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**ADVENTURE ON THE BAY COAST AND NORTHERN HEADLANDS**

**SAMPLE 6 DAY ITINERARY**

**DAY 1**

**Morning**

**Option 1 - Hiking in Connemara National Park**

Your starting point is the visitor centre at the **Connemara National Park.** From here, the fully signposted and surfaced track takes you along the Sruffaunboy Nature Trail before branching off towards the cone of Diamond Hill. Gravel footpaths and wooden boardwalks ease your passage over the bog as you approach the mountains, with a steady climb up the western slopes to the summit ridge. The ridge is a narrow fin of quartzite roughly half a kilometre long, which culminates in a cairn that marks the 445m-high summit. From here, look to the sea to Inishturk, Inishbofin and Inishshark; to Tully Mountain rising over Ballynakill Harbour and along the intricate Connemara coastline. To the north and east, the Twelve Bens are nothing short of sensational. To the northeast, Kylemore Abbey’s gothic turrets stand out from neighbouring Kylemore Lough; and directly north, the summit of Mweelrea, Connaught’s highest mountain, can be seen peeping out.



Your return to the visitor centre is along the same path as you made your ascent.

**Option 2 – Sea Kayaking in Killary Fjord**



Sea Kayaking along Ireland’s most spectacular fjord, an exciting and adventurous journey of discovery of nature. Get to meet seals and dolphins along the way. [www.connemarawildescapes.ie](http://www.connemarawildescapes.ie)

email: info@connemarawildescapes.ie

Tel. +353 9549052

**Afternoon**

**Connemara Cycle Tour**

The journey of discovery begins at Delphi Valley and then on to the spectacular Ashleigh Falls. Your guide will then take you into Leenane Village where you will witness Ireland’s spectacular fjord and landscape around Killary Harbour.



[www.allthingsconnemara.ie](http://www.allthingsconnemara.ie)

**Overnight**  Renvyle - for a range of accommodation options click [here](http://www.discoverireland.ie/CMSPages/PortalTemplate.aspx?aliaspath=%2fSearch%2fResults&lcid=5&catid=10001&countyid=23&locationid=162&subcatid=10009,10021&reftype=1)

**Day 2**

**Morning**

**Option 1 - Sail on a catamaran**[](http://errisbeo.ie/)

Learn how to sail on a catamaran or try your hand at kayaking and windsurfing with UISCE - a unique activity centre that teaches watersports through the Irish language. From turf to surf – learn how to ride the waves with the centre, which has been attracting students from all over the country for over 21 years, and provides day sessions for adults and families.

Elly Bay, Co Mayo

Tel: +353 (0) 97 82111

Email: [eolas@uisce.ie](mailto:eolas@uisce.ie)

Web: http://uisce.ie/

**Option 2 - Discover Ballycroy National Park**

Ballycroy National Park comprises 11,000 hectares of Atlantic blanket bog and mountainous terrain, covering a vast uninhabited and unspoilt wilderness dominated by the Nephin Beg mountain range. Between Nephin Beg and Slieve Carr, at 721 meters above sea level, the highest mountain in the range, lie the Scardaun Loughs.



[**www.ballycroynationalpark.ie**](http://www.ballycroynationalpark.ie)

**Afternoon**

**Discover Ireland’s emigration story**

**[](http://ionaddeirbhile.ie/wp-content/uploads/2011/07/Ionad-Deirbhile-amended-2.jpg)**  
Living beside the Atlantic Ocean in Ireland wasn’t easy in the past. You’ll see exactly why when you spend time at the **Ionad Deirbhile Heritage Centre** at An Eachléim, in County Mayo’s Gaeltacht (Irish-speaking) area. At the Assisted Emigration Exhibition, you’ll learn some of the heartbreaking stories of the 19th century families that were forced either by famine or poverty to leave Irish shores and journey across the Atlantic for a new life. You’ll discover a trove of information about communities on the isolated Mullet Peninsula, and you’ll be taken back to the hard times when thousands of local people left by boat for Canada and the US… never to return.

Ionad Deirbhile Heritage Centre

Eachleim

Blacksod

Co Mayo

Contact: Jacqui D Uí Mhonacháin

Tel: +353 (0)97 85727

Email: [eolas@ionaddeirbhile.ie](mailto:eolas@ionaddeirbhile.ie)  
**http://ionaddeirbhile.ie/**

**Overnight** Belmullet - for a range of accommodation options please click [here](http://www.discoverireland.ie/CMSPages/PortalTemplate.aspx?aliaspath=%2fSearch%2fResults&lcid=5&catid=10001&countyid=21&locationid=745&subcatid=10009&reftype=1)

**Day 3**

**Morning**

**Option 1 - Ride the Tide – Kayaking on the River Moy, Paddle & Pedal**



Discover the beauty of Ballina from the water. This is our most popular tour. Starting at the Quay in Ballina you will journey up river along Belleek Forest and through Nimmo's Canal where you will see amazing flora and fauna such as Kingfishers, Seals and Salmon jumping right beside you. We will continue on all the way to the famous Ridge Pool passing under the two bridges that span the river in the heart of Ballina. On the return leg we will get up close to the Crete Boom or "the stone boat" before returning to the Quay slip way.  This tour is tide and weather dependent so the tour takes place at different times each day.

Circular Road, Ballina, Co Mayo  
Contact: David Horkan

Tel: +353 87 680 8955

Email: [david@paddleandpedal.ie](http://www.discoverireland.ie/Contact-Us/Consumer-Enquiry/?tid=90945)

Web: [www.paddleandpedal.ie](http://www.discoverireland.ie/misc/external-link?GOTOURL=http://www.paddleandpedal.ie&touristItemID=90945)

FB: [www.facebook.com/PaddlePeda...](http://www.discoverireland.ie/misc/external-link?GOTOURL=http://www.facebook.com/PaddlePedal&touristItemID=90945)

**Option 2**

**Walk on the edge of the Wild Atlantic Way**

Carrowteige is one of the most secluded and isolated corners of the West of Ireland, so a visit to this area really is a true escape. On a walking tour with **Trek West**, you’ll get to hike along spectacular cliffs on the very western edge of Europe, taking in superb coastal views of the Wild Atlantic Way as you go. You’ll see and hear waves crashing against the ancient rocky cliffs, look out over the edge of a deep natural inlet, and marvel at the wide expanse of ancient bog land and mountain scenery. Along the way, your guide will point out native birds, seals and maybe even whales, all in their natural habitat. You’ll also hear stories and legends from the area, of St Patrick and the Children of Lir – not to mention hear spoken Irish in one of the few remaining Gaeltacht areas in the west.

Carrowteige Loop Walks | Trek West Tours

1 Emmet St. Ballina, Co Mayo

Contact: Susan Heffernon

Tel: +353 (0)96 76586

Email: info@trekwesttours.ie

Web: <http://www.trekwesttours.ie/>

**Afternoon**

**Monasteries of the Moy Greenway**



Phase 1 of the Monasteries of the Moy Greenway (opened 9th July, 2016) is a 4km cycle/walkway which runs through the magnificent Belleek Woods, and finishes at Knockitanole. The much anticipated route takes its name from proliferation of Catholic ruins which pepper the route to Killala (more information on which can be found on [sacredlandscapes.ie](http://www.sacredlandscapes.ie/sacred-landscapes--introduction.html).) The Greenway, the second route of its kind in County Mayo is a greenway for everyone, and is designed to accommodate walkers, cyclists, joggers, and dog owners alike, with mutual respect required for all.

When complete, the Monasteries of the Moy Greenway will be a 12.5 km cycling and walking route winding along the Moy western bank from Ballina to [Killala](http://www.mayo-ireland.ie/en/towns-villages/killala/killala.html) and reaching some ancient abbeys and historical sites including [Moyne Abbey](http://www.mayo-ireland.ie/en/towns-villages/killala/visitors-guide/moyne-abbey.html) and [Rosserk Abbey](http://www.mayo-ireland.ie/en/towns-villages/killala/visitors-guide/rosserk-abbey.html). The project is to be developed on a phase-by-phase basis.

<https://www.facebook.com/Monasteries-of-the-Moy-Greenway-1418739038408152/>

**Whiskey Appreciation Sessions – Rachel’s Irish Adventures**



During one of Rachel’s (Sales and Marketing Manager for the new [**Connacht Whiskey Distillery**](http://connachtwhiskey.com/)) fun, interactive sessions, you will gather in a traditional local cosy bar for an absorbing journey through the ages. Beginning with the origin of whiskey, she will share with you from her years of industry experience tales of whiskey’s colourful past, and will explain the painstakingly fine art of distilling resulting in the smooth, golden liquid which clings so appealingly to the glass you’re holding. Rachel guarantees to change the way you think about whiskey.

Connacht Whiskey Distillery

Contact: Rachel Nolan

Phone:+353 85 1108969  
Email: [info@rachelsirishadventures.com](mailto:info@rachelsirishadventures.com)

<http://rachelsirishadventures.com/>

**Immerse yourself in 400 years of Irish History - The Jackie Clarke Collection**[](http://www.google.ie/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=0ahUKEwjlydKbjpHPAhWCJ8AKHeNJDfYQjRwIBw&url=http://www.mayo.me/jackie-clarke-collection-in-ballina-opens-to-the-public&psig=AFQjCNHVEXv2EI9e6xLAf1UB9fbQyrx26A&ust=1474019911647067)

The collection is made up of many rare and important books on the history of Ireland, together with manuscripts, photographs, legal papers, pamphlets, hand-bills, newspapers and more, plus articles and proclamations (including 1916 and the rarer 1917 proclamation).

The Jackie Clarke Collection

Pearse Street, Ballina, Co Mayo  
Contact: Austin Vaughan/ Anne Marie Forbes

Tel: +353 96 735 08

**Overnight**  Ballina – for a range of accommodation options please click [here](http://www.discoverireland.ie/CMSPages/PortalTemplate.aspx?aliaspath=%2fSearch%2fResults&lcid=5&catid=10001&countyid=21&locationid=294&subcatid=10016,10021&reftype=1)

**Day 4**

**Sligo Seashore Secrets Discovery Tour**

Make a walk along the seashore even more interesting with an expert guide. Marc from Seashore Veg leads these fun and informative seaweed identification walks in West Sligo. He’ll not only show you how to identify the various seaweeds but you will also learn how to use them. At the end of the walk you’ll

enjoy a practical demonstration on how to cook and use the sea vegetables. This unusual food experience also includes a delicious lunch of Aughris Seafood Chowder with dillisk bread and carrageen whiskey cream at The Fairgreen, Creative and Culinary Centre in Skreen.

Sligo Seashore Secrets Discovery Tour

Aughris

Co Sligo

Marc Torrades

Tel: 00353 87 2450862

Email: [sligoseashoresecrets@gmail.com](mailto:sligoseashoresecrets@gmail.com)

**Relax in a Kilcullen Seaweed Bath**

  
Imagine relaxing in an enormous bath filled with luxurious oils, floating in warm amber-tinted seawater and feeling simply weightless. This is the experience of a true seaweed bath, considered by many to be the ultimate bathing experience. Here, the unpolluted waters of the Atlantic are pumped in from the shore, which is just a stone’s throw away. Then the seawater combines with natural silky oils extracted from seaweed using a simple process. Together, they create an unforgettable experience that is sure to leave you feeling rejuvenated.

Kilcullen’s Seaweed Baths

Enniscrone, Co Sligo

Tel: +353 96 362 38  
<http://www.kilcullenseaweedbaths.net/>

**Afternoon**

**Conquer Knocknarea Mountain**

  
The 327 m (1072.83ft) high mountain known as Knocknarea (Irish: Cnoc na Rí) totally dominates the CuilIrra peninsula. Sitting proudly on top is Queen Maebh’s Cairn (Miosgán Meadhbha), a Neolithic passage tomb. The cairn is 55m (180.45ft) wide by 10m (32.8ft) high and has never been excavated. It is directly in line with Carrowmore and other associated ancient sites in Sligo and beyond. There is a walking trail to the top and the walk is suitable for most fitness levels. The vista from the top is well worth the effort to get there! It is said that Queen Maebh a legendary chieftain queen of Connaught is buried beneath the cairn in full battle regalia, standing upright and facing her enemies in Ulster. Tradition suggests bringing a rock from the base to leave on the Cairn to receive good luck.

Knocknarea, Sligo

Web: <http://www.sligowalks.ie>  
Trail starts at Dolly’s cottage on the R292 near Strandhill, parking at Sligo Rugby Club.

**Evening**

**Eat and drink the poetry of WB Yeats - Yeats Experience**It’s no secret that Irish poet William Butler Yeats was inspired by the landscape of County Sligo. This is where he spent his childhood holidays, and set such famous poems as The Lake Isle of Innisfree.

During this experience, you’ll learn all about that poetry over an intimate lunch or dinner in Broc House, surrounded by art and architecture. Enjoy the view from the terrace, taking in several locations featured in Yeats’s work. Tuck into sandwiches, seasonal soup, salads from the garden and Irish tea brack, while you listen to Damien Brennan tell the inspiring story of a visionary writer and his beloved Land of Heart’s Desire. This is about landscape, and bringing a Nobel Prizewinner’s poetry to life. You’ll leave relaxed, inspired – and probably heading to the nearest bookshop to buy a book of poems. Oh, and you’ll eat amazingly well, too!

Feed your cultural appetite with the [Yeats Dining Experience](http://www.wildatlanticway.com/directory/details/yeats-experience/91209/#54.247672|-8.414723|14) at Broc House. This is a private dinner in the private home of well-known local foodies Damien Brennan and Paula Gilvarry. The couple share a passion for fine food and entertaining as well as for the poetry, culture and heritage of Sligo, all of which they combine with a chef’s flair into a wonderful evening out. Paula sources the best of local and organic produce, while Damien feeds the soul, between courses, with some of WB Yeats’ best-loved poetry for a truly magical evening.

Tobernalt, Holy Well Lane,

Aughamore, Near Carraroe, Co Sligo  
Contact: Damien Brennan

Tel +353 87 2320820

Email: [yeatssligo@gmail.com](http://www.discoverireland.ie/Contact-Us/Consumer-Enquiry/?tid=91209)

Web: [www.yeatssligoireland.com](http://www.discoverireland.ie/misc/external-link?GOTOURL=http://www.yeatssligoireland.com/&touristItemID=91209)

**Yeats Experience is part of Sligo Food Trail**

[](http://sligofoodtrail.ie/)

[](http://sligofoodtrail.ie/about-the-food-trail/)

Sligo Food Trail treats your palate to an abundance of culinary treasures. You can map your own route to choose the cuisine that you love best. Welcome to foodie heaven!What makes Sligo such a fantastic foodie destination is the culture that goes hand in hand with your food experience! [Producers](http://sligofoodtrail.ie/producers/) and Food Trail members take pride in giving you fresh, local, healthy, (and very often) organic food that nourishes your body while the scenery nurtures your soul.

As you drive through Sligo, you’ll witness the outstanding landscape which yields the fresh ingredients that create its exceptional cuisine: the lush green fields, the majestic mountains, the charming farms, the salmon rivers, and the mighty Atlantic Ocean! Sligo’s premiere location on the [Wild Atlantic Way](http://www.wildatlanticway.com/home/) means you can enjoy freshly-caught fish in any local restaurant. Alternatively, indulge your taste buds on Knocknarea honey, wild Mullaghmore lobster, Lissadell oysters, and fresh eggs from the foot of Benbulben Mountain. Whatever your food preference, Sligo Food Trail surpasses your expectations! [www.sligofoodtrail.ie](http://www.sligofoodtrail.ie)

**Enjoy a pint, live music and some craic at Thomas Connolly’s Pub**

[](http://res.cloudinary.com/hrscywv4p/image/upload/c_limit,h_3000,w_1920,f_auto,q_90/v1/817371/Connolly_s_trad-0592_nczrcw.jpg)

Markievicz Road & Holborn Street, Sligo

**Tel: +353 (0)71 9194920**[**http://www.thomasconnollysligo.com/**](http://www.thomasconnollysligo.com/)

**Overnight** Sligo Town – for a range of Fáilte Ireland approved accommodation options please click [here](http://www.discoverireland.ie/CMSPages/PortalTemplate.aspx?aliaspath=%2fSearch%2fResults&lcid=5&catid=10001&countyid=12&locationid=348&subcatid=10009,10016,10021&reftype=1)

**Day 5**

**Morning**

**Visit Sligo’s Signature Discovery Point, Mullaghmore Head**

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Walk round breath taking Mullaghmore Head with views of Benbulben and Donegal Bay. Don’t forget your camera!

**Meet the Makers of Donegal - Donegal Craft Village**



Donegal Craft Village is a showcase for Ireland’s many contemporary arts and

crafts. Stop in and meet the makers in their workshops before picking up a unique

item or two to bring home as a memento of your time on the Wild Atlantic Way.

You can also rest and recharge at the award-winning, on-site restaurant, Aroma,

which is known for its delicious homemade cakes and gourmet lunches. The beautiful

grounds include a picnic area, charming courtyard and spacious car park that

can accommodate coaches.

**Lunch at Aroma Café, Donegal Craft Village**2016 Winner Best Café in Donegal at the Irish restaurant awards.  


Ardara, Co Donegal

Tel: +353 (0)74 9725928

Email: lyndseymcgonigle@yahoo.co.uk

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

**Afternoon**

**Travel to Sliabh Liag and walk the Pilgrim’s Path and/or experience Sliabh Liag by boat  
**

The **Pilgrim Path** at Sliabh Liag (Slieve League) offers a different way of experiencing these spectacular cliffs, which are among the highest in Europe. This moderate walking route is only 2.8km long, but features views of the villages of Teelin and Carrick and finishes up looking down upon the cliffs. On your excursion, you’ll also get a glimpse into the ancient history of this mystical location, passing church ruins and a holy well on the eastern summit of Sliabh Liag.

Enjoy the spectacular sight of the Slieve Liag sea cliffs on the **Nuala Star**, a 36ft passenger boat. If you are lucky enough, you may even be joined by wild life including dolphins, whales and seals. In May and June there are often basking sharks to be seen feeding on the plankton. There is also a wide range of bird life, which can be seen nesting and hunting. Nuala Star also offer enjoyable angling trips and don’t forget to ask Paddy about swimming in the small caves.

Sliabh Liag Cultural Centre,Teelin, Carrick, Co. DonegalContact:Paddy Clarke  
[paddy@sliabyleaguecliffs.ie](http://www.discoverireland.ie/Contact-Us/Consumer-Enquiry/?tid=87138%20)  
**T:** +353 (0) 74 9739077   
[www.sliabhleague.com](http://www.discoverireland.ie/misc/external-link?GOTOURL=http://www.sliabhleague.com&touristItemID=87138%20)

**Evening**

**Dinner at** **The Olde Castle Bar and Restaurant**  


Castle Street, Donegal Town

Tel: +353 (0)74 9721262  
<http://www.oldecastlebar.com/>

Traditional music session at **The Reel Inn Bar**, Donegal Town, Co. Donegal

**Overnight** Donegal Town – for a range of Fáilte Ireland approved accommodation options please click [here](http://www.discoverireland.ie/CMSPages/PortalTemplate.aspx?aliaspath=%2fSearch%2fResults&lcid=5&catid=10001&countyid=9&locationid=116&subcatid=10009,10016,10021&reftype=1)

**Day 6**

Travel from Donegal Town to Annagry, Co. Donegal

**Morning**

**Option 1 - Paddle the Day Away**



Stunning seabirds, breath-taking beaches and basking sharks?A sit-on-top kayak is the ideal way to explore the sights and sounds of west Donegal.

To experience west Donegal’s stunning Atlantic coastline from the water rather than land, join a sea kayaking tour of the region. Using a sit-on-top sea kayak, you’ll paddle your way to isolated beaches, rugged islands and eerie caves, while also getting a close-up view of fascinating rock formations and sea arches that are accessible only from the water.

You’ll also want to keep your eyes peeled – and cameras ready – for wildlife sightings, as seabirds, seals, dolphins and even basking sharks can be spotted in this idyllic area.

Rapid Kayaking

Annagry, Co Donegal

Tel: +353(0)86 1510979

Email: [rapidkayaking@gmail.com](mailto:rapidkayaking@gmail.com)  
[www.rapidkayaking.com](http://www.rapidkayaking.com)

**Option 2 - Gallop Donegal’s Wild Atlantic Way at Dunfanaghy Stables, Dunfanaghy, Co. Donegal  
**

Leave your cares behind as you canter to the sound of the roaring Atlantic in the seaside resort of Dunfanaghy. Explore the region’s varied terrain on horseback, trekking into the mountains, over sandy beaches and through areas where Irish is still the primary language. Afterwards, stop into a local eatery and enjoy a relaxing cup of tea, a specially made cocktail or a few scoops of ice cream. And don’t forget to chat with the locals, who will no doubt share ideas for your next thrilling holiday experience.

Tel: +353 (0)74 9100980 or +353 (0)86 8280552

Email: [dunfanaghystables@hotmail.com](mailto:dunfanaghystables@hotmail.com)

[www.dunfanaghystables.com](http://www.dunfanaghystables.com)

**Afternoon**

**Sea Stack Climbing on Gola Island**For a more high octance experience adventure through Donegal with **Unique Ascent**, Co. Donegal.  
Get the boat across to Gola Island with Unique Ascent and climb a sea stack and see the Wild Atlantic Way from a completely different angle!

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What Gola Island provides is outstanding rock climbing in a wild, remote and truly beautiful setting. The island sits far out in Co Donegal's rain shadow and it is not unusual to be climbing on the island in bright sunshine and blue skies whilst the rest of the county is under a deluge of heavy rain.

Contact: Iain Miller  
Tel: +353 (0)87 7584810  
Email: [uniqueascent@gmail.com](mailto:uniqueascent@gmail.com)   
[www.**uniqueascent**.ie/](http://www.uniqueascent.ie/)

**Evening**

Dinner at **Danny Minnie’s Restaurant and Accommodation**Danny Minnie's is a long-established, award-winning [restaurant](http://www.dannyminnies.ie/restaurant.html) situated in West Donegal, in the heart of the Gaelic-speaking Gaeltacht. The restaurant offers high-quality local seafood and meats in a cosy, welcoming atmosphere.  
**[](http://www.dannyminnies.ie/images/gallery/restaurant/DannyMinnies-74.jpg)**

Annagry, The Rosses, Co. Donegal  
Tel: +353 (0)74 9548201  
Email: [info@dannyminnies.ie](mailto:info@dannyminnies.ie) [www.dannyminnies.ie](http://www.dannyminnies.ie)

**Overnight** Gweedore – for a range of Fáilte Ireland approved accommodation options please click [here](http://www.discoverireland.ie/CMSPages/PortalTemplate.aspx?aliaspath=%2fSearch%2fResults&lcid=5&catid=10001&countyid=9&locationid=606&subcatid=10009,10016,10021&reftype=1)