











MB13INT01TII

Welcome to Ireland

Ireland is unique. This small island on the western edge of Europe has an incomparable traditional culture and an equally proud identity.

The island of Ireland is imbued with a strong sense of history. Life here dates back 9,000 years, and the spirit of the past can be found everywhere, from Stone Age sites to crumbling castles and medieval city lanes.

Modern Ireland is filled with buzzy capital cities – Dublin and Belfast – quirky towns and villages, plus cosy pubs packed with friendly locals.

There is nothing like the Irish charm. You'll hear it in the heart-thumping rhythm of a bodhrán or Lambeg drum. You'll see it in the lush green valleys and awe-inspiring sea cliffs.

You'll feel it as soon as you arrive. And you'll never forget it.



YOUR GUIDE TO IRELAND







- Mother Nature's masterpiece
- 48 Hours in Dublin
- 48 Hours in Belfast
- City adventures
- A little bit of history
- Exclusively Ireland
- Time to relax
- Learning English in Ireland
- Shopping for tradition
- A Taste of Ireland
- Music: Ireland's rhythm
- Sports: watch and play
- Plan your visit
- Touring by car





Tourism Ireland Great Britain

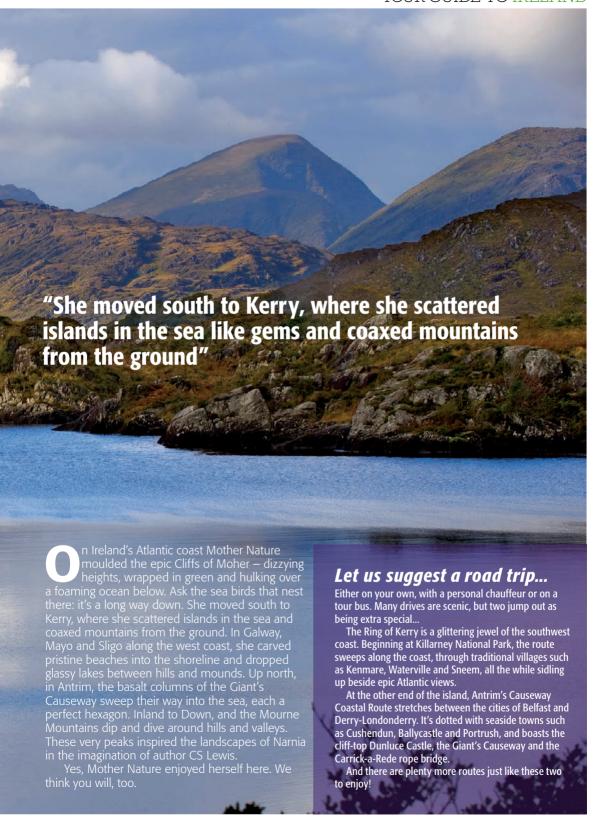
Website: Ireland.com

Published by Tourism Ireland Editorial and design Maxmedia Ireland **Translations** Lionbridge **Printing Nicholson & Bass**

Tourism Ireland is the marketing body for the island of Ireland, covering the Republic of ireland and Northern Ireland. Every care has been taken to ensure accuracy in the compilation of this brochure. Tourism Ireland and its agents cannot, however, accept responsibility for errors and omissions but where such are brought to our attention, future publications will be amended accordingly. Images used in this publication are sourced from: Tourism Ireland, Fáilte Ireland, the Northern Ireland Tourist Board and Shutterstock.com







48 hours in... DUBLIN

THIS SMALL CITY, FOUNDED BY VIKINGS, SITS SNUGLY ON IRELAND'S EAST COAST, NESTLED BETWEEN MOUNTAINS AND SEA. DUBLIN IS DEFINED BY ITS LITERARY LEGACY, BOASTING NAMES SUCH AS SAMUEL BECKETT AND JAMES JOYCE. COBBLED STREETS ARE FILLED WITH GALLERIES AND CAFÉS, WHILE HANDSOME GEORGIAN TOWN HOUSES CREATE AN AIR OF ELEGANCE. THIS CITY HAS HISTORY AND HEART, PLUS IT'S REALLY EASY TO EXPLORE...

Fearsome founders

We have the Vikings to thank for founding Dublin. Dive into the city's humble beginnings at the Dublinia Museum where longboats and wonderful medieval scenes paint atmospheric pictures of the past. Or hop onto the Viking Splash Tour for a rip-roaring trip around the city's sights — horned helmets are provided for a touch of authenticity!

Drink up

Can you smell that in the air? That's Guinness being brewed at its headquarters next to the River Liffey. An exploration of the 'Black Stuff' begins at the Guinness Storehouse and ends with a pint and awesome views from the Gravity Bar overlooking the city's rooftops.





Temple to culture

The Temple Bar district buzzes by night, but it's also worth visiting during the day when it is the capital's cultural heart. Cobbled streets give way to boutique galleries such as the Graphic Studio, quirky tattoo parlours and characterful cafés. The Project Arts Centre serves up cutting-edge theatre and traditional sessions at Oliver St John Gogarty gives a taste of Ireland's musical legacy. Why not take a walk into the Irish Film Institute and the Gallery of Photography on Meeting House Square, and view Ireland through a variety of other lenses.

YOUR GUIDE TO IRELAND







Best loved book of all

The epic city-centre spread of Trinity College Dublin is a triumph of fine architecture, and beautiful greens. Along with the Samuel Beckett Theatre, a charming cricket pavilion and the Douglas Hyde Gallery, the university houses an 8th-century masterpiece: the Book of Kells. This work of immense intricacy and religious devotion from the early Middle Ages wows everyone who sees it. >







Taste the town

A full Irish breakfast below the vaulted ceilings and stained-glass windows of Bewley's on Grafton Street is a unique treat that Dubliners adore. The Dublin Tasting Trail is also a tasty introduction to the city, with its visit to traditional pubs and cafés. Michelin-starred restaurants will grab your attention, too, with Restaurant Patrick Guilbaud and Chapter One just two to tantalise. And combining the best of both worlds, the city's gastro pubs will whet your appetite, with The Exchequer, The Chop House and The Ely in Grand Canal Square whipping up gastronomic greats at affordable prices.





Outside the city...

Wicklow, with its purple mountains and monastic sites, is world famous. Take Glendalough, for instance. It's just 40 minutes south of Dublin, and the mountains here are a designated National Park, so don't forget your walking boots. Powerscourt House & Gardens, just 20 minutes south of Dublin, charts 800 years of history in its exquisite gardens and grand Palladian house.

County Kildare to the west of the city is Ireland's horse county, and the Irish National Stud Horse Museum is an exploration of this 'sport of kings'. While there, make time for the Japanese Gardens. And if hunger bites, head for the village of Ballymore Eustace and the Ballymore Inn, before checking out Kildare Village for serious style in designer outlets.

Dublin nights

Playwrights such as Oscar Wilde, Samuel Beckett and George Bernard Shaw helped make Dublin a UNESCO City of Literature. Theatres including the Abbey, Gate and the Project Arts Centre keep that light burning. The Literary Pub Crawl takes you on a tour of the city's pubs with bookish connections in the company of cheerful actor/tour guides. The Ghost Bus Tour, meanwhile, is a scary immersion into Dublin's more unsavoury and ghoulish history. If you've got itchy feet, there are plenty of dance floor cures with clubs on Harcourt Street, George's Street and Dame Street keeping things going till the early hours.

DID YOU KNOW?

Three Dublin-born writers have won the coveted Man Booker Prize for literature since 1968: Iris Murdoch, Roddy Doyle and Anne Enright. They were joined recently by Wexford-born Dublin resident John Banville, who won the award for his novel The Sea.



City Guide

48 hours in... BELFAST

A PLACE OF CONFIDENCE, CREATIVITY AND CONTEMPORARY COOL, BELFAST IS ONE OF EUROPE'S BEST CITY BREAKS. WITH A FASCINATING HISTORY, MARVELLOUS MUSEUMS AND A NIGHTLIFE THAT SHOWED THE FOLKS AT MTV A REALLY GOOD TIME, BELFAST TICKS ALL THE BOXES FOR A TRULY MEMORABLE GETAWAY.

THE CITY'S TOP SIGHTS CAN BE SQUEEZED INTO A WEEKEND. HERE'S HOW...



Tour by taxi

A black cab tour is a Belfast institution. The friendly, knowledgeable drivers are famous for their dynamic and private history lessons of the city on four wheels. Belfast's famous murals — an artistic tradition that's over 100 years old — are a must-see for many visitors, and their legacy and future are best understood with the aid of a local driver. Don't forget your camera.

Muse at the Ulster Museum

A dinosaur egg, recovered sunken jewels and an Egyptian mummy are just some of the treasures on display at the Ulster Museum. From the prehistory of Ireland to geology, European art, and the

troubled politics of the recent past, the whole complex is simply a marvel and a must for the kids.

Follow the music

Brown Eyed Girl? Whiskey in the Jar? Chasing Cars? Do those song titles sound familiar? Well, Van Morrison and Gary Moore of Thin Lizzy were both born in Belfast and two members of globally known band Snow Patrol are from nearby County Down. You can see – and hear – their beginnings on the accoustically brilliant Belfast Music Tour bus, which weaves past the venues and streets associated with the city's musical history.





YOU KNOW?

Director of the hit 1997 movie Titanic, James Cameron, was so impressed with Titanic Belfast when he visited in September 2012, that he lent it some props from the movie. Costumes worn by the film's stars Leonardo DiCaprio and Kate Winslet and even the captain's wheel, which was in Cameron's office for years,

Enter Titanic Town

You can't escape the legacy of the RMS Titanic in Belfast. The famous ship was the biggest in the world at the time when it was built in Belfast over 100 years ago. The liner's story is commemorated in the critically acclaimed Titanic Belfast. This incredible exhibition housed in a stellar building tells the story of Titanic via moving images and hi-tech wizardry, including the 3D-technology used in the film Avatar.

Get a sip of the culture

The Cathedral Quarter — once the oldest part of Belfast — is now lined with cool hotels, wine bars and bistros alongside traditional pubs. The Quarter is also a stop on Belfast's Historical Pub Walking Tour — a jaunt through the city's most famous pubs. The highlight is the Crown Bar Liquor Saloon: a gas-lit, ornately crafted bar with original Victorian fittings — the perfect place to toast the city.



Great nights out

Belfast nights are bright. For a great show, try the city's new Metropolitan Arts Centre (MAC) where you can pick from its schedule of music, theatre, dance or art. Classical tastes can head for the Ulster Orchestra in the stunning Ulster Hall. And for award-winning cocktails, slink into a sofa in the opulent surrounds of the fashionable Merchant Hotel. Fancy something more rocking? The Oh Yeah Music Centre is a live music venue that's played host to the musical talents of The Undertones, Ash and Lisa Hannigan, amongst others.





Cork city

Cork is a perfectly sized city, with everything within easy walking distance and a multitude of bridges across the River Lee. For world-class galleries with no admission fee, walk through the leafy grounds of University College Cork to the Lewis Glucksman Gallery, then onto the Crawford Gallery, before browsing Patrick Street for some serious shopping.

Dine out in Orchids at Hayfield Manor, Café Paradiso or Issacs, be dazzled at the modern Opera House, or soak up shadowy tales on the Cork City Gaol Night Tour.

Cork is Ireland's gourmet capital, so make

time to see, taste and smell why at the beautiful English Market, which dates back to 1788. Pick up some locally produced cheeses and meats for a picnic lunch, or head for the Farmgate Café for a sit-down bite instead.

Outside the city...

Don't miss Blarney Castle, where you can plant a kiss and get 'the gift of the gab'; the famous harbour town of Cobh, Titanic's last port of call; and Kinsale, with its famous seafood restaurants and excellent pubs. And they're all just a short train journey or drive from the city limits.



YOUR GUIDE TO IRELAND





Derry-Londonderry city

Derry-Londonderry, the UK City of Culture 2013, is wearing a large smile. Why? Well, just imagine how a brisk stroll along its 400-year old walls can clear the cobwebs. Then it's up the Tower Museum for tales of shipwrecks and illicit romance, before you skip across the Peace Bridge, which arcs over the glistening River Foyle. Lonely Planet named Derry-Londonderry 4th best city to visit in the world during 2013, and we can understand why!

Hunger pangs could bring you to Brown's Restaurant for a lunch of Donegal crab and cauliflower purée, before you take a dip into the city's art galleries and cultural centres of excellence. Appetites are restored with a fascinating walking mural tour of Derry-Londonderry's history, and when dinner calls there are promises of prawns and Pinot Grigio at The Exchange.

A spot of theatre in the Playhouse and a sneaky Irish coffee before bed might well be the perfect end to a perfect day.

Outside the city...

Within an hour's drive of the city is Ireland's most northerly point: the wild and rugged Malin Head. Along the coast, you'll also find the incredible Giant's Causeway, Carrick-a-Rede rope bridge and the romantic Mussenden Temple.





Galway city

With university city status, village friendliness, and a bohemian spirit, relaxed Galway is typical of the west of Ireland way of life. From the Quayside to Eyre Square, soak up the charms of the city by wandering the narrow lanes and browsing the shops at your leisure.

On a Saturday, go alfresco for brunch at the Galway Market, then pop into Thomas Dillon's jewellers – the oldest in Ireland – for a browse. Check out the traditional Celtic jewellery and learn all about the famous Claddagh Ring (an old Irish wedding ring).

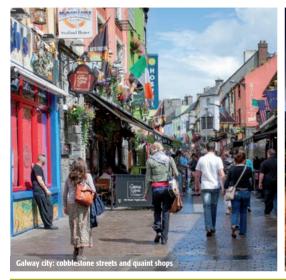
Dinner has to be seafood, and Oscar's Bistro will cook up whatever catch came off the boat

that day. The chic G Hotel, designed by milliner to the stars Philip Treacy, is worth a coffee or a cocktail to finish off the night, if just to see its fabulous lounges.

In summer, the calendar is packed with festivals, from film and horse racing to oysters and the much acclaimed Arts Festival. But the truth is, every night in Galway is a party night.

Outside the city...

Galway city sits on the edge of a place that Oscar Wilde once called 'a savage beauty'. Connemara is a vast spread of lakes, mountains and the kind of traditional villages that belong on postcards.





AND THERE ARE MORE...

Armagh: Curious about the life of Saint Patrick, Ireland's patron saint? Petite and pretty Armagh boasts twin hillside cathedrals, both bearing his name.

Kilkenny: This city is a quaint jumble of boutique shops, eccentric cafés and excellent restaurants surrounding a stunning castle.

Waterford: Located along Ireland's south coast, Waterford was named by the Vikings on their arrival in 914AD. And they certainly left their mark:

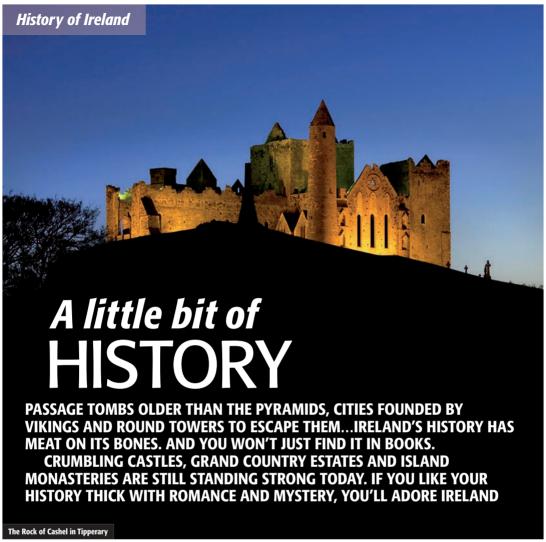
Reginald's Tower and winding streets mark it out as a seaside stunner. Make sure to discover the Viking Triangle – 1,000 years in 1,000 steps.

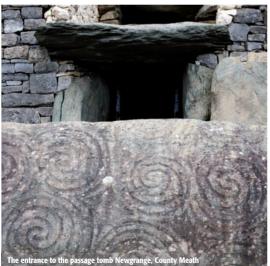
Limerick: King John's Castle hangs stoically over the River Shannon, while the medieval city's Milk Market provides a wealth of tasty temptations. Make time for the Hunt Museum, with its exceptional art collection, including Picasso, da Vinci and Renoir.

Lisburn: Irish linen calls this city its home. Designs here have made their

way to Buckingham Palace and on board the RMS Titanic, while the Georgian-styled Lisburn Square oozes classic charm.

Newry: Nestled beneath the Mourne Mountains, a walk around this pretty city must include a trip to the sugar mills that once housed American soldiers during WWII. Meanwhile, at the 16th century Bagenal's Castle, wild wishes can be made at the Promise Stone.





Passage tombs and saints

At a place called Mount Sandel, remnants of a small cluster of houses were found on the banks of the River Bann in County Londonderry. They date back 9,000 years. The island hasn't sat still ever since.

On the east coast you'll find County Meath. Greened by patchwork fields and sliced by the River Boyne, Meath's treasure is the 5,000-year-old Newgrange. Predating the pyramids, this UFO-shaped, grass-roofed passage tomb is a striking window into Ireland's pagan past and a testament to an engineering talent that was ahead of its time.

From pagan to Christian, Ireland's religious history was largely shaped by Saint Patrick. The patron saint endured life-changing experiences as a boy on County Down's Slemish Mountain, and >

DID YOU KNOW?

Ireland has plenty of old stuff, but few people know the island is also home to what is reputedly the oldest daily newspaper in the world still published. First published back in 1737, early copies of the Belfast Newsletter can be found in Belfast's Linen Hall Library Book of Kells. At almost 1,200 years old, its mere existence is a miracle.

Just south of Dublin in a verdant Wicklow valley, Glendalough's round towers spear the sky, while chapels crumble beside two lakes. A short distance away, the vast house and gardens of Powerscourt Estate speak of bygone grandeur.

Back in Northern Ireland, in Derry-Londonderry city, 400-year-old fully intact walls embrace the city. Its cannons allude to a turbulent past that never saw these walls being breached.

Castles, castles everywhere

Castles are in plentiful supply. Kilkenny's pile is a nod to a period of Norman occupation. While in



baptised kings at the Rock of Cashel in Tipperary.

Amid the pastoral peace of a County Down field

Amid the pastoral peace of a County Down field sits Saul Church. History suggests Patrick died here: a donkey and cart taking him to where he now remains by the imposing Downpatrick Cathedral.

It was from a modest point on Kerry's coastline in the southwest where another saint, Brendan the Navigator, began his journey to America. Kerry locals say he beat Columbus there.

Legacy of turbulent times

To Ireland's east coast, and the city of Dublin still echoes with its Viking roots. Longboats, helmets and weaponry found under the city's streets hint at their time here. Dublinia museum confirms it. Across the cobbles of Trinity College, smoothed by the feet of Oscar Wilde, Samuel Beckett and Bram Stoker, hides a treasure: The

Antrim, the crumbing Dunluce has hosted warring Vikings and survivors of the shipwrecked Spanish Armada. At Ireland's centre, Offaly's Leap Castle ripples with tales of murderous brothers and kidnapped brides. Locals will tell about the ghosts!

From famine to feast

Just 160 years in the memory, Ireland's Famine is still keenly felt. Roscommon's Strokestown Park and Famine Museum pays homage to a period that had such an immense impact on our diaspora.

Leaving our shores eventually became optional, and so it was that in a Belfast shipyard, 'the ship of dreams' was born at the start of the 20th century.

Just one more chapter in our story, and another reason why history should never be confined to just books...







The gift of the gab

Blarney Castle in Cork is home to the Blarney Stone. It was given to Irish king Cormac McCarthy as a thank you for helping Scotland defeat the British at the Battle of Bannockburn. Legend has it that anyone who kisses the Blarney Stone will be endowed with the 'gift of the gab' (which means they'll be full of chat for the rest of their lives!).

DID YOU KNOW?

Helen's Tower in Down's Clandeboye Estate is an enchanting spot. So enchanting, in fact, that Lord Alfred Tennyson wrote a poem about it called Helen's Tower. The estate was used for training by the 36th (Ulster) Division before they fought and fell at the Battle of the Somme in WWI. The tower is one of many historical buildings that have been refurbished by the Irish Landmark Trust and can now be rented as a self-catering property.





Sky high

Why not start by taking to the skies? Nothing quite matches the scenic views offered by a hot-air balloon flight, and private launches can easily be arranged around the island.

Imagine pitching up at Trim Castle – a star location in Mel Gibson's Oscar-winning movie, Braveheart – and hearing the burner roar, before floating over the historic Hill of Tara, or the passage tombs of Newgrange and Knowth. Or maybe gliding above the standing stones and gold-toting hills of the Sperrin Mountains? Afterwards, celebrate with an Irish coffee.

Alternatively, take a helicopter tour for views over the Aran Islands, or the magnificent Causeway Coast and the green Antrim Glens.

Speaking of flying, you could learn a thing or two from those who do it naturally. Falconry is said to be the oldest sport in the world, and Ashford Castle in County Mayo makes for a dramatic backdrop against which to try it. A private tutor can show you how.

Afterwards, the luxuries of one of the country's finest five-star castle hotels await.

Uniquely Ireland

How about a whiskey tasting masterclass in the Old Library at Adare Manor in County Limerick? Or salmon fishing at Ballynahinch Castle in Connemara? You could privately hire O'Brien's Tower at the edge of the Cliffs of Moher, and enjoy tasty seafood and hot whiskeys to the strains of a Celtic harpist.

At some castles and stately homes, you can even be a treasured house guest. At beautiful



Ballywalter Park in County Down, for instance, Lord and Lady Dunleath will spoil you with lunch, followed by an afternoon of archery and shooting on the estate.

Beach treats

As well as offering amazing links golf courses — one third of the world's links courses are here in Ireland, with Old Head, Royal Portrush, Royal County Down and Lahinch being four of the more exceptional — the sweeping dunes and beaches of Ireland's coast offer some exclusive beach-riding experiences, too.

Canter beneath the shadow of Mayo's Croagh Patrick, or Mussenden Temple along Londonderry's shoreline, then finish up with superb local food and banter in any number of fine restaurants nearby. >





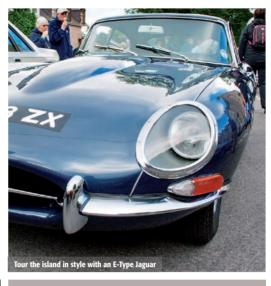


On the road...

Perhaps you'd prefer to tour the island seated in a car rather than a saddle. Call Limerick's Heritage Sports Cars, or Golden Oldies in Donegal, and you could soon find yourself whizzing around the Ring of Kerry or the Slieve League Peninsula in an E-Type Jaguar, a 1970s Triumph TR6 or a Ferrari Mondial.

Prefer something younger and faster? No problem. Superdrive Motorsports in Craigavon, County Armagh, offers a Junior Rally programme for budding daredevils aged 13-17, in 1200cc Vauxhall Novas...complete with roll cages.

Of course, you could also just sit back and let someone else do all the work on a chauffeur driven tour of Ireland's best-loved sights?



st an hour from London is luxury in the Sh

Down to business

If you're planning a trip to Ireland for business, you've chosen well! Just a one-hour flight from London, Ireland boasts brilliant meeting venues and a highly developed telecommunications infrastructure to ensure everything goes smoothly.

There are scores of luxury hotels with fantastic conference facilities – whether you want state-of-the-art, purpose-built centres or more intimate venues that offer traditional lrish charm served up alongside corporate presentations.

The Convention Centre Dublin falls into the former category. It offers 22 multi-functional, flexible rooms and is the world's first ever carbon neutral convention centre. How's that for some green credentials to go with your corporate affairs?

On the other hand, the Bushmills Inn in County Antrim is small, full of character and a short hop from the famed Giant's Causeway. Residential conferences can be hosted, as well as team building opportunities.

There are plenty of Destination
Management Companies (DMCs) and
Professional Conference Organisers (PCOs)
to organise it all for you... Plus, they know
everything about what makes an incentive
trip to Ireland extra special: learn how to play
hurling in Kilkenny; make your own traditional
bodhrán drum in Connemara, or enjoy a
banquet in Titanic Belfast overlooking the
famous shipyard.

Big or small, there's one thing you'll find everywhere: professional, friendly people with a can-do attitude. And at the end of any long working day, where better to unwind than in an Irish pub? There's always one nearby...





magine relaxing in a five-star castle estate along a lakeshore overlooked by a mountain range. Or relaxing in a castle estate along a lake overlooked by a mountain range, where the most pressing thought is whether to indulge in another massage or get stuck into your book. We usually use one word to describe this: bliss. But to understand what this word means, you need to try it yourself.

Ireland's spas have won countless awards – from Condé Nast Traveller to the World Luxury Hotel Awards – and they are often set in stunning secluded locations. Think infinity pools leading the eye to dramatic views, and hot tubs set in quiet woodland surrounded by

wild deer and orchids. Slieve Donard's two-floored ESPA spa in County Down even has a glass wall revealing the beautiful Mourne Mountains as they meet the Irish Sea on the island's east coast

On the treatment menus, you will find traditional therapies beside the latest treatments and unique experiences. Cork's Fota Island Resort offers a chocolate body wrap and diamond body exfoliation. Victorian Treatment Rooms at Monaghan's Castle Leslie offer specially designed Victorian steam boxes.

Ireland's spa getaways promise not only to relax and soothe, but to be unforgettable. Now you know why we call it bliss.

Traditionally Irish therapies

Seaweed and marine treatments are renowned for their healing and nourishing qualities. We have been using these natural resources from our crystal clear coastline for over a century. Voya is the cosmetics line that brought Ireland's seaweed to international attention in the spa world. Its coastal spa based in Strandhill, County Sligo, is visited by those seeking something extra special, and the products and treatments used are based on their famed hand-harvested organic seaweed oil from the Atlantic coast. They offer facials and seaweed body-wraps, but the 50-minute steep in a tub full of seaweed is the real must-do.





There is a genuine love of language in Ireland. Our culture of storytelling and love of literature – not to mention our lovely accents – make us great fans of spoken and written words.

Why Ireland?

Everyone speaks English, and you'll quickly learn to love some of the phrases that are unique to the Irish. Combine an esteemed literary heritage, excellent language schools, great transport links and a vibrant cultural life, and it's the ideal base for your studies.

The education standards are excellent, with Ireland's universities ranked amongst the most esteemed in the world. The locals are famous for their warm welcome, and there's a real sense of

safety and security that embraces strong family values. With stunning countryside and buzzing cities to choose from, Ireland is more than just a place to study – it's a place you'll never forget.

Keep it in the family

Before we go through the types of courses, you might want to consider a different type of family holiday this year. You and your entire family can study English together thanks to a new twist on the traditional language learning experience in Ireland. Language schools offer parents a semi-intensive course or summer course, while the children learn English at the same time but in a slightly more fun-based environment, with teachers who are qualified and experienced in children's education.

Now, onto those course types...

YOUR GUIDE TO IRELAND



Ireland at a glance

Ireland has a young and vibrant population – 40% are under 25 years old, so it's a very exciting place to be a student.

Companies that require a skilled, educated and capable workforce choose Ireland for their European headquarters. Think Google, Facebook, Pfizer, Apple and Intel...they're all here.

Ireland is an English-speaking country with close ties to the rest of the English-speaking world.

Ireland is a friendly and safe country – and that's not just us saying it. Lonely Planet voted us the world's friendliest country not once, but twice!















BOOK A COURSE

School Groups

Children aged between 12 and 17 years usually come to Ireland for at least two weeks. Whilst here, they are treated to an array of sporting and cultural activities organised by the colleges. Students are placed in residences together or with host families. Living with an Irish family offers great insight into Irish culture and full immersion into the English language.

Adults

Grown-ups wanting to improve their English can opt for General English courses, which are held year-round. These will involve around 15-20 hours of weekly tuition in classes of up to 15 people. The classes encourage students to join in, grow in confidence and develop their knowledge of good, practical English. Classes are offered from beginners to advanced. Many courses also culminate in exams that offer internationally recognised qualifications.

Au pairs

In exchange for room and full board plus pocket money, an au pair helps their host family with childcare and light housework. They are considered a temporary member of the family and are warmly welcomed into the home. Being an au pair is a great way for a young person to experience local culture, while learning the language. It is also an economical way to enjoy Ireland. Au pairs usually pay their flight costs, as well as any language courses they attend while on the island.

Business people

English is the widely accepted world language of business, so proficiency in it is vital in the global economy. Ireland is the base for many international companies' European headquarters, so is well established to offer specialist courses. They cater specifically to the needs of business people from all around the world, and can be in small groups or on a one-to-one. Specialist courses for legal and medical languages can also be catered for.





The Aran jumper

The most iconic symbol of the Irish wardrobe is the cream-coloured Aran jumper. Originally meant for fishermen, they were traditionally made with unscoured wool, making them water-resistant and wearable even when wet. Ideal for heading west out across the Atlantic Ocean. These days, though, the wool used is a little kinder to the skin...

You can find them all over Ireland, but we still think it's a great excuse to hop on a ferry to the Aran Islands and get one from their original home.



LEAVE SPACE IN YOUR SUITCASE TO BRING HOME SOME OF IRELAND'S CRAFTS AND DESIGNS. YOU CAN EVEN SEE TREASURES, SUCH AS WATERFORD CRYSTAL OR BELLEEK POTTERY, BEING MADE IN FRONT OF YOU...

o where do you start on an island where arts and crafts are part of the lifeblood of communities? Try Kilkenny. In the Castlecomer Estate Yard, hand-blown glassware and hand-carved wooden bowls are displayed by their proud creators.

Further north, drop in on basket-maker Alison Fitzgerald at Benburb Priory Cottages in County Tyrone and witness her using this centuries-old skill. Nearby in County Fermanagh, you can take home a piece of history from Belleek Pottery, established back in 1849.

Newbridge Silverware in County Kildare is reknowned for its silver cutlery and jewellery. But also check out their collection of memorabilia from style icons like Princess Diana and Michael Jackson.

The factory tour at Waterford Crystal is fascinating, with craftspeople demonstrating blowing, cutting and engraving. Examine the quality for yourself in the onsite store.

If modern classics are more your thing, head to Grafton Street in Dublin where you'll find the exclusive Brown Thomas department store, selling designer names including Burberry, Louis Vuitton, Prada and Chanel. Big names at a discount are also available less than an hour away at the Kildare Village outlet centre.

Belfast buzzes with talented young designers, too, and the Lisburn Road is a great starting point if you're looking for something unique.

Now where's that extra suitcase?



ou can't say you've experienced Belfast without trying an Ulster Fry, or that you got to the sunny south east without tasting a Waterford 'blaa' bread roll. Connemara? It's got to be the lamb. Clonakilty in Cork? It's the black pudding. Dublin Bay prawns and Lough Neagh eels – their names speak for themselves. Simply put, Ireland's traditional foods are all around you. An afternoon at a farmers' market is probably the perfect place for tapping into rural life. Or you can always take a bite of a city's personality on an urban food trail – every city has its specialities!

YOUR GUIDE TO IRELAND



Michelin quality

We have our share of Michelin-starred restaurants, including the Cliff House Hotel in County Waterford and Chapter One in Dublin city. Ireland's starry favourites offer great value lunch deals, as well as early bird or 'pre-theatre' menus. The Michelin Guide also awards restaurants for great value and excellent food. Recipients include the Fishy Fishy Café, County Cork; O'Dowds in County Galway; and Cayenne in Belfast. Good going for such a small island! Accolades aside, don't forget the pub for great dishes. Gastro pub favourites include fish and chips, Irish stew, crab claws, cockles and mussels, Dublin Bay prawns, Connemara lamb and steak and Guinness pie. Delicious.

Cookery schools

Once you tuck into any of our traditional dishes, such as soda bread or boxty (potato cake), you'll want to know how to make it. Get booked into one of our acclaimed and spectacularly located cookery schools for a tasty lesson in Irish cuisine. A few to look out for include Ballymaloe, set on its own organic farm in County Cork; the Mourne Seafood Cookery School in County Down with panoramic harbour views; and Belle Isle in Fermanagh. But that's just for starters...



Stay in a traditional working farm in Ireland

Farm stays

Farm stays offer a wonderful mix of rural Irish hospitality and delicious home-cooked meals. At Ash Park Farm in County Derry-Londonderry, you can bed down in luxury tents overlooking the beautiful Sperrin Mountains, before getting the farm experience by collecting your own eggs and foraging for berries. Or try the award-winning Coolanowle Country House and Organic Farm in the rural wilds of County Carlow, where the farm's organic produce is dished up in delicious afternoon teas, dinners and breakfasts. Sound good?



raditional Irish music is best heard at source — during a local pub session. Zipping fiddles, breathless tin whistles and plucking guitars sound that much better in a snug pub corner. Aside from the odd offering from the bar, the players are rarely even paid. Music is about passion on this edge of the Atlantic.

Siamsa Tire in Tralee, County Kerry, is Ireland's National Folk Theatre, where you can see everything from Irish fairytales set to dance to musical odysseys about island life. At the other end of the island in Derry-Londonderry, the highland inspired music and dance of the Ulster Scots (Ullans) culture bubbles around the city's walls. Snow Patrol and Van Morrison made Belfast city their own before charming us all on TV and radio. And in Dublin you'll find Whelan's, where Damien Rice found his feet for music; and Windmill Lane, where U2 recorded their mega hits.

So, spontaneous concerts in pubs, stars of tomorrow and whole cultures acted out through dance? This might be one occasion to leave your MP3 player at home.





KNOW YOUR SEISIÚNS AND CÉILÍS

The two places you're most likely to experience traditional music are at a seisiún (pronounced: seh-shoon) and a céilí (pronounced like: kay-lee). A traditional music seisiún can best be described as an informal gathering of musicians that's usually in a pub.

Often, it'll kick off with just a guitar, but before long you've got fiddlers, flutists, banjos and bodhrán or Lambeg drum players. Seisiúns are more for listening than dancing, although it's not unusual for a spot of dancing to break out, either. In Armagh or Tyrone, you'll probably find an Ulster-Scots session is slightly more formal than the relaxed affairs of those in, say, Clare. But the craic (fun) is the same.

A céilí is all about dancing, and traditional musicians provide the tunes.









SPORT IN IRELAND IS ALWAYS SERVED WITH A SIDE DISH OF PASSION. OUR NATIVE SPORTS, GAELIC FOOTBALL AND HURLING, ARE FOLLOWED WITH FIERCE PRIDE AND FIERCER FRIENDSHIP. THE ISLAND'S GOLF COURSES HAVE BRED WORLD CHAMPIONS, SUCH AS RORY MCILROY AND PADRAIG HARRINGTON, AND THE SAME GOES FOR OUR HORSE-RACING FESTIVALS.

MEANWHILE, LUSH LAKELANDS AND THE ATLANTIC OCEAN ARE A PLAYGROUND FOR WATER SPORTS. SO WHAT'S NOT TO LOVE ABOUT GETTING OUT AND ABOUT IN IRELAND?



Tee Time

Great golf courses make great players. Just ask US Open champs Rory McIlroy and Graeme McDowell or Open Championship winner Darren Clarke. Their paths to victory all began right here. Ireland's courses twin tough challenges with jaw-dropping views. Royal Portrush, on the north coast is an undulating carpet of coastal prettiness, while Royal County Down is located in a nature reserve. Kildare's elegant K Club has hosted the Ryder Cup and the ladies battled it out in the shadow of Killeen Castle during the Solheim Cup. All pretty, all challenging, all worth it.





Surf's up

Being an island, everyone knows Ireland is a haven for water sports. Canoeing and kayaking through the warren of Fermanagh Lakelands, sailing into cosy ports such as Cobh in Cork, and Ballycastle in Antrim, water babies will feel right at home. Recently, CNN and National Geographic have picked up on another of Ireland's watery wonders: surfing. Surf champion Kelly Slater calls Ireland's surf a 'cold paradise'; our rugged and wild Atlantic coast has produced the 'perfect wave', and from Donegal to Cork hosts the kind of waves that make Hawaii envious. If you fancy making a splash, Ireland is where to do it.

YOU KNOW?

Ireland's indigenous sports are known as Gaelic games.
Hurling, Gaelic Football, Camogie (women's hurling),
Ladies Gaelic Football and handball are amateur sports,
and everyone works on a voluntary basis. Some
say the legendary warrior Cúchulainn carried
a sliotar and hurl as weaponry –
just watch a game of hurling and
you'll understand!



PLAN YOUR VISIT HERE'S WHAT YOU NEED TO KNOW BEFORE BOOKING A TRIP TO IRELAND



PASSPORTS AND VISAS

Passports

EU citizens need a passport or national identity card to enter the Republic of Ireland or Northern Ireland; while citizens of all other countries must have a valid passport. An e-passport is not a necessity. Always check what form of ID is required with your individual airline, ferry company or travel agent before travelling. You should also check whether your children need their own passports.

Visas

Citizens of the European Economic Area states (ie: the countries of the European Union plus Iceland, Norway and Liechtenstein, and many other countries including the USA, Australia, Canada and New Zealand) do not require visas to enter the Republic of Ireland or Northern Ireland. South African visitors can visit the Republic of Ireland without a visa, but need a UK visa in order to enter Northern Ireland.

Citizens of all other countries should contact the embassy of their country of origin prior to travelling to the Republic of Ireland or by visiting www.inis.gov.ie. Visitors to Northern Ireland should contact their local British Embassy/ High Commission or Consular Office, or visit www.ukpa.gov.uk prior to travel.

Visa Waiver Scheme

Since 2011 and until 2016, at least, tourists from some nations that previously did require a visa to holiday in the Republic of Ireland will not need a separate visa if they visit the UK on a short-term UK visa. This allows them to visit Northern Ireland as it is part of the UK, and the Scheme permits travel to the Republic of Ireland at the same time. The following countries can use this Visa Waiver Scheme: Belarus; Montenegro; Russian Federation; Serbia; Turkey; Ukraine; Bahrain; Kuwait; Oman; Qatar; Saudi Arabia; The United Arab Emirates; India; Kazakhstan; Peoples Republic of China; Uzbekistan.

TRAVELLING TO IRELAND

By air

You can fly directly into Ireland from many countries, and connecting flights are available from most European cities. From London alone, over 70 flights depart daily to Ireland (and flight time is only an hour.)

By sea

Dozens of ferries enter Ireland's ports every day from Britain and mainland Europe. There are six international ports on the island, granting easy access to your preferred destination.

ACCOMMODATION

Hotels

Ireland is famed for its warm welcome and you'll experience this firsthand in our hotels. There's everything from grand, old country estates to chic, modern getaways – and to suit every budget.

Bed and breakfasts (B&Bs) and guesthouses

These offer great flexibility and you'll find them everywhere. Friendly owners are often a great source of information about what to see and do in the area.

Self-catering

Enjoy privacy and the freedom to cook for yourself. Self-catering is particularly popular with families and groups. Choose from isolated cottages on rugged coastlines, cosy village houses or handsome city centre townhouses.

Hostels

Hostels may not be luxurious but they are cost effective. You'll find them in every city and major town. People from all walks of life mingle in a sociable atmosphere so it's a great way to make new friends.

Something different

Why stay in a hotel when you could rent your own castle or



Irish pub, stay in a lighthouse or take to the waterways in a comfy barge? Ireland thinks outside of the box when it comes to accommodation!

GETTING AROUND

The island is quite small so whether you're travelling by air, road or rail you'll find it easy.

By road

Ireland's roads are generally of a high standard, although if you venture into the countryside they can be narrow and winding. We drive on the left-hand side. You will find car rental services at airports and ports and in city centres. Drivers require a full, valid driving license or international driving permit.

By air

Considering the small size of Ireland, there isn't much need for internal flights – the main one is the Dublin-Kerry route, which takes approximately 40 minutes, as well as flights to all three of the Aran Islands.

Public transport

Rail networks run all over the island with Irish Rail in the Republic and Northern Ireland Railways in Northern Ireland. The Dart (Dublin Area Rapid Transit) serves Dublin's coast and city area, while the Luas (a light rail service) travels across the south of the city and into the city centre. Travelling around by coach or bus is economical and relaxing. Bus Éireann in the Republic of Ireland and Translink in Northern Ireland run coach tours all around the island. There's also a huge selection of private coach tour operators, airport transfers, city-to-city trips, and golf trips.

MONEY MATTERS

Currency

In the Republic of Ireland, the official currency is the euro. In Northern Ireland, we use the £ sterling.

Banks and credit cards

Credit cards that have the Visa, MasterCard or American Express symbol are widely accepted. Visitors with other cards should check before they use them. ATM (cash) machines are located at most banks and in towns and city centers and accept most credit and debit cards.

SPEAKING THE LANGUAGE

The Irish are famed for their lively conversation – you'll see why once you get here. English is the primary language and spoken all over the island. The Gaelic language in Ireland – Gaelige, or Irish as it's known locally – is a Celtic language and one of the oldest in the world. It is still taught in schools across the country and spoken widely in Gaeltacht (Irish speaking) regions. Ullans (Ulster-Scots) is also spoken in some areas of Northern Ireland. It's a variant of Scots, a Scottish language.

EMERGENCY NUMBERS

We hope you won't need any emergency numbers during your visit, but just in case, here they are.

Emergency Police, Fire, Ambulance:

Republic of Ireland (ROI) Tel: 112 or 999 Northern Ireland (NI) Tel: 999

Vehicle breakdown

For roadside assistance in the Republic of Ireland you can contact the Automobile Association but you must register for a minimum one year membership with them, which costs approximately €220.

Automobile Association (AA) Breakdown Service Tel: 1800 66 77 88; www.aaireland.ie When seeking assistance in Northern Ireland contact the Royal Automobile Club (RAC). The RAC website (www.rac.co.uk) lists prices for short-term cover and roadside assistance.

Royal Automobile Club (RAC) Breakdown Help Tel +44 (0) 844 891 3111

THE WEATHER

Expect the unexpected! They say that if you're not happy with the weather in Ireland, just give it five minutes. The good news is that the climate is mild and temperate and although conditions can be changeable it's rarely extreme.

RELIGION

The Christian religion remains the most widely observed but the population welcomes a broad spectrum of faiths and beliefs. The island features a huge range of places of worship as well as specialist food stores, restaurants and religious retreats, all mirroring Ireland's delightfully diverse denominational culture.

SMOKING

There is a smoking ban in Republic of Ireland and Northern Ireland. It is illegal to smoke in an enclosed place of work − everywhere from pubs and restaurants, to shops, offices and on public transport. There are exceptions, including some hotels and guesthouses that provide smoking rooms. Pubs, nightclubs and hotels usually have a designated smoking area outside on the street or in a garden. Always put your cigarette butt in the ashtrays provided or you could face a €100 fine for littering.

TIPPING

There are no strict rules about this in Ireland. In some restaurants a "service charge" will apply. This means the cost of a tip is included in your bill so there's no need to leave extra. If no service charge is applied then it's up to you. Average tips range between 10-15%, but you're under no obligation. Tipping in pubs is not generally done in Ireland, except if you're being waited at your table rather than at the bar.



All Island Coastal Tour

10 days Overall distance:

,627km .022 miles

Highlights

Day 1: Dublin to Powerscourt Gardens, County Wicklow

Day 2: Wicklow to Waterford's Copper Coast then on to Cork's Midleton Distillery and the English Market

Day 3: Cork to Killarney National Park, County Kerry

Day 4: Kerry to Bunratty Castle, County Clare

Day 5: Clare to Connemara National Park and Croagh Patrick, County Mayo

Day 6: Mayo to Benbulben, County Sligo

Day 7: Sligo to Bloody Foreland, County Donegal

Day 8: Donegal to the Walls of Derry-Londonderry city

Day 9: Derry-Londonderry city to Titanic Belfast

Day 10: Belfast to the Mourne Mountains, County Down, and the Boyne Valley, County Meath, then back to Dublin





Ring of Kerry

2 days
Overall distance:

111 miles

Highlights

Day 1: Depart from Shannon Airport to Killarney National Park, and onto Kenmare, Sneem, Waterville, the Skellig Heritage Centre and Rossbeigh

Day 2: Rossbeigh to Inch Strand, Killorglin before heading to Muckross House, which is surrounded by the Lakes of Killarney and has views over the MacGillycuddy's Reeks mountains

YOUR GUIDE TO IRELAND





Inner Ireland

6 days Overall distance:

Highlights

Day 1: Belfast to the Sperrins and the Ulster American Folk Park, County Tyrone, then onto **Enniskillen**

Day 2: Enniskillen to Clonmacnoise, County Offaly

Day 3: Clonmacnoise to the Rock of Cashel, County Tipperary

Day 4: Tipperary to Kilkenny city

Day 5: Kilkenny city to Trim Castle and the Boyne Valley, County Meath, then onto Carrickmacross, County Monaghan

Day 6: Monaghan to the Armagh County Museum, County Armagh, and Navan Fort Irish Linen Centre, Lisburn city, before returning

to **Belfast**





Causeway **Coastal Route**

2 days Overall distance: 20 miles

Highlights

Day 1: Join the Belfast Music Tour before leaving the city for Carrickfergus Castle, Glenariff Forest Park, Ballycastle and the views of Rathlin Island.

Then walk across the **Carrick-a-Rede rope bridge** before heading to the Old Bushmills Distillery

Day 2: Old Bushmills Distillery to the Giant's Causeway, Dunluce Castle and Mussenden Temple, before heading onto **Derry-Londonderry city**

