

Ireland's Ancient East three-day Itinerary from Cork

Ireland's Ancient East – your own immersive journey of discovery of 5,000 years of Europe's history.

Starting in Cork, one of Europe's great trading cities for over 1,000 years, this tour explores the rich diversity of Ireland's Ancient East. Explore the pathways of Medieval Ireland, from Viking Waterford – Ireland's oldest city – to the iconic Rock of Cashel, which looms dramatically above a rolling green landscape. This is where ancient Gaelic kings chose as their throne and which was later transformed into one of Ireland's greatest monastic sites.

Villages along the way host festivals of food, culture and heritage throughout the year and are the jumping off points of tours of all kind - on foot or on horseback, by car, boat or barge. Let your imagination take flight amongst the walls of our castles and historic abbeys which await your discovery around every bend.

You will leave not only refreshed but illuminated by these many ancient wonders and the stories of how they came to this rich land and how Irish life today has been shaped by their immensely powerful influence.

Time	Accommodation/Activity/Attraction	Details
Day 1		
AM	<p>Welcome to the city of Cork or as locals call it - 'the real capital' of Ireland! It's a city rich in history and tradition yet increasingly urbane and sophisticated. It has been hugely influenced by its harbour and maritime and merchant heritage.</p> <p>First stop should be Cork's beloved English Market. This enclosed market is a gourmet hub, selling fresh produce, organic meats, baked delicacies and speciality cheeses. It can be traced back to 1610 and is long recognised by locals as a place to meet, eat and shop. Follow in the footsteps of HRM Queen Elizabeth II who visited the Market in May 2011.</p>	<p>The English Market Grand Parade, Cork Email: englishmarket@corkcity.ie www.corkenglishmarket.ie Direct Tel: 00353 21 492 4258</p> <p>FIT Rate: Admission is free</p>
AM	<p>Travel from Cork city to Cobh, Ireland's main emigration centre following the great famine of 1846–1848. Visit The Titanic Experience which is located in the original White Star Line Ticket Office in the centre of Cobh (formally known as Queenstown) in what was the departure point for the final 123 passengers who boarded the Titanic. This evocative, haunting experience will leave you with memories of what it must have been like for the passengers who boarded the Titanic in Cobh.</p> <p><i>Travel distance & time: Cork to Cobh 23 mins/22km</i></p>	<p>The Titanic Experience 20 Casement Square, Cobh, Co. Cork Email: Catherine@titanicexperiencecobh.ie www.titanicexperiencecobh.ie Direct Tel: 00353 21 4814412</p> <p>FIT rate is: Adult €9.50 Do they offer group rates: Y Group rate available on request: Y Coach parking: Y</p>



Time	Accommodation/Activity/Attraction	Details
Day 1		
Lunch	Left hungry from the sea air? Then it's time for a stop at The Gilbert's Restaurant & Townhouse in Cobh.	<p>The Gilbert's Restaurant & Townhouse www.gilbertsincobh.com Tel 00353 21 4811300</p> <p>Can the restaurant cater to Groups: Y Group rate available on request: Driver and guide eat free Coach Parking: free on street beside Railway Station</p>
PM	<p>After lunch, travel the short distance to Fota House which is a special place that offers visitors the chance to discover one of Ireland's most interesting 'big houses'. From the grand rooms with their exquisite plasterwork to the beautifully preserved service wing, charming nursery and delightful boudoir, Fota House gives visitors an intimate look at how life was lived in the past, whether as a servant or as a member of the gentry class.</p> <p><i>Travel distance & time: Cobh to Fota Island 10 mins/6 km</i></p>	<p>Fota House Address: Fota House Carrigtwohill Co. Cork Sales manager: Michael Martin Email: michael@irishheritagetrust.ie www.fotahouse.com Direct Tel: 00353 21 4815543</p> <p>FIT rate is: €8 Do they offer group rates: Y Group rate available on request: Y Coach parking: Y Is the experience seasonal or subject to weather conditions: N</p>
PM	<p>Not far from Fota Island, the true heart of Irish whiskey beats at The Jameson Distillery in Midleton. Set on 15 acres and beautifully restored, this old distillery is a unique experience with some of the buildings dating back to 1795. Take a journey through history and see the old kilns, mills and malting, water wheel and old warehouses. You can also take part in a tutored whiskey tasting to become a certified Irish Whiskey Taster!</p> <p><i>Travel distance & time: Fota Island to Midleton 14 mins/11 km</i></p>	<p>The Jameson Distillery Address: Distillery Walk, Midleton, Co Cork Email: jem@jamesonwhiskey.com www.jamesonwhiskey.com Direct Tel: 0035321 4613594</p> <p>FIT rate: €15 Do they offer group rates: Y for €15+ €12 Coach parking: Y</p>



Time	Accommodation/Activity/Attraction	Details
Day 1		
Overnight	<p>Experience some of Ireland's breathtaking scenery along the Southeast coastal drive as you travel to Tramore to overnight.</p> <p>Enjoy an evening in one of Ireland's favourite seaside resorts. For dining in Tramore, try the Copper Hen which is a popular local restaurant known for its delicious, locally sourced and good value food.</p> <p>There is also the Victoria House (or The Vic as it is known locally). This is the oldest pub in Tramore and very popular with locals for its food, drink and live music.</p> <p><i>Travel distance & time: Middleton to Tramore 1 hour 30 mins/100 km</i></p>	<p>The Copper Hen Address: Fenor, Tramore, Co Waterford Sales: Eugene Long or Sinead Frisby Email: booking@thecopperhen.ie www.thecopperhen.ie Direct Tel: 00353 51 330300</p> <p>Accept group bookings. Note restaurant is located on a first floor and is accessed via a stairs. No lift available.</p> <p>The Victoria House Address: 12 Queen's Street, Tramore, Co. Waterford Sales: Rory Mulcahy Email: info@thevic.ie www.thevic.ie Direct Tel: 00353 51 390338</p>

Time	Accommodation/Activity/Attraction	Details
Day 2		
AM	<p>Begin your day by travelling to Waterford city which was founded by the Vikings in 914AD. What better way to orientate yourself and get a perspective of the iconic sites of Ireland's oldest city than through a walking tour. Jack Burtchaell's Waterford Walking Tour is run twice daily. This entertaining tour covers less than a mile of level ground, yet more than a millennium of this city's remarkable history.</p> <p>Alternatively, for a walking tour with a difference, the Epic Tour of Waterford Viking Triangle is a theatrical comedy with props, costumes, singing, dancing and plenty of craic that will give you a wonderful sense of the iconic sites of the Viking Triangle.</p> <p><i>Travel distance & time: Tramore to Waterford, 15 mins/12 km</i></p>	<p>Waterford Walking Tour Address: Waterford Walking Tours, Jenkin's Lane, Waterford City. Sales manager: Jack Burtchaell Email: jburch@iol.ie www.jackswalkingtours.com Direct Tel: 00353 51-873711 or 00353 87 2619407</p> <p>FIT rate is: €7 Do they offer group rates: Y Group rate available on request: Y Coach parking: Y - alongside on the Mall or nearby in Bolton Street Car Park</p> <p>Epic Tour Address: Epic Tour, Medieval Museum, The Mall, Waterford City. Sales manager: David Rogers Email: drogers@waterfordcouncil.ie waterfordvikingtriangle.com/attractions/tours/epic-tour/ Direct Tel: 00353 51 849646 or 00353 87 4141794</p> <p>FIT rate is: €7 Do they offer group rates: Y Group rate available on request: Y Coach parking: Y - alongside on the Mall or nearby in Bolton Street Car Park</p>



Time	Accommodation/ Activity/ Attraction	Details
Day 2		
PM	<p>House of Waterford Crystal</p> <p>A visit to Waterford city would not be complete without a visit to the home of Waterford Crystal to see this famous, beautiful crystal being made by expert craftsmen.</p> <p>Take a guided tour of the factory located in the heart of Waterford city. The highlight of any visit, the factory tour gives you first-hand access to all areas of traditional crystal production, a browse through the retail showroom, followed by coffee in the Waterford Crystal café. The guided tour takes 50 minutes.</p> <p><i>Travel distance & time: The House of Waterford Crystal is located on the Mall in the centre of the city</i></p>	<p>House of Waterford Crystal</p> <p>Address: House of Waterford Crystal, The Mall, Waterford city Sales Manager: Anne Walsh Email: anne.walsh@wwrd.com www.waterfordvisitorcentre.com Direct Tel: 00353 51 317000</p> <p>FIT rate is: €13 Can they cater to groups: Y Do they offer group rates: Y Group rate available on request: Y Coach parking: Y – alongside on the Mall or nearby in Bolton Street Car Park Group rate available on request: Y</p>
Lunch	<p>Looking forward to lunch you will be spoilt for choice in Waterford with so many interesting and historic restaurants and bars serving lunch in the centre of the city.</p> <p>A five-minute walk from the Viking Triangle there is a restaurant that champions the local food experience. From the beginning, the Bodéga in Waterford has strived to offer the best of local produce where possible, to give value for money, to have fun, to provide great food and drinks and to have relaxed and happy customers.</p> <p>Call into The Granville's Thomas Meagher Bar for a carvery lunch. The bar is named after the designer of the Irish national flag. Admire the growing Irish whiskey collection on the Whiskey Wall.</p> <p>Another option for lunch is The Munster which is possibly Waterford's oldest pub – there has been a tavern on this site for the past 350 years.</p> <p><i>Travel distance & time: all located within the city centre</i></p>	<p>The Bodega</p> <p>Address: 54 John Street, Waterford Sales manager: Cormac Cronin Email: info@bodegawaterford.com www.bodegawaterford.com Direct Tel: 00353 51 844177</p> <p>Can the restaurant cater to groups: Y Do they offer group rates: Y Group rate available on request: Y Coach parking: Y</p> <p>Granville's Thomas Meagher Bar</p> <p>Address: Meagher Quay, Waterford Direct Tel: 00353 51 305555 Email: stay@granville-hotel.ie www.granville-hotel.ie</p> <p>The Munster Bar</p> <p>Baileys New Street, Waterford Email: info@themunsterbar.com www.themunsterbar.com Direct Tel: 00353 51 874656 Contact: The Fitzgerald Family Opening Hours: Lunches seven days a week. Bar food – Tues to Sunday.</p>
PM	<p>Leaving behind the Viking city of Waterford continue to Lismore, stopping off at Dromana House, which is perched on a rocky outcrop overlooking the strikingly beautiful, unspoilt river Blackwater. It is surrounded by a 600-acre privately owned estate with numerous woodland and garden walks. Take a guided tour of the house or amble through the historical garden.</p> <p><i>Travel distance & time: Waterford to Dromana House, Cappoquin, 53 mins/61 km</i></p>	<p>Dromana House</p> <p>Address: Dromana House, Cappoquin, Co Waterford Proprietor: Barbara Grubb Email: bgrubb@eircom.net www.dromanahouse.com Direct Tel: 00353 24 96144</p> <p>FIT rate is: €5 for house / €5 for garden Can they cater to groups: Y Do they offer group rates: Y Group rate available on request: Y Coach parking: Y</p>



Time	Accommodation/ Activity/ Attraction	Details
Day 2		
PM	<p>Why not stop off to enjoy a leisurely cup of coffee at Barron's Bakery in Cappoquin? Barron's is one of the few bakeries that still produces the traditional handcrafted Blaa bread, unique to Waterford and made with long-fermented dough. You can drop in and do a tour of the bakery and see the wonderful bread ovens. Afterwards, sample it for yourself in the coffee shop – a sandwich made with Barron's bread tastes like no other sandwich! You can bring some of the Barron's story home with you and buy the book <i>Our Daily Bread</i> commissioned to celebrate its 125th anniversary.</p> <p><i>Travel distance & time: Dromana House, Cappoquin, to Barrons Bakery Cappoquin 8 mins/6 km</i></p>	<p>Barron's Bakery Address: Barron's Bakery, Cappoquin, Co. Waterford Sales Manager: Joe Email: info@barronsbakery.ie www.barronsbakery.ie Direct Tel: 00353 58 54045</p>
PM	<p>Lismore is a medieval castle located in the beautiful countryside of Waterford. Prepare to be stunned by the almost magical setting of this beautiful castle. This is a place for great photographs. Spread over nearly three hectares, the Lismore Castle Gardens are divided into two very distinct and different halves. The Upper Garden is a complete example of the seventeenth century walled garden first constructed here by Richard Boyle, the First Earl of Cork, in about 1605. The outer walls and terraces remain and the plantings have changed to match the tastes of those living within the castle. The Lower Garden was mostly created in the nineteenth century for the Sixth Duke of Devonshire. Guided tours with the Gardener are available.</p> <p><i>Travel distance & time: Cappoquin to Lismore 15 mins/12 km</i></p>	<p>Lismore Castle Gardens Address: Lismore, Co Waterford Sales Manager: Jennifer Marshall Email: education@lismorecastlearts.ie www.lismorecastlegardens.com Direct Tel: 00353 58 54061</p> <p>FIT rate is: €8 Do they offer group rates: Y Group rate available on request: Y Coach parking: Y</p>
	<p>Stay overnight in Cashel. While there visit Brú Ború for an evening show of traditional Irish music and dance.</p> <p>Stroll around this historic rural town and maybe call into one of the many traditional Irish pubs for a pint and a bit of craic with the locals.</p> <p>Tipperary is renowned for its food produce and in Cashel, people travel a long way to eat at Chez Hans set in a beautiful old deconsecrated church since 1968, providing an unusual and atmospheric setting. This restaurant is the top of the list when it comes to dining in Ireland.</p>	<p>Brú Ború Address: Brú Ború, Cashel, Co. Tipperary, Email: info@bruboru.ie www.bruboru.ie Direct Tel: 00353 62 61122</p> <p>FIT concert rate is: €20 Do they offer group rates: Yes Group rate available on request: Yes Also group rate on lunch Coach parking: Yes</p> <p>Chez Hans Restaurant Address: Moor Lane, Cashel, Co Tipperary. Sales: Louise Matthia Direct Tel: 00353 62 61177 www.chezhans.net</p>



Time	Accommodation/ Activity/ Attraction	Details
Day 2		
	<p>Set in the heart of Cashel, Baileys Hotel is set in a beautifully restored Georgian building, offering a genuinely homely feeling. The cosy Cellar Bar serves food daily in a relaxed setting, while bistro-style dining is available in Restaurant 42.</p> <p><i>Travel distance & time: Lismore to Cashel 51 mins/55 km</i></p> <p><i>This route brings you over the Vee pass in the Knockmealdown Mountains. Famous for its breathtaking panoramic views over the Golden Vale.</i></p>	<p>Baileys Hotel, Address: Main Street, Cashel, Co Tipperary Sales: Sinead Cash Tel: 00353 562 61937 Email: info@baileyshotelcashel.com www.baileyshotelcashel.com</p>

Time	Accommodation/ Activity/ Attraction	Details
Day 3		
AM	<p>From your arrival in Cashel you will have been captivated by the spectacular sight of the Rock of Cashel with its awe-inspiring medieval buildings towering above the town. Start the day by visiting these buildings. You will discover the twelfth century Round Tower, High Cross and Romanesque Chapel, thirteenth century Gothic cathedral, fifteenth century castle and the restored Hall of the Vicars Choral. You will also get to hear and understand the story of this enchanted place through an audio-visual show and exhibitions.</p>	<p>Rock of Cashel Address: St. Patrick's Rock of Cashel, Cashel, Co. Tipperary Sales Manager: elaine.moriarty@opw.ie Email: rockofcashel@opw.ie www.heritageireland.ie Direct Tel: 00353 62 61437</p> <p>FIT rate is: €7 Do they offer group rates: Y Group rate available on request: Y Coach parking: Y</p>
AM	<p>A useful tip for some lovely photographs of the Rock is from Hore Abbey which is a Cistercian monastery built in 1250. This beautiful and magnificent ruin is set in a peaceful rural location with a stunning view of the Rock of Cashel. It is a nice walk along a foot path from the Rock of Cashel to see these impressive ruins.</p>	<p>Hore Abbey Address: Cashel, Co Tipperary Admission Prices: Free of Charge Opening Times: Daylight Hours No visitor facilities at this site</p>
AM	<p>If you are interested in Irish history and want to get a sense of how people used to live in Ireland you will enjoy Cashel Folk Village. Located within walking distance of the Rock of the Cashel it has all the main themes relating to Irish history including the Great Famine, Penal Times and the War of Independence. It is a one-stop-shop historical masterclass.</p>	<p>Cashel Folk Village Address: Dominic Street, Cashel, Co. Tipperary Sales manager: Bernard Minogue Email: Bernard@cashelfolkvillage.ie www.cashelfolkvillage.ie FIT rate is: €5 Do they offer group rates: Yes Group rate available on request: Yes Coach parking: Town Car Park €1 an hour 50 metres from location</p>



Time	Accommodation/Activity/Attraction	Details
Day 3		
Lunch	<p>Standing at one of the great traditional crossroads of Ireland, the famous Horse and Jockey Hotel is situated mid-way between Cork and Dublin in the heartland of Co Tipperary. Using the best of Tipperary and Irish produce, high quality, creative and delicious food awaits. Sample the desserts and cakes produced in their in-house bakery.</p>	<p>Horse and Jockey Hotel, Address: Horse & Jockey, Co Tipperary Sales: Caroline Egan Direct Tel: 00 353 504 44192 Email: info@horseandjockeyhotel.com www.horseandjockeyhotel.com</p>
PM	<p>This area of Ireland is a dream destination for the seasoned and amateur historian who, rather than reading about history in a book, can travel through time. From the ancient Rock of Cashel, you'll drive to see the remnants of the Land of Saints and Scholars in Holycross. This is a special place, old and rich with history, peaceful and beautiful. Holycross Abbey was founded in 1168 by the King of Munster. A particle of the True Cross was enshrined in the abbey where it still remains today. For 800 years Holycross was one of the most frequented places of pilgrimage in Ireland. Holycross is still a place of worship for the local community.</p> <p>A local guide will bring you around the Abbey and explain how today it still plays such an important part in local life</p> <p><i>Travel distance & time: Cashel to Holycross 15 mins/15 km</i></p>	<p>Holycross Abbey Address: Holycross Abbey, Holycross, Thurles, Co Tipperary Sales manager: John Burke Email: holycrossabbeytours@gmail.com www.tipperary.com/im_visiting/holy_cross_abbey Tel: 00353 86 1665869</p> <p>FIT rate is: Free guided tours available at 2pm every Wednesday and Sunday Do they offer group rates: Tours can be arranged for interested groups. Donations accepted at the visitors discretion Group rate available on request: n/a Coach parking: y</p>
PM	<p>Swiss Cottage, Cahir is one of those hidden gems that cannot be missed as you explore Ireland's Ancient East. It is a delightful 'cottage orné' built in the early 1800s by Richard Butler, 1st Earl of Glengall to a design by the famous Regency architect John Nash. It looks as if it came straight from a children's book of fairy tales. Its interior contains a graceful spiral staircase and some elegantly decorated rooms. Marvel at the wallpaper in the salon, one of the first commercially-produced Parisian wallpapers manufactured by the Dufour factory.</p> <p><i>Travel distance & time: Holycross to Cahir 30 mins/33 km</i></p>	<p>Swiss Cottage Cahir Address: Swiss Cottage, Kilcommon, Cahir, Co Tipperary Email: swisscottage@opw.ie www.heritageireland.ie Direct Tel: 00353 52 7441144</p> <p>FIT rate is: Adult €4 Do they offer group rates: Y €3 Group rate available on request: Y or N Coach parking: Y</p>
	<p><i>Return to Cork that evening enriched by your time spent journeying through Ireland's Ancient East</i></p>	