

ADVENTURE SAMPLE ITINERARY

TO HELP YOU PROGRAMME AN ADVENTURE TOUR IN IRELAND, HERE IS A SUGGESTED PROGRAMME FOR YOU TO CONSIDER:



Kayaking



Wake Dock



Glendalough



Hilltop Treks, Dublin Mountains & Co Wicklow

DAY 1

DUBLIN

Start your tour in Dublin with a Kayaking trip. [Kayaking.ie](#) offers a wide variety of kayaking classes and tours in the Dublin area, all of which are sure to satisfy your client's appetite for adventure.

Or for adrenaline junkies, those who aren't afraid of the cold and people who want to show off their good balance, there's no better way to spend a day than at Dublin's [Wake Dock](#). Wakedock is Ireland's first cable wakeboard park, with speed and obstacles adjustable to suit all abilities and none.

Take time out with lunch in one of the many [cafés](#) in Dublin City Centre.

Continue your tour by experiencing a forest adventure on a zipwire. [Zipit](#) offers the raw thrill of the great outdoors with a harness or safety net to catch you should you fall. Recreate your own action hero stunt moments as you hurtle down a zipwire or BMX over a treetop bridge.

Alternatively finish off your day and play some 'hurling' or football like a native! [Experience Gaelic Games](#) offers the fast paced thrill of hurling and the sheer skill of football to groups as small as five people. Don't try and understand the rules just yet, it's all about teamwork and learning the basics as you wield your hurley and hand-pass the sliotar to the next person.

Dinner and overnight in Dublin city centre

DAY 2

IRELAND'S ANCIENT EAST

Depart Dublin early morning for [Ireland's Ancient East](#).

Travel to [Glendalough](#) and explore the 6th century monastic ruins in Glendalough before taking a self-guided walk. There are nine way-marked walking trails in the valley of Glendalough. The walks vary from a short half-hour stroll to a long four hour hill walk. Large maps of the walks are displayed at the visitor centre beside the monastic city and on the notice board at the Upper Lake car park. All the walks start at the National Park Information Office near the Upper Lake. Each trail is signposted with colour-coded arrows. The staff at the Information Office can help you choose a suitable route.

Alternatively why not hire your very own walking guide with [Hilltop Treks Walking Guides](#) who will take you around this magnificent area.

Spend the afternoon discovering the beautiful Blessington Lakes in a different way with a visit to [Avon Ri](#) to sample the lake and shore activities at the Adventure resort there. Or choose your very own personal transport with a [segway tour](#) along the lake front, visiting local historical attractions along the lake trails and the Blessington Greenway.

Travel onwards to Kilkenny, dinner and overnight in the city

DAY 3

IRELAND'S ANCIENT EAST

Travel to Castlecomer just outside Kilkenny City. Over coffee in their award winning café, decide which activity you'd like to experience at **Castlecomer Discovery Park**. Set in a stunning 80 acre natural woodland, there are walking trails, lakes, boating, fishing and high-ropes adventure activities; activities which will help calm the mind and also could get the heart racing if you so wish.

Following your morning of activities travel to Kilkenny City and enjoy lunch in one of the many restaurants the city has to offer. Or why not try your hand at a Bodhran lesson over lunch in **Kytlers Inn**.

Explore by bike the wonderful Medieval city of Kilkenny with **Kilkenny Cycling Tours**. This fun and easy paced two-hour guided cycling tour will not only help orientate you but also help discover the many slipways and side streets which are dotted throughout.

An essential part of the structural heritage in Kilkenny is **St Canice's Cathedral** and its Round Tower. This ecclesiastical site was founded in the 6th century and named after St Canice. Climb to the top of the tower – the oldest standing structure in Kilkenny City. It is also one of only two towers that people can climb in Ireland.

Travel onwards for dinner and overnight in Waterford



Kilkenny cycling



St Canice's Cathedral

DAY 4

IRELAND'S ANCIENT EAST

Travel to Waterford and explore Ireland's oldest city on foot, either with **Epic Tours** or **Jack Burtchells' Walking Tour**.

Experience the oldest intact operational lighthouse in the world, **Hook Lighthouse**. The present structure is about 800 years old and offers guided tours of the lighthouse tower all year round. Climb the 115 steps to the spectacular view from the balcony. The former lighthouse keeper's houses now play host to the visitor facilities.

After that, why not sample some of the **Waterford Greenway** – a spectacular 46 km off-road cycling and walking trail along an old railway line from the quays of Ireland's oldest city all the way to Dungarvan. It travels through time and nature across eleven bridges, three tall viaducts and a long atmospheric tunnel, all the way from the river to the sea. Bike hire operators are in place to supply bikes for Groups and FITS.



Waterford Greenway

Overnight in Tramore or Dungarvan

DAY 5

IRELAND'S WILD ATLANTIC WAY

Start your journey on the Wild Atlantic Way with a visit to the heritage town of **Kinsale**, originally a medieval fishing port, historic Kinsale (from the Irish, Ceann tSaile – 'Head of the Sea') is a picturesque, historic town and famous for great locally sourced cuisine!

Hit the water on board **Kinsale Harbour Cruises** late morning, and enjoy a perfect combination of culture, information, relaxation and stunning scenery with a brief history with anecdotal legends and an insight into how Kinsale has developed over the centuries.

Back on land, travel the Wild Atlantic Way out to **Mizen Head Signal Station**, Ireland's most south-westerly point. The Mizen Peninsula is very beautiful with spectacular views of the Atlantic Ocean from rugged rocky cliffs. Whales, Dolphins and Basking Sharks pass this coast and Mizen Head is a world class spot for whale and dolphin watching.

Atlantic Sea Kayaking offers the visitor the opportunity to explore this rugged yet serene landscape. Kayaking trips are available every day for people of all abilities. Join in this evening on a Moonlight Sea Kayaking trip in one of the many magical locations in West Cork.

Overnight in Skibbereen



Sea Kayaking



Retitle to Dolphin Watch Boat Trip off Kinsale



Kenmare Bay

DAY 6

IRELAND'S WILD ATLANTIC WAY

Start your day and drive on to a morning of Watersports at **Star Outdoors Adventure Centre** in Kenmare, Co. Kerry one of the best fun experiences on offer in the South West. Why not try some of these activities: kayaking, canoeing, water trampoline and slide, pedal boats, sailing, banana boat rides, water-skiing and wakeboarding. For those that don't wish to get wet there is also a cruise vessel offering a tour of Kenmare Bay or visit The Star Seafood's Smokehouse Experience from filleting and salting, to smoking, cutting and preservation. See the Seabirds, Herons, and the flora and fauna of Kenmare Bay.

Lunch in **Kenmare** today at one of its fine restaurants.

Eight miles off Kerry's magnificent Iveragh Peninsula – where Ireland's highest mountain range sweeps down to the wild Atlantic coast – is one of the wonders of the world: **Skellig Michael**. 1300 years ago, early Christian monks built a remarkable hermitage at the top of this jagged ocean crag – then at the furthest limits of the known world. Steep steps are carved into the rock. Near the 700 ft summit is a collection of 'beehive' monastic cells: solitary places for contemplation and prayer, as far from the distractions of civilisation as it was possible to be.

Continue to **Waterville**, and take a guided walk along the Wild Atlantic Way with **Sea Synergy**, where a local marine biologist walks you through the rich heritage and wildlife of Ireland's western coast. Varying routes from flat sandy coastline to winding small roads to headlands and walkways hugging the Wild Atlantic Way to see shipwrecks and lookout towers and admire the local marine biodiversity of the area. (Optional seafood taster meal at family restaurant overlooking the bay at end of seashore walk).

Overnight on Skellig Coast in Valentia or Waterville

DAY 7

IRELAND'S WILD ATLANTIC WAY

Continue your journey stopping in **Tralee** en route, before continuing on to take the **Tarbert Ferry** to Co. Clare.

Start your afternoon in Lahinch and Doolin, both excellent surf spots; particularly Lahinch is known worldwide as a premier venue for professional surfers. Doolin is a well-known location also for its nightly traditional Irish music sessions.

Doolin Cliff Walk provides a guided walk from Fisher street in the Doolin Village of County Clare, along the sea cliffs leading to the Cliffs of Moher. Guided by local farmer, walking enthusiast and historian, Pat Sweeney, you will follow a trail route along the coast and above the Doolin cliffs. With the green fields of cows and sheep of the local farms on one side and the pounding waves of the Atlantic Ocean on the other, this is a unique way to experience the stunning views and breathtaking rural beauty of this part of Clare.

Or

Enjoy a visit to **Doolin Cave**, with a local guide. The Great Stalactite is a world-class natural wonder at Doolin Cave, and is an important eco-tourist attraction. Measuring 7.3 metres (23 feet) in length, it is recognised as being the longest stalactite in the Northern hemisphere.

Or

Visit the **Cliffs of Moher Interpretative Centre**. Standing 214m (702 feet) at their highest point they stretch for 8 kilometres (5 miles) along the Wild Atlantic Way. From the Cliffs of Moher on a clear day one can see the **Aran Islands** and Galway Bay, as well as the Twelve Pins and the Maum Turk mountains in Connemara, Loop Head to the south and the Dingle Peninsula and Blasket Islands in Kerry. **O'Brien's Tower** stands near the highest point and has served as a viewing point for visitors for hundreds of years.

Continue your journey and overnight in Galway city



Skellig islands



Seal-watching off Kenmare Bay



Doolin Cliff Walk



Inis Mór, Aran Islands

DAY 8

IRELAND'S WILD ATLANTIC WAY

Explore Galway's coastline by Kayak, Windsurf or Stand up Paddle with [Rusheen Bay Watersports](#).

After an action packed morning learn about the local flora/fauna and history of the Connemara landscape at [Cnoc Suain](#). A selection of activities can be enjoyed here including, Irish music, song & story, the Gaelic language & poetry, learn a Céilí (Folk) dance!

Continue your journey on the Wild Atlantic Way with a walk up Diamond Hill with a local guide from [Connemara Wild Escapes](#). Connemara is an Irish landscape at its most dramatic. With soaring mountains, scattered loughs and an intricate coastline, two mountain ranges dominate the area – the rugged Maumturk Mountains and the cluster of quartzite peaks known as the Twelve Bens. Between them, they offer up some of the most challenging and exciting hill walking in the country.

Travel and overnight in Westport



Bog walk Connemara

DAY 9

IRELAND'S WILD ATLANTIC WAY

Spectacular Clew Bay stretches all the way from Achill Island to Killary Fjord. Boasting hundreds of beautiful islands, majestic mountains and welcoming towns it is a highlight of any itinerary to the West Coast of Ireland.

Climb Ireland's holy mountain, Croagh Patrick for breath-taking views over the bay. Take to the ocean on a sea angling trip in the bay. Cycle the [Great Western Greenway](#) off-road all the way from Westport to Achill Island with [Electric Escapes](#) and once there, visit the haunting deserted village at the foot of Slievemore.

The quaint towns surrounding Clew Bay are the perfect places to take a break and take in the views. Louisburgh, Westport, Newport and Mulranny all have great cafes and restaurants and offer the perfect jumping off points for exploring the area.

When in Westport, be sure to check out [Westport House](#) which was the ancestral seat of the Marquises of Sligo up until July 2014. It was built by the Browne family in the 18th Century, on the site of an O'Malley castle whose dungeons are still present today. Set in beautiful woods, lake and parkland grounds, Westport House is a must see.

Travel and overnight in Sligo town



Greenway Cycling

DAY 10

IRELAND'S WILD ATLANTIC WAY

Travel to the seaside town of Strandhill and meet with [Seatrails](#) for a morning to remember. Seatrails provides guided archaeological and historical walking tours within and close to the coastal zone of County Sligo. Both town, coast and county are steeped in history and archaeology.

Take some time out afterwards with a relaxing seaweed bath in Strandhill with [Voya Seaweed Baths](#). Imagine relaxing back into a luxurious steaming bath of fresh seawater and wild, organic seaweed. Floating effortlessly in a soothing and tranquil state, your skin feels smooth and renewed. Breathe deeply and sense the tension, aches and pains simply slip away: an ideal way to unwind any time.

Partake in a variety of adventure experiences at [Donegal Adventure Centre](#). Activities include Surf lessons, Kayak lessons, Climbing, Abseiling, Orienteering, Hillwalking, Archery, High Ropes Course, Cliff Jumping, Canoeing.

Travel to Slieve League (Sliabh Liag) in Donegal and enjoy the [Slieve League](#) Experience. Slieve League Cliffs are the highest cliffs in Europe at 900ft. The highest point on the cliffs is marked at 1,972ft. Boat hire can be arranged to experience these breathtaking cliffs with [Sliabh Liag Boat Trips](#).

Dinner and overnight in Donegal town



Boats at Bertra, Clew Bay



Seaweed Baths



Slieve League