

A 4-day Family Adventure in a UNESCO Global Geopark



Whatever your interest, from water sports to heritage, from cycling to hiking, you can explore it in the Burren and Cliffs of Moher UNESCO Global Geopark where the surroundings will stop you in your tracks. Connect with each other and the unique landscape of the Geopark through your favourite activity.



Day 1: Walk it

- Arrive in the Geopark and discover the Burren on foot. Join **local guide Marie** of Burren Experience guided walks for an enlightening and Discover the **Burren Perfumery**, Ireland's oldest working perfumery, located in the heart of the Burren, stop for **afternoon tea** and see how natural ingredients found in the hedgerows and fields of the Burren are made into beautiful smelling perfumes.
- After checking into your accommodation and relaxing for a moment, seek out the foods and **flavours of the Burren** in an award-winning Burren Food Trail chef-led restaurant. **Wild Honey Inn** in Lisdoonvarna



Day 2: Bike it and Climb it

- Begin the day with an early **morning cycle** through the heart of the Burren, listen to the bird song and discover **ancient sites** before finishing up at Burren Fine Wine and Food in Ballyvaughan for a wonderful Burren Breakfast.
- From Ballyvaughan head south to Doolin stopping at the **Doolin Cave**. Take a journey 180 feet below ground to discover the Great Stalactite, at over 23 ft long it weighs over ten tonne.
- Once you have returned to the surface it'll be time for a spot of lunch. In the village of Doolin you will find **Stonecutter Kitchen**, a Burren Food Trail member that offers the perfect place for a relaxing Burren lunch.
- Refreshed and reenergised it's time to discover the Burren from a height. **Adventure Burren's climbing experiences** take you to the mountains and costal crags of the Geopark.
- Spend the evening relaxing and reliving the days adventures over dinner at the award-winning **restaurant at Sheedy's country house** hotel in Lisdoonvarna.



Day 3: Surf it and Kayak it

- Get invigorated by learning to **surf** the crashing Atlantic waves with Lahinch adventures
- After a morning spent exploring the Atlantic from the sea head north along the Wild Atlantic way to the World famous **Cliffs of Moher** and see the ocean from the top of the 200ft cliffs. Explore the visitor centre and get a bite to eat in the **café**.
- Keep heading north on the Wild Atlantic way and enjoy the **scenic drive** up to Blackhead and into the village of Ballyvaughan, stopping
- Explore the rugged Burren coastline from the water with The Burren Outdoor Education Centre. **Kayak** through **Galway Bay** discover sheltered inlets and wildlife inhabited islands with the backdrop of the Limestone Mountains of the Burren.
- On your final night in the Geopark enjoy **dinner, traditional Irish music**



Day 4: Forage it

- Join local guide Oonagh of **Wild Kitchen** on a journey of discovery as she shares her knowledge and passion for good food. Discover many edible types of seaweed, herbs, roots, flowers and fruits on this walk through the Burren Hedgerows followed by a wild food picnic lunch
- On your way home take one last stop at the **Burren Nature Sanctuary**, which captures the essence of the UNESCO landscape, their walking **trail** takes you through 5 of the Burren habitats featuring seasonal wild flowers. Explore a fairy woodland and a disappearing lake and enjoy one last Burren bite in their **café**
- After an enlightening morning it's time to head home.....to plan your next trip



Stay: The Falls Hotel, Ennistymon, Co. Clare – A family run hotel with leisure centre in the market town of Ennistymon

www.fallshotel.ie

Doolin Hostel, Doolin, Co. Clare – A family focused hostel that offers a family focused experience

www.doolinhostel.ie

