

# A Cultural Discovery in a UNESCO Global Geopark

Whatever your interest, from archaeology to adventure, from geology to botany, there is something at the Burren and Cliffs of Moher Geopark that will stop you in your tracks.



## Day 1: Explore the Rocks over ground and underground

- Begin your Geopark journey of discovery at the world famous **Cliffs of Moher**. Explore the visitor centre, get a guided tour of the cliffs, and find out why the geology makes for a great nesting location for the thousands of seabirds that make the cliffs their summer home.
- Travel on to the village of Doolin and delve into the underground with a guided tour of **Doolin Cave**, home to the magnificent 23 foot long Great Stalactite before strolling through their farmland nature trail.
- Check into your accommodation and before exploring why the fertile rocks of the Burren produce such wonderful beef and lamb at the award-winning Burren Food Trail **restaurant at Sheedy's country house** hotel in Lisdoonvarna.



## Day 2: Discover the mysteries of the past through the Archaeology and Built Heritage

- Begin your day in the village of Kilfenora, visit **the Burren Centre** – and interpretive centre for the natural and cultural history of the Burren – explore the **medieval Cathedral** and the greatest concentrations of high crosses in Ireland.
- Grab a bite in the Centre tea room before your cycle
- Explore the **archaeology from the comfort of an electric bike** with local guide Janet from E-whizz - Visit the iconic **Poulnabrone** dolmen along with lesser known ring forts and ancient cooking sites.
- Stop for lunch at **Caherconnell ring fort**, afterwards roam the fort and watch sheep dog demonstrations before travelling back to Kilfenora.
- Spend late afternoon exploring the **Victorian spa wells** in the village of Lisdoonvarna
- Seek out the foods and flavours of the Burren in an award-winning Burren Food Trail chef-led restaurant. **Wild Honey Inn** in Lisdoonvarna boasts a Michelin bib gourmand and champions local and seasonal produce.



## Day 3: The Flora of the Burren

- Begin your morning exploring the UNESCO designated landscape with local walking guide Tony Kirby of **Heart of Burren Walks**. Choose from a selection of walking trails: The Burren National Park Trail, The Burren Nature reserve trail, or the Fanore coastal trail. Each trail offers spectacular Burren scenery, the chance to discover Burren Wild Flowers and ancient archaeological sites.
- Lunch can be had at the **Burren Perfumery** in their spectacular rose covered cafe. After lunch, see how natural ingredients found in the hedgerows and fields of the Burren can make beautiful smelling perfumes
- After lunch head north to the village of Kinvara, stopping at Corcomore abbey – a 13<sup>th</sup> century Cistercian abbey





- In Kinvara make your way to the **Burren Nature Sanctuary** – Their walking trail takes you through 5 of the Burren habitats featuring seasonal wild flowers. Explore the Burren Botany Bubble, the organic meadow and the disappearing lake
- Travelling back to your accommodation stop in the coastal village of New Quay to dine overlooking the Atlantic at **Linnanes Lobster bar** who serve the freshest seafood with a relaxing pint.



## Day 4: Discover the mountains

- Experience the wilderness of the Burren Mountains with local **walking guide Marie** of Burren Experience guided walks. Explore the history of the land and its people, view old farmsteads and the ancient famine roads on **Mullaghmore**.
- After an enlightening and exhilarating walk take a drive through the scenic landscape and discover **Aillwee** Mountain where you can explore the underworld of the Burren in the show **cave**, take a walk with a hawk or watch a flying display at the birds of prey centre, indulge your taste buds with smoky cheese and sweet fudge at the farm shop.
- Before you depart the Geopark stop in the village of Ballyvaughan **for lunch at Hylands Burren hotel**, where you will be met with a warm welcome, a seasonal Burren menu and the tranquillity to relive your journey.



**Stay: Sheedys County House Hotel** - A Family-run 4-star 18th Century country house in Lisdoonvarna.

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

**Ballinsheen House** – A stylish four star bed and breakfast in Lisdoonvarna with a warm welcome and excellent local breakfast menu

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

