

**Inishbofin Island Eco Tourism Experiences**

**Sample 3 Day Itinerary**

Inishbofin Island offers a range of facilities and services including Hotels, a hostel, B&B’s, Restaurants and Craft Shop facilities.

The island is accessed by ferry with several sailings daily from Cleggan harbour near Clifden in Connemara, County Galway. Visitors can also take in the Signature Wild Atlantic Way Discovery Point – Derrygimlagh - a short drive before embarking on their journey from the mainland.

**Day 1**

**Morning Island Walking Tour with Cultúr na nOileáin**

Discover the history of Inishbofin, Connemara’s last island outpost, in the company of native island historian and archaeologist, Tommy Burke. Cultúr na nOileáin tours offer unique ecotourism experiences operated in conjunction with Inishbofin Community Centre. Cultúr na nOileáin Walking Tours provide the most environmentally friendly way of exploring the islands. Both Tommy and the Inishbofin Community Centre are members of the Inishbofin Leave No Trace network. All guided walks keep to the Leave No Trace code of conduct and adhere to the minimal impact hillwalking, birdwatching and marine megafauna viewing codes where relevant.

**Island Walking Tours - Cultúr na nOileáin**

[**www.inishbofin.com/inishbofin-community-centre-ecotourism/**](http://www.inishbofin.com/inishbofin-community-centre-ecotourism/)

**Lunch The Galley Restaurant & B&B**

Email: thegalleyinishbofin@hotmail.com

+353 95 45894

 **Afternoon** **Therapeutic horse riding**

Not only is Inishbofin home to the only island equestrian centre in Ireland, it also offers therapeutic lessons for people with physical, cognitive, emotional and developmental disabilities. Therapeutic riding has long been recognised as extremely beneficial in improving, for example, physical and emotional abilities. Offering accessible horse riding on the island, led by qualified experts, is something the islanders are very proud of. The emotional benefits of riding in such a remote, stunningly beautiful and welcoming environment to people of all needs may not be quantified. But the smiles on people’s faces and the feedback says it all.

[**http://www.inishbofinequestriancentre.com/**](http://www.inishbofinequestriancentre.com/)

**Dinner Dolphin Hotel & Restaurant**

Award winning restaurant with excellent seafood. Families welcome.

T: +353 95 45991

E: info@dolphinhotel.ie

W: [www.dolphinhotel.ie](http://www.dolphinhotel.ie)

**Overnight** For a range of accommodation options on Inishbofin please click [here](http://www.discoverireland.ie/CMSPages/PortalTemplate.aspx?aliaspath=%2fSearch%2fResults&lcid=5&catid=10001&countyid=23&locationid=1512&subcatid=10009,10016,10021&reftype=1)

**Day 2**

**Morning Inishbofin self-guided walking tour and picnic**

There are three waymarked ways on Inishbofin, taking visitors along coastal tracks, down to dune lined beaches, alongside ancient archaeological ruins, across wild, windswept bogland and through small island villages. All with views across the Atlantic to the Connemara and Mayo coast, and the Twelve Bens mountain range. This tour starts at the Beach Bar, one of Inishbofin’s most popular pubs and restaurants, where picnics made from local ingredients are supplied, as well as maps for self-guiding purposes and a booklet of the island’s cultural and natural highlights to be seen en route. Picnics are provided in reusable containers and backpacks, which should be returned to The Beach Bar, giving visitors an opportunity to rest, take in sea views and, ideally, a sunset sip of something special.

[**http://thebeach.ie/eco-tourism-experiences/**](http://thebeach.ie/eco-tourism-experiences/)

**Afternoon Looking after lambs on Inishbofin**

Rearing lambs on Inishbofin goes back generations, but there is only one active sheep farm on the island remaining and it has opened its doors during lambing season to share the delights of births, feeding, mothering and mooching over newborns with visitors to the island. Spend a session at dawn or dusk, feeding time or birthing time, at Inishbofin Farm during March and April, with islander and sheep farmer Simon Murray whose family has been sheep farming on Inishbofin for generations, for a truly uplifting and life giving experience.

**Sheepdog Nirvana**

Inishbofin Farm is now the only active sheep farm on the island, and although sheep can be seen all over the island, visiting the farm to see Simon Murray the islander and farmer’s sheepdogs in action, is one of the most exciting ways to witness island life at its most unchanged, in action. Border collies are the sheep dogs that work on the farms here in Ireland, and visitors will get to see them gathering, shedding, driving, cross driving and penning the sheep. €10 per person

http://www.inishbofinfarm.ie

**Dinner** The Doonmore Hotel, Restaurant and Bar has been owned and managed by the Murray family for three generations. This cliff-top, island hotel, with fantastic views of the surrounding sea and islands, offers superb food, unrivalled service, comfortable accommodation and a warm, relaxed, welcoming atmosphere…truly a home from home.

<http://www.doonmorehotel.com/>

**Overnight** Inishbofin Island

**Day 3**

**Morning** Two activity options today:

**Option A - Atlantic Archipelago sailing trip**

With a myriad of marine life, from seals to sharks, birdlife that thrives on the island’s inaccessible cliffs and sea stacks, as well as the now uninhabited islands of Inishark, Inishgoirt and Inishkina, this guided three hour sailing trip, for four people maximum, takes you on an expedition through the history and geography of this stunning Atlantic archipelago. With seal colonies off Inishbofin’s Stag’s Rock and also off Inishgoirt, this sailing trip offers the most tranquil and ecofriendly way to see them in their habitats. Led by islander and sailing expert John Francis Day –

http://thebeach.ie/eco-tourism-experiences/

or,

**Option B – Rock fishing (and eating) tour**

Run by **The Beach Bar**, one of Inishbofin’s most popular pubs and restaurants, this self-guided walking and fishing trip includes the use of rods, lures and maps that will lead you to one of three accessible and prolific fishing spots for pollock and mackerel. After being given safety instructions, maps and equipment, a carrying bag for catch and a good luck pat on the back, visitors are sent on their way to explore the island and find their fishing spots. On return, the chef will fillet and cook the fish as visitors sit back, take in the sea views from the bar and treat themselves to a rewarding and warming sip of something special.

<http://thebeach.ie/eco-tourism-experiences/>

**Lunch**  **Inishbofin House Hotel and Marine Spa**

Enjoy casual, informal dining with a selection of dishes to suit everyone. The split-level panoramic restaurant serves the best of Inishbofin local catch supplied by the islands fishermen.

<http://www.inishbofinhouse.com/Wine-and-Dine/>

**Afternoon** **(Stand up Paddle) Boarding on Bofin**

Stand up paddle boarding (SUP), or kneel down paddle boarding for those who like to be closer to the water, is Inishbofin’s latest activity on offer, organised by the owners of **The** **Beach Bar**. Starting in the old pier, just beside the bar, visitors can choose between a self-guided SUP session in the harbour area, following one of Ireland’s Blue Way trails, and heading over the peninsula of Inishport and the Cromwellian fort perched on the end of it. Or they can immerse themselves a bit more in Inishbofin’s seascapes and take a guided tour further out around the island’s coves and headlands.

**Dinner**  **The Beach Bar**

The Bar & B&B has been established for the best part of a century, has passed through four generations and has always had a warm welcome for landlubbers and seafarers alike. Located on the waterfront, a stone’s throw from the sea and less than a four minute walk to the ferry which arrives and departs several times daily. The bar has a lovely warm welcoming feel to it, with an open fire, a great pint of Guinness, a selection of beers and spirits from all over the globe and an ever-expanding list of wines from the old and new world with something to please every wine lover.

<http://thebeach.ie/>

**Overnight** Inishbofin Island