

# Go Wild Magazine

FREE

## EMBRACE LIMERICK

THE TREATY CITY

## Key sites to visit

ON IRELAND'S WILD ATLANTIC WAY

## Chatting with Travelzoo

GABE GAGLIE INTERVIEW

## BEST THINGS TO SEE AND DO

DONEGAL TO CORK

St. John's Castle, Co. Limerick.

# Texas Steakout

RESTAURANT



*A Feast by the Fireside*  
*Since 1989*



[www.texassteakout.ie](http://www.texassteakout.ie)  
116 O'Connell Street Limerick

## Publisher's Note

**Fáilte go dtí ár gcéad cheist maidir le turasóireacht fiáin de 2020 do Shlí an Atlantaigh Fhiáin in Éirinn.**

*Hello and welcome to our first Go Wild tourism issue of 2020 for Ireland's Wild Atlantic Way.*

**P**lanning and putting together the content for this title is always done with a sense of excitement, as each year we continue to be spellbound by the Wild Atlantic Way and its magical charms.

This issue will give you an insight into the best things to see and do from Cork to Donegal, along a 2,500km route, which is now rated as the best drive in the world

We will follow this issue with our other Tourism titles: Go Wild Dublin, Go Ancient East, Go Wild on the Lakes and our world award winning issue, Go Wild Food Experience.

All of these titles will be available to download for free once they are published, so continue to stay with us and check out [www.gowildmagazine.com](http://www.gowildmagazine.com).

You can now also download Go Wild Titles anywhere in

the world with the PRESSREADER Digital Magazine Platform, which is available on Multiple worldwide airlines and top International hotel groups

We want you to have the most amazing holiday, so feel free to email me with your stories on your experiences travelling the Wild Atlantic Way

A huge thank you to everyone involved in creating this issue.

*Bobby Power*

**Publisher, Go Wild Magazine titles**

**Email:** [bobby@gowildmagazine.com](mailto:bobby@gowildmagazine.com) **Tel:** 087 446 7007



**For all the latest news, visit [www.gowildmagazine.com](http://www.gowildmagazine.com) – your official guide to the Wild Atlantic Way**

### Contact:

**For advertising:** Bobby Power, Publisher  
[bobby@gowildmagazine.com](mailto:bobby@gowildmagazine.com)

**For accounts:** Cleo Power, Account Manager  
[cleo@gowildmagazine.com](mailto:cleo@gowildmagazine.com)

### Contributors:

**Copy Editor:**

Keith Nicol

**Sales hotline:**

Bobby - 087 446 7007

### Graphic Design:

Dave Curtin, Creative Director

**Email:** [dave@brainstorm.ie](mailto:dave@brainstorm.ie)

**Tel:** 061 748278

**Available from all Fáilte Ireland tourist information offices**

**A special thank you to Fáilte Ireland & Ireland.com for their support with content and imagery.**



**Fáilte Ireland**  
National Tourism Development Authority



# Contents

- P6:** There's A Real Sense Of Momentum In Limerick
- P8:** Things To Do In Limerick
- P10:** Failte Ireland Ceo Paul Kelly
- P14:** Star Wars In Ireland
- P16:** King Of The Castle: Mark Nolan
- P18:** Interview With Niall Rochford From Ashford Castle
- P20:** Things To Do In Galway
- P22:** Shannon Heritage: Niall O'callaghan
- P24:** Things To Do In Mayo
- P26:** The Awe Inspiring Cliffs Of Moher
- P28:** Things To Do In Clare
- P30:** Peter Curtin: A Day In The Life
- P32:** Clare Tolan: Irish Distillers
- P34:** Spirit & Passion: Interview With Ronan Branigan
- P36:** Andrew Murphy: Md Shannon Airport
- P40:** Supermac's: Hands On With Pat Mcdonagh
- P42:** Things To Do In Sligo
- P44:** Sligo Sets Your Spirit Free
- P46:** Meet Ruth Andrews: Ceo At Avea
- P48:** Tourism Ireland Plan To Promote Ireland Overseas
- P50:** Things To Do In Kerry
- P52:** County Kerry: Taking Your Breath Away
- P54:** Travelzoo: Gabe Saglie
- P56:** Keep Disscovering: Fáilte Ireland's New Campaign
- P58:** Daragh Feighery: Longford Forest
- P62:** Cork Airport: Managing Director Niall Maccarthy
- P64:** Things To Do In Cork
- P66:** Key Sites To Visit Along The Wild Atlantic Way
- P68:** Loop Head: On The Wild Atlantic Way
- P70:** Seven Jaw-Dropping Wonders Of The Waw
- P72:** Things To Do In Donegal
- P76:** A Long Weekend In Connemara
- P79:** Kerry Airport: A World Of Choice
- P80:** Malin Head: On The Wild Atlantic Way
- P84:** Ireland's Best Beaches
- P88:** 10 Facts You Didn't Know About Limerick
- P96:** From Near Death To Perfect Health

JOIN THE FUN!

 /gowildmagazine

 @gowildmagazine

 /gowildmagazine



— *One Destination* —  
**A LIFETIME EXPERIENCE**

**Book online today**

for best rates and to ensure entry

Sunrise and Sunset visits deliver a very special experience



Stay a while in County Clare and experience a unique culture and landscape, so much to do and see. Visit **[www.clare.ie](http://www.clare.ie)** for information.



Co. Clare, Ireland.  
T: +353 65 7086141

E: [info@cliffsofmoher.ie](mailto:info@cliffsofmoher.ie)  
**[www.cliffsofmoher.ie](http://www.cliffsofmoher.ie)**

# Shay Hunston

My name is Shay Hunston, I'm a freelance photographer following the 2,500km route of the Wild Atlantic Way from Kinsale to Donegal, taking black & white portrait photographs of the people living in the towns, villages and remote locations amongst the stunning beauty of this diverse and ancient landscape set against the vastness of the Atlantic Ocean.

In towns and villages along the route, I'm staging exhibitions of the photographs plus people's thoughts, experiences and sense of place. Upon completion of the project, I will produce a book of photographs and all the proceeds from the sale of the book will be donated to the RNLI.

I'm overwhelmed by the positive response I've received so far, everybody loves the project. Ireland is indeed a stunning beautiful country but it's the people that are the real gems, their kindness and generosity of spirit has been amazing. I'm constantly receiving offers of help, encouragement and support along the way.

The project is a celebration of these wonderful people living on the west coast of Ireland, an open minded, independent, welcoming, tolerant people - a people free in spirit and wild at heart, living on the edge of the world.

The opportunity to travel the route from Cork to Donegal and to put together a collection of their photographs inspired the project.

The Wild Atlantic Way is a massive success story for the west coast of Ireland. Tourism figures are increasing year after year and are exceeding projections. Locals are starting to establish small businesses to cater for the increased number of tourists.



*Rachel Dore - Bantry, West Cork.*



*Mick O'Callaghan - Schull, West Cork.*



*Noel McCarthy  
- Sheep's Head, West Cork.*



*Caroline O'Donnell - Ballydehob,  
West Cork.*



HOUSE OF  
**WATERFORD**  
CRYSTAL

# See Exquisite Pieces of Crystal

manufactured  
before your eyes

Guided Factory  
Tours Daily



C: +353 (0) 51 317000

E: [houseofwaterfordcrystal@fiskars.com](mailto:houseofwaterfordcrystal@fiskars.com)

W: [www.waterfordvisitorcentre.com](http://www.waterfordvisitorcentre.com)



Best Ireland's Ancient East  
Tourism Experience  
Over 25,000 Visitors



# THERE'S A REAL SENSE OF MOMENTUM IN LIMERICK

## *The gateway to the Wild Atlantic Way*

**T**he historic city and county, just a short hop from Shannon Airport, has launched a new brand and international marketing campaign designed by global marketing giants M&C Saatchi to encourage everyone to see the city and county with fresh eyes.

“Limerick : Atlantic Edge, European Embrace” is the new brand aimed at internationalising the city. The new branding aims to ambitiously place Limerick at the most dynamic global crossroads, while at the same time capturing the sense of warmth and resilience so evident there.

So why now? There’s a palpable energy in Limerick about where the Treaty county is going. A new tourism strategy predicts that the number of visitors to Limerick will reach 1.1 million a year, generating more than €360 million in revenue and creating 1,500 new jobs by 2023.

The four year plan has identified Limerick’s position as a gateway to the Wild Atlantic Way as central to developing the sector.

The new brand features the word ‘Limerick’ in bold typeface, its designers say, with a colour palette ranging from

Atlantic Ocean blues to the county green and even gritty limestone greys from Limerick’s famous Treaty Stone. The campaign aims to promote tourism, business, education and investment across the county, and drew on input from multiple stakeholders as well as engagement from local producers such as Limerick School of Art & Design and Limerick Printmakers.

Despite being Ireland’s third-largest city, with a thriving university and a wealth of attractions, Limerick has struggled at times to get its fair share of tourists to its shores.

M&C Saatchi’s research found that few people overseas understand “what Limerick means, stands for or is even located. “Limerick now has a sharper way to focus its message, as a destination with an edge,” said M&C Saatchi managing partner, David Glass who also described it as “an amazing sweet spot”, “Europe’s closest link to North America”, and a place of “incredibly warm welcome”.

A major multi-market campaign, ‘Percentages’, is a cornerstone of the programme which aims to quantify Limerick’s combination of edginess and friendliness. The character and culture of Limerick will also be articulated through a roll-out of Limerick ‘heroes’, which will see inspirational people tell their stories on

video and become faces of the campaign to amplify the sense of edge and embrace that typifies the city and county.

The new campaign coincides with a growing sense of local belief in Limerick.

A multi-million euro International Rugby Experience backed by JP McManus and Paul O’Connell, among others, is set to open on O’Connell Street in 2021. Limerick’s Adare Manor, home to the county’s first Michelin Star is gearing up to host the Ryder Cup in 2026.

As the Mayor of the City and County of Limerick Michael Sheahan said, there is a real confidence across Limerick today. “This is a real milestone for Limerick. We’ve had an economic transformation over the past decade and we are now rightly going out proudly to the rest of Ireland and the world and inviting them to experience our vibrant city and county. Whether through inward investment, coming here to enjoy our dynamic tourism offering or, indeed, coming to work in and enjoy the affordability of our city and county, we have a compelling offering here now and it’s right that we would take that to the world,” said Mayor Sheahan.

For more details on Limerick, log on to [Limerick.ie](http://Limerick.ie) the official guide to Limerick or follow these hashtags on social #Limerick #LimerickEdgeEmbrace #HowLimerick

For those of you not prepared to make the trip across  
the Shannon to King John's Castle on a wakeboard,  
may we suggest the bridge?

Discover your Limerick at [limerick.ie](http://limerick.ie)

97%  
EDGE

3%  
EMBRACE

ATLANTIC EDGE

**LIMERICK**

EUROPEAN EMBRACE

# Things to Do in Limerick



## King John's Castle

On the banks of the Shannon River stands King John's 13th Century fortress. The fortress was recently renovated to better explain its history, which includes medieval battles, a siege and, naturally, a lot of inter-kingdom trade. With a self-led tour and lots of interactive displays to explore, it's also home to the best view of the stunning Shannon River that you'll find.



## Thomond Park

The home to Munster, the iconic rugby team, representing Ireland's south province, plays the majority of its home games at this smart, modern stadium. Thomond Park also hosts the occasional gig and colourful storytelling tours for non-event days. Munster is at the very core of Limerick life, making this an essential stop-off.

## St. Mary's Cathedral

One of two cathedrals in the city, St. Mary's has been at the heart of Limerick's religious life since the 12th Century. Being the oldest building in the city, much of Limerick has grown up around this spot and you can touch a little of that history in the scratch marks around the west door where defenders of the city sharpened their swords, during the city siege, eight centuries ago.

## The Milk Market

Limerick's home to all the locally produced fresh food you could ask for (and a growing number of impressive foodie offerings based upon farm products, in particular). The iconic Milk Market is full of great finds, while its surroundings date back more than

a century and-a-half, making it one of Ireland's most enticing markets. While it can be quiet during the week, it really comes to life on bustling Saturdays.

## Terra Nova Fairy Garden

For many, the mythical side of Irish life is one of the great Irish experiences. As legend would have it, Terra Nova is a magical garden that contains an ancient fairy fort dating back thousands of years, though the addition of modern fairy statues and magical touches will probably entice most visitors. Atmospheric, to say the least.



## Adare

Adare is your typical picture-perfect postcard of a 13th Century village, set against a rural river bank and is just gorgeous. The Heritage Centre, creamery, manor and abbey make it a very worthwhile way of spending a day and gives you a very different sense of what Limerick is, other than the city itself.

## The Hunt Museum

A locally themed, ever-changing museum displaying the largest private collection in Ireland, The Hunt Museum mixes art, antiques, early Irish history and the establishment of Christian institutions. There's a strong collection from Greece and Italy too but it's the local history, covered in detail through eclectic items, ranging from tribal drinking horns to Celtic cross carvings, that's the must-see.

## Foynes Flying Boat and Maritime Museum

This appealing mishmash of attractions hosts a full-size replica of a B314 flying boat, an exhibition on the history of Shannon River and a nearby 1940s style tearoom. There are also Irish coffees served in this spot that claims to have invented them. The exploration of 1930s and 1940s trans-Atlantic flights, once the preserve of the uber-rich, is also a highlight.



THE BASEMENT | THE YARD BAR | THE SECRET GARDEN | MAGGIE CHOO'S | OPIUM  
THE PIANO BAR | THE BOARDROOM | THE POTTING SHED

101 OConnell Street Limerick | call (061) 597 164 | email: [bookings@101oconnellstreet.com](mailto:bookings@101oconnellstreet.com)



# FAILTE IRELAND CEO PAUL KELLY

## WE ARE WORKING TO GROW TOURISM INCOME IN EVERY CORNER OF THE COUNTRY

Fáilte Ireland's action plans for 2020 focus on developing and sustaining tourism region by region. The National Tourism Development Authority's CEO Paul Kelly gives his account of what these plans will deliver.

Welcoming and entertaining visitors is part of our character as a people. As a small island, we have a natural open and welcoming nature and global connections through emigration and family ties around the world that make us an outward looking people.

Offering hospitality is not just in our nature, it is now an economic mainstay. It is a life-source for dispersed communities around the country and an important economic contributor to our cities and towns.

The revenue we earn, from the hospitality we give, returns to us when spent in our schools, our hospitals and on our infrastructure. Tourism brings in revenue of €7.5 billion annually and supports 260,000 jobs. The scale of what is at stake is underlined by the simple fact that 22c in every Euro that every visitor spends, ends up as public money. Tourism's importance as an industry is further underlined when you consider that every €1 million spent by tourists supports 27 jobs.

The uncertainty around the implications of Brexit over the past few months has caused momentum to falter. It has stalled the tremendous growth we have earned and enjoyed in recent years and undermined the confidence that is so important to future success. Any fall in visitor numbers is an economic issue that can be explained in numbers, but the effects would be felt by families and businesses in real-time human stories of disappointment and hardship. That will be both a social consequence and an economic fact. We know businesses are fearful and supporting businesses through Brexit, so that they are 'Brexit ready' is a role that Fáilte Ireland will continue to deliver on.



But while the threats are regrettably real, we must remember so too are opportunities. The demand to travel and discover new places is an innate human urge and it's now affordable for so many more people around the world than in the past.

Fáilte Ireland's underpinning focus on regionality and seasonality ensures sustainable economic benefits, regional balance and better social cohesion.

We are at a critical juncture in our economic as well as our political history. Our plans are about building an Ireland where every part of the country is included and the natural inclination of our people to welcome others is translated into jobs and opportunities.

Regionally, tourism is a powerful force for economic and social good. It can be a sustainable, innovative driver of growth if protected and developed but if we cannot ensure a greater regional spread of tourism, the sector's potential for generating revenue and jobs will remain untapped in many parts of Ireland.



Ireland's Ancient East, the Wild Atlantic Way and Ireland's Hidden Heartlands are examples of the thought-leadership and development that can deliver rich experiences and brilliant visitor experiences regionally and seasonally.

This year, through the Government's Project Ireland 2040 programme, we will be investing over €12 million to develop better visitor attractions. As we create a world class industry, there is a quiet transformation underway in the experiences we offer our visitors. We will open 25 new and improved visitor attractions and activities in 2020 alone.

We will also increase to 20 the number of local tourism clusters known as Visitor Experience Development Plans this year. These plans, which develop the visitor experiences in specific areas, are facilitated by Fáilte Ireland but the richness of content comes from local communities as they bring the unique and authentic heritage and cultural identity of each local area to life in a compelling way for visitors.

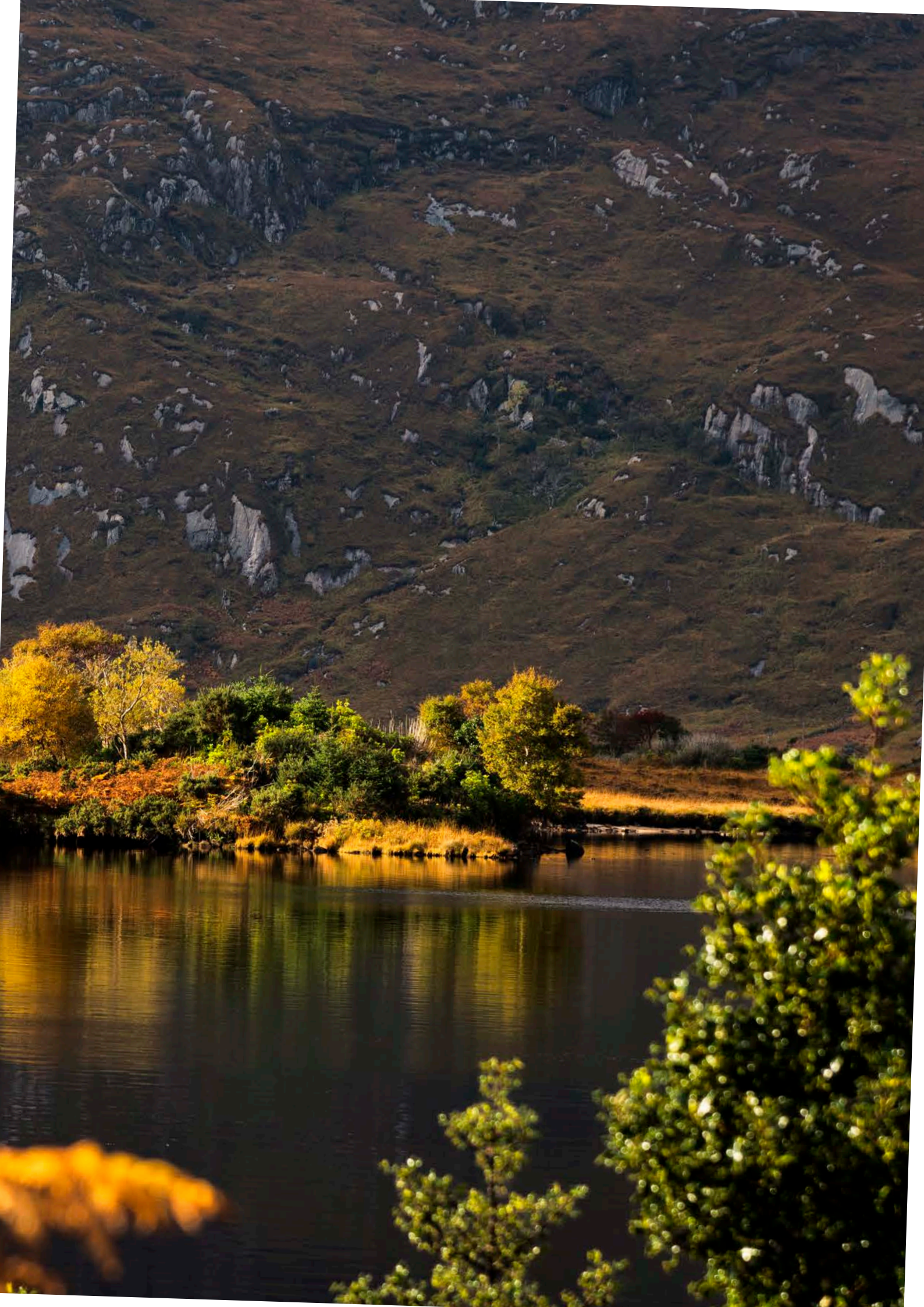
Our plans also involve a new €6million 2020 home holidays marketing campaign called 'Keep Discovering' to help drive short domestic breaks across the regions.

We have established a new division in Fáilte Ireland to drive the long-term development of the tourism sector so we'll also be stepping up our business supports and training programmes for the industry. We will also fund a campaign promoting tourism careers to shift perceptions and attract the volume and quality of talent required to sustain growth.

Foreign Direct Investment is an extraordinary Irish success story but the direct investment by tourists can reach into nooks and crannies around the country that industrial scale investment is unlikely to find. This provides a dividend that is real and relevant to every citizen. At Fáilte Ireland, we are redoubling our efforts to support the tourism industry to face the challenges that lie ahead and ensure that communities across the country, reap the immense social and economic benefits that tourism brings.

*Glenveagh National Park*







# Star Wars in Ireland

*Discover the wonders of Earth's Wild Atlantic Way*

*You don't have to travel to a galaxy far, far away to discover a landscape that is truly out of this world. Just ask the makers of Star Wars*

## When Star Wars came to Ireland

Intrepid adventurers from a record-breaking movie franchise discovered a place so wild, so beautiful and so otherworldly that they immediately gave it a starring role in one of the biggest films the world had ever seen. Star Wars and the Wild Atlantic Way – a great cinematic double act was born.

Star Wars: The Force Awakens, smashed box office records and introduced the world to the savage beauty of Skellig Michael, the legendary island off the coast of Kerry, where Rey finally tracked down the long-lost Luke Skywalker. Now, audiences will be transported back to Earth's Wild Atlantic Way in Star Wars: The Last Jedi. Filmed in some of the most spectacular spots on this coastline, from the very tip of Donegal down to the rocky shorelines of Clare and Cork, the film continues the epic story of Rey, Luke and their battle against the Dark Side. Discover this cosmic coastline for yourself, celebrate your love of all things Star Wars at the May the Fourth Be With You Festival in Kerry, or just come behind the scenes with us as we go on location...

## Escape the Dark Side along the Wild Atlantic Way

### Star Wars: The Last Jedi

Mark Hamill and Daisy Ridley returned to Skellig Michael, County Kerry, for Star Wars: The Last Jedi. And they didn't stop there.

### Quiz: Earth's Wild Atlantic Way

So you know Star Wars, but do you know Star Wars on the Wild Atlantic Way? Test your knowledge now!

### Star Wars: the Irish connections

A ruthless Officer of the First Order, a revered Jedi Master – meet the Irish actors who have conquered the Star Wars galaxy.

## Trip idea: Discovering Star Wars

Take a Star Wars-inspired journey along the Wild Atlantic Way and be the hero of your own thrilling adventure.

### Star location: Skellig Michael

A long time ago, before Skellig Michael sheltered the Jedi, dedicated monks made this remote island their sanctuary.

### Star location: Malin Head

Welcome to Malin Head, in County Donegal: Ireland's most northerly point and now a hot new Star Wars filming location.

### Star location: Loop Head

Look out for Loop Head in Star Wars: The Last Jedi, a narrow finger of County Clare pointing out into the Atlantic Ocean.

### Seeking knowledge? We can help!

Suggestions, recommendations and all the advice a travelling Star Wars fan could need. Ask our Community!

## More fantastical journeys in Ireland

### Wild Atlantic Way

Journey to the very edges of Ireland: the Wild Atlantic Way, where Skellig Michael is just the start of your adventure.

### Game of Thrones

If you like your fantasy with some bite, take a trip to Northern Ireland and experience the real Game of Thrones Territory.

### Getting to Ireland

Cruiser, speeder, X-wing or pod racer... no matter what your mode of transportation, the island of Ireland is closer than you think.



# GLENEAGLE

GROUP

Killarney is peppered with boutiques, craft shops, galleries and traditional pubs all dotted along a streetscape unchanged for centuries. A moment's stroll from the bustling town centre, Killarney's tranquil mountains and lakes await. Here eagles soar, wild deer roam and visitors and locals alike pause to catch their breath. Killarney National Park is Ireland's oldest national park over looked by our hotels.

Beyond Killarney lies the majestic Wild Atlantic Way where The Maritime Hotel sits on the harbour of Bantry Bay, West Cork. Bantry with its rugged landscape is only lying in wait for you to explore...



Entertainment 365 days of the year  
Celebrating over 60 years of hospitality  
A hive of events and entertainment



Luxury four star hotel  
Europe's Flagship Angsana Spa  
Overlooking Killarney National Park



Spacious two-bedroom apartments  
Access to full range of Gleneagle hotel facilities  
Ideal base for families and friends



West Cork's most luxurious hotel  
Located on The Wild Atlantic Way  
State-of-the-art leisure centre

# King of the Castle

**Dromoland Castle has been welcoming guests since the 16th century, and while he hasn't been there quite that long, managing director Mark Nolan joined the five-star castle in Clare in 1989.**

**T**he affable Dubliner was only 29 when he took over as general manager, and jokes that he has “kind of” been accepted by the Clare people at this stage. He fell in love with the hotel industry when he got a summer job at Ashford Castle aged 17. His mother Mary, who celebrated her 100th birthday at the castle last year, encouraged him to do a hotel management diploma in Galway.

“My family were all in legal and medical careers, so I’m the black sheep of the family,” he laughs. “Academia was never for me. I’m more of a hands-on person who likes being out and about, and am not a great ‘office’ person.”

After a year on scholarship at the Dunfey Hotels in New York, Mark worked at Ashford Castle for six years before joining Dromoland. He met his wife Maria, an intensive care nurse, at Ballantine Races, and they built a house on Dromoland’s golf course. “I’m a dreadful golfer, but I enjoy it,” he says.

As he worked long, unsociable hours, Maria stayed at home with their four children - Jessie, Andrea, Gillian and Marcus - and Mark made sure he was there for the important bits. He pays tribute to Maria for them growing to be fine, well-balanced adults.

With such a long tenure at the top,



Mark has seen the award-winning castle through various programmes of refurbishment and some very exciting times. Many famous guests have stayed at Dromoland, including Bill Clinton, Nelson Mandela and George W. Bush.

There have also been various challenges, such as recessions and world disasters. “9/11 had the most dramatic effect on our business because we attract so many people from North America,” says Mark. “We did a huge campaign to attract UK visitors and luckily it worked.”

Huge investment has been made into Dromoland Castle over the past four years, and Mark and his team are now concentrating on developing the grounds and creating new walkways and fabulous guest experiences.

With such a busy job, Mark unwinds by bringing his springer spaniel, Callie, to the beach and doing some boating and walking. His passion for the business has never diminished, and he enjoys the fact that no two days are the same. “I love my job and the feeling of a satisfied customer is hugely rewarding,” he says.



---

A WORLD OF HISTORIC GRANDEUR  
UNDERPINNED BY THE FINEST  
MODERN COMFORTS.

IT'S TIME TO MAKE DROMOLAND  
CASTLE A PART OF YOUR STORY

---

  
**DROMOLAND  
CASTLE**  
★★★★★

**Ireland's most magical address.**

Newmarket-on-Fergus,  
Co Clare, Ireland  
T +353 (0) 61368144  
[www.dromoland.ie](http://www.dromoland.ie)



# Ashford Castle

## *Interview with Niall Rochford*

**N**iall Rochford is the General Manager of both the 5-star Ashford Castle and the 4-star Lodge at Ashford and responsible for the lives of over 425 people employed on the Ashford Estate.

Niall knew from a very early age he wanted to pursue a career in hotels and on leaving school, attended the Dublin College of Catering – better known as Cathal Brugha Street, to complete his Hotel Management and degree in Business Studies.

Destined for a career in the 5-star hotel business, Niall started his ‘castle career’ at Dromoland Castle – where he worked for 11 years rising to become Deputy General Manager. In 2002 the General Manager of the other legendary Irish castle – Ashford Castle, retired and at the very young age of 32 Niall was promoted by the then board to the position of General Manager of Ashford Castle.

Under Niall’s skilful management for 18 years, he has presided over

some of the most extraordinary times at Ashford, including the sale of the castle in 2013 to Red Carnation Hotel Collection, the multi-million euro restoration and the opening of the 64 bedroom 4-star Lodge at Ashford.

Niall’s caring and passionate professionalism has helped team Ashford win a number of leading industry awards including – the first Irish hotel to be awarded Virtuoso Best Hotel in the World in 2015, Travel + Leisure Best Hotel Resort in UK & Ireland 2016.

Recognised as an Unique Lodge by National Geographic, Niall has pushed his team to think above and beyond in terms of sustainability. The estate has eliminated single-use plastics and is the first hotel in Ireland to receive a Plastic Smart award from Green Hospitality. The 9-hole golf course is the first in Southern Ireland to be geo golf certified and The Spa at Ashford was recipient of an award for its sustainability endeavours. A hotel surrounded by water and now



**Mr. Niall Rochford, General Manager, Ashford Castle**

looking into rainwater harvesting and hydroelectricity.

in 2020 Ashford Castle is looking to extend their luxury concierge experience, which is not just about information for guests, it is about delivering knowledge and experiences and giving guests an opportunity to immerse themselves in the life of the west of Ireland.



# LOUGH FOYLE FERRY

**The Scenic Lough Foyle Ferry operates across Lough Foyle connecting the Wild Atlantic Way to the Causeway Coastal Route. We sail everyday in June, July and August from Magilligan Point in Northern Ireland to Greencastle in County Donegal.**

First sail at 9am from Greencastle with our constant shuttle service until last sail from Magilligan at 8:15pm. Our shuttle service means less waiting at our terminals and with only a 15 minute crossing you'll be on your way to your next adventure in no time. Whichever direction your going, you'll be wowed by the stunning scenery from the middle of Lough Foyle. Martello Tower and Benevenagh Mountain can be viewed on the Northern side while Northburgh Castle and the Harbour can be viewed on the Southern side. A short car journey can bring you to the Giant's Causeway, Whiterocks Beach, Carrick-a-rede Rope Bridge and Kinbane Castle along the Causeway Coast. Or visit the site of the filming of Star Wars in Malin Head, Kinnego Bay and Culdaff village on the Inishowen Peninsula.

**Timetable:**

**First Sail from Greencastle at 9am**

**Last Sail from Magilligan Point at 8:15pm**

**[www.loughfoyleferry.com](http://www.loughfoyleferry.com)**

**Facebook - @scenicloughfoyleferry | Twitter - @foyleferry | @scenicloughfoyleferry**

# Things to Do in Galway

## Great Grub in Galway

Savour the tastes, from fabulous farmhouse cheeses at Sheridan's, to the irresistible McCambridge's food emporium, you'll find something to suit your taste in Galway. Grab a window seat upstairs in McCambridge's and watch the world go by, while your taste buds are satisfied by a huge array of gastronomic offerings.

## Traditional Music on Quay Street

A mecca of pubs restaurants and cafes, Quay Street also has the best selection of live traditional music in bars such as the Quays, Tigh Neachtain and the Spanish Arch Hotel.

## Visit The Spanish Arch

A true Galway icon, The Spanish Arch was built in 1584 and overlooks the River Corrib. The arches were used to access the quays from the town when Galway was a walled city and this is all that remains.



## Galway Crystal

Visit the stunning crystal factory located just outside Galway City. It's easy to pass a full day just staring at the amazing crystal creations. Galway Crystal was established in 1967 by a group of local business people from the Galway Chamber of Commerce. Through the years many well-known people have passed through the doors of Galway Crystal, from presidents to celebrities. Galway Crystal can be found in the most prestigious homes, including our own Áras an Uachtaráin, the residence of the Irish President.

## Festival capital

Galway is a Festival town and there appears to be a different festival every weekend. Check out the local Fáilte Ireland tourist office on Forster Street for up-to-the-minute information. It's great craic!

## Galway Cathedral

Galway Cathedral was constructed in the late 1950s, at a time when most similar buildings were using concrete. It is, therefore, the youngest of Europe's great stone cathedrals. Dedicated to Our Lady Assumed into Heaven and St. Nicholas, it was designed by J.J. Robinson in a very eclectic style. It includes some Renaissance details mixed with the Romanesque and Gothic traditions. The cathedral also boasts an impressive variety of art, including a statue of the Virgin by Imogen Stuart, a large Crucifixion mosaic by Patrick Pollen, rose windows by George Campbell and more.

## Galway Hooker boats

The Galway Hooker is a traditional fishing boat developed in the 18th Century. Many of the boats have been restored by Hooker enthusiasts and can be seen during a festival in Kinvara, Co. Galway, which is a village certainly worth a visit.



## Ballynahinch Castle

Ballynahinch Castle Hotel is one of Ireland's finest luxury castle hotels. Voted #1 in Ireland by the readers of Condé Nast magazine. Set in a private 700-acre estate of woodland, rivers and walks in the heart of Connemara, Co. Galway, this authentic and unpretentious Castle Hotel stands proudly overlooking its famous salmon fishery, with a backdrop of the beautiful 12 Bens Mountain range. Relax in your beautifully appointed bedroom or suite with wonderful views and wake up to the sound of the river meandering past your window before enjoying breakfast in the elegant restaurant, which was voted the best in Ireland in April.

2017 by Georgina Campbell.

## Dunguaire Castle

Dunguaire Castle lies at the heart of Ireland's literary revival in the 20th century. Dunguaire became the venue for meetings of literary revivalists such as W.B. Yeats, his patron Lady Gregory plus, George Bernard Shaw. Experience the breath-taking views from the Castle Towers following a tour of Dunguaire Castle. Alternatively, join us for an exceptional medieval banquet. Open April to October. [www.dunguairecastle.com](http://www.dunguairecastle.com)



# KYLEMORE ABBEY<sup>®</sup>

& VICTORIAN WALLED GARDEN

*"From Generation to Generation...  
the story of Kylemore Abbey"*

*Come and see our beautiful 1,000 acre estate*

- 6 Acre Victorian Walled Garden
- Restored Rooms in the Abbey
- Gothic Church
- History Talks and Guided Tours
- Woodland & Lakeshore Walks
- Café & Tea House: Craft & Design Shop

Phone: 095 52001 E: [bookings@kylemoreabbey.com](mailto:bookings@kylemoreabbey.com) W: [www.kylemoreabbey.com](http://www.kylemoreabbey.com)

**músaem**  
**museum**

**GALWAY CITY MUSEUM**  
**MÚSAEM CATHRACH**  
**NA GAILLIMHE**

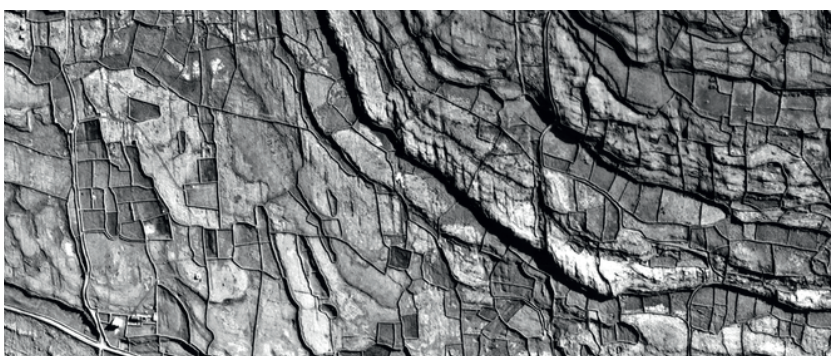


GALWAY CITY MUSEUM AND GALWAY2020

BRING YOU

## MONUMENT

April 2020 | Ground Floor Gallery



FOR MORE INFORMATION CONTACT:

[www.galwaycitymuseum.ie](http://www.galwaycitymuseum.ie)

E: [museum@galwaycity.ie](mailto:museum@galwaycity.ie) T: +353 (0)91 532460





# Shannon Heritage

## *Interview with Niall O'Callaghan*

**A**t 37, Niall O'Callaghan of Shannon Heritage is the youngest managing director of a semi-state company in Ireland. One of Ireland's largest visitor experience operators, Shannon Heritage is responsible for eight day visitor attractions and four evening entertainment programmes in Clare, Limerick, Galway and Dublin.

Prior to taking up his current position in 2017, Niall worked as the mid-west regional director of IDA Ireland. Not bad going for a man who started off his working life washing dishes in the Dunraven Arms Hotel in Limerick.

Given that he's also a former Irish international athlete, the dynamic man from from Adare in Limerick couldn't exactly be accused of resting on his laurels. He puts his sports experience to good use these days as the under-6s coach with Croagh GAA Club. He and his wife Maria have three

children – Conor (5), Jack (3) and new baby Ellie, born at the end of 2019. "My wife is terrific support, and I couldn't do it without her being so understanding around the demands of the role," he says.

Under Niall's tenure, total visitor numbers to Shannon Heritage's attractions have grown by 10% and they have won many awards. While many people would find the myriad demands of his position challenging, resilience is one of Niall's strongest characteristics, as well as his ability to connect with people and build relationships.

There is quite a bit of travel involved in his job, given the breadth of his portfolio stretches from the very edge of the Wild Atlantic Way at the Cliffs of Moher, to the heart of Dublin at the GPO. When he's not on the road, Niall tries to arrive to work early and leave on time so he can make his children's bedtime.

As chair of the Association of Visitor Experiences and Attractions, he is well aware of the obvious challenges facing the tourism sector, but says that the plan for 2020 at Shannon Heritage is an exciting one.

"We will be focusing on continuing our experiential improvements to keep visitors enthralled with our rich history across the portfolio," he says. "We're excited about opening our latest attraction, the Casino Model Railway Museum in Malahide, early in 2020, in partnership with Fingal County Council."

Niall says that it's the people, above all, who make an experience appeal to visitors. "Whether that's an actor telling a story or someone serving you food, visitors never forget the human interaction," he points out.

visit  
**CLARE**



COMHAIRLE CONTAE AN CHLÁIR  
CLARE COUNTY COUNCIL

**Get off the beaten track  
discover East Clare –  
a jewel in Ireland's  
Hidden Heartlands.**



[www.visitclare.ie](http://www.visitclare.ie) • [www.visiteastclare.ie](http://www.visiteastclare.ie)  
[www.irelandshiddenheartlands.discoverireland.ie](http://www.irelandshiddenheartlands.discoverireland.ie)

# Things to Do in Mayo



## Croagh Patrick

Croagh Patrick is a well-known mountain and an important site of pilgrimage in County Mayo. You can find it 8km from Westport, above the villages of Murrisk and Lecanvey. It is the third highest mountain in County Mayo after Mweelrea and Nephin. If you visit, you may be joined by pilgrims who make the journey which Saint Patrick himself once did.

## Achill Island

Achill Island is the largest island off the coast of Ireland and situated off the west coast. It has a small population of 2,700 and is attached to the mainland by Michael Davitt Bridge. Achill Island occupies an area of some 57sq miles but its actual coastline, including all the inlets and spars, measures over 80 miles. Two particular stretches of road have been designated as Achill's Atlantic Drive; a spectacular journey with breathtaking views, which can be completed in a vehicle, by bicycle or on foot.

## Moyné Abbey

Moyné Abbey has to be one of most impressive ecclesiastical ruins in Mayo and is recognised as a national monument. It was built by the Burke family, consecrated in 1462 and is located north of Ballina on the west side of Killala Bay. The friary was built in the late Irish Gothic style and has extensive ruins, consisting of a church and domestic buildings situated around a central cloister.

## The Coffin Ship

This piece of art by John Behan is an impressive monument showing a ship full of skeletons, a symbol to remember all the people who died on the ships to America when they wanted to escape Ireland's potato famine in the 19th Century. The monument was unveiled in 1997 to mark the 150th anniversary of the famine.



## Keel Beach

Keel Beach is a beautiful beach, one of Mayo's finest. It is quite popular with tourists and locals as a surfing location. If you are not into surfing, you can still enjoy the beautiful sand and excellent views.

## Clew Bay

Want to see an amazing island formation without having to travel to the Caribbean? Then go to Clew Bay, a natural ocean bay, which contains Ireland's best example of sunken drumlins.

## Downpatrick Head

Just a few miles north of Ballycastle village, is the windswept outcrop of Downpatrick Head. This is the perfect place to park up and stretch your legs with an invigorating coastal walk. The name Downpatrick is derived from a time when Saint Patrick himself founded a church here. You can still see the ruins of the church building, a stone cross and holy well today.



## Keem Bay

Keem Bay is a heavenly secluded valley at the very western tip of Achill Island. It is extremely popular during warmer months when the strand is a magnet for beach-goers and those interested in scenic walks. This bay was formerly the site of a basking shark fishery and a British Army lookout post.

# Experience the wild and wonderful at The Ice House



Set right on the banks of the Majestic River Moy, the Ice House Hotel is a sparkling gem of style and sophistication. Enjoy dishes to delight, afternoon tea to die for, panoramic river views, the award winning Chill Spa and bubbling hot tubs right at the water's edge. For Foxford Woollen Mills, the Ceide Fields, Dun Briste Sea Stack, Downpatrick Head & all the amazing attractions along North Mayo's Wild Atlantic Way, it's your perfect jumping off point.



TO BOOK, CALL 096 23500  
OR VISIT [THEICEHOUSE.IE](http://THEICEHOUSE.IE)

  
**ice house**  
THE ICE HOUSE, THE QUAY, BALLINA, CO. MAYO

# The Awe Inspiring Cliffs of Moher



**Visit the awe inspiring Cliffs of Moher for the ultimate family day out with free admission for children under 12. Why not visit in the evening for magical sunsets and great photo opportunities and the chance to avoid the crowds? We are open until 9pm in June, July, August and September and watching the sun set over the cliffs is an incomparable experience, which will resonate with you forever. Dreams become real when you visit the Cliffs of Moher.**

Located on county Clare's west coast, the Cliffs stretch for 8 kms/5 miles and 214 metres/700 feet above the Atlantic Ocean. The Cliffs of Moher are a Signature Discovery point at the heart of Ireland's Wild Atlantic Way. Like the many visitors who come to see this beautiful phenomena each year, you will be grasping for superlatives when you witness the unimaginable beauty of the Cliffs: Ireland at its most natural, rugged, panoramic and majestic – the vista is incomparable. The beauty of the Cliffs is that they offer a totally multi-faceted experience of Ireland's astonishing west coast – as much a historical landmark as they are a geographical wonder, conservation hotspot and area of immense natural richness and importance.

Just north of the Cliffs of Moher you will find the Burren – a dramatically beautiful Karst landscape. Together, the Cliffs of Moher and the Burren form the Burren and Cliffs of Moher UNESCO Global Geopark, which supports people and organisations to work together to ensure a cared-for landscape, a better understood heritage, more sustainable tourism, a vibrant community and strengthened livelihoods. Global Geoparks focus on developing their regions as sustainable tourism destinations.

The Cliffs of Moher are also part of the Burren Ecotourism Network (B.E.N.) – a network of tourism businesses with the objective of establishing the Burren as a premier internationally-recognised sustainable tourism region ensuring the future economic and social growth and sustainable development of its communities, environment and heritage.

## Flora and Fauna

Over 60,000 seabirds can be seen at the Cliffs during the breeding season including puffins, guillemots, razorbills, kittiwakes, and fulmars nesting at different levels of the Cliffs. The Cliffs provides one of the major colonies of cliff nesting seabirds in Ireland- offering you the chance to view over 35 different bird species. The Cliffs are a special protected area (SPA) for seabirds under the EU birds

directive and are also home to other bird species such as peregrine falcon, choughs and ravens.

The eco –friendly visitor centre opened in 2007 and is nestled into the hillside offering an all -weather experience. Inside you will find cafes, gift shops, ATM, first aid room, and visitor information. Information guide leaflets are available in 13 languages. The award winning "Cliffs Exhibition" presents the geology, wildlife and human aspects of the Cliffs. Don't miss the child friendly interactive area and the Green Screen 'postcards from the edge' where you can take a short video clip of your visit.

O'Brien's Tower stands on a headland at the Cliffs of Moher commanding views south towards Hags Head and North towards Doolin. The tower was built in 1835 by local landlord Cornelius O'Brien as a viewing point for the tourists that even then were flocking to the cliffs. On a clear day the view can extend as far as Loop head at the southern tip of Clare and beyond to the mountains of Kerry. Look north and you may view the Twelve Pins in Connemara beyond Galway Bay. Entry to O'Brien's Tower and tours by enthusiastic and experienced guides are included in the admission ticket

The Cliffs of Moher Visitor Experience is open all year round with the exception of Christmas Eve, Christmas Day and St. Stephen's Day. Admission prices vary depending on time of day, please book online at [www.cliffsofmoher.ie](http://www.cliffsofmoher.ie) to save time and money. To reserve a group booking for 10 or more please contact [bookings@cliffsofmoher.ie](mailto:bookings@cliffsofmoher.ie)

## Opening Hours for 2020

January:	9.00am – 5.00pm
February:	9.00am – 5.00pm
March:	8.00am – 7.00pm
April:	8.00am – 7.00pm
May:	8.00am – 9.00pm
June:	8.00am – 9.00pm
July:	8.00am – 9.00pm
August:	8.00am – 9.00pm
September:	8.00am – 7.00pm
October:	8.00am – 7.00pm
November:	9.00am – 5.00pm
December:	9.00am – 5.00pm

# Bridging the best of Ireland's West

  
**WILD ATLANTIC WAY**  
SLÍ AN ATLANTAIGH FHIÁIN



**SHANNONFERRY**

Sailing since 1969



[www.shannonferries.com](http://www.shannonferries.com)

tel: +353 (0)65 9053124

# Things to Do in Clare



## Durty Nellys in Bunratty

Celebrating 400 years in 2020. An amazingly authentic Irish pub where visitors can enjoy great craic, traditional music and excellent food and drink. Nelly's sing songs are legendary.



## Poulnabrone Dolmen

One of the most memorable spots in the Burren and Cliffs of Moher Geopark, sitting high on a limestone plateau you'll find the ancient Poulnabrone Dolmen. This portal tomb is one of Ireland's most recognisable archaeological sites and is the oldest megalithic monument in the country.

## The Burren

Ticking all the boxes as an historical, geomorphic, geological and archaeological wonder, the intriguing stony karst landscape of the Burren is a marvel to roam, cycle, spot unique flora and fauna on and even follow a food trail over. At its UNESCO-recognised geopark, discover the longest cave system in Ireland, the largest stalactite in Europe and plenty more.

## Scattery Island

A small monastic settlement a few kilometres from the Kilrush shore, Scattery Island boasts a still-functioning lighthouse, six ancient church ruins and one of the highest round towers (120ft/36.5m) in the country. A historic island, Scattery has seen its fair share of invasions and has plenty of far-fetched legends and tales to tell.

## Aillwee & Doolin Caves

At the Aillwee Cave, take a tour of this stony underworld of winding passages, chasms, strange rock formations and waterfalls. While at Doolin Cave with its famous Great Stalactite, head 200ft underground to go an astonishing 350 million years back in time.

## Loop Head & Lighthouse

On the Loop Head Peninsula, right on the very western edge of Clare, you'll find this pristine lighthouse, with views that unravel all the way to the Cliffs of Moher. Head to the top of the lighthouse to take it all in from a 90-metre height and keep an eye out for the 160+ dolphins that call these waters home.

## Bunratty Castle and Folk Park

Bunratty Castle was graciously restored in the 1960's and is furnished by Lord Gort's magnificent collection of medieval furnishings. The 19th Century Folk Park features over 30 buildings in a 'living' village setting. Children love interacting with their farm animals and exploring the Fairy Trail. Experience their nightly Medieval Banquet with the World Famous Bunratty Singers. <https://www.bunrattycastle.ie/>

## Craggaunowen

Ireland's award winning Prehistoric Park. Explore the roots of the people, animals and artefacts of our Celtic ancestors of over 1,000 years ago. Experience Craggaunowen Castle, explore the 'Brendan Boat', the boat in which Tim Severin sailed from Ireland to the United States and see how Celts made their homes on a Crannóg. Open April to October. <https://www.craggaunowen.ie>





## Carrygerry Country House

Carrygerry Country House is a Charming “Old World” Country House, which was originally built in 1793. Located near Shannon, in the scenic countryside of County Clare, we are less than 10 minutes from Shannon International Airport. Here, you will experience a true Country House atmosphere of peace & tranquillity, with antique furnishings & glowing fires.

Carrygerry has eleven bedrooms, all of which are en-suite with each one individually styled and decorated in keeping with the character of the house. Of the eleven bedrooms we have four rooms which are Superior. These rooms have the extra luxury of a Four Poster bed as well as the wonderful views of the countryside.

Our Courtyard bedrooms are our Standard Bedrooms which have all been decorated to the same high standard offering

an excellent location to rest yourself after a busy day touring the Wild Atlantic Way.

Our Conservatory Restaurant boasting idyllic views is open five nights a week from Tuesday to Saturday (closed Sunday & Monday Nights for dinner).

Here at Carrygerry Country House we pride ourselves on sourcing only the finest local and organic ingredients to produce a wonderful dining experience. Our fine reputation for quality food with service guarantees that you have a memorable experience. We have won several awards over the years including “Country House of the Year”, “Great Taste Gold Star” and numerous “Blas na hEireann National Food Awards”, which include Gold, Silver and Bronze for our food known widely as The Carrygerry Range.



**Our Conservatory Restaurant is open for Dinner from Tuesday to Saturday from 6.30pm to 9.30pm. Our Menu offers fresh, locally sourced produce and a complete well balanced menu.**

**Set Dinner Menu for €35 (3 courses plus Tea/Coffee) is served from 6.30pm to 9.30pm Tuesday to Saturday.**

We cater for Birthdays, Anniversaries, Weddings, Christenings, etc.

For enquiries call 061 360500 or email: [info@carrygerryhouse.com](mailto:info@carrygerryhouse.com) | [www.carrygerryhouse.com](http://www.carrygerryhouse.com)

A photograph of Peter Curtin, a man with white hair and a mustache, wearing a blue and white striped shirt. He is smiling and holding a large open book. The book's left page shows a black and white photo of a person in a bathtub, and the right page shows a photo of a pub interior. The background is a wall covered with various framed pictures and posters.

# *Peter Curtin* *A Day in the Life*

Peter Curtin holding Jack Daulton's book

**V**isitors to The Roadside Tavern in Lisdoonvarna are always entranced by its history, as it has been run by the Curtin Family since 1893, making it one of the oldest pubs in the Burren area.

Its current proprietor is the colourful Peter Curtin, who was born over the pub in 1953 and spent many years in the Merchant Navy. He's also a huge fan of the beautiful area that surrounds him. "Walking in the Burren is my hobby, and also reading the mythology and early history of Ireland," he says.

Peter is married to his Swedish wife, Birgitta Hedlin, and has four children. He has always had great vision, and while he says that one of the biggest challenges has been fulfilling his goals in a small rural village in Clare, he certainly has accomplished great things.

First there's the Tavern, which has a famously laid-back atmosphere and an award-winning food menu. It's also legendary for hosting traditional and international music sessions, and the jovial host is always warm and welcoming. "I believe in hospitality to folks who ramble into the pub," he says.

In addition, Peter and Birgitta have had great success with

the Burren Smokehouse. They established it in 1989 and it now supplies smoked salmon worldwide. Queen Elizabeth and guests at the historic state dinner in Dublin Castle enjoyed Burren Smokehouse salmon as a starter in May 2011.

Peter and Birgitta also created the Burren Smokehouse Visitor Centre in 1995, and it is well worth a visit. King Carl XVI Gustaf and Queen Silvia of Sweden obviously agree as they visited in May 2019, and learned about artisan food production.

In 2011, the ever-enterprising Peter added the Burren Brewery to the mix. Based in the pub itself, it's a microbrewery that creates Peter's own beers and offers visitor tours. He has delved deep into history to make a gruit beer called Euphoria, using wild yeast, six certified herbs and no hops. "It's the only beer that's loved by non-beer drinkers," he laughs.

The local legend is chair of the Burren Tolkien Society, and has even developed a special Hobbit Ale to celebrate the society's annual festival. JRR Tolkien, author of *The Hobbit* and *The Lord of the Rings*, visited the Roadside Tavern prior to writing his bestselling books, and Peter is convinced that he took the "magical, mystical hills" of the Burren as a major inspiration for his famous works.



# Burren Smokehouse



## **Taste, Learn, Shop at the Burren Smokehouse with its two different visitor experiences.**

In the stylish Tasting Room & Visitor Centre, explore the demo kiln and smell the delicate scent of the smoke. Enjoy a tasting of the Burren Smoked Irish Organic Salmon and other delicacies. Watch a short, multi-lingual video to learn about the smoking process. Discover the history of the Burren Smokehouse on the story boards.

## **Go *fun & interactive* in the brand new *Taste the Atlantic - The Salmon Experience!***

- Follow the Irish Salmon through the time
- Watch the legend of the Salmon of Knowledge unfold before your eyes
- Learn about modern aquaculture
- Solve jigsaw puzzles and quizzes
- Suitable for school kids and adults

**Burren Smokehouse, Lisdoonvarna, Co. Clare V95 HD70**

**W. [www.burrensmokehouse.ie](http://www.burrensmokehouse.ie) E. [info@burrensmokehouse.ie](mailto:info@burrensmokehouse.ie)**

**Ph. +353 (0)65 7074432**



# CLARE TOLAN

## *Managing Director for Ireland of Irish Distillers*

**As managing director for Ireland of Irish Distillers, Claire Tolan has been responsible for the distribution of the Pernod Ricard portfolio of wines and spirits in the country since 2018.**

Claire grew up in the coastal town of Malahide in Dublin, and her career began in 1998 when she joined the Jameson Graduate Programme. She spent time as brand ambassador in San Francisco and held a number of commercial roles in the US, before joining the international commercial team for Jameson in 2007.

“I would say that I’m an igniter – great at getting things started - which has served me well working for Irish Distillers,” she says. “I’m also a very positive person, which helps in all aspects of life.”

One of Claire’s proudest accomplishments was overseeing the €11m redevelopment of Jameson Bow St. Distillery, which was named the world’s leading distillery tour at the World Travel Awards in 2018 and 2019.

“I absolutely loved working on the redevelopment,” she says. “We have had the privilege of calling Bow Street home since 1780, so it was really important that we got it right. Thankfully, it was a huge success and Jameson Distillery Bow St. and Jameson Distillery Middleton welcomed more than 500,000 visitors from 70 countries last year.”

Claire’s current role is centred around the firm’s domestic business, and Jameson achieved its 30th year of consecutive growth last year with sales of 7.7m. This represents an increase of 7.2m cases compared to the mid ’90s and Claire believes that the company’s dedication

to innovation has helped to drive sales.

She is married with three boys, and says that while life is very busy, she has a good support network in place. “Flexible and smart working also plays a big part and I’m lucky to have an employer who supports that,” she says. “The first step is being organised, which means tightly managing my diary. I attend a lot of meetings, but I make sure that I allow time for action and, more importantly, thinking.”

Managing stress for Claire means having balance, where possible, and this includes using all of her holiday allocation. As her father is from Mayo, she loves going to the west of Ireland and spending time in Crossmolina and Westport. While the country is beautiful, she firmly believes that Ireland has an added attraction. “Irish people are friendly and we’re happy to interact and have the craic, and visitors love that,” she says.



FALLS HOTEL & SPA

*At the heart of the  
Wild Atlantic Way*



GATEWAY TO THE CLIFFS OF MOHER & BURREN GEOPARK

DISCOVER THE LANDSCAPE, THE FOOD, THE PEOPLE... THE WILD OUTDOORS AT YOUR FINGERTIPS

DINE AT  
THE FALLS...



STAY AT  
THE FALLS...



RELAX AT  
THE FALLS...



FALLS HOTEL & SPA  
ENNISTYMON, CO CLARE

+353 (0)65 707 1004  
RESERVATIONS@FALLSHOTEL.IE  
WWW.FALLSHOTEL.IE



Céad Míle Fáilte  
The Burren, Co. Clare





# Spirit & Passion

## Interview with Ronan Branigan

**If you were to ask Ronan Branigan about his proudest achievement, it's not the many prestigious awards that his hotels and restaurants have won.**

"I think it's growing the Savoy Group from its humble beginnings with only two staff in 2003," he says. "We now employ close to 300 people across our hotels, restaurants, bars and food hall, many of whom have been with us for quite a considerable time - they're part of the family."

Ronan comes from a hotel background in Monaghan, and his parents instilled a spirit and passion for hospitality in him from an early age. He studied at the Shannon College of Hotel Management, and he worked with Radisson in Switzerland, Forte Group in Windsor and London and the Hilton Group in Dublin. Then he and his wife Anne decided to launch their own hospitality business, which is now concentrated in Limerick.

"Anne and I moved back to Limerick in 2003, and opened the

Market Square Brasserie in the city centre," he recalls. "We added Hamptons Bar & Grill in 2008, The Savoy Hotel in 2009 and The George Hotel in 2014, and Alex Findlater & Co. arrived in 2017. I'm very lucky to be working in an industry and area of expertise that I love, and I thank my parents for sparking that in me."

Ronan and Anne have two girls, Chloe (19), and Kate (15), both of whom help out at weekends. "I worked out long ago how to balance work and family life," he laughs. "Bring the family to work! Home is very much an office too and a place for discussion and tossing around ideas - many of which, I'm happy to say, come to fruition."

Ronan attributes much of the success of the business to his wonderful staff who deliver a world-class service to their very loyal clientele. 2020 is an exciting year as there is a €5m refurbishment programme underway across the group. This will see all bedrooms in the Savoy and the George being renovated, while 13 executive



suites will be added to the Savoy. Its iconic bar and library will be upgraded and the event and banqueting spaces re-imagined.

With the Wild Atlantic Way literally on his doorstep, the dynamic entrepreneur de-stresses by enjoying frequent visits to local beaches and swims in the ocean. "The restorative powers of exercise are quite amazing, and even after a long day, a run, jog or walk never fails to reset the mind for the challenges ahead," he says.



# SIONNAN

LUXURY CRUISES

Learn the secrets of the majestic Shannon river on an intimate cruise escape.

**Luxurious Irish Elegance | Bespoke Private Cruises  
Arrian Dining Experience**

Full and half day cruise options available on the Wild Atlantic Way's majestic Shannon Estuary

### Highlights include

- Private Cruise with a local guide, service staff and catering.
- Panoramic Cliff views
- A private guided tour with local tour guide around the multi award winning Scatterry Island with its 5th century monastic sites (5 Churches, Cathedral, Round Tower, St. Senan's Well & St. Senan's Burial Ground)
- Dolphin watching in the home of Ireland's largest family of bottlenose dolphins
- A range of onboard dining experiences featuring only the finest of locally sourced seafood and produce.



**Tel: +353 (0)86 2236995    Contact: Irene Hamilton**  
**Email: [sionnanluxurycruises@gmail.com](mailto:sionnanluxurycruises@gmail.com)**

## GoWild Magazine

The July Wild Atlantic Way issue is publishing on July 12th



**Book your space now**

Call Bobby on 087 446 7007 or [bobby@gowildmagazine.com](mailto:bobby@gowildmagazine.com)

## SPIKE ISLAND

CORK HARBOUR



Europe's Leading Tourist Attraction



Island Monastery, Fortress, Prison and Home

**MUSEUMS • EXHIBITIONS • CAFÉ • PICNICS**



**GUIDED TOURS • SCHOOL TOURS • AFTER DARK TOURS**

[www.spikeislandcork.ie](http://www.spikeislandcork.ie) ADVANCE BOOKING HIGHLY RECOMMENDED



*'Feel the history, unlock the mystery...'*



# Interview with Andrew Murphy, MD Shannon Airport

One of the first sites you see upon entering Shannon Airport is a striking, interactive and immersive space designed to give a flavour of what visitors can expect to see and do along the Wild Atlantic Way. The airport has become a key access point for people coming to experience the Wild Atlantic Way and has a huge economic impact on the local area.

“We are a community based airport, making our airport easy to use and accessible to all is important to us,” says Andrew Murphy, Managing Director of Shannon Airport a Shannon Group company.

“The Shannon Group is about helping to deliver a vibrant thriving economy in our region. We do this by having an airport that provides vital air services for businesses and tourism, a compelling tourist offering, an attractive location to set up a business and a dynamic environment for aviation companies to grow. All making our region a great place to work, live, enjoy a holiday and a great place to set up a business.

“Our sister company, Shannon Heritage has eight day visitor attractions and four evening entertainment options many of them within easy access to the airport, Like Bunratty Castle and Folk Park and Craggaunowen visitor attractions in Co. Clare and King John’s Castle in Limerick City,” he said.

Shannon Airport has a fascinating history. Last year it celebrated the 80th anniversary of the first passenger aircraft landing and is the birthplace of the world’s first duty free which was established 1947.

“The airport is built on innovation,



it’s in our DNA. It was the first airport in the world, outside of the Americas, to provide full US Preclearance facilities making arrival in the US easier and faster. We have the longest runway in Ireland at 3,200 metres and we are the only Irish airport that can accommodate the world’s largest jet the Antonov AN 225. In 2017 we became the first airport in Europe to open an airport sensory room for our customers with Autism and Special needs,” said Mr. Murphy.

A number of famous faces have passed through Shannon Airport throughout the years.

“We have a wall of fame at the airport with photos of famous visitors. Every US President since John F Kennedy’s visit in 1963 has been through Shannon

Airport. We have also welcomed Nelson Mandela, Marilyn Monroe, Mohammed Ali, Mick Jagger and many others,” he said.

So, what’s next for Shannon Airport? “Over the past number of years we have invested in enhancing our retail, dining, duty free, transit lounge and executive lounge facilities. In 2020 we added new services to Paris, Barcelona and Vienna and more transatlantic capacity with Aer Lingus. We are constantly looking at new ways to make it easy for our customers. We know that our customers appreciate the ease of access we provide, for example from the airport car park to departure gate is less than 15 minutes. We are committed to making our visitors time at the airport a fantastic and memorable experience,” he said.

# Explore Scattery

ONE OF THE 7 WONDERS OF IRELAND\*

## Guided walking tour around the monastic sites

Sailings depart Kilrush Marina daily  
For sailing times and to book online, visit

**scatteryislandtours.com**

T: +353 85 2505512 / +353 85 2505514

E: [info@scatteryislandtours.com](mailto:info@scatteryislandtours.com)



\*as voted by Irish Independent readers, 2019



**Scattery  
Island** *Tours*



## Explore the story of Michael Davitt Ireland's greatest patriot and the most influential international Irish man of the 19th century

Award-winning building (Royal Institute of the Architects of Ireland)

Beautifully maintained site with ample parking and disabled facilities

Adjacent to Straide Abbey which contains magnificently preserved medieval sculptures

### The Michael Davitt Museum

Straide, Co. Mayo Ireland F26 FX37

Open 7 days all year round

Mar-Sept 10.30am - 5.30pm Oct-Feb 9.30am - 4.30pm

Tel: +353 94 903 1942

Web: [www.michaeldavittmuseum.ie](http://www.michaeldavittmuseum.ie)

Email: [davittmuseum@gmail.com](mailto:davittmuseum@gmail.com)

*Sliabh League, Co. Donegal*





# SUPERMACS:

## Hands On with Pat McDonagh



When Pat McDonagh told his mum that he was leaving teaching to go into the fast-food business, she wasn't very impressed. "My mother was shocked," laughs the founder of Supermac's. "She couldn't understand why I would give up a good, pensionable government job to go into something that seemed insecure to her."

Happily for his mum - a former teacher herself - her youngest child was fuelled by huge drive and ambition. His first Supermac's opened in Ballinasloe, Galway, in 1978, and the franchise has now grown to over 100 outlets.

Pat grew up in the village of Kiltulla in Galway and wasn't the most studious at school, which saw him being packed off to the Carmelite College boarding school in Moate to help remedy the situation.

"It was lonesome enough initially but the experience was enjoyable overall," he says. "I played a good bit of football and that gave me certain unwritten privileges that I wouldn't have had otherwise, such as getting to go out to the local shop."

It was while he was playing football that Pat received the name nickname "Supermac," due to his skill and prowess on the field. He clearly pulled his socks up academically, as he went on to train as a primary school teacher and spent five years teaching at Kilrickle National School.

He had a love for business, and began working part-time with a guy locating pool tables who ultimately sold him the business. Pat bought an old supermarket premises in Ballinasloe with the intention of putting a snooker hall into it, but the town planners had other

ideas and turned him down.

"I didn't have enough money to convert it to a nightclub and there were already furniture shops in Ballinasloe," he recalls. "Fast food was beginning to come of age, so I decided to go that route because people always have to eat."

The fact that he wasn't a food expert didn't faze Pat's entrepreneurial spirit. Not knowing too much about what you're getting into can sometimes work to your advantage, he says, because you don't see all of the obstacles. A local chef taught him all he needed to know and Supermac's was born.

By the time he decided to pack in teaching to concentrate full-time on the business, Pat held the position of principal. "Well it was only a two-teacher school,"



he laughs. “Bishop Kirby from Clonfert was my school manager at the time, and he asked why I was leaving? I told him there was more money in chips than algebra!”

There certainly was as Pat now presides over an incredibly successful business that encompasses food outlets like Papa John's Pizza, Bewley's, SuperSubs, Habaneros and On The Go. Not forgetting the Claddagh Irish bar chain in the US.

With the Barack Obama Plaza motorway stop and several other plazas under his belt, Pat will open a new plaza in Portlaoise this year. His Só Hotels Group incorporates the Charleville Park in Cork, Lough Rea in Galway, Killeslin in Laois, Castletroy Park in Limerick, Athlone Springs in Westmeath and Castle Oaks House in Limerick.

Pat met his wife Úna in the early

days when he picked her up on the road as she was hitching a lift. She told him she was looking for a summer job and he offered her a position in Supermac's. “She got a job for life,” he jokes, as Úna is an integral part of the business.

They have four children, Marie, Siobhan, John and Conor, all of whom work in the company. Not that Pat persuaded them into it as he believes that everyone has to follow their own path in life to be happy. “You have to follow your dreams and ambitions, or you'll end up dissatisfied with yourself,” he says.

Úna has been a huge support to Pat over the years and kept family life on an even keel. “She tended to the family more than I did, and that would probably be one of the regrets I have,” he admits. “That maybe I wasn't there often enough.”

“It's a balancing act and there are

sacrifices to be made, but overall, it worked out fairly well. I always tried to get home at night even when I was a good distance away. I was always there for matches, which was hugely important, and when your children come to 12 or 13, you're no longer cool anyway.”

While running a business on his scale faces myriad challenges - not least from the insurance, legal, staffing and planning aspects - Pat takes it all in his stride. “It's never going to be a straight road,” he shrugs, “as there will always be a few hills and obstacles along the way.”

With a vision and drive than remains undiminished and a business that continues to flourish and grow, Pat's mum can be assured that he made the right decision!

# Things to Do in Sligo

## Sligo

County Sligo boasts one of the most appealing stretches of coast on the Wild Atlantic Way. From its delightfully 'surfable' waves crashing on broad golden shores, to the rolling green hills and misty mountaintops of the affectionately dubbed 'Yeats country', this is a county that attracts a distinct breed of adventure-loving traveller.

## Mullaghmore Head

Land and sea come together to create something truly special at Mullaghmore Head. This is the home of big wave surfing in Ireland, and surfers come from all over the world to test their skills against epic waves. But there's more to Mullaghmore. There are boat trips to the 6th century monastic ruins on Inishmurray Island; Classiebawn Castle dominating the surrounding landscape with its Gothic splendour; and nearby Ben Bulbin, the flat-topped mountain famed in Irish mythology and the poetry of WB Yeats.

## Streedagh Beach

With easy walking along its 3km stretch, it's one of the most tranquil spots in the west, with the golden sands being a favourite playground for children. Don't miss the site of the Spanish Armada shipwreck from 1588.

## Surfing

From the big wave thrills at Mullaghmore and Strandhill's consistent breaks, to the family- friendly swell at Enniscrone, no trip to Sligo is complete without a go on a surfboard. Surf schools can help newbies paddle out with confidence, while pros can hunt for secret spots.

## Sligo Food Trail

Sligo Food Trail treats your palate to an abundance of culinary treasures. You can map your own route to choose the cuisine that you love best. Welcome to foodie heaven!

## Benbulbin

Benbulbin is known as County Sligo's 'Table Mountain' and is part of the Dartry Mountains. It was originally merely a large ridge, however the moving glaciers cut into the earth, leaving a distinct formation, now called Benbulbin. It is possible to climb Benbulbin as there is a looped access trail but it is strongly advised that you have a guide to hike Benbulbin.

## Coney Island

Coney Island is approximately 400 acres and is so named because of the vast quantity of rabbits which can be spotted on the island at any time. It's accessible by driving or walking over the causeway (guided by the 14 pillars) at low tide.

## Sligo Abbey

Looking for something to do in Sligo this weekend? The medieval Dominican abbey in Sligo Town offers a peek into an intriguing past, with artefacts, lore and a rich history dating back to 1252. It's also one of the best places to see Gothic and Renaissance tomb sculptures.

## Sligo Town

Discover Yeats county from the ideal base in Sligo Town, second only to Galway in size and boasting a compelling blend of past and present - from Hargadon Bros, the Michelin Guide-listed pub and eatery; to the stone bridges linking both sides of the River Garavogue.

## WB Yeats' Grave

Drumcliffe, County Sligo is set against the striking backdrop of the Benbulbin Mountains. It is best known as the final resting place of W.B. Yeats. Found in the churchyard, his grave is marked with a simple headstone with the inscription, "cast a cold eye on life, on death, horseman, pass by."

## Carrowkeel

The Neolithic cemetery complex at Carrowkeel is one of the finest examples of a passage tomb in Ireland, consisting of 14 cairns dotted across the beautiful hills of the Bricklieve mountain range in the south of County Sligo, near the County Roscommon border.

## Eagles Flying

The Attraction For All The Family Excitement, Fun, Photo opportunities and much more. Nestled in the green hills of south Sligo, Ireland's largest sanctuary for raptors and owls, the Irish Raptor Research Centre / Eagles Flying is situated on more than 27 ha of mature parklands near Ballymote. Currently it is the home of more than 100 eagles, hawks, owls, falcons and vultures. For the ones who prefer it more cuddly, there is also a large supervised Petting-Zoo, where visitors can get hands-on with guinea-pigs, pigs, rabbits, lambs, goats, donkeys, ferrets, and many more.



# EAGLES FLYING

IRISH RAPTOR RESEARCH CENTRE

SCIENTIFICALLY MANAGED SANCTUARY FOR BIRDS OF PREY AND OWLS

## Get hands-on with birds of prey and various animals in our supervised Touch-Zoo

Ireland's largest Bird-of-prey Centre. The attraction for all the family. Get up close with Eagles, Hawks, Falcons, Vultures and Owls. Learn from the scientists about their biology during our fascinating and interactive shows. You have never been that close to Eagles...



All  
Weather  
Suitable



Ballymote, Co. Sligo.

Sat Nav: N5406.207/W834.053

Drive off the N17 at Ballinacarrow

Just follow the signs

Tel: 071 918 9310

[www.eaglesflying.com](http://www.eaglesflying.com)

2 shows daily at

11AM and 3PM

10.30 – 12.30 and 2.30

– 4.30 every day

From 1st April

– 7th November

2 hours programme Guided Tour, Show, Touch-Zoo, Picnic area and Kiosk available

## TASTE SLIGO

BY ANTHONY GRAY



TASTE OF SLIGO FOOD TOURS

**The Best of Sligo.  
The ultimate foodie  
afternoon.**

VISIT 5-7 OF SLIGOS FINEST  
VENUES IN ONE AFTERNOON

[WWW.TASTEOFSLIGO.IE](http://WWW.TASTEOFSLIGO.IE)

Anthony Gray



EALA BHAN RESTAURANT

**Fine Dining.  
Classic with a  
contemporary twist**

LUNCH. AFTERNOON TEA. 8 COURSE  
TASTING MENU. A LA CARTE

[WWW.EALABHAN.IE](http://WWW.EALABHAN.IE)

Eala Bhan



HOOKEED RESTAURANT

**Casual Rustic Dining.  
Locally sourced  
food!**

BREAKFAST. BRUNCH. LUNCH .  
DINNER

[WWW.HOOKEDSLIGO.IE](http://WWW.HOOKEDSLIGO.IE)

HOOKEED  
Local-Seasonal-Fresh



# Sligo Sets Your Spirit Free



Sligo is a county that celebrates its independent spirit. Writers and artists have long been inspired by Sligo. The world-renowned poet W.B. Yeats was inspired by much of the unique scenery around County Sligo and you will find this captured in Yeats' poetry such as the Lake Isle of Innisfree. The final resting place of W.B. Yeats, the site of a 6th Century Columbian monastery, nestles under the spectacular Benbulbin Mountain. Today, Sligo is a must-visit destination for lovers of the arts, The Model, home of the Niland Collection, is one of Ireland's leading contemporary arts centres, featuring works by John and Jack B. Yeats, Estella Solomons, Paul Henry and Louis Le Brocqy among others. There is a vibrant theatre tradition kept alive by the Hawk's Well Theatre, Sligo's performing arts centre presenting the best of theatre, music, comedy and culture for all ages. The Blue Raincoat/Factory Theatre professional theatre ensemble with a focus on modern European plays and new productions. The popular Michael Coleman Heritage Centre, draws together the many strands of traditional music. A celebration of Irish music, culture and heritage as

expressed in the South Sligo Style of music played by fiddle giant Michael Coleman. The magnificent Lissadell House so beloved of W.B. Yeats, built in 1830 by the famous Gore Booth family. Visit the gardens and view Countess Markievicz Exhibition.

Sligo offers an array of outdoor activities and is renowned for its surfing, something to suit every interest, from walking trails in stunning landscapes, championship links golf courses, stand up paddling, off-shore diving, kiteboarding, to a relaxed afternoon of fishing or even an uplifting horse-ride along the beach.

Sligo is a fantastic foodie destination. Take in some of the exciting Food Trail experiences from a craft beer tour to baking classes to a lunch on the seashore with your ancestors.

Take a Sligo Food Tour, meet the proud personalities behind Sligo food, hear fascinating local stories and gain some insider knowledge on where the food comes from and how it is produced. Sligo Oyster Experience, indulge in Sligo Bay Oysters at WB'S Coffee House while you are guided by

owner Aisling through the history and current farming methods of harvesting oysters on the Wild Atlantic Way. The Sligo Foodie Tour, brings you on a culinary tasting, which is unique and the experience changes on each tour. Discovery lively locals in a vibrant neighbourhood with a rich cultural and architectural heritage.

Atlantic Sheep Dogs in Streedagh, you'll get to meet and spend time with some of the smartest dogs in the world. Get to see the incredible teamwork between man and dog. Eagles Flying located at Portinch, in Ballymote is Ireland's biggest sanctuary for birds of prey and owls offers you impressions of majestic raptors soaring over beautiful locations.

Sligo's Archaeological and mythological heritage is incredibly rich, with one of the highest concentrations of prehistoric and later monuments in Western Europe. This ancient county is filled with over 5,000 archaeological sites, Carrowmore Megalithic Cemetery is the largest cemetery of megalithic



tombs in Ireland. Overlooking Carrowmore, on the summit of Knocknarea Mountain, is the huge flat-topped cairn called 'Miosgan Meadhbha' (Maeve's Cairn), 55m in diameter and 10m high. In the beautiful limestone upland of the Bricklieve Mountains, above the western shore of Lough Arrow is the impressive passage tomb cemetery of Carrowkeel. Creevykeel Court Tomb, in the foothills of Tievebaun Mountain, is one of the best examples of a court tomb in Ireland. Knocknashee (The Hill of the Fairies), located near Tubbercurry, is a spectacular limestone tabletop plateau commanding a widespread view of the north Connaught plain.

Sligo Abbey in the heart of Sligo town is a 13th century Dominican Friary has a great wealth of carvings including Gothic and Renaissance tomb sculpture, a well preserved cloister and the only sculptured 15th century high altar to survive in any Irish monastic church.

Sligo's stunning coastline hosts many discovery points along The Wild Atlantic Way. Bustling seaside villages and hidden bays alike are



waiting to be found. Mullaghmore Beach, overlooked by the majestic Classiebawn Castle, is situated in North Sligo next to the picturesque village of Mullaghmore. Whilst nearby Streedagh Strand is a 3km sandy beach with dunes and a lagoon behind with fantastic views over the sea to the mountains of Donegal, and behind to the famous Benbulbin mountain. Further along the coast at Rosses Point, the area that inspired many of Jack B. Yeats' artwork, are three sandy beaches, where there will always be space to walk, run, or simply sit. The coastal towns of Strandhill and Enniscrone offer both spectacular scenery and activities ranging from surfing, golfing, fishing, stand-up paddling, kite boarding, horse riding, fishing, swimming or even a relaxing seaweed bath. All the while overlooking the vast Atlantic Ocean.

Walking trails are plentiful around the county. Easy-going terrains set in beautiful forests, hills and lakesides are accessible for families and make for a great day out. Longer trails like the Sligo Way (74km walking route that traverses the county) or the Miners' Way and Historical Trail offer

more challenging routes for the dedicated walker. Popular walking routes include Queen Maeve's Trail on Knocknarea, Benbulbin-Gortarowey Trail, The Devil's Chimney.

Free Guided Walking Tour of Sligo Town - Mon- Sat 11am from Tourist Office, O'Connell St. This tour will include places of historical, musical, sporting and cultural interest.

Sligo plays hosts to a range of amazing festivals from Race meetings, to a celebration of Yeats and any number of music festivals. There are many places to tap into Sligo's trad music heritage, the Coleman Traditional Irish music in Gurteen, James Morrison Festival in Riverstown, the Comhaltas Summer Seisúin in Gurteen. Regular music sessions in many of the pubs across the county year round.

# Sligo.

**For all information on events/tours, visit [sligotourism.ie](http://sligotourism.ie)**

# MEET RUTH ANDREWS

*Chief Executive Officer at AVEA Association of Visitor Experience and Attractions*



**R**uth Andrews could never be accused of resting on her laurels, given the number of high-profile roles she holds in the Irish tourism industry. The Wexford-born woman is chief executive of Incoming Tour Operators Association Ireland (ITOA) and CEO of the Association of Visitor Experiences and Attractions (AVEA). She also took on chairmanship of the Irish Tourism Industry Confederation (ITIC) last year.

Then again, she reckons her destiny may have been mapped out all along as her parents both worked in the hotel industry. “It’s amazing how tourism gets into your blood system,” she says.

Having studied business and languages, Ruth spent seven years in the sales

and marketing office of the Doyle Hotel Group, followed by seven years working with the Great Southern Hotel group. She set up her own tourism marketing consultancy in 1998.

ITOA approached her to run its secretariat in 2006 on a part-time basis and she ultimately became its chief executive. The role with AVEA began in 2017 and chairmanship of ITIC commenced in 2019.

You can see why Ruth is so much in demand as there is a huge warmth and serenity about her and she radiates a positive, outward approach. This, one imagines, is what got her through the sad passing of her husband Ciarán in a road traffic accident in 2002, in which Ruth, then in her 30s, was also badly injured. Their daughter Claire was only a year old at the time and thankfully wasn’t with them when the accident occurred.

“It took me a year to recover physically

and I’m very glad to be as mobile and able as I am,” says Ruth. “It wasn’t easy and we miss Ciarán but we still have the memories. His family, and my own, have been a great support to us.”

Ruth says that 18-year-old Claire is her “joy,” and she hopes that she will get to travel when she leaves school. They live in Enniskerry in Wicklow, and Ruth’s office is beside her house, which eliminates the daily commute.

She travels a lot for work, of course, and says that we are blessed with amazing villages and towns all around Ireland. “The place and the people are without doubt our core advantages over other destinations,” she says. “People come to see the green, clean environment, and our people are naturally disposed to be friendly, curious and interested in the people who come to experience what we have to offer.”

[Itoa-Ireland.com](http://Itoa-Ireland.com), [Avea.ie](http://Avea.ie), [Itic.ie](http://Itic.ie)



Monsoon next  RIVER ISLAND REGATTA  GREAT OUTDOORS<sup>®</sup> OASIS  
and many more..

ENJOY  
THE SLIGO  
*shopping*  
EXPERIENCE



@QUAYSIDESHOPPINGCENTRE



WWW.QUAYSIDE.IE

# *Tourism Ireland outlines 2020 plans to promote the island of Ireland overseas*

**T**ourism Ireland has launched details of its new three-year strategy for 2020-2022 and its marketing plans to promote the island of Ireland overseas in 2020. The aim is to grow overseas tourism revenue to €6.54 billion (+13%) and visitor numbers to 12 million (+7%), by 2022.

The 2020-2022 strategy has been designed to be both flexible and sustainable – while delivering further growth in overseas tourism and supporting the industry across the island of Ireland. Tourism Ireland aims to spread the benefits of tourism more broadly across the island of Ireland on a year-round basis and to address the issues of capacity, to ensure the visitor experience continues to be world-class. The new strategy is built on a set of sustainable destination marketing principles.

Phase two of Tourism Ireland's global campaign – 'Fill Your Heart With Ireland' – will be rolled out in over 20 markets around the globe in 2020. It will continue to refresh and reinvigorate the presentation of the island of Ireland overseas. As in phase one of the campaign, the new ad features less visited attractions and locations – including Trim Castle, Waterford Greenway, EPIC – the Irish Emigration Museum and Rathlin Island – and will highlight the passions that research shows motivate

our target audience, such as landscapes and heritage; and will dial up activities like walking, cycling and kayaking.

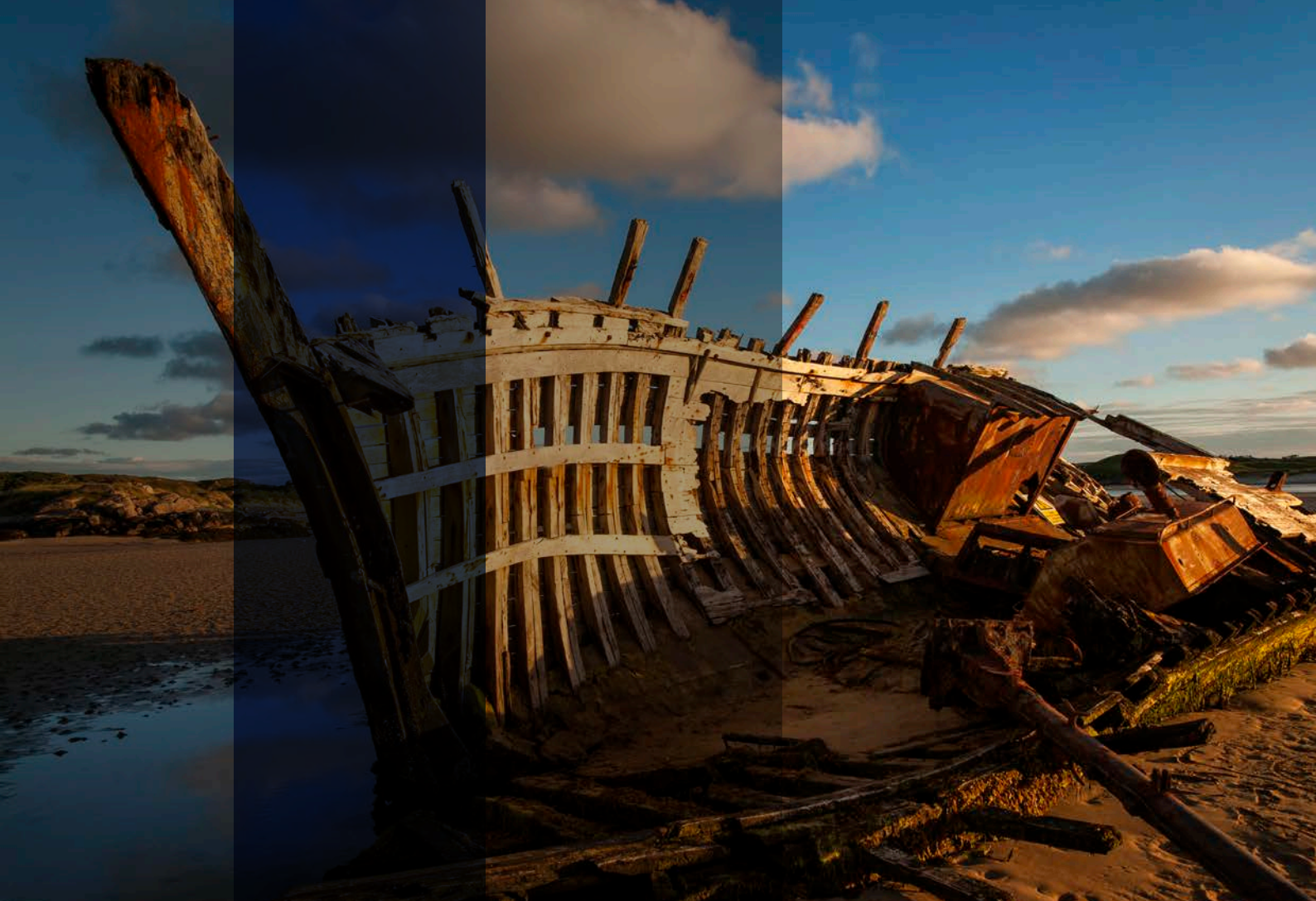
The period 2020-2022 will see Tourism Ireland transform its digital platforms and re-develop its entire suite of Ireland.com websites – which attracted more than 23 million visits

last year – to ensure its digital marketing continues to be 'best in class' in the 2020s. It will use big data and artificial intelligence to reach potential visitors; this new technology will also allow Tourism Ireland to re-target visitors and potential visitors with personalised messages and offers, designed to appeal to their specific interests.

2019 was a very mixed experience for Irish tourism, with weaker demand and the continued uncertainty around Brexit giving rise to consumer concern in Britain and some Mainland European markets. There was also a deterioration in air access capacity last year. Latest estimates indicate that, by year end, revenue generated by international visitors was around €5.78 billion (-1.4% on last year), with some 11.17 million



*Niall Gibbons Chief  
Executive Tourism Ireland*



people having visited the island of Ireland (0%).

2020 will undoubtedly continue to present some challenges – not least the ongoing uncertainty around Brexit, which is likely to continue to impact on consumer confidence and, in turn, on travel from Britain and some Mainland European markets. Other challenges may include economic and geo-political uncertainty, as well as constraints on the availability of aircraft (particularly relating to the grounding of the Boeing 737 MAX).

While recognising the various risks and challenges, Tourism Ireland believes that growth in overseas tourism can be achieved. By 2022, the aim is to grow overseas tourism revenue to €6.54 billion (+13%) and visitor numbers to 12 million (+7%).

Niall Gibbons, CEO of Tourism Ireland, said: “It is not enough to simply target growth at all costs and our new, three-year strategy is built on a set of sustainable destination marketing principles. These principles will underpin all of Tourism Ireland’s activities and are reflected in our renewed emphasis on driving business to the regions and ensuring the benefits of tourism growth are distributed right around the island of Ireland, on a year-round basis.

By applying these principles and through working with our partners on wider sustainability issues, we are confident that overseas tourism will help communities to prosper, while our overseas visitors continue to enjoy a great holiday experience.

“Tourism Ireland will continue to raise awareness of the Wild Atlantic Way and Ireland’s Ancient East around the world. We will highlight inspirational events like Taste the Island, Galway 2020 and Púca. Our aim is to spread the success of overseas tourism throughout the year and around the entire island of Ireland – ensuring we maintain our renowned welcome and superb visitor experience.”

Tourism Ireland will continue to promote the island of Ireland in both established and key emerging markets, to mitigate risk and ensure long-term market diversification. As the organisation’s marketing techniques evolve, so do the opportunities for more nuanced customer segmentation. In 2020, Tourism Ireland will review its core segments – ‘culturally curious’ and ‘social energisers’. It will also assess the future potential of special niche segments and special interest groups – including soft adventure, Diaspora and LGBT+. It will continue to grow Ireland’s share of luxury travel from key markets.

# Things to Do in Kerry



## Muckcross House

At Muckcross House, you'll get a glimpse into a luxurious 18th Century life at this fantastic, manicured throwback. This is a rural estate that's home to horse-pulled jaunting cars, fantastic gardens, lake views and craft stores.



## Skellig Michael

A jagged, difficult-to-access island off the Kerry shoreline, Skellig Michael was once an isolated hermitage and is now almost as well-known for its core role in two Star Wars movies. To get there you'll need good summer weather and your climbing legs but toiling amid the puffins is well worth it, for the rustic housing and glorious views.

## Fungie the dolphin

Resident in the harbour of gorgeous Dingle Bay, Fungie has long been Ireland's most famous non-human and he plays to the crowds. Heading out on a boat to meet, or better still, to swim with this playful mammal, is a Kerry essential. If Fungie is not in a playful mood, if you don't find him, you don't pay.

## Carrauntoohil

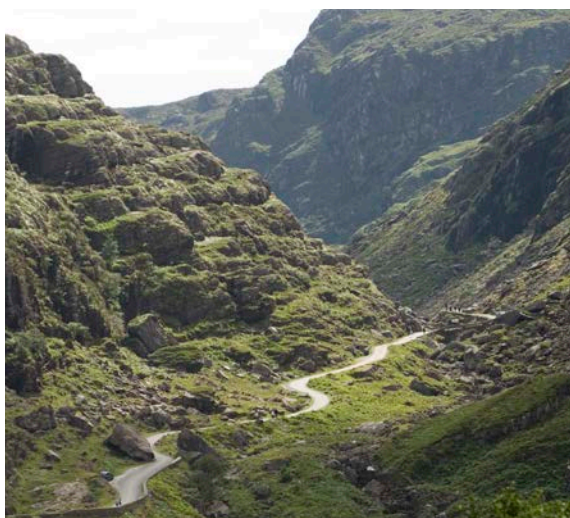
The highest peak of the McGillicuddy Reeks mountain range, Carrauntoohil is a challenging climb for intermediate-level hikers. It rises to just over 1,000 metres via the dramatic, slippery 'Devil's Ladder'. At its peak, you'll find a huge iron cross and spectacular views across the Kerry countryside. A selfie-nut's dream location.

## The Ring of Kerry

Not so much a single site as an entire circuit of rugged, rural beauty, this is the one tour you must do while in Kerry. The 'ring' takes you around the Iveragh Peninsula, past a host of gorgeous Atlantic views, quaint towns and tiny, enticing beaches. Around every corner is a photo opportunity, so go under your own steam, if possible.

## The Blasket Islands

The Islands once had a thriving Irish-speaking population but were evacuated to the mainland due to harsh Atlantic conditions in the 1950s. Jokingly called 'next parish America', this spot is as 'battered west coast' as you can hope to see. There's a stunning beauty in that.



## Gap of Dunloe

A fantastic drive into the Kerry Hills, the Gap of Dunloe is a narrow mountain pass through the McGillicuddy Reeks, a tough trail by car, but easily passable in the popular horse-pulled jaunting cars that are abundant in Killarney National Park. It's popular to hike or bike the route, with Kate Kearney's Cottage — a 150-year-old pubcraft- shop — a popular launching spot.

## Kerry Cliffs, Portmagee

The Cliffs of Moher in County Clare, maybe Ireland's most famous cliffs but Portmagee's cliffs also offer incredible walks, dramatic drops and views out to Skellig Michael. Why are they less popular than Moher, yet 85 metres higher? Because buses can't get here. In other words, they're a lesser-known treat. However, to be avoided in strong winds.



Taste the Wild Atlantic Way with  
**The Skellig Six18 Signature Serve**

Serve our premium gin with tonic, ice and a slice of pink grapefruit

**SKELLIG**  
**SIX18** DISTILLERY

#SkelligSix18



skelligsix18distillery.ie



# County Kerry

*Discover a glorious mix of moody mountains, vibrant towns and a superstar island that will take your breath away*

**You** may have heard of Kerry. Since Queen Victoria visited Killarney over 150 years ago, its mountains, lakes and coasts have been the picture-postcard image of Ireland overseas. And while visitors may argue about their favourite towns, everyone genuflects to the perfection that is the Kerry landscape. It's just drop-dead gorgeous.

Where to begin? Killarney National Park, that's where! Nestling between Killarney and Kenmare, these 26,000 acres of woodland, mountains and lakes are a favourite with tourists and locals alike. The area was a particularly popular spot with Queen Victoria in the 19th century and her lodging, Muckross House, still stands with all its furnishings intact. Overlooking Lough Leane, Ladies View provides one of the most spectacular displays of Kerry's landscape. The natural beauty of Torc Waterfall, Innisfallen Island and the dramatic MacGillycuddy's Reeks mountain range are a breath of fresh air for the soul. And then there's the famous Ring of Kerry touring route, that showcases some of the most spectacular sights and quirkiest towns and villages that Kerry has to offer.

## *A galaxy not so far away...*

The Wild Atlantic Way stretches 2,500km along the coast of Ireland, full of adventure and breathtaking views. At the bottom of this route, around 11 kilometers off the Kerry coast, the Skellig Islands pierce the Atlantic Ocean with their dramatic rugged beauty. The larger of the two islands, Skellig Michael, hosts an ancient monastery at its summit, which can only be reached by climbing hundreds of stone steps, hand-carved into the rock.

These wondrous islands have rightly caught the attention of Hollywood, and Skellig Michael has become a star in its own right, thanks to appearances in the Star Wars franchise. The island's epic appearance along with the vast oceanic backdrop provide an suitably otherworldly feel – it's not hard to imagine a Jedi knight taking refuge here!

It is possible to visit Skellig Michael – approved boat tours to or around the island depart daily during the summer months – but tours must be booked ahead and are weather-dependent. Or if you prefer to stay on dry land, take a trip to the Skellig Experience Visitor Centre in Valentia where you can enjoy films and exhibitions about this amazing place.

## *What Kerry has given the world...*

Kerry natives have made their own inimitable mark on the world. There was the famous explorer Tom Crean, known for his Antarctic exploits with Captain Robert Falcon Scott and Ernest Shackleton. When his adventuring days were done, Crean returned home and opened a pub, the South Pole Inn in the small village of Annascaul. Kerry was the birthplace of Daniel O'Connell, Ireland's Great Liberator, as well as Oscar-nominated actor Michael Fassbender (a native of Killarney).

Every December, some of the biggest names in music make the pilgrimage to St James's Church to play stripped-back sets at the Other Voices gathering. Amy Winehouse, Mumford and Sons, Hozier, Steve Earle and Snow Patrol have all performed there. You'll find a writers' museum in Listowel that celebrates a place "where it is easier to write than not to write", as Kerry author John B Keane liked to put it. Oh, and the county has dominated Ireland's native sport of Gaelic football, winning too many All-Ireland Gaelic Football championships to mention. So if you were wondering why this county is known around Ireland as "The Kingdom", maybe now you understand... Kerry is a land of pure majestic beauty.

©Ireland.com

## THE QUAYS


The Louis Fitzgerald Group was awarded best pub and hotel group in Ireland 2019.

Live Music Venue of the Year 2017 & Best Music Pub 2018 & 2019.

Located in the city centre of Galway's vibrant 'Latin Quarter' The Quays, Galway is one of Galway's most famous and historic drinking establishments. For close on 400 years The Quays has catered to both Galwegians and visitors to our city. Our restaurant offers a carvery lunch and night-time a la carte dinner. Glór Tire (a talent competition for Country & Western singers) is filmed by Irish TV station TG4 in our Music Hall. Our Music Hall is open 7 nights a week in summer time featuring both local and international bands.



**THE Quays**  
BAR & MUSIC HALL

 Galway 2020 Gaillimh  
European Capital of Culture  
BUSINESS CLUB GOLD

### OFFICIAL SPONSORS OF GALWAY 2020

Best Music Pub 2018 & 2019  
Live Music Venue of the Year 2017

...

Louis Fitzgerald Group  
Awarded Best Pub & Hotel Group in Ireland 2019



[f quaysgalway](#) [@ quays\\_bar\\_galway](#)

11 Quays Street | [www.quaysgalway.ie](http://www.quaysgalway.ie) | +353 91 568347

**Boat Trip**  
from only  
**€12pp**

Book your  
tour in Killarney  
Visitor Centre  
(located on  
Scotts Street)



KILLARNEY  
LAKE



TOURS

## Killarney National Park the traditional way...

### Water Bus

1 Hour Cruise on the Lakes of Killarney with the MV Pride of the Lakes. Tours leave from Ross Castle

### Jaunting Car

1 Hour Jaunting Car ride through Killarney National Park

### Combination Tour

2 Hour Jaunting Car & Lake Cruise Trip

### SAILING TIMES:

11am, 12.30pm, 2.30pm & 4pm

### BOOK ONLINE TODAY:

[www.killarneylaketours.ie](http://www.killarneylaketours.ie)

**064 66 32638**

# TRAVELZOO

*Senior editor, Gabe Saglie -  
Discovering Ireland*



**A**s a Chilean born in Norway and now living in California, it is appropriate that Gabe Saglie made his career in the area of travel. He was working as a morning weatherman in Santa Barbara when he received the opportunity to work for Travelzoo.

“That was in 2005 and the years since have afforded me an awesome career in an awesome industry” he says. “As Travelzoo’s senior editor and as an editorial voice for our company as well as the industry as a whole, I am intent on sharing my own enthusiasm for travel with others and on offering education and inspiration that will help others tap the power of travel.”

Gabe lives with his wife Renee and sons Gabriel and Greyson in Santa Barbara. His parents fostered his love for travel through road-tripping and trips around the world. “As a dad of three myself, I carry that torch,” he says. “We aren’t rich, but we creatively make exploration a priority, and we bring our kids along whenever possible.”

Gabe says that his first visit to Ireland with his young boys in 2013 remains one of their favourite travel memories to this day. He visits twice or three times a year, and is impressed by the seamlessness of travel between the ROI and NI.

“One thing you hear before you get to Ireland for the first time is that the people are amazingly

friendly, and is that ever true,” he enthuses. “I have had countless interactions that prove how engaging, open-hearted and warm the Irish are, from remote roads along the Wild Atlantic Way to the buzziest of pubs in downtown Dublin.”

Gabe feels that Ireland’s gastronomic renaissance is fuelled by a fresh wave of creative, talented chefs and a concerted national push to highlight regionality in food and drink. He also thinks that the people are Ireland’s best advocates. “I’ve seen a growing trend in locals genuinely appreciating their own local treasures – historic, artistic, culinary, etc. That growing ambassadorship is something that will help lure travellers as it continues to grow and keep them coming back.”

While he says that there is nowhere in Ireland that hasn’t delivered a fantastic traveller experience for him, Gabe is partial to the west coast. Some of his fondest memories are rooted in the sweeping landscapes of the Wild Atlantic Way and the warmth of the people there.

“I have also had wonderful, immersive experiences in places like Wicklow and Wexford, due especially to the surge in foodie options there,” he says. “And Derry and Belfast have revealed poignant histories and wonderful people, which make them not-to-miss recommendations to anyone who asks me.”

Travelzoo.com

# Come and see how we make whiskey, here in Dingle



## Single Malt & Pot Still Irish Whiskey Artisan Pot Still Gin & Vodka

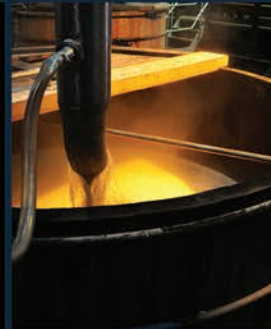
We'd love to see you, visit our website [www.dingledistillery.ie](http://www.dingledistillery.ie) to find out more or to book your tour. For group bookings, email: [grouptours@dingledistillery.ie](mailto:grouptours@dingledistillery.ie)

JAN – MAR.: 12pm, 2pm & 4pm

APR – SEPT.: 11am – 5pm on the hour

Oct.: 12pm – 4pm on the hour

Nov – Dec.: 12pm, 2pm & 4pm



## EST. 1930 SCOTTS BAR LIVE MUSIC

7 NIGHTS IN THE MAIN BAR

HEATED COURTYARD

FOOD SERVED ALL DAY

IRISH PUB & EATERY

064 6631060 | [info@scottshotelkillarney.com](mailto:info@scottshotelkillarney.com) | [www.scottsbarkillarney.ie](http://www.scottsbarkillarney.ie)

[facebook.com/scottshotel](https://www.facebook.com/scottshotel) [scottshotel](https://www.instagram.com/scottshotel)





# *Keep Discovering*

*Fáilte Ireland's major new Marketing Campaign aims to boost domestic tourism by almost €100million over the next three years*

**New campaign urging people to home holiday goes live**

**F**áilte Ireland, the National Tourism Development Authority, has unveiled its brand new €6million domestic and Northern Ireland marketing campaign entitled 'Keep Discovering' to help grow domestic holidays in Ireland.

According to Fáilte Ireland's CEO Paul Kelly, only just over half (56%) of Irish people currently take a break in Ireland.

"By putting 'discovery' at the heart of our new campaign, we hope to encourage more people to explore more areas of the country and experience the joy and simplicity of discovery," stated Paul Kelly.

"Our research also tells us that 4 out of 5 people return to the same location in Ireland on holidays. We are hoping our new Keep Discovering campaign will inspire them to break away from routine and experience

some of the many hidden gems available across the country."

This is one of the largest and most intensive marketing campaigns ever launched by Fáilte Ireland which aims to deliver a financial boost of €96million to the Irish economy over the next three years.

"Fáilte Ireland's investment in 'Keep Discovering' will not just support the Irish tourism industry it will also help develop job creation and enrich rural development right across the country," added Paul Kelly.

Welcoming Fáilte Ireland's new marketing campaign the Minister of State for Tourism and Sport, Brendan Griffin TD added,

"I very much welcome this new campaign by Fáilte Ireland which will drive growth across the Irish market over the next three years. The domestic market is worth

€2.4billion to the Irish economy representing one third of all tourism revenue generated each year. It also supports thousands of tourism businesses in Ireland to continue trading outside the traditionally busy summer months. This is critical when it comes to sustaining jobs, especially in rural communities. I commend Fáilte Ireland on producing a brilliant campaign."

The new campaign is also targeting visitors from Northern Ireland. Fáilte Ireland CEO, Paul Kelly adds,

"Fáilte Ireland research tells us that half (50%) of all visitors coming from Northern Ireland stay along the border counties. By directing a significant part of the 'Keep Discovering' investment at growing our share of visitors from Northern Ireland we can bolster tourism in the border counties, which will be critical as the challenges posed by Brexit unfolds."

# THE HEIGHTS HOTEL

The family run Heights Hotel is one of Killarney's leading establishments; famed for its warm and welcoming atmosphere and surrounded by enviable countryside views of the Flesk Valley and the Torc & Mangerton mountains. Conveniently situated just 5 minutes from Killarney's busy town centre, it's the ideal base for seeing the sights and attractions of one of Kerry's most scenic towns. Staff at The Heights Hotel delight in helping each and every guest plan their perfect stay in Killarney. From organising day tours to pointing you towards the perfect hike through Killarney's famous National Park, the front desk team will be able to advise you on the best activities for you. With a large car park on site, staying at the family run Heights Hotel is a comfortable and homely



experience. We want you to relax and unwind on your stay so all of our renovated guest rooms have been designed with your comfort in mind, many of which have views of the surrounding mountains.

While Dining at the Heights you'll receive nothing but quality food in relaxing surroundings complimented by a warm and welcoming service. With menu choices that are fun and sure to

please your taste buds, there is something on the menu that will suit everyone.

The entire team at The Heights Hotel look forward to welcoming you, your family and friends to stay and experience our hospitality first hand. Simply contact our reservations team today by phone or email.

T: 064-6631158 E: [reservations@killarneyheights.ie](mailto:reservations@killarneyheights.ie)



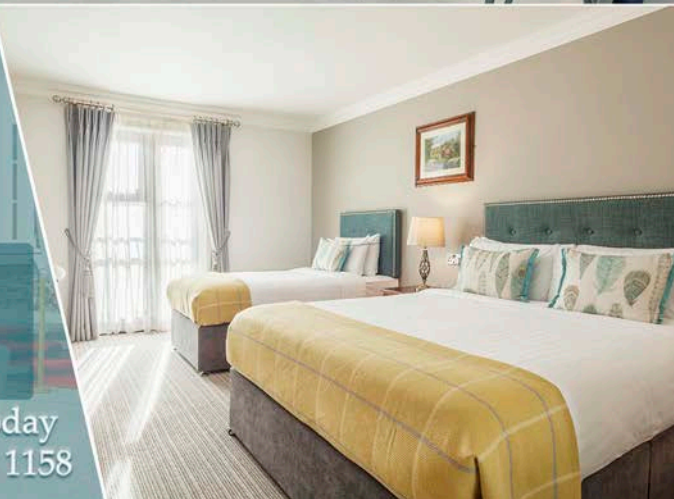
## The Heights Hotel

The family run Heights Hotel is one of Killarney's leading establishments; famed for its warm and welcoming atmosphere and surrounded by enviable countryside views of the Flesk Valley and the Torc & Mangerton mountains.

Conveniently situated just 5 minutes from Killarney's busy town centre, it's the ideal base for seeing the sights and attractions of one of Kerry's most scenic towns.

**Two Night Stay with Breakfast,  
One Evening Meal  
From €124.50 per person sharing**

Contact our Team Today  
E: [info@killarneyheights.ie](mailto:info@killarneyheights.ie) T: 064 663 1158





# Daragh Feighery

## *Sherwood Forest to Longford Forest*

**C**enter Parcs Longford Forest opened in July 2019 and with the first few months successfully under his belt, general manager Daragh Feighery can heave a sigh of relief at how well it's all gone.

The stakes were high for the Lucan man because Center Parcs is a hugely successful European network of holiday villages and this was its first time to open in Ireland. Happily, it has achieved its aim of revolutionising the short-stay holiday market in mere months, as Longford Forest opened to great reviews and acclaim.

Prior to joining Center Parcs, Daragh was regional operations director with Aramark, which handles catering operations all over Ireland.

Describing himself as driven, focused and ambitious, he is actually a trained chef. He met his home economist wife Sineád when they were both studying culinary arts at DIT, Cathal Brugha Street. They now live in Celbridge with

their four children – Naomi (25), Rachel (18), Ryan (14) and Saoirse (9).

Actually Center Parcs have the children to thank for their role in Daragh's decision to take the job. Having been approached by an agency, he was dispatched to Sherwood Forest to carry out a task as part of the recruitment process.

Center Parcs insisted that he bring his family along to stay with him and it proved to be a smart move. "I wasn't sure if I was in the market for a new role but the decision was taken out of my hands," he laughs.

Daragh worked as general manager at Sherwood Forest for a year in preparation for taking the role in Ireland. This meant that he was away from the family a good bit but they visited often and he came home every ten days. He pays tribute to Sinéad for keeping it all going during that time.

Their children play a lot of



sports and Daragh coaches the under nine's camogie team at Lucan Sarsfields GAA club. This is appropriate as his aunt, Aileen Lawlor, is former president of the Camogie Association.

He is fired with passion and enthusiasm around Center Parcs and very much appreciates its ethos of bringing family principles into a corporate situation, which is a real recipe for success. "I worked all over Christmas and New Year but my family and I moved into a lodge on-site so we were all together," he says. "It's a very special place and the kids absolutely love it."



# OPW

Oifig na  
nOibreacha Poiblí  
Office of Public Works

## BUY AN OPW HERITAGE CARD & EXPLORE IRELAND'S WONDERFUL HERITAGE



Donegal Castle



Céide Fields



Garinish Island

Free  
admission  
to more  
than 45 of  
Ireland's finest  
heritage sites



Dún Aonghasa

### Unlimited access for up to one year

€40

Adult

€30

Senior

€10

Child/Student

€90

Family

Heritage cards can be purchased  
at participating heritage sites

by phone: 01-647-6592 / Lo Call 1850-600 601



Find us on  
Facebook

Full details: [www.heritageireland.ie](http://www.heritageireland.ie)







# CORK AIRPORT

*Managing Director*  
*Niall MacCarthy*



**“Munster’s reputation for tourism is flourishing. Cork Airport is uniquely situated at the gateway of the Wild Atlantic Way and we’re delighted to welcome visitors through our arrivals every day to experience it. One of its star attractions is Kinsale – just 20 minutes’ drive from Cork Airport – with its unrivalled cuisine, beauty and heritage.**

We’re responding to this growing appeal of tourism to the west of Ireland through expansion. However, we’re acutely aware of the challenges Brexit poses and face into 2020 with great consideration and planning.

Cork Airport, Ireland’s most punctual airport, is in its fifth consecutive year of growth, with passenger numbers this year forecast to reach 2.7 million – up 5% on 2019. This strong passenger growth, along with the announcement of 11 new routes in the past year, reflects our clear

commitment, with the support of the daa Group, on growing Cork Airport.

Underpinning this growth is the expansion in our route network, with KLM Royal Dutch Airlines launching a daily service between Cork and Amsterdam Schiphol Airport from 30 March. This is a significant boost for the Munster region, with connectivity to KLM’s extensive network of 170 destinations worldwide.

We’re delighted Ryanair is to commence a new service from Cork to Zadar for its summer 2020 schedule in April. Ryanair also extended a new route from our winter 2019/2020 schedule to Katowice in Poland, into our summer schedule.

Air France is doubling its frequency on the Cork to Paris-Charles de Gaulle route with the addition of a second daily service from April to October. This will offer connectivity to Air France’s network of flights to 195 destinations.

There are now over 50 routes on offer from Cork to the UK and continental

Europe, with further expansions including SWISS, who will extend its 2020 summer season to Zurich by four weeks.

Despite this growth, we’re delighted that what sets Cork Airport apart from others – its friendliness, accessibility and convenience – remains. Anyone who uses our Airport – outbound and inbound (inbound accounted for 44% of our passengers in 2019), know we pride ourselves on the smoothness of the passenger journey.

This is all down to the staff who work round the clock, 365 days of the year, to make that journey friendly and easy. This attention-to-detail is reflected in the awards we have won, such as Airport Council International’s prestigious Best Airport in Europe Award (serving under 5 million passengers) in 2019 and 2017.

Our excellent team work hard to deliver a great Airport experience and are committed to growing our offering, with support of the daa Group, for the benefit of passengers across the South of Ireland and beyond globally.”



## INCHYDONEY ISLAND LODGE & SPA

For people who value time together

# Your Luxurious Gateway to the Wild Atlantic Way

Escape Luxury Waves Reconnect Hideaway Beach Nourish  
SPA unwind Retreat Tranquil Windswept

Clonakilty, West Cork, Ireland | Tel: +353 (0) 23 8833143 | Email: [reservations@inchydoneyisland.com](mailto:reservations@inchydoneyisland.com)  
[www.inchydoneyisland.com](http://www.inchydoneyisland.com)



**OPEN 7 DAYS**



**WATERVILLE GOLF LINKS**

Waterville, Co. Kerry

Tel: 353 (0)66-9474102

Fax: 353 (0)66-9474482

Email: [info@watervillegolflinks.ie](mailto:info@watervillegolflinks.ie)

Web: [www.watervillegolflinks.ie](http://www.watervillegolflinks.ie)

An  
**exclusive  
dining  
experience**  
in **Waterville**



# Things to Do in Cork



## The English Market

In the heart of Cork City and with an eye-catching fountain at its centre, this quirky roofed food market has been trading since 1788. Under the possession of the Cork City Council, it's one of the world's oldest municipal markets. Artisan breads, fruit, and freshly caught seafood are just some of the specialities on offer. In recent years, the market gained worldwide fame when Queen Elizabeth II of Great Britain dropped by on her first-ever state visit to the Republic of Ireland in 2011.

## St. Patrick's Street

This has remained Cork's main shopping hub. An easy couple of minutes' stroll from The English Market and known locally as "Pana" the broad, curving street boasts many fine shops. Various architectural styles reflect change over the past 200 years or so.

## Cork City Gaol

Another of Cork city's must-dos is the atmospheric and historic City Gaol, which opened in 1824 and closed in 1923. Originally the prison housed both male and female prisoners who committed crimes within the city borders. In 1878, the City Gaol became an all-female prison, which it remained until men opposed to the 1920 Anglo-Irish Treaty were incarcerated there in 1922-1923. The complex then deteriorated until its restoration and re-opening to the public as a tourist attraction in 1993.

## Crawford Art Gallery

A two-minute walk from St. Patrick's Street, art-lovers may like to take in this regional museum dedicated to the visual arts, both historic and contemporary. The gallery receives in excess of 200,000 visitors per annum and hosts a range of permanent exhibitions including 18th Century European and Irish sculpture, a collection of Greek and Roman sculpture casts, and contemporary video installations.

## St. Finbarre's Cathedral

A leisurely 10-minute walk from St. Patrick's Street takes visitors to this Anglican Cathedral. If preferred, a bus journey (No's 214, 208, 203) will shave a couple of minutes off the journey time. The eye-catching structure in French Early Gothic style was designed by William Burges and consecrated in 1870. It's situated on a site where Christian worship has been taking place since the 7th Century. By its completion, in excess of £100,000 was spent on the building, an enormous amount of money at the time.

## Farmgate Cafe

An unmissable experience at the heart of the English Market, the Farmgate is perched on a balcony overlooking the food stalls below, the source of all that fresh local produce on your plate – everything from crab and oysters, to the lamb in your Irish stew. Go up the stairs and turn left for table service, or right for counter service.



## Cork Opera House

Given a modern makeover in the 1990s, this leading venue has been entertaining the city for more than 150 years with everything from opera and ballet to stand-up comedy, pop concerts and puppet shows. Around the back, the Half Moon Theatre presents contemporary theatre, dance, art and occasional club nights.

## Franciscan Well Brewery

The copper vats gleaming behind the bar give the game away, the Franciscan Well brews its own beer. The best place to enjoy it is in the enormous beer garden at the back. The pub holds regular beer festivals together with other small independent Irish breweries.

## Triskel Arts Centre

A fantastic cultural centre housed partly in a renovated church building – expect a varied programme of live music, installation art, photography and theatre at this intimate venue. There's also a cinema (from 6.30pm) and a great cafe.

## IRELAND'S ONLY MODEL VILLAGE



### Explore miniature West Cork!

Model Trains ~ Road Train Tours ~ Remote Control Boats ~ Play Areas



**OPEN DAILY 11:00 a.m. - 5:00 p.m.**

Inchydoney Road, Clonakilty, Co. Cork

[www.modelvillage.ie](http://www.modelvillage.ie) | 023 8833224 | [info@modelvillage.ie](mailto:info@modelvillage.ie)

## WEST CORK MODEL VILLAGE

Enjoy a fun family day out in Clonakilty, West Cork at the Model Railway Village. Take a trip to the West Cork Model Railway Village for a fun and memorable day out on your visit to Clonakilty and West Cork.

Walking into the Model Village you step back in time and see life as it was in the 1940's. See the old West Cork railway line portrayed in delightful miniature serving the towns. The models and figurines are handmade at the Model Village to a scale of 1:24.

Depicting busy market days, this is a joyful discovery for young and old alike. Relax and enjoy a cup of coffee/tea in our cafe or visit our Gift Shop in an authentic train carriage. Take a tour of Clonakilty town aboard the Choo Choo Road Train.



# MICHAEL COLLINS HOUSE

CLOICH NA COILLTE

No. 7 EMMET SQUARE,  
CLONAKILTY, CO. CORK,  
IRELAND.

*Micéal & Coláin*



**Michael Collins House,**  
a new museum dedicated to  
Michael Collins and the history  
of Irish independence,  
suitable for all the family.



Interactive and audio visual displays suitable for all ages and level of knowledge.

### Admission Prices

Adult €5  
Senior Citizens/Students €3  
Children (U14) €2  
Family €12

### Contact Details

Tel: 023 8858676

[www.michaelcollinshouse.ie](http://www.michaelcollinshouse.ie)



### Opening Times

**Summer Opening Times**  
(May to September)  
Tues - Sat: 10am to 5pm  
Sunday: 12pm to 5pm  
(last admission 4pm)

**Winter Opening Times**  
Wed - Sat: 10am to 5pm  
(October to April)



Cork  
County Council  
Comhairle Contae Chorcaí

# Key Sites To Visit During Your Trip along the Wild Atlantic Way

## Malin Head

Looking out over the North Atlantic from the mainland, Ireland's most northerly point at Malin Head feels a bit like reaching the end of the world, with little separating you from the Arctic other than ocean, you can even see the Northern Lights from here if you time it right.

## Fanad Lighthouse

The crowning point of County Donegal's Fanad Peninsula, is a lighthouse dating back to 1818. Fanad Head Lighthouse is one of 12 that make up Great Lighthouses of Ireland, an initiative allowing visitors the chance to visit or stay in an Irish lighthouse.

## Letterkenny

Donegal's largest town, Letterkenny is known as the Cathedral Town, for having Donegal's only Roman Catholic cathedral. It is also home to the Donegal Museum, set in a former famine workhouse and officially recognised by the Irish government as the best of Ireland's county museums.

## Sliabh Liag

Sliabh Liag's cliffs aren't as well-known as the Cliffs of Moher, but they are nearly three times taller. Europe's highest sea cliffs at 601 metres, seeing them is truly a once-in-a-lifetime experience.

## Inis Meáin, Aran Islands

The smallest of Galway Bay's Aran Islands in terms of population, Inis Meáin is described as 'one of the most important strongholds of traditional Irish culture'. An extension of The Burren's karst landscape, this beautifully remote area is a must-visit for any tourist on the route.

## Strandhill

Strandhill, a surfer's paradise, is the biggest coastal village in County Sligo and one of its most scenic, nestled at the base of Knocknarea hill and looking out across the Atlantic.

## Kylemore Abbey

A Benedictine monastery based in a 19th Century castle on a picturesque lakeshore, Kylemore Abbey in Connemara is well worth visiting. As well as exploring the abbey itself, visitors can tour the entire 1,000 acre estate, including six acres of Victorian walled gardens.

## Galway City

Welcoming and colourful, the harbour city of Galway has everything you could possibly want from an Irish city and for 2020, Galway City has been chosen to be the European Capital of Culture for 2020.

## Doolin Cave

Inside the Doolin Cave in County Clare, you will find the longest free-hanging stalactite in the entire Northern Hemisphere. A staggering 7.3 metre (23 feet) structure hanging from the ceiling, it was formed from calcium deposits from a single drop of water, dripping over thousands of years.

## The Cliffs Of Moher

As one of Ireland's most visited sites, the majestic Cliffs of Moher on the Clare coast need no introduction. Providing views of the Aran Islands, the Maumturks and Twelve Pins mountain ranges, and Loop Head peninsula, these spectacular cliffs are a natural national treasure.

## Bunratty Castle

Clare's 15th-Century tower house known as Bunratty Castle has become another major tourist attraction, famous for its long history (the site was originally a Viking trading camp in 970) and its medieval-style banquets – a tradition that has survived since 1963.

## Slea Head Drive

Taking in some of Ireland's most striking vistas, Dingle's circular Slea Head driving route has so many fabulous stopping points that it's impossible to pick just one. Travellers are advised to set aside at least a half-day to get the most out of this breathtaking journey.

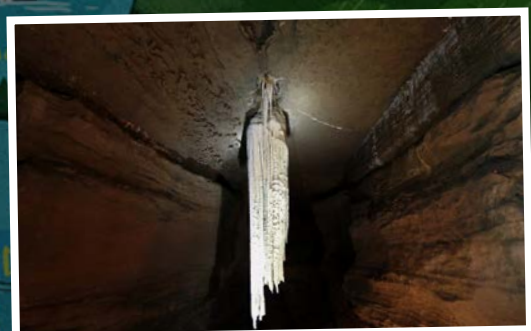
## Skellig Micheal

The site of a former monastery and featured in the recent Star Wars films, the larger of County Kerry's two Skellig islands is as arresting in person as it looks on film.

## Mizen Head Signal Station

The southerly equivalent of Malin Head, the cliffs at Mizen Head has their own visitor centre, where the brave can cross a startlingly high bridge and watch for seals, whales and dolphins in the waves below.

*Courtesy of Kate Phelan @ the culture trip*





REBEL RED



CHIEFTAIN IPA



FRIAR WEISSE



SHANDON STOUT



FRANCISCAN WELL BAR  
WWW.FRANCISCANWELLBREWERY.COM

WE'RE MORE  
THAN JUST  
GOOD BEER!

BREWERY TOURS DAILY AT 5PM  
TRAD SESSIONS DAILY AT 3PM



North Mall, Cork City  
franciscanwellbrewery@gmail.com

MONK  
COCKTAIL BAR  
Open upstairs  
Thursday to Saturday



## WILD ATLANTIC WAY DAY TOURS



Wild Atlantic Way Day Tours operate daily  
guided sightseeing tours from Galway,  
Ennis and Limerick to:

Aran Islands  
Cliffs of Moher  
Connemara

For information and booking, please visit our website  
[www.wildatlanticwaydaytours.com](http://www.wildatlanticwaydaytours.com) Tel: 091 778 778



# Loop Head

## *On the Wild Atlantic Way*

***From birdwatchers and legendary lovers to Star Wars film crews, no one can resist one of the Wild Atlantic Way's most dramatic headlands***

### **A cinematic landscape**

Bound on one side by the Shannon Estuary and on the other by the awesome power of the Atlantic Ocean, Loop Head has always been defined by its relationship with the water. As you drive south from Kilkee and embark on the famous Loop Head Drive, you'll be wowed by the dramatic cliffs, turbulent seascapes and historic sites you'll encounter.

With scenery this beautiful, who could blame those Star Wars location scouts for being enticed. Loop Head was one of a handful of places along the Wild Atlantic Way used to film Star Wars: The Last Jedi. Filming was shrouded in mystery, with the iconic Loop Head Lighthouse closed to the public while the Jedi Masters of the film world worked their magic.

### **Room with a view**

Drive to the very tip of the peninsula and you'll come to the imposing Loop Head Lighthouse. There's been a lighthouse on this site for well over 300 years but this one dates from 1854 and is open to the public. Take the guided tour and you'll find yourself on the balcony, 23 metres (75 feet) above the ground, braced against the Atlantic winds as you marvel at the views. On a clear day, you can see the mountains of Connemara to the north and the Blasket

Islands to the south. You can even stay in the lightkeepers' accommodation, courtesy of the Irish Landmark Trust.

Nearby, you might notice the E-I-R-E marked on the grassy clifftop in large white letters. This is a relic from World War II, when the writing was used to alert pilots that they were entering neutral air space. You'll find similar sights all along the Wild Atlantic Way.

### **Bridges of Ross**

The Bridges of Ross were a trio of sea arches on the north shore of the peninsula. Only one remains standing but the name has endured and this lone survivor is renowned as one of Europe's top bird-watching sites, home to kittiwakes, cormorants and wintering geese.

### **Little Ark of Kilbaha**

During the mid-19th century, the landlords of Loop Head refused to allow a Catholic church to be built on their land. But the locals refused to abandon their faith and used the Little Ark – a wooden box on wheels, containing an altar – to celebrate mass on the beach.

### **Land of legend**

Just a short walk from the lighthouse, at a spot known as Lovers' Leap, is a stunning natural wonder that's shrouded in legend; a majestic seastack

known as Diarmuid and Gráinne's Rock. It's said that the mythical lovers leapt onto this rock to escape the pursuing armies of jealous exes.

### **Dive right in**

The waters around Loop Head are ideal for everything from sea angling and kayaking to coastering (an exhilarating combination of climbing, swimming, jumping and scrambling along rock pools, cliffs and caves). And if you're a scuba diver, you'll want to know that Jacques Cousteau himself declared this the best diving spot in Europe. Local experts such as Nevsail Watersports and the Dive Academy in Lahinch can help you take on these aquatic challenges.

### **Meet the locals**

Of course you won't want to leave the Loop Head Peninsula before meeting some of the locals. And if you take the Dolphinwatch boat trip from Carrigaholt to the mouth of the Shannon, you'll have the chance to see some of the 160 or so bottlenose dolphins that live in this EU Special Area of Conservation.

So now that you've thoroughly explored the highlights, history and secrets of the Loop Head Peninsula, you're ready to get back into your Wild Atlantic Way adventure.



**Book Direct & Save 10% [www.sandymounthotel.ie](http://www.sandymounthotel.ie)**

#### ABOUT SANDYMOUNT HOTEL

**The 4 star Sandymount Hotel has been run by the Loughran Family since 1955, celebrating 65 years as the largest family run hotel in Dublin.**

Located near Ballsbridge, Dublin 4 beside the Aviva Stadium and the DART rail, you can be in Dublin city centre in minutes and at the city's top attractions including Grafton Street, the Guinness Storehouse and Dublin Castle. The RDS, 3 Arena and Bord Gais Energy Theatre are all within walking distance of the hotel as are the stunning villages of Sandymount & Ballsbridge.

Sandymount Hotel enjoys a long & distinguished history which continues to whisper through the bricks & corniced ceilings of the Victorian Houses which now comprise the modernised hotel. All guest bedrooms include complimentary parking and WIFI. All guests have access to the hotel's fitness room.



**FREE PARKING | GREAT LOCATION  
LANDSCAPED GARDENS WITH OUTDOOR TERRACE  
DELICIOUS FOOD SERVED DAILY IN THE LINE OUT BAR**

[www.sandymounthotel.ie](http://www.sandymounthotel.ie)

[info@sandymounthotel.ie](mailto:info@sandymounthotel.ie) | +353 1 6142000



Sandymount Hotel, Herbert Road, Dublin 4, DO4 VN88

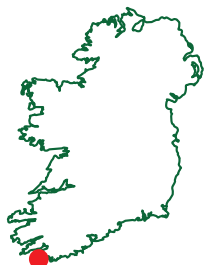


# Mizen Head

*Ireland's most Southwesterly Point  
on the Wild Atlantic Way*

*"One of the best attractions in Ireland..."*

*"... spellbinding"*



**Mizen Café &  
Gift Shop**

[www.mizenhead.ie](http://www.mizenhead.ie)

GPS: 51° 27' 0.59" N - 9° 49' 5.99" W

**028-35000 / 35115**

# SEVEN JAW-DROPPING

## WONDERS OF THE WILD ATLANTIC WAY

Get in gear for some of the most spellbinding destinations on the 1,500 mile/2,500 km wave-lashed, Wild Atlantic Way



---

### THE ISLANDS ALONG THE WILD ATLANTIC WAY

---

Unique, friendly and steeped in traditional culture, Ireland's islands are full of exceptional landscapes, prehistoric forts, Irish-speaking communities and a real sense of escape. There are those that can be easily accessed, connected by bridges to the mainland at islands such as Achill, County Mayo, and Valentia, County Kerry, or abandoned gems such as Inishmurray off County Sligo and the Blasket Islands off County Kerry.

#### Which island should I visit?

There's an Irish island for every taste. Fancy a thrill? Take the cable car to West Cork's Dursey Island, where the resident population is said to be just three. Clear blue waters meet secluded beaches on Inishturk, County Mayo; culture vultures can try a few words of Irish on Tory, County Donegal; and Inis Mór in County Galway is perfect for families.

---

### THE CLIFFS OF MOHER COUNTY CLARE

---

Towering 702 ft/214 metres above the crashing Atlantic waves, County Clare's iconic cliffs offer incredible views out over the ocean. The cliffs are more than 300 million years old, and the walks they offer, the teeming birdlife and the interactive visitor centre make for an unforgettable few hours.

#### What is there to do nearby?

The Cliffs of Moher are close to the Burren National Park, a wonderland of karstic limestone formations. On your coastal drive, plan a stop in the lively music town of Doolin (where you can also catch a ferry to the Aran Islands) and, for a more remote Atlantic experience, take a car or bike around Loop Head, an awe-inspiring headland where you can spot dolphins and whales, as well as the Loop Head Lighthouse, which dates back to 1854.



---

### SKELLIG MICHAEL COUNTY KERRY

---

Skellig Michael lies over 11 km off the coast of Kerry's Iveragh Peninsula, a shard-like rock capped by a UNESCO World Heritage Site with a difference. Close to its peak sit several beehive-shaped huts in a monastic site that dates back to the 6th century, with sensational views of the Irish coast. As seen in Star Wars: The Force Awakens, history, myth and stunning scenery collide with monumental effect at this wilderness site – but come prepared with food and water (there are no facilities). Boats, both to the island and around the island, run from May to October, and are weather-dependent. There are also wonderful views of the islands to be had from the Kerry Cliffs.

#### What is there to do nearby?

The Ring of Kerry is Ireland's iconic touring loop around the Iveragh Peninsula, or try the Dingle Peninsula for seafood, the Sleat Head Drive and a celebrity dolphin called Fungie.



## DOWNPATRICK HEAD COUNTY MAYO

Downpatrick Head is one of the wildest, most glorious places on the island of Ireland. It may look modest on the map, but those who venture out from nearby Ballycastle, County Mayo, are rewarded with stunning views of the Dún Briste sea stack, rugged coastal scenery and wildlife. Dún Briste means “broken fort” in Irish, and this piece of rock is believed to have broken away from the mainland in 1393. St. Patrick is also said to have founded a church on a headland where you’ll find a holy well and stone cross perched above the mighty Atlantic Ocean.

### What is there to do nearby?

Visit the oldest known stone-walled farmlands in the world at Céide Fields; view the Staggs of Broadhaven – a set of five rocky islands off the shore of Mayo’s Benwee Head; take a walk around Sligo’s Mullaghmore Peninsula (in winter, watch the big wave surfers); or catch a wave yourself at Strandhill Beach.



## OLD HEAD OF KINSALE COUNTY CORK

Stretching nearly 3 km into the Atlantic off the coast of West Cork, this dramatic headland is one of Ireland’s most exceptional geographical formations. Although the tip of Old Head is now a private golf course, visitors can still take a stunning 4 mile/6.5 km walk around the base of the peninsula – or discover your adventurous side with a sea-kayaking tour. In 1915, German U-boats famously torpedoed the Lusitania offshore, and a 30-metre lighthouse guides ships to Kinsale Harbour.

### What is there to do nearby?

Explore the foodie town of Kinsale (bring an appetite), which is packed

with craft shops, pubs and seafood restaurants; take a tour of the star-shaped Charles Fort, dating from the late 17th century; or travel west for a mosey around Clonakilty. Its colourful shops, restaurants and nearby Inchydoney beach make this a firm favourite with visitors.

## KILLARY HARBOUR COUNTY GALWAY

Located within the wilderness of Connemara, Killary Harbour stretches 16 km inland from the Atlantic to its head below the Aasleagh Falls, and serves up some of the most dramatic views in Ireland. Cleaving the border between counties Galway and Mayo.

Activities in Killary range from sea kayaking to sightseeing boat tours. There’s a stunning 19th century road here too – the Green Road hugs the coastline tight above the waters of the fjord and is a leap into breathtaking scenery.

Take a Drive to Westport through the awe-inspiring Doolough Valley, set between the Connemara mountains; visit the charming villages and towns of Cleggan, Clifden, Letterfrack and Roundstone; and don’t miss Kylemore Abbey. This Benedictine Abbey, which casts a breathtaking reflection in its lake, is set on a 1,000-acre estate and is home to Ireland’s largest walled garden.



## MALIN HEAD COUNTY DONEGAL

Want the ends of the earth? Ireland’s most northerly point is every bit as elemental as you would expect, with rock formations, ancient ruins and some of Europe’s largest sand dunes. Crowning the Inishowen Peninsula, Malin Head’s natural wonders include basking sharks and exotic birdlife. You might even see the Northern Lights, which are known to make an appearance in the skies above the peninsula. Steeped in myth and history, the area also boasts Banba’s Crown, a clifftop tower dating from 1805, and the ominously titled Hell’s Hole, where the Atlantic waves dramatically crash against cliffs.

Content courtesy of Ireland.com.

Images courtesy of Fáilte Ireland

# Things to Do in Donegal



## Glenveagh National Park

Glenveagh National Park is one of the six beautiful national parks in Ireland. Situated in the Northwest of Co. Donegal, Glenveagh encompasses some 16,000 hectares in the heart of the Derryveagh Mountains. Such a great wilderness is the haunt of many interesting plants and animals. These lands were managed as a private deer forest before becoming a national park in 1975. With the completion of public facilities, Glenveagh National Park was officially opened to the public in 1986.

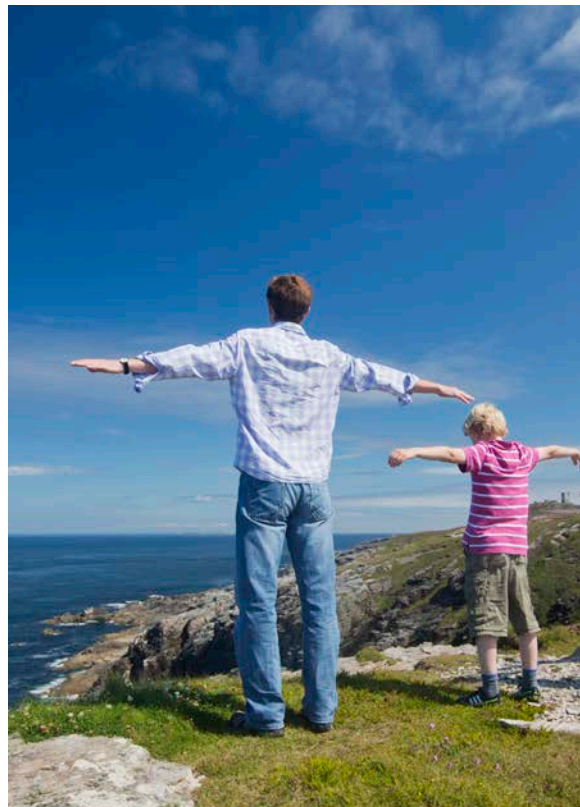


## Glenevin Waterfall (Clonmany)

This amazing waterfall is located at the top of a short 2km hike through the woods in Clonmany. There are picnic areas on the way to the waterfall which blend in beautifully with the natural landscape. Footbridges towards the waterfall are dotted along the track as visitors criss-cross the stream using the stepping stones.

## Malin Head

Malin Head is located on the Inishowen Peninsula, County Donegal. Here you will find the most northern point of the whole island of Ireland. The northernmost tip is the headland named Dúnalderagh (Banba's Crown). The views in this area is spectacular and it is a place that any tourist must visit when they come to Donegal.



## Mount Errigal

Mount Errigal is a beautiful mountain near Gweedore in County Donegal. It is both the tallest peak of the Derryveagh Mountains and of all the peaks in County Donegal. Errigal is also the most southern, steepest and highest of the mountain chain, called the "Seven Sisters" by locals. The mountain is beautiful in both Summer and Winter and is a must-see.

## Narin & Portnoo Beach




One of Ireland's finest beaches! This beach has everything: beautiful sand, peninsulas and hills in the background. It is an absolute gem and should not be under-estimated. Anyone who has been there will know what we are talking about.


# Padraicins Galway

While you are travelling along the Wild Atlantic Way and the ol' tummy starts to rumble, then a quick stop in to the beautiful Padraicins restaurant in Furbo Co. Galway is the answer to your prayers.



Offering some of the best seafood dishes, an extensive all-day restaurant menu and honest pub grub fayre using local food produce - all whilst overlooking Galway Bay - this is a little piece of heaven to enjoy on your Wild Atlantic Way journey. Located just 10 minutes from Galway City on the coast road to Connemara. Pop in and get a genuine Irish welcome from the Padraicins team.







**COME TO THE WATERS' EDGE**

**Book now call: 091 592444**

15 mins from Galway City, Furbo, Co. Galway.

[www.padraicinsrestaurant.com](http://www.padraicinsrestaurant.com) email: [padraicins@eircom.net](mailto:padraicins@eircom.net)

## SPECIAL OFFERS

**Wild Atlantic Cruise on Donegal Bay**

**2 NIGHTS BED & BREAKFAST FROM €239**

**FOR 2 PEOPLE SHARING**

**INCLUDES A CRUISE ON DONEGAL BAY. \*SAILING TIMES VARY**



**Abbey & Central**  
Hotels  
THE DIAMOND, DONEGAL TOWN




**Places to See**

- Tour The Wild Atlantic Way*
- Visit Magee of Donegal & Irish House to see how the legendary Donegal Tweed is made*
- The Folk Village Glencolumbkille*
- Sliabh Liag - Europe's Highest Sea Cliffs - an unforgettable experience*
- Maritime & Heritage Centre*
- Experience traditions of the famous hand crafts & Killybegs fishing port*
- Daniel O'Donnell Visitor Centre*
- Glenveagh National Park*
- Rosstownlough / Murvagh beaches*
- Belleek Pottery*
- Donegal Castle, Donegal Town*
- Donegal Craft Village, Donegal Town*
- Donegal Railway & Heritage Centre*
- Salthill Gardens, Mountcharles*
- Special Active Retirement Rates for trips on Donegal Bay Waterbus*
- Discounted Rates at Donegal Golf Club*
- an outstanding links course*
- Donegal has many beautiful walks - information pack with maps available*
- Fishing trips can be arranged*
- Bike Hire Available (Electric/Hybrid)*



The Diamond, Donegal Town, Co. Donegal

[www.abbeyhoteldonegal.com](http://www.abbeyhoteldonegal.com) | [www.centralhoteldonegal.com](http://www.centralhoteldonegal.com)

0035374 97 21014 | 0035374 97 21027

*Explore*  
like a local.

[fitfunadventures.com](http://fitfunadventures.com)






**YOUR GUIDE TO THE WILD ATLANTIC WAY**

Helping you make the most of your free time!







**What to do?**



**What's on?**



**Where to go?**



## Waterville House & Golf Links

The Georgian Manor is an 18th-century manor house that sits on a narrow isthmus facing the wild Atlantic with beautiful Lough Currane on its eastern perimeter. The Currane River bisects the 50-acre estate as it flows into Ballinskelligs Bay. The Manor was built by the Butler family in 1790, and the estate was called "Waterville".

Aside from its comfort and charm, the four-star residence has 12 bedrooms, and a private Fazio designed practice facility. Guests enjoy preferential tee times and access to fishing the famous Butler's Pool and private rivers and lakes. The ancient Weir of Butler's Pool is listed in the book, Iveragh Peninsula Archaeology, and is part of Ireland's Salmon Research program, supplying critical spawning migration data.



## Scotts Hotel, Killarney

Situated in heartbeat of Killarney Town Centre, Co. Kerry, nestled at the doorstep of the Ring of Kerry. Over the years, this family run hotel in Killarney has established a reputation for its excellent location, friendly customer service & very welcoming atmosphere.

[www.scottshotelkillarney.com](http://www.scottshotelkillarney.com)



## Inchdoney

Inchdoney Island Lodge & Spa – an Irish seaside classic and one of the country's iconic seawater spa destinations... with a charming West Cork accent!

Overlooking two magnificent stretches of Blue Flag beach, just outside the pretty heritage town of Clonakilty in West Cork, Inchdoney Island Lodge & Spa is a warm, polished and welcoming seaside hotel with a unique and wonderful thalassotherapy seawater spa.



4 TIME HOST  
VENUE   
Dubai Duty Free  
**IRISH OPEN**

WINNER



PARKLAND COURSE  
OF THE YEAR

*Visitors*  
**WELCOME**



**CONTACT OUR GOLF TEAM**

**Killarney Golf & Fishing Club**

 **+353 64 6631034**

 **[killarneygolfclub.ie](http://killarneygolfclub.ie)**

Follow Us



SET IN KILLARNEY'S NATIONAL PARK  5 MINUTES FROM TOWN CENTRE



IRELAND'S  
ANCIENT EAST

- Heritage Tours
- Traditional Skills Courses
- Fulacht Fiadh Restaurant
- Craft & Gift Shop
- Free on-site Parking
- Open all year round



Contact us

# Take an adventure into the past



The Irish National  
**HERITAGE  
PARK** Wexford

One of Europe's great  
open-air experiences  
where 9,000 years  
of history comes to  
life in a magical  
woodland setting

The Irish National Heritage Park, Ferrycarrig, Co. Wexford, Ireland  
W: [www.irishheritage.ie](http://www.irishheritage.ie) E: [bookings@irishheritage.ie](mailto:bookings@irishheritage.ie) P: 053-9120733

# SKELLIG SIX18 DISTILLERY

Skellig Six18 Distillery was born out of the Skellig community that took on seemingly impossible challenges built at the edge of two worlds in Cahersiveen, the “town that climbs the mountain and looks upon the sea.” For centuries, communities have settled within the raw beauty of this land and seascape until both the area and its devoted inhabitants have gained a reputation for being wild and free.

Within this setting, experience a guided tour of the newly opened Skellig Six18 Distillery in the company of a local storyteller to discover how Skellig Six18 is crafted as a premium artisan Irish gin using local botanicals. Learn how the Distillery’s name was inspired by the UNESCO world heritage site (on the nearby

Skellig Rocks) where sixth century monks hand-crafted six hundred and eighteen steps on the island’s rockface to reach their monastery. There is also a special opportunity to witness the evolution of this distillery that is in the process of expanding through the installation of a brand-new whiskey distillery. Opening Summer 2020, Book Online.

#### *Key highlights include:*

- Gin | learn how premium Skellig Six18 Gin is made at the distillery | taste it
- Evolution & Expansion | witness the story and working installation of a brand-new whiskey distillery
- Whiskey | history of premium Irish Single Pot Still Whiskey | how Irish whiskey is made | tastings
- Local Storyteller | discover Cahersiveen & the Skellig Coast’s historical connection to the spirits trade
- Sensory Experience | touch | smell | feel | hear | taste
- Gin School | forage for botanicals | design the recipe | distil | bottle | label your own gin | group setting
- Explore! | boat trip to explore the Skellig Coast | UNESCO World Heritage Site of Skellig Michael (May – Oct)

[www.SkelligSix18Distillery.ie](http://www.SkelligSix18Distillery.ie)  
#SkelligSix18



## Tralee Bay Wetlands Eco & Activity Park a must see in County Kerry

While touring the beautiful Kingdom of Kerry, you absolutely must stop at Tralee Bay Wetlands Eco & Activity Park! Situated in the most beautiful natural setting, against the backdrop of the Slieve Mish mountains in a tranquil urban nature reserve, it offers a great place to visit offering; gentle walks, interesting guided or self guided tours and a popular café/ bistro for lunch overlooking the main lake. A 20 metre viewing tower (has lift access) offers stunning views of the surrounding area for approx 60kms and overlooks the estuary of Tralee Bay and out onto the Slieve Mish Mountain ranges. An optional short boat trip meanders through the wetlands reeds and waterways offering close views of nature, especially wetland birds, and a wide variety of wetland habitat.

An activity and recreational area offers walks, bike hire, water zorbing, pedelo boats and out door climbing.



### UNIQUE VISITOR NATURE EXPERIENCE

A GREAT DAY OUT FOR ALL AGES

**Nature, Wildlife & Biodiversity Programmes,  
Educational Trips, School Tours, Activity Groups & Birthday Parties  
Daily Guided Nature Tours & Safari Nature Boat Trips**

#### ACTIVITIES FROM MARCH TO OCTOBER

PROGRAMMES AVAILABLE TO GROUPS ALL YEAR

**PEDALO & ROWING BOATS - WATER ZORBING  
OUTDOOR CLIMBING WALL**

GROUP RATES AVAILABLE WITH THE WETLANDS TEAM

**VISIT OUR WEBSITE [WWW.TRALEEBAYWETLANDS.ORG](http://WWW.TRALEEBAYWETLANDS.ORG)**

**Kerry**  
Your Natural Escape

**WILD ATLANTIC WAY**  
SUI AN ATLANTACH FÁS

**Tralee Bay Wetlands Eco & Activity Park**  
Ballyard Road, Tralee, Co. Kerry V92 HH57  
Phone: 086 712 6700 Email: [info@traleebaywetlands.org](mailto:info@traleebaywetlands.org)





# Kerry Airport

## *A World of Choice*

**K**ERRY AIRPORT IRELAND, in the heart of the Kingdom along the spectacular Wild Atlantic Way, serves eight direct routes providing passengers with seamless travel to and from Manchester, London (Luton & Stansted), Berlin, Frankfurt Hahn, Alicante and Faro with Ryanair, and Dublin with Aer Lingus Regional.

The short 50 minutes flight between Kerry to Dublin is a major saving in time for busy Kerry businesses needing access to Dublin and onward to destinations in the USA, Middle East and Australia. Seamless interlining of the Aer Lingus flights from USA to Kerry via Dublin is seeing increased American tourists coming direct to the Kingdom.

New for 2020 is the twice-weekly (Sundays & Thursdays) Ryanair route between Kerry and Manchester and additional frequency of the summer sun route between Kerry and Alicante.

Kerry Airport Ireland is ideally located 15 minutes from Tralee, Killarney and the Ring of Kerry,

30 minutes from the Dingle Peninsula and just over an hour from the Skellig Coastline. Unlike most other international airports, Kerry Airport offers low-cost short-term and long-term car parks within walking distance of the terminal building.

The Departures Lounge has been transformed to provide a more comfortable and efficient experience for passengers who may wish to relax in the brand-new bar or browse in the shop before setting off on their journey.

The newly-refurbished fully-licensed bar and restaurant which is located in the main concourse provide a wide variety of beers, spirits and wines and an excellent selection of hot and cold meals, snacks, teas, coffees and soft drinks.

The check-in and security staff at Kerry Airport Ireland are trained to the highest level to ensure a smooth transition for all passengers with a commitment to accommodate the requirements, and needs, of any passenger with reduced mobility, or those who require special assistance.



Kerry Airport is serviced by a Taxi Rank, Bus Éireann, and a mainline railway station linking Dublin/Cork with Kerry (Killarney and Tralee) in Farranfore Village, one mile from the Airport.

International passengers can avail of the Foreign Exchange service at Kerry Airport while there is an ATM in the main concourse and FREE WIFI throughout the terminal building.

For full details of all routes, flight times, parking and car-hire services at Kerry Airport and for information on all that Wild Atlantic Kerry has to offer, visit [www.kerryairport.ie](http://www.kerryairport.ie).



# Malin Head

## On the Wild Atlantic Way

A jewel on the Wild Atlantic Way; a wild landscape rich in historic curiosities; and now a Star Wars filming location. Welcome to Malin Head

### As far north as you can go...

Malin Head lies on the Inishowen Peninsula in County Donegal, at the most northerly tip of the island of Ireland. It is the start (or end, depending on your point of view) of the Wild Atlantic Way and has long been renowned for its epic coastal scenery, thriving birdlife and historical curiosities.

More recently, Malin Head so captured the imagination of Star Wars location scouts that they cast it in *Star Wars: The Last Jedi*. Locals and visitors alike were thrilled by the sights that unfolded over the course of the shoot. The Millennium Falcon (ok, maybe it was a replica) perched on a cliff as the waves crashed beneath it; Luke Skywalker (actor Mark Hamill) popping into Farren's pub on Malin Head for refreshments; a local stormtrooper arriving to the set in full battle dress. The crew did as everyone should along the Wild Atlantic Way – they left no trace behind them. Now, when you visit Malin Head, you'll just see the unspoiled beauty of the place.

### Myth and history collide

A great place to start exploring Malin Head is the very tip of the headland where you'll find Banba's Crown (named after a mythical goddess of Ireland). "The Tower", as it's known locally, was built by

the British Admiralty in 1805 as part of a string of buildings right around the Irish coast to guard against a possible French invasion.

More modest are the nearby World War II lookout posts. Malin Head was one of 83 coastal locations used to provide a picture of wartime events along the Irish coastline. The coast watchers here had plenty to report in the early stages of the war as German U-boats attacked convoys in the vicinity.

### Grianan of Aileach

Explore the remains of this stunning stone ring fort at Burt. It's built on the site of the original 1700BC ringfort, and stands 735ft above sea level. On a clear day, you can see no less than six surrounding counties.

### Doagh Famine Village

Centred on a "clachan" or group of traditional farmhouses, this attraction offers guided tours that transport you back to the dramatic events that dominated the lives of mid-19th-century locals.

### Inch Wildfowl Reserve

Follow the 8km looped walk around this wetland and you're in for a birdwatching treat. Watch out for geese, swans, ducks and a variety of waders as well as panoramic views of the landscape.

### What lies beneath?

Overall, the turbulent waters off Malin Head have witnessed more than their share of maritime

history. The folks at Malin Head Wrecks can tell you that there are more ocean liners and German U-boats sunk off this stretch of coast than anywhere else in the world.

Several miles off the coast of Malin Head lies Inishtrahull island, composed of the oldest rocks in Ireland, metamorphic gneisses dated at around 1.778 billion years old! Further to the east, the hills of Scotland can be seen on a good day.

Also in view just along the coast from Banba's Crown is Ballyhillin Beach, a unique raised beach system of international scientific significance. It's a reminder of a time, 15,000 years ago, when sea level was up to 100ft higher than today. The beach is also well-known for its semi-precious stones.

### Natural wonders

Finally, one of the world's most amazing natural phenomena has started to make regular appearances off the Inishowen Peninsula. Thanks to a peak in the sun's activity, the Northern Lights (Aurora Borealis) are frequently spotted off this coast. This is set to go on for a few more years, too, so maybe you'll be in luck when you visit.

So there you have it, the Inishowen experience: exhilarating coastal walks, unsurpassed natural beauty, spectacular phenomena and historical intrigue... take it all in before heading back on your Wild Atlantic Way adventure!



# Go Wild magazines are now on PressReader

Pick up one of their titles to plan your next adventure to Ireland.

With an in-depth look at local cultures and experiences they've got you covered.



Download PressReader from



App Store



Google Play



Microsoft



## OPW

The Office of Public Works (OPW) is your gateway to Ireland's most iconic heritage sites. From Cork to Donegal and from Dublin to Galway, OPW is your partner to discover the very best of Ireland's heritage attractions.

From castles to battlefields, from formal gardens to wild landscapes and from Christian round towers to Neolithic burial chambers, there is something there for everyone. Our heritage card allows you to explore all these magnificent sites at a very affordable price.



## Bunratty Castle and Folk Park

The most complete and authentic Castle in Ireland. Ireland's iconic Bunratty Castle is a must on your itinerary to Ireland. Named after the river Raite which runs alongside this strategic battlement. The spot on which this castle stands has been occupied for over 1000 years. From the Vikings to the Normans, great Irish Earls and noble Lords and Ladies. Graciously restored in the 1960's and furnished by Lord Gort's magnificent collection of medieval furniture and furnishings, this is your chance to experience a window on Ireland's past and explore the acclaimed 15th century Bunratty Castle.



 **BrainStorm**  
Web | Brand | Print

## Looking for an ecommerce store?

LEO are offering Trading Online Vouchers for Small Irish Businesses

### Who can apply?

*The online trading voucher is open to all businesses with ten or less employees, intends to trade online (provided that the business is located and operates within the area of an Enterprise Office) and whose website has a content management system that can be added to over time.*

### Need help? Contact us

*If you would like more information about grants available to you and your business or would like to discuss any of the points that you have read about here, please do not hesitate to contact us and we would be happy to help.*

 **BrainStorm**  
Web | Brand | Print



#### Sales

Danny: 087 232 6762  
Robert: 087 446 7007



#### Enquiries

Email: [info@brainstorm.ie](mailto:info@brainstorm.ie)  
Office: 061 748 278



#### Web

[www.brainstorm.ie](http://www.brainstorm.ie)

# Go Wild Magazine

Book your space now

Choose from Six Go Wild Titles in 2020



+  
Go Wild Northern Ireland & Go Wild Cornwall

Book your space now

Call Bobby on 087 446 7007 or [bobby@gowildmagazine.com](mailto:bobby@gowildmagazine.com)

# *Ireland's best beaches*

## *Make the most of the sunshine!*

IMAGE: RAYMOND FOGARTY

Get the wind in your hair and sand in your toes with our pick of Ireland's best beaches... what do you think of our picks?

### **Best for beauty**

#### *1. Dog's Bay, Co. Galway*

Dog's Bay, Connemara: Just a couple of kilometres from the village of Roundstone on the Ballyconneely Peninsula you'll find two of the sweetest beaches on the Wild Atlantic Way lying back to back. Both Dog's Bay and Gurteen Bay are good for walking and swimming but it's the snow-white sands of the former that do it for us.

Not so much a beach as a long crescent of sand back-to-back with another beaut of a silvery bay, Gurteen. Both have white sand made of tiny particles of seashell and between them you'll always find shelter from the summer breeze.

**Après beach:** Rent kayaks at Gurteen beach by the car park.

#### *2. Inchavore, Lough Dan, Co. Wicklow*



Lough Dan (Irish: Loch Den) is a boomerang-shaped ribbon lake near Roundwood, County Wicklow.

Cling to the side, alright, it's a lakeside beach, and you have to clamber down to it, but with the steep sides of Inchavore valley rising around you, the lake stretching before you, birch trees behind you, this is a fantastic beach for a picnic and chilly swim - and chances are you'll have it all to yourself.

Getting there: Follow the instructions for Inchavore Valley Short Hike on [loughdan.com](http://loughdan.com).

**Après beach:** Warm up by going trekking with Wicklow Equestrian. [wicklowequestrian.ie](http://wicklowequestrian.ie).

#### *3. Inchdoney, Co. Cork*



Inchdoney, Co. Cork: Voted best in Ireland in TripAdvisor's Travellers' Choice Awards.

Follow the road from Cork to Clonakilty and just beyond you'll find Inchdoney Island, a blob of land surrounded by crystal clear Blue-Flagged waters. Sheltered by land on three sides, it has views out over Clonakilty Bay to the south and here you can walk the sandy shore and watch the long rollers come in from the Atlantic.

**Après beach:** Boyne organise a sea-foraging-kayak trip with Atlantic Sea Kayaking from Union Hall, Cork city or Skibbereen. [atlanticseakayaking.com](http://atlanticseakayaking.com)

#### *4. Keem Bay, Co. Mayo*

**WATCH:** 25-foot shark swimming "almost daily" in Achill Island's Keem Bay

For sheer drop-dead beauty, Keem beach on Achill Island is the landscape queen. Scraped out of the cliffs of Benmore to the west and Croaghaun on the east, it is a little handkerchief of a beach that was once a basking shark fishery and holds a Blue Flag.

**Après beach:** Go off track to explore Achill's mountains and

sea cliffs with expert guides at Achill Surf. [achillsurf.com](http://achillsurf.com)

**Eat:** Pure Magic Lodge for pizza. [puremagic.ie](http://puremagic.ie)

## 5. *Trá an Doilín, Co. Galway*

Look closely and you'll see that the beach at Trá an Doilín in the heart of the Connemara Gaeltacht is made of tiny shards of coral in different pastel shades. Crystal clear water for snorkelling, seaweed drifts for foragers, large stones for sunbathers to stretch out on, rock pools for young fisherfolk. Perfect.

## Best for families

### 6. *Fanore, Co. Clare*

If the grey limestone flags of the Burren begin to pall, make a break for the black and golden shores of Fanore beach (above). The gold, says one theory, comes from iron oxide coating the minuscule shell fragments that make up the beach - it's all about geology in this part of the world - and get a fresh perspective on the unique landscape.

**Après beach:** Visit Craggy Island and Father Ted's house - in real life it's a farm serving a fine brew. Ah, go on, go on. [fathertedshouse.com](http://fathertedshouse.com)

### 7. *Tyrella, Co. Down*

Laden with awards - Blue Flag, Green Coast and more - Tyrella beach is heavenly for kids, with enough sand to build a military complex, bury dad or sculpt animals, and shallow warm(ish) water good for paddlers. And then there's that view of the Mourne Mountains in the distance.

**Après beach** Visit Inch Abbey, an 8th-century ruin, perfect for picnics.

**Eat** Get your sandwiches at The Daily Grind in Downpatrick, there's a very good reason why locals queue. [dailygrind.ie](http://dailygrind.ie)

### 8. *Brittas Bay, Co. Wicklow*

Scene of many a Dubliner's golden summer memories, Brittas Bay is a 5km stretch of silvery beach backed by grassy dunes. Head for south Brittas, it has a Blue Flag. Even in a heatwave, you'll still find plenty of towel room and the rollers are gentle and kid-friendly.

**Parking:** €4; as well as roadside parking if you don't mind a walk.

### 9. *Sandycove, Co. Dublin*

Within a beach ball's throw of each other are two much-loved Dublin waterholes, Sandycove Beach and the Forty Foot. Families flock to Sandycove for its gently sloping beach and calm waters, while sunbathers spread their towels on the grassy banks above. Around the corner, the Forty Foot is a rocky cove where teenagers dare each other to leap off the

high rock into the water below, and hardy swimmers do laps to Dalkey Island and back.

**Après beach:** Wear the kids out with a run around the People's Park in Dun Laoghaire, 10 minutes walk, and a clamber in the playground.

### 10. *Velvet Strand, Portmarnock, Co. Dublin*

Dublin's northside is spoilt for choice when it comes to beaches. The vast flats of Dollymount Strand are beautiful but very exposed, which is why kite-riders flock there. For a day's sunshine and splashing, try Portmarnock's 5km sandy shoreline instead and position the deckchair for knockout views of Howth Head and Ireland's Eye. Park at the South Beach car park and follow the path through the dunes to avoid the jams.

**Après beach:** Go straight to the picturesque fishing village of Howth to pick up

### 11. *Barleycove, Co. Cork*

Childhood memories are made of long summer days on beaches like Barleycove and when the sun shines this stunner rivals any Caribbean beach for turquoise waters and golden sands. A floating bridge from the car park to the beach leapfrogs the delicate dune's eco-system and is a thrill for kids. Unpack the cooler, set up the deckchair and relax, the gently shelving beach makes this a safe spot for kids to paddle and splash.

**Après beach:** Visit Mizen Head Signal Station on the southernmost tip of the peninsula for the thrill of pretending to be radio hams. [mizenhead.net](http://mizenhead.net)

### 12. *Ballycastle, Co. Antrim*

Get the sand between your toes at Ballycastle, an old-style bucket-and-spade beach at the northern end of the Glens of Antrim. Stroll towards brooding Fairhead and you come to Pans Rocks, old iron salt pans that jut into the sea. Spot the carved face on one lump of rock or follow the steps chiselled out of the rock into the Devil's Churn, an underwater tunnel. Very Famous Five.

**Après beach:** Take a full-day or half-day expedition with Ballycastle Charters. (048) 2076-2074.

**Eat:** It's hard to beat family-run Morton's Fish & Chip Shop, who catch their own the fish daily, 048 2076 1100.

### 13. *Garrettstown, Co. Cork*

A family favourite, Garrettstown has sand for digging holes, rock pools for shrimping, dunes for exploring and views of the Old Head of Kinsale to add a splash of drama to a day's beachcombing.

**Après beach:** Inject some thrill into the day, coasteering with Garrettstown Surf School & Coasteering. [surfgtown.com](http://surfgtown.com)

## 14. Portstewart, Co. Derry

Ever since Victorian times, Portstewart has been a genteel seaside resort, with holiday makers drawn no doubt to the three kilometres of sandy beach that make up Portstewart Strand and the bracing water. Nowadays, though, it's a big draw for surfers and nature lovers.

**Après beach:** Sway across Carrick-a-rede rope bridge ([nationaltrust.org.uk](http://nationaltrust.org.uk)) which connects the mainland to an island, or cycle along the path to sister seaside town of Portrush for an ice cream.

## Best for island lovers

### 15. Trá Bán, Great Blasket, Co. Kerry

Don't let reading Peig at school put you off visiting the island she married onto. The Great Blasket is a lovely wilderness to explore, picnic and enjoy the views back to Dún Chaoin on the mainland (where the Blasket Centre is located), from lovely sandy Trá Bán

**Après beach:** Explore the island and then the teeming waters around it with Marine Tours ([marinetours.ie](http://marinetours.ie)).

### 16. East End Beach, Inishbofin

Travel back in time with a trip to Inishbofin. Make for East End, a sheltered beach in a horseshoe bay with views back to Mayo and Galway. Its clear calm waters are great for kids to practice the doggy paddle, puttering about in a kayak with a mackerel line, or just floating on your back and counting the clouds.

Getting there Three ferries leave from Cleggan daily in summer. (095 45819 / 086 171 8829). [inishbofinislanddiscovery.com](http://inishbofinislanddiscovery.com)

**Parking:** At Cleggan harbour.

**Après beach :** Sit and drink in the scenery.

### 17. Cartystown beach, Coney Island, Co. Sligo

Between Rosses Point and buzzing Strandhill (whose own beach is surf heaven) lies the original Coney Island, with a lovely bather's beach, Cartystown. The island is tidal, so you can drive or walk via Cummeen Strand at low tide, or take a boat trip from the pier at Rosses Point. Check the tidal tables first though. [tidetimes.org.uk](http://tidetimes.org.uk)

**Après beach:** Have a pint at the island's only bar, McGowans, or take a surf lesson at Strandhill with iSurfIreland. [isurfireland.com](http://isurfireland.com)

## Best for swimmers

### 18. Badger's Cove, Dunmore East, Co. Waterford

Twisting steps lead down to a small sandy cove, backed by

a cave and cliffs where kittiwakes nest and the water calls to swimmers. And if that's not to your liking, this pretty village has plenty more bathing coves to choose from - ladies' cove, men's cove, and if you're going the full-back crawl, the Blue-Flagged Counsellor's Strand by the golf course.

**Après beach:** Rent a kayak at Dunmore East Adventure Centre. [dunmoreadventure.com](http://dunmoreadventure.com)

### 19. Killiney Beach, Co. Dublin

On a hot summer's evening, with towel and togs tucked under your arm, Killiney beach is the place to head for a dip post-work. Admittedly, it's stony, but that great sweep of bay is just a 30-minute Dart journey from the city centre. The sweet spot is White Rock, at the Dublin end of the crescent, at high tide a rocky outcrop cuts it off from the rest of the beach.

**Après beach:** Cross Vico Road and climb up to the top of Killiney Hill, the views will feed the soul.

## Best for Surfers

### 20. Rosstown, Co. Donegal

Facing westward into the Atlantic, Rosstown Beach has seen waves up to 7m high. No surprise then, that surfers love it and it's a good spot for beginners (try Fin McCool Surf School; [donegalsurfing.com](http://donegalsurfing.com)). But so do families who can drive cars laden with buggies, windbreaks and deckchairs on to the beach and set up picnic blankets nearby to break sandcastle-building records or dabble in the water.

**Après beach:** Walk the Creevy Coastal Path running from Rosstown to Ballyshannon, about 16km, along the clifftops, stop at Creevy Pier Hotel for refuelling.

### 21. Magheroarty, Co. Donegal

Magheroarty is the poster girl for beaches in a county where they would be storybook perfect if only the weather would oblige. Surfers heart its big breakers and empty waters, walkers love the views of Inishbofin and Tory islands.

**Après beach:** Drive to Falcarragh or Marble Hill for a surf lesson with Narosa. [narosalife.com](http://narosalife.com)

### 22. Lahinch, Co. Clare

Lahinch has a few claims to fame. On land, the world-class links course is a hit with golfers, while along the shoreline, neoprene-coated surfers carve up the waves no matter what the weather. Yet another fine reason to visit this part of the world comes out of the sea - fantastic fish. Visit Vaughan's Anchor Inn up the road for a plate of locally caught seafood served up just fine.

**Après beach:** Round of golf? Book a game at Lahinch Golf Club. [lahinchgolf.com](http://lahinchgolf.com)

## Get off the Beaten Track in East Clare – a gem in Ireland's Hidden Heartlands

Ireland's Hidden Heartlands is all about slowing down and getting off the beaten track so that you can recharge your batteries. What better way to do this than visit the Lough Derg Blueway. With its blissful, blue, clear water and beautiful, dramatic surrounding countryside, the Lough Derg Blueway stretches across three Irish counties - Clare, Tipperary and Galway - each with its own list of activities, trails and loops to explore. Best of all, you can do it your way – by canoe, paddle board, under sail, cruising, by bicycle or by foot.

For some inspiration and to help you plan your trip to Lough Derg in Ireland's Hidden Heartlands, visit [www.visitclare.ie](http://www.visitclare.ie) or [www.discoverloughderg.ie](http://www.discoverloughderg.ie) where you'll find details of accommodation and activity providers.



## Burren Smokehouse

At the Burren Smokehouse with their two very different visitor experiences, you will taste smoked salmon, learn how they smoke it by watching a video and exploring the kiln, and shop.

In the other interactive experience, you will follow the story of Irish Salmon through time and watch the legend of the Salmon of Knowledge unfold before your eyes. Solve jigsaw puzzles and quizzes!



## Tralee Bay Wetlands Eco & Activity Park a must see in County Kerry

While touring the beautiful Kingdom of Kerry, you absolutely must stop at Tralee Bay Wetlands Eco & Activity Park! Situated in the most beautiful natural setting, against the backdrop of the Slieve Mish mountains in a tranquil urban nature reserve, it offers a great place to visit offering; gentle walks, interesting guided or self guided tours and a popular café/ bistro for lunch overlooking the main lake. A 20 metre viewing tower (has lift access) offers stunning views of the surrounding area for approx 60kms and overlooks the estuary of Tralee Bay and out onto the Slieve Mish Mountain ranges. An optional short boat trip meanders through the wetlands reeds and waterways offering close views of nature, especially wetland birds and a wide variety of wetland habitat.

An activity and recreational area offers walks, bike hire, water zorbing, pedelo boats and outdoor climbing.





# 10 Facts

## *You Didn't Know About Limerick*

1. Limerick, Ireland's third largest city, was founded by the Vikings in 812. Limerick is one of Ireland's oldest cities, with a Charter of Incorporation older than that of London's, dating back to 1197!
2. Limerick is home to the largest Georgian Quarter in Ireland outside Dublin!
3. Former US President, John F. Kennedy's great-grandfather, Thomas Fitzgerald (the man who gave them the 'F' in their name), hails from the town of Bruff in east Co. Limerick!
4. There are 10 places in the USA called Limerick: Limerick, Georgia, Limerick, Illinois, Limerick, Louisville, Limerick, Maine, Limerick, Mississippi, Limerick, New York, Limerick, Ohio, Limerick, South Carolina, Limerick Township, Pennsylvania, and New Limerick, Maine!
5. Irish Coffee, a brew infused with Irish whiskey, was invented in Limerick village Foynes in 1943!
6. Limerick is known as the Treaty City after the Treaty of Limerick was signed here in October 1691!
7. Some of Limerick's well-known sons and daughters include actor Richard Harris, rock legends The Cranberries, broadcaster Terry Wogan, novelist and playwright Kate O'Brien and Pulitzer Prize-winning author Frank McCourt!
8. In 1651 after Cromwell's forces captured the City, St. Mary's Cathedral was used as a stable for the army's horses!
9. King John's Castle is the westernmost Norman castle in Europe!
10. The University of Limerick has the longest footbridge in Ireland and one of the longest footbridges in Europe - it is called the Living Bridge!

## Experience the Wild and Wonderful at the Ice House

Set right on the banks of the majestic River Moy, the Ice House is a sparkling gem of style and sophistication. Enjoy dishes to delight, afternoon tea to die for, panoramic river views, the Chill Spa and bubbling hot tubs right at the water's edge. For Foxford Woollen Mills, the Ceide Fields, Dun Briste Sea Stack, Downpatrick Head & all the amazing attractions along North Mayo's Wild Atlantic Way, it's your perfect jumping off point. For more, visit [theicehouse.ie](http://theicehouse.ie)



## Dromoland Castle is the pinnacle of excellence

Arriving at Dromoland Castle, guests are greeted by a handsome baronial façade resplendent with turret and towers; a powerful reminder that this iconic hotel holds a significant place in Ireland's history.

It is the ancestral home of the O'Brien's of Dromoland, whose lineage dates back 1,000 years to Brian Boru, one of the last High Kings of Ireland. The pinnacle of excellence, they've been welcoming guests to Dromoland Castle since 1963. The imposing baronial façade wraps around a startling interior that seamlessly marries historic opulence with five-star finesse. The multi-million-dollar refurbishment has seen them revamp every space in the castle, from the fabulous Gallery and Library Bar, to the outstanding bedrooms and suites, which have been tricked out in a soothing contemporary palette.

The 16th Century stronghold sits in a 450-acre estate that offers guests the perfect opportunity to enjoy Irish country life.

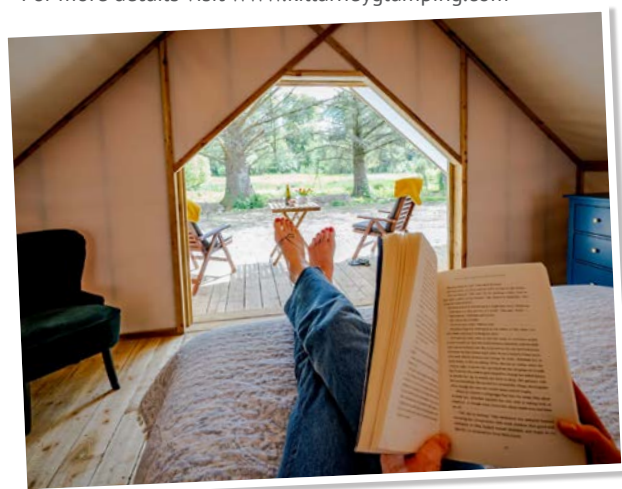


## Killarney Glamping

Killarney Glamping at The Grove offers a choice of year-round Luxury Lodges and seasonal Romantic Glamping Suites both completely designed with couples in mind. Here the emphasis is on privacy, relaxation and luxury. Couples seeking a little adventure will not compromise on comfort here.

Guests will enjoy everything from heated private patios to boardgames and marshmallows. Set in picturesque meadows yet less than a mile from Killarney's town centre & national park. Great base for touring the Ring of Kerry or Wild Atlantic Way.

For more details visit [www.killarneyglamping.com](http://www.killarneyglamping.com)



## The Falls – A perfect base for explorers

The Falls Hotel & Spa is nestled in a wooded vale beside the tumbling waters of the River Inagh in Ennistymon, at the gateway to the exhilarating Cliffs of Moher and Burren Geopark. With beautiful beaches on its doorstep, along with hiking, kayaking and cycling – it is a wonderful base from which to explore this unique area. Their award-winning River Spa and Leisure Centre is also the perfect place to relax after a day of exploring.



## Quayside shopping centre

As one of the leading retail destinations in the North West, Quayside Shopping Centre is ideally located in the heart of Sligo Town. Opened in 2005, Quayside Shopping Centre offers 400 customer car parking spaces and 130,000 Sq.ft of retail space spread over four trading levels. In total the centre boasts 43 Retail Units, 12 Office Suites and 89 Residential units. With its unique combination of open streets and covered malls, Quayside Shopping Centre is designed to meet the requirements of modern retailers and provide customers with a relaxed, safe and convenient shopping experience.



## Lough Foyle Ferry

Connecting the Causeway Coast & Wild Atlantic Way. The Scenic Lough Foyle Ferry is the perfect way to experience both the Causeway Coastal Route and Wild Atlantic Way. Using the mouth of the Lough Foyle to connect Northern Ireland to Donegal, the ferry extends your trip without sitting in road traffic while still enjoying the coastal views.



## Galway City Museum

Galway City Museum is the lead partner on the major new Galway 2020 MONUMENT project. With a primary focus on the stone forts of Aran, this innovative project investigates some of Europe's most impressive stone monuments located on some of Europe's smallest islands. Open for viewing on Saturday 18th April 2020.



## Kylemore Abbey

Looking for the perfect day out in the West of Ireland? Well in that case look no further than Kylemore Abbey and Victorian Walled Garden, one of Ireland's best-loved and most iconic tourist attractions and home to the Benedictine nuns since 1920.

At Kylemore Abbey and Victorian Walled Garden, there is so much for all the family to enjoy. Visit the restored rooms of the Abbey and learn about its history of tragedy, romance, education, innovation and spirituality.

Explore the six-acre Victorian Walled Garden with its delightfully restored garden buildings. Discover woodland and lakeshore walks that will take you on a beautiful journey through our 1,000-acre estate. The beautiful Gothic Church is a short walk from the Abbey, nestled nearby is the Mausoleum where Mitchell and Margaret Henry are buried side by side. Children will enjoy making a wish at the Giant's Ironing Stone.



## Louis Mulcahy Pottery

Listed as a 'must see' attraction on the Wild Atlantic Way, Louis Mulcahy Pottery is a hive of activity where Ireland's pre-eminent potter and well known poet has established a showroom, café, pottery experience and workshop – offering tours and hands-on experience during the Summer season.

The workshop, showroom and café are open 7 days a week throughout the year.

[www.louismulcahy.com](http://www.louismulcahy.com)



## The Franciscan Well History

Cork's Franciscan Well Brewery and Brew Pub is one of Ireland's longest established and best respected craft breweries. The "Well" has gained national fame for its popular beers along with international recognition for its numerous craft beer awards from across Europe along with their successful collaboration with Jameson Whiskey.

Powered by a dedicated team of expert brewers, the Well is a creative power house when it comes to quality Irish craft beer.

[www.franciscanwellbrewery.com](http://www.franciscanwellbrewery.com)



## Waterford Crystal

A luxury collection of the finest crystal continues to be made by skilled craftsmen at the House of Waterford Crystal factory situated in the heart of Waterford City, in Ireland's Ancient East. A significant tourist attraction, the House of Waterford Crystal welcomes 210,000 visitors annually from across the world. The House of Waterford Crystal was recently named as the 'Best Ireland's Ancient East Tourism Experience (Large)' at the ITIC Awards.



## Shannon Ferries

Shannonferry Group Ltd. operates the Killimer-Tarbert Car Ferry linking the main tourist routes of Ireland's Shannon Region on the "Wild Atlantic Way" from Killimer, Co. Clare to Tarbert, Co. Kerry. With scheduled sailings every day, this pleasant twenty minute journey across the Shannon Estuary will save 137 km from ferry terminal to ferry terminal providing a staging point for the many attractions of Clare, Kerry and adjoining counties. On disembarkation, enjoy the majestic scenery on either side of the Shannon Estuary from Killarney & The Dingle Peninsula to the Burren & the famous Cliffs of Moher.



## Spike Island

Spike Island in Cork has been home to captains and convicts, rioters and rebels and sinners and saints. The former prison and fortress island is now a premier visitor attraction having been named 'Europe's Leading Tourist Attraction' in 2017. Discover 1300 years of history, see [www.spikeislandcork.ie](http://www.spikeislandcork.ie) for more info.



## 101 O'Connell St and Maggie Choos

101 Limerick is the name on everyone's lips right now and is Limerick's most popular hotspot. Located on the main street, 101 Limerick is a multi-leveled cocktail bar with an edge, offering three floors of fun in the heart of the city. 'The Basement' at 101 is an authentic and comfortable Irish bar, decorated with paintings by the acclaimed Irish artist Solus and tales of 'Dead' Rob Rich to give visitors a taste Limerick character.

The heart and uniqueness of 101 Limerick is their signature outdoor bar. With ample heating, colourful lighting, plants and creative design, the bar offers an escape into a stylish 'Secret Garden' venue.

[www.101limerick.com](http://www.101limerick.com)



## Maggie Choos

Maggie Choo's is a reliable venue for impressing first-time visitors to Limerick. Step past the street lights and the dark doors into an abundance of textures; with coloured tiles and intricately sculpted wood.

The bar is vast, and stocked with top class liquor. The bar is dotted with an impressive amount of detail that gives the place its soul. If you hear whispers of secret passageways behind the walls, secret cocktail bars or secret gardens — know that it's all true.



### A Flying Visit

Walking into the sanctuary visitors are surrounded by birds of prey and a menagerie of animals and it is hard to see which ones are pets and which ones are actually wild. This close contact with nature is very special and even more intensified as soon as the show starts. It enthral visitors with birds of prey and owls swooping closely over their heads or landing on their heads and hands. After the show, visitors can move on to the Petting Zoo to get hands-on with foxes, a raccoon, reptiles and all of the standard pet-farm favourites. Of course, you will get a plethora of information. A visit to Eagles Flying is fun for all the family – not for kids only. Since it is so unique and different, Eagles Flying won many awards and it is one of the major tourist attractions in the North-West of Ireland. Eagles Flying is all weather suitable.



### Michael Davitt Museum

The Michael Davitt Museum is located in the picturesque and historic village of Straide in Co. Mayo on the N58 route between Ballyvary and Foxford.

The Michael Davitt Visitor Centre includes the beautiful surrounding grounds of Straide Abbey and provides an ideal destination for one of the great family days out in Mayo.

We look forward to your visit.



### Dingle distillery

The Dingle Whiskey Distillery was crafted and conceived by three independent spirits: Oliver Hughes; Liam LaHart and Peter Mosley. Oliver, Liam and Peter are the people behind Porterhouse Brewing Company; one of the pioneers of craft brewing in Ireland in 1996. Craft beer in Ireland in the mid-1990s was not appealing to the masses. The idea was radical to some, simply mad to the rest. The refined pallets of the then youthful Oliver, Liam and Peter had seen a love for beer. As their palates became more and more experienced to the taste of Earth's natural ingredients, the attention turned to whiskey.



### Wild Atlantic Way Day Tours

Let's take you in ultimate style and comfort on a day trip of a lifetime along The Wild Atlantic Way.

'Wild Atlantic Way Day tours provide Day Tours from Galway, each day to Connemara, The Burren and The Cliffs of Moher and our unique tour to the Aran Island of Inisheer together with the Cliffs of Moher in one day. We operate 360 days each year. (Aran Tour March to October)

Our day tours are unique in that we take you off the beaten path to the wild, rugged, unspoiled, untamed coastline shaped and inspired by the Atlantic Ocean, where land and sea collide, We drive on the ocean's edge, where you can journey along our nation's soul.



## Aillwee Caves

Located in the heart of The Burren Region of County Clare. Perched high on its Burren terraced mountainside with what has to be one of the most spectacular views of Galway Bay, along The Wild Atlantic Way, Aillwee is a place full of wonder, beauty and discovery.

Aillwee is home to Ireland's Premiere Show Cave, a dramatic Birds of Prey Centre and an artisan Farmshop where you can taste our unique Award-Winning Burren Gold Cheese. Witness underground and over ground marvels at Aillwee and immerse yourself into a true Burren Experience.

Expert guides will accompany and inform you during your leisurely Cave tour. The tour consists of a 35-minute stroll through the beautiful caverns.

The Birds of Prey Centre has been educating and entertaining visitors with dynamic flying displays set against the dramatic Burren Landscape, since 2008.

---

## Scattery Island

Framed within the calm waters of the Shannon Estuary, Scattery Island is truly a unique visitor experience on the Wild Atlantic Way. Visitors will be amazed at the wealth of historic sites, including five Churches, a Cathedral, a magnificent Round Tower, Napoleonic War Artillery Battery and a working lighthouse. Today the island is completely uninhabited, and visitors can explore its ancient historic sites and experience its unspoilt natural beauty in absolute peace and tranquillity.

Scattery is an ideal location for anyone interested in Ireland's rich history or those seeking a great family day out. Enjoy the natural beauty of the island with a guided walking tour, with local tour guide, around the monastic sites. Learn about St. Senan, who established a monastery there in the 5th Century, the Viking invasions and Brian Boru, the High King of Ireland who defeated the Limerick Vikings in a great battle on Scattery.

After the tour, there's ample time to enjoy a picnic or take a peaceful stroll along the shoreline to the Southern end of the island and explore the Napoleonic Artillery Battery and working Lighthouse located there. For the full island experience, our gourmet Island picnics can be pre-booked as part of your visit!

Tours to Scattery Island depart from Kilrush Marina in Co. Clare and can be pre-booked online. Sailing time is approximately 25 minutes, which includes 10 minutes to exit through the lock gates at the marina and just a short 15 minutes sailing time. Guests have the option of 2.5 hours or 5 hours on the island. This beautiful area of special conservation is subject to limited visitor numbers to ensure its beauty and heritage is protected.

If wish to learn more about this uniquely Irish experience visit [www.scatteryislandtours.com](http://www.scatteryislandtours.com) and book your ticket to visit to one of the 'Seven Wonders of Ireland' (as voted by Irish Independent Readers 2019)

## Learn the secrets of the majestic Shannon River with an intimate luxury cruise escape...

Named after the Celtic goddess of the River Shannon, Sionnan (pronounced 'Shun-on') River Cruises offers luxurious Irish elegance and a rare opportunity to enjoy the secrets of Ireland's most majestic river, the mighty Shannon River.

Available for half and full day private charters, these unique private cruises are designed exclusively for you. Departures are from the picturesque fishing Village of Carraigholt or the heritage town of Kilrush, both located in Co. Clare the Wild Atlantic Way. These bespoke cruises offer a range of experiences that include spectacular coastal scenery, sightings of dolphins, wild eagles and grey seals in their natural environment and create unforgettable memories of Ireland's majestic Shannon River.

You will visit the multi award winning Scattery Island, a 5th Century monastic settlement and enjoy a guided walking tour with a local tour guide around the monastic sites. Featuring five churches, a Cathedral and a superb Round Tower, that is believed to predate Clonmacnoise). A rich and fascinating history awaits you on this little island, from the 5th Century monks and St. Senan, right up to when the last of the islander left the island in the mid 1970's. Other visitor attractions include the deserted island homes, a working lighthouse and Napoleonic artillery battery.

This elegant cruiser can accommodate up to ten guests and features a wooden upper deck and seating area, a beautifully appointed interior with Lounge, relaxation area, en-suite facilities and large windows featuring panoramic views as you cruise. A range of onboard catering options are available that include fresh locally sourced seafood and artisan platters showcasing only the finest of local produce.

You'll be joined onboard for the cruise by owner and descendant of a Scattery Islander, Irene Hamilton, who will share with you the secrets of this intriguing stretch of water, where the Shannon Estuary meets the Wild Atlantic Way.

For further information or to book your private experience on the majestic River Shannon email: [sionnanluxurycruises@gmail.com](mailto:sionnanluxurycruises@gmail.com) or phone 00 353 86 2236995.



## Abbey & Central hotels

At the very tip of Donegal Bay, boasting panoramic views across to the Bluestack Mountains, are the Abbey and Central Hotels. Guests can discover more about these two stunning properties, each of which are bastions of traditional Irish hospitality. From traditional folk music in the duo's lively bars, to blissful massages in the Central Hotel's Sabai Treatment Room, adventure and relaxation can be found in equal measure.

As is expected from a coastal town, locally caught seafood is a speciality, and guests are spoilt for choice in the Abbey and Central hotel restaurants. The Market House Restaurant at the Abbey is famous for its fresh fish and 8oz, prime fillet steak on the Stone, while Chapman's Restaurant at the Central offers a quintessentially Irish afternoon tea, complete with traditional buttermilk scones.

Their central location makes the Abbey and Central Hotels the perfect base for discovering Donegal and the surrounding area. Visitors may saunter around the Bank Walk, take a short stroll into Donegal's town centre to pick up some signature tweed or travel by waterbus to discover the seal colony on Seal Island

[www.donegalhotelcollection.com](http://www.donegalhotelcollection.com)

## THE TEXAS STEAKOUT GOOD HONEST HEARTY FOOD SINCE 1989

Back in 1989, when the idea of the Steakout was conceived, there were very few restaurants in Limerick City. It was a gamble to open a restaurant with a Western theme and located in a basement was also a huge gamble. Thankfully, it was exactly what the Limerick people were looking for and, they responded accordingly. Back then their Waiting Staff were attired in full Cowboy/Cowgirl regalia, complete with Stetsons, Guns and Holsters! This caused quite a stir and was a great talking point in Limerick at that time. Kids were especially fascinated and spent more time playing with the Staff than eating their food! Today, not much has changed except they've grown in size, so pop in to visit them on 116 O'Connell Street, Limerick, and discover for yourself the great food and excellent hospitality that awaits.



## Family Fun at The Gleneagle

With fresh air aplenty, acres of national park to run wild in and all the nature you can possibly imagine, Killarney is a kid's paradise. The team at The Gleneagle Hotel roll out the red carpet for families, from family-friendly dining options to one of the best hotel leisure centres in the country. They offer a selection of room sizes, suites and self-catering apartments so families big and small can book their perfect space. Their famous kids' clubs and kids' entertainment run during the school holidays, they also have pitch and putt, tennis and squash facilities open all year round.



## Michael Collins House

Michael Collins House, Clonakilty is a museum dedicated to Michael Collins and the story of Irish independence; offering an insight into the life of 'The Big Fella' and much more. History is brought to life through guided tours, interactive displays, audio visuals, original artefacts and much more. An affordable, educational and entertaining experience that is suitable for all ages. For more information contact 023-8858676, email [info@michaelcollinshouse.ie](mailto:info@michaelcollinshouse.ie) or visit [www.michaelcollinshouse.ie](http://www.michaelcollinshouse.ie)





# FROM NEAR DEATH TO PERFECT HEALTH

## *D&S Performance Optimization*

**S**tress is one of the biggest killers in our society today and back in 2012 it almost killed Doug Gordon.

Doug worked in the Investment world for 21 years selling investment funds B2B to Global Banks & Fund Managers. He worked as Sales Director & Head of Sales & Marketing for the largest fund management companies in the UK and Ireland. During his investment career he grew a sales area from \$50m per annum to \$1.75Bn in a year in 6 years.

Between 2008 & 2012 Doug went through major stress, two operations that went wrong & then a near death experience.

This brought about a profound change in his life and he has since healed himself completely by studying & using wellness techniques daily in his life and those of his clients. This has generated a passion to help others with High Performance Success without Stress, helping leaders in many industries.

One of the saving graces in Doug's view

is mindful walks in beautiful places of nature such as Wicklow, Kerry, Donegal, and even over in Cornwall. "Connecting with nature, taking in the beauty, breathing in the fresh air and the visual effect of the sea, the mountains and the trees has a massive positive impact on your body, mind and soul. I try and get out to places like this as much as possible and we are blessed in Ireland in this respect."

"In one company I worked in we had a meeting room with no windows. I noticed the atmosphere in the meetings were not as good. I printed out large photos of coastal scenery, mountains and lakes from the coasts of Ireland and put them all over the walls. The productivity and atmosphere of the meetings improved massively. For the first time I witnessed laughter and fun in the meetings. The energy in the room had changed."

So, if photos can have that effect, imagine what the real thing does for the soul!

Doug is now CEO of D&S Performance Optimisation, a coaching, consulting &

corporate training company. He is also the Global Goodwill Ambassador for Dublin.

He speaks professionally all over the world alongside Prime Ministers, film stars, TV celebs, NY Times bestsellers, renowned CEOs & sports stars.

He runs a radio show on Dublin radio, called "Inspirational People, Inspirational Stories" & has had film stars, TV Celebs, famous CEOs, international sports stars, international sports coaches, Guinness Book of record holders, NY Times & Sunday Times bestsellers, cancer survivors & famous speakers in the show. The show has gone from zero to 132,000 listeners in 2 years.

So, if you wish to make changes in your life and discover the secrets that Doug has learned since his near death experience, get in touch with this highly energized guy today and make your life multiple times better

Check out Doug on [www.DSPerformanceOptimisation.com](http://www.DSPerformanceOptimisation.com)



CASTLEMARTYR  
RESORT  
★★★★★



# *Escape to Castlemartyr Resort*

CASTLEMARTYR RESORT IS A FIVE-STAR DESTINATION NESTLED AMID EAST CORK'S WOODLANDS, RICHLY STEEPED IN IRISH HISTORY AND TRADITION.

- 103 LUXURY BEDROOMS - 42 LUXURY SELF-CATERING LODGES
- HEALTH CLUB & POOL - LUXURY SPA - 18 HOLE INLAND LINKS GOLF COURSE
- FULL CONFERENCE AND MEETING FACILITIES - 4 DINING OPTIONS
- AWARD-WINNING WEDDING DESTINATION
- 30 MINUTES FROM CORK AIRPORT

CASTLEMARTYRRESORT.IE | 021 421 9000



# *Ireland's Most Famous Castle...*



Medieval Castle & Banquet



Irish Folk Houses



Irish Wolfhounds & Animals



Fairy Trail

**BOOK NOW**  
**WWW.BUNRATTYCASTLE.IE**

