check for discounted fares when travelling by public transport. For instance, iLink provides unlimited travel for one day, one week or one month (Northern Ireland only).

DRIVING IN IRELAND

Canadian visitors to Ireland must bring a valid Canadian driver's licence with them. Driving in Ireland is on the left of the road and seatbelts

must be worn at all times in the front and back of the vehicle. Drivers should note that they are obliged by law to carry their driver's licence at all times when driving in the Republic of Ireland. Motorcyclists and their passengers must wear helmets. There are very strict laws on drinking alcohol and driving, and the best advice is simply "don't drink and drive."

The measurement of speed limits on roads in the Republic of Ireland is kilometres per hour (km/h). The measurement of speed limits on roads in Northern Ireland is miles per hour (mph). Motorists are urged to remember the change of driving laws when crossing the border between Northern Ireland and the Republic of Ireland.

In Northern Ireland, the speed limit is 30mph in built-up areas, 60mph on the open road and 70mph on motorways unless otherwise shown. In the Republic of Ireland, the speed limit is 120km/h on motorways, 100km/h on national roads and 80km/h on non-national roads.

CAR RENTAL

Most of the major car rental companies have desks at airports, ferry terminals and cities across Ireland. Some companies do not rent cars to drivers under 21 years or over 70 years, but please check with your car rental company before making a reservation. All drivers must hold valid licences. It is advisable to book in advance, especially if you are travelling during the high season, as it is generally cheaper. The majority of rental cars are standard shift but automatic cars are available, if booked in advance, for an additional charge. Child seats should also be booked in advance.

To avoid misunderstandings, it is recommended that you always check the detailed terms and conditions of your rental booking in advance. Even if you book through a third party (broker, agent, tour operator) you will be required to sign a rental agreement with the car rental company, so spend some time in advance selecting the various insurances, waivers and other options appropriate to your needs and understand the costs involved.

For insurance reasons you should advise the rental company if you intend to travel between the Republic of Ireland and Northern Ireland.

The trade organisation for the car rental industry in the Republic of Ireland is the Car Rental Council. carrentalcouncil.ie

In Northern Ireland contact the British Vehicle Rental and Leasing Association. bvrla.co.uk

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- Motorway (Under Construction)
- Primary road
- Secondary road
- Mainline Train
- Ferry
- Airport
- Tourist Information (Year round)
- Tourist Information (Seasonal)
- Beach

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KILOMETRES
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MILES
0 10 20 30 40 50mils



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	Armagh	Athlone	Belfast	Coleraine	Cork	Donegal	Dundalk	Dublin	Enniskillen	Galway	Kilbenny	Kilbenny	Larne	Limerick	Newry	Roscommon	Shannon	Sligo	Waterford	Wexford
Armagh	155	96	227	141	31	89	252	99	35	157	62	486	434	219	390	300	302	254	136	242
Athlone	96	111	114	75	121	114	114	75	121	114	75	121	114	75	121	114	75	121	114	75
Belfast	227	141	31	89	252	99	35	157	62	486	434	219	390	300	302	254	136	242	136	242
Coleraine	141	75	31	89	252	99	35	157	62	486	434	219	390	300	302	254	136	242	136	242
Cork	31	75	89	252	99	35	157	62	486	434	219	390	300	302	254	136	242	136	242	136
Donegal	89	114	99	35	157	62	486	434	219	390	300	302	254	136	242	136	242	136	242	136
Dundalk	99	114	99	35	157	62	486	434	219	390	300	302	254	136	242	136	242	136	242	136
Dublin	35	75	89	252	99	35	157	62	486	434	219	390	300	302	254	136	242	136	242	136
Enniskillen	62	75	89	252	99	35	157	62	486	434	219	390	300	302	254	136	242	136	242	136
Galway	486	434	219	390	300	302	254	136	242	136	242	136	242	136	242	136	242	136	242	136
Kilbenny	434	219	390	300	302	254	136	242	136	242	136	242	136	242	136	242	136	242	136	242
Larne	219	75	89	252	99	35	157	62	486	434	219	390	300	302	254	136	242	136	242	136
Limerick	390	75	89	252	99	35	157	62	486	434	219	390	300	302	254	136	242	136	242	136
Newry	300	75	89	252	99	35	157	62	486	434	219	390	300	302	254	136	242	136	242	136
Roscommon	302	75	89	252	99	35	157	62	486	434	219	390	300	302	254	136	242	136	242	136
Shannon	254	75	89	252	99	35	157	62	486	434	219	390	300	302	254	136	242	136	242	136
Sligo	136	75	89	252	99	35	157	62	486	434	219	390	300	302	254	136	242	136	242	136
Waterford	136	75	89	252	99	35	157	62	486	434	219	390	300	302	254	136	242	136	242	136
Wexford	136	75	89	252	99	35	157	62	486	434	219	390	300	302	254	136	242	136	242	136

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