

# YOUTH SAMPLE ITINERARIES

## 7 DAY ITINERARY DUBLIN, IRELAND'S ANCIENT EAST & WILD ATLANTIC WAY (CORK TO CLARE)

### OPTION A

#### DAY 1

##### DUBLIN

Start your day in Dublin with a visit to **Trinity College** located in the heart of Dublin City centre, at the meeting place of the retail and cultural districts. Visit the renowned **Book of Kells** 'Turning Darkness into Light' exhibition and the Long Room. Take a tour of the wider campus and demystify the world of science in the **Science Gallery**.

Take the **Hop On/Hop Off** bus tour. Stop off at **Kilmainham Gaol**, former county gaol for Dublin. It offers profound and disturbing insights into modern Irish history and housed many political prisoners during the War of Independence. 14 of the leaders of the 1916 Rising were executed here.

Or

continue to the **Phoenix Park** conceived as a Royal deer park in 1662 and still home to 500 fallow deer. Check out the home of the Irish President in Áras an Uachtaráin, Dublin Zoo, Phoenix Park Visitor Centre and Ashtown Castle.

Picnic lunch at the **Victorian Tea Rooms**. Phoenix Park.

Continue to Glasnevin and **Experience Gaelic Games**. Discover the history and learn to play hurling, the fastest field sport in the world and Gaelic football a mix of soccer, rugby basketball all rolled into one!

Or

Head to **Glasnevin Museum**, the world's first cemetery museum. More than 1.5 million people have been interred there – rich and famous, paupers and politicians, artists, warriors and heroes. Discover the fascinating history of this hallowed place and learn about grave robbers, cholera epidemics and world wars!

Dinner in **Temple Bar**. Look out for Button Factory (Temple Lane South) and the Wall of Fame. Includes famous Irish musicians – U2, Sinead O'Connor, Luke Kelly, Christy Moore, the Undertones and more.

Or consider a University stay in nearby University town of **Maynooth**

#### Overnight hostel Dublin city centre

#### DAY 2

##### DUBLIN

Explore Dublin's Living Bay. Hop on the DART (southwards) to the coastal town of **Dalkey**. Head to **Dalkey Castle** and take part in a living history tour – watch an archer shoot a longbow; a cook prepare a hedgehog pie and a barber surgeon offering haircuts!

Take a **boat trip** to Dalkey Island or climb Dalkey Hill and watch out for famous locals – U2's Bono and The Edge, as well as Enya and Van Morrison who all live nearby.

Take time out in one of the many **coffee shops** in Dalkey. Return to the city.

Try a bike tour with a difference and whizz around Dublin with **Lazy Bike Tours** who have electric bikes so you don't have to work up a sweat.

Walk around the **Creative Quarter** with its host of fashion boutiques and vintage clothing at Castle Market and George's Arcade.

Or

Interested in learning more history? Then head for the Museum Quarter and the **National Museum of Ireland** and the **Natural History Museum**, affectionately known as the Dead Zoo and the **National Gallery** with 15,000 works of art. Admissions FREE.



Trinity College



Kilmainham Gaol



Lazy Bike Tour Dublin



Dalkey Castle

Get spooked on an evening tour of Dublin with **Hidden Dublin** walks. Take a walking tour of the city's ghoulish ghettos, cobblestoned streets – beware of the dark alleyways as they conjure up characters such as Darkey Kelley and regale the story of Dracula's creator, Bram Stoker.

Enjoy a fish and chip supper at **Leo Burdock's**, Werburgh St. Get there early because there's always a queue!

### Overnight Dublin

## DAY 3

### IRELAND'S ANCIENT EAST

Depart Dublin early morning for Ireland's Ancient East.

Continue to the Irish **National Stud and Japanese Gardens** with its mix of stables, paddocks and gardens. Take a guided tour of the stud farm where you will meet champion race horses, spot mares and, in season, foals – the champions of the future! Meander through the **Japanese Gardens**, designed to reflect life's journey.

Head to the medieval city of **Kilkenny**. Walk the **Medieval Mile** to discover how people lived, and hear tales of witches and monks and merchants.

Learn to beat an Irish drum and take a lunchtime bodhrán session with **Irish Beats** in Kyteler's Inn.

Climb to the top of 6th century **St Canice's Round Tower**, 121 steps reached by a series of ladders with views of 5 counties, amazingly still standing even though it's off-plumb by 0.7m!

### Overnight Kilkenny city



Irish National Stud & Japanese Gardens



Kilkenny City

## DAY 4

### IRELAND'S ANCIENT EAST

Depart for New Ross.

Take the **New Ross Historical Walking Trail** – first stop **Dunbrody Famine Ship**, then follow the **Emigrant Trail** of President Kennedy whose Great Grandfather, Patrick Kennedy, left for the US in 1848 and visit the **Kennedy Homestead** in Dunganstown, New Ross.

**Lunch** stop as you head for the Hook peninsula and **Loftus Hall**, the most haunted house in Ireland.

The **Waterford Greenway** from Waterford City to the market town of Dungarvan in west Waterford is a spectacular 46km off-road cycling and walking trail. It travels through time and nature across eleven bridges, three tall viaducts and a long atmospheric tunnel, all the way from the river to the sea. Bike hire operators are in place to supply bikes for Groups and FITs.

### Overnight in Waterford city or the harbour town of Dungarvan



Dunbrody Famine Ship

## DAY 5

### IRELAND'S ANCIENT EAST AND WILD ATLANTIC WAY

Depart early morning for Cork city.

Stop off at Cork City and visit the **campus at University College Cork (UCC)**. Check out the award winning art and architecture at **Lewis Glucksman Gallery** and the **Crawford Observatory**, the only astronomical observatory in a university in Ireland.

Visit St Ann's Church and view the internal faces of the clock, affectionately called the 'Four Faced Liar' by Corkonians. Try your hand at ringing the **Shandon Bells**.

Lunch 'on the go' in the **English Market**.

Continue to Kinsale and take the **Kinsale Historic Stroll** through the colourful gourmet capital of Ireland.

Or

Explore the coastline with **Atlantic Charters** – visit Oyster Haven, picnic lunch on board or hop off at any of the patchwork of harbour villages.

Continue to **Skibbereen**, explore marine life and Irish history and discover nearby **Lough Hyne** where the waters come alive with bioluminescence and you feel you're paddling through the stars!

### Dinner and overnight in Skibbereen



University College Cork



Lough Hyne, Skibbereen



Mizen Head Bridge

## DAY 6

### WILD ATLANTIC WAY

Travel to **Mizen Head Signal Station**. Dare to cross the iconic bridge high above the gorge and experience the solitude of the keepers' lives.

Head to Bantry and take the **ferry** to nearby **Whiddy Island**. Walk or hire a bike and check out the two lakes on the island, the Witches Seat and Gallows Hill. Lunch on the **pier**.

Or, stay mainland and...

Visit 17th century **Bantry House and Gardens**. Find out about the archaeological findings of the medieval Gaelic village and a 17th century deserted English fishing settlement on the West lawn! Lunch in the tea room or picnic on the lawn.

Continue to Kenmare and discover Kenmare's rich **heritage trail**. Uncover the secrets of Kenmare Bay by **kayak** with Star Outdoors and don't miss the chance to sample the local smoked salmon beside the pier.

#### Dinner and overnight Kenmare



Bantry House and Gardens

## DAY 7

### WILD ATLANTIC WAY

Depart for the Ring of Kerry.

Continue to **Derrynane House** in Caherdaniel this morning, an area that was home to the Catholic emancipator, Daniel O'Connell. Enjoy a beach walk and possibly a picnic lunch here.

Follow that by enjoying some seaweed tea and tasty seaweed nibbles, exploring the wonderful natural elements of the Wild Atlantic Way and the Seaweeds that line the Skellig Coast at **Atlantic Irish Seaweed Discovery Centre**.

The Skelligs area is famous for many reasons, one of them the world UNESCO site located 8 miles off the coast, **Skellig Michael**, as well as a location site for the filming of Star Wars in more recent times. 1300 years ago Christian monks built a remarkable hermitage.

Or an alternative plan for your morning.

Continue to the **Kerry Bog Village** of Glenbeigh, the only one of its kind in Europe.

#### Lunch in Tralee

Cross the **Tarbert-Killimer ferry** and head to Doolin the **traditional music capital** of Ireland.

Take the **Doolin Cliff Walk** and view the 241m high **Cliffs of Moher** from land and by sea. Look out for the movie locations – films including Harry Potter and the Half Blood Prince (2009) were filmed here.

#### Overnight in Doolin



Derrynane Beach, Cahirdaniel



Cliffs of Moher

## DAY 8

### DEPART FOR FLIGHT CONNECTION AT SHANNON AIRPORT OR ALTERNATIVELY TRAVEL BACK TOWARDS DUBLIN FOR FLIGHT CONNECTION

If your Dublin Flight connection is not until the following day, consider an overnight stay to soak up the student atmosphere in the pretty University town of Maynooth (only 25 mins from Dublin Airport with regular public transport services). Stay on-campus at Maynooth University, taking in a visit to the College Chapel, the longest Choir Chapel in the world at 222 feet, where you may even get to enjoy the amazing acoustics if you can catch the College's Award winning choir in practice or for a performance! Then enjoy a dining experience at the College's Pugin Hall (often compared to Hogwarts from Harry Potter movies by visitors).



Maynooth University



## 7 DAY ITINERARY DUBLIN, IRELAND'S ANCIENT EAST & WILD ATLANTIC WAY (CLARE TO GALWAY)

### DAYS 1-3 (SEE OPTION A)

### DAY 4

#### WILD ATLANTIC WAY

Depart for **Limerick City**.

Visit medieval **King John's Castle** – King John was the brother of Richard the Lionheart, associated with legends such as Robin Hood and the Knights of the Round Table. Check out the Hunt Museum.

Or

Visit **Limerick City Gallery**. Admission FREE.

Take a look behind the scenes at **Thomond Park**, the home of Munster Rugby. Test your rugby skills in the interactive games zone. Tour includes visits pitch side and the Munster dugout.

Lunch at the **Milk Market**.

Continue to the Tarbert-Killimer ferry to Co Clare.

Head to Doolin the **traditional music capital** of Ireland. Take the **Doolin Cliff Walk** and view the 241m high **Cliffs of Moher** from land and by sea. Look out for the movie locations – films including Harry Potter and the Half Blood Prince (2009) were filmed here.

**Overnight in Doolin**

### DAY 5

#### WILD ATLANTIC WAY

Travel to the **Burren Geopark** and explore the vast lunar like limestone landscape. Discover the **Aillwee Cave**, the longest cave system in Ireland with its underground chasms, waterfall and extinct brown bears bones (ursos artcos)!

Explore the Burren on the **Sea to Sky mountain biking/kayaking tour**. Fun off-road cycling and a great paddle to top it off.

Lunch in **Clarenbridge** famous for its renowned Galway Bay oysters.

Continue to Galway city. Visit **NUI Galway** campus and **accommodation**. Take in the **highlights** by strolling around the thriving, bohemian, cultural city with its colourful Spanish heritage and Latin Quarter. Visit **Galway City Museum** – Admission FREE.

Enjoy renowned Celtic music and dance show at **Trad on the Prom**.

**Overnight Galway city**

### DAY 6

#### WILD ATLANTIC WAY

Head to Rossaveal for **ferry transfer** to Gaelic speaking **Inisheer**, smallest of the Aran Islands.

Hire a bike and explore the medieval church half buried in the sand, the Plassy shipwreck, stone fort and the sandy beaches. Visit **Áras Éanna**, a multi-faceted arts and heritage centre housed in a renovated weaving factory where visitors can attend workshops and learn about traditional culture.

**Lunch** on Inisheer.

Return to Galway and travel to Clifden.

**Dinner and overnight Clifden**



King John's Castle



Thomond Park



Burren Geopark



Galway street performer



Inisheer Island



NUI Galway

## DAY 7

### WILD ATLANTIC WAY

Trek Errislannan beach on a Connemara pony or try your hand at fishing at **Errislannan Manor**. Lunch in the Horsey Hut Shop.

Or

Visit **Malachy Kearns Musical Instruments** in Roundstone. Malachy crafts and provides demonstrations on the bodhran (pronounced bow-rawn). Lunch stop Malachy Kearns coffee shop.

### RETURN TO DUBLIN

## 6 DAY ITINERARY DUBLIN AND WILD ATLANTIC WAY (GALWAY TO DONEGAL)

### DAYS 1-2 (SEE OPTION A)

## DAY 3

### WILD ATLANTIC WAY

Depart for Galway city. Visit **NUI Galway** campus and **accommodation**. Take in the **highlights** by strolling around the thriving, bohemian, cultural city with its colourful Spanish heritage and Latin Quarter.

Continue to Gaelic speaking Connemara and the village of Spiddal. Immerse yourself in traditional and contemporary Gaelic culture at **Cnoc Suain** – learn to céili dance, sing a Gaelic song, learn rushcraft and the rejuvenating effects of eating and bathing in seaweed!

Lunch stop **Moycullen**.

Head to Connemara and walk one of the four trails in the **Connemara National Park**, wildlife home to Connemara ponies and peregrine falcons.

Or

Visit **Kylemore Abbey** and its Victorian walled garden. Learn about its history, tales of tragedy and romance.

Head to the mountains and **Delphi Adventure Resort** with its array of land and water activities.

**Head to Westport. Dinner and hotel overnight Westport town**

## DAY 4

### WILD ATLANTIC WAY

Visit Westport House. Its owners, the Brownes, are direct descendants of the 16th century Pirate Queen, Grace O'Malley. After a tour of the house why not take on some of the great adventure activities available on the grounds of the estate from archery to zip-lining.

Westport is the perfect jumping off point to explore the area by bike or on foot via dedicated cycle/walk ways that stretch all the way from Croagh Patrick (Ireland's holy mountain) to Achill Island. The Great Western Greenway provides a safe, off road route through some of the West Coast's most spectacular scenery. The Nephin Beg Mountain Range to your right frame Ballycroy National Park, which on another day, is well worth a visit.

Or



Kylemore Abbey



Westport House



Greenway

Head straight for Achill Island. Be sure to check out the haunting Deserted Village at the base of Slievemore Mountain or continue to the end of the road to the magnificent Keem Bay. Here you can explore one of Ireland's official Blueways with snorkelling and kayaking operators on site with everything you need.

If you are heading north, make for the furthest tip of the remote Mullet peninsula. Here you can enjoy the guided Lighthouse Tour with stories from the Blackrock and Eagle Island lighthouses and tales of their keepers.

### Dinner and overnight Achill



Céide Fields visitors centre

## DAY 5

### WILD ATLANTIC WAY

Return to mainland.

Head for the Neolithic site at the **Céide Fields** in Co Mayo. 6,000 years old and the oldest known field systems in the world. Remains of stone field walls, houses and megalithic tombs are preserved beneath a blanket of peat.

Continue to Strandhill and explore the beach, a mecca for **surfers**. Enjoy a guided Seaweed walk and seafood tasting on Culeenamore beach, reminiscent of Ireland's earliest Seafood Takeaway with **Seatrails**.

**Lunch** in Strandhill.

Travel Sligo and check out the story of WB Yeats at the **Yeats Memorial Building** and at **The Model** gallery in Sligo.

Continue to **Lissadell House and Gardens**, the childhood home of Constance Markievicz and her sister Eva Gore Booth. Constance was one of the leaders of the **1916 Rising** and a suffragist. WB Yeats was friendly with both sisters and immortalised Lissadell in his poetry.

Head for Donegal Town. Meet the craft makers at the **Craft Village** in Donegal town.

Explore the coastline taking in scenic Donegal Bay views and take a photo of the 200 seals living on seal island on the with the **Donegal Bay Waterbus**; and enjoy a good ole Irish singalong on the return journey.

### Dinner and B&B overnight Donegal town



Strandhill, a mecca for surfers



Lissadell House

## DAY 6

### WILD ATLANTIC WAY

Travel to the Donegal Gaeltacht. Learn about the Irish language and cultural activities in **Oideas Gael**.

Experience Europe's highest sea cliffs at **Sliabh Liag Cliffs** for a hiking experience with a difference, take an archaeological tour or sit back and take in this striking view where land is carved by sea on a **boat tour** under the cliffs.

Lunch stop Sliabh Liag.

Wander around the castle at **Glenveagh National Park** which is hauntingly beautiful. Its summits and crags resemble parts of the Arctic. Spot the red deer, falcons and recently reintroduced golden eagles.

Or

Take the ferry to Gaelic speaking **Tory Island** and meet the King of Tory Island, artist and musician **Patsy Dan Rogers** who has no formal powers but welcomes people to the island!

### Dinner and overnight Letterkenny

## DAY 7

### DEPART FOR DUBLIN



Sliabh Liag Cliffs



Glenveagh National Park