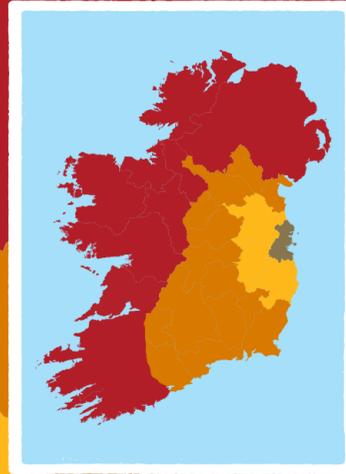


SUGGESTED DAY ITINERARIES FROM IRELAND'S ANCIENT EAST



ROUTE: COUNTIES MEATH AND LOUTH

- Day Itinerary: 2 hours 43 mins by car, 192km/119 miles
- Highlights: Loughcrew Cairns, Hill of Tara, Brú na Bóinne, Drogheda, Monasterboice, Carlingford Heritage Centre

MEATH

ROUTE: COUNTIES KILDARE, LAOIS AND OFFALY

- Day Itinerary: 2 hours and 14 mins by car; 148km/91 miles
- Highlights: The Curragh, Irish National Stud, Emo Court, Birr Castle

KILDARE

DUBLIN

ROUTE: COUNTIES WICKLOW AND WEXFORD

- Day Itinerary: 2 hours by car; 124km/78 miles
- Highlights: Wicklow Gaol, Powerscourt House & Gardens and The Irish National Heritage Park

WICKLOW

ROUTE: COUNTIES CARLOW, KILKENNY AND TIPPERARY

- Day Itinerary: 2 hour 5 mins by car, 154km / 97 miles
- Highlights: Brownhills Dolmen, Kilkenny Castle, The Kilkenny Way Ultimate Hurling Experience, Kilkenny Medieval Mile, Rock of Cashel

ROUTE: DUBLIN CITY

- Day Itinerary: 45 mins from Ireland's Ancient East
- Highlights: See Dublin by bike, The Little Museum and Trinity College Dublin



IN IRELAND'S ANCIENT EAST, IT IS THE PEOPLE YOU MEET WHO HOLD THE KEY TO UNLOCK THE STORIES OF THIS PART OF IRELAND



www.IrelandsAncientEast.com



FACE TO FACE WITH 5000 YEARS OF STORIES





EXPLORE MEATH AND LOUTH

Over 5,000 years old, see the **Loughcrew Cairns** ancient artwork, the Hag's Chair and hear the legend of a witch. Next lies a site that touches the very heart of Irish history, the **Hill of Tara**, an ancient seat of Ireland's High Kings and capital of the mythical god-like race of Tuatha Dé Danann. Admire the sweeping vistas from the UNESCO World Heritage Sites of **Brú na Bóinne** and once you've come to terms with the archaeological feat that is Newgrange, discover the artistry and secrets of its neighbour, **Knowth**.

The magnificent Muiredach's High Cross in **Monasterboice**, founded in the late 5th century, is divided into panels decorated with vivid and lively scenes. See if you can find Goliath in his conical hat.

Carlingford's Peninsula is next and the **Carlingford Heritage Centre** is located in the beautifully restored medieval church of the Holy Trinity. Starting from 850AD, you can uncover the story of Carlingford from its Viking beginnings to the present day. Or how about taking to the water for some high-speed thrills with **Louth Adventures**? It's a pretty good way to end the day.

IF YOU HAVE MORE TIME:

- Have a look at St Oliver Plunkett's preserved head in **St Peter's Church, Drogheda**
- Take a tour of Ireland's most famous battle at the **Battle of the Boyne Visitor Centre**
- **Trim Castle**, Ireland's largest Anglo Norman Castle
- Take a walk around the historic town of **Kells**, famed for its High Crosses

EXPLORE KILDARE, LAOIS AND OFFALY

The miles of flat pastures of **The Curragh** have made it world-famous for its thoroughbreds, so get to a race day if you can or tour early in the morning and witness the spectacle of long lines of thoroughbreds training. Winners of five Classics were produced at the **Irish National Stud**, where Colonel William Hall Walker used astrological charts to determine the futures of his foals. The nearby **Japanese Gardens** were designed to help you to adjust to a slower, more peaceful pace, especially at the restful **St Fiachra's Garden**.

In nearby Laois, The First Earl of Portarlington died in a rebellion before his **Emo Court Demesne** was completed. Stop and spend time in its house and gardens. West again, past the scenic **Slieve Bloom Mountains** and through the village of Kinnitty, which according to legend has the head of a princess buried beneath it. **Birr Castle**, however, resides firmly in the realm of science. Once the largest in the world, its huge 19th century Great Telescope, the "Leviathan", sits at the heart of this vast and beautiful demesne. Finish the day with a walk through the gardens.

IF YOU HAVE MORE TIME:

- The **Rock of Dunamase**, one of Ireland's most impressive wedding presents
- For generations, it was women who ruled in the religious settlement of **St Brigid's Cathedral**
- Tour the peatlands and discover its secrets at **Lullymore Heritage & Discovery Park**
- Head for the Museum of Style Icons at **Newbridge Silverware**
- **Castletown House** owned by the wealthiest man in Ireland in 1729

EXPLORE WICKLOW AND WEXFORD

Take your time when you reach the spectacular **Powerscourt House and Gardens**. The beautifully maintained gardens here were built by renowned architect Daniel Robertson in the 1840s, and today retain their astonishing charm. Hear their stories on their new audio guides.

Days were dark and the nights unnerving in **Wicklow Gaol**. Built in 1702, it was locally known as "the Gates of Hell", and thousands of prisoners were held within its walls. Today, you can explore the chilling tales and ominous dungeon corridors in the company of a troupe of local actors - while more daring visitors can book ahead for the paranormal tour.

Take an unforgettable journey through Ireland's past and experience stories, sights and sounds that shaped our country at **The Irish National Heritage Park** in Ferrycarrig, County Wexford, complete with circular crannóg, boathouses and wattle-walled living quarters.

IF YOU HAVE MORE TIME:

- Pay a visit to the longest house in Ireland: **Russborough Estate**
- **Glendalough** has a remarkable cathedral, round tower and stone huts, from the 6th century
- Vikings first landed in **Wexford** in 819AD and still retains its medieval feel
- **Wells House and Gardens** home to wealthy Tudors and German industrialists

EXPLORE CARLOW, KILKENNY AND TIPPERARY

A windswept gem in Ireland's ancient crown is Carlow's **Brownshill Dolmen**. The capstone at this stunning site is thought to be the greatest in Europe and was built over 5,000 years ago.

History meets the here and now in medieval Kilkenny. Walk the historic interior and grounds of **Kilkenny Castle**, which dates to Norman times, before joining **The Kilkenny Way Ultimate Hurling Experience**. Over 3,000 years old, this sport that mythic Irish hero Cú Chulainn once championed is today the world's fastest field game.

The **Rock of Cashel** looms over the town of Cashel, centuries of history sweep through this collection of medieval buildings, which includes a chapel, cathedral, castle, round tower and high cross. It was here that St Patrick converted the King of Munster to Christianity in the 5th century - and where the saint accidentally pierced the King's foot with his crozier. The king didn't object to the pain, believing it to be part of the ceremony!

IF YOU HAVE MORE TIME:

- Wander among 5,000 plants and flowers in the stunning 19th century **Altamont Gardens**
- Visit Kilkenny's new attraction: the **Medieval Mile Museum**
- Hear tales of bloody sieges, brutal bombardments and cousinly killings at **Cahir Castle**
- **Holy Cross Abbey** continues to be a place of pilgrim since the medieval ages

EXPLORE DUBLIN FROM IRELAND'S ANCIENT EAST

Blow the cobwebs away and catch a breath of fresh air in Dublin city with **See Dublin by Bike**. Discover the rich history, folklore, great buildings and the unique atmosphere of this city, all on two wheels and with a friendly guide.

Overlooking the historic St. Stephen's Green, **The Little Museum** tells the remarkable story of Dublin in the 20th Century. The museum was launched in 2011 with a public appeal for historic objects. The response to that appeal illustrates the generosity of the Irish people: today there are over 5,000 artefacts in the collection.

Trinity College Dublin is the oldest university in Ireland, founded in 1592 by Queen Elizabeth I and is famous for its graduates such as Swift, Goldsmith, Wilde and Beckett. Dublin's Trinity College Library has 5 million printed volumes including the world famous Book of Kells.

IF YOU HAVE MORE TIME:

- Explore the hauntingly gorgeous **Glasnevin Cemetery** said to hold more people than are now currently alive in the whole of Dublin
 - A visit to Ireland's top visitor attraction, the **Guinness Storehouse** is a must on any tour of Dublin
 - **Saint Patrick's Cathedral** provides a window into 800 years of Irish history, religion, art, architecture, music and literature. Showcasing the unique journey of the Irish nation
 - **EPIC The Irish Emigration Museum** where stories of old are told through the technology of now
- www.VisitDublin.com

SUGGESTED DAY ITINERARIES FROM IRELAND'S ANCIENT EAST

Immerse your visitors in all that Ireland's Ancient East has to offer and staying in counties such as Meath, Kildare and Wicklow allows you to visit Dublin, only a short 45 minutes away.



For more suggested itineraries from other accommodation bases such as Cork and Waterford, contact businessdevelopment@failteireland.ie or your local Tourism Ireland contact.

