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Co. Sligo

Northern Headlands & Surf Coast

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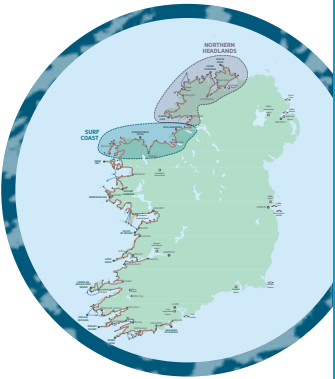
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TOURIST OFFICES:

Letterkenny,
Neil T. Blaney Road, Letterkenny,
Co. Donegal, F92 E796

T: 1850 230 330,
E: letterkenny@failteireland.ie

Donegal,
The Quay, Donegal Town,
Co. Donegal, F94 PX52

T: 1850 230 330,
E: donegal@failteireland.ie

Sligo,
Old Bank Building, O'Connell
Street, Sligo Town,
Co. Sligo, F91 VAK2

T: 1850 230 330,
E: northwestinfo@failteireland.ie



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WILD ATLANTIC WAY

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 by horseback; or take a splash and enjoy the many water sports 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 to 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 – which you'll find the Ireland you have always imagined.

Start your journey on:

www.wildatlanticway.com

For additional information:

-  waw@failteireland.ie
-  facebook.com/irelandswaw
-  youtube.com/wildatlanticway
-  instagram.com/thewildatlanticway
-  [@wildatlanticway](https://twitter.com/wildatlanticway)
[#wildatlanticway](https://twitter.com/wildatlanticway)



Download
the **FREE**
Wild Atlantic
Way App
now!

Glen Head, Co. Donegal



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NORTHERN HEADLANDS: JOURNEYS BEGIN

Expand your mind, body and soul in Donegal

Untouched, off-radar and crying out for exploration, this rugged and remote region marks the northwestern contour of the Wild Atlantic Way. Nature is spectacular and bracing here, from the sheer granite walls of some of Europe's highest sea cliffs at Slieve League, to Northern Lights dancing in clear winter skies, to millions of seabirds gathering in great estuaries.

There's a vibrant sense of community in this sparsely populated region: Ireland's wildest shores are home to its largest Gaeltacht – where Irish is still the mother tongue and traditional culture thrives. In Donegal, a brilliant festival or night out could be followed by the rare sight of a basking shark... it's that kind of place.

Out on Ireland's northernmost headlands, eleven lighthouses shine across the sea, and journeys – physical and spiritual – begin. The sea air revives, minds and horizons expand, stories are told, adventures are shared, and spirits lift.

Malin Head, Co. Donegal

NORTHERN HEADLANDS: EXPERIENCES TO ENJOY



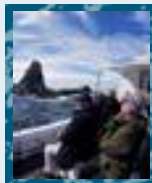
Cycle to Ireland's most Northerly Point!

Cycle Inishowen, 8 Chapel Street,
Carndonagh, Co. Donegal

Tel: 087 9722532 info@cycleinishowen.com
www.cycleinishowen.com GPS 55.2506524 -7.2618412

The best way to experience Malin Head is by bike! With breathtaking sea views at every turn, challenging climbs and exhilarating descents this is one experience guaranteed to blow away the cobwebs. Following country roads the landscape opens up the further north you go and the Atlantic Ocean will dominate the horizon as you come to the very top of the Inishowen Peninsula to reach Ireland's most northerly point at Malin Head.

SELF-GUIDED: 4-6 hours on average depending on experience.



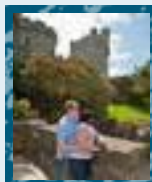
Sea Safari and Maritime Heritage Tours

Dive Arranmore Charters, Ballard, Arranmore Island,
Letterkenny, Co. Donegal

Tel: 086 3300516 jimmuldowney3@gmail.com
www.divearranmore.com GPS N 54.982241 W 08.517058

Experience the Wild Atlantic Way from sea level on a tour of marine history dating from 1781. The 18th century herring fishing station is a key attraction and your skipper Jim will outline its history while you cruise the islands' channels and observe its landmarks. Hear the cry of the gulls as you cruise past cliffs and caves while the beauty of deserted islands, the ruggedness of the landscape and the energy of the ocean will stay with you long after your exhilarating trip!

DURATION: 2hrs 30mins



Glenveagh, hauntingly beautiful...

National Park, Castle & Gardens, Churchill,
Letterkenny, Co. Donegal

Tel: 076 100 2551 glenveaghbookings@ahg.gov.ie;
tres.connaghan@ahg.gov.ie www.glenveaghnationalpark.ie GPS
55.016667, -8.05

Glenveagh National Park is a remote and hauntingly beautiful wilderness of rugged mountains, pristine lakes, tumbling waterfalls and enchanted native oak woodland in the heart of the Derryveagh Mountains in northwest Donegal. At the centre of the Park on the edge of Lough Veagh is Glenveagh Castle. Enjoy a guided tour of the Castle and Gardens (by prior arrangement). Audio visual tour on the park's history and castle also available.

DURATION: 2hrs



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NORTHERN HEADLANDS: EXPERIENCES TO ENJOY



See the Light at Fanad Lighthouse

Fanad Lighthouse, Cionn Fhánada, Eara Thíre na Binne, Port an tSalainn, Leitir Ceanainn, Co. Donegal

Tel: 083 8091199 info@fanadlighthouse.com
www.fanadlighthouse.com GPS 55.275617 -7.634941

Fanad Lighthouse stands at the point where the deep Lough Swilly fjord meets the Atlantic Ocean. Daily guided tours allow visitors to experience the life of the lightkeeper, to hear about the history of the lighthouse, some of the tragedies in the surrounding sea, view the spectacular scenery and to learn about the new technology that watches our coastline today. Somewhat weather dependent.

DURATION: 1hr 20mins - 2hrs.



Donegal Knitting and Weaving Experience

John Molloy Woollen Mills, Ardara, Co Donegal

Tel: 087 229 9440 or 087 6484748
info@johnmolloy.com www.johnmolloy.com
GPS N 54.45.25.182, W 8.25.7.318

Immerse yourself in the century's old traditions of knitting and Donegal hand-woven tweeds at John Molloy Woollen Mills, nestled in the hills of Donegal. The Molloy's have five generations of experience to draw on and are delighted to demonstrate the evolution of this cottage industry in Ardara, the home of Donegal tweed. Enjoy a guided tour (English only) showcasing production methods, changes in practices and the link between local farmers and the finished garment to this day.

DURATION: 20 – 30 mins.



Step Back in Time

Glencolmcille Folk Village, Glencolmcille, Co Donegal

Tel: 074 9730017 folkvillage@eircom.net
www.glenfolkvillage.com GPS 54.707168, -8.738368

Step back in time at Glencolmcille Folk Village and explore several thatched cottages, getting a feel for what life was like in Ireland spanning hundreds of years. Visit the fisherman's cottage, crammed full of fishing-related artefacts and stories. Hear the story of Father James McDyer – who came to this isolated valley in 1951 and helped to establish running water, electricity and industry and sample the delights at the Village's tearoom and craft shop. Guided and self-guided tours available.

DURATION: 1hr 30mins.

NORTHERN HEADLANDS: EXPERIENCES TO ENJOY



Sliabh Liag Pilgrim Path FREE

Sliabh Liag Pilgrim Path, Bluestack Centre, Drimarone, Letterbarrow, Co Donegal

Tel: 087 931 8077 ibock@dldc.org
www.irishtrails.ie GPS 54.641697, -8.666561

Used since ancient times, the Pilgrim Path offers a different perspective of the spectacular Sliabh Liag (Sieve League) sea cliffs which are among the highest in Europe. Get a glimpse into the history of this mystical location, passing church ruins and a holy well on the eastern summit of Sliabh Liag. A moderate walking route, just 2.8km long each way, with views of the villages of Teelin and Carrick in the valley below where you can enjoy local food and drink after your walk.

DURATION: Allow approx. 1hr 30mins each way.



Meet the Local Artists FREE

Donegal Craft Village, Lurganboy, Ballyshannon Rd., Donegal Town, Co Donegal

Tel: 074 9725928 elaine.mcgonigle@yahoo.co.uk
www.donegalcraftvillage.com
GPS 55.275617 -7.634941

Meet the artists in their workshops and maybe treat yourself to some of the many items on offer, or to bring home as a gift. Donegal Craft Village is a showcase for contemporary arts and crafts in Ireland while the award winning restaurant is renowned for its freshly ground coffee, delicious homemade cakes and gourmet lunches. Enjoy the beautifully landscaped grounds with picnic area and charming courtyard.

DURATION: Allow 1-3 hours given the number of craft units.



For more information, call into our **Tourist Offices** (listed on page 1 of this guide) or see www.wildatlanticway.com or download the **Wild Atlantic Way app**



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Fanad Head, Co. Donegal

NORTHERN HEADLANDS: VISITOR ATTRACTIONS

Malin Head

Inishowen, Co. Donegal
www.visitinishowen.com

Malin Head, Ireland's most northerly point known locally as Banba's Crown is an area of great scenic beauty and of historical, scientific and ecological importance. The circuit of the Head will take you past the Radio Station, built in 1910, and round the coast to Banba's Crown the most northern tip of Ireland. Here a tall derelict building known locally as "The Tower" was built in 1908 by the Admiralty, and later used as a Lloyds Signal Station. During the Second World War, the small huts were built and used by our defence forces to keep a lookout and protect our neutrality.



Doagh Famine Village

Isle of Doagh, Inishowen, Co. Donegal
Tel: 074 937 8078 www.doaghfaminevillage.com

Doagh Famine Village tells the story of a family/community living on the edge of Donegal and surviving from Famine times right up to the present day. It also explains the road to peace in Northern Ireland, Ireland in the 'Celtic Tiger' years and through the current economic collapse.

OPEN: Every day (10.00-17.00) **ADMISSION:** €8 for guided tour & tea/coffee.



Fort Dunree

Dunree, Linsfort, Buncrana,
Co. Donegal F93 C424
Tel: 074 936 1817 www.dunree.pro.ie

Fort Dunree is a stunning tourist attraction on the Inishowen Peninsula, it houses a Museum, Scenic Walks, Wildlife Discovery Room, and Waterfront Coffee Shop, a great day out for all the family.

OPEN: May-Sep, Mon-Sat (10.30-18.00), Sun (13.00-18.00) Oct-Apr, Mon-Fri (10.30-16.30), Sat & Sun (13.00-18.00)

ADMISSION: Adult €7, Children over 7 / Seniors €5



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Signature Point



Wild Atlantic Way

NORTHERN HEADLANDS: VISITOR ATTRACTIONS

Grianán of Aileach

Burt, Co. Donegal

Situated near Burt in Donegal, this very fine stone-built hilltop fort or cashel is situated 800 feet above sea level on Greenan Mountain and commands superb views of the Foyle, Lough Swilly and the surrounding countryside. Nearby is the Old Church Visitor Centre which tells the story of the Legends of the Mythical Tuatha Dé Danann Race.



Tropical World @ Alcorn's

Loughnagin, Letterkenny, Co. Donegal

Tel: 074 912 1655 www.tropicalworld.ie

Be astounded by Donegal's not so mini zoo! Experience your own Slice of the Amazon, see amazing tropical butterflies in free flight, be serenaded by lorikeets, turacos, macaws and birds from around the world in our exotic aviaries, visit lemurs, tamarin monkeys, meerkats, raccoons, tortoise and newly arrived squirrel monkeys. A great experience is enhanced this year with a replica dinosaur in our Jurassic land plus the amazing world of insects.

OPEN: 1st Apr – 30th Sept Mon-Sat (10.00-17.30), Sun (13.00-17.30), Last admission 16.30

ADMISSION: Adults €8.50, Children €7, Under 3's free. Family (2 adults & 2 children) €28



Newmills Corn & Flax Mills

Churchill Road, Letterkenny, Co Donegal

Tel: 074 912 5115 newmills@opw.ie

The oldest surviving building here is said to be 400 years old. The visitor to Newmills can experience the pleasure of seeing one of the largest waterwheels in Ireland in action as it drives the machinery of the corn mill.

OPEN: 25th May – 27th Sep, Daily (10.00-18.00)

ADMISSION: Free of charge



NORTHERN HEADLANDS: VISITOR ATTRACTIONS

Glebe House

Churchill, Letterkenny, Co Donegal

Tel: 074 913 7071 glebegallery@opw.ie

Regency House, dated 1828, set in woodland gardens, decorated with William Morris textiles, Islamic and Japanese art. The Derek Hill Collection is in the adjoining gallery. Access to ground floor of the gallery for people with disabilities.

OPEN: Jun & Sep, Sat – Thu (11.00 – 18.30) Jul & Aug, Daily (11.00-18.30)

ADMISSION: To House: Adult €5, Sen/Group €4, Child/Student €3, Family €13

TO GALLERY: Free of charge

★ **OFFER:** Free admission on First Wednesday of each month



Glenveagh National Park & Castle

Churchill Road, Letterkenny, Co Donegal

Tel: 076 100 2551 www.glenveaghnationalpark.ie

Glenveagh National Park lies in the heart of the Derryveagh Mountains in the North West of Co. Donegal. It is a remote and hauntingly beautiful wilderness of rugged mountains and pristine lakes. The Park, over 16,000 hectares in the extent consists of three areas. The largest of these is the former Glenveagh Estate, including most of the Derryveagh Mountains. The wild setting around Lough Veagh hosts the largest herd of red deer in Europe and since 2001 is home to Ireland's only Golden Eagles. The castle is surrounded by extensive, ornate and renowned gardens, with a rich variety of trees, shrubs and flowers from around the world. There is a beautifully located tea-room in the castle courtyard open all year round, where one can enjoy delicious home-baking freshly made in the castle kitchen.

OPEN: Mar-Oct (09.00-17.30), Nov-Feb (09.00-17.00)

ADMISSION: Free car park, visitor centre, gardens & park. Charge applies for shuttle bus & castle tour (see website).



Ards Forest Park

Creelagh, Co. Donegal

Tel: 074 912 1139 www.coillteoutdoors.ie

Forest and beach walks, parking, picnic tables, children adventure playground, toilets with wheelchair access, wheelchair accessible paths and sand dune boardwalk.

OPEN: All Year, 08.00 – 17.00 (or 20.00 Apr–Sep)

ADMISSION: Car €5, Annual Pass €35 available online.



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Cionn Fhánada (Fanad Head)

Fanad Peninsula, Co. Donegal

Fanad Head lies on the north coast of County Donegal between Lough Swilly and Mulroy Bay. Its claims to fame include one of the world's most beautiful lighthouses and the famous Flight of the Earls, which took place here in 1607.

To reach the headland, travel along Knockalla Coast Road, a route with some seriously stunning panoramas. If a visit to the lighthouse is on your agenda, don't forget to make some time for a leisurely stroll along the adjacent headland, where you'll see awe-inspiring waves and the Wild Atlantic Way's most rugged stretch of coastline. This is one place where you'll certainly want to have your camera ready.

★ **OFFER:** Free admission on First Wednesday of each month

The Dunfanaghy Workhouse

Figart, Dunfanaghy, Co Donegal

Tel: 074 913 6540 www.dunfanaghyworkhouse.ie

Famine & Donegal History exhibition with craft & coffee shop and Pirates Playground.

OPEN: Jun & Sep (Daily, 10.00-17.00); Jul, Aug & school holidays (10.00-17.30) For up to date information please check our Facebook page.

ADMISSION: Adult €4.50, Child / OAP / Student €3.50, Family ticket €12.50 Groups (more than 8) €3 each

Ionad Cois Locha/Dunlewey Centre

Loughnagin, Letterkenny, Co. Donegal

Tel: 074 953 1699 www.dunleweycentre.com

Visitor centre with restaurant and tea room, guided tours of the Weaver's Cottage and boat trips on Dunlewey Lake. Children's adventure play-area and small petting farm. Traditional music every Sunday lunchtime.

OPEN: Easter to November

ADMISSION: Family ticket €22, Different rates available.

★ **OFFER:** 20% discount on presentation of this guide.

NORTHERN HEADLANDS: VISITOR ATTRACTIONS

Daniel O'Donnell Visitor Centre

Main St. Dungloe, Co. Donegal

Tel: 074 952 2334 www.danielodonnellvisitorcentre.com

The story of Daniel O'Donnell's life through displays, videos and exclusive memorabilia.

OPEN: Seven days a week. Ring to book your tour.

ADMISSION: Adults €5 Children u12 free.

Glencolmcille Folk Village Museum

Glencolmcille, Co. Donegal F94 DN22

Tel: 074 973 0017 www.glenfolkvillage.com

Thatched Cottage Museum, with original artefacts dating back to the 1700's. Facilities include eight cottages, beaches, archaeology hub, tea house, craft demonstrations, historical walk with stunning sea cliff views. Local crafts available in the village shop.

OPEN: 26th Mar - 30th Sep, Mon-Sat (10.00-18.00), Sun (11.00-18.00)
1st - 31st Oct, Mon-Sat (11.00-16.30), Sun (12noon-16.00)

Open on request out of season.

ADMISSION: Adults €5, Seniors / Group over 11 people / Student €4.50, Children under 6 free, 7-12yrs €2.50, Family (2 Adults & 2 children) €13.

Offer: 25c off per ticket when you present the North West Pocket Guide.

Sliabh Liag (Slieve League)

Co. Donegal

Discover the many delights of Sliabh Liag, Teelin and Donegal's iconic attraction as you walk through the countryside on the verge of the mighty Atlantic Ocean. Rare flora, fauna and wildlife inhabit this precious and untouched landscape. And the very names of local pathways such as 'One Man's Pass' and 'The Pilgrim Path' evoke special memories and images. The scenery is stunning.

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NORTHERN HEADLANDS: VISITOR ATTRACTIONS

Donegal Castle

Donegal Town, Co. Donegal
Tel: 074 972 2405 www.heritageireland.ie

Built by the O'Donnell chieftain in the 15th century, beside the River Eske, the castle has extensive 17th century additions by Sir Basil Brooke. The castle is furnished throughout and includes Persian rugs and French tapestries. Information panels chronicle the history of the castle owners from the O'Donnell chieftains to the Brooke family.

OPEN: Easter - Mid Sep, Daily (10.00-18.00), Mid Sep – Easter, Thu-Mon (09.30 - 16.30) Last admission 45 minutes before closing.

ADMISSION: Adult €5, Child / Student €3, Seniors / Group €4, Family €13.

★ **OFFER:** Free admission on First Wednesday of each month.



Lough Derg Pilgrimage Island

Lough Derg, Pettigo, Co. Donegal F94 PC60
Tel: 071 986 1518 www.loughderg.org

is very much a living part of Irish Christian Heritage. A unique island, rich in prayer and faith, an island which has been calling pilgrims for over a thousand years.

OPEN: May – End of Sep (visits on request at other times).

ADMISSION: Three day pilgrimage €70, student discount 15%, concessions for seniors/groups. One day retreat €40. Boat tours from €15 by arrangement.



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Kinnagoe Bay, Co. Donegal



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MORE TO EXPERIENCE

ARTS, CRAFTS & CULTURE

AN GRIANAN THEATRE, LETTERKENNY

Tel: 074 912 0777 www.angrianan.com

ABBEY ARTS CENTRE, BALLYSHANNON

Tel 071 985 1375 www.abbeycentre.ie

BALOR ARTS THEATRE, BALLYBOFEY

Tel: 074 913 1840 www.balortheatre.com

SLIEVE LEAGUE CULTURAL CENTRE, CARRICK

Tel: 074 973 9077 www.sliabhleague.com

Workshop, conference room, tourist information centre.

AN CRANNÓG, DERRYBEG

Tel: 074 953 2208

An Irish language centre with classes for adults who wish to learn Irish.

REGIONAL CULTURAL CENTRE, LETTERKENNY

Tel: 074 912 9186 www.regionalculturalcentre.com

TRIONA DESIGN, ARDARA

Tel: 074 954 1422 www.trionadesign.com

A family run shop specialising in Donegal Tweed.

CELTIC WEAVE CHINA, BALLYSHANNON

Tel: 071 985 1844 www.celticweavechina.com

Renowned for their china baskets and flowered ware.

STUDIO DONEGAL, KILCAR

Tel: 074 973 8194 www.studiodonegal.ie

Home to Donegal tweeds and hand knits. See authentic hand-weaving on a daily basis.

EDDIE DOHERTY, ARDARA

Tel: 074 954 1304 www.handwoventweed.com

Specialises in hand-woven tweed.

DONEGAL CRAFT VILLAGE, DONEGAL TOWN

Tel: 074 972 2225 or 074 972 3222 www.donegalcraftvillage.com

Reputedly the best collection of contemporary art, craft and design in Ireland.

MAGEES OF DONEGAL, DONEGAL TOWN

Tel: 074 972 2660 www.magee1866.com

World famous for their hand-woven heritage, they stock a range of beautiful tailored garments. Watch a traditional hand-weaver at work.

MCAULIFFE'S CRAFT SHOP, DUNFANAGHY

Tel: 074 913 6135

Holds a vast range of Irish fashions, knitwear, handcrafts, jewellery, books and music.

OIDEAS GAEL GLEANN CHOLM CILLE

Tel: 074 973 0248 www.oideas-gael.com

Adult Irish language and Cultural Courses.

DONEGAL DESIGNER MAKERS, ARDARA

Tel: 087 102 3100 www.donegaldesignmakers.com

Selection of work by 25 makers from across the county of Donegal.

EDEL MACBRIDE, CONVOY

Tel: 085 703 2764 www.edelmacbride.com

Visit the workshop and outlet of award-winning fashion knitwear designer Edel MacBride.

MORE TO EXPERIENCE

ARTS, CRAFTS & CULTURE

MCNUTTS DONEGAL WOOLLEN MILL, DOWNINGS

Tel: 074 915 5662 www.donegalwoollenmill.com

Famous the world over for their own tweeds and linens.

GLENDOWEN CRAFT SHOP & STUDIO, MEENTAGH GLEN, CLONMANY

Tel: 074 937 6265 www.glendowen.com

Specialising in unique tweed garments and accessories by Ann McGonigle.

MOURNE ANTIQUES, 38 UPPER MAIN ST., LETTERKENNY

Tel: 074 912 6457 www.mourneantiques.com

From past to present, unique beauty and quality.

ROSSAN KNIT WEAR LIMITED, GLENCOLMCILLE.

Tel: 074 973 0070 www.rossanknitwear.ie

Hand loomed knitwear in both modern and traditional Irish designs.

CYNDI GRAHAM HAND WEAVING, ST JOHN'S POINT

Tel: 086 401 9307

Hand-woven hats, scarves, waistcoats, cushions and throws.

MOUNTCHARLES POTTERY, MOUNTCHARLES

Tel: 087 643 0037

Handmade pottery, jewellery and Fine Art Gallery.

LETTERKENNY CRAFT & DESIGN STUDIO, LETTERKENNY

Tel: 074 912 5454

A studio to promote the best arts, crafts and produce that Donegal has to offer.

THE CURLEW CAFE & CRAFTS, KERRYKEEL

Tel: 074 915 0998 www.thecurlewcafeandcrafts.com

Wonderful selection of local crafts and gifts.

KENNEDY OF ARDARA, ARDARA

Tel: 074 954 1106 www.kennedyirishsweaters.com

Manufacturers of World Famous Hillwalking Sweaters.

BARRY'S IRISH ART & CRAFT, DOWNINGS

Tel: 086 151 8766

Fine selection of Irish made products, promoting local artists and makers.

MOVILLE POTTERY, MOVILLE

Tel: 074 938 2059 www.movillepottery.com

Large selection of pottery and other gifts.

JOHN MOLLOY, ARDARA

Tel: 074 954 1133 www.johnmolloy.com

The home of Aran fisherman sweaters and Donegal tweed.

AMELIA IRISH DESIGN & CRAFT, LETTERKENNY

Tel: 087 243 4060 www.facebook.com/ameliarishdesign

Handcrafted selection of gifts, art and studio, ceramics from the locality & all over Ireland.

KOKO DESIGNS, RAMELTON

Tel: 074 915 2418/086 319 1514 www.kokodesigns.ie

Contemporary designs in silk by Karen O'Kane.

LOCAL HANDS ARTS & CRAFTS STUDIO SHOP, BALLYSHANNON

Tel: 087 964 9654 www.localhands.ie

A co-operative style fusion of artists and craftspeople.



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ARTS, CRAFTS & CULTURE

HANNA HATS, DONEGAL TOWN

Tel: 074 972 1084 www.hannahats.com
Unique tweed design of hats and caps.

FISHERMAN'S OUT OF IRELAND, KILCAR

Tel: 074 973 8233 www.fishermanoutofireland.com
A small knitting company based in South West Donegal.

GALLERIES

ROSS FINE ART, RAMELTON

Tel: 074 915 0926 www.rossfineart.ie

THE GALLERY, DUNFANAGHY

Tel: 074 913 6224 www.thegallerydunfanaghy.com

STRAID GALLERY, GLENCOLMCILLE

Tel: 074 973 0126 www.king-studio.com

STEPHEN BENNETT STUDIO GALLERY, ARDARA

Tel: 074 954 1652/087 792 3205 www.stephenbennett.net

SILVER BIRCH GALLERY & STUDIO, CARNDONAGH

Tel: 074 937 3082 www.sharonmcaid.com

STEPHEN DIGGIN AGHILLY, BUNCRANA

Tel: 086 214 4965 www.stephendigginart.com

AN CLACHAN, AN CHUIRT HOTEL, GWEEDORE

Tel: 074 956 0091

THROATLAKE FINE ART, PORTNABLAGH

Tel: 074 913 8791 www.throatlake.com

CAVANACOR GALLERY BALLINDRAIT, LIFFORD

Tel: 074 914 1143 www.cavanacorgallery.ie

HERITAGE CENTRES & MUSEUMS

SEAT OF POWER VISITOR CENTRE, LIFFORD

Tel: 074 914 1733 www.liffordoldcourthouse.com
This historic mid 16th Century courthouse has been converted into a heritage centre.

INISHOWEN MARITIME MUSEUM & PLANETARIUM, GREENCASTLE

Tel: 074 938 1363 www.inishowenmaritime.com
Attractions include nautical exhibits, memorabilia, modern and ancient maritime equipment and Irish boats.

DONEGAL RAILWAY HERITAGE CENTRE, DONEGAL TOWN

Tel: 074 972 2655 www.countydonegalrailway.com
Find out just what it was like to travel on the narrow gauge railways.

ST. COLMCILLE HERITAGE CENTRE, CHURCHILL

Tel: 074 913 7306 www.colmcilleheritagecentre.ie
Devoted to the life and times of St. Colmcille with displays of illuminated manuscripts.

MORE TO EXPERIENCE

HERITAGE CENTRES & MUSEUMS

ARDARA HERITAGE CENTRE, ARDARA

Tel: 087 242 4590 www.ardara.ie
Based in the quoined, cut-stone former Market House, the centre outlines the history of tweed production in the Ardara area.

CAIRN VISITOR CENTRE, GREENCASTLE

Tel: 074 938 1104 www.thecairncentre.com
Tours of the days gone by, photographic exhibitions, stories, craft shop and theatre.

KILLYBEGS INTERNATIONAL CARPET MAKING AND FISHING CENTRE, KILLYBEGS

Tel: 074 974 1944 www.visitkillybegs.com
Offers a fascinating audio visual insight into the history of the fishing and the famous hand-knotted carpets, also home to the longest loom in the world.

AN TSEAN BHEAIRIC, FALCARRAGH

Tel: 074 918 0655 www.falcarraghvisitorcentre.com
Language, culture, heritage, history and memories of our ancestor's lifestyle.

FINTOWN RAILWAY, FINTOWN

Tel: 074 954 6280 www.antraen.com Donegal's only operational narrow gauge railway.
The unique journey is a three mile return trip along the shores of Lough Finn.

DOE CASTLE, CREESLOUGH

Tel: 074 913 8445 A four-storey tower, standing in a square turreted bawn built early in the 16th century on Sheep Haven Bay. Tours Jun – Aug, limited access at other times.

DONEGAL COUNTY MUSEUM, LETTERKENNY

Tel: 074 912 4613 Email: museum@donegalcoco.ie
The museum houses both temporary and permanent exhibitions which chart the history of Donegal from the Stone Age to the twentieth century.

COUNTY DONEGAL HISTORICAL SOCIETY MUSEUM, BALLYSHANNON

Tel: 071 985 1726 www.donegalhistory.com
The objective of the society is to preserve and record the history of the county.

ULSTER SCOTS HERITAGE CENTRE, CARRIGANS

Tel: 074 914 0708 www.monreaghulsterscotscentre.com
This centre explores the Ulster Scots on Co. Donegal.

ST. CONNELL'S MUSEUM, GLENTIES

Tel: 074 955 1766 or 087 630 3496 glentiescommunitycarefas@gmail.com
The museum includes the prison cells of the late 19th century courthouse and has many artefacts pertaining to the famine in South West Donegal.

BALLYSHANNON & DISTRICT MUSEUM SLEVIN'S DEPT. STORE, BALLYSHANNON

Tel: 087 193 7166 The museum has artefacts and memorabilia stretching back from the recent past to 10,000 BC.

TRACING ANCESTRY

DONEGAL CENTRAL LIBRARY OLIVER PLUNKETT ST., LETTERKENNY

Tel: 074 912 4950 centraldonegallibrary.ie

DONEGAL ANCESTRY MILLBROOK, RATHMULLAN

Tel: 074 915 8285 info@donegalancestry.com www.donegalancestry.com



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DONEGAL TOURS

SLIABH LIAG BOAT TRIPS ON THE NUALA STAR, TEELIN
Tel: 074 973 9365 or 087 628 4688 www.sliabhleagueboattrips.com

MANGAN TOURS
Tel: 074 913 5460 www.mangantours.ie

DONEGAL WILD ATLANTIC WAY TOUR
Tel: 086 605 9220 www.walkingireland.ie

DONEGAL BAY WATERBUS, THE PIER, DONEGAL TOWN
Tel: 074 972 3666 www.donegalbaywaterbus.com

ISLANDS AND THE GAELTACHT (IRISH SPEAKING) AREAS OF DONEGAL

Looking out over the Atlantic Ocean, tasting the salt on your tongue and the sea breeze brushing your face, there is nothing similar to a visit to the Islands of Donegal to reinvigorate you. This is predominately where the Irish language and culture is still vibrant. Wild and beautiful the islands have captured the imagination for thousands of years and provided stimulus for artists and writers.

The perception that the islands of Donegal were remote has altered dramatically in recent years. Now they are easily accessible by boat. Plan your visit to the islands, some are very busy in high season (July and August especially). Very few of the islands have ATM banking facilities. Please leave the islands as you find them. When visiting the islands take care; a visit to the islands is a unique occurrence but remain vigilant as they are exposed to the elements. The island terrain is mainly rugged and the Atlantic Ocean can sometimes be wild.

ÁRAINN MHÓR - ARRANMORE ISLAND

Probably the most accessible of all the Gaeltacht islands, Arrainn Mhor has a resident population of approximately 600 people. From the island's rolling hills, observe views of the Rosses region (Na Rosa), the islands and the Donegal Mountains as a backdrop or visit two of the islands lovely beaches, at Aphort or Leabh Gharbh. A place to get away from it all and yet mainland Donegal is just a 15 minute boat journey. Festivals: Family Fun Day (August).

GETTING THERE:
Daily Sailings from Burtonport (Ailt an Chorrain) Co. Donegal. Arranmore Car & Passenger Ferry: Tel: 074 9542233 www.arranmoreferry.com

ARRANMORE ISLAND FAST FERRY:
Tel: 087 3171810 www.arranmorefastferry.com

MORE TO EXPERIENCE

GABHLA - GOLA ISLAND

The island is approximately one mile from the mainland at Gaath Dobhair (Gweedore). Evidence of past life remains in the form of stone houses, the homes of families, who have long since moved to the mainland. A number of houses have been restored by former residents and their families. The launching of a regular ferry service and the growing interest in ecology and cliff climbing is bringing back new life. Gabhla can be explored in a few hours over easy walking terrain. It is difficult to comprehend that you are just two miles removed from mainland Donegal.

FESTIVALS: Feile Gola (June).

GETTING THERE: From Magheragallan (Machaire Gathlan) Co. Donegal. Gola Island Ferry Service - **The Cricket:** Tel: 087 224 5881 www.donegalislands.com

TORAIGH - TORY ISLAND

Standing staunchly against the storms of the Atlantic Ocean, Tory has been inhabited for 4,000 years. The resilient and independent residents of this Gaeltacht Island have their own music, songs, stories and dances and are expressions of a distinctive Irish culture and tradition preserved by remoteness. Historical sites include a round tower, a ruined church, the Tau Cross (one of only two found in Ireland).

Tory has a unique wildlife particularly the globally threatened Corncrake and important colonies of cliff-nesting seabirds. Visitors can enjoy diving, fishing, rock climbing, whale or dolphin watching or walk a portion of the Donegal Way with beautiful scenery as a backdrop. Tory is also famous for its school of artists, who were encouraged by the late English painter Derek Hill, whose work has been exhibited all over the world.

Tel: 074 953 1320 / 074 913 5061 www.toryislandferry.com

FESTIVALS: Feile Soilse Thorai (July) celebrating Tory's musical and cultural traditions.

GETTING THERE: Turasmara Teo sails from Bunbeg and Magheroarty all year round.

INIS FRAOICH - INNISFREE ISLAND

Inishfree Island, approximately one square mile of sandy beaches and beautiful scenery, the island was home to thirty-six families in a tightly-knit, caring community. Subsequently deserted, the island has been re-inhabited recently and Inis Fraoich's new residents are eager to help visitors benefit from the spiritual atmosphere that seems to pervade this unique place. Cultural courses are organised on the island at specific times and cover topics such as music, dancing, arts, crafts, poetry, nature and heritage.

GETTING THERE:
Innisfree Charters sails from Ailt an Chorráin, seasonal by booking, max. ten passengers.

Tel: 074 955 1533 – 087 925 3534



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INIS BÓ FINNE - INISHBOFIN ISLAND

Located two miles from Machaire Rabhartaigh (Magheroarty) on the North West coast, this island has been relatively untouched and unspoilt. A rocky coast with cliffs, sea arches, caves and sandy beaches can be explored. Inland fields are home to the globally endangered Corncrake and many other birds species. Barnacle Geese fly in to winter here. It is renowned for its water sports with surfing, kayaking and rock fishing growing in reputation annually.

GETTING THERE: Ferries sail seasonally from Magheroarty

THE GAELTACHT

The Gaeltacht is the area in Donegal where the Irish Language is spoken and where the traditions of Irish song, dance and folklore prevail. Cill Chartha (Kilcar), Gleann Colm Cille (Glencolumbkille) and Ard na Ratha (Ardara) are home to craft workshops producing hand-woven Donegal tweed. Moving north along the craggy coastline, and somewhat inland, one comes to Donegal's Gaeltacht Lar (Central Gaeltacht), located between Gweebarra Bay, Gleann Fhinne, and Glendowen. Head north and you enter the Rosses, Gaoth Dobhair and Cloich Cheann Fhaola, areas of haunting natural beauty. The most northerly point of the Donegal Gaeltacht is located via the Rosguill Peninsula with journeys end at Fanad Head. The heart of the Donegal Gaeltacht can be found near the mystic mountains of the Derryveagh range and the scenic Poisoned Glen.

BEACHES

Many beaches have been awarded Blue Flag or Green Coast awards attesting to their water quality, safety and environmental status. Donegal's Northern Headlands offers some of the most spectacular beaches which include:



Blue Flag

| | | |
|-------------|---------------|-----------------|
| Stroove | Downings | Portnoo / Narin |
| Murvagh | Culdaff | Marblehill |
| Fintra | Lisfannon | Killahoey |
| Rossnowlagh | Magherawarden | Carrickfinn |



Green Coast

| | | |
|--------------|-------------|--------------|
| Ballyheirnan | Magheroarty | Dooley Beach |
| Drumatinney | Port Arthur | |

This listing refers to 2016. The 2017 listing was not published at time of going to print. The Blue Flag beaches are indicated on the fold out map at the back of this guide.

MORE TO EXPERIENCE

LIGHTHOUSES

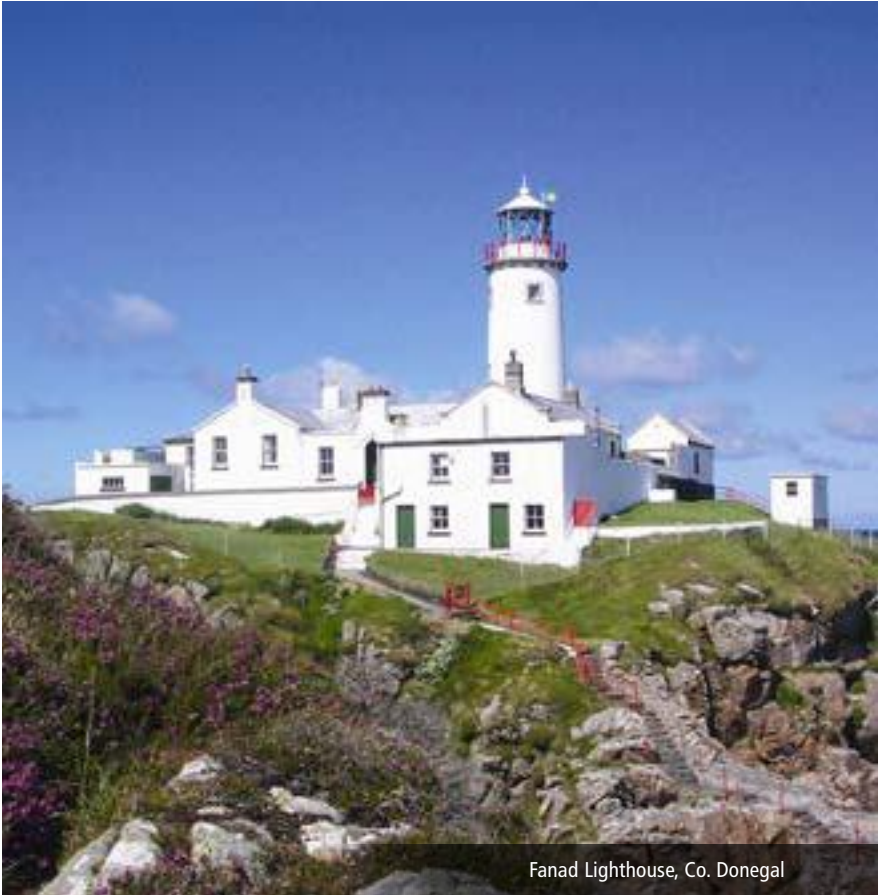
Donegal's rugged coastline has 11 lighthouses guiding seafarers to safety on the Wild Atlantic ocean. While many provide the visitor with a great photo opportunity, two offer a particular Wild Atlantic Way experience. These include:

Fanad Lighthouse

www.greatlighthouses.com
Standing between idyllic Lough Swilly and sandy Mulroy Bay Fanad Head Lighthouse has been voted one of the most beautiful lighthouses in the world.

St. John's Point

www.greatlighthouses.com
It's quite a thrill driving down to St. John's Point Lighthouse, to see it looming at the end of one of the longest peninsulas in Ireland.



Fanad Lighthouse, Co. Donegal



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SURF COAST: EXPERIENCES TO ENJOY

“The waters and the wild, from Bundoran to Erris ‘I would that we were, my beloved, white birds on the foam of the sea!’ So wrote W.B. Yeats, in *The White Birds*. Little wonder... This stretch of the Wild Atlantic Way, leading from Bundoran through Sligo to far-flung Erris, was the famous poet’s ‘Land of Heart’s Desire’ – the countryside in which he grew up and which inspired him well into old age. It’s just as poetic today. Coastal hubs like Bundoran, Mullaghmore, Enniscrone and Strandhill are renowned for their surf – throwing up both beginner-friendly ripples and monster slabs that attract some of the world’s top wave riders. But that’s only the beginning. Ben Bulbin, the Lake Isle of Innisfree and Glencar Waterfall are all landscape highlights, towns like Sligo, Ballina and Belmullet are vibrant hubs, seaside cafes will slake any explorer’s appetite, and you can enjoy a deep, oily soak in a hot seaweed bath (Ireland’s only native spa therapy).

There’s a cultural richness along the Surf Coast too, from the Neolithic Céide Fields – a Stone Age monument of stone-walled fields, houses and tombs – to a lively festival scene. Who knows, it may inspire a poem of your own!

”



Surfing at Easkey, Co. Sligo

SURF COAST: EXPERIENCES TO ENJOY



Catch a Wave on the Wild Atlantic Way

Bundoran Surf Company, Main St,
Bundoran, Co. Donegal

Tel: 071 9841968 info@bundoransurfco.com
www.bundoransurfco.com GPS 54.481411 -8.272169

If you’ve ever dreamed of surfing in the Atlantic then take a lesson with Bundoran Surf Company at one of Donegal’s unspoilt and rugged beaches with their endless rolling waves. The friendly instructors will supply the equipment and transport and all are highly qualified. Beginner surf lessons take place in waist deep water ensuring a completely safe and fun experience.

DURATION: 3hrs.



Home of Heritage

Lissadell House, Ballinfull, Co. Sligo

Tel: 071 9163150 info@lissadellhouse.com
www.lissadellhouse.com GPS Latitude 54.346936
Longitude -8.580878

Lissadell’s historic and literary associations and its settings and its wild dramatic settings and natural beauty makes this a must visit heritage attraction. Follow in the footsteps of poet W. B. Yeats in this beautifully restored estate; childhood home of Constance and Eva Gore-Booth, built by Sir Robert Gore-Booth in 1830 and designed by Francis Goodwin. Learn about Victorian life both upstairs for the gentry and downstairs for the servants. Open daily for guided tours.

DURATION: 2hrs. Charge applies for shuttle bus & castle tour (see website).



Relive Ireland’s Earliest Takeaway: A sea trail with Shellfish & Sea Shells by the Shore

Business Innovation Centre,
Sligo IT, Ash Lane, Sligo

Tel: 087 2405071 info@seatrails.ie www.sligofoodtrail.ie
www.seatrails.ie GPS 54.270090 -8.609690

Explore Strandhill peninsula and the fruits of the Atlantic Ocean with an experienced maritime archaeologist to guide you along golden sand dunes and the stunning Culleenamore Strand. At one of the prehistoric midden sites, with the long discarded remains of shellfish meals, you can enjoy fresh mussels cooked on the rocks by a local expert chef. You can quite literally dine as your ancestors did!

SEASONAL. DURATION: approx. 3hrs.



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SURF COAST: EXPERIENCES TO ENJOY



Riverside cycle and Irish coffee making class

Northwest Adventure Tours 2, Riverside Hotel,
Millbrook House, John F Kennedy Parade,
Abbeyquarter North, Sligo
Tel: 087 1259 594 northwestadventuretours@gmail.com
www.northwestadventuretours.ie GPS 54.271323 -8.467592

This trip starts at the Riverside Hotel where you collect your bikes and start your adventure on the banks of the Garavogue River. As you make your way, with the Dargy Mountain as your backdrop, you'll pass quaint fishing boats, fly fishermen, a range of wildlife and natural woodland. On your return, the hotel's expert bartender, Seán, can provide an Irish coffee masterclass.

DURATION: cycle - 1 hour. Irish Coffee class - 1 hour.



Eat and drink the poetry of WB Yeats

Yeats Experience, Tobernalt, Holy Well Lane,
Aughamore, Near Carraroe, Co. Sligo
Tel: 087 2320820 yeatssligo@gmail.com
www.yeatssligoireland.com GPS 54.241506, -8.445482

It's no secret that Irish poet William Butler Yeats was inspired by Sligo's landscape where he spent childhood holidays, and set such famous poems as The Lake Isle of Innisfree. Learn about his poetry over an intimate lunch or dinner in Broc House with views from the terrace taking in several locations featured in Yeats's work. Enjoy homemade, seasonal delights while hearing the inspiring story of a visionary writer and his beloved Land of Heart's Desire.

DURATION: lunch - 2 hours, dinner - 3 hours.



Irish baking along the Wild Atlantic Way

Rachel's Irish Adventures,
Quay Road, Ballina, Co. Mayo
Tel: 085 1108969 info@rachelsirishadventures.com
www.rachelsirishadventures.com GPS Latitude 54.131292
Longitude -9.137071

Immerse yourself in the Irish culture and baking while overlooking the famous River Moy. Marjorie provides interactive cookery lessons where she shares her passion and skills in the kitchen. Learn how to prepare Irish soda bread, traditional Irish potato cakes and the perfect Irish coffee and then relax and enjoy the fruits of your labours.

DURATION: 1hr 30mins.

SURF COAST: EXPERIENCES TO ENJOY

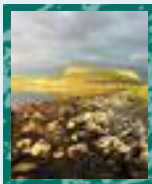


Explore the Coast from a new perspective

Wavesweeper Sea Adventures, Belmullet,
Co. Mayo
Tel: 087 2312989 info@wavesweeperseaadventures.com
www.wavesweeperseaadventures.com
GPS 54.224042 -9.985237

An exhilarating guided coasteering experience on Broadhaven Bay, just off the wild Erris Head. Experience adventure swimming, climbing, caving, coasteering and walking along the intertidal zone. Get up close with the local marine biology whilst taking in views of Erris Head, Kid Island and The Stags of Broadhaven.

DURATION: 1hr 30mins - 2hrs 30mins.



Killaspugbrone Loop Walk FREE!

Strandhill, Co Sligo
GPS 54.270591 -8.609154

This stunning self-guided coastal walk near the busy seaside village of Strandhill trails through a variety of coastal habitats with magnificent views of Benbulbin and Knocknarea and out over Sligo Bay. The trail passes Killaspugbrone Church, an early Christian site with historic and legendary associations, while the church itself was founded by Saint Patrick in the fifth century. According to local folklore, when Saint Patrick visited the site he tripped on rough ground and lost his tooth!

DURATION: 1hr – 1hr 30mins.



Downpatrick Head: Dún Briste (Broken Fort) FREE!

Downpatrick Head, Knockaun, Co Mayo
GPS 54.323611 -9.343888

Downpatrick Head rises almost 40m above the waves with unparalleled views out to the Atlantic. Just offshore is Dún Briste sea stack (broken fort), with its myriad layers of rock and nesting sea birds. Legend has it that when a pagan chieftain refused to convert to Christianity, St Patrick struck the ground with his crozier, splitting a chunk of the headland off into the ocean, with the chieftain on top! Downpatrick Head also has the ruins of a church, holy well and stone cross, marking the site of an earlier church founded by St Patrick.

DURATION: 1hr.



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SURF COAST: VISITOR ATTRACTIONS

Mullaghmore Head

Mullaghmore is a small fishing village that should be on any outdoor enthusiast's itinerary. The sandy beach here stretches as far as the eye can see and is ideal for a spot of swimming or windsurfing. You can also venture out into the Atlantic for an excursion to Inishmurray Island or a sea angling trip. If you're more of a landlubber, there's plenty here for you too. Go for a leisurely stroll and take in panoramic views of Sliabh Liag or watch the waves crash under Classiebawn Castle. You can also enjoy surfing as a spectator sport, watch top international surfers ride some of Europe's best waves. Many come for Prowlers – a famous spot where swells can reach up to 30m.



Atlantic Sheepdogs

Streedagh, Grange, Co. Sligo
Tel: 085 740 2836 www.facebook.com/atlanticsheepdogs

Atlantic Sheepdogs gives visitors the opportunity to see some of the world's smartest working sheepdogs in action, while also learning about life on this Irish sheep farm.

OPEN: Demonstrations daily Monday - Saturday. Pre-booking essential.

ADMISSION: Adult €8, U-16 €3, Groups of 10+ €5



The Organic Centre

Rossinver, Co. Leitrim
Tel: 071 985 4338 www.theorganiccentre.ie

Get educated where your food comes from, visit our gardens, polytunnels and orchard. Book onto a course and learn how to grow your own, come on a "Food Adventure" tour, visit our shop and cafe.

OPEN: 20th Feb – 6th Nov, Tue – Sun (10.00-17.00)

ADMISSION: Entrance to the gardens €4, Concessions €2, Children and members free.

 **OFFER:** Get your free local visitors pass, if you live within a 50km radius.



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SURF COAST: VISITOR ATTRACTIONS

Lissadell House & Gardens

Lissadell, Ballinfull, Co. Sligo
Tel: 071 916 3150 www.lissadellhouse.com

Lissadell House home of the Gore-Booth family and of Revolutionary Countess, Constance de Markievicz, is open daily with house tours on the hour. The tour gives a fascinating look at life below stairs. A new Exhibition "The March of a Nation" is located in the restored Courtyard complex alongside the new CaToCa tearooms which offer a wide range of freshly prepared dishes and afternoon tea. The Alpine garden perched above the Atlantic is also a must see.

OPEN: March - Sept (10.00 - 18.00). House tours 11.00-17.00
Pre-booked tours by arrangement.

ADMISSION: Adults €14, Child €6 (under 5's free) Family (2&2) €36



W.B. Yeats Grave & Drumcliffe Church

Drumcliffe, Co. Sligo
Tel: 071 914 4956 or 071 914 0273
www.drumcliffchurch.ie

Drumcliffe, final resting place of W.B. Yeats and site of a 6th century Columbian monastery with a High Cross and Round Tower from the 10th century. This beautiful site which nestles under Benbulbin Mountain has an exciting range of activities for the visitor. Tea House and Craft Shop.



Glencar Waterfall

Glencar, Co. Leitrim

Glencar Waterfall is 50ft high and is situated in Glencar Lough, 11km west of Manorhamilton and served as an inspiration to William Butler Yeats. It is very impressive after rain and can be viewed from a lovely wooded walk. There are more waterfalls visible from the road although none are quite as romantic as this one. Picnic facilities, the TeaShed and information kiosk is onsite.



For more information, call into our Tourist Offices (listed on page 1 of this guide) or see www.wildatlanticway.com or download the Wild Atlantic Way app

SURF COAST: VISITOR ATTRACTIONS

Manorhamilton Castle & Visitor Centre

Cluain, Manorhamilton
Tel: 086 250 2593 www.manorhamiltoncastle.ie

Take a personal tour with the owner of the 17th century plantation castle formerly an O'Rourke stronghold, situated in the town of Manorhamilton. The recently restored castle & grounds include children's play area and visitor centre.

OPEN: Admission by appointment only
Tel: 086 2502593 or manorhamiltoncastle@gmail.com

ADMISSION: Adult €5 Children €2



Parkes Castle

Lough Gill, Dromahair, Co. Leitrim
Tel: 071 916 4149 www.heritageireland.ie

The splendour of Parkes Castle is immediately evident as you drive around the lake. Once an important stronghold of the local O'Rourke family, rulers of Breffni, Parkes Castle has been recently restored to its original 17th style. A guided tour of the castle is given every hour. There is also an individual slide show entitled "Stone by Stone" in four languages. In the castle there is a traditional blacksmith forge of 17th century style.

OPEN: 6th Apr – 4th Oct (10.00 - 18.00)

ADMISSION: Adult €5, Child/Student €3, Seniors/Group €4, Family €13.

★ **OFFER:** Free admission on First Wednesday of each month



Rose of Innisfree Tour Boat

Lough Gill, Kilmore Five Mile Bourne, Co. Leitrim
Tel: 071 916 4266 / 087 259 8869 www.roseofinnisfree.com

This pleasure cruiser operates on the picturesque Lough Gill which straddles counties Sligo and Leitrim. The area is best known as the inspiration for much of W.B. Yeats' poetry 'The Lake Isle of Innisfree'. An interesting and insightful commentary is provided by Captain George on this one hour trip. Full bar services, tea/coffee and home baking available.

OPEN: Mar – Oct, Daily (12.30 & 15.30). Weather and numbers permitting.
ADMISSION: Adults €15, Children €7.50, Seniors/Groups €13, Students €10
Or why not take the Bus & Boat Tour- Yeats Spectacular tour €30 per person.



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SURF COAST: VISITOR ATTRACTIONS

Ard Nahoo

Mullagh, Dromahair, Co. Leitrim
Tel: 071 913 4939 www.ardnahoo.com

An award- winning eco retreat centre offering residential detox and yoga retreats in eco cabins, natural healthcare treatments, day packages and yoga teacher training. Come for the day or stay for a while in our peaceful haven.

OPEN: Office open Tues - Fri (10.00-14.00)

ADMISSION: Treatments start at €45.

★ OFFER: 10% discount mid-week on presentation of this guide.



Sliabh an Iarainn Visitor Centre

Acres Lake, Drumshanbo, Co. Leitrim
Tel: 071 964 1851

Sliabh an Iarainn Visitor Centre, located on Acres Lake, Drumshanbo, provides audio visual displays and interactive information on the industrial history of the Sliabh an Iarainn, Argina and North Leitrim area. There is also information on both the landscape and the geology of Leitrim and a special display area featuring the musical heritage of the area.

OPEN: Mar - Nov Daily (10.00 - 17.00)



Leitrim Genealogy Centre

Main Street, Ballinamore, Co. Leitrim
Tel: 071 964 4012 www.leitrimroots.com

Leitrim Genealogy Centre is the official genealogy service provider for Co. Leitrim. It provides a genealogical research service for those people wishing to trace their Co. Leitrim ancestry. Online research site now available on www.leitrimroots.com

OPEN: Mon – Fri (09.00 - 13.00 & 14.00 - 17.00) Closed on public holidays



SURF COAST: VISITOR ATTRACTIONS

Glenview Museum

Aghoo, Ballinamore, Co. Leitrim
Tel: 071 964 4157 www.glenviewmuseum.ie

The Glenview Museum is a private collection of over 7000 historical, antique and novel items from pre-famine times to the recent past. Items include farm yard equipment, a collection of horse drawn agricultural machinery and a thresher. A fully restored travelling shop, a street scene with reconstructed shops stocked with items from the past complete the experience. Guided tours by arrangement.

OPEN: Easter – Oct, Mon- Sat (10.00-18.00) & Sun (14.00-18.00) Other times by appointment.



Lough Rynn Castle Estate & Gardens

Mohill, Co. Leitrim
Tel: 071 963 2700 www.loughrynn.ie

Lough Rynn Castle, former home to the Earls of Leitrim, situated on a 300 acre estate, hosts the North West's largest original Victorian walled garden. The gardens are open all year round. Lough Rynn Castle offers splendid walkways through its Victorian Walled Gardens and meandering corridors.

OPEN: All Year, Daily

ADMISSION: Free.



Cavan & Leitrim Railway

Station Road, Dromod, Co. Leitrim
Tel: 071 963 8599 www.cavanandleitrim.com

Narrow gauge railway with museum of trains, buses, aeroplanes, fire engines, artillery, original station from 1887 with engine shed and water tower.

OPEN: Easter – 30th Sept. Sat & Mon (10.00 - 17.00) Sun (13.00 -17.00)

ADMISSION: Adult €8, Child/Student €5, Family €18, Senior Citizen €5.



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Leitrim Design House

The Dock, Carrick-on-Shannon, Co. Leitrim
Tel: 071 965 0550 www.leitrimdesignhouse.ie

The Leitrim Design House, Ireland's premier craft gallery is housed in The Dock, a beautiful 19th century courthouse building, located in the heart of Carrick-on-Shannon overlooking the majestic River Shannon. Representing over 250 makers and artists working in a wide range of disciplines, the Leitrim Design House highlights the wealth of innovation and design talent and offers its visitors the very best in contemporary craft. Shortlisted by The Irish Times as one of the top gift & design shops in Ireland this unique shopping experience caters for those who appreciate the best, who want something authentic while at the same time seeking value and quality. A real gem!

OPEN: All Year, Mon – Fri (10.00 - 18.00) Sat (10.00 - 17.00)

ADMISSION: Free to view art galleries.

★ **OFFER:** 10% discount on purchases on presentation of this Pocket Guide.

Moon River Pleasure Cruiser

Carrick-on-Shannon, Co. Leitrim
Tel: 071 962 1777 www.moonriver.ie

Come for a relaxing trip with us on the Moon River pleasure cruiser. All trips depart quay side, Carrick-on-Shannon. With its luxury saloon, full bar service, entertainment and dedicated crew, Moon River is the ideal choice for Shannon River sightseeing and entertainment.

OPEN: Feb-Dec, schedule varies.

ADMISSION: Adult €15, Children 2-12 years €5, Senior Citizen €12, Family 2 adults & 4 children €40.

St. George's Heritage & Visitor Centre

Church Lane, Carrick-on-Shannon, Co. Leitrim
Tel: 071 962 1757 www.carrickheritage.com

St. Georges Heritage and Visitors Centre has many attractions including a file showing 400 years of history in Co Leitrim, the smallest church in Europe, Costello Chapel, The Famine Workhouse & Graveyard and a Sensory Garden.

OPEN: Apr - Oct, Mon – Sat (10.00-17.00). Nov – Mar, Mon-Fri (10.00-17.00)

ADMISSION: Prices available on request.



SURF COAST: VISITOR ATTRACTIONS

The Dock

St. George's Terrace,
Carrick-on-Shannon, Co. Leitrim
Tel: 071 965 0828 www.thedock.ie

The Dock is Leitrim's foremost centre for the arts with a year round programme of contemporary art exhibitions, performance space and workshops for all ages and a cafe bar.

OPEN: Mon – Fri (10.00 – 17.30), Sat (10.00-17.00)

ADMISSION: Free admission to galleries.

Sligo Abbey

Abbey Street, Sligo Town, Co. Sligo
Tel: 071 914 6406 www.heritageireland.ie

Founded in the mid 13th century by Maurice Fitzgerald, this Dominican Friary contains a great wealth of carvings including Gothic and Renaissance tomb sculpture, well preserved cloister and the only sculptured 15th century high altar in any Irish monastic church. This enigmatic friary will inspire and enlighten its visitors.

OPEN: 6th Apr – 18th Oct, Daily (10.00-18.00, last admission 17.15)

ADMISSION: Adult €5, Child/Student €3, Seniors/Group €4, Family €13.

★ **OFFER:** Free admission on First Wednesday of each month

Sligo County Museum

Stephen Street, Sligo Town, Co. Sligo
Tel: 071 911 1679 www.sligolibrary.ie

Sligo County Museum displays a variety of memorabilia which depicts the life and works of William Butler Yeats and Countess Markievicz. The archaeological and social history of Sligo is documented through the exhibition of artefacts from the Neolithic period to the present day.

OPEN: May-Sep, Tue-Sat (09.30-12.30 & 14.00-16.50)
Oct-Apr, Tue- Sat (09.30-12.30)

ADMISSION: Free



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The Model (Home of the Niland Collection)



The Mall, Sligo, Co. Sligo

Tel: 071 914 14053 www.themodel.ie

The Model, home of The Niland Collection, is one of Ireland's leading contemporary arts centres. This award-winning building is home to the impressive Niland Collection of art, one of the most notable collections in Ireland.

OPEN: Tue – Sat (10.00-17.00), Sun (10.30- 3.30)

ADMISSION: Free with a €4 donation welcomed.
Charges apply to Cinema, Music and Comedy events.

Yeats Memorial Building

Douglas Hyde Bridge, Co. Sligo

Tel: 071 914 2693 www.yeats-sligo.com

The Yeats Memorial Building houses a permanent exhibition on the life and works of W.B. Yeats, an exhibition of Jack Yeats prints and shows DVDs and videos, as well as offering talks and guided tours. Tours on request. Selection of Yeats themed books for sale. Lily and Lolly's cafe, offers tea/coffee, snacks and light meals, while on the first floor; the Yeats Art Gallery presents changing exhibitions of art, sculpture, crafts etc.

OPEN: Tues – Sat (10.00-17.00)

ADMISSION: Adults €4

Carrowmore Megalithic Cemetery

Carrowmore, Co. Sligo

Tel: 071 916 1534 www.heritageireland.ie

This is the largest cemetery of megalithic tombs in Ireland, with monuments ranging from 5500 to 6500 years old. Archaeologists have recorded over 60 tombs of which 30 are visible. A restored cottage houses an exhibition relating to the site. Visitors are advised to wear shoes suitable for walking on uneven terrain.

OPEN: 6th Apr– 1st Nov, Daily (10.00-18.00, last admission at 17.00)

ADMISSION: Adult €5, Child/Student €3, Seniors/Group €4, Family €13

★ **OFFER:** Free admission on First Wednesday of each month.

SURF COAST: VISITOR ATTRACTIONS

Sligo Folk Park

Millview House, Riverstown, Co. Sligo

Tel: 071 916 5001 www.sligofolkpark.com

Experience rural Irish Heritage and culture from times gone by deep in the heart of County Sligo.

OPEN: Jun-Aug, Mon-Sat (10.00-17.30)&Sun (12.30-17.00)
Oct-May, Mon-Fri (10.00-17.00)

ADMISSION: Adults €5, Family rate from €15.

★ **OFFER:** 10% discount mid-week on presentation of this guide.

Eagles Flying

Ballymote, Co. Sligo

Tel: 071 918 9310 www.eaglesflying.com

GPS Latitude/Longitude 54.1040 -8.5680

Get up-close and personal with the masters of the sky! Visit Ireland's largest and multi-award winning Bird-of-Prey Sanctuary. Home to 350 birds and animals. Our shows are highly interactive, informative and entertaining. You have never been that close to Eagles, Hawks, Owls and Vultures. Get touched by their wings, have them landing on your arm. Watch the bird whisperers at work. There is also a large Petting Zoo, where you can interact with some of our furry friends. Shows can be presented indoors or outdoors. Eagles Flying – great fun for all the family.

OPEN: 1st Apr-7th Nov, Daily (10.30-12.30 & 14.30- 16.30) Show starts at 11.00 and 15.00 (Lasting 1hr approx.)

ADMISSION: Adult €11.90, Child €5.90, Family and group rates available.

Coleman Music Visitor Centre

Gurteen, Co. Sligo F56 TF88

Tel: 071 918 2599 www.colemanirishmusic.com

The Centre is one of the best equipped and dedicated centres of traditional Irish music in Ireland. The visitor can be 'transported' back in time through audio-visual and touch screen facilities to enjoy the best of traditional music as presented by the old masters and the younger musicians of today. The Coleman School of Music offers one to one or group tuition to visitors, available all year round but must be booked in advance. For traditional music concerts and other events – see website.

OPEN: All year, Mon-Sat (10.00-17.30)

ADMISSION: Adult €5, Family €10, Students/Seniors €4

★ **OFFER:** Discount mid-week on presentation of this guide.



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SURF COAST: VISITOR ATTRACTIONS

Hennigan's Heritage Centre

Rubble, Killasser, Co. Mayo
Tel: 087 249 1402 www.hennigansheritage.com

Hennigan's Heritage is an 18th-19th Century family home showcasing life in the West of Ireland at that time. Guided Tours only, lasting 75-90 minutes. A real experience not to be missed.

OPEN: Daily (12.00 - 18.00), Guided Tour at 14.00 (Booking Required)

ADMISSION: Adults/Senior Citizen's €12, Family €25

★ **OFFER:** 10% discount on 14.00 Tour mid-week, on presentation of this guide.

Foxford Woollen Mills

Foxford, Co. Mayo
Tel: 094 925 6104 www.foxfordwoollenmills.com

A story still being woven since 1892 - Foxford Woollen Mills is an historic mill nestled along the River Moy in Co Mayo, the story continues. Visitors are taken through the history of the mill since its establishment in 1892 right through to the working mill as it is run today, where master craftspeople are at work on the pieces that Foxford are proud to deliver to excited customers all over the world. See first-hand the mastery of tradition, design and craftsmanship that goes into every single Irish made Foxford product, techniques which have been passed down through generations used to create contemporary designs.

OPEN: Mon-Sat (10.00-18.00), Sun (12.00-18.00)

ADMISSION: Mill tours: Adults - €5, Tour Group €3, Family €10.

★ **OFFER:** 10% discount on presentation of this guide.

Fr. Patrick Peyton Memorial Centre

Attymass, Ballina, Co. Mayo F26 X884
Tel: 096 45374 www.fatherpeytoncentre.ie

Dedicated to the late Fr. Peyton, internationally known as the Rosary Priest in the 60's & 70's. A spiritual, historic and social experience. Theatre presentation on Fr. Peyton's life, tour of the Centre, archives & heritage room. Dining room for up to 70 people. Refreshments available at all times. Lunches must be pre-booked.

OPEN: 1st Apr - End Oct (Daily), End Oct - 1st Apr (Mon-Fri), 09.30 - 17.30.

ADMISSION: Adult €4, OAP €2.50



SURF COAST: VISITOR ATTRACTIONS

The Jackie Clarke Collection

Pearse Street, Ballina, Co. Mayo F26 A368
Tel: 096 73508 www.clarkecollection.ie

The Jackie Clarke Collection is home to the largest collection of 1916 material outside of Dublin. The Collection comprises of 100,000 items - spanning 400 years of Irish History collected by one man - Jackie Clarke. Located in a restored 19th century bank in the centre of Ballina with a newly designed walled garden. Special features of the attraction include a memory booth where you can record your own memories and interactive touch-screens throughout. Suitable for all ages.

OPEN: Tue - Sat (10.00 - 17.00)

ADMISSION: Free

Belleek Castle

Garrankeel, Ballina, Co. Mayo F26 KV04
Tel: 096 22400 www.belleekcastle.com
GPS Latitude/Longitude 54.1040 -8.5680

Belleek Castle, iconic Country Home from 1831, castle hotel, spectacular exhibition of the eclectic Marshall Doran Collection. The castle, set in a walking friendly forest, has so much interesting history and houses one of the finest collection of medieval European armour in Ireland, plus a stunning collection of fossils, including Jurassic dinosaurs. Explore the history of the castle on a castle tour and enjoy your afternoon tea in the stylish drawing room.

OPEN: Tour times: May - Sep (11.00 & 14.00), Winter (14.00 only) Please check website for details.

ADMISSION: Tour €10pp. Family and group deals available.

Downpatrick Head

Downpatrick Head is a majestic heritage site found about 5km north of Ballycastle village. Jutting out into the ocean and rising almost 40m above the waves, it provides unparalleled views of the Atlantic, including the unique collection of islands known as the Staggs of Broadhaven. You can also spot the nearby Dún Briste sea stack, with its different coloured layers of rock and nesting sea birds.

In addition to the natural scenery and wildlife, Downpatrick Head is home to the ruins of a church, holy well and stone cross, which together mark the site of an earlier church founded by St Patrick. Ireland's patron saint is also honoured with a statue that was built in the early 1980s. Given its religious associations, Downpatrick Head was once a popular destination for pilgrims, who came here each year on the last Sunday of July, known as 'Garland Sunday'. Today that tradition lives on, and mass is still celebrated at Downpatrick Head on that same day.



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Céide Fields Visitor Centre

Ballycastle, Co. Mayo
Tel: 096 43325 www.heritageireland.ie

Preserved beneath the unspoilt blanket bog the Céide fields are the most extensive Stone Age and oldest known field systems in the world. Guided walking tours allow the visitor to probe for a wall unseen for millennia. The multi award winning Visitor Centre is spectacularly located beside the North Mayo cliffs and provides exhibitions, film and tearooms.

OPEN: 6th Apr – 1st Nov, Daily. Available for bookings in winter.
Jun – Sep, 10.00 – 18.00. Other months 10.00 – 17.00

ADMISSION: Adult €5, Group/Senior €4, Student / Child €3, Family €13.

★ **OFFER:** Free admission on First Wednesday of each month.



Gairdín Cuimhneacháin – Blacksod Memorial Garden

An Fód Dubh (Blacksod), Béal an Mhuirthead
(Belmullet), Co. Mayo
Tel: 097 85728 www.BlacksodBayEmigration.ie

In 1883-84, 3,300 people emigrated from North West Mayo, from Blacksod Bay bound for Boston & Quebec. The memorial garden consists of a granite boat sculpture, divided into fifteen sections, with the names of the passengers who left. Visit Ionad Deirbhile to receive the booklet regarding this special period in time.

OPEN: All Year, Daily **ADMISSION:** Free

★ **OFFER:** Visit Ionad Deirbhile and receive a Free Information Booklet.



For more information, call into our **Tourist Offices** (listed on page 1 of this guide) or see www.wildatlanticway.com or download the **Wild Atlantic Way app**

SURF COAST: VISITOR ATTRACTIONS

Íonad Deirbhile – Eachleim Heritage Centre

An Eachléim, An Fód Dubh, Béal an
Mhuirthead (Belmullet), Co. Mayo
Tel: 097 85728 www.ionaddeirbhile.ie

Ionad Deirbhile houses a valuable insight into local folklore & lifestyle. A 10ft. high stained glass window illustrates the story of St. Deirbhile. Several interesting historical artefacts and a wealth of information relating to archaeology, genealogy, the Holy Well, Children of Lir and life on the Inis Geidh Islands.

OPEN: All Year, Daily (10.00 - 15.00)

ADMISSION: Adult €3, Family ticket €8

★ **OFFER:** Complimentary Tea or Coffee & Wi-Fi for all visitors.



Ballycroy National Park and Visitor Centre

Ballycroy Village, Westport, Co. Mayo F28 RX77
Tel: 098 49888 www.ballycroynationalpark.ie

Ballycroy National Park Visitor Centre is located in Ballycroy village along the main N59 road between Mulranny and Bangor-Erris. The Visitor Centre has an interactive exhibition about the Park, its landscapes and wildlife. There are regular guided walks and special events. The Ginger and Wild Café serve delicious homemade food and has breath-taking panoramic views. Free Wi-Fi is available. A 2km nature trail allows visitors to enjoy views of the surrounding mountain, bog and coastal landscapes.

OPEN: Mar – Oct, Daily, 10.00 – 17.30

NOTE: Opening details are subject to change, please check website.

ADMISSION: Free



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SLIGO'S CRAFT TRAIL

www.madeinsligo.ie

Experience at first hand the inspiration and skill involved in creating these wonderful crafts. Craft trail maps are available in the tourist office or from the website. The craft trail is signposted throughout the county by fingerpost signs directing you to the craft producers.

THE YEATS TRAIL IN SLIGO

William Butler Yeats, (1865 – 1939) Nobel Prize winner, poet, dramatist, critic and senator was born in Dublin. Yeats is regarded as one of the greatest English language poets of the 20th Century and co-founder with Lady Gregory and Edward Martyn of the Abbey Theatre. Yeats is buried in Drumcliffe Graveyard Under Bare Benbulbin Head in Sligo.

HIGHLIGHTS IN SLIGO AREA:

Yeats Grave, Drumcliffe Church, **Yeats Memorial Building**, Hyde Bridge, **The Model**, The Mall, **Sligo County Museum**, Stephen St.,

THE YEATS TRAIL (OTHER LOCATIONS)

GALWAY Lady Gregory Yeats Trail incorporates historical sites between Gort and Loughrea. These sites include Kilmacduagh, Killinane Graveyard, Roxborough Gates, Woodville Walled Gardens and St. Brendan's Cathedral.

THOOR BALLYLEE, Gort, Co. Galway. www.yeatsthoorballylee.org W.B. Yeats bought this ancient Norman tower and adjoining cottages in 1916.

COOLE PARK, Gort, Co. Galway. Tel: 091 631 804. www.coolepark.ie Coole Park & Visitor Centre, now a nature reserve, was the home of Lady Augusta Gregory.

KILTARTAN GREGORY MUSEUM, Galway. Tel: 091 632 346/631 069. Award-winning museum housing the works of Lady Gregory, local history, artefacts, photos, manuscripts and an early 20th Century classroom. Visit www.ladygregoryyeatstrail.com for more information.

DUBLIN The Dublin Writers Museum, 18 Parnell Square, Dublin 1. Tel: 01 872 2077 Yeats, Swift and Sheridan, Shaw and Wilde, Joyce and Beckett are among those presented through their books, letters, portraits and personal items. Situated in a magnificent 18th century mansion in the north city centre, the collection features the lives and works of Dublin's literary celebrities over the past 300 years.

THEATRE & ARTS

THE FACTORY, LR. QUAY STREET, SLIGO TOWN.

Tel: 071 917 0431 www.blueraincoat.com

HAWK'S WELL THEATRE, TEMPLE STREET, SLIGO TOWN.

Tel: 071 916 1518 www.hawkswell.com.

THE MODEL, THE MALL, SLIGO TOWN.

Tel: 071 914 1405 www.themodel.ie

TEACH BÂN CONTEMPORARY ARTISTS GALLERY DRUMCLIFFE, CO. SLIGO.

Tel: 087 754 9760 www.teachban-artgallery.com

HAMILTON GALLERY, 4 CASTLE STREET, SLIGO TOWN

Tel: 071 914 3377 www.hamiltongallery.ie



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THEATRE & ARTS

**HYDE BRIDGE GALLERY,
DOUGLAS HYDE BRIDGE, SLIGO TOWN**
Tel: 071 914 2693 www.yeatssociety.com

THE DOVECOTE, TULLY, CLOHEREVAGH, SLIGO
Tel: 071 914 7007 www.dovecotesligo.com

**RAINBOW BALLROOM OF ROMANCE, BROCKAGH,
GLENFARNE, CO. LEITRIM**
Tel: 071 985 6831 www.therainbowballroomofromance.com

SOLAS ART GALLERY, MAIN STREET, BALLINAMORE, CO. LEITRIM
Tel: 071 964 4210 www.solasart.ie

THE CORN MILL THEATRE, CARRIGALLEN, CO. LEITRIM
Tel: 049 433 9612 www.cornmilltheatre.com

THE GLENS CENTRE, NEW LINE, MANORHAMILTON, CO. LEITRIM
Tel: 071 985 5833 www.theglenscentre.com

BALLINA ARTS CENTRE, BARRETT ST., BALLINA, CO. MAYO
Tel: 096 73593 www.ballinaartscentre.com

ÁRAS INIS GLUAIRE, BELMULLET, CO. MAYO
Tel: 097 81079 www.arasinisgluaire.ie

ARTS, CRAFT & CULTURE

DOLLY'S COTTAGE STRANDHILL
Tel: 071 916 8079.

Dolly's Cottage is a 200-year-old traditional thatched cottage, the only one of its kind in the area, which is open to the public in the summer months.

**MAEVE'S CAIRN STRANDHILL, KNOCKNAREA MOUNTAIN,
STRANDHILL**

Overlooking Carrowmore megalithic cemetery on the summit of Knocknarea Mountain is the huge flat-topped cairn called 'Miosgan Meadhbha' (Maeve's Cairn). Folklore suggests it was built for the mythical Maeve, the Iron Age Queen of Connaught. Walkers can access from both sides via a track from base to summit.

DRUMCLIFFE ROUND TOWER AND HIGH CROSS DRUMCLIFFE

Monastic settlement dates from 574AD. The principle visible remains are of a round tower, a high cross and a fragment of a plain high cross.

TITANIC MEMORIAL GARDEN, LAHERDANE, ADDERGOOLE
www.mayo-titanic.com

A memorial to 14 neighbours and friends, of Addergoole, 11 of whom perished with that "Ship of Dreams".

ENNISCOE HOUSE & GARDENS, CASTLEHILL, BALLINA
www.enniscoe.com

Hidden among the woods at the foot of Mount Nephin is Enniscoe House, "the last Great House of North Mayo". The Enniscoe Estate has been in the family since the 1650's and the house dates from the 1790's.



Céide Fields, Co. Mayo Credit: Alison Crummy

MORE TO EXPERIENCE

TRACING ANCESTRY

**SLIGO REFERENCE & LOCAL STUDIES LIBRARY,
BRIDGE ST., SLIGO TOWN**
Tel: 071 911 1858 sligolib@sligococo.ie

**SLIGO HERITAGE & GENEALOGY CENTRE,
ARAS REDDAN, TEMPLE ST., SLIGO TOWN**
Tel: 071 914 3728 www.sligoroots.com

LEITRIM COUNTY LIBRARY, MAIN ST., BALLINAMORE
Tel: 071 964 5582 leitrimlibrary@leitrimcoco.ie

LEITRIM GENEALOGY CENTRE, BALLINAMORE
Tel: 071 964 4012 www.leitrimroots.com

MAYO CENTRAL LIBRARY, JOHN MOORE ROAD, CASTLEBAR
Tel: 094 904 7922 librarymayo@mayococo.ie

**MAYO NORTH FAMILY HISTORY RESEARCH CENTRE,
ENNISCOE, CASTLEHILL, BALLINA**
Tel: 096 31809 northmayo@gmail.com

MAYO SOUTH FAMILY RESEARCH, MAIN ST., BALLINROBE
Tel: 094 954 1214 soumayo@iol.ie



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CASTLES, ABBEYS & CHURCHES

BALLYMOTE CASTLE, BALLYMOTE

Richard de Burgo, the “Red Earl” of Ulster, built this Anglo-Norman castle in AD 1300, and it was the strongest fortress in Connaught.

CREEVYLEA FRIARY

Located on the edge of the town of Dromahair. This was one of the last abbeys founded in Ireland before King Henry VIII dissolved all the monasteries throughout Ireland and England.

COSTELLO CHAPEL, BRIDGE STREET, CARRICK-ON-SHANNON

The smallest chapel in Europe and the 2nd smallest chapel in the world. It was built in the 19th century by Edward Costello, a rich merchant, as a memorial and burial vault for his wife, Josephine who died two years previously.

FENAGH ABBEY, FENAGH

Located about 3km from Ballinamore lies a ruined medieval church built on the site of an early Christian monastery. Fenagh Abbey is one of the oldest monastic sites in Ireland. The Abbey also had a monastic school which was mentioned in the Annals of the Four Masters.

OLD TOWN GATE & MEDIEVAL FRIARY, JAMESTOWN, CO. LEITRIM

This gate is all that is left of the fortified town walls which were erected when the town was founded by Sir Charles Coote in 1625. It was significant enough to receive a Royal Charter from James I. A stone cross over a small gate, on the right of the gate leads to the ruin of a Franciscan friary of the convent of the Friars’ Minor.

PARKES CASTLE (SEE PAGE 31)

AUGUSTINIAN ABBEY

Located in beside St Muredachs Cathedral in Ballina this abbey dates back to 1427.

ROSSERK FRIARY

Located along the River Moy, Rosserk Abbey is a compact friary of the Third Order Franciscans, founded around 1440 by a member of the Joyce family. It is just 4km from Killala, County Mayo.

MOYNE ABBEY

Situated just 3.5km from Killala. Built in 1460 the impressive ruin includes a cruciform church, chapel, tower and cloisters. Visitors can also explore the sacristy, chapter house, kitchen and refectory, under which a stream flows.

KILLALA ROUND TOWER

This 12th century standing 22.5metres high. It is one of the best examples in the area.



For more information, call into our **Tourist Offices** (listed on page 1 of this guide) or see www.wildatlanticway.com or download the **Wild Atlantic Way app**



Parkes Castle Co. Leitrim Credit: Alison Crummy



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BOAT & BUS TRIPS

ROSE OF INNISFREE

Tel: 087 259 8869 www.roseofinnisfree.com
Departs from Parkes Castle, visits the area of outstanding natural beauty on Lough Gill.

KEITH CLARKE – “MV FIONA TEE”, MULLAGHMORE

Tel: 071 914 2738 www.fishinginireland.info/charterboats/sligo.htm
Tours to Inishmurray Island from Mullaghmore Harbour.

DARYL EWING – “SARAH MARIE”, ROSSES POINT

Tel: 086 891 3618 www.sligoboatcharters.com
Boat trips to Inishmurray Island from Rosses Point.

SPECTACULAR YEATS TOUR

Tel: 087 259 8869 www.roseofinnisfree.com
Taking in Yeats Grave, Glencar Waterfall and Parkes Castle. Every Monday, Wednesday and Friday from May - September.

ZERO CABS TOURS

Tel: 071 915 4555 or 087 983 1731
Explore the Yeats county with tours tailor made to suit your desires.

BENBULBEN MINIBUS TOURS

Tel: 071 911 8752 or 083 411 1165 www.sligotours.ie
Flexible tours of Sligo to suit the needs of your group.

FREE GUIDED WALKING TOUR OF SLIGO TOWN

A free guided walking tour of Sligo Town departing from the tourist office at 11am Mon–Sat from June – Sept. For more details call into the tourist office

GHOST BUS TOURS

Tel: 085 888 8181 www.GhostTours.ie
Explore the History, Ghosts, Myths and Legends of Spooky Sligo.

WILD ATLANTIC WAYS

Tel: 085 888 8181 www.wildatlanticways.ie
Explore the wild side of Sligo on this three hour minibus tour.

MOON RIVER, CARRICK ON SHANNON

Tel: 071 962 1777 www.moonriver.ie
Cruise along the River Shannon on this pleasure cruiser.



Carrowmore Megalithic Cemetery, Co. Sligo

MORE TO EXPERIENCE

ISLANDS

INISHMURRAY

A small uninhabited island, Inishmurray is a nationally important bird sanctuary. The well preserved remains of monastic buildings and the island’s village can be seen, including mysterious cursing stones, altars and beehive cells. Boat trips can be taken from Mullaghmore or from Rosses Point.

CONEY ISLAND

Accessible by land at low tide from the Strandhill Road R292. It is believed locally that it’s more famous namesake in New York was named after the Irish island by a Sligo sea captain. The mud flats provide water feeding grounds for the Brent goose, as well as wild duck and waders.

OYSTER ISLAND

With its freestanding two-stage lighthouse built in 1932, it is home to the Irish hare and the very rare cornrake. This island is uninhabited.

INISHKEA ISLANDS

Situated off the coast of the Mullet peninsula in North Mayo coast. There are two main islands - Inishkea North and Inishkea South. The islands are uninhabited since 1934/35 and are steeped in history, the scenery is unspoilt and there is a wealth of archaeological remains to be found there relating to the Early Christian Period, St. Colmcille and St. Brendan. It is also a popular island for sea birds and grey seals.



Inishmurray Island, Co. Sligo



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MORE TO EXPERIENCE

BEACHES

Many beaches have been awarded Blue Flag or Green Coast awards attesting to their water quality, safety and environmental status. The Surf Coast offers some spectacular beaches which include:



Blue Flag
Bundoran | Rosses Point | Elly Bay | Mullaghroe



Green Coast
Mullaghmore | Streedagh | Rosses Point
Dunmorran Strand | Portacloy | Cross, Belmullet
Termon | Srah

This listing refers to 2016. The 2017 listing was not published at time of going to print. The Blue Flag beaches are indicated on the fold out map at the back of this guide.



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Elly Beach, Co. Mayo



Strandhill, Co. Sligo Credit: Alison Crummy



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OUTDOOR ACTIVITIES

Surf's up for outdoor lovers

When National Geographic was compiling its list of the world's greatest surfing towns, there was one place it just couldn't ignore: Bundoran. They have been coming with their surf boards to this Donegal seaside resort since the 1960s - and they keep coming back thanks to the wonderful waves and the warmth and friendliness of the locals.

The Northern Headlands and aptly named Surf Coast are a real surfer's mecca with serious waveriders attracted to the waters off Inishowen, Fanad Head and Dunfanaghy, while beginners can up their game on the 'white horses' that wash up on the stunning expanse of Rosstown Strand.

In Sligo, Easkey and Strandhill are must-visit destinations for fans of the sport while the big waves at Mullaghmore are world-renowned.

There is a large selection of surf schools in Donegal, Leitrim and Sligo to help everyone - from young children onwards - learn the basics of catching a wave.

And yet, popular as surfing is, it's just one of many water-based activities that pull them to these parts - everything from stand-up paddling to coasteering is on offer. And it's not just to the Atlantic: beautiful Lough Gill is renowned among open water swimming enthusiasts and the annual 10km swim here is justly famous.

Those who prefer to stick to land are spoiled for choice. There's the incredible vastness of Ballycroy National Park in North Mayo, a fantastic playground for hillwalkers and the perfect place to switch off and take in the breathtaking natural beauty all around you. Explore the spiritual heart of Yeats county with a guided walking tour of one of the country's most distinctively shaped mountains, Ben Bulbin in Sligo. And daredevils with a head for heights are spoiled for choice too: climbing Europe's highest sea stacks, off the Donegal coast, or negotiating the steepest of rock-climbing ascents in Sligo. All in a day's work for those with a yearning for adventure.

ADVENTURE & WATERSPORTS

NORTHERN HEADLANDS

ADVENTURE ONE SURF SCHOOL, FANAD Tel: 087 628 5565
www.adventureone.net Surfing/Surf School

AURA LEISURE COMPLEX, LETTERKENNY Tel: 074 910 6422
www.auraleisure.ie/letterkenny Swimming Pool, Gym, Aerobics & running track

BALLYSHANNON LEISURE CENTRE, BALLYSHANNON Tel: 071 985 2818
www.ballyshannonleisurecentre.ie Swimming Pool, Gym

BUNCRANA LEISURE CENTRE, BUNCRANA Tel: 074 936 1000
www.visitinishowen.com Swimming Pool, Gym

BUNDORAN SURF COMPANY, BUNDORAN Tel: 071 984 1968
www.bundoransurfco.com Surfing/Surf School

CASTLEFIN X-TREME KARTING, CASTLEFIN Tel: 086 888 8041
www.castlefinkarting.com Go-Karting and Archery

SEA SAFARI & MARINE HERITAGE BOAT TRIPS, ARRANMORE ISLAND
Tel: 086 330 0516 www.divearranmore.com Scuba Diving, Whale & Dolphin watching, Sea Angling.

DIVE TORY, TORY ISLAND Tel: 074 913 5920 www.hoteltory.com/diving
Diving

DONEGAL SEA KAYAKING, FANAD PENINSULA, FANAD Tel: 086 313 0523
www.donegalseakayaking.com Sea Kayaking

FIN MCCOOL SURF SCHOOL, ROSSNOWLAGH Tel: 071 985 9020 / 086 804 9909
www.finmccoolsurfschool.com Surfing/Surf School

GARTAN OUTDOOR PURSUITS CENTRE, CHURCHILL, LETTERKENNY
Tel: 074 913 7032 www.gartan.com Surfing, Kayaking, Archery, Power Boating Hill walking etc.

GLEN VALLEY ADVENTURE CENTRE, CARRIGART Tel: 087 220 3331
www.glenvalleyadventurecentre.com Off road jeep driving, Clay Pigeon shooting, Blind fold driving

INISHOWEN QUAD SAFARI, BUNCRANA Tel: 087 664 6346
www.inishowenquadsafari.ie Quad Biking Treks and Laser Wars

INISHOWEN SURF SCHOOL, BUNCRANA Tel: 087 777 3323
www.inishowensurfschool.com Surfing/Surf School

INISH ADVENTURE, MOVILLE Tel: 087 220 2577 www.justkayak.ie
Kayaking, Canoeing, Sailing, Hillwalking and Extreme Sports.

JAWS WATER SPORTS, DUNFANAGHY AND DOWNINGS Tel: 086 173 5109 / 087 237 1152 www.jawswatersports.ie Surfing, Sea Kayaking, Sailing, Windsurfing, Paddle Boarding and Kids Beach Club.

LETTERKENNY ACTIVITY CENTRE, LETTERKENNY Tel: 074 912 9077
www.lkactivitycentre.com Go-Karting Track, Body Sorb, Archery, Airsoft & High Rope Zipline.

MEVAGH DIVE CENTRE, CARRIGART Tel: 074 915 4708
www.mevaghdiving.com Diving

MULROY CLAY PIGEON CLUB, MILFORD Tel: 074 915 3230
mulroycpc@eircom.net Clay Pigeon Shooting



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ADVENTURE & WATERSPORTS

NORTHERN HEADLANDS

NAROSA LIFE, DUNFANAGHY Tel: 086 883 1090 www.narosalife.com
Surfing/Surf School

NATURE NORTH WEST, RAMELTON Tel: 086 812 3019 www.naturenorthwest.ie
Nature education provider for the North West

RAPID KAYAKING, CARRICKFINN Tel: 086 151 0979 www.rapidkayaking.com
Kayaking / open canoeing

RATHMULLAN SAILING & WATER SPORTS SCHOOL, RATHMULLAN
Tel: 086 812 3019 www.rathmullansailing.com Sailing, Kayaking, Wind Surfing & Diving

SELKIE SAILING, GWEEDORE Tel: 086 222 3328 / 074 953 2707
www.selkiesailing.com Sailing, Kayaking, Raft Building, Wind Surfing and Camping trips.

THE LAKESIDE CENTRE, BALLYSHANNON Tel: 071 985 2822
lakesidesports@eircom.net Surfing, Sailing, Kayaking, Archery, Canoeing

THE OLD FOUNDRY PAINTBALL GAMES LTD, LETTERKENNY
Tel: 086 383 1188 www.letterkennypaintball.ie Paintball

SURF COAST

SURF WORLD, BUNDORAN Tel: 071 984 1223 www.surfworld.ie Surfing/Surf School

TURF N SURF, BUNDORAN
Tel: 071 984 1091 www.turfnsurf.ie Surfing / Blo-karting / Yoga

WATERWORLD, BUNDORAN Tel: 071 984 1172 www.waterworldbundoran.com
Aqua adventure playground ideal for children of all ages

DONEGAL ADVENTURE CENTRE, BUNDORAN 071 984 2418
www.donegaladventurecentre.net Surfing, Kayaking, Archery etc.

ADVENTURE GENTLY, DROMAHAIR Tel: 085 182 1547
www.adventuregently.com Guided Canadian canoe trips.

AURA LEITRIM LEISURE CENTRE, CARRICK-ON-SHANNON
Tel: 071 967 1771 www.auraleisure.ie/leitrim Swimming, Gym

AWESOME ADVENTURES, GLENCAR LAKE
Tel: 086 877 8716 www.awesomeadventures.ie Kayaking, Canoeing & Hiking

BATTLEBRIDGE PAINTBALL, CARRICK-ON-SHANNON
Tel: 086 166 4959 www.battlebridgепaintball.ie 4 Purpose Built Gaming Areas

CARRICK INDOOR SHOOTING & ARCHERY, LEITRIM VILLAGE
Tel: 086 828 8747 www.carrickindoors shooting.com Airsoft Shooting & Archery

LEITRIM SURF COMPANY, LEITRIM VILLAGE
Tel: 086 349 4013 www.leitrimsurf.ie SUP & Surfing

LOUGH ALLEN ADVENTURE CENTRE, BALLINAGLERA
Tel: 071 964 3292 www.loughallenadventure.com
Windsurfing, Kayaking, Hill Walking, Survival Skills

RIVERMANIA ADVENTURES, CARRICK-ON-SHANNON
Tel: 089 490 8786 www.facebook.com/RiverManiaAdventures Kayaking

WILD ATLANTIC CRUSADES, KINLOUGH
Tel: 083 811 8500 www.wildatlanticcrusades.com 4x4 Blindfold Driving

ADVENTURE & WATERSPORTS

SURF COAST

CARRAIG CLIMBING, SLIGO Tel: 087 664 7285 www.carraigclimbing.com
Rock climbing

FREE DIVING, SLIGO Tel: 086 809 9898 www.freediveireland.com
Hold your breath, dive down and swim around underwater

HARBOUR SUP N SAIL, ENNISCRONE Tel: 086 031 5737 www.harboursupsail.com
Stand Up Paddle

ISURF IRELAND, STRANDHILL Tel: 087 652 3351 www.isurfireland.com Surfing

MULLAGHMORE SAILING CLUB, MULLAGHMORE Tel: 087 135 5565
www.mullaghmoresailingclub.org Dinghy Sailing & Mooring Available

NORTH WEST ADVENTURE CENTRE, BALLINAFAD Tel: 086 195 2663
www.northwestadventure.ie White Water Rafting, Wilderness Camping & Abseiling

NORTH WEST ADVENTURE TOURS, SLIGO TOWN
Tel: 087 125 9594 www.northwestadventuretours.ie Sup, Hiking & Bike hire.

NORTH WEST COASTEERING, MULLAGHMORE Tel: 087 995 9181
www.northwestcoasteering.com Coasteering.

SEATRAILS, SLIGO TOWN
Tel: 087 240 5071 www.seatrails.ie
Guided heritage tours and special trekking experiences.

SLIGO AERO CLUB, STRANDHILL AIRPORT Tel: 087 293 2884
www.sligoaeroclub.com Flying Lesson

SLIGO EXTREME PAINTBALL, HAZELWOOD, SLIGO Tel: 087 240 5714
www.facebook.com/sligoextremepaintball Paintball, Archery shooting range

SLIGO KAYAK TOURS, SLIGO Tel: 086 199 9015 www.sligokayaktours.com
Guided tours with small groups.

SLIGO YACHT CLUB, ROSSES POINT Tel: 071 917 7168 www.sligoyachtclub.ie
Dinghy & Cruiser Sailing

STRANDHILL SURF SCHOOL, STRANDHILL Tel: 071 916 8483 / 087 948 7383
www.strandhillsurfschool.com Surfing/Surf School

SUP DUDE, MULLAGHMORE Tel: 085 705 1188
www.supdude.ie Stand Up Paddle lessons & courses.

WEST COAST KAYAKING, MULLAGHMORE Tel: 083 437 0893
www.westcoastkayaking.ie Sea, River & Lake trips.

WEST COAST WINDSPORTS ENNISCRONE Tel: 089 427 5356
www.westcoastwindsports.ie Blo Karting

WILD ATLANTIC OUTDOORS SLIGO Tel: 083 446 7772
www.wildatlanticoutdoors.com
Kayaking, Hill Walking, Coasteering, Scuba Diving & rock climbing

WILD WET ADVENTURES, TUBBERCURRY Tel: 086 722 2750
www.wildwetadventures.ie Kayaking, SUP & Guided Walks

WATER POINT, ENNISCRONE Tel: 096 36 999 www.waterpoint.ie
Indoor Swimming Pool, flume waterslide, health suite and sports centre.



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ADVENTURE & WATERSPORTS

SURF COAST

DIVE WEST IRELAND, BLACKSOD, BELMULLET
Tel: 086 836 5983 www.divewestireland.com
Scuba diving

ELEMENTS KITE SURFING, BLACKSOD
Tel: 086 246 3358 www.elementskitesurfing.com
Kite surfing

HARBOUR SUP AND SAIL, BALLINA
Tel: 086 031 5737 www.harboursupsail.com
SUP and Sail

MAYO SHOOTING GROUNDS, BELMULLET
Tel: 087 642 6145 Clay Shooting

MOY ARCHERY, BALLINA
Tel: 087 699 0490 moyarcheryballina@gmail.com
Archery

PADDLE & PEDAL, BALLINA
Tel: 087 680 8955 www.paddleandpedal.ie
Kayaking tours, coastal & inland waterways and guided cycling tours

RACHEL'S IRISH ADVENTURES, BALLINA
Tel: 085 110 8969 www.rachelsirishadventures.com
Trail running, biking, hiking & surfing.

TREK WEST, BALLINA
Tel: 096 45085 www.trekwesttours.ie
Outdoor activity breaks

UISCE GAELTACHT & ADVENTURE CENTRE, CUAN ÉILI, BELMULLET
Tel: 097 82111 www.uisce.com
Activity based Gaeltacht adventure centre

WAVESWEEPER SEA ADVENTURE, BELMULLET
Tel: 087 231 2989 www.wavesweeperadventures.com
Island trips, thrill rides, Tope angling and wildlife tours.

WILD ATLANTIC CULTURAL TOURS, KILLALA
Tel: 087 281 4350
Adventure tours.



For more information, call into our **Tourist Offices** (listed on page 1 of this guide) or see www.wildatlanticway.com or download the **Wild Atlantic Way app**



SHANNON BLUEWAY

With so many ways to enjoy the Shannon Blueway, it's a fun and novel way to explore the county's sights and delights.

Experience the route from the water with canoeing, kayaking and stand-up paddle boarding; while walkers and cyclists can follow the Blueway's trails and take in the scenery on land. Travelling along the Shannon Blueway, you paddle under the bridges, alongside the riverbanks and through sunlit tree arches as it winds its way from Drumshanbo to Carrick-on-Shannon.

For more details visit <http://www.bluewaysireland.org/>

Blueway, Leitrim Credit: Leitrim Tourism



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Fanad Head, Co. Donegal

WALKING & CYCLING – NORTHERN HEADLANDS

WALKING

BLUESTACK WAY – a 65km route through a true wilderness area of south Donegal

BURTONPORT OLD RAILWAY WALK – is a series of four walks of varying lengths centred on the old Letterkenny & Burtonport Extension Railway track bed.

GLENVEAGH NATIONAL PARK – choose from several walks of varying length, grades and terrain.

INISHOWEN HEAD LOOP – a wonderful coastal route in the most northerly part of Ireland.

INTERNATIONAL APPALACHIAN TRAIL (IAT) – a long distance international hiking trail extending from the east coast of the USA & Canada, through the North Atlantic, Scandinavia, Ireland, Britain and Western Europe. There are two sections of the route in Co Donegal.

BUNGLAS TO GLENTIES (68KMS) – the first section of the route in Ireland, covering the area around Slieve League and Glencolmille.

ARDS FOREST PARK – with nine different routes to choose from 1km to 5km.

CYCLING

BALLYSHANNON Cycle Hub – 2 routes (39km & 36km) around the towns of Ballyshannon and Bundoran in Co. Donegal, linking in with the larger North West Trail.

DONEGAL CYCLE ROUTE – starting in Donegal Town, this lengthy route of 200km travels around the North West of Co. Donegal and finishes in Newtowncunningham to the East of Letterkenny.

NORTH WEST TRAIL – a spectacular 326km route through counties Donegal, Tyrone, Fermanagh, Leitrim, and Sligo.

INIS EOGHAIN CYCLEWAY – a 55km route in the southern part of the Inis Eoghain peninsula, taking in views of the Foyle Valley, An Grianan Aileach and Lough Swilly.

For more information, please check with your nearest Tourist Office or visit www.wildatlanticway.com, www.sligowalks.ie or www.irishtrails.ie



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WALKING & CYCLING –SURF COAST

WALKING

LEITRIM

MINERS WAY & HISTORICAL TRAIL – is a 118km route that meanders through the coal mining territory of Arigna.

GLENCAR WATERFALL, STRUTH IN AGHAIDH AN AIRD & BOG ROAD WALK – Trails from 600m to 10km.

- **SLIABH AN IARAINN** – is a beautiful rugged mountain, ascending 585metres from the eastern shore of Lough Allen.

SLIGO

AUGHNIS AND DUNMORAN STRAND
4km coastal walk from Dunmorán Strand to Aughris.

BEN BULBEN FOREST WALK
a 4km forest walk along the northern face of the iconic Ben Bulbin.

HAZELWOOD SCULPTURE TRAIL – Half Moon Bay curls around the northern shore with a 3km forested trail.

KNOCKNAREA QUEEN MAEVE TRAIL – where at the summit a huge cairn marks the grave of Queen Maeve dating back to 3,400 BC accessible from both sides.

KESHCORRAN HILL TRAIL – this 3km trail is capped by a large cairn with 17 caves on its western side.

THE SLIGO WAY – a signposted 74km route that traverses County Sligo.

MAYO

BELLEKEE WOODS NATURE TRAIL – located 2km north of Ballina this beautiful 4km forest walk is suitable for all the family.

BALLYCROY NATIONAL PARK – various walk for all levels of fitness from easy to difficult terrain.

COASTAL WALKS – Black Ditch (13km) and Children of Lir (10km) loops form part of the Ceathru Thaidhg Loop.

FOXFORD WAY – The Ox Mountain Spur and Larganmore Loop are just two of the half a dozen well mapped out walking trails that make up the 86km Foxford Way.

KENNAGH LOOP WALK – this 12km challenging walk offers variety and changing terrain.

CYCLING

LOUGH GILL CYCLE LOOP – a 40km cycle loop around this beautiful lake that features in some of W.B. Yeats’ poetry.

TOUR DE HUMBERT – follows the route of General Humbert, who in 1798 led a French invasion of Ireland. Route takes in counties Mayo, Sligo, Leitrim and Longford.

For more information, please check with your nearest Tourist Office or visit www.wildatlanticway.com, www.mayotrails.ie, www.sligowalks.ie or www.irishtrails.ie

ANGLING – NORTHERN HEADLANDS

GAME

Donegal, traditionally one of the best kept secrets, consistently produces the first Irish salmon of the season from The Drowes River. The county also has many salmon and sea trout spate rivers.

COARSE

Donegal has two prime locations to target coarse species:

PETTIGO has numerous lakes like Drumgun or Bannus Lake. A permit is required and can be bought at Pettigo post office or Britton’s Bar.

ASSAROE LAKE is a man-made lake created by the Cathleen Falls and Cliff Hydro schemes located just east of Ballyshannon. Permits are required and are available from the ESB Generating Station at Cathleen’s Falls or O’Neill’s Newsagents in Ballyshannon.

SEA

The Wild Atlantic Ocean gives Donegal some of the best fishing waters in Ireland. Killybegs in Co. Donegal is Ireland’s premier fishing port and a wonderful spot to visit to watch the catch being landed or taste some of the freshest fish ‘n’ chips. Sea fishing can take on three different forms:

DEEP SEA ANGLING – Charter boats are based at Bundoran, Killybegs, Teelin, Burtonport, Bunbeg, Rathmullan and Culdaff. Blue fin tuna have been caught in Donegal Bay. Other species caught frequently are pollack, ling, coalfish, spurdog, gurnard etc.

SHORE ANGLING – on rocky shores, beaches, quays and harbours there are many species like ray, flounders and dogfish.

INSHORE BOAT ANGLING – is a great way to explore small coves that are inaccessible to the bigger boats. The main season is May to September with many festival and events taking place.

TACKLE SHOPS

NORTHERN HEADLANDS

Buncrana Anglers Assoc., Angling Centre, Castle Lane Tel: 074 936 3733

Barrett’s Tackle Shop, Main Street, Bundoran Tel: 071 984 2266

Gerry O’Neill, Main Street, Dunkineely Tel: 074 973 7209,

The Tackle Hut (Ireland), Burt Tel: 074 938 6667

Mevagh Dive Centre ,Tackle Shop, Carrigart, Letterkenny Tel: 074 915 4708

Charles Bonner, The Bridge, Dungloe Tel: 074 952 1163

Charlie Doherty, Main St, Donegal Town Tel: 074 972 1119



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ANGLING – SURF COAST

GAME

Leitrim has the Drowes River and River Bonet which offer good game angling, whilst Lough Melvin is famous for the diversity and number of salmonids that inhabit it. Sligo boasts wonderful spots like Ballisodare Falls, Easkey Lough & River and Lough Talt to name but a few.

North Mayo offers you some of the best salmon angling in Europe. The Moy Fishery in Ballina Town, the Salmon Capital of Ireland, includes the world famous ‘Ridge Pool’ and ‘Cathedral Beat’. Further west the Owenmore, Owenduff and Glenamoy Rivers offer excellent opportunities for the salmon and sea trout anglers.

COARSE

Leitrim is an angler’s paradise and hosts many international competitions. The unpolluted lakes and rivers are home to a huge population of wild fish. Some of the best locations include, Ballinamore, Carrigallen, Glenfarne & Keshcarrigan.

Sligo’s main coarse angling centre is in Ballymote with lakes like Ballinacarrow, Templehouse, Lough Na Leibe, Andrea and the Owenmore River. The main species of fish are pike, perch, bream and rudd. Contact www.ballymoteangling.com.

SEA

Sligo has excellent waters for some sea angling with charter boats based at Rosses Point and Mullaghmore.

The waters off the North Mayo coast are warmed by the Gulf Stream and have possibly the widest range of marine species to be found anywhere in the country, where there are plenty of sea angling operators who will take you out for the day. Excellent shore fishing can be experienced at numerous locations, with an extremely varied coastline comprising of everything from shallow surf beaches to deep water piers and rocky headlands.

TACKLE SHOPS

SURF COAST

Tooman Angling & Leisure, Carrick on Shannon Tel: 071 962 1872

The Forge, Ballinamore Tel: 071 964 4051

The Waterfront Bait and Tackle, Carrick on Shannon Tel: 071 964 1599

S G Gillmore, Dromahair Tel: 071 916 4118

Drowes Fishery Office, Kinlough Tel: 071 984 1055

Barton Smith, Sligo Town Tel: 071 914 2356

House of Value, Sligo Town Tel: 071 917 1900

John Walkin’s Fishing Tackle Shop Market Square, Ballina
Tel: 096 22442 or 087 2959225

Ridge Pool Tackle Shop, Cathedral Road, Ballina Tel: 096 72656

Ballina Angling Centre, Unit 55, Ridge Pool Road, Ballina Tel: 096 21850

ANGLING

OPERATORS & GUIDES

NORTHERN HEADLANDS

Carty’s Land & Sea, Bundoran Tel: 086 390 3655 www.landandseasports.ie

Deep Blue Watersports, Portsalon Tel: 087 997 4255 www.seafishingdonegal.com

Donegal Bay Charters, Donegal Town Tel: 086 609 6035 www.donegalbaycharters.com

Inishowen Boating Company, Culdaff Tel: 086 252 2685 www.irishanglingcharters.ie

Killybegs Angling Charters, Killybegs Tel: 087 220 0982 www.killybegsangling.com

Patrick Doherty, Bundoran Tel: 087 419 8323 info@bundoranstar.ie

Paul Ricketts, Donegal Town Tel: 086 609 6035 www.donegalbaycharters.com

Rathmullan Charters, Rathmullan Tel: 087 050 7464 www.rathmullancharters.com

Rosguill Boat Charters, Downings Tel: 074 915 5080 www.rosguill.com/charterboat

Saoire Mara Charters, Kincasslagh Tel: 087 987 0266 www.saoiremara.com

Tor Mór Charter Boat, Portnoo Tel: 087 245 8514 www.tirconnellcharters.com

SURF COAST

Donal Kennedy, Enniscrone Tel: 086 817 4509 www.dkennedyangling.net

Ewings Sea Angling & Boat Charters, Rosses Point Tel: 086 891 3618
www.sligoboatcharters.com

Peter Power Deep Sea Angling, Cliffoney Tel: 087 257 6268
www.bayangling.freesevers.com

Tommy McCallion, Rosses Point Tel: 087 239 7789

North West Angling Services, Dromahair Tel: 087 214 9960 www.pagi.org

Angling Services Ireland, Boyle Tel: 086 601 1878 www.angling-servicesireland.com

Broadhaven Bay Hotel, Belmullet Tel 097 20600 www.broadhavenbay.com

Brú Chlann Lir Boat Charters, Clogher, Belmullet Tel 097 85741
www.bruchlannlir.com

Dive West Ireland, Blacksod, Belmullet Tel 086 8365983 www.divewestireland.com

Judd Ruane - Sea Trout Specialist, Ballina Tel 096 22183 www.fishingireland.ie

Killala Angling Charter, Killala Tel 096 36644, www.dkennedyangling.net

Malcolm McPherson, Ballysokeery, Ballina Tel 096 32667
www.killalaseatrountangling.com

Mayo Angling, Ballybrinogue, Ballina Tel 086 8846920 www.mayoangling.com

Tiernan Brothers Angling Centre, Foxford 094 9256731 www.themoy.com

West of Ireland Angling, Lahardane, Ballina 096 51933
www.westofirelandangling.com



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EQUESTRIAN

NORTHERN HEADLANDS

Ashtree Stables, Coole, Cranford
Tel: 074 915 3312 / 086 220 2052 ashtreestables@gmail.com

Carrigart Riding Stables, Main St., Carrigart
Tel: 074 915 3583 / 087 227 6926 carrigartridingstables@gmail.com

Cooley Equestrian Centre, Moville
Tel: 086 063 3487 / 074 938 5685 gillianoherly@gmail.com

Deanes Equestrian Centre, Darney, Bruckless
Tel: 074 973 7160 / 087 299 7421

Dunfanaghy Stables, c/o Arnolds Hotel, Dunfanaghy
Tel: 074 910 0980 / 086 828 0552 www.dunfanaghystables.com

Greenacres Equestrian Centre, Greenacres Lodge, Convo
Tel: 074 914 7541 / 086 894 7929 greenacresequestrian@live.ie

Lenamore Stables, Muff
Tel: 074 938 4022 / 086 343 3461 www.lenamorestables.com

Tullagh Bay Equestrian Centre, Tullagh, Clonmany
Tel: 086 720 4150 www.tullaghbayequestrian.ie

SURF COAST

Donegal Equestrian Centre, Finner Road, Bundoran
Tel: 071 984 1977 / 087 177 0390 www.donegalequestriancentre.com

Drumcoura Equestrian Centre, Ballinamore
Tel: 071 964 5781 / 087 648 5830 www.drumcoura.ie

Moorlands Equestrian Centre, Curraghill, Drumshanbo
Tel: 071 964 1500 / 086 810 1467 www.moorlands.ie

Horse Holiday Farm, Mount Temple, Grange
Tel: 071 916 6152 www.horse-holiday-farm.com

Sligo Riding Centre, Carrowmore
Tel: 071 916 1353 / 087 230 4828 www.sligoridingcentre.com

Island View Riding Stables, Moneygold, Grange
Tel: 071 916 6156 / 086 195 6615 www.islandviewridingstables.com

Lough Gara Riding Stables, Derrybeg, Lisselough, Boyle
Tel: 086 893 8972 / 086 394 2220

Woodlands Equestrian Centre, Loughill, Lavagh, Tubbercurry
Tel: 087 272 3401 www.woodlandsequestrian.ie

Barnfield House Equestrian Centre, Knock more, Ballina
Tel: 094 925 8175 scottofbarnfield@yahoo.com

Iceford Stables, Iceford House, Ballina
Tel: 096 70776 www.icefordstables.com

GOLF

NORTHERN HEADLANDS

Ballybofey & Stranorlar Golf Club, Stranorlar Tel: 074 913 1093
www.ballybofeyandstranorlargolfclub.ie

Ballyliffin Golf Club, Ballyliffin, Inishowen Tel: 074 937 6119 www.ballyliffingolfclub.com

Buncrana Golf Club, Ballycarry, Buncrana Tel: 074 936 2279 www.buncranagolfclub.com

Cloughaneely Golf Club, Falcarragh Tel: 074 916 5416 www.cloughaneelygolfclub.ie

Cruit Island Golf Club, Cruit Island, Kincasslagh Tel: 074 954 3296
www.cruitislandgolfclub.com

Donegal Golf Club, Murvagh, Laghey Tel: 074 973 4054 www.donegalgolfclub.ie

Dunfanaghy Golf Club, Dunfanaghy Tel: 074 913 6335 www.dunfanaghgolfclub.com

Greencastle Golf Club, Greencastle Tel: 074 938 1013 www.greencastlegolfclub.com

Gweedore Golf Club, Derrybeg Tel: 074 953 1140 www.gweedoregolfclub.com

Letterkenny Golf Club, Barnhill, Letterkenny Tel: 074 912 1150
www.letterkennygolfclub.com

Narin & Portnoo Golf Links, Narin & Portnoo Tel: 074 954 5107
www.narinportnoogolfclub.ie

North West Golf Club, Lisfannon, Buncrana Tel: 074 9361027
www.northwestgolfclub.com

Otway Golf Club, Saltpans, Rathmullan Tel: 074 915 8319

Portsalon Golf Club, Portsalon, Fanad Tel: 074 915 9459 www.portsalongolfclub.com

Redcastle Hotel & Golf Club, Redcastle Tel: 074 938 5555 www.redcastlehotel.com

Rosapenna Hotel & Golf Resort, Downings Tel: 074 915 5000 www.rosapenna.ie

SURF COAST

Bundoran Golf Club, Bundoran Tel: 071 984 1302 www.bundorangolfclub.com

Ballinamore Golf Club, Ballinamore Tel: 071 964 4346 www.ballinamoregolfclub.ie

Carrick-on-Shannon Golf Club, Carrick-on-Shannon Tel: 071 966 7015
www.carrickgolfclub.ie

Ballymote Golf Club, Ballymote Tel: 071 918 9059

Castle Dargan Hotel & Golf Resort, Ballygawley Tel: 071 91 18080
www.castledargan.com

Co. Sligo Golf Club, Rosses Point Tel: 071 917 7134 / 071 917 7171
www.countysligogolfclub.ie

Enniscrone Golf Club, Enniscrone Tel: 096 36297 www.enniscronegolf.com

Strandhill Golf Club, Strandhill Tel: 071 916 8188 www.strandhillgolfclub.com

Tubbercurry Golf Club, Tubbercurry Tel: 071 918 5849 www.tubbercurrygolfclub.ie

Ballina Golf Club, Mossgrove Tel: 096 21050 www.ballina-golf.com

Carne Golf Links, Belmullet Tel: 097 82292 www.carnegolfclinks.com

Swinford Golf Club, Brabazon Park, Swinford Tel: 094 925 1378 www.swinfordgolf.com



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GARDENS

NORTHERN HEADLANDS

Buckleas, Stranorlar Tel: 074 913 1107 www.donegalgardentrail.com

Beltany View Garden, Raphoe Tel: 074 914 4974 www.donegalgardentrail.com

Bruckless House, Bruckless Tel: 074 973 7071 www.bruckless.com

Carrablagh House, Portsalon Tel: 074 915 9113 www.donegalgardentrail.com

Cille Garden, Kilcar Tel: 086 671 2341 www.donegalgardentrail.com

Cluain na d'Tor Nursery Gardens, Falcarragh Tel: 074 913 5640 / 087 6267599
www.seasideplants.net

Dunmore Garden, Carrigans Tel: 074 914 0120 www.donegalgardentrail.com

Foxrock, Greencastle Tel: 074 932 5969 www.donegalgardentrail.com

Glenalla House, Milford Tel: 086 606 4409 www.donegalgardentrail.com

Glenveagh National Park & Gardens, Letterkenny Tel: 076 100 2692
www.glenveaghnationalpark.ie

Greenfort, Kerrykeel Tel: 087 757 4823 www.donegalgardentrail.com

Lower Cranny Garden, Inver Tel: 087 989 5099 www.donegalgardentrail.com

Mrs Jessie Mahaffy's Garden, Lifford Tel: 074 914 1216 / 086 175 9162
www.donegalgardentrail.com

Nora's Rose Garden, Ballybofey Tel: 087 790 0490 www.donegalgardentrail.com

Oakfield Park, Raphoe Tel: 074 917 3068 www.oakfieldpark.com

Rathmullan House, Rathmullan Tel: 074 915 8188 www.donegalgardentrail.com

Ros Ban Garden, Raphoe Tel: 074 914 5336 / 086 080 5214
www.donegalgardentrail.com

Salthill Gardens, Mountcharles Tel: 074 973 5387 www.donegalgardentrail.com

Sea View Garden, Mountcharles Tel: 074 973 5350 / 087 9131393
www.donegalgardentrail.com

St Columba's Garden at Glebe House, Churchill Tel: 074 913 7071
www.donegalgardentrail.com

Summy Garden, Portnoo Tel: 074 954 5242 www.donegalgardentrail.com

The White House Garden, Castlefinn Tel: 074 914 3976 www.donegalgardentrail.com

SURF COAST

Lough Rynn Castle & Gardens, Mohill Tel: 071 963 2700 www.loughrynn.ie

St George's Heritage & Visitor Centre - Garden of Remembrance,
Carrick-on-Shannon Tel: 071 962 1757 www.carrickheritage.com

The Organic Centre Garden, Rossinver Tel: 071 98 54338 www.theorganiccentre.ie

6 O'Connell St., Ballymote Tel: 087 647 3581 www.secretgardensofsligo.com

Ardsoran, Lisserough (near Boyle) 086 869 1141 www.secretgardensofsligo.com

Breeogue, Ransboro, Sligo Tel: 086 170 8041 www.secretgardensofsligo.com

GARDENS

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Annaghcor, Castlebaldwin, Sligo Tel: 085 870 8097 www.secretgardensofsligo.com

Carrigeens, Ballinfull Tel: 086 833 5997 www.secretgardensofsligo.com

Clogherevagh, near Lough Colgagh Tel: 087 236 5055
www.secretgardensofsligo.com

New Park, Ballymote Tel: 086 337 5741 www.secretgardensofsligo.com

Ros na Run, Skreen Tel: 087 414 9716 www.secretgardensofsligo.com

Slieve Daeane, Cleveragh Drive, Sligo Town Tel: 087 657 4792
www.secretgardensofsligo.com

Two Mile Hill, Calry Tel: 087 766 0082 www.secretgardensofsligo.com

Yeats' Secret Garden, The Model, The Mall, Sligo Tel: 071 914 1405
www.secretgardensofsligo.com

Lissadell House & Gardens, Ballinfull Tel: 071 916 3150 www.lissadellhouse.com

Enniscoe House & Gardens, Castlehill, Ballina Tel: 096 31 819 www.enniscoe.com



Lissadell House and Gardens Co. Sligo



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FAMILY FUN

Reconnect with family and friends

It is known as 'The Secret Kingdom' - and with good reason.

Windswept, rugged and 12km off the Donegal coast, Tory Island has, for years, drawn people keen to experience a different pace of life - and this singular place even has its own 'King', as elected by the islanders.

It's just one of many special places for families to fall in love with on the Northern Headlands and Surf Coast - and this region of marvellous, elemental beauty is a perfect refuge to reconnect with those people that mean most to you. Family fun is synonymous with sea and sand and there is an abundance of glorious beaches to make your own, including Ballymaddock in Donegal, which was once chosen by the Observer as the second most beautiful beach in the world, and secluded Mullaghroe at Belmullet, Co. Mayo - one of the county's numerous Blue Flag beaches.

The Wild Atlantic Way is a magnet for families keen to experience all the great outdoors has to offer. There are water sports schools dotted along the coast that provide tuition for all the family and adventure centres to help you get the pulse racing whether it's on land or ocean.

There's plenty of fun to be had on two wheels too: the Sligo-Strandhill loop incorporates lively Sligo town and the vibrant seaside surf village of Strandhill, while the Lough Gill Loop circumnavigates this gorgeously evocative lake - be prepared to dismount every now and again: you'll want to take photo after photo.

And those families after a break with a difference? Lovely Leitrim is just the spot to begin an exploration of Ireland's longest, most fabled river, the Shannon and, in Carrick-on-Shannon, you'll find pleasure cruise providers to help whet that appetite.



Family Fun at Pollan Bay, Co. Donegal

FAMILY FUN

NORTHERN HEADLANDS

An Club Beag, Dungloe Tel: 074 952 2649 www.andclubbeag.ie

Indoor activity centre for toddlers & children

Arena 7, Letterkenny Tel: 074 912 8853 www.arena7.ie

Bowling, Soft Play, Laser Quest, Arcades, Go Karts, Astro, Restaurant & Bar.

Aura Leisure Centre, Letterkenny Tel: 074 910 6422 www.auraleisure.ie/letterkenny

Family Leisure Centre

Ballyshannon Leisure Centre, Ballyshannon Tel: 071 985 2818

www.ballyshannonleisurecentre.ie Public Leisure Centre.

Buncrana Leisure Centre, Buncrana Tel: 074 936 1000

Public Leisure Centre.

Castle Adventure Open Farm, Ballyshannon Tel: 071 985 2688 www.openfarm.ie

Open farm with indoor activities.

Century Cinema, Letterkenny 074 912 1976 www.centurycinemas.ie 8 screen cinema

Century Play, Letterkenny Tel: 074 912 1976 www.centurycinemas.ie Indoor play area for babies, toddlers and juniors.

Dizzy Rascals, Letterkenny Tel: 074 917 7731 www.dizzyrascals.town.ie

Indoor activity centre open for children up to the age of 12.

Eclipse Cinema, Lifford Tel: 074 914 1963 www.liffordstrabane.com 7 screen cinema

Glenveagh National Park, Letterkenny Tel: 076 100 2537 www.glenveaghnationalpark.ie

Play area, scenic walks, Educational Centre, Castle.

Ionad Cois Locha, Dunlewey Tel: 074 953 1699 www.dunleweycentre.com

Adventure play area with a boat trip around the lake. Craft shop, weaving & tearoom.

Irene's Fun World, Donegal Town Tel: 074 972 5454 irenesfunworld@gmail.com

Children's indoor play centre.

Kidz Kingdom, Downings Tel: 074 915 5586 Indoor play centre.

Leisureland, Redcastle, Inishowen Tel: 074 938 2306 www.leisurelandredcastle.ie

One of Ireland's leading indoor heated fun parks, catering for children of all ages.

Lurgybrack Open Farm, Letterkenny Tel: 074 912 2683 www.lurgybrackopenfarm.town.ie

A special place where all the family can spend the day seeing the animals and having fun.

Marinas, An Chuit Hotel, Gweedore Tel: 074 953 2900 www.gweedorecourthotel.com

Indoor Soft Play Area.

Rockhill Holiday Park, Kerrykeel Tel: 074 915 0012 www.rockhill.ie

Little kids indoor & outdoor play area, Archery and Zorbing.

Sandfield Pitch & Putt, Ardara Tel: 074 954 1344 18 hole pitch & putt.

Tropical World at Alcorns, Letterkenny 074 912 1541 www.tropicalworld.town.ie

Tropical Butterfly House and Mini Zoo.

Wains World, Buncrana Tel: 074 932 2450 Indoor activity centre for children.



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FAMILY FUN

SURF COAST

- Bundoran Adventure Park, Bundoran** Tel: 087 994 1608
www.bundoranadventurepark.com Fun for all the family, with theme rides.
- Bundoran Cineplex, Bundoran** Tel: 071 982 9999
www.bundorancineplex.com 6 screen cinema.
- Bundoran Bowling, Bundoran** Tel: 071 984 2111
Indoor bowling alley.
- Dizzy's Den, Bundoran** Tel: 071 983 3668 Children's Indoor Play Area.
- Waterworld, Bundoran** Tel: 071 984 1172 www.waterworldbundoran.com
Aqua adventure playground ideal for children of all ages.
- Aura Leitrim Leisure, Carrick-on-Shannon** Tel: 071 967 1771
www.auraleisure.ie/leitrim Family Leisure Centre.
- Carrick Cineplex, Carrick-on-Shannon** Tel: 071 967 2000
www.carrickcineplex.ie 4 screen cinema.
- Cavan & Leitrim Railway, Dromod** Tel: 071 963 8599 www.cavanandleitrim.com
Narrow gauge railway & collection of vintage buses, planes etc.
- Fenagh Heritage Centre & Monk's Play Den, Fenagh** Tel: 071 964 5590
www.fenagh.com Includes soft play area.
- Glenview Folk Museum, Ballinamore** Tel: 071 964 4157 www.glenview-house.com
A private collection of more than 7,000 antique, historical and novel items.
- Kidz Kingdom, Carrick-On-Shannon** Tel: 071 962 1605
www.kidzkingdomandbowling.com Ten pin bowling & children's play area.
- Lough Key Forest & Activity Park, Boyle** Tel: 071 967 3122 www.loughkey.ie
Adventure Play Kingdom Zip-It, Tree canopy Walk and lots more.
- Ballymote Castle & Playground, Ballymote**
- Bertie's Pitch & Putt, Bundoran Road** Tel: 086 242 0452 www.bertiespitchandputt.com
18 hole Pitch & Putt.
- Donkey Sanctuary, Castlebaldwin** Tel: 071 966 6196 www.donkeys.ie
A rest for donkeys and ponies.
- Doorly Park, Riverside** Playground & Outdoor Gym.
- Eagles Flying, Ballymote** Tel: 071 918 9310 www.eaglesflying.com
Irish Raptor Centre, Flying demonstrations and Pet Zoo.
- Enniscrone Pitch & Putt, Enniscrone** Tel: 096 36788 18 hole Pitch & Putt.
- Five Star Fun, Grange** Tel: 087 256 6526 www.fivestarfun.ie
Play and Party centre with exciting activities for children.
- Funny Bones, Collooney** Tel: 071 913 3281 www.funnybones.ie
Indoor Adventure Centre and Climbing Walls.

FAMILY FUN

SURF COAST

- Gillighan's World, Achonry** Tel: 071 913 0286
www.gillighansworld.ie A real Irish Fairyland.
- Grange Playground, Grange**
- Happy Days Centre, Cleveragh, Sligo town** Tel: 071 913 5115 www.happydaysligo.ie
Indoor Play Centre.
- Mitchell Curley Park, Ballydoogan, Sligo town**
Playground and track and outdoor gym.
- Queen Medb's Activity Farm, Ransboro** Tel: 071 912 8337 www.queenmedbs.com
Medb's Farm, archery & driving range.
- Strandhill Playground, Strandhill**
- Skreen Playground, Skreen**
- Tubbertelly Pitch & Putt, Tubbercurry** Tel: 071 918 5916 18 hole Pitch & Putt.
- Waterpoint, Enniscrone** Tel: 096 36 999 www.waterpoint.ie
Indoor Swimming Pool, flume waterslide, health suite and sports centre.
- Tumble Jungle, Ballina** Tel: 098 76637 www.tumblejungle.ie
Indoor play area.
- Tom Ruane Park, Sligo Road, Ballina** www.northmayo.ie
Award-winning and impressive family friendly amenity.



Family Fun at Malin Head Co. Donegal



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FOOD

Get an appetite for sensational seafood

It's little surprise that the Wild Atlantic Way is so synonymous with seafood - its great expanse of coastline boasts several fishing villages where the region's stunning supply of fantastic food is brought to shore.

And it's Killybegs, Co. Donegal, where the superb diversity of the daily catch can be best appreciated - the country's largest fishing port is the perfect place to get your hands on the freshest fish and there are innumerable places along the county's lengthy, rugged coast where you can enjoy the finest fish.

Even a humble meal of fish 'n' chips tastes particularly great when you're eating al fresco, close to shore and with the rolling Atlantic waves providing the soundtrack.

They have been savouring the rich produce of the Atlantic since earliest times - and proof of that can be gleaned along the Surf Coast at Culleenamore Strand, Co. Sligo, where ancient mussel shells and fish bones - the discarded remnants of what's playfully dubbed 'Ireland's Earliest Takeaway' - can be found among the rocks.

There is ample opportunity to forage for great food in North Mayo and Sligo. The latter is famous for its seaweed baths, but this marvelous sea vegetable is a culinary star in its own right too and there's no shortage of foraging experts and cookery schools in the region to show you how best to collect - and cook - this most nutritious of ingredients.

The Sligo Food Trail encompasses some of the fantastic local, artisan food experiences all over the county. From pizza-making workshops to whiskey tastings, from bread-making and fermentation classes to seaweed foraging, discover an exciting range of culinary experiences.

The Northern Headlands and Surf Coast boast several destination restaurants and welcoming pubs that are epicurean champions in their own right, but there are some great culinary festivals too, like 'A Taste of Donegal Food', that demonstrate the tantalisingly tasty produce that comes from sea and land and give visitors an opportunity to meet the artisanal producers who deliver the great food and drink that has helped make the Wild Atlantic Way a true foodie destination.

Bunbeg Pier, Gweedore, Co. Donegal

FOOD

FARMERS & COUNTRY MARKETS

Take in the atmosphere of our markets, by browsing around and sampling the local and organic produce such as farmhouse cheeses, salmon, meats and a wide range of organic fruit and vegetables. For more information log on to www.wildatlanticway.com, www.bordbia.ie/aboutfood/farmersmarkets & www.countrymarkets.ie

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 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 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 Benbulbin Mountain. Whatever your food preference, Sligo Food Trail surpasses your expectations

www.sligofoodtrail.ie

CRAFT BREWERIES

There's a revolution happening across Ireland in its pubs, shops and homes!

The rising taste for craft beer is bubbling nicely. Bar owners and customers are taking note. Fans of the craft beer movement are seeing new tastes, more options and better beers hitting their shelves and their glasses. And who's responsible for this movement? Ireland's micro-breweries.

The good old days

It may come as a surprise, but 19th century Ireland was home to over 200 breweries. That number dwindled to a modest 12 in the following years. Today, happily, independents are changing that figure and there are now 16 microbreweries on the island.



For more information, call into our **Tourist Offices** (listed on page 1 of this guide) or see www.wildatlanticway.com or download the **Wild Atlantic Way app**



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WHAT'S ON

Find your perfect festival

Modern-day Ireland is a wonderfully diverse place, and new arrivals over the past couple of decades have boosted the cultural richness of the country. That's certainly the case in Sligo - the town and county synonymous with our greatest poet, W.B. Yeats - and it's reflected in the annual 'Cairde Arts Festival', which is all about celebrating that diversity and inclusion.

The Northern Headlands and Surf Coast boast a magnificent supply of festivals and events to whet all appetites and there are cultural gems to savour throughout Sligo, Leitrim and Donegal. From the traditional music delights of the long-established 'Ballyshannon Folk Festival', Co. Donegal, to the family-friendly 'Wild Words Children's Book Festival' in Carrick-on-Shannon, Co. Leitrim, and onto the ever popular surf and music festival, Sea Sessions, in Bundoran, Co. Donegal, there's a huge selection of events covering all the arts. And it's not just the arts - there are events and festivals of all hues throughout the year. How about one of the region's great agricultural shows, like that at Clonmany, Co. Donegal - The Clonmany Agricultural Show, which has been running since 1967 or the infamous Annual Warrior Run, in Sligo, a gruelling 15km course that takes in a 700-foot climb on fabled Knocknarea, and has attracted runners of all abilities for 33 years.

Others will appeal to history buffs, not least the 'Celtic Fringe Festival' at Grange, Co. Sligo, which retells the intriguing story of the ill-fated Spanish Armada voyage of 1588, and food lovers will enjoy the hugely popular Ballina Salmon Festival.

And then there are festivals so established on the annual calendar, they are now internationally famous: the 10-day 'Mary from Dungloe Festival' sees thousands descend on the small Donegal town each summer. It's the perfect way to experience the warmth and vibrance of the people of the Wild Atlantic Way and this year's is set to be extra special: 2017 marks its 50th anniversary.

WHAT'S ON

JUNE

RORY GALLAGHER INTERNATIONAL FESTIVAL

1 - 4 June Ballyshannon, Co. Donegal
www.rorygallagherfestival.com

MELTING POT

2 - 5 June Ardara, Co. Donegal
www.facebook.com/ardarameltingpot

DONEGAL INTERNATIONAL RALLY

17 - 19 June Letterkenny & Donegal County
www.donegalmotorclub.com

EXTREME NORTH - ROCK N ROLLIN ULTRA MARATHON

24 - 25 June Moville, Co. Donegal
www.extremenorthevents.com

DONEGAL TOWN SUMMER FESTIVAL

30 June - 2 July Donegal Town, Co. Donegal
www.donegalgathering.com

JULY

EARAGAIL ARTS FESTIVAL

4 - 23 July Letterkenny & Co. Donegal
www.eaf.ie

CEOL NA COILLE SUMMER SCHOOL

10 - 14 July Letterkenny, Co. Donegal
www.ceolnacaille.ie

MACGILL SUMMER SCHOOL & ARTS WEEK

16 - 21 July Glenties, Co. Donegal
www.macgillsummerschool.com

SWELL MUSIC & ARTS FESTIVAL

21 - 23 July Arranmore Island, Co. Donegal

LETTERKENNY ARTISAN FOOD FAIR

29 July Letterkenny, Co. Donegal
chrismolloy@me.com

BURTONPORT FESTIVAL

21 - 29 July Burtonport, Co. Donegal
www.therosses.ie/burtonport-festival.html

50TH MARY FROM DUNGLOE INTERNATIONAL FESTIVAL

29 July - 7 August Dungloe, Co. Donegal
www.maryfromdungloe.com

AUGUST

BALLYSHANNON FOLK FESTIVAL

3 - 6 August Ballyshannon, Co. Donegal
www.ballyshannonfolkfestival.com

50TH CLONMANY FESTIVAL

6 - 13 August Clonmany, Co. Donegal
www.clonmanyfestival.com

FLEADH CHEOIL CHILL CHARTHA

7 - 13 August Kilcar, Co. Donegal
www.kilcarfestivals.com

LUGHNASA INTERNATIONAL FRIEL FESTIVAL

14 - 20 August Letterkenny
www.angrianan.com

ALL IRELAND COASTAL ROWING CHAMPIONSHIPS 2017

18 - 20 August Ballyshannon
www.donegalbayrowingclub.com

A TASTE OF DONEGAL FOOD FESTIVAL

25 - 27 August Donegal Town
www.atasteofdonegal.com

SEPTEMBER

GLENTIES FAIR DAY

12 September Glenties,
www.facebook.com/Glenties/

JOHNNY DOHERTY MUSIC & DANCING FESTIVAL

22 - 24 September Ardara
www.johnnydohertyfestival.com

OCTOBER

CRANAFEST

21 - 22 October Buncrana
www.cranafest.ie



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NOVEMBER

ARDARA MATCH MAKING FESTIVAL
10 – 12 November Ardara
www.ardara.ie

DONEGAL LAPLAND
24 Nov – 22 December Doagh Island
Inishowen, www.doaghfaminevillage.com

SCOIL GHEMRIDH
27 November – 1 December Gweedore
www.scoilgheimhridh.com

DECEMBER

CELTIC FEAST
10 December Burt
www.angriananhotel.com

THE SANTA EXPRESS
Oakfield Park, Raphoe, Co. Donegal
www.oakfieldpark.com

SURF COAST

JUNE

SLIGO COUNTY FLEADH
1 – 4 June Sligo Town
https://comhaltas.ie/events/details/sligo_county_fleadh_2017/

COWBOYS AND HEROES
2 – 5 June Drumcoura, Ballinamore,
Co. Leitrim www.cowboysandheroes.ie

CARRICK CARNIVAL
2 – 11 June Carrick on Shannon,
Co. Leitrim
www.facebook.com/carrickcarnival

RIVERSTOWN ANNUAL VINTAGE DAY
3 June Sligo Folk Park, Riverstown
www.sligofolkpark.com

SLIGO TAPAS TRAIL
8 -10 June Sligo Town
www.sligofoodtrail.ie

FOXFORD WALKING FESTIVAL
9 – 10 June Foxford, Co Mayo
www.foxfordwalkingfestival.com

SEAN MCDIARMADA SUMMER SCHOOL
9 – 11 June Kiltyclogher, Co. Leitrim
www.seanmcdiarmada.ie

JOHN MC KENNA TRADITIONAL MUSIC FESTIVAL
9 – 11 June Drumkeeran, Co. Leitrim
www.johnmckenna.ie

LILY LOLLY CRAFTFEST
10-24 June Sligo Town, Co. Sligo
www.yeatssday.com

YEATS DAY
13 June Sligo Town
www.yeatssociety.com

WILD ATLANTIC SHANTY FESTIVAL
16 – 18 June Rosses Point, Co. Sligo
www.wildatlanticshanty.ie

2017 SLIGO ULTRA WAY
17 June Lough Talt, Sligo
www.facebook.com/Thesligowayultra

GLOHEALTH MULLAGHMORE SPRINT TRIATHLON
17 June Mullaghmore, Co. Sligo
www.triathlonireland.com

SLIGO RACES SLIGO RACECOURSE
20 June Sligo Town
www.countysligoraces.com

KNOCKLANE FESTIVAL
23 – 25 June, Ellen's Pub, Maugerhow
E:benbulbenc@gmail.com

SEA SESSIONS
23 – 25 June Bundoran, Co. Donegal
www.seasessions.com

WHAT'S ON

JULY

SLIGO CAMINO
1 July Dromahair to Coolaney
www.sligocamino.ie

AN TOSTAL FEIS
2 – 8 July Drumshanbo, Co. Leitrim
www.antostalfestival.ie

HAZELWOOD TRIATHLON
8 July Hazelwood Demesne
www.triathlonireland.com

SOUTH SLIGO SUMMER SCHOOL
9 – 15 July, Tubbercurry, Co. Sligo
www.sssschool.org

BALLINA SALMON FESTIVAL
9 – 16 July Ballina, Co. Mayo
www.ballinasalmonfestival.ie

CAIRDE SUMMER FESTIVAL
9 – 15 July Sligo Town, Co. Sligo
www.cairdefestival.com

SLIGO STAGES RALLY
9 July Sligo Park Hotel
www.connachtmotorclub.com

CARRICK WATER MUSIC FESTIVAL
12 – 16 July Carrick on Shannon,
Co. Leitrim
www.carrickwatermusicfestival.com

A COUNTRY UNDER WAVE
13 – 30 July Sligo
www.blueraincoat.com

FÉILE IORRAS
13 – 16 July Inis Gluaire, Belmullet
http://arasinisgluaire.ie/main/

JOE MOONEY SUMMER SCHOOL
15 – 22 July Drumshanbo, Co. Leitrim
www.joemooneysummerschool.com

SLIGO COUNTY AGRICULTURAL SHOW
15 July Riverstown, Co. Sligo
Tel: 087 242 2160

SLIGO RACES – FAMILY DAY SLIGO RACECOURSE,
16 July Sligo Town, Co. Sligo
www.countysligoraces.com

TREAD SOFTLY
17 -30 July Sligo Town, Co. Sligo
www.treadsoftly.ie

YEATS INTERNATIONAL SUMMER SCHOOL
20 – 29 JULY Sligo Town
www.yeatssociety.com

BALLINAMORE FREE FRINGE FESTIVAL
21 – 23 July Drumcoura City, Co. Leitrim
www.freefringefest.com

SLIGO JAZZ PROJECT & INTERNATIONAL SUMMER SCHOOL FESTIVAL
25 – 30 July Sligo Town, Co. Sligo
www.sligojazz.ie

ENNISCRONE BLACK PIG FESTIVAL
27 – 30 July Enniscrone, Sligo
www.blackpigfestivalenniscrone.com

IWAI 57TH SHANNON BOAT RALLY
28 July – 6 August Rooskey – Carrick on
Shannon www.shannonrally.iwai.ie

MAYO MANCHESTER TRADFEST
3 – 9 August Ballina
www.mayomanchester.com

JAMES MORRISON
4 – 7 August Riverstown, Co. Sligo
www.comhaltas.ie

45TH ANNUAL GLENFARNE GALA FESTIVAL
4 – 7 August The Rainbow Ballroom of
Romance, Glenfarne, Co. Leitrim
www.glenfarne.com



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'GRUB ON THE GARAVOGUE'
5 – 6 August Stephen St., Car Park,
Sligo Town, www.sligofoodtrail.com

**TUBBERCURRY OLD FAIR DAY
FESTIVAL**
5 – 9 August Tubbercurry, Co. Sligo
www.oldfairday.ie

GIRO DE BAILE
6 August Ballycastle, Co. Mayo
www.girodebaile.com

CLOONE AGRICULTURAL SHOW
7 August Cloone, Co. Leitrim
www.cloone-show.com

SLIGO RACES – EVENING
9 – 10 August Sligo Racecourse,
Sligo Town, Co. Sligo
www.countysligoraces.com

**WILD WORDS CHILDREN'S BOOK
FESTIVAL**
11 – 13 August Carrick on Shannon,
Co. Leitrim www.wildwords.ie

INVER FESTIVAL
11 – 13 August Inver, Co. Mayo
www.facebook.com/inverfestivalcomayo

**LOUGH GILL NORTHWEST HOSPICE
10KM**
12 August Swim & Relay Parkes Castle,
Co. Leitrim www.outdoorfitnesssligo.com

BELMULLET FESTIVAL
12 – 22 August Belmullet, Co. Mayo
www.belmulletheritageday.com/events.html

BALLINAMORE 51ST FAMILY FESTIVAL
13 – 20 August, Ballinamore, Co. Leitrim
www.facebook.com/ballinamorefestival

THE TASTE OF LEITRIM
13 August Organic Centre, Rossinver,
Co. Leitrim 071 985 4338

GEESALA FESTIVAL
13 – 20 August Geesala, Co. Mayo

NATIONAL HERITAGE WEEK
19 – 27 August Various Venues
around Ireland, www.heritageweek.ie

90TH MOHILL AGRICULTURAL SHOW
20 August Mohill, Co. Leitrim
www.mohillagriculturalshow.com

SLIGO RACES
22 August Sligo Town, Co. Sligo
www.countysligoraces.com

FOOD FLEADH
26 – 27 August Ballina
www.northmayo.ie/Food-Fleadh-Ballina

THE 33RD ANNUAL WARRIOR RUN
26 August Strandhill, Co. Sligo
www.warriorsfestival.com

SEPTEMBER

**23RD LOUGH RYNN HARVEST
FESTIVAL & VINTAGE DAY**
3 September Lough Rynn, Co. Leitrim
www.loughrynnvintagefestival.ie

**WORLD PAIRS ANGLING
CHAMPIONSHIPS**
4 – 8 September Ballinamore,
Co. Leitrim, www.worldpairsangling.com

CELTIC FRINGE FESTIVAL
21 – 24 September Streedagh, Grange,
Co. Sligo, www.celticfringefest.com

**FÉILE AN FHÓMHAIR ÁRAS INIS
GLUAIRE**
22 – 24 September
<http://arasinisgluaire.ie/main/>

CULTURE NIGHT
22 September Sligo Town and County,
www.culturenight.ie

**SLIGO COAST TO COAST 10 MILE
RUN/WALK/ROLL CHALLENGE**
24 September Strandhill/Rosses Point
www.facebook.com/sligocoasttocoast

WHAT'S ON

SLIGO RACES
27 September Sligo Town, Co. Sligo
www.countysligoraces.com

**FRANK FINN TRADITIONAL SINGING
WEEKEND**
29 Sept – 1 Oct Yeats Country Hotel,
Rosses Point, Sligo www.sligotradsingers.ie

OCTOBER

**SLIGO FESTIVAL OF BAROQUE
MUSIC**
6 – 8 October The Model, Sligo Town,
Co. Sligo www.sligobaroquefestival.com

**IRON MOUNTAIN LITERARY
FESTIVAL**
6 – 7 October Carrick on Shannon,
Co. Leitrim www.ironmountainfestival.ie

CONEY TO CONEY ISLAND RUN
14 October Sligo Rugby Club, Strandhill,
Co. Sligo www.coneyislandchallenge.net

SLIGO LIVE
24 – 29 October Sligo Town, Co. Sligo
www.sligolive.ie

SAMHAIN ABHAINN
28 October – 3 November Ballina
www.facebook.com/SamhainAbhainnBallina/

BELMULLET HALLOWEEN TOWN
28 – 31 October Belmullet
www.mayo.ie/news/event/belmullet-Halloween-town

FIDDLER OF DOONEY
28 – 29 October Sligo Town
www.sligolive.ie

MOHILL HORSE FAIR
29 October Mohill, Co. Leitrim
www.mohillhorsefair.com

NOVEMBER

**INTERNATIONAL IRISH FASHION
& FOOD SUMMIT 2017**
2 – 4 November Sligo,
www.iiffs.ie

ALLINGHAM ARTS FESTIVAL
9 – 12 November Bundoran
www.allinghamfestival.com

**29TH SLIGO INTERNATIONAL
CHORAL FESTIVAL**
17 – 19 November Sligo Town, Co. Sligo
www.sligochoralfest.com

DECEMBER

**VOLUNTEER IRELAND NATIONAL
AWARDS CEREMONY & CLOSING
CEREMONIES**
1 – 2 December Radisson Hotel, Sligo
www.volunteersligo.ie

BELMULLET CHRISTMAS MARKET
2 December Belmullet
<http://www.errischamber.com/>

**STRANDHILL PEOPLES CHRISTMAS
MARKET**
Hangar 1, Strandhill Airport, Strandhill,
Co. Sligo www.strandhillpeoplesmarket.ie

SANTA TOWN SLIGO FOLK PARK
Riverstown, Co. Sligo
www.sligofolkpark.com

**ANNUAL ST STEPHEN'S DAY 5KM
RUN**
South Sligo www.southsligoac.net



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ITINERARY

5 DAY ITINERARY

DAY 1

INISHOWEN PENINSULA – MALIN HEAD – BUNCRANA

STAGE 1: INISHOWEN PENINSULA (63.4KM VIA R241 AND R238)

The first leg of this extensive five-day itinerary will be spent exploring the wild and unspoilt Inishowen Peninsula (1hr 34mins). The country's most northerly headland stretches out into the Atlantic, and as well as offering fantastic views, is home to a host of local artists, continuously inspired by the area's raw beauty. See some of this art for yourself at Movice Pottery, a gallery that's been manufacturing fine handthrown stoneware for over 38 years.

From Movice, be sure to stop at Inishowen Head Discovery Point for a photo, while the Inishowen Maritime Centre and Planetarium houses an extensive collection of artefacts, exhibitions and memorabilia. Continue to wind your way right up to the tip of the peninsula where you'll find Malin Head. A walk around Banba's Crown (named after a legendary Irish queen), is simply thrilling. Wild and windswept, it's an area of both incredible scenery and ecological importance.

STAGE 2: MALIN TO BUNCRANA (39.3KM VIA R238)

When you've finished exploring this untamed corner of the world, make your way back towards Buncrana via the coast road. There's lots to see on the way – Fort Dunree Military Museum is just one highlight; from its scenic setting on the peninsula, this museum offers a glimpse into the region's rich military history.

You'll also be particularly struck by Grianán of Áileach. Rising 250m above sea level, this impressive monument is thought to date back to the Iron Age, and from its top you'll be afforded unbelievable views of the entire peninsula. Finally, continue into Buncrana, an idyllic seaside resort always bustling with activity. Settle down for a tasty dinner, enjoy the town's friendly pubs, and finally bed down for the night in a local hotel or B&B.



Movice Pottery, Co. Donegal



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5 DAY ITINERARY

DAY 2

BUNCRANA – FANAD HEAD – DOWNINGS

STAGE 1: BUNCRANA TO FANAD (99.7KM VIA N13)

Next morning, set off towards another delightful Donegal headland, Fanad. A ferry runs daily during summer months between Buncrana to Rathmullan, taking you across Lough Swilly onto the Fanad Peninsula. As you breathe in the fresh sea air, you'll be afforded fantastic views of both headlands, as well as the untamed North Atlantic. Alternatively follow the coast road (R238 to Letterkenny, then R245 and R247). Just outside Rathmullan is the Kinnegar Brewing Company – during a fun tour, you'll learn how the team make their finely-crafted beers, and maybe even sample some for yourself!

Continue north towards the top of the peninsula, where you'll find the famous Fanad Head lighthouse. If you're feeling adventurous, you can rent a bike from Grassroutes (they'll deliver it to wherever you are in Donegal) and enjoy a leisurely cycle around this incredibly tranquil place. At the lighthouse, you can opt for a guided tour, where you'll step back in time to find out about the area's rich maritime history.

STAGE 2: FANAD TO DOWNINGS (18.2KM VIA R248)

Continue your journey to Downings (20mins) across the impressive Harry Blaney Bridge, which links the Fanad and Rosguill peninsulas, and offers incredible views of Mulroy Bay. There's a range of thrilling watersports on offer with the Adventure One team on Ballyhiernan Bay, while a stroll across gorgeous Trá na Rossan beach is guaranteed to soothe the soul. Enjoy some well-earned rest at one of Downings's accommodation options.



Tra na Rossan, Co. Donegal

5 DAY ITINERARY

DAY 3

DOWNINGS – SLIABH LIAG – DONEGAL

STAGE 1: DOWNINGS TO SLIABH LIAG (172KM VIA N56)

Day three is all about an incredible drive (a little under four hours from start to finish!) with plenty of memorable highlights along the way. Stop off at the 16th century-era Doe Castle, before heading on to Ards Forest Park. Sitting between Creeslough and Dunfanaghy, the park is a true evergreen treat, boasting a rich abundance of plant and wildlife. As you continue on your drive, you'll encounter some of the Wild Atlantic Way's most impressive Discovery Points, including Horn Head, Cnoc Fola, Narin/Portnoo Strand and Glengesh Pass, all of which offer amazing sights.

The brightest gem of the day is found at Sliah Liag, however. Stand tall some 600m high and enjoy terrific views of Donegal Bay, the Atlantic Ocean and the Sligo Mountains. There's plenty to discover at the dedicated visitor centre too, where you'll get a feel for the local food, culture and charming sense of humour.

STAGE 2: SLIABH LIAG TO DONEGAL TOWN (48.7KM VIA R263 AND N56)

Next, an hour's drive takes you to lively Donegal Town where you'll meet the people who bring real Irish conviction and tradition to the region. Donegal Craft Village is an excellent showcase of Irish contemporary art, and a thriving environment where artists craft their work with glass, bronze, textiles, wood and precious metals. Bed down for the night in one of the town's many accommodation options before gearing up for day four...



Slieve League, Co. Donegal



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5 DAY ITINERARY

DAY 4

DONEGAL – MULLAGHMORE – DRUMCLIFFE – SLIGO

STAGE 1: DONEGAL TOWN TO MULLAGHMORE HEAD (53.4KM VIA N15)

As you travel south on a 52-minute drive, take a break at Rosstown Beach and marvel at the wonderful sea views before moving on to Ballyshannon, believed to be the oldest town in all of Ireland. The surfing mecca of Bundoran, meanwhile, is home to the so-called 'Fairy Bridges' – blowholes created by the area's rock formations once said to be haunted by mystical fairies! Next, discover the majesty of Mullaghmore Head, a legendary surfing spot that attracts adventurous souls from all around the globe. Affectionately known as the 'Big One', its impressive waves have been known to reach up to 30 metres! Finally, enjoy a well-earned rest locally.

STAGE 2: MULLAGHMORE HEAD TO DRUMCLIFFE (26.3KM VIA N15)

Moving through the Dartry mountain range, drive to the Benvisken Centre and onwards to the Gleniff Horseshoe; a 10-kilometre loop along quiet roads that serves up spectacular views of the mountains. Back on the N15, the nearby Streedagh Beach marks a unique historical site – three Spanish Armada ships were wrecked here in 1588. Drumcliffe, a significant monastic site, meanwhile, hosts individual beauty all its own, including the final resting place of legendary writer WB Yeats and the remnants of a 10th century high cross and round tower. You'll find another inspirational source for Yeats at the nearby Glencar Waterfall, which features in his haunting poem, 'The Stolen Child'. If peckish after all that exploring, get a bite to eat amidst friendly atmosphere at the Drumcliffe Tea House and Craft Shop or the TeaShed, Glencar.

STAGE 3: DRUMCLIFFE TO SLIGO (9.2KM VIA R286)

Onto the city of Sligo next, with the stunning Benbulbin mountain for company along the 12-minute journey. Drive around Lough Gill, home to Yeats' Lake Isle of Innisfree, and enjoy a stroll through the Hazelwood Sculpture Trail. Sligo is a bustling cosmopolitan haunt with an old-world feel, its mix of friendly nightlife and ancient wonder the perfect blend of Irish culture. Foodies will be instantly enamoured by the town once they discover the delicious Sligo Food Trail! Hikers meanwhile can avail of great looped walks in the area, while history buffs will feel right at home among its 5,000+ archaeological sites, and revellers in search of a festival vibe won't have to look too far. Get a good night's sleep before you set off on the final leg of your tour...



For more information, call into our **Tourist Offices** (listed on page 1 of this guide) or see www.wildatlanticway.com or download the **Wild Atlantic Way app**

5 DAY ITINERARY

DAY 5

SLIGO – STRANDHILL – EASKEY PIER – BALLINA

STAGE 1: SLIGO TO EASKEY PIER (53.6KM VIA R292 AND N59)

It's just shy of an hour from Sligo to lovely Easkey Pier. First though, stop off at Strandhill, a fantastic spot for surfing, and home to a number of revitalising walks, from Strandhill beach to Culleenamore Strand and Killaspugbrone. Stay on the coast road in order to reach Easkey, where you'll find O'Dowd's Castle, built in 1207 and another grand location to stretch the legs. There are some gentle cycle routes around this charming area too, with bike hire available in the village. You can even throw your own pot at friendly Rosie's Pottery!

STAGE 2: EASKEY PIER TO BALLINA (27.2KM VIA R297)

On your final stage of this epic journey, head to the seaside splendour of Enniscrone, where five kilometres of sandy beach, a 27-hole golf links course and world-renowned seaweed baths make up this enchanting playground. Don't miss the 'Black Pig' statue and its accompanying tale of a wild boar said to have magical powers! And then it's on to Ballina, home of the famous River Moy and Ridge Pool. Finish this fantastic tour with a visit to the ruins of Moyne Abbey and Rosserk Friary, which date back to the 15th century, as well as St. Muredach's Cathedral and the storied Belleek Woods.

That's just one of our many Wild Atlantic Way itineraries; you'll find more on www.wildatlanticway.com or on the FREE app covering all six zones with lots of diverse activities and interests.



Ballina Quays - Credit: Alison Crummy



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GETTING AROUND

BUS

BUS EIREANN - HOP ON / HOP OFF VISITOR BUS PASS

This open-road Tourist Bus Pass which allows unlimited travel on its services nationwide for a period of 3 days out of 6 consecutive days. For more information please contact Bus Eireann.

Tel: 01 836 6111 www.buseireann.ie or Sligo Office Tel: 071 9160066.
Bus Eireann offers local, regional and national services throughout Ireland.

PRIVATE BUS COMPANIES:

Thebus.ie
Tel: 071 9163092, www.thebus.ie Service between Sligo & Dublin on Fridays & Sundays.

Bus Feda Tel: 074 9548114, www.feda.ie
2 daily services between Crolly, Co. Donegal and Galway City (3 services on Fridays and Sundays). Bus service from Donegal to Glasgow four days a week all year round. Private coach hire available.

John McGinley Tel: 074 9135201, www.johnmcginley.com
West Donegal / Inishowen to Dublin daily and Donegal to Glasgow (Scotland).

Paddy Gallagher Coaches Tel: 074 9531107 www.gallaghercoaches.com.
Donegal to Derry/Belfast.

McGeehan Coaches Tel: 074 9546150 www.mcgeehancoaches.com.
Donegal to Dublin.

Mangan Bus Tours Tel: 074 9128410, www.mangantours.ie,
Daily services West Donegal to Letterkenny. Operates May to September with tours seven days per week www.donegaltours.ie

RAIL

IARNRÓD ÉIREANN IRISH RAIL NETWORK

Tel: 1850 366222 www.irishrail.ie
Sligo Office Tel: 071 9169888.

FROM/TO DUBLIN

There are daily services from/to Dublin:
Sligo serving, Dromod, Carrick-on-Shannon, Boyle, Ballymote, Collooney.
Westport & Castlebar.

GETTING AROUND

BIKE HIRE

CO. DONEGAL

Cope Cycles, Dungloe, Tel: 074 9522641 www.thecope.ie

Grassroutes, Letterkenny, Tel: 087 6655599 www.grassroutes.ie

Cycle Inishowen, Carndonagh, Tel: 074 9374856 www.cycleinishowen.com

Ireland By Bike, Carrick, Tel: 087 2118638, www.irelandbybike.com

CO. LEITRIM

Electric Bike Trails, Leitrim Village, Tel: 071 9623609 www.electricbiketrails.com

CO. SLIGO

Wild Atlantic Ways, Sligo Town, Tel: 085 8888181 www.wildatlanticways.ie

Northwest Adventure Tours, Riverside Hotel, Sligo Town, Tel: 087 125 9594,
www.northwestadventuretours.ie

CO. MAYO

Bicycle Hire at Leim Siar, Belmullet 097 85004 www.leimsiar.com

Bike Hire at Broadhaven Hotel, Belmullet 097 20600 www.broadhavenbay.com

The Talbot Hotel Bike Rental, Belmullet 097 20484 www.thetalbothotel.ie



Top Tip: A good option when looking to co-ordinate public transport in Ireland is www.transportforireland.ie. The Transport for Ireland Journey Planner is a useful tool that shows the services that are available. You can use the Journey Planner online, or download the app for android or iPhone.



Easkey, Co. Sligo Credit: Alison Crummy



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