

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 and improves the well being of local people, and are working togethe to promote 'The Burren & Cliffs of Moher Geopark' as a leading able visitor destination, celebrated for high standards in experience, conservation and learning







## 1. Adventure Come with us and Burren

experience the Burren like 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 mides will take you off he beaten track to see

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 Prey Centre

Centre welcomes 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 Prey 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 or 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: tracv@aillweecave.ie Weh: www.aillweerave.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

FIND US NEAR LISDOONVARNA Tel: +353 (0)65 7074 644 Fmail: hoghill@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 WER EMAIL OR PHONE

# 4.Burren Coaches

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

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.



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.

## 5.Burren Experience Guided Walks

Why not join local guide Marie on an enlightening and exhilarating walk. Marie who lives in the 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.

The legacies of past generations, the old farm homestead, ancient famine road and various monuments all feature in Marie's walk, exploring the history of the land and its people.

FIND US NEAR COROFIN Mobile: +353 (0)86 8219 441 Email: burrencottage@clareireland.net Web: www.mullaghmore-burren.com Meeting point: Clare Heritage Centre, Corofin. When: Year-round, BOOKING: VIA PHONE OR EMAIL

## 6. Burren Fine Wine & Food

Enjoy an early morning guided tour through the heart of

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

## 7.Burren Free Range Pork

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

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

atmosphere you will feel that you are seeing the living rren, and also become part of day to day Burren life. FIND US IN KILFENORA

## Tel: +353 (0)65 7088 931

Email: burrenpork@gmail.com Web: www.burrenfreerangepork.com Meeting point: Kilfenora. When: Afternoons, year round. Booking essential. GPS: N52.98621011, W-9.19232726 BOOKING: VIA PHONE OR EMAIL

## 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 come and relax and also be in

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

Tel: +353 (0)65 6837 555 Email: Brendan@burrenjourney.com 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 Way'. 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, Kinyara, Co Galway. When: Daily 10-6pm. GPS: N53.12 W8.93 BOOKING: VIA WEB. EMAIL OR PHONE

## 10.Burren Outdoor Education Centre

Discover the Burren above and 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. All equipment provided. FIND US IN BELHARBOUR

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

## 11. Burren Way Mountain Bike Tours

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

Patrick & Kelly O'Read

mpressive and exciting mountain oiking. So why not join us on one of our off-road guided mountain oike tours and explore the hidden, the secret, the road less travelled nd take the exhilarating, adrenaling umping, heart thumping plunge ito this amazing area. Breathe it. se 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

### 12.Burren wild Tours

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 Geopark.

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 Burren (12.15pm start).

#### 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

## 13 Burren Yoga Retreats

Burren Yoga Retreats offer award winning Yoga weekends and week-long yoga retreat holidays all year

round. Suitable for complete beginners to regular practitioners, all ages and all levels of fitness are

catered for. 90% of our visitors come to us on their own. A complete package of the best yoga and meditation instruction, comfortable accommodation, guided outings, amazing vegetarian food by Paddi our famous chef and outdoor activities including surfing, kayaking, boat trips to the Cliffs of Moher, hill walks, strolls by the sea and so much more.

### FIND US NEAR KINVARA

and along the Burren

landscape. Observation is key and

you will be encouraged to record

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

with your eyes, camera or

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 EMAI

shoreline. Our guide, Deborah Evers, shows you how to use

FIND US IN BALLYVAUGHAN Mobile: +353 (0)86 8038 477

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

16.Doolin Cave

Nature Trail

Stalactite. Take a 45minute

Doolin Cave - Tour to the Great

journey, with your guide, to the

heart of Doolin Cave home to the

Great Stalactite. Suspended like a

magnificent chandelier from the

chamber, the Great Stalactite is over 23 feet long and

guided cave tour takes you 180 feet into the limestone

weighs over ten tonnes. It is truly astounding. This fully

caverns of the Burren formed over hundreds of thousands

of years. You will not see anything like it anywhere in the

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

ceiling of the cathedral-like

Geopark.

rimals 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".

Inspirational Walks in the Burren and Cliffs of Moher

Visitors are facilitated to find Tranquillity of Mind, through

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

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

FIND US NEAR DOOLIN

Email: burrenkitchengarden@gmail.com Web; www.burrenkitchengarden.com

ancient landscape navigation techniques while also

highlighting the unique ecology, flora and fauna of the

Kitchen Garden

#### 14. Clareville House We offer guided walks on the Burren limestone

18.Doolin 2 Combination Trip to Aran Islands and the Arann Ferries Cliffs of Moher Cruise Take a ferry to Inis Oir

17. Doolin Ferry Your gateway on the Wild

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

Islands, the Cliffs of

The Doolin Ferry Company is a

Moher and the Burren

Company

from March to October.

FIND US IN DOOLIN

Phone: +353 (0)657075555

Email: sales@doolinferry.com

Web: www.doolinferry.com

1pm & 3pm sailings

Meeting point: Kiosk on Doolin Pie

When: Saturday June 6th, 11am,

and stay there for 3.5 hours, plenty of time to explore this small, ancient island. Visit the shopwreck 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



guarding the edge of Ireland You might even spot some

these prehistoric giants

### FIND US IN DOOLIN

Mobile: +353 (0)65 707 5949 Email: info@doolin2aranferries.iv 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

# FIND US IN KILFENORA

Mobile: +353 (0)87 6277 000 Email: info@e-whizz.com Web: www.e-whizz.com Meeting point: Kilfenora When: Year-round.

# 20. Heart of

Heart of 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

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

BOOKING: VIA PHONE, EMAIL OR ONLIN

# Burren Walks

now on its third print-run.

FIND US IN KILFENORA

21.Lahinch We believe Adventures

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 Fmail: 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

Wild Food is 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.



Fmail: info@wildkitchen.ie Web: www.wildkitchen.ie Meeting point: Depends on walk When: March - October



2 Aillwee Cave & Birds of Prey Centre

Stole

Hiffs of Mohs

- **6** Doolin Cave
- Burren Nature Sanctuary
- **7** Burren Free Range Pork
- **LEARNING IN THE LANDSCAPE**

~~~

- **8** Burren Journey
- **BOAT TOURS**
- Doolin Ferry Company
- **(8)** Doolin 2 Arann Ferries
- **ACTIVITY TOURS**
- **4** Burren Coaches

#### ARCHER'

Lahinch Adventures

Clink Broad

- CAVING
- **10** Burren Outdoor Education Centre

1

(3)

- **BIKING & ELECTRIC BIKING**
- e-whizz
- Lahinch Adventures
- **GUIDED BURREN WALKS**
- Adventure Burren
- Surren Experience Guided Walks
- Burren Wild Tours
- Meart of Burren Walks
- Coisceim Anama

The Burren & Cliffs

# MOUNTAIN-BIKING

**(1)** Burren Way Mountain Bike Tours

**13 11** 

Carrane

- NATURAL NAVIGATION
- (i) Clareville House Kitchen Garden
- ROCK-CLIMBING
- Adventure Burren
- Burren Outdoor Education Centre
- 4 Lahinch Adventures
- SEA KAYAKING
- **(ii)** Burren Outdoor Education Centre
- North Clare Sea Kayaking
- SURFING
- Use Lahinch Adventures

## Principles

Plan ahead and prepare Be considerate of others Respect farm animals and wildlife Travel and camp on durable ground

Leave what you find

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







SUSTAINABLE BUILDING TECHNIQUES

WILD FOOD & FORAGING WALKS

(4) Clareville House Kitchen Garden

YOGA OUTDOORS (incl. Guided Burren walks)

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.

3 Boghill Centre

Wild Kitchen

(3) Burren Yoga Retreats

for details on our

## 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

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.









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!



App Store of Moher Geopark App is an up-to-date visitor directory of all activities all public and private transport options e.g. bus routes, taxis, bicycle hire, car pooling.

the Geopark can also be found on www.burren.ie/getting-here

www.leavenotraceireland.org





and services in the region. It includes information on It also provides mapping and directions to all locations and premises in the area.

Useful information for travelling responsibly to and within

Dispose of waste properly Minimise the effects of fire

and LEAVE NO TRACE of your visit







Coole Park

Visitor Centre E