



DISCOVER MORE WITH A GUIDE



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.

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.

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.

1. Adventure Burren. Come with us and 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.

2. Allwee Cave & Birds of Prey Centre. Birds of Prey 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.

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 sculpting 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.

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.

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.

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.

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.

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.

9. Burren Nature Sanctuary. Visit the award winning Burren Nature Sanctuary, a 'Secret gem on the Wild Atlantic Way'. Burren Nature Sanctuary is the interpretive centre for the natural history of the Burren.

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.

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

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.

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.

14. Clareville House Kitchen Garden. We offer guided walks on the 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.

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.

16. Doolin Cave Nature Trail. Doolin Cave - Tour to the Great Stalactite. Take a 45 minute 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.

17. Doolin Ferry Company. Your gateway on the Wild Atlantic Way for the Aran Islands, the Cliffs of 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.

18. Doolin 2 Aran Ferries. Combination Trip to Aran Islands and the Cliffs of Moher Cruise. Take a ferry to Inis Oírr and stay there for 3.5 hours, plenty of time to explore this small, ancient island. Visit the shipwreck, the lighthouse and the stone-age fort and castle. Relax on the beach and enjoy lunch in a pub or café.

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.

20. Heart of Burren Walks. Heart of Burren Walks offers a wide variety of guided walks in the majestic, rocky Burren. The menu includes a summer scheduled programme in the Burren National Park, archaeology walks, spirituality walks and weekend walking breaks.

John Kirby

21. Lahinch Adventures

We believe in 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 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: northclareskayaking@gmail.com
 Web: www.northclareskayaking.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.

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




ATTRACTIONS ① Aillwee Cave & Birds of Prey Centre ② Doolin Cave ③ Burren Nature Sanctuary ④ Burren Free Range Pork LEARNING IN THE LANDSCAPE ⑤ Burren Journey BOAT TOURS ⑥ Doolin Ferry Company ⑦ Doolin 2 Arran Ferries ACTIVITY TOURS ⑧ Burren Coaches	ARCHERY ① Lahinch Adventures CAVING ⑩ Burren Outdoor Education Centre BIKING & ELECTRIC BIKING ⑪ e-whizz ⑫ Lahinch Adventures GUIDED BURREN WALKS ⑬ Adventure Burren ⑭ Burren Experience Guided Walks ⑮ Burren Wild Tours ⑯ Heart of Burren Walks ⑰ Coisecim Anama	MOUNTAIN-BIKING ① Burren Way Mountain Bike Tours NATURAL NAVIGATION ⑫ Clareville House Kitchen Garden ROCK-CLIMBING ① Adventure Burren ⑩ Burren Outdoor Education Centre ⑫ Lahinch Adventures SEA KAYAKING ⑩ Burren Outdoor Education Centre ⑮ North Clare Sea Kayaking SURFING ⑫ Lahinch Adventures	SUSTAINABLE BUILDING TECHNIQUES ① Boghill Centre WILD FOOD & FORAGING WALKS ⑫ Clareville House Kitchen Garden ⑬ Wild Kitchen YOGA OUTDOORS (incl. Guided Burren walks) ③ Burren Yoga Retreats
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Visit www.burren.ie/events for details on our Adventure & Activity Saturdays

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, geosties, 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



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 on www.burren.ie/getting-here



Principles

Plan ahead and prepare
 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 and LEAVE NO TRACE of your visit



www.leavenotraceireland.org

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.



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!