



Welcome to a compelling selection of up to 20 different activities and adventure pursuits to be enjoyed outdoors in Ireland's most distinctive of landscapes. Whether you seek a rush of adrenalin or a restful escape, come join us in this natural wonderland.

BURREN

In the stunning surrounds of the UNESCO-recognised Burren and Cliffs of Moher Geopark you will find the longest cave system in Ireland, the largest stalactite in Europe, the Burren National Park, the Carron Nature Reserve, and a host of wild flora and fauna waiting to be discovered either on foot, from a kayak, in the saddle, behind an easel or even from a ridge.

The best way to discover the Burren is in the company of a knowledgeable and professional guide, who will delight in sharing the secrets, mysteries, scents and silences of this beautiful and dramatic landscape with you. The vast range of outdoor activities on offer means that there is something suitable for all interests and all levels of fitness.

#### Your next adventure is just around the corner!

BURREN OUTDOOR ACTIVITY & ADVENTURE is a joint initiative of the Burren & Cliffs of Moher Geopark and the Burren Ecotourism Network. Both organizations are committed to the promotion of responsible courism that conserves the environment and improves the well being of local people, and are working together to promote 'The Burren & Cliffs of Moher Geopark' as a leading ustainable visitor destination, celebrated for high standards in vi experience, conservation and learning



1. Adventure Come with us and experience the Burren like Burren we do. Our aim is to ensure

you enjoy your time with us. All activities are tailored to suit you and you don't need to be super-fit! We are Ecotourism Ireland certified and we offer quality adventure activities with people who care about what they do. Our

rock-climbing experiences will bring you to the mountains and coastal crags of the Burren while our hill-walking puides will take you off the beaten track to see ancient monuments.

wallscapes and an amazing variety and density of wild flowers. Max 8 persons per activity.

FIND US IN CARRON Mobile: +353 (0)87 224 4569 Email: Christy@adventureburren.com Web: www.adventureburren.com Meeting point: Old Carron Church. When: Year-round. BOOKING: VIA WEB, EMAIL OR PHONE

2. Aillwee Cave & Birds of Prev Centre welcomes Birds of Prey Centre visitors to The Burren in County Clare. Our family gives your family a chance to explore its weirdly shaped underworld, to enjoy the majestic Birds of Prev and hone essential survival skills in our woodland craft village. Hear and feel the beat of a falcon's wing as it swoops. Smell the earthy

dampness of a long dried up river bed decorated with twikling crystalline formations. Challenge yourself by testing your aim of learning how to make fire. Indulge in the tasty rewards of smoky cheese or sweet fudge.

FIND US NEAR BALLYVAUGHAN Tel: +353 (0)65 7077 036 Email: tracy@aillweecave.ie Web: www.aillweecave.ie SAT. NAV. : N. 53.091838, W.9.150317

3. Boghill Centre We are a sustainable eco-venue offering a 5-day interactive "Eco

Experience" of nature based and creative activities. This package includes sustainable building techniques, wild life surveying, organic gardening, ceramics,

flax weaving, natural sculpture making, guided Burren walks or bird watching tours, vegetarian cooking, optional Holistic therapies and evening of traditional Irish music and dancing sessions in the local pubs. The programme has been designed to create an awareness of environmental interaction and how to get closer to nature and it uses resources found on the Boghill estate – clay, flax and

willow

FIND US NEAR LISDOONVARNA Tel: +353 (0)65 7074 644 Email: boghill@eircom.net Web: www.boghill.com Meeting point: Boghill Centre. When: Jul 25th, 2015 - Jul 31st, 2015 or Aug 9th, 2015 - Aug 15th, 2015 GPS: N 53 01602 W 9 25271 BOOKING-VIA WEB EMAIL OR PHONE

4.Burren Coaches There are so many activities available in the Burren and all within

Cob Ruil

relatively short distances from your accommodations so don't let the problem of getting there stop you from making it happen. Whether it's surfing, climbing, kayaking or just plain walking in the great outdoors, at Burren Coaches we cater for advising, booking and transporting small groups towards the activity of their choice.

> Why not walk from A to B without worrying about how to get back to the car...our service will move you!

> > FIND US IN NEW QUAY Tel: +353 (0)65 7078 009 Email: info@burrencoaches.com Web: www.burrencoaches.com Meeting point: You decide When: Year-round BOOKING: VIA PHONE, OR EMA

5.Burren Experience Guided Walks heart of the Burren has a

degree in Heritage and a deep passion for what she calls Wilderness Therapy. On the mountains of Sliabh Rua & Mullaghmore you will gain insight on this magical place, with its intriguing limestone pavement, diverse array of wild flowers and abundant wildlife

Why not join local guide

Marie on an enlightening

and exhilarating walk.

Marie, who lives in the

Mobile: +353 (0)86 8219 441

When: Year-round, BOOKING: VIA PHONE OR EMAIL





the Burren followed by a delicious mouth-watering breakfast. Starting at 7.30am, when the roads are quieter and the birds are singing, pedal peacefully through this spectacular landscape, a truly magical experience for you and your family. The breathtaking view you will get of the Burren and the surrounding countryside is sure to be a highlight on your visit to the area. Min:5 Max: 10 - €25 or €32 with bike hire.

FIND US NEAR BALLYVAUGHAN Tel: +353 (0)87 7633 241 Email: info@burrenwine.ie Web: www.burrenwine.ie

Meeting point: Burren Fine Wine & Food, Ballyvaughan When: Mid-May to Mid-September. GPS: 53.1153, -9.14898

### 7.Burren Free Range Pork sustainable small farm holding in operation

Food production from farm to fork will be explained and tasted. In addition, by visiting neighbouring farms you will get an insider's view of how food has been produced for generations. Along the way you will see the archaeological riches of the region. In an informal and very relaxed



# 8.Burren Journey

We offer week long packages right in the south side of the Burren and its thriving local community. Spend the week with us walking, cycling, listening and learning. We provide a beautiful place to

the company of expert guides. Our 2015 programme includes fishing, caving, gardening, visiting sacred sites and field trips with botanists, archaeologists and a geologist. We also explore farms which are part of the award-winning Burren conservation project. The holiday includes all expenses except alcohol and travel to the Burren.

#### FIND US IN COPOEIN

Web: www.burrenjourney.com Meeting point: Corofin When: May to September

9. Burren Nature Visit the award winning Sanctuary Sanctuary, a 'Secret gem on the Wild Atlantic

Wav'. Burren Nature Sanctuary is the interpretive centre for the natural history of the Burren. Learn about the flora, fauna and limestone karst landscape. Visit our botanic display-The Burren Bubble, the

Disappearing Lake, the mile long nature walks through 5 of the Burren habitats and meet the animals. Enjoy our farm cafe, play inside or out and visit the fairy woodland village. A magical place, Burren Nature Sanctuary -explore-discover-connect. FIND US NEAR KINVARA

Tel: +353 (0)91 637 444 Email: info@bns.ie Web: www.bns.ie Meeting point: Cloonalee, Kinvara, Co Galway.

When: Daily 10-6pm. GPS: N53.12 W8.93 BOOKING: VIA WEB, EMAIL OR PHONE



underground with the Burren Outdoor Education Centre. We provide unique, vivid and

memorable experiences of the Burren through adventure. Explore underground passages and streams, climb on limestone crags

or kayak in local bays to view the Burren from the sea. Our qualified and experienced tutors and guides will bring you to the special places in the Burren, off the beaten track.

FIND US IN BELHARBOUR All equipment provided. Tel: 353 (0)65 7078 066 Email: burrenoec@clarevec.ie Web: www.burrenoec.com Meeting point: Our Centre. When: Mid January - Mid December. BOOKING: VIA EMAIL OR PHONE

The Burren region hold 11. Burren Way many secrets - from ring Mountain Bike forts and cairns to its music, food and people Tours - the exquisite limestone landscape itself offers up som

mpressive and exciting mountain oiking. So why not join us on one of our off-road guided mountain vike tours and explore the hidden, the secret, the road less travelled nd take the exhilarating, adrenalin umping, heart thumping plunge to this amazing area. Breathe it. e it. Bike it - with Burren Way Mountain Bike Tours.

FIND US NEAR DOOLIN Mobile: +353 (0)85 1195 489

Email: info@burrenwaymountainbiketours.com Web: www.burrenwaymountainbiketours.com Meeting point: Depends on Tour. Free Pick-up. When: March - October



Burren (12.15pm start).

The Burren Walking Centre is based on the 150 year old Connolly Farm right in the heart of the Burren & Cliffs of Moher UNESCO-recognised

We offer professionally-guided walking and hiking tours. Head guide John Connolly has a B.A. in Irish Heritage. Join John or

one of his team in exploring the Burren. Choose from our daily 1 hour Introduction to the Burren walk (11am start) or our daily 2.5 hour walk Discover the

#### FIND US IN BELHARBOUR

Mobile: +353 (0)87 8779 565 Email: info@burrenwalks.com Web: www.burrenwalks.com Meeting point: Our Centre When: Year-round. BOOKING: VIA PHONE OR EMAIL





FIND US NEAR KINVARA Phone: +353 (0)91 637 680 Email: dave@burrenyoga.com Web: www.burrenyoga.com Meeting point: Our Centre, Cappaghmore, Kinvara. When: Year-round, BOOKING: VIA PHONE, WEB OR EMAIL

14. Clareville House We offer guided walks on the Kitchen Garden Burren limestone and along the Burren shoreline. Our guide, Deborah Evers, shows you how to use ancient landscape navigation techniques while also highlighting the unique ecology, flora and fauna of the landscape. Observation is key and you will be encouraged to record with your eyes, camera or sketchbook, Our Burren Walk focuses on a wildflower theme in the Spring and on food foraging in the Autumn. Our Shoreline Walk includes observation of migrating birds and seashore foraging. Recipes are provided Email booking essential. FIND US IN BALLYVAUGHAN Mobile: +353 (0)86 8038 477 Email: burrenkitchengarden@gmail.com Web: www.burrenkitchengarden.com Meeting point: St. John's Hall, Ballyvaughan, When: Email for details.

### 15.Coisceim Anama

Our visitors will participate in a spiritual walk in the Burren & Cliffs of Moher Geopark. They will reconnect with nature and with the landscape in a special way by active participation in rituals and circle dance at sacred places. Silent walking and walking with an intention are integral parts of the spiritual walk. "Coisceim Anama" is the Irish for "Footstep of the Soul" Visitors are facilitated to find Tranquillity of Mind, through Inspirational Walks in the Burren and Cliffs of Moher Geopark.

# 16.Doolin Cave Nature Trail

Doolin Cave - Tour to the Great Stalactite, Take a 45minute journey, with your guide, to the heart of Doolin Cave home to the Great Stalactite. Suspended like a magnificent chandelier from the ceiling of the cathedral-like

chamber, the Great Stalactite is over 23 feet long and weighs over ten tonnes. It is truly astounding. This fully guided cave tour takes you 180 feet into the limestone caverns of the Burren formed over hundreds of thousands of years. You will not see anything like it anywhere in the world

Web: www.facebook.com/coisceimanama Meeting point: N52.91146, W9.06629

#### FIND US NEAD DOOLIN

FIND US IN COROFIN

Tel: +353 (0)87 9828 173 Email: piusm@eircom.net

Mobile: +353 (0)65 7075 761 Email: tours@doolincave.ie Web: www.doolincave.ie Meeting point: Doolin Cave When: March to November 10-5pm GPS: 53 0419 -9 3450 BOOKING VIA PHONE OR EMAIL



Atlantic Way for the Aran Moher and the Burren The Doolin Ferry Company is a

family-owned business which is part of the largest ferry company operating between Doolin and the Aran Islands, With over 50 years of sea-going experience in these waters and pioneers of the spectacular Cliffs Of Moher cruise, the safety of our passengers is our top priority. We operate a fleet of four ships with a capacity for 332 passengers and sail from March to October.

FIND US IN DOOLIN Phone: +353 (0)657075555 Email: sales@doolinferry.com Web: www.doolinferry.com Meeting point: Kiosk on Doolin Pier When: Saturday June 6th 11am 1nm & 3nm sailings BOOKING: WWW.DOOLINFERRY

18.Doolin 2 Arann Ferries

Cliffs of Moher Cruise Take a ferry to Inis Oirr and stay there for 3.5 hours, plenty of time to explore this small, ancient island. Visit the shopwreck,

Combination Trip to

Aran Islands and the

Puffins

the lighthouse and the stone-age fort and castle. Relax on the beach and enjoy lunch in a pub or café. On the way back, you will travel south under the Cliffs of Moher and marvel at the sheer scale of



FIND US IN DOOLIN Mobile: +353 (0)65 707 5949 Email: info@doolin2aranferries.ie

Web: www.doolin2aranferries.com Meeting point: Doolin Pier, Doolin. When: March - October Caption: viewing the Cliffs of Moher

19.e-WHIZZ e-whizz offers guided and self guided tours of the Burren on high quality Kalkhoff electric bikes. Or you can simply hire a bike and set off to explore the amazing Burren landscape in your own time. Our routes use small backroads and take in Burren landmarks, such as the Cliffs of Moher, Poulnabrone Dolmen and many other scenic and historic sites. Our guides are locals with in-depth knowledge of the area.

e-whizz tours are suitable for cyclists of any ability from the age of 16 and up.

Max: 8 people @ €35pp

Mobile: +353 (0)87 6277 000

Fmail: info@e-whizz.com

Web: www.e-whizz.com

Meeting point: Kilfenora

When: Year-round

FIND US IN KILFENORA BOOKING: VIA PHONE, EMAIL OR ONLIN

20. Heart of Heart of Burren Walks Burren Walks offers a wide variety of guided walks in the majestic, rocky Burren.

The menu includes a summer scheduled progamme in the Burren National Park, archaeology walks, spirituality walks and weekend walking breaks. Walks vary from hour long strolls to invigorating day-long hill walks. The walks feature entertaining and informative commentaries on the geology, flora, archaeology, fauna, farming and folklore of the Burren. Your guide, Tony Kirby, is the author of the critically-acclaimed book The Burren and the Aran Islands -

A Walking Guide, which is now on its third print-run.

FIND US IN KILFENORA Mobile: +353 (0)87 2925 487 Email: info@heartofburrenwalks.com Web:www.heartofburrenwalks.com Meeting point: Burren Centre, Kilfenor When: Year-round





Tel: +353 (0)65 7088 931

Tel: +353 (0)65 6837 555 Email: Brendan@burrenjourney.com



When: Afternoons, year round, Booking essential, GPS: N52.98621011, W-9.19232726 BOOKING VIA PHONE OR EMAIL



# Join us on our farm to fork tour - steeped in social history and archaeology, you will see a working

#### 21.Lahinch We believe Adventures providing a wide range of quality outdoor adventure activities, with low staff to student ratios, quality equipment &

coaching and a focus on participation. We want to you to get the very best from your experience and we do this by giving you as much time as possible

actually doing the activity rather than just listening to someone explain it to you. Based in Lahinch Co. Clare we are surrounded by a vast array of unique outdoor opportunities, from crashing waves to stunning limestone cliffs. Activities offered include surfing, archery, sea-kayaking and cycling.

FIND US IN LAHINCH Mobile: +353 (0)86 8448 622 Email: info@lahinchadventures.com Web: www.lahinchadventures.com Meeting point: Lahinch. When: Year-round

# 22.North Clare Sea Kayaking

"Magical. Exciting. Invigorating. Stunning - An absolute blast" - are just some of the comments from our delighted visitors. Recharge while paddling alongside playful seals or conquer your fears with an exhilarating paddle into

hidden sea caves. Explore the diverse and intricate coastline of County Clare in the comfort of a sea kayak. Each of our fully guided tours are tailor-made to suit your holiday whether you are traveling with your kids, or having a romantic getaway, let us show you a great time - the Irish way! Be Adventurous with North Clare Sea Kayaking!

FIND US NEAR DOOLIN Mobile: + 353 (0) 85 119 5489 Email: northclareseakayaking@gmail.com Web: www.northclareseakayaking.com Meeting point: Depends on Tour. Free Pick-up. When: March - October

#### 23.Wild Kitchen seasonal, local, nutritious

and free. Join Oonagh from WildKitchen on a journey of discovery along the WILD ATLANTIC WAY and surrounds, as she shares her knowledge and passion for good food, guiding Wild Food Walks. Discover many edible types of Seaweed, Wild Herbs, Roots, Flowers, Fruits and Nuts. Learn plant identification and how to forage sustainably. Walks include a picnic in the wild, using some of nature's larder.

Learn about the many wonderful uses of wild food, by joining our cookery classes, or Wild Food Supper Club.

Wild Food is

FIND US NEAR LAHINCH. Mobile: +353 (0)87 6877 890 Email: info@wildkitchen.ie Web: www.wildkitchen.ie Meeting point: Depends on walk

When: March - October









ARCHER Lahinch Adventures CAVING Burren Outdoor Education Centre **BIKING & ELECTRIC BIKING**  e-whizz
② Lahinch Adventures GUIDED BURREN WALKS Adventure Burren Surren Experience Guided Walks Burren Wild Tours Heart of Burren Walks 6 Coisceim Anama

# Getting Here & **Getting Around**

The Burren & Cliffs of Moher Geopark App is an up-to-date visitor directory of all activities and services in the region. It includes information on all public and private transport options e.g. bus routes, taxis, bicycle hire, car pooling. It also provides mapping and directions to all locations and premises in the area.

Useful information for travelling responsibly to and within the Geopark can also be found or www.burren.ie/getting-here

MOUNTAIN-BIKING Burren Way Mountain Bike Tours NATURAL NAVIGATION Clareville House Kitchen Garden ROCK-CLIMBING Adventure Burren Burren Outdoor Education Centre **(1)** Lahinch Adventures SEA KAYAKING Burren Outdoor Education Centre ② North Clare Sea Kayaking SURFING

> Be considerate of others Respect farm animals and wildlife Travel and camp on durable ground Leave what you find Dispose of waste properly Minimise the effects of fire

Practicing a Leave No Trace ethic is very simple: Make it hard for others to see or hear you



# An International Treasure; A Local Way of Life

-

'Global Geopark' is a UNESCO recognised designation, awarded to regions with outstanding geology and unique cultural heritage. In the Burren and Cliffs of Moher Geopark you will find an internationally acclaimed landscape, forged by nature and humans, where cultural traditions co-exist with contemporary life.

Geoparks are places where people live and work in a protected landscape. We take great pride in working together to balance conservation with the need to support livelihoods.

Geoparks provide not only beautiful and inspirational landscapes to explore, they also give visitors many opportunities to engage with local life. In our Geopark trained and accredited local hosts provide a genuine and entertaining experience of our place and our culture.

Geoparks put great emphasis on learning and education. We give visitors opportunities to learn more about our place through festivals, publications, visitor centres, geosites, guided activities and social media. We are very proud of the UNESCO recognised Global Geopark designation. To maintain the designation we must continue developing our region in ways that are good for our landscape, good for our community, and good for you, the visitor

We invite you to stay a while, explore, discover and enjoy our special place.

The Geopark Team Clare County Council.



www.burrengeopark.ie.

WILD ATLANTIC WAY



We are located at the perfect mid-way point on Ireland's Wild Atlantic Way, the longest coastal touring route in the world. So whether you're travelling northwards or southwards along the west coast of Ireland, the Burren & Cliffs of Moher Geopark is the ideal place to stop and linger. Let us take you on your own journey of discovery to experience the Burren, fondly known as 'The Fertile Rock'. Starting from any of the Wild Atlantic Way Discovery Points along our coastline, we can offer you a chance to get to know award-winning food producers and chefs, and to select from the best of accommodation choices, along with spectacular cycling and walking routes as well as adventure activities in the sea, on the sea and on land. Our celebrated geological heritage includes many natural wonders, most famously the dramatic Cliffs of Moher and the awe-inspiring limestone landscape of the Burren uplands. We are proud to welcome you to a truly special place. Welcome to the Fertile Rock!

**(2)** Lahinch Adventures Principles

Plan ahead and prepare

and LEAVE NO TRACE of your visit





3 Boghill Centre

(3) Wild Kitchen

for details on our

WILD FOOD & FORAGING WALKS

( Clareville House Kitchen Garden

YOGA OUTDOORS (incl. Guided Burren walks) **(3)** Burren Yoga Retreats

Visit www.burren.ie/events

**Adventure & Activity Saturdays** 

The members of the

Burren Outdoor Activity

& Adventure Trail

are bound by their commitment

to building a sustainable future for the region.

They are also committed to providing quality

adventure and activity experiences, to the highest

standards of safety and instruction, which you

can enjoy in the company of qualified,

experienced and professional guides.