

EMBRACE THE WILD ATLANTIC WAY OF LIFE



**BAY COAST
& CLIFF COAST**

WildAtlanticWay.com

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WELCOME TO THE BAY COAST & CLIFF COAST



EMBRACE THE WILD ATLANTIC WAY OF LIFE

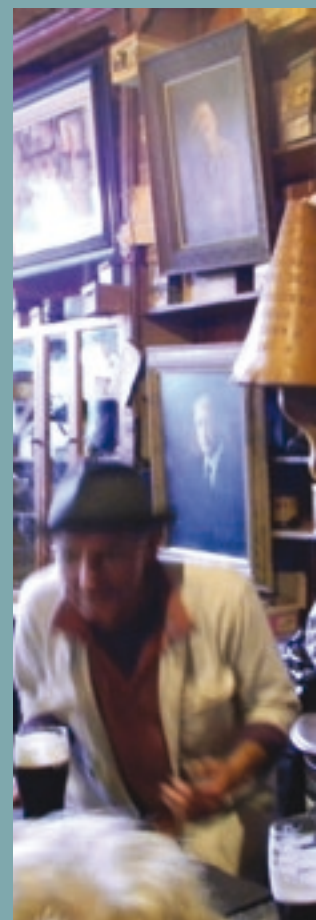
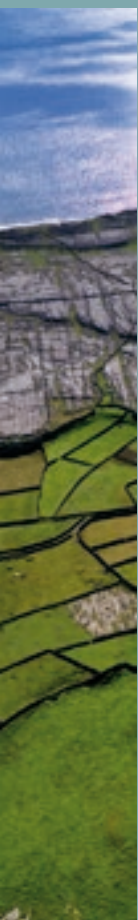


The Wild Atlantic Way, the longest defined coastal touring route in the world stretching 2,500km from Inishowen in Donegal to Kinsale in west Cork, leads you through one of the world's most dramatic landscapes.

A frontier on the very edge of Europe, the Wild Atlantic Way is a place like no other, which in turn has given its people a unique outlook on life. Here you can immerse yourself in a different way of living. Here you can let your freer, spontaneous side breathe. Here you can embrace the Wild Atlantic Way of Life.

The most memorable holidays always have a touch of wildness about them, and the Wild Atlantic Way will not disappoint. With opportunities to view the raw, rugged beauty of the highest sea cliffs in Europe; experience Northern lights dancing in winter skies; journey by boat to many of the wonderful islands off our island; experience the coast on horseback; or take a splash and enjoy the many watersports available.

Stop often at the many small settlements and towns along the route. Every few miles there are places to stretch your legs and have a bite to eat, so be sure to allow enough time take it all in. For the foodies, you can indulge in some seaweed foraging with a local guide with a culinary experience so you can taste the fruits of your labours. As night falls enjoy the craic at traditional music sessions and even try a few steps of an Irish jig! It's out on these western extremities – drawn in by the constant rhythm of the ocean's roar and the consistent warmth of the people – that you'll find the Ireland you have always imagined.





Our coastline is precious and home to a vast array of habitats and wildlife. These fragile organisms survive in harsh environments and are vulnerable to visitor impacts. Visitors to the Wild Atlantic Way have a responsibility to minimise their impact on the environment. Leave No Trace Ireland is helping to create an ethic of understanding, responsibility and care for Ireland's Wild Atlantic Way. To learn more about how you can Leave No Trace, visit www.leavenotraceireland.org.



WILD ATLANTIC WAY
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TRADITIONAL MUSIC SESSION, CO KERRY

WildAtlanticWay.com

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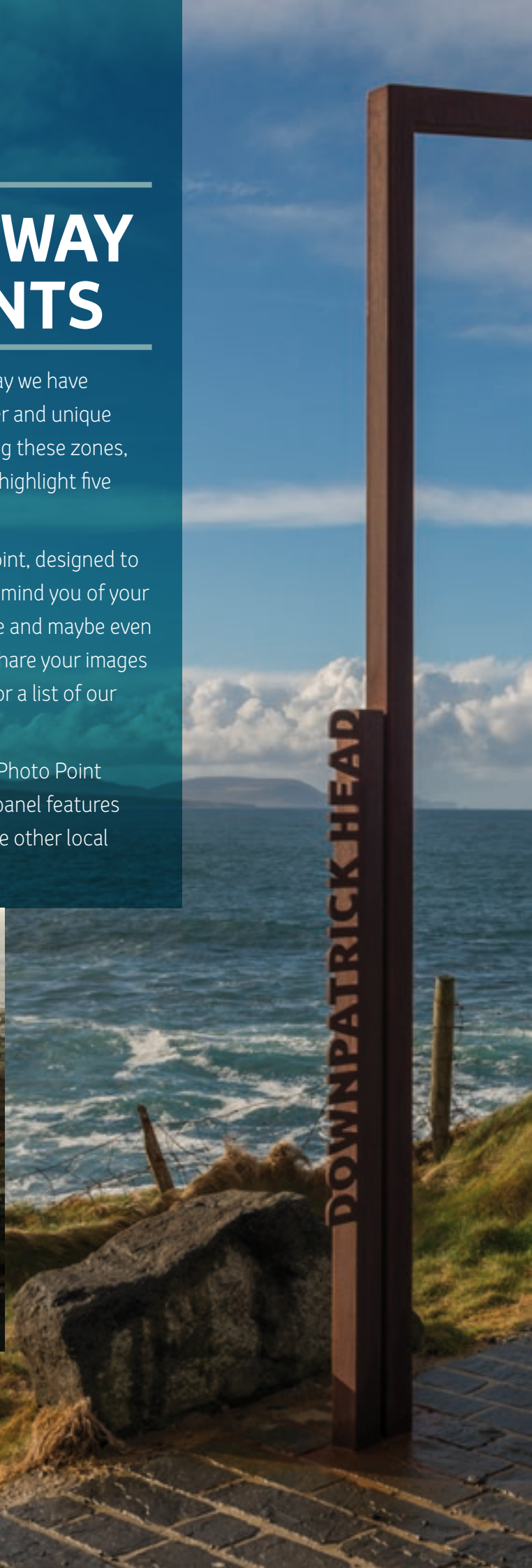
Every care has been taken in the compilation of this guide in order to ensure accuracy at all times. The publishers cannot accept responsibility for printed errors or omissions, or for changes that occur after the guide has been printed.

WILD ATLANTIC WAY DISCOVERY POINTS

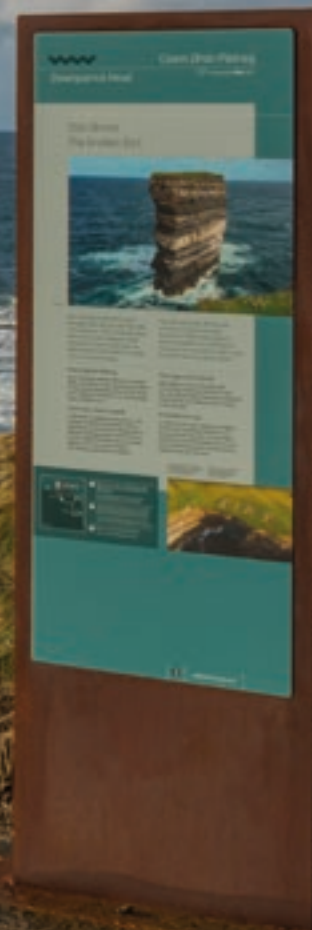
To make it easier for you to discover the Wild Atlantic Way we have amplified six touring zones each with their own character and unique experiences. There are 188 Discovery Points dotted along these zones, and, of these, 15 are Signature Discovery Points. We will highlight five Signature Discovery Points in this guide.

Photo Points have been developed at each Discovery Point, designed to encourage you to capture great photographs that will remind you of your Wild Atlantic Way holiday long after you have gone home and maybe even encourage you to come back and visit again... Why not share your images on our Facebook page and Instagram? See back cover for a list of our social media channels.

Interpretation panels are also in place adjacent to each Photo Point telling the story, history and heritage of the area. Each panel features images and also a small map of the area identifying some other local points of interest. Go on...Discover More!



FREE
Wild Atlantic Way
maps available
from Tourist Offices
(see back for details)



A Passport to Paradise

Planning a visit to the Wild Atlantic Way? Then you're in for a treat! This 2,500km stretch of glorious rugged coast along the west of Ireland is home to soaring mountains, jutting headlands, breath-taking cliff faces and lush green forests. Whether you're seeking an epic adventure or a remote, tranquil getaway, you'll find it here, on the world's longest defined coastal touring route.

What's more, you can now pick up your very own Wild Atlantic Way passport; a unique souvenir of you or your family's completed journey along this exceptional route. Not only is it a genuine passport to paradise, it also gives you the chance to meet locals in the many towns and villages dotted along this winding coastline. A quick chat with a local and you'll soon have insider knowledge on incredible local hidden gems – not to mention where to stop for your next picnic or coastal panorama.

A STAMP FOR EVERY MEMORY

Your passport will serve as a life-long memento of your travels along this astonishing 2,500km length of coast, and also enables you to obtain your 'Wild Atlantic Way Certificate', the official record of your journey. Each beautifully designed passport has its own individual number, so it's completely unique to you and your visit. And as you make your way along this inspiring stretch of coast, you can get it stamped at a host of scenic spots.

There are 188 Discovery Points peppering the route, from the wild Donegal headlands in the north, right down to the picturesque peninsulas of Kerry and Cork, and each one has its own individual stamp. Simply call into the local An Post (post office) or Tourist Information Office in the towns and villages adjacent to each Discovery Point, and staff there will be happy to stamp your passport.



A REWARDING ROUTE

And it gets better! The route is divided up into six zones, and once you've gathered your first 20 stamps you can call to any of the Tourist Information Offices listed to receive a special Wild Atlantic Way gift. If you've missed a stamp while in a zone you can call to the regional branch offices of An Post or the Tourist Information Office in the zone. And don't worry about trying to fit all 188 Discovery Points into your trip; you can keep adding stamps to your passport every time you visit.

SO GRAB YOUR PASSPORT & GET PLANNING!

Starting to put together your itinerary? Thrill-seekers should be sure to grab a surfboard at Mullaghmore, Co Sligo, where waves have been known to reach dizzying heights of 15m. Or perhaps you'd like to embrace the unrivalled Atlantic vistas from Malin Head, the country's most northerly point. In Kerry meanwhile, you can take a ferry across to the ancient Skelligs – so otherworldly are the remains of this early Christian monastery it featured in the latest Star Wars film.

There are plenty more amazing sites hidden off the beaten track too, and your passport is the perfect tool to help you discover them. From golden sandy beaches to charming fishing villages, secluded islands and more, it's all waiting for you.

Your Wild Atlantic Way Passport can be purchased at selected post offices along the Wild Atlantic Way; from selected Tourist Information Offices and also at key entry points. Cost: €10

See www.wildatlanticway.com/passport for more information.



Available
at selected
POST OFFICES
and **TOURIST**
INFORMATION
OFFICES!



BAY COAST

AN OPEN-AIR PLAYGROUND

Skimming the Coast, from Achill Island to Galway Bay

From northwest Mayo to the “savage beauty” of Connemara, the Wild Atlantic Way skims south around several huge bays. The largest of these – Clew Bay – is said to have 365 islets and islands, one for every day of the year. Connemara means “inlets of the sea” in Irish, with water and land merging in a lacy shoreline of loughs, coves, islands and sea-swept blanket bogs.

The Bay Coast is a salty, open-air playground, loaded with dazzling beaches and Blueway trails, with opportunities to kayak, kite-surf, paraglide, swim and dive. Cyclists follow the Great Western Greenway – one of the world’s most scenic cycleways. Walkers climb the sacred Croagh Patrick and Twelve Bens range.

There’s history and culture too, from Westport’s Georgian elegance to Clifden’s Derrigimlagh Bog, where Alcock and Brown landed after the first transatlantic flight in 1919. The Bay Coast is where you’ll find Galway City, one of Ireland’s most historic and happening hubs, with its Spanish Armada links and vibrant events like the Galway Arts Festival, Oyster Festival and annual races.

Further south, near Kinvara, you can banquet in the 500 year old Dunguaire Castle, from where you can look west across the great sweep of Galway Bay and watch the sun go down on the Gaeltacht (Irish-speaking) Aran Islands and south Connemara, while enjoying a night out to remember.

SIGNATURE DISCOVERY POINT

Keem Bay, Achill Island, Co Mayo

Keem Bay on Achill Island, Ireland's largest island, nestles at the head of a valley between Benmore cliffs and Croaghaun Mountain. To reach this idyllic spot just follow the Atlantic Drive to Keel and then westward via a cliff-top road with spectacular views of the Atlantic Ocean.

The beach, which is lifeguarded during the summer months, is very popular with swimmers and is the site of a Blueway snorkel trail. If you're feeling so inspired there are several activity providers in the area that offer equipment hire and tuition or you could keep your feet dry and your eyes peeled for the porpoises that regularly visit this sheltered bay and stage amazing acrobatic displays.

In the past, this area was a key location for the Achill Basking Shark Fishery, which operated in the 1950s and 60s. During that period, spotters were stationed at Moyteoge Head, which borders the beach, to identify the sharks and direct hunting boats to them. The sharks were targeted for oil which was used as a lubricant in the aerospace industry.



SIGNATURE DISCOVERY POINT

Killary Harbour, Co Galway

Killary Harbour ('An Caoláire Rua' in Irish), in the heart of Connemara, is one of Ireland's three fjords and forms a spectacular natural divide between counties Galway and neighbouring Mayo. Here, you will find some of the most dramatic scenery in Ireland, so dramatic the area was used as the primary location for the film adaption of John B Keane's play of "The Field".

From the northern shore rises Mweelrea, the highest mountain in Connacht at 814m (2671 feet) and to the south you can see the Maumturk Mountains and the Twelve Bens. There are two small communities in the vicinity: Rosroe on the southern side and Leenane to the east. In Rosroe, you'll find a hostel that was once a residence where philosopher Ludwig Wittgenstein stayed for some time after WWII, using it as a quiet place to write. Nearby you can also explore the so-called Green Road, a route that travels eastward along the side of the fjord toward Leenane for 9km (6 miles) and was built in the 19th century as a famine relief project.

This area is known for aquaculture, with a salmon farm operating at Rosroe and mussel rafts commonly spotted to the east.



SIGNATURE DISCOVERY POINT

Derrigimlagh, Clifden, Co Galway

Stretching from the Atlantic shore towards the mighty Twelve Bens, Derrigimlagh blanket bog is one of Europe's most magnificent wetland environments and a place of wonder, innovation and daring.

The bog boasts a rich archaeology, dating back over 6,000 years but also has a remarkable modern history. In the early 20th century, Derrigimlagh was at the centre of two outstanding transatlantic technological achievements: the first in communications, the second in transport marking the beginning of an era of modernity.

In 1907, the great Irish-Italian innovator, Guglielmo Marconi, achieved the first successful commercial wireless transmission of Morse code across the Atlantic from Derrigimlagh. In 1919, daredevil airmen, John Alcock and Arthur Whitten-Brown, risked life and limb to make the first non-stop transatlantic flight from Newfoundland to Ireland. They landed at Derrigimlagh, making it the first European site to connect directly with North America by aeroplane.

Take the signposted looped walk (5km/3 miles) through a landscape of outstanding beauty and learn the story of this remarkable place told across 7 stop points at locations of former landmarks such as Marconi's Condenser House and the cairn marking the landing of Alcock & Brown.



Good for the Soul

Achill Island Hotel, Achill Sound, Co Mayo

Achill Island is home to five picture postcard Blue Flag beaches. Swimming here is good for the soul but it's not just a dip in the Atlantic that has healing powers; so too has the seaweed that's been hand harvested from these pristine shores. Immerse yourself in the seaweed baths and avail of bespoke healing treatments with ancient roots at the Achill Island Hotel. The Bio-Energy Clinic restores balance, health and vitality. So come and experience Achill's magic and leave feeling transformed.

T +353 (0)98 45138

www.achillislandhotel.com

E reservations@achillislandhotel.com

GPS 53.933068, -9.919646



A Patchwork of Perfection

Achill Isle House, Keel, Achill Island, Co Mayo

You might not have thought of combining craft with hillwalking, but that's what's on offer at Achill Isle House on the magnificent Achill Island. Try your hand at traditional quilting with your host, Sheila, and on days when you're feeling more active, head out hillwalking with host and qualified guide, Gerard. Visit the Deserted Village, which consists of up to 100 ancient stone cottages in an area rich in archaeological artifacts, including megalithic tombs dating from the Neolithic period some 5,000 years ago. With your trusted guide, you will go on to reach the summit of Slievemore, taking in breathtaking views of the entire island. If you have energy left after the climb, drink in the spectacular cliff views, the wild Atlantic Ocean and the hills of Achill from the golf course in Keel and stay up late stargazing with Sheila, a Dark Sky Ambassador, who will point out stars and constellations along with some of the myth and magic attached to them.

T +353 (0)98 43355

www.achillislehouse.com

E info@achillislehouse.com

GPS 53.97252, -10.091673

Room with a View

Mulranny Park Hotel, Mulranny, Co Mayo

Imagine looking out at the wild Atlantic Ocean with Ireland's holiest mountain beyond. Do just this from the comfort of the 19th-century Mulranny Park Hotel. Uniquely located on the Great Western Greenway, it's blessed with spectacular sea and woodland views. If you are feeling adventurous, why not leave the luxury behind and take on the challenging terrain of the West of Ireland with one of the hotel's experienced walking guides? Or make it more leisurely with a stroll along the causeway and over Lookout Hill. Watch the waves crashing on the shore and seals and dolphins playing in the surf. You'll get back to the hotel with just enough time to soak in the hot tub or swim before joining the group for a whiskey tasting and dinner, all overlooking the dramatic Wild Atlantic.

T +353 (0)98 36000

www.mulrannyparkhotel.ie

E info@mulrannyparkhotel.ie

GPS 53.906065, -9.783736



Rewild Yourself

Terra Firma Ireland, Newport, Co Mayo

Discover your wild side in the rugged landscape of mountain, bog and lake. Terra Firma Tours will take you gallivanting through the county's magnificent mountain and moorland landscapes. Touch the stones of history and walk on the ancient paths of pilgrims while on this cultural walking tour. Get away from 'civilisation' by going for a hike in the most remote hills or stretch your legs on a stroll over the sandy expanses of a deserted beach. Experience the true awe of nature by going wild camping overnight, stargazing under the darkest skies and waking up to the spectacular vista over the many islands of Clew Bay.

T +353 (0)89 2409015

www.terrafirmaireland.ie

E info@terrafirmaclub.com

GPS 53.885077, -9.552004



Living History

Westport House, Westport, Co Mayo

For a stunning example of the buzz and charm of a modern Irish heritage town, head to Westport. On the edge of an Atlantic inlet, it is a highlight of the Wild Atlantic Way. To understand its soul, immerse yourself in its history at Westport House, one of Ireland's best loved heritage attractions and considered the most beautiful house in Ireland. With over 30 rooms on show, visitors are transported to the 16th century, when Grace O'Malley (Granuaile), the Pirate Queen of Connacht, ruled the land and seas around the west coast. The stunning house is built upon the foundations of one of her many castles, which can still be toured via the dungeons today. You can even emulate her unique military prowess at the nearby Pirate Adventure Park, a treasure trove of family fun and winner of Best Family Visitor Attraction in Ireland.

T +353 (0)98 27766

www.westporthouse.ie

E info@westporthouse.ie

GPS 53.8002, -9.5457

Electric Escapes

Electric Escapes, Westport, Co Mayo

Unlock the secrets of the Wild Atlantic Way with a three-day electric bike tour through some of the Irish coast's most scenic locations. Aimed at the intermediate cyclist, the tour kicks off from the buzzing town of Westport and spins through the Sheefry hills and valleys to Killary Fjord. This 16km-long border between Galway and Mayo is one of just three glacial fjords that exist in Ireland. On its northern shore lies Mweelrea Mountain, Connacht's highest, while to the south are the Maumturk Mountains and the Twelve Bens. The area contains some of Ireland's most awe-inspiring and dramatic scenery. From there, you'll follow a famine route to catch the ferry to Clare Island at the mouth of Clew Bay. Stunning views, salty spray and the freshest of Atlantic air are the order of the day as you overnight in a lighthouse, hear about Pirate Queen Grace O'Malley, and explore an island carved out by glaciers 10,000 years ago. Day three sees a return to Westport via a secret scenic route known only to your guides!

T +353 (0)98 56611

www.electricscapes.ie

+353 (0)87 7451155

GPS 53.802355, -9.519080

E electricscapesireland@gmail.com



Coastal Close-up

Clare Island Adventures, Clare Island, Co Mayo

For the thrill seekers among you, coasteering is sure to get your heart pounding. Combining the art of rock-scrambling, cliff-jumping and adventure swimming, it's an outdoor activity suitable for those accustomed to swimming in the sea and with a head for heights. Even complete beginners are welcome to give it a go. It's an exhilarating way to experience the Wild Atlantic coastline along Clare Island, and one you won't forget in a hurry. When your heart gets quieter and your stomach noisier, you can relive your adventure over a delicious, freshly-prepared meal at Sailor's Bar & Restaurant. Here, your tales of bravery will get taller as you drink and dine, enjoying dramatic scenery that's in keeping with your day's adventure.

T +353 (0)87 3467713

www.clareislandadventures.ie

E bookings@clareislandadventures.ie

GPS 53.80156, -9.95301



Tea and Traditions

Glenkeen Farm, Louisburgh, Co Mayo

Behold an age-old tradition being played out firsthand on Glen Keen Sheep Farm at Mayo's gateway to wild and gorgeous Connemara. With its natural beauty, unique habitats and diverse wildlife, it is a truly unique spot. Experience an immersive sheepdog herding display, followed by a wool spinning demonstration brought even more vividly to life through stories of traditional sheep farming from the 1600s through the seven generations of farmers at Glen Keen. Enjoy a warming cup of Glen Keen hot tea with scrumptious homemade scones. There is a restaurant onsite where visitors can absorb the historical landscape and connect with this special area of conservation.

T +353 (0)87 6167396

www.glenkeenfarm.com

E glenkeenfarm@gmail.com

GPS 53.6887939, -9.7869131

Delphi Delights

Delphi Lodge, Leenane, Co Galway

Delight in the treasures of the sea in Delphi Valley in Leenane, but not just by eating them. Climb aboard a brand new adventure at Delphi pier to visit mussel and oyster farms along the stunning Killary Fjord. While the focus is on explaining and demonstrating what is involved in harvesting the delicious treats, fresh oysters, of course, are yours to sample along with a glass of chilled white wine. With a little extra spring in your step, take a scenic walk to a traditional farm to watch a demonstration of sheep shearing, working sheep dogs and turf cutting. On returning to the boat, enjoy a cruise along the fjord before stopping off at a scenic spot to enjoy a special Delphi picnic lunch before returning to the luxury accommodation of your 1830s country house and fishing lodge, Delphi Lodge.

T +353 (0)95 42222

www.delphilodge.ie

E info@delphilodge.ie

GPS 53.631916, -9.747190



Live the Adventure

Killary Adventure, Leenane, Co Galway

How does crossing a rope suspension bridge and then free falling 40 feet through the air sound to you? Will your nerve hold and will your stomach stay strong? There's only one way to find out! Banish boredom from your life by visiting Killary Adventure Company in Leenane. With over 20 activities to choose from, from hill walking to high ropes challenges and the unique Turf Warrior challenge to kayaking on the fjord, every interest and activity level is catered for. If you catch the adventure bug and want to stay on, accommodation is available, along with a fully serviced kitchen on site, that can cater for groups of between 4 and 200.

T +353 (0)95 43411

www.killaryadventure.com

E adventure@killary.com

GPS 53.353521, 9.46961



Walk Through Time

Tommy Burke, Inishbofin Community Centre, Inishbofin, Co Galway

Walk in the footsteps of pirates and parliamentarians on the sacred Inishbofin island. Historian and archaeologist Tommy Burke will enlighten you on the tactics used by the famous pirate queen Grace O'Malley (Granuaile) to wield control over Inishbofin harbour. The Parliamentarian forces of Oliver Cromwell subsequently fortified the site with the star-shaped barracks which remains to this day. Explore this stunning 17th century stronghold and learn of its dark history. Cultúr na nOileáin Island Walking Tours is a Gold Certified EcoTourism Ireland experience, with all guided walks adhering to the Leave No Trace codes of conduct. So come and discover where the name 'The Island of the White Cow' originated and how it came to be the fascinating and beautiful place it is today.

T +353 (0)95 45989

+353 (0)87 9789588

www.inishbofin.com

GPS 53.61813, -10.207862

E csptourism@inishbofin.com

tommybofin@gmail.com

Escape to the Sea

Real Adventures, Clifden, Co Galway

Experience the rugged Connemara coastline from a different perspective on a kayaking tour with Real Adventures. A kayak is the only way to properly explore the remote and majestic sea caves, sea arches and the magnificent cliffs near Cleggan Head. While you're taking in the stunning scenery, the enthusiastic and experienced guides will share their local knowledge of the area's history and how the ocean has shaped the life and land along the coastline. Along the way you'll hear stories about the old famine villages, meet the local fisherman working in their traditional currachs and, if you're lucky, come across a pod of dolphins or whales.

T +353 (0)85 1462526

www.realadventures.ie

E realadventures.ie@gmail.com

GPS 53.488138, -10.02237



Feel the Wind in Your Hair

All Things Connemara, Market Square, Clifden, Co Galway

Whether you want to meander along coastal paths or challenge yourself on the rugged hills of Connemara, doing it by bicycle is the way to go. Clifden Bike Hire Shop at All Things Connemara has a fleet of bikes, from electric and hybrid to children's bikes, buggies and tandems, allowing access to some of the most famous routes in Connemara. Starting in the delightful market town of Clifden, it's the perfect way to explore one of the Wild Atlantic Way's most scenic areas. Against the breathtaking backdrop of the Twelve Bens and with the tranquil coastline at your side, you might even catch a glimpse of the wild seals and leaping dolphins out to sea, or the Connemara ponies roaming the rugged landscape. Whether you want to explore the mountains, cruise along the ancient bog road, strike out for those quiet, secluded beaches or discover islands and inlets steeped in history, Connemara will satisfy your thirst for discovery and adventure.

T +353 (0)95 22630

www.clifdenbikehire.ie

E shop@bikeelectric.ie

GPS 53.487207, -10.0193947



Living History

Connemara Wild Escapes, Letterfrack, Co Galway

What was it like to be the doomed leader of Ireland's 1916 Rising? Or the first pilots to fly non-stop across the Atlantic? Find out on the Connemara Wild Escapes tour to Patrick Pearse's Cottage at the Connemara Cultural Centre in Rosmuc. Situated in the heart of the Gaeltacht, it's a truly immersive experience of the Irish language and culture. In Derrigimlagh, pass the remnants of the world's first permanent transatlantic radio station, which sent out the inaugural transatlantic signal in 1907, on this guided walk through an area of special historical significance. On the way to Pearse's cottage, take in the memorial to pioneering aviation and enjoy the great outdoors on the looped walk with your guide. Explore the wonderful bogland landscape studded with lakes, and, when it's time for a break, relax at a nearby castle for a marvellous lunch and reflect on the rich history at your fingertips.

T +353 (0)95 49052

www.connemarawildescapes.ie

E info@connemarawildescapes.ie

GPS 53.554324, -9.946956

Gone Fishing

Wild Atlantic Adventures, Connemara, Co Galway

Sail into Ireland's past on the 120 year-old Galway Hooker 'Bláth na hÓige' (Flower of Youth). Banter with the Gaelic-speaking crew, who will be more than happy to share their knowledge and passion for the boating tradition and stunning surrounding landscape. They might even let you take the rudder for a while! Explore Fínis Island, one of the many deserted offshore islands dotting this rugged coast. Take a swim in the clear waters and chill out with a tasty picnic. Do a spot of fishing with the chance to haul your own lobster pot with a local fisherman; your fresh catch will be cooked up at Tigh Mheaic, the local bar in Carna. Whether it's walking along the coastline, through the bogs, or up into the hills, Wild Atlantic Adventures guides will interpret the rugged landscape and how it shaped the history, traditions, language and culture of the Connemara region and the lives of its people.

T +353 (0)87 7417478

www.wildatlanticadventures.com

E info@wildatlanticadventures.com

GPS 53.248869, -9.201055



Rejuvenating Cultural Retreat

Cnoc Suain, Moycullen Road (L1320), Spiddal, Co Galway

You might know about the healing powers of seaweed for your skin, but you might not know how tasty and versatile it is to eat! For a true cultural immersion in the Gaelic way of life, including sampling seaweed bread and carrageen moss, visit Cnoc Suain, an award-winning creative retreat in the pretty seaside village of Spiddal. Situated in the Connemara wilderness, this international award-winning cultural experience is the perfect place from which to explore the magnificent Wild Atlantic Way. Enjoy a uniquely personal insight into daily life in the local Gaeltacht community, letting the Gaelic language, customs and traditions seep into your blood, to the point where you will be getting up off your seat to dance an Irish folkdance.

T +353 (0)91 555703
+353 (0)87 9544784

E info@cncosuain.com

www.cncosuain.com

GPS 53.289256, -9.264907



Lady of the Dance

Áras na Gael, 45 Dominick Street, Galway City, Co Galway

Your imagination, as well as your feet, will be swept away during a lesson at Emma O'Sullivan Dance in Galway City. Dance and music have helped sustain Irish people over generations, whether here or wherever they settled around the world. Emma, who has performed with some of the most influential acts in traditional Irish dance music, including Sharon Shannon, Lúnasa and Altan, has experience dancing in the US, Europe and Asia now brings these years of experience and expertise to you. One of the leading lights in the resurgence of Sean Nós or 'old style' dancing, Emma will take you through the basics of this most musical form of Irish percussive step dancing. After your lesson, you can watch Emma giving her daily street performance on the city's medieval cobblestone lanes and let her point you in the direction of the city's liveliest traditional Irish music sessions where you might join her and a host of musicians for a well-deserved pint of Guinness and, of course, a dance.

T +353 (0)86 2520672
+353 (0)95 43588

www.emmaosullivan.com

E info@emmaosullivan.com

Anchors Aweigh

Woodquay, Galway City, Co Galway

Follow the trail of fearsome Viking invaders and Victorian steamboats alike along the majestic River Corrib in Galway. Travelling in luxury onboard the Corrib Princess is a one-of-a-kind experience, where you'll hear all about Galway's ancient past, its Celtic mythology and feuding families as you cruise the placid waters. The castles you'll see along the route were once home to some of Galway's most intriguing characters; hear the stories of their daring exploits as the river opens out onto Lough Corrib, Ireland's largest lake. This stunning body of water is in a special area of conservation and is a UNESCO-designated wetland. The crystal clear waters are home to courting swans, hunting herons and jumping salmon. On your return to Galway City, sit back, relax and enjoy a heart-warming Irish coffee or a local craft beer while enjoying an Irish dance performance from one of the enthusiastic crew members.

T +353 (0)91 563846

www.corribprincess.ie

E info@corribprincess.ie

GPS 53.27875, -9.0544



A Feast for the Senses

Wild Atlantic Food Tours, Galway City, Co Galway

Treat all five of your senses on the Galway Food Tour, a culinary walking tour of rugged and remote Connemara. Take the Wild Atlantic Way coastal route with its beaches, dunes, rocky shores, a fjord, cliffs and tidal islands to Connemara Abalone and Seaweed Farm to see shellfish in their natural habitat. Later, savour them in your own natural habitat – Coyne's Bistro – enjoying the warmth and cheer as you look out over the stunning views of Kilkerrin Bay. Make your way deeper into Connemara, stopping at the prestigious Ballynahinch Castle Hotel, with a backdrop of the beautiful Twelve Bens mountain range. Sample local crab paired perfectly with a glass of wine to hold you in good stead till you reach Oughterard, a small town on the banks of the Owenriff River close to the western shore of Lough Corrib. Hole up in the cosy Power's Thatch pub, where you can sample award-winning air-dried meats, paired with locally brewed beer. For something stronger and more authentic to the area, head to Potín Micil Distillery to try the famous brew, one of the oldest alcohols produced in Ireland.

T +353 (0)86 7332885
+353 (0)87 2238764

E galwayfoodtours@gmail.com

www.wildatlanticfoodtours.com

GPS 53.273085, -9.052467



Get Carried Away

Katie's Claddagh Cottage, Galway City, Co Galway

Walk in the footsteps of saints and kings on the Claddagh Experience, where you'll meander through Galway's old city with cultural historian and storyteller, Brian Nolan, recounting tales of Alexander Nimmo, St Brendan the Navigator, Christopher Columbus, the Vikings and Normans. Join local skipper and real-life nephew of a long line of Kings of the Claddagh, for a trip on Galway Bay. From the calm waters of the bay, you'll see the rolling Clare hills and lunar landscape of the Burren, with its vast cracked pavement of glacial-era limestone, with cliffs and caves, fossils, rock formations and archaeological sites. Lastly, curious minds will be sated with 100 years of history explained through facts and folklore in Katie's Claddagh Cottage, a traditional thatched heritage & design centre. Discover how generations of Claddagh villagers made their living. Enjoy stories, tea, scones and a real turf fire, in one of the oldest fishing villages in Ireland.

T +353 (0)91 526917

E claddaghexperience@gmail.com

www.claddaghdesigns.ie

GPS 53.266410, -9.056918

The True Taste of the Islands

Cáis Gabhair Árann, Oughill, Aran Islands, Co Galway

Sample the freshest flavours of the Aran Islands on a tour with Aran Goat's Cheese, makers of simply divine artisanal food products you have to taste to believe. Gabriel Faherty, owner of Aran Goat's Cheese, will introduce you to his herd and take you through the process of making his award-winning cheeses before inviting you to sample and experience the delectable range for yourself. Faherty's beautiful Nubian and Saanen goats graze contentedly on the unique pastures of the Aran Island, where the climate, served by the Gulf Stream, is perfect for growing the grass herbs these lucky goats love so much. This ideal diet gives the cheese its unique, irresistible flavour – a taste that will have you coming back for more. Meet the goats, learn about the workings of the factory and the history of the island, and, of course, lose yourself in a taste sensation.

T +353 (0)87 2226776
+353 (0)87 8635327

E biaarann@gmail.com

www.arangoatcheese.com

GPS 53.119995, -9.729408



CLIFF COAST

HARD LAND, WARM HEARTS

Beauty and tradition, from Galway through Clare to the north Kerry coast

"The land is hard, the soul is not..." So says Lonely Planet about the Wild Atlantic Way's Cliff Coast, where Ice Age landscapes meet west coast warmth and music is a way of life. This striking seaboard is a place for cliff-top walks, island-hopping, glowing pubs, rich waves of traditional music and soul-stirring views. Think of rainbows in the ocean spray as you walk or cycle around Loop Head; of puffin colonies and wildflowers at the Burren and Cliffs of Moher Geopark; of bottlenose dolphins in the Shannon Estuary and views of Clare's hills from Kerry's Cliffs of Dooneen.

North Kerry is home to epic beaches at Banna and Ballybunion, to music and craic in the town of Listowel. Then there's the otherworldly Burren – a vast, limestone pavement spotted with rare flora, ancient roads and a surprisingly tasty selection of food.

Finally, to the Flaggy Shore, described by Seamus Heaney in his poem 'Postscript' as a place that can "catch the heart off guard and blow it open". Enough said?

Pick up the
**NEW Shannon
Estuary Way map**
in any Cliff Coast
Tourist Office!

SIGNATURE DISCOVERY POINT

Cliffs of Moher, Co Clare

The iconic Cliffs of Moher are one of Ireland's most visited natural attractions. Stretching for 8km (5 miles) along the Atlantic coast of Clare, the cliffs reach 214m (702 feet) at their highest point at Knockardakin.

Midway along the cliffs you'll find the environmentally friendly visitor centre set into the hillside. Here, you can also discover O'Brien's Tower, a 19th century viewing tower, and access 800m (2624 feet) of protected cliff side pathways with viewing areas. There are many vantage points from which to admire the awe-inspiring Cliffs of Moher. From the main platform, you can see the south cliffs toward Hag's Head, a natural rocky promontory that resembles a seated woman. From the North Platform, you can spot An Branán Mór sea stack, home of guillemots and razorbills, as well as the Aran Islands and, if the conditions are right, the famous surfing wave known as 'Aileen's'. Each of these Cliffs views are wonderful to behold at any time, but a visit at sunrise or sunset, affords the most colourful and breath-taking vista with less crowds.

A cruise around the base of the Cliffs is a unique and awe-inspiring experience – it's incredible to view the cliffs from below especially if you have already walked them above. Boats depart daily from Doolin, just north of the Cliffs.

Continue on about 5km (3 miles) from here and you'll arrive in the village of Doolin. And if you'd like to see the puffins that reside on Goat Island instead, head for the south Platform.



SIGNATURE DISCOVERY POINT

Loop Head, Co Clare

At the western tip of County Clare, where the calm waters of the Shannon Estuary turn into the powerful waves of the Atlantic, you'll find Loop Head Peninsula. Travel along the Loop Head Drive to the western end of the peninsula to see its famous lighthouse, which sits on land dotted with colourful wild flowers. You can climb to the top of the lighthouse and take in splendid views that stretch from County Kerry to the Cliffs of Moher. At the very end of the peninsula there is also a relic from WW2: large white letters spelling É-I-R-E, which let pilots know they were entering neutral airspace.

This area is a wildlife haven too, with thousands of seabirds making their nests on the rock ledges and an estimated 160 bottlenose dolphins living in the mouth of the Shannon River.

If you'd like to see these majestic animals up close, you can take a boat trip from Carrigaholt, or follow the road from Kilrush to Aylevarro Point to see them playing just offshore.



Rocky Wonderland

Burren Nature Sanctuary, Kinvara, Co Galway

"The land is hard, the soul is not," says the Lonely Planet of the Cliff Coast. While the lunar landscape of the Burren is mostly made up of rock, its spirituality is palpable. Set on a 50-acre organic farm, the Burren Nature Sanctuary is a nature lover's paradise and a wonderful introduction to the unique Burren landscape and its flora and fauna. The mile-long nature trail meanders through Burren habitats of karst limestone, ancient hazel and ash woodland and the organic wildflower meadow, home to the majority of Ireland's butterflies. Stroll through the hedgerows of native Irish trees which line the ancient green road – once a pathway for animals to the rare tidal disappearing lake (turlough). Visit the Botany Bubble, which houses the national collection of Burren flora, where seasonal alpine, Mediterranean, arctic and tropical plants grow alongside native Irish wildflowers, before stopping at the Sanctuary Café and Waterfall Tea Garden to reflect on the magic of the day.

T +353 (0)91 637444
+353 (0)87 4129701

www.bns.ie

GPS 53.128876 -8.928033

E info@bns.ie



Flying Free

Aillwee Cave, Ballycahill, Ballyvaughan, Co Clare

Walk through beautiful caverns, over bridged chasms, under weird rock formations and alongside the thunderous waterfall at Aillwee Cave in County Clare, a very special place in the heart of the Burren. Here you will marvel at the frozen waterfall and explore the hibernation chambers of the long-gone brown bears.

Watch the dramatic free flight of Ireland's eagles, falcons, hawks, owls, and vultures at the renowned Birds of Prey Centre. Here, you will be educated and entertained with dynamic flying displays set against the dramatic Burren landscape.

T +353 (0)65 7077036

www.aillweecave.ie

E tracy@aillweecave.ie

GPS 53.05348, -9.08619

Bean to Bar Chocolate

Oughtmama, Bellharbour, The Burren, Co Clare

Enjoy a taste of the sweet life way out west with Hazel Mountain Chocolates. This hands-on boutique chocolate factory in the heart of the Burren Mountains welcomes you to take a trip behind the scenes to see fine Irish chocolates being made in the traditional way – but with a twist. Owner and chocolatier Kasha, who has trained with Belgian chocolate masters, incorporates the highest quality chocolate and unique local ingredients to create some of the most tastebud-teasing confections you'll find anywhere. Specialty Burren treats such as juniper berry-filled pralines, dark chocolate with violet petals, and special, seasonal treats are just waiting to be sampled. Take the Chocolate Tour & Tasting at Hazel Mountain Chocolates, where you'll be enticed by the heavenly scents as you watch the chocolatiers hard at work. Taste for yourself the difference between bean and bar before relaxing in the warm, beautifully-styled cafe with a glass of decadent drinking chocolate. It's the perfect way to treat yourself after a day exploring the Wild Atlantic Way.

T +353 (0)87 9903000

www.hazelmountainchocolates.com

E info@hazelmountainchocolates.com

GPS 53.1262304, -9.0502399



Scents to Soothe the Soul

Burren Perfumery, Carron, Co Clare

Drawing inspiration from the flora and beauty of the Burren landscape, the Burren Perfumery creates signature scents to soothe the soul. Their perfumes, creams, soaps and candles are handcrafted on-site using the very best natural and organic ingredients. Visit the manufacturing rooms to see where the magic happens and watch the informative, beautifully made slideshow about the plants and landscape of the area. You can also wander through the educational herb garden to see examples of native herbs, with information on their traditional uses. There are talks and tours for those interested in going further or a welcoming shop to visit if you simply want to sample the gorgeous products on your skin.

T +353 (0)65 7089102

www.burrenperfumery.com

E info@burrenperfumery.com

GPS 53.2365, -9.2449



Cave Creation

Doolin Cave, Craggycorrada East, Doolin, Co Clare

Suspended from the ceiling like a chandelier, the 23 foot-long Great Stalactite is the longest free-hanging stalactite in the Northern Hemisphere. What is even more astounding than its size, is that the Great Stalactite was formed from a single drop of water over thousands of years.

When you've recovered from being awestruck, extend your adventure from underground to overground by following the charming Farmland Nature Trail, taking a looped walk around the cave setting. The nature trail is home to indigenous species of flora, along with rare and miniature breeds of animals. If you've worked up an appetite, stop for some home-cooked food in the Doolin Cave Café before perusing pottery made using glacial clay found deep within Doolin Cave.

T +353 (0)65 7075761

www.doolincave.ie

E tours@doolincave.ie

GPS 53.04334, -9.344665



On Your Bike

The Burren Way Mountain Bike Tours, Doolin, Co Clare

When you are cycling on one of the most scenically beautiful routes in the world, through the unique Burren landscape, you don't want to have to dismount when you come to the end of the path and find the water stretching out in front of you. But there is a way to keep going! North Clare Sea Kayaking has teamed up with their sister company Burren Way Mountain Bike Tours to bring the Wild Atlantic Way to life with their Sky to Sea Experience.

Pedal the quiet tracks and trails in the Burren and enjoy the amazing scenery, before hopping into a kayak to see the stunning landscape from a totally different perspective.

T +353 (0)85 1195489

www.burrenwaymountainbiketours.com

E burrenwaymountainbiketours@gmail.com

GPS 53.015609, -9.377002



Home from Home

Doolin Music House, Doolin, Co Clare

Listening to traditional music is one of the most authentic Irish experiences you can have, but at Doolin Music House you can get one step closer by visiting a real musician in his own home. Although they found pub music sessions to be extremely enjoyable, Christy Barry and his partner Sheila realised that many of their visitors preferred to listen to traditional music in the intimate environment of the couple's home.

Now you can experience local Irish music in the relaxed surroundings of their unique dwelling. Christy tells you about the rich history of the music you're listening to and plays great tunes around an open fire, while Sheila's art adorns the walls of their beautiful and welcoming home.

T +353 (0)65 7074584
+353 (0)86 8241085

www.doolinmusichouse.com

GPS 53.014167, -9.326655

E doolinmusichouse@gmail.com



Land (and Sea) Ahoy!

Ben's Surf Clinic, Lahinch, Co Clare

The surf is always up in Lahinch. Boasting a world famous, 2km golden Blue Flag beach, the flooding tide makes it ideal for surfing, sea kayaking and kite surfing – and there are lots of centres in the area to take watersports enthusiasts through their paces. Whether you are an absolute first-timer or a seasoned professional, you can expect to have a wonderful and fun time in the surf with Bens Surf Clinic. Set on Lahinch Beach, one of the best beaches in the country for learning to catch waves, you'll experience the crashing waves of the Atlantic Ocean with a two-hour surf lesson that is sure to have you up and riding the crest of a wave in no time. After you have achieved your surf goals, with some energy left over, it's off for a two-hour rock climbing and abseiling lesson in the Burren, making Ben's Surf Clinic the ultimate land and sea adventure experience.

T +353 (0)86 8448622

www.benssurfclinic.com

E info@benssurfclinic.com

GPS 52.933896, -9.348282

Sustenance of the Sea

Wild Kitchen, Callura South, Lahinch, Co Clare

Engage with nature on a journey into a secret world where you will learn about the exceptional nutritional value and unique tastes of wild plants, how to identify them, what not to eat or touch, what's in season, and tasting as you go, all the while taking in the beautiful scenery of the Burren and the Wild Atlantic Way. You could catch a glimpse of wild seals playing hide and seek on the rocks, where barnacle geese and wild duck forage on the rich pickings. You might even see humpback whales on the horizon. Learn how to sustainably harvest up to twelve types of seaweed, discover the nutritional benefits and cooking and drying methods, and, of course, delight in a wild food picnic on the rocks overlooking the Atlantic Ocean. One of the highlights is sure to be finding Pepper Dulse, affectionately called the Truffle of the Sea, and sampling the freshest Dilisk. To make the experience last well into the future, learn to make spuds cooked in seaweed, mackerel and wild herb paté or pickled sea vegetables by taking home a copy of the Little Wild Food Book.

T +353 (0)87 6877890

www.wildkitchen.ie

E info@wildkitchen.ie

GPS 53.72244, -9.10264



Island Sanctuary

Scattery Island Tours, Kilrush Marina, Merchants Quay, Kilrush, Co Clare

The unique microclimate of Scattery Island, coupled with its range of historic sites, fabulous bird watching and island walks ensure a simply unforgettable visit to this wonderful isle. The island is home to a monastery consisting of a round tower and several churches, founded by St. Senan in the early 6th century, as well as a lighthouse and artillery battery. Visitors can also enjoy the visitor's exhibition, which tracks the history of the island from St. Senan and the Vikings to when the last of the islanders moved off to the mainland. Scattery Island Tours offers a daily scheduled ferry service to the island from the Marina at Kilrush from May to September with complimentary guided walking tours available on the island available between June and August. You can have a delicious packed lunch thrown in to get the most out of your trip to this hidden sanctuary.

T +353 (0)85 2505512

www.scatteryislandtours.com

E info@scatteryislandtours.com

GPS 52.635012, -9.495031



See Life

DolphinWatch, Carrigaholt, Co Clare

Watching and learning about dolphins in their natural habitat is what a trip with Dolphinwatch is all about. On this fully guided boat trip, you have the opportunity to meet a variety of wildlife, learn about the many species of seabirds, and be amazed by the stunning cliffs and caves at the mouth of the Shannon in County Clare. Home to Europe's largest group of Bottlenose Dolphins with approximately 200 living offshore, there's no shortage of ways to encounter wildlife. Grey seals, pelagic seabirds and wild goats can also all be spotted at different times of year. On board, you'll learn about the fascinating geology and maritime history of the area. With a live commentary and a crew of marine scientists to answer questions and ensure your comfort, safety and enjoyment, there is nothing more you could ask for on this splendid tour.

T +353 (0)65 9058156

www.dolphinwatch.ie

E info@dolphinwatch.ie

GPS 52.6038, -9.7088



Fish for all Seasons

Carrigaholt Sea Angling, Carrigaholt, Kilrush, Co. Clare

How many fish species can you name? Ray, wrasse, bull huss, dab.... Not only will you be able to list more than 20 species following this informative fishing tour, you'll also learn to catch them. Fishing in the estuary off Carrigaholt Harbour is wonderful in all seasons and can produce excellent fishing for species such as ray and bull huss, and flat fish like plaice, dab and turbot. In season, it's one of the best places to fish for tope in Ireland. Its nutrient-rich waters are home to many bottlenose dolphins, known to swim along with the boat as you head out to deeper waters. While you wait for the fish to bite, you will have time to enjoy the panoramic cliff views and quiet beauty spots of Loop Head. The north side of the estuary is bordered by low cliffs, with the magnificent view of Mount Brandon rising in front of you. At the end of the peninsula you will find yourself in the best fishing grounds in Ireland. If you haven't had your fill of fresh fish and scenic views, you can stay in Glencarrig Guest House, a farmhouse serving food from the farm and maybe even fish from your own hand.

T +353 (0)87 6367544

www.fishandstay.com

E luke@fishandstay.com

GPS 52.600000, -9.701000



Rough Justice

Tarbert Bridewell, Tarbert, Co Kerry

Meet the accused Thomas Dillon, share his anguish and follow his trial and judgement at the Tarbert Bridewell Courthouse and Jail. This exhibition vividly depicts the rough justice meted out in 19th century Ireland. The jail ceased operations in 1874 but the courthouse continued sentencing for a further 75 years. View an exhibition on Tarbert's famous poet, Thomas McGreevy, hailed as Ireland's first modernist poet – even if he was one of its most neglected. As well as learning about this pivotal figure, the history of Tarbert House itself will be brought to life through stories of its intriguing visitors, including Charlotte Brontë, who spent part of her honeymoon here; Winston Churchill, who spent some of his school holidays at the house, and the Irish patriot Daniel O'Connell.

T +353 (0)68 36500

www.tarbertbridewell.com

E tarbertbridewell@eircom.net

GPS 52.5735623, -9.3764047



CLIFF COAST



If Boats Could Fly

Foynes Flying Boat & Maritime Museum, Foynes, Co Limerick

Imagine what it would have been like to be a passenger on one of the first flights across the Atlantic Ocean. While you might be able to imagine it, it's doubtful you can imagine the flying boat you would have travelled in. At Foynes Flying Boat & Maritime Museum, you can board the world's only replica Boeing 314 Clipper. These monstrous flying vessels were equipped with a 14-seat dining room, honeymoon suite, deck quarters for the crew and sleeping berths for all passengers. You can explore the original transatlantic terminal where a 3D holographic show recreates the night in 1943 when Chef Joe Sheridan invented Irish coffee for weary passengers returning to the airport restaurant after bad weather forced their New York-bound flight to turn back. No better way to recreate the night than by sampling one for yourself.

T +353 (0)69 65416

www.flyingboatmuseum.com

E info@flyingboatmuseum.com

GPS 52.6111, -9.1084

Literature and Laughs

John B Keane's Pub, 37 William Street, Listowel, Co Kerry

Tinkers, matchmakers, brutal farmers and wily women populate the plays of Listowel literary legend John B Keane. A visit to John B Keane's pub will give you firsthand insight into the controversial and widely loved figure. Here you will be entertained in the pub's theatre, which runs a series of 40-minute plays performed on the very premises where Keane wrote works like 'Moll' and his masterpiece, 'The Field'. Learn to pull a pint of Ireland's most famous drink, Guinness, and enjoy the storytelling from Keane's son and fellow author, Billy. Head along and unearth your inner creativity.

T +353 (0)68 21127

+353 (0)86 6064466

www.facebook.com/JohnBKeane

GPS 52.4464789, -9.4861723

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Spin a Yarn

Kerry Writers Museum, Listowel, Co Kerry

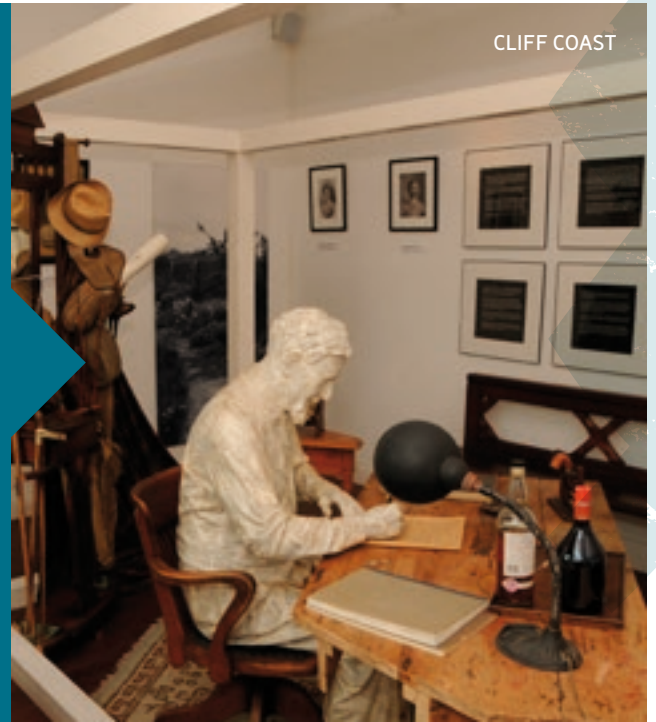
It's no wonder the Hollywood blockbuster 'The Quiet Man' won an Oscar for cinematography. You'll see what all the fuss was about and meet the characters on a trip to the Kerry Writers' Museum. Housed in a splendidly restored 19th century Georgian residence in Listowel's magnificent square, Seanchaí Kerry Writers' Museum will take you on a stimulating journey of discovery through the song and stories of Kerry's renowned writers. Filled with an abundance of rich characters, humour, romance and tragedy drawn from the towns and villages of North Kerry, the works of the writers will make you laugh and cry, but, above all, you will come away with the sense of knowing what shaped the people and places in the writings of John B Keane, who wrote the masterpiece, 'The Field'; novelist, short story writer and dramatist, Bryan MacMahon; Irish poet and novelist Brendan Kennelly; Maurice Walsh, who wrote 'The Quiet Man', and George Fitzmaurice.

T +353(0)87 2788903

www.kerrywritersmuseum.com

E info@kerrywritersmuseum.com

GPS 52.4447233 -9.4862699



Jump into Kerry

Wild Water Adventures, North Kerry

Jump into the Atlantic Ocean with Wild Water Adventures. Specialising in water-based activities such as coasteering, open water swimming and wild swimming, this is an adrenaline-filled tour along the spectacular rocky coastline of Kerry Head.

Wearing a warm winter wetsuit, a helmet and a buoyancy aid, you will be guided through sea arches and caves, get washed through channels, explore caves, jump off cliffs and rocks, splash, dive and swim. As well as having fun in the water, you will learn the geology, local history and the biodiversity both inside and outside of the ocean. So jump into Kerry and the Wild Atlantic Way of Life.

T +353 (0)87 9101290

www.wildwateradventures.ie

E info@wildwateradventures.ie

GPS 52.302939, -9.619719

Wildlife Paradise

Bromore Cliffs, Bromore, Ballybunion, Co Kerry

To really feel alive, indulge in a clifftop walk along Bromore's sheer 180-foot cliffs. Winter storms and the wild Atlantic have carved out headlands, bays and deep caves at sea level, with some later becoming arches and sea stacks. The natural vegetation on the cliff top is resistant to the harsh elements of wind and sea. Walking in early summer, you will be surrounded by sea pinks, kidney vetches, sheepsbit, sea asters and orchids in full bloom. If you look closely, you will see beautiful butterflies and wild honey bees. The deep dry springy carpet is a haven for small mammals such as the field mouse and the pygmy shrew. In the fields and ditches near the cliffs you'll find stonechats, pipits, larks and linnets, while in the ocean below, Atlantic grey seals bob, bottlenose dolphins leap and the occasional sea otter can be seen drifting contentedly. The crevices and narrow ledges along the cliffs here are home to a diversity of wildlife, from falcons and ravens to fulmars, guillemots, cormorants and rock doves. There's even a fox's den 80 feet down from the top. The walk along the cliff top is safe, easy, well fenced and suitable for all ages.

T + 353 (0)87 9502167

www.bromorecliffs.com

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GPS 52.3216, -9.3993



A Feast for the Senses

Danny Houlihan, Ballybunion, Co Kerry

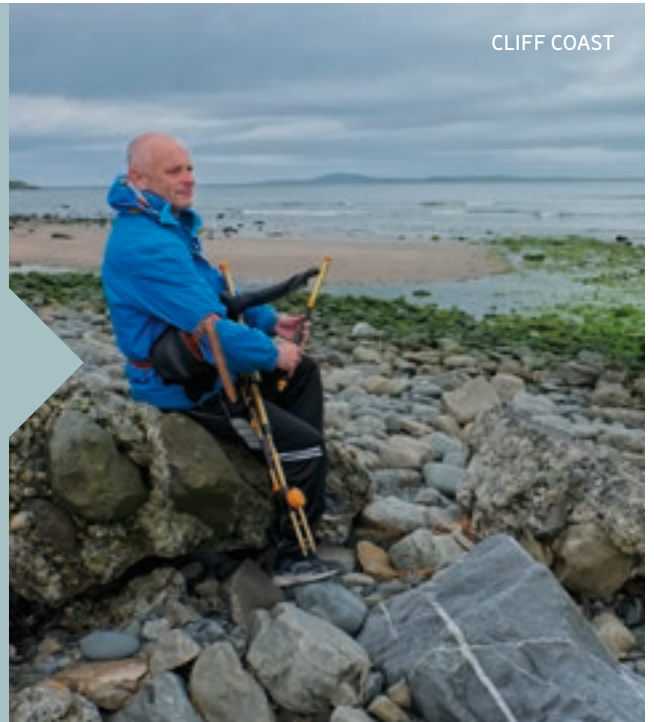
All of your senses will be gladdened on this cliff walk along the Wild Atlantic Way. While meandering along the high rugged cliff path, your eyes will be delighted by the mesmerising landscape and your ears by both the sounds of nature and that of the piper accompanying you on your walk. All-Ireland Piper Danny Houlihan. Danny, a local historian and accomplished musician, will enthral you with stories of the area's hidden history including details of the many Vikings raids that took place around the year 800. He even supplies genuine artefacts relating to the area to bring its history to life. Experience this majestic part of the world with all of its sensory delights.

T +353 (0)87 3539613

www.ecotrekballbunion.com

E dannyhoulihan@me.com

GPS 52.511701, -9.670256



Cure for Curiosity

North Kerry Museum, Ballyduff, Co Kerry

A cluster of ammonite fossils or an ancient fossil of a Neolithic tree are just some of the artifacts on display at The North Kerry Museum. Located in a beautiful rural setting overlooking the historic Cashen River, exhibits here range from the dawn of time to the Mesolithic, Neolithic, Bronze Age, Iron Age, Christian and Viking eras. There are stories to bring the artifacts to life, including those detailing the economic lives of early inhabitants and explaining industry and farming methods. The dangerous world of plunder, smuggling and piracy is also revealed, as well as what life was like living in the great houses compared to the thatched cottages speckled over this stunning landscape.

T +353 (0)87 7426231

www.northkerrymuseum.com

E info@northkerrymuseum.com

GPS 52.470756, -9.65548

Where Nature & History Collide

Blennerville Windmill, Blennerville, Co Kerry

Where the town of Tralee meets the Dingle Peninsula is the historic and romantic landmark of Blennerville Windmill. Originally built in 1800, this was the largest working windmill in Ireland in its day, operating successfully for over 40 years. Even when not in use, it managed to survive the elements and was fully restored in the 1980s. It's now the centre piece of a major visitor attraction on the shores of Tralee Bay. Blennerville was the main port of emigration from County Kerry during the Great Famine (1845 to 1848). At the Visitor Centre, you can see models of the coffin ships which carried Irish people away from their homeland, never to return. There are exhibitions on milling and on the famous Tralee & Dingle Light Railway, as well as a craft workshop and gift shop. When you've finished casting a curious eye over the past, get back to the present and the natural beauty of the site by keeping your eyes peeled for birds of prey that visit the area, including turnstone, ringed plover, dunlin, redshank, bar-tailed godwit, golden plover and curlew, to name but a few.

T +353 (0)66 1721064

GPS 52.256895, -9.737132

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AN GAELTACHT

The term 'Gaeltacht' is given to those areas of Ireland where the Irish language (Gaeilge) is still spoken daily as a community language, and where culture and traditions are very much alive and thriving. These Irish-speaking communities are scattered over seven counties and all four provinces.

Along the Wild Atlantic Way, extensive areas of counties Donegal, Mayo, Galway, Kerry and Cork, and many of the populated off shore islands, are designated Gaeltacht areas. These regions offer many varied and interesting holiday locations, each possessing an environment rich in heritage, folklore, culture and tradition, with a strong sense of its own identity and uniqueness. Here, within, lies the 'true Ireland'!

As you travel along the Wild Atlantic Way and through the Gaeltacht areas you'll notice the road signs are in Irish and, when you stop off, you'll hear the locals converse 'as Gaeilge' (through Irish). The 'cúpla focal' (couple of words) below might be useful if you do want to exchange a few words.

It will take you to its heart...

For exact Gaeltacht locations please visit www.udaras.ie

Hello
Dia dhuit

 *Dee ya gw-itch*

Thank you
Go raibh maith agat

 *Guh rev moh a gut*

Cheers!
Sláinte!

 *Slawn cha!*

Bye for now
Slán go fóill

 *Slawn guh foal*

OFFSHORE ISLANDS OF THE WILD ATLANTIC WAY

Favoured by fishermen, farmers, novelists, exiled monks and fugitive pirates the Islands of the West of Ireland have caught the imaginations of generations. Here tradition and culture combine in a rugged stony landscape.

Easily accessible by boat, plane, and sometimes by road the islands of the west are home to farmers' markets and festivals, currach races and spectacular diving, summer schools and traditional music – making memories you'll cherish long after you leave.

INIS BIGIL (INISHBIGGLE), CO MAYO

Located between the Mayo mainland and Achill Island and accessible across the Bullmouth Channel, which has one of the strongest currents in Europe. Inis Bigil is a unique island which to this day has a traditional community where small farming and fishing are time-worn traditions. It has stunning panoramic views of west Mayo and is still totally unspoilt. Life here is lived at a different pace and the tranquil atmosphere, old world customs and glorious scenery are beloved of walkers. For day trippers this is an idyllic location for walking and exploration.

GETTING THERE

Sailing from Doran's Point, Ballycroy, Co Mayo. Leneghan Ferries, T 098 45513 / 087 1269618

ACAILL (ACHILL ISLAND), CO MAYO

This island is Ireland's largest offshore island and one of the few accessible by road. The island boasts of spectacular sea cliffs, awesome scenery, stunning drives, walks and cycle routes and beautiful beaches (many of them Blue Flag Beaches) catering for all types of angling and water sports. Achill Island has the reputation of being an artist's retreat and has festivals and events to suit all. Sporting events and activities include half-marathons, surfing, swimming, walking, cycling, scuba diving, climbing, angling and equestrian activities to mention but a few.

CLARE ISLAND, CO MAYO

This island guards the entrance to Clew Bay and in former times was the home of the pirate queen Grace O'Malley (Granuaile). Now the people drawn to its shores are mainly anglers, scuba divers, naturalists, those in search of a quiet retreat and walkers. The island has a network of looped walks... climb to the peak of Knockmore, where you'll be enthralled by the panoramic views of Clew Bay and its islands, seabirds, the Blue Flag Harbour Beach and Croagh Patrick on the mainland.

GETTING THERE

Daily Sailings from Roonagh Pier, near Louisburgh, Co Mayo.

Clare Island Ferry: T 098 23737 / 086 8515003. www.clareislandferry.com

O'Malley Ferry Services: T 098 25045 / 086 8870814. www.omalleyferries.com

INISHTURK, CO MAYO

Inishturk (Island of the Wild Boar) is a scenic little island off the west coast between Inishbofin and Clare Island. If you are looking to get away from the stresses and strains of modern life just hop on the short boat journey from Roonagh Pier and, as you step off the ferry you'll immediately feel the difference. The island has an array of archaeological sites and is an environmentalist's paradise with wonderful bird life and unique flora.

GETTING THERE

Daily Sailings from Roonagh Pier, near Louisburgh, Co Mayo.

Clare Island Ferry, T 098 23737 / 086 8515003, www.clareislandferry.com

O'Malley Ferry Services: T 098 25045 / 086 8870814, www.omalleyferries.com

INISHBOFIN, CO GALWAY

Located off the west coast of Connemara and renowned for its impromptu music sessions featuring wonderful local and visiting musicians. Visitors here are captivated by the island's allure and magnificent scenery. Inishbofin is an ecologist's joy with its array of flora and fauna and boasting excellent looped walks, two Green Coast beaches and crystal clear waters ideal for scuba diving enthusiasts. The island's stunning natural harbour makes it an ideal base for sailing.

GETTING THERE

Ferries operate all year round from Cleggan, Co Galway.

Inishbofin Island Discovery: T 095 45819 / 086 1718829, www.inishbofinislanddiscovery.com

CEANTAR NA NÓILEÁN, CONNEMARA, CO GALWAY

A group of islands located between Kilkerrin Bay and Greatmans Bay, 56km west of Galway City. The main islands are Eanach Mheáin, Leitir Móir, Garumna and Leitir Meallain and access is by a chain of bridges and causeways. This wonderfully scenic part of south Connemara is part of the Gaeltacht (Irish speaking) area.

ARAN ISLANDS, Co Galway

INIS MÓR

Inis Mór is the largest of the Aran Islands and one of Ireland's most popular visitor destinations. "Next parish Boston" one can truthfully say when gazing down on the sparkling clear Atlantic Ocean from the Dún Aonghasa cliff face. Also scattered throughout the island are the remnants of 12th Century high crosses and churches. Here you can still see the Aran jumper being knitted and experience other local crafts such as basket weaving.

INIS MEÁIN

Meaning 'middle island', is the least visited of the three Aran Islands. The unique and traditional Inis Meáin Knitwear is produced here. Inis Meáin too has many sites of historical interest, e.g. Church of the King's Seven Sons, a number of holy wells and the prehistoric stone fort of Dún Chonchúir. While spending time here the famous writer, John Millington Synge got inspiration for his plays. Synge's Cottage is now a museum and is open during the tourist season.

INIS ÓIRR

Inis Óirr, meaning 'south island', is the smallest of the three islands and is a tranquil place, perfect for quiet contemplation and relaxed walks. The island is small enough to see entirely on foot. Ancient monuments worth a visit include the ruins of Teampall Chaomhain (St Kevin's Church), O'Brien's Castle – a 15th century tower house which stands within a stone fort, St. Gobnait's Church and the Holy Well of St. Enda. At Áras Éanna Arts Centre, you can attend workshops, enjoy exhibitions and learn about the island's traditional culture.

GETTING THERE BY AIR

From Inverin, Co Galway: Aer Arann Islands, T 091 593034, www.aerarannislands.ie

In addition to regular daily services, scenic flights are also available over the Aran Islands, Cliffs of Moher and the Connemara coastline.

GETTING THERE BY SEA

From Rossaveal, Co Galway: Island Ferries Teo, T 091 568903, www.aranislandferries.com

From Doolin, Co Clare: Doolin2Aran Ferries, T 065 7075949, www.doolin2aranferries.com

Doolin Ferry Company with Bill O'Brien, T 065 7075555, www.doolinferry.com

The O'Brien Line, T 065 707 5618, www.obrienline.com

SCATTERY ISLAND, CO CLARE

Inis Cathaigh (Scattery Island) lies at the mouth of the River Shannon and one of west Clare's best kept secrets. The island, named after a mythical monster said to have lived there, was the location of a 6th century monastic settlement founded by St Senan. Also worth visiting are the ruins of O'Cahane castle, an Elizabethan tower house built in the 16th century, and the 18th century battery built to defend against a French invasion. The visitor centre on the island has guided tours, available free of charge.

GETTING THERE

Ferries operate from Kilrush Pier, Co Clare during the summer season.

Dolphin Discovery: T 065 9051327, www.discoverdolphins.ie

WILD ATLANTIC WAY BEACHES

Ireland's beaches bring together all the ingredients for an unforgettable holiday. Whether you're looking for a quiet sandy spot or a famous surf break, the Wild Atlantic Way is the perfect place to experience the diversity of our coastline. Many beaches around the country have been awarded Blue Flag or Clean Coast / Green Coast awards, attesting to their water quality, safety and environmental status. With such a long stretch of coastline, whether you want a panoramic view or the small inlet cove, you're never too far from a beach.

The Blue Flag is one of the world's most recognised eco-labels. Beaches that achieve this accolade must comply with a specific set of criteria relating to water quality, information provision, environmental education, safety and beach management. For more information please visit www.blueflagireland.org

The Clean Coasts programme works to engage local communities in the protection of Ireland's beaches, seas and marine life through beach clean-ups, beach monitoring, environmental awareness campaigns and the Clean Coast Award programme ensuring that even more of our wonderful beaches are clean and protected – ready for use.

There are over 500 Clean Coast Community Groups working around Ireland's coast. For a full list please visit www.cleancoasts.org

BAY COAST BLUE FLAG BEACHES 2017

Golden Strand, Co Mayo
Dugort, Co Mayo
Keem, Co Mayo
Keel, Co Mayo
Dooega, Co Mayo
Mulranny, Co Mayo
Bertra, Co Mayo
Carrowmore, Co Mayo
The Harbour (Clare Island), Co Mayo
Trá an Dóilín, Co Galway
An Trá Mhór, Co Galway
Silverstrand, Co Galway
Salthill, Co Galway
Traught, Co Galway

CLIFF COAST BLUE FLAG BEACHES 2017

Cill Muirbhithe (Inis Mór), Co Galway
Fanore, Co Clare
Lahinch, Co Clare
Miltown Malbay, Co Clare
Spanish Point
Doonbeg, Co Clare
Kilkee, Co Clare
Cappa Pier, Co Clare
Ballybunion North, Co Kerry
Ballybunion South, Co Kerry
Ballyheige, Co Kerry
Banna Beach, Co Kerry
Fenit Beach, Co Kerry
Fenit Marina, Co Kerry



WILD ATLANTIC WAY LIGHTHOUSES

Standing resolute against the elements on remote and romantic outcrops, Ireland's famous lighthouses have been guiding and protecting ships at sea for centuries. With stories of sunken treasure, captivating wildlife, pirate queens and many offering unforgettable overnight stays, it's no wonder so many of them have been named Great Lighthouses of Ireland. There are many wonderful lighthouses dotted along the Bay Coast and Cliff Coast providing memorable photo opportunities. The lighthouses below provide a unique opportunity to visit a spectacular lighthouse and experience the romance and history, tradition and heritage of these wonderful buildings. For more information visit www.greatlighthouses.com

CLARE ISLAND LIGHTHOUSE, CO MAYO

Clare Island lies off the Mayo coast and stands guard at the entrance to Clew Bay. The Lighthouse is located at the most northerly point of the island perched high on the edge of high cliffs with breath-taking views of Achill Island and Clew Bay and out across the Atlantic Ocean. Built in 1806, the lighthouse has undergone a complete restoration in recent years and is now a historic house offering luxury accommodation and a unique and romantic guest experience.

www.clareislandlighthouse.com

LOOP HEAD LIGHTHOUSE, CO CLARE

Located within a walled enclosure at the tip of the Loop Head Peninsula, marking the northern shore of the Shannon Estuary you will find Loop Head Lighthouse. Enjoy a guided tour of the operational lighthouse with its exhibition on 'Lighthouses and Lightkeepers' and breath-taking views of the Atlantic and dramatic coastal cliffs of the Loop Peninsula.

The detached former Principal Keeper's house, available as visitor accommodation, is surrounded by cliffs, Atlantic surf, seabirds and wild flowers. All the spectacular appeal of the rugged west coast, with dramatic cliffs sculpted by Atlantic storms which rock ledges and caves are home to seabirds and seals.

www.loophead.ie



WILD ATLANTIC WAY NATIONAL PARKS

CONNEMARA NATIONAL PARK, CO GALWAY

Nestled right in the heart of Connemara, Connemara National Park covers some 2,957ha of impressive bog, heath, grass and woodland, as well as striking mountain scenery. Four of the park's mountains are also part of the famous Twelve Bens or 'Beanna Beola' range, known for their sharp quartzite peaks.

Explore the exceptional landscape on one of the many scenic walking and nature trails that begin at the park's visitor centre. Admire the stunning vistas from the 400m (1312 feet) Diamond Hill, including the distant islands of Inishbofin, Inishturk and Inishshark, and the turreted Kylemore Abbey.

A diversity of wildlife calls the park home, including lively Connemara ponies, regal red deer and an enormous variety of bird life, such as skylarks, stonechats and peregrine falcons. In the visitor centre you can enjoy exhibits such as 'The Man & the Landscape', a multi-lingual audio-visual display, and relax in the pretty, seasonal tea room.

Additional facilities include car park, picnic areas (indoor and outdoor), nature trails, children's playground, walks, toilets and tea room.

www.connemaranationalpark.ie

THE BURREN NATIONAL PARK, CO CLARE

Tucked away on the south-eastern corner of the magnificent Burren, the Burren National Park encompasses a remarkable 1,500ha of limestone pavement, calcareous grassland, hazel scrub, woodland, turloughs, petrifying springs and cliffs.

Originating from the Irish word 'Boíreann' meaning rocky place, the Burren boasts a unique environment with an unusual lack of soil cover, yet an abundance of exposed limestone pavement and nutrient-rich floral species. In 1651 a Cromwellian Army Officer remarked, "Of this barony it is said that it is a country where there is not water enough to drown a man, wood enough to hang one, nor earth enough to bury them. This last is so scarce that the inhabitants steal it from one another... the grass grows in tufts of earth of two or three foot square which lies between the limestone rocks and is very sweet and nourishing."

The park's highest point is Knockanes at 207m (679 feet), which continues as a curving terraced ridge right down to Mullaghmór. East of this ridge visitors can observe low-lying limestone pavement and semi-permanent lakes, while west of it sees the pavement sweep up and down. Visitors will be awed by the park's truly mesmeric landscape.

Additional facilities include parking areas, guided walks, free bus.

www.burrennationalpark.ie



BAY COAST & CLIFF COAST 5-DAY ITINERARY

Part of what makes the Wild Atlantic Way so compelling is the year-round sights, sounds and experiences. Hugging the robust coastline, this journey boasts sheltered bays, sandy beaches, hidden coves and gorgeous inlets. Along the way you'll encounter pretty seaside villages that play host to traditional local music, while clifftop walks offer breath-taking views of ice-age landscapes. On your journey you'll find yourself effortlessly unwinding and relaxing into the Wild Atlantic Way of life.

DAY 1: WESTPORT → DERRIGIMLAGH → ROUNDSTONE → PEARSE COTTAGE → GALWAY

STAGE 1: DERRIGIMLAGH, COUNTY GALWAY

94.2KM VIA R335, R378, N59 AND R341

Leaving Westport, follow the Wild Atlantic Way west along the southern shore of Clew Bay, through Louisburgh and then via the wonderfully evocative Doolough Pass to Leenane. From here follow the southern shoreline of Killary Harbour to Letterfrack and on to Clifden through the stunning Connemara landscape. Travelling south from Clifden, your first Signature Discovery Point on the Wild Atlantic Way is Derrigimlagh. One of the most arresting lowland blanket bogs in Europe, this haunting landscape offers much to explore. A five-kilometre signposted looped walk reveals a journey into the past, highlighted by monuments of magnificence including remnants of the world's first permanent transatlantic radio station, constructed by Guglielmo Marconi in 1907, and a memorial to Alcock and Brown; the first pilots to fly non-stop across the Atlantic.

STAGE 2: DERRIGIMLAGH TO PEARSE COTTAGE

66.4KM VIA R341 AND R340

Depart for Rosmuc (1hr 20mins) in the heart of the Connemara Gaeltacht (Irish-speaking region). En route, stop-off at Roundstone at bodhrán (Irish drum) maker Malachy Kearns' workshop. Malachy crafts unique instruments that have featured in the famous Riverdance show! At Rosmuc, step into the shoes of Pádraig Pearse; revered writer, teacher and leader of the 1916 Rising. Pearse was hugely fond of peaceful Rosmuc, and his charming little cottage stands as a fitting reflection. Adjacent, you'll find the Connemara Cultural Centre housing an interactive exhibition showcasing Pearse's powerful legacy, and exploring the area's rich history, culture and landscape.

STAGE 3: PEARSE COTTAGE TO GALWAY CITY

54.4KM VIA R336

Glorious Galway City is next! Hug the coast for just over an hour, enjoying picturesque views en route. Take a tasty bite out of what's known as the 'City of the Tribes' with Galway Food Tours. Let Sheena Dignam lead you on the 'Around the Market Place' tour stopping at award-winning eateries, and some delicious hidden gems. Sample everything from cheese and artisan meats to chocolate and beer – yum! Once you've had your fill, bed down for the night in one of Galway's many great places to stay.



EYRE SQUARE, GALWAY CITY



LAHINCH, CO CLARE



DOOLIN POINT, CO CLARE



CLIFFS OF MOHER, CO CLARE



BALLYVAUGHAN, CO CLARE

DAY 2: GALWAY → BALLYVAUGHAN → DOOLIN

STAGE 1: GALWAY CITY

A fabulous blend of contemporary and old Ireland, bohemian Galway can be explored either independently or on a walking tour through winding, cobbled streets, taking in iconic Eyre Square, the ancient medieval quarter and landmarks like the Gothic University Quadrangle. Discover the Claddagh Village, once a distinct fishing community with its own king, and home to the Claddagh ring. The village's rich heritage can be further explored at Katie's Cottage, where music, dance and storytelling bring new life to beloved tradition.

STAGE 2: GALWAY CITY TO BALLYVAUGHAN

50.1KM VIA N67

Just over an hour's drive away is the pretty fishing village of Ballyvaughan – unofficial capital of the Burren! Perched on the Burren's terraced mountainside, Ailwee Cave is a dramatic underworld of bridged chasms, strange formations and a thunderous waterfall. The accompanying Birds of Prey Centre is popular with avian enthusiasts and novices alike. For a truly unique experience take a 'Hawk Walk' through hazel woodland and across Burren limestone pavement.

STAGE 3: BALLYVAUGHAN TO DOOLIN

29.4KM VIA R477

From one charming fishing village to another – stop in Doolin (40mins) and experience the magic of Doolin Music House. This humble abode boasts a warm, lively atmosphere that's second-to-none. Christy Barry is an informed trad musician, who'll happily explain the nuances of this lively genre, while his partner, Sheila, is an accomplished artist whose work is proudly displayed around the house. Scheduled sessions take place throughout the week, otherwise upon request. Enjoy a tasty dinner locally when you're done, before settling down for the night.

DAY 3: DOOLIN → CLIFFS OF MOHER → LAHINCH → LOOP HEAD

STAGE 1: DOOLIN TO CLIFFS OF MOHER

9KM VIA R478

Day three begins on an epic note, following a short 12-minute drive from Doolin. Defined by nature across millions of years, the stunning, 8km long Cliffs of Moher stand over 200 metres above the ocean. Internationally renowned, the cliffs are home to the 19th century gothic-style O'Brien's Tower, and provide a terrific vantage point for nearby wonders like An Branán Mór sea stack and the Aran Islands. If conditions are right you may even catch a glimpse of surfers grappling with the mysterious and challenging Aileen's Wave!

STAGE 2: CLIFFS OF MOHER TO LAHINCH

10.4KM VIA R478

A 15-minute spin takes you to Lahinch, a popular seaside resort, where surfing, archery, sea kayaking and cycling are just some of the great family-friendly activities on offer. There are plenty of operators to choose from all offering opportunities to enjoy the array of outdoor activities available.

STAGE 3: LAHINCH TO LOOP HEAD

68.8KM VIA N67 AND R487

After an active afternoon in Lahinch, follow the coast to Loop Head Peninsula. A shining beacon since 1854, Loop Head Lighthouse (open March to October) is a major local landmark. From its soaring clifftop position, enjoy 90m-high views of the sea down to Kerry Head and Dingle and across the Shannon to the Cliffs of Moher. On a guided tour, learn all about the area's rich maritime history. You'll be ready for a well-earned rest at this stage, so after dinner, bunk down in any of the villages on the peninsula or in nearby Doonbeg.

DAY 4: LOOP HEAD → TARBERT → BALLYBUNION → BROMORE CLIFFS → TRALEE

STAGE 1: LOOP HEAD TO KILLIMER TO TARBERT

55.4KM VIA R487 AND N67

Follow the winding road for about ¾ hour passing through a series of towns and villages, before taking to the water! A 20-minute ferry ride takes you across the Shannon Estuary from Clare to the historic village of Tarbert in what's affectionately known as the 'kingdom' of Kerry, thanks to its incredibly dramatic scenery. On this, the only car ferry on the Wild Atlantic Way, enjoy the rugged nature of land and sea and the fresh salty air that sums up this region. If you're lucky, dolphins will accompany you on the crossing!

STAGE 2: TARBERT TO BALLYBUNION

25KM VIA R551

Just 25 kilometres away lies beautiful Ballybunion; a seaside resort with a golden sandy beach and famous for its two golf links courses. A tour with local legend and All-Ireland Piping Champion and historian, Danny Houlihan, introduces you to Kerry's lush glens and valleys and its colourful wildlife by bike or on foot, at your chosen pace.

STAGE 3: BALLYBUNION TO BROMORE CLIFFS

3.7KM VIA R551

Only a 7-minute drive away is another titanic landmark of the Cliff Coast; the sheer 180-foot Bromore Cliffs which have been sculpted by the elements over millennia. Enjoy a walk along the precipice – it's well-fenced and suitable for explorers of all ages. The cliffs are home to an array of wildlife and vegetation, with falcons, guillemots, and rock doves among the flying population. In the ocean far below, you might also spot Atlantic grey seals, bottlenose dolphins and, sometimes, sea otters!

STAGE 4: BROMORE CLIFFS TO TRALEE

46.3KM VIA R551

Kerry's capital, Tralee, is just under an hour's drive. In this buzzing town, step back into ye olde Ireland on a walking tour of Ashe Street and Denny Street. Take in Victorian period shopfronts and façades while covering key milestones in Irish history between 1895 and 1930. An evening at Siamsa Tíre, the National Folk Theatre is a wonderful way to engage with Irish culture, music, song and dance. Spend the night locally after enjoying a hearty dinner in one of Tralee's many lively bars and restaurants.

DAY 5: TRALEE → TRALEE BAY WETLANDS → BLENNEVILLE

STAGE 1: TRALEE

There's more to enjoy in Tralee today. Known internationally for the annual Rose of Tralee Festival which sees the streets come alive with theatre and street performance, the town is both a quaint slice of old Ireland and an ever-evolving cultural hub. The Kerry County Museum & Medieval Experience is critically acclaimed and well worth a visit as it charts the history and archaeology of county and country over 7,000 years.

STAGE 2: TRALEE BAY WETLANDS CENTRE

The crystal blue waters of Tralee are a sight to behold, and you can experience them in style with Tralee Bay Wetlands, on the outskirts of the town. Explore the man-made lake in pedal boats and canoes, or on the Centre's pretty walks and cycleways.

STAGE 3: TRALEE TO BLENNEVILLE

4.7KM VIA N86

On the final leg of your journey, an eight-minute drive takes you to Blennerville and Ireland's largest working windmill. A monument of resilience, the impressive structure was built in 1800 and operated for about 40 years before falling into disarray, only to be restored again in the 1980s. Today, it's the centre of a major visitor attraction on the shores of Tralee Bay, and a relaxing way to conclude your journey.

To continue further south on the Wild Atlantic Way, why not explore the Southern Peninsulas and Haven Coast? You'll find more touring route options at www.wildatlanticway.com and on the FREE app.

BALLYBUNION GOLF CLUB, CO KERRY



NUN'S BEACH, BALLYBUNION, CO KERRY



SIAMSA TÍRE, THE NATIONAL FOLK THEATRE, CO KERRY



TARBERT LIGHTHOUSE, CO KERRY



BLENNEVILLE WINDMILL, CO KERRY





WILD ATLANTIC WAY FOOD TRAILS & TOURS

Ireland's west coast boasts a bountiful variety of food trails and tours – whether wild, foraged, organic or gourmet – and its fair share of artisan whiskey distilleries and craft breweries, influenced by the purity of our waters, the superior quality of our grains and the abundance of our wild berries and herbs. Whether you want to follow a food journey from maker to plate, or take time out to meet the producers, our food and drink trails and tours provide the perfect inspiration to whet your appetite to savour the real flavours of the Wild Atlantic Way.

FOOD TRAILS

TASTE THE ATLANTIC: A SEAFOOD JOURNEY
A dedicated seafood trail, an adventure dotted with suggestions ranging from restaurants and cafés to farms, fishing ports and smokehouses. It's a route you can dip into or do in its entirety, an opportunity to explore Ireland's pristine oceans, to sample its food story, to enjoy an unforgettable taste of place on a plate. Seafood is where the Wild Atlantic Way meets Ireland's unique culture. Download the brochure from www.wildatlanticway.com and start planning your journey!

GOURMET GREENWAY

Showcasing the wonderful artisan food in Mulranny, Newport, Westport and Achill, Co Mayo
Mulranny Park Hotel, Mulranny, Co Mayo
T +353 (0)98 36000
www.mulrannyparkhotel.ie/gourmetgreenway-getaway

THE IDLE WALL FOOD TOURS

A gourmet tour of artisan producers in Westport, Co Mayo
T + 353 (0)98 50692
E info@theidlewall.ie

BAY COAST & CLIFF COAST

FOODY TOURS

Scheduled & bespoke tours in the west of Ireland
T +353 (0)87 1203297
E siobhanfoody@gmail.com
www.foodytours.ie

CONNEMARA FOODIE TRAIL

Coastal walks, foraging and seafood tours in Connemara
Mungo Murphy's Seaweed Co.
T +353 (0)85 7583662
www.mungomurphyseaweed.com/tours

GALWAY FOOD TOURS

Walking tour (with tastings) of Galway City's finest food destinations
T +353 (0)86 7332885
E sheenadignam10@gmail.com
www.galwayfoodtours.com

WILD ATLANTIC WAY FOOD TOUR

Experience the sounds, sights and tastes of the Atlantic out of Galway City
T +353 (0) 86 7332885
E galwayfoodtours@gmail.com
www.wildatlanticwayfoodtours.com

BURREN FOOD TRAIL

Uncover the path food takes from field to plate in The Burren
T +353 (0)65 7072295
www.burren.ie/food-dining/burren-food-trail/

WILD KITCHEN

Guided walks on land and shore foraging for delicious, edible, wild plants in Lahinch, Co Clare
T+353 (0)87 6877890
E info@wildkitchen.ie
www.wildkitchen.ie

IRISH SEAWEED SAFARI

Discover Ireland's seaweeds & learn how to sustainably harvest and save seaweed at home
T+353 (0)87 0922555
www.wildirishseaweeds.com

BREWING & DISTILLING EXPERIENCES

No longer home to just the black stuff, there are now dozens of distilleries and artisan breweries producing wonderful spirits and delicious craft beers, ales and ciders in stunning locations along the Wild Atlantic Way.

MESCAN BREWERY

Westport, Co Mayo
T +353 (0)86 8320320
www.mescanbrewery.com

INDEPENDENT BEERS FROM CONNEMARA

Carraroe, Co Galway
T + 353 (0)91 869610
E info@independentbrewing.ie
www.independentbrewing.ie

GALWAY HOOKER BREWERY

Oranmore, Co Galway
E aidan@galwayhooker.ie
www.galwayhooker.ie

GALWAY BAY BREWERY

Ballybrit, Galway City, Co Galway
T +353 (0)87 7762823
E info@galwaybaybrewery.com
www.galwaybaybrewery.com

BURREN BREWERY

Lisdoonvarna, Co Clare
T +353 (0)87 830 0069
E roadsidetavern@gmail.com
www.roadsidetavern.ie

In most cases, tours of breweries are by appointment only. In order to avoid disappointment please be sure to make contact and book in advance!

FOOD FESTIVALS TO SAVOUR

Ireland has seen an explosion of food festivals over the past few years, many of which take place around September and October. Foodies can now celebrate their love of food with local produce at some of the best Wild Atlantic Way Food Festivals.

Ireland, an Island on the edge of Europe has long been recognised for the beauty of its landscapes and seascapes, the buzz of its cities, and the spirited warmth of its people. But now visitors are coming for the food and drink too. Thanks to our mild climate, clean seas, fertile soil ... and yes, the rain too ... you will taste some of the best raw ingredients in the world.

But what makes it unique and continuously surprises our visitors? Put very simply – it's fresh, natural, local, rugged, uncomplicated and above all, unpretentious. Here in Ireland, we let the ingredients speak for themselves!

On the Wild Atlantic Way it's about the freshest seafood plucked straight from the purest waters. But it's also about the men and women who mix tradition with 21st century techniques to bring it from tide to table, to serve it just a few miles (or in some cases, just a few feet) from where it's been caught. Whether it's a steaming bowl of chowder on a wind-whipped winter day or a Guinness and oysters treat on a sun-lit summer terrace, the Wild Atlantic Way is fast becoming a culinary road trip of a lifetime.

MARCH - APRIL

GIN FEST, GALWAY CITY
ginfest@thelatinquarter.ie
www.thelatinquarter.ie/the-latin-quarter-presents-gin-fest

APRIL

GALWAY FOOD FESTIVAL, GALWAY CITY
info@galwayfoodfestival.com
www.galwayfoodfestival.com

CONNEMARA MUSSEL FESTIVAL, CO GALWAY
connemaramussselfest@gmail.com
www.connemaramussselfestival.com

MAY

BURREN SLOW FOOD FESTIVAL, CO CLARE
slowfoodclare@gmail.com
www.slowfoodclare.com

JUNE

WESTPORT FOOD FESTIVAL, CO MAYO
info@westportfoodfestival.ie
www.westportfoodfestival.ie

JULY

ACHILL FÉILE NA MARA, CO MAYO
info@achilltourism.com
www.feilenamara.com

AUGUST

DOOLIN CRAFT BEER FESTIVAL, CO CLARE
info@hoteldoolin.ie
www.hoteldoolin.ie

SEPTEMBER

SEAFOOD IN SEPTEMBER,
LOOP HEAD, CO CLARE
loopheadtourism@gmail.com
www.loophead.ie

GALWAY INTERNATIONAL OYSTER FESTIVAL,
GALWAY CITY
info@galwayoysterfest.com
www.galwayoysterfest.com

OCTOBER

A TASTE OF INISHBOFIN –
BIA BÓ FINNE, CO GALWAY
festival@biabofinne.ie
www.biabofinne.ie

CLARENBRIDGE OYSTER FESTIVAL,
CO GALWAY
info@clarenbridge.com
www.clarenbridge.com

BURREN FOOD FAYRE –
WINTERAGE, CO CLARE
info@burrenecotourism.com
www.burren.ie

NOVEMBER

LISTOWEL FOOD FAIR, CO KERRY
info@listowelfoodfair.ie
www.dochara.com/events-in-ireland/
listowel-food-fair



All year round, people come together along the Wild Atlantic Way to celebrate and showcase all that is rugged and real about this Atlantic coastal landscape, and how it inspires those who live here. Here you can immerse yourself in raucous festivals that celebrate the best in Irish traditional music, literature, food and crafts, sports, legends and more.

There's a fortnight in July where everybody who's anybody in the arts world seems to descend on the City of the Tribes. The Galway International Arts Festival celebrates theatre, music and literature – and more – and its packed programme is top-drawer. It's a reminder that the Wild Atlantic Way is not just a place of extraordinary beauty, but a region with a wonderful cultural heritage that can enrich our lives. And the huge range of festivals and events are there to thrill, inform and entertain us. Whether it's a multi-day extravaganza or an intimate gathering, they reinforce the truth that so many visitors to the area quickly sense – the way of life is different here.

The Burren Slow Food Festival is a calendar favourite. Every May, the people of this singularly beautiful part of Co Clare honour the produce and livestock of the region and show that the best food is seasonal, free-range and local. Dedicated music events can be found at virtually every turn, with the Westport Folk and Bluegrass Festival now so firmly established it's part of the fabric of the Wild Atlantic Way. And who hasn't

heard of The Rose of Tralee Festival? One of Ireland's largest and longest running festivals, celebrating 60 years in 2019, this week-long extravaganza is a global celebration of Irish culture.

From Tralee to Keem Strand there are festivals and events that celebrate food and drink, walking and hiking, running and cycling – and every arts discipline under the sun taking place year round. Some have been rooted in the same town or village for decades. Others are completely new events that vie to do something that little bit different. Either way, you meet people who are passionate and dedicated about making their patch of the Wild Atlantic Way the very best it can be. And you'll want to return time and again to be part of that unique community vibe that is true to the Wild Atlantic Way.

FIND A PASSION FOR FANTASTIC FESTIVALS

WHAT'S ON: BAY COAST

JUNE

INISH ISLAND CONVERSATIONS

Inishbofin, Co Galway
www.inisfestival.com

WESTPORT FOLK AND BLUEGRASS FESTIVAL

Westport, Co Mayo
www.westportfolkbluegrass.com

JULY

GALWAY FILM FLEADH

Galway City, Co Galway
www.galwayfilmfleadh.com

GALWAY INTERNATIONAL ARTS FESTIVAL

Galway City, Co Galway
www.giaf.ie

SCOIL ACLA, TRADITIONAL MUSIC & CULTURAL SUMMER SCHOOL

Achill Island, Co Mayo
www.scoilacla.ie

AUGUST

GALWAY CUP

Galway City, Co Galway
www.galwaycup.com

CRUINNIU NA MBAD

Kinvara, Co Galway
www.kinvara.ie

SEPTEMBER

WESTPORT FESTIVAL OF CHAMBER MUSIC

Westport, Co Mayo
www.westportchambermusic.ie

CLIFDEN ARTS FESTIVAL

Clifden, Co Galway
www.clifdenartsfestival.ie

GALWAY INTERNATIONAL OYSTER & SEAFOOD FESTIVAL

Galway City, Co Galway
www.galwayoysterfestival.com

BATTLE FOR THE BURNING LAKE

Achill Island, Co Mayo
www.battleforthelake.com

WESTPORT ARTS FESTIVAL

Westport, Co Mayo
www.westportartsfestival.com

OCTOBER

CLARENBRIDGE OYSTER FESTIVAL

Clarenbridge, Co Galway
www.clarinbridge.com

BABORÓ INTERNATIONAL ARTS FESTIVAL FOR CHILDREN

Galway City, Co Galway
www.baboro.ie

GALWAY COMEDY FESTIVAL (VODAFONE COMEDY CARNIVAL)

Galway City, Co Galway
www.vodafonecomedyfestival.com

FEILE CHRUIITE ACLA 2017

Achill Island, Co Mayo
www.achillharpfestival.ie

WHAT'S ON: CLIFF COAST

JUNE

TOUR DE BURREN

Ballyvaughan, Co Clare
www.tourdeburren.com

DOOLIN FOLK FESTIVAL

Doolin, Co Clare
www.doolinfestivals.ie

JULY

SCOIL SAMHRAIDH WILLIE CLANCY

Miltown Malbay, Co Clare
www.scoil samhraidhwillieclancy.com

FOYNES AIR SHOW AND A CELEBRATION OF IRISH COFFEE

Foynes, Co Limerick
www.foynesairshow.com

AUGUST

SCARIFF HARBOUR FESTIVAL

Scariff, Co Clare
www.scariff.ie

ROSE OF TRALEE INTERNATIONAL FESTIVAL

Tralee, Co Kerry
www.roseoftralee.ie

There are numerous other shows, sporting events and festivals taking place throughout the Bay Coast & Cliff Coast. For more information, call to any of the Tourist Information Offices listed on the back cover or visit www.wildatlanticway.com



WILD ATLANTIC WAY

SLÍ AN ATLANTAIGH FHIÁIN

NORTHERN HEADLANDS

Letterkenny Tourist Office

Neil T. Blaney Road, Letterkenny, Co Donegal

T +353 (0)74 9121160

Dungloe Community Tourist Office

Ionad Tempeall Chroine, Chapel Road,
Dungloe, Co Donegal

T +353 (0)74 9522198

Donegal Discover Ireland Centre

The Quay, Donegal Town, Co Donegal

T +353 (0)74 9721148

Bundoran Community Tourist Office

The Bridge, Bundoran, Co Donegal

T +353 (0)71 9841350

SURF COAST

Sligo Tourist Office ♦

O'Connell Street, Sligo Town, Co Sligo

T +353 (0)71 9161201

Ballina Community Tourist Office

44 Pearse Street, Ballina, Co Mayo

T +353 (0)96 72800

Belmullet Community Tourist Office

Main Street, Belmullet, Co Mayo

T +353 (0)97 20494

BAY COAST

Newport Community Tourist Office*

Georges Street, Newport, Co Mayo

T +353 (0)98 41895

Westport Discover Ireland Centre

Bridge Street, Westport, Co Mayo

T +353 (0)98 25711

Clifden Tourist Office*

Galway Road, Clifden, Co Galway

T +353 (0)95 21163

Aran Tourist Office

Kilronan, Inis Mór, Co Galway

T +353 (0) 99 61263

Galway Discover Ireland Centre ♦

Aras Failte, Forster Street, Galway City,
Co Galway

T +353 (0)91 537700

CLIFF COAST

Ennis Tourist Office

Arthur's Row, Ennis, Co Clare

T + 353 (0)65 6828366

Limerick Tourist Office

20 O'Connell Street, Limerick City,
Co Limerick

T + 353 (0)61 317522

Listowel Community Tourist Office*

Kerry Literary & Cultural Centre, Listowel,
Co Kerry

T +353 (0)68 22212

Tralee Tourist Office

Denny Street, Tralee, Co Kerry

T +353 (0)66 7121288

SOUTHERN PENINSULAS

Dingle Tourist Office ♦

The Quay, Dingle, Co Kerry

T +353 (0)66 9151188

Killarney Discover Ireland Centre

Beech Road, Killarney, Co Kerry

T + 353 (0)64 6631633

Valentia Island Community Tourist Office

No 2 Watch House Cottages, Knightstown,
Valentia Island, Co Kerry

T +353 (0)66 9476985

Kenmare Tourist Office*

Heritage Centre, Kenmare, Co Kerry

T +353 (0)64 6641233

Bantry Community Tourist Office*

The Square, Bantry, Co Cork

T +353 (0)27 50229

HAVEN COAST

Skibbereen Community Tourist Office*

North Street, Skibbereen, Co Kerry

T +353 (0)28 21489

Clonakilty Tourist Office

Ashe Street, Clonakilty, Co Cork

T +353 (0)23 8833226

Kinsale Tourist Office

Pier Road, Kinsale, Co Cork

T + 353 (0)21 4772234

Cork Tourist Office

Grand Parade, Cork City, Co Cork

T +353 (0)21 4255100

* seasonal office

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of the tourist
offices listed and
pick up your **FREE**
Wild Atlantic Way
MAPS!

WildAtlanticWay.com

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[Instagram: Wild Atlantic Way](https://www.instagram.com/WildAtlanticWay)

www.youtube.com/wildatlanticway



Fáilte Ireland

National Tourism Development Authority