

# IRELAND'S ANCIENT EAST

Discover Adventure in  
Ireland's Ancient East



Sea Cave Kayaking, Hook Peninsula, Co. Wexford



## Day 1 | Cork & Waterford

### 1 Ocean Escapes – Departing from Cobh Kennedy Pier, Cobh, Co. Cork

Ocean Escapes team of experienced skippers are passionate about sharing their love of the water with everyone they have the pleasure of having on board.

The perfect outing for any age exploring the waters & coastlines of Cork, an Ocean Escapes experience is one that can't be missed. Stops for whiskey tasting or to explore the many villages of Cork Harbour can be included.

Allow 2 hours



Next destination: 43km

### 2 Youghal Boardwalk – Starting from Claycastle Bay Beach Claycastle Bay Beach, Youghal, Co. Cork

Take a short stroll along the Youghal Eco-Boardwalk, a 400-metre hardwood panelled beach walk-way.

Stretching from Front Strand Beach to Claycastle Blue Flag Beach, the Youghal boardwalk is the perfect spot for a stroll to unwind & take in the fresh sea air.

Allow 20 minutes



Depart Front Strand Beach

Lunch:

Aherne's Seafood Restaurant, Youghal | <https://www.ahernes.net/>

Next destination: 30.8km

### 3 Cycle along the Waterford Greenway from Dungarvan – Waterford City Dungarvan, Co. Waterford

Take in the glorious views from the Waterford Greenway. Cycle along the 46km off-road trail along an old railway line between Dungarvan & Waterford city.

If you're looking for a shorter option, start your journey from Kilmacthomas.





## Dinner Suggestions:

Everett's <https://www.everetts.ie/> | Bodega <https://www.bodegawaterford.com/>

## Accommodation Suggestions:

Dooley's Hotel 3\* <https://www.dooleys-hotel.ie/> | Granville Hotel 4\* <https://www.granvillehotel.ie/en/>

# Day 2 | Wexford & Carlow

## 1 The Irish experience – Sea Cave Kayaking Experience

The Irish Experience Booking Office, Main St, Fethard-On-Sea, Hook Peninsula,  
Co Wexford | Y34 P778

Experience the perfect blend of epic history, rugged coastal scapes and pure authentic adventure from a truly unique perspective.

Launch your kayak from a secret hidden cove location, your guide will lead you out on the water surrounded by nature and wildlife, alongside a stunning outcrop of headland & exploring one of the most impressive examples of sea cave in the world.

A truly magical experience not to be missed. Once off the water, finish off with a hot drink & snack.

Allow 3 hours



Next destination: 27km

## Lunch:

The Captains Table & Dunbrody Famine Ship | <https://www.dunbrody.com/restaurant/>

Next destination: 24km

## 2 Go with the flow - River Adventures, River Barrow Heritage Tour

The Lockhouse, Clashganny, Borris, Co. Carlow

Glyding along in 2/3 person Canadian style canoes we will take you on a trail that is full of beauty, nature and heritage. One of the oldest trade, pilgrimage and emigration routes is along this beautiful river following the ancient Road of Cuala and the way of St James.

Allow 2.5 hours



## Dinner Suggestions:

**Step House Hotel** <https://www.stephousehotel.ie/> | **Clashganny House** <https://www.clashgannyhouse.com/>

## Accommodation Suggestions:

**Black Stairs Eco Glamping** <https://www.blackstairsecotrails.ie/>

**Star Gazing @ Blackstairs Eco Glamping – (free add on for guests staying in the Shepherds Huts)**

With no light pollution here, the Blackstairs is perfect for star gazing. Guests staying in the Sheperd's Huts have a clear view of the sky. A calendar of the night sky is provided, and you can sit back and watch the stars, wrapped in comfy rugs, sipping hot chocolate & marshmallows.

## Day 3 | Kilkenny, Carlow & Kildare

### 1 Kilkenny Design Centre – Castle Yard Walking Tours The Castle Yard, The Parade, Gardens, Kilkenny | R95 CAA6

Explore the history of Kilkenny Castelyard and surrounding areas with a guided tour of one of Ireland's hidden gems, the Kilkenny Design Centre. Learn the origins of Irish art, craft and design while meeting local makers from Irelands Ancient East.

Guided walking tour and meet the craft maker.

Conclude each experience by sampling Irish Poitin and some Butlers Irish chocolate at our foodhall café in the shadow of Kilkenny Castle. Receive a 10% shopping voucher off all of our food and retail offerings.

Allow 1 hour



**Next Destination: 30km**

### 2 Blackstairs Eco Trails – Wild Food Trail The Old Rectory, Killedmond, Borris, Co.Carlow | R95 N1K7

Enjoy this hands-on experience fully guided by husband-and-wife team, Mary & Robert White. The pair are arguably the most experienced foragers in Ireland & are both botanists.

You will find pick, cook and taste delicious wild safe food from the Irish countryside. Additionally, you will be provided with recipes and seasonal information sheets during the trail. Enjoy a light lunch (soup and sandwiches) followed by tea and coffee and home-made cookies. Take home your Blackstairs Ecotrails post card on departure.

Allow 2.5 hours



**Next Destination: 77km**

### **3** The Irish National Stud & Gardens Brallistown Little, Tully, Co. Kildare | R51 KX25

Take a wander through The Irish National Stud & gardens; self-guide through the Japanese gardens & St. Fiachra's garden; take a guided tour of the grounds; visit the thoroughbred breeding farm; explore the new Irish racehorse experience & take the opportunity to meet the living legends team – the retired equine racing stars.

Allow 2.5 hours



Lunch included in Wild Food Trail.

#### Dinner Suggestion:

Hartes of Kildare | <https://harteskildare.ie/>

#### Accommodation Suggestion:

Killashee Hotel 4\* | <https://www.killasheehotel.com/>

## Day 4 | Kildare & Meath

### **1** Lullymore Heritage Park Heritage & Discovery Park, Lullymore East, Lullymore, Co. Kildare | R51 E036

Escape the daily hustle and bustle and discover something new with a visit to Lullymore Heritage & Discovery Park. Imagine a rich green oasis rising gently from the Bog of Allen, Ireland's largest peatland.

Covering 60 breath-taking acres, the park explores Irish heritage, culture and the environment with interactive and moving exhibits.

Local guides will take groups on a refreshingly informative & entertaining tour, which gives visitors a real flavour of local culture and heritage and great memories to bring home.

Allow 2.5 hours



Next Destination: 25km

#### Lunch:

The Johnstown Estate | <https://thejohnstownestate.com/>

Next Destination: 34km

## **2** Boyne Valley Activities - Floating through time Watergate St, Townparks North, Trim, Co. Meath

Float down the majestic River Boyne on an inflatable raft with a qualified guide and enjoy views over the picturesque medieval town of Trim.

Marvel at Trim's ancient history as the raft follows the path of Ireland's ancestors and discover the famous movies that have been made here, including Mel Gibson's Braveheart.

Allow 1.5 hours



### Dinner Suggestion:

**Stockhouse Restaurant** | <http://stockhouserestaurant.ie/>

### Accommodation Suggestions:

**Trim Castle Hotel 4\*** | <https://www.trimcastlehotel.com/>

**Castle Arch Hotel 3\*** | <https://www.castlearchhotel.com/>