

# Clare's Wild Atlantic Way

## Loop Head and the Burren & Cliffs of Moher Geopark

### Sample 7 day itinerary

Experience and explore the heritage, culture and landscape of Clare's Wild Atlantic Way.



### Day 1: Loop Head Peninsula

- Arrive on Loop Head Peninsula and join Laura from Long Way Round Walking Co for a guided walk around Kilcredaun, hearing tales of folklore and local history.
- Enjoy the scenic drive into Carrigaholt visiting the old ruined castle along the way.
- Stop off for a bite to eat at the award-winning gastro pub – the Long Dock for some great local grub.
- Spend the afternoon out at sea with Dolphin Watch – there are about 200 dolphins living in the EU Special Area of Conservation – so you are sure to spot at least a few frolicking in the mouth of the Shannon.
- Check in to the Old School B&B in Cross village, a beautifully renovated and restored National School dating back to 1893.
- Grab a local cab and finish your day with dinner back at the The Long Dock – great atmosphere, signature dishes and enjoy a pint or two before heading back to Cross to your B&B for the night.



### Day 2: Loop Head Peninsula

- Explore the seaside town of Kilkee on two wheels with a local guide from Bog Road Bike Tours who will tell you all the Victorian history of the town and then take you out the coast road with its stunning cliffs, panoramic views and wild history.
- Stop in at the Strand Bistro and sit in the window overlooking the rolling waves, with a lovely bowl of seafood chowder and fresh brown bread.
- For the more adventurous visitor, let Nevsail Water Sports take you on an unforgettable kayaking tour of the stunning horseshoe Kilkee Bay exploring all the hidden nooks and crannies.
- Check into the award winning, family-run Stella Maria Hotel, where you will be in the centre of town and the hub of the action.
- Before you head out for dinner why not head to the Kilkee Thalassotherapy Centre where you can chill out in a seaweed bath in one of their 100 year old seaweed bath tubs or one of their many other relaxing alternatives.
- Enjoy a sumptuous meal at the award winning Murphy Blacks Restaurant – where you can taste the freshest fish in town and sample some great wines.
- Round out your day with a visit to the Greyhound Bar, one of the best kept secrets on the west of Ireland.



### Day 3: Loop Head Peninsula

- Start your morning off by getting up close and personal with some stunning scenery on the Kilkee Cliff Walk, grab some tea and scones or lunch in The Diamond Rocks Café perched right on the edge of the Atlantic Ocean and overlooking the world famous Pollock Holes, three natural sea water filled swimming pools,...who knows maybe even jump in!
- Drive around the peninsula on the new Loop Head Peninsula Heritage Trail, soaking up the local history before you arrive at the famous Loop Head Lighthouse.
- Wander the grounds around the Lighthouse, including the WWII Eire sign and lookout point, the Hanging Gardens and Diarmuid & Grainne's rock before climbing the steps to the top of the Lighthouse.
- After leaving the spectacular views of the Lighthouse, stop in Keating's Bar in Kilbaha for a cosy pint by the fire and a chat with the locals at the counter.
- Finish your day with dinner at Naughtons Bar or The Strand Bistro – where fresh seafood tops the menu as you might expect this close to the ocean.



### Day 4: Burren & Cliffs of Moher Geopark

- Start the day with a drive north, heading to the Burren & Cliffs of Moher Geopark, via Lahinch village and their beautiful sandy beach.
- Stop in to Lahinch Adventures if you fancy a surf lesson before heading further north to the world famous Cliffs of Moher and explore the Visitor's Centre and get a guided tour of the Cliffs.
- Travel further on and to the edge of the Burren; take your lunch at the Roadside Tavern in Lisdoonvarna where their microbrew and local salmon is always on the menu. Right next door is the Burren Smokehouse, well worth a visit, where some of the world's best known smoked salmon is smoked.
- Delve into the underground with a guided tour at Doolin Cave, home to the magnificent 23 foot long Great Stalactite before strolling through their farmland nature trail.
- Next, on to the spectacularly well preserved Caherconnell Ring Fort, explore the fort and watch for the sheep dog demonstrations as well. Finish your day of sight-seeing with the symbol of the Burren - Poul nabrone, the magnificent megalithic tomb in the heart of the Burren's karst landscape.
- Check in to your accommodation; Hotel Doolin, in Doolin village and enjoy a relaxing pint, dinner and some traditional music in their popular Fitz's Pub.



### Day 5: Burren & Cliffs of Moher Geopark

- Follow the famous Corkscrew Hill down into the village of Ballyvaughan, taking in the views of Galway City and the Bay.
- Take a morning kayak paddle in Ballyvaughan Bay with North Clare Sea Kayaking, friendly seals, crystal clear water and flocks of sea birds await you.
- 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.
- Join John Connolly of Burren Wild Tours, for a guided walk on his family's farmland, exploring St Coleman's Well and learning farming traditions and folklore of the Burren.
- After your walk, visit Hazel Mountain Chocolate, the Burren's only bean-to-bar chocolatier. Sample their beautifully made chocolates and enjoy a cup of hot cocoa in their cosy Cafe.
- Check into the stunning Gregan's Castle Hotel, at the foot of the Corkscrew Hill and enjoy a sumptuous dinner overlooking the Bay.



### Day 6: Burren & Cliffs of Moher Geopark

- Get your day off to an early start with Burren Fine Wine & Foods Early Bird Cycle, where local guide Cathleen will bring you through the quiet countryside before cooking you up a fantastic breakfast.
- Pay a visit to the Flaggy Shore, made famous by Seamus Heaney, and follow the Heritage Trail Loop, to discover the history of the area and points of interest along the way.
- Treat yourself to some award winning, locally produced ice cream at Cafe Linnalla's, where they make use of wild berries and fruits for their flavours.
- Just further north is the Burren Nature Sanctuary, a highly innovative interpretive centre for the natural history of the Burren. Enjoy a walk around their grounds before sitting down to a lunch of locally produced artisan food.
- Join Tim and Terry from Backwest Adventures for a trip into the Burren's underground landscape. Explore the breathtaking caves that run for miles underneath the Burren's limestone rocks.
- Check into your accommodation for the night, Sheedy's Hotel & Restaurant in Lisdoonvarna, and enjoy a beautiful meal from owner, John Sheedy's kitchen and gardens.
- Finish your evening with a quiet glass of wine by the fire or for some lively music, the Roadside Tavern is just a 2 minute walk.



### Day 7: Burren & Cliffs of Moher Geopark

- Join Oonagh from Wild Kitchen on her morning foraging walk, where you will learn about all the edible plants growing on the shoreline before cooking up a delicious lunch using all fresh local ingredients harvested by you.
- After lunch, it's time to head home....to plan your next trip to Clare's Wild Atlantic Way!

