

# Wild Atlantic Way

Southern Discovery  
Culturally Curious



Mizen Head, Co. Cork



**Fáilte Ireland**  
National Tourism Development Authority

## Day 1 | Co. Cork

Morning:

### **1** Kinsale Heritage Town Walk Kinsale

Information and entertainment is the key to the success of Kinsale Heritage Walks which provide a unique insight into the history and heritage of Kinsale, a town that mirrors the history of Ireland.

It is an illustrated town walk, with a selection of unique photographs and maps which bring the past to life for the visitors. Dermot Ryan is a native of the town who can also portray life there since the 1940's. Kinsale Heritage Town Walks take place daily @ 10.30am or by appointment.

Allow 1 hour+

### **2** Lunch: Kinsale Food and Foraging Tour Kinsale

Enjoy the tastes of Kinsale on this food and foraging tour that takes you to the coast foraging for wild seaweed, shellfish and plants. Ideal for the outdoor enthusiast and foodie.

Visitors will meet at Sandycove where a sumptuous picnic will be waiting for them. It's a time to relax, take in the stunning views and enjoy some delicious food.

Afternoon:

### **3** West Cork Farm Tours Rosscarbery

These West Cork farming families will be delighted to welcome you and share their stories as you walk with them on the land they hold in trust for future generations. Whether you take a two-hour tour, or sign up for a more in-depth experience, you'll quickly discover that their farming lives are intertwined with the seasons and landscapes of Ireland's Wild Atlantic Way. Immerse yourself in the stories and scenery of a once famine-ravaged region now renowned for its delicious produce, and connect with the rhythms of rural life in a community where tradition and innovation go hand in hand.

Allow 2 hours



## 4 Dinner: Whale's Tail Restaurant at Clonakilty Distillery Clonakilty

Before dinner enjoy a one hour fully guided evening tour including a cinematic experience and the opportunity to immerse your senses in a behind the scenes tour of a working distillery. Visitors will learn about the importance of the distillery's Wild Atlantic location and the influence of this environment on their unique spirit collection. Then finish your day by dining in the award-winning Whale's Tail restaurant.

### Evening:

## 5 Atlantic Sea Kayaking Night-time Trips Lough Hyne, Skibbereen or Reen Pier, Union Hall

Experience being out on the water from dusk into darkness. There is always something to make you gasp on this trip, the sounds of seabirds coming into roost, the sunset, the rising moon, the aromas of honeysuckle and gorse on the breeze, the panoply of stars overhead, the astonishing bioluminescence, and the deep, dark peace and serenity of night. It is a trip which feeds body and soul.



Allow 2.5 hours

### Accommodation:

**Liss Ard Estate** | Skibbereen | <https://lissardestate.ie/>

## Day 2 | Co. Cork – Co. Kerry

### Morning Cork and on to Kerry

### Morning Experience:

## 1 Bantry House and Gardens Bantry

Bantry House and Garden is a stately home situated on the Wild Atlantic Way overlooking Bantry Bay in the south west of Ireland. The House has been home to the White family since 1739 and was opened to the public in 1946. Explore the formal garden, visit the House, enjoy a picnic basket from their Tearoom, and take in the important private collection of furniture and art.

Allow 1.5 hours

### Lunch:

**Boathouse Bistro** | Dromquinna Manor, Kenmare | <https://www.dromquinnamanor.com/the-boathouse/>

## Afternoon Experience:

### **2 Atlantic Irish Seaweed** Derrynane, Caherdaniel, Ring of Kerry

Located on the pristine coastline of the Wild Atlantic Way at Derrynane on the Ring of Kerry, Atlantic Irish Seaweed experience starts at the seaweed discovery centre in Caherdaniel village with a cup of seaweed infused tea and some sea veg snacks with an introduction to their most used seaweeds. Next, it's off to the nearby shore for a low tide guided walk where you will forage, find and identify several different seaweeds. Some will be eaten fresh from the rocks as you learn how to sustainably harvest, dry, and store these plentiful superfoods.

Allow 1 – 1.5 hours



Or:

### **3 Skellig Six18 Distillery and Visitor Experience** Cahersiveen

Welcome visitors to the newly opened Distillery on the Ring of Kerry. It looks out to the Atlantic Ocean, with Valentia, Beginish Islands and Fiolain mountain framing its view. Join a guided tour, where you will see their 500 Litre Gin still in operation and taste their unique Gin recipe made using local ingredients. You will also learn all about Irish Pot Still Whiskey.

Allow 1 – 1.5 hours



Dinner:

**Sol y Sombra** | Lower Bridge St, Killorglin | <https://www.solysombra.ie/>

Accommodation:

**Ard na Sidhe 4\*** | Caragh Lake, Killorglin | <https://www.ardnasidhe.com/>

Evening:

### **4 Night-time Stand Up Paddleboarding in a Dark Sky Reserve** Caragh Lake, Killorglin

Experience stand up paddling under some of the best star gazing fields on the planet! The Kerry Dark Sky Reserve is the only gold tier reserve in the northern hemisphere and offers star gazing opportunities like no other.

Wild SUP Tours 2-hour SUP tours on Caragh Lake. Gliding out onto the glassy surface of the lake, the night sky blazing above in all its splendour, this is one of those moments you will never forget. It's a gentle paddle, it's a time to reflect, to soak in the majesty of the universe. After paddling back to shore, the kettle goes on, the marshmallows come out and the fire warms your chilled toes.

Allow 2 hours

## Day 3 | Co. Kerry – Co. Limerick

Morning Kerry and on to Limerick

### 1 Hire Electric Bikes and cycle the many paths in Killarney National Park Killarney National Park

Take in the stunning views of Killarney National Park by bike. Whether you prefer pedal power or electric, The Killarney Bike Rental Company can advise the best routes around the park for all ages. Cycle out to Muckross house or along the banks of Lough Leane. There are paths and trails to suit all abilities.

Allow 2 hours



Lunch:

**Canteen** | 26 Catherine St, Limerick | <https://wearecanteen.com/>

Afternoon Experience:

### 2 King John's Castle Nicholas Street, Medieval Quarter, Limerick

An interactive visitor experience that brings together the Castle's remarkable archaeology and 21st century technology to help you discover the history of Limerick and King John's Castle. Discover the stories of ruthless King John, the noble knights, and rebellious natives. In the impressive Castle courtyard experience medieval games, stories, and activities. Take in the breath-taking views of Limerick and the majestic River Shannon from the Castle's Turrets.

Allow 90 minutes



Or:

### 3 The People's Museum of Limerick Georgian Quarter, Limerick

The People's Museum of Limerick aims to reflect the diverse lives of the people, buildings, and streets of the city. Showcasing the eclectic and fascinating collection of items in the care of Limerick Civic Trust, as well as artefacts that are visiting from elsewhere. A rotating series of exhibitions means that there is always something new to see.

Allow 60 minutes

Dinner:

**House** | Howley's Quay, Limerick City | <https://houselimerick.ie/>

## Evening Experience:

### **4** Treaty City Brewery Nicholas Street, Limerick

Enjoy a tour of an artisan craft brewery located in a historical building in the heart of the medieval quarter dating back over 1,000 years. Hear from an experienced Master Brewer who will explain the process and ingredients used to create their craft beer while learning about the history of brewing in Limerick which dates to the 1700's. Enjoy a complimentary beer from the highly secretive experimental series.

Allow 50 minutes



## Accommodation:

**No.1 Pery Square 4\* boutique hotel** | Georgian Quarter, Limerick | <https://www.oneperysquare.com/>

**Limerick Strand Hotel Star 4\*** | Ennis Road, Limerick City | <https://www.strandhotellimerick.ie/>

## Day 4 | Co. Limerick – Co. Clare

### Morning Limerick and on to Clare

#### Morning:

### **1** Lough Gur Heritage Centre Bruff, Co. Limerick

Dating back to Neolithic times, with over 6,000 years of history, Lough Gur is a prehistoric site of renowned international importance. It is the only site in Ireland where the unbroken history of humankind – from the very beginning to the modern day – can be experienced. Home to over 1,000 ancient monuments, Lough Gur spans a five-kilometre radius and is home to Ireland's oldest and largest stone circle. Moreover, Lough Gur is also a protected sanctuary for wildlife, located amidst the sheer beauty of the Lough Gur lake waters.

Allow 40 minutes

#### Lunch:

**The Ivy Cottage** | Fisher Street, Doolin, Co. Clare | <https://theivycottage.ie/>

Afternoon:

## 2 Burren Farm Experience

Kylekreen, Boston Tubber, Co. Clare

Join the O'Rourke family and experience first-hand what Irish family farm life is really like. Begin your journey with a ride on their tractor trailer before taking a hike through the Burren National Park and ancient woodland overlooking majestic Lough Bunny. Rest and rejuvenate over a rustic picnic taking in the spectacular surroundings and fresh air.

This is a unique authentic experience of Irish family farm life and age old farm practices.

Allow 3 hours



Dinner:

**Anthony's Restaurant at Doolin Inn** | Fisher Street, Doolin, Co. Clare | <http://www.doolininn.ie/anthonys/>

Evening:

## 3 Doolin Music House

Carnane, Doolin, Co. Clare

Doolin Music House hosts evenings of traditional Irish music in the home of Sheila Quinn & Christy Barry the renowned flute player. The evenings are relaxed with great music and stories about the tunes and the history of music in the region.

Sheila and Christy create an intimate atmosphere with a blazing turf fire in their living room. Guests enjoy an evening filled with music, stories, laughter, and local food.

Allow 90 minutes



Accommodation:

**Hotel Doolin 4\*** | Fitz Cross, Doolin, Co. Clare | <https://www.hoteldoolin.ie/>

## Day 5 | Co. Clare – Co. Galway

Morning Clare and on to Galway

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Morning:

### **1 Burren Mountain Tours** Fanore, Ballyvaughan, Co. Clare

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Your guide, Anne, will drive you through this lesser known area of the Burren, which sits within their own working farm, giving you her local knowledge of the Burren.

Experience the tranquillity of the vast expanse of limestone paving with views of Galway Bay, the Aran Islands and Connemara from the mountain top are breath taking. Meet and greet their fluffy alpacas and feel their soft fleece.

Allow 90 minutes



Lunch:

**Monks Seafood Restaurant & Bar** | The Pier, Ballyvaughan, Co Clare | <http://www.monks.ie/>

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Afternoon Experience:

### **2 Aillwee Cave and Birds of Prey Centre** Ballyvaughan, The Burren, Co Clare

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A guided tour of Aillwee Cave shares intriguing insights into the Burren's topography, geology, and formation of this cave. Aillwee evolved from an underground river source that ultimately dried up at the end of the last Ice Age.

The Birds of Prey Centre at Aillwee has been educating and entertaining visitors as they see these magnificent birds soar against the open skies and dramatic Burren landscape.

Allow 1hr 45 minutes

Dinner:

**Kai Restaurant** | Sea Road, Galway City | <https://www.kairestaurant.ie/>





## Evening Experience:

### **3 Micil Distillery** Micil Distillery at Oslo Bar, Upper Salthill Road, Galway

Experience six generations of Micil family heritage – the tastes, smells and sights of Galway’s only working distillery. You’ll hear some family history, from the original founder Micil Mac Chearra in 1848 through to his great-great-great grandson, Pádraic, the current head distiller.

Learn how poitín & gin are made, and what makes their products so unique and enjoy a tasting on the tour served with premium mixers and garnishes.

Allow 60 minutes



## Accommodation:

**The Galmont Hotel & Spa 4\*** | Lough Atalia Road, Galway | <https://www.thegalmont.com/>

## Day 6 | Co. Galway

### Morning:

### **1 Galway Bay Boat Tours** The Claddagh, Galway City

Experience this completely unique boat tour of Galway Bay with Skipper Ciaran Oliver who will share his family’s history of the 7th Century Claddagh fishing community and the heritage associated with the iconic Galway Hooker Boats.

With this historical backdrop you will experience Galway from a unique sea perspective, including the distant limestone landscape of the Burren. Take in seascapes that have inspired generations of poets, artists & musicians.

Allow 60 minutes

