ACTIVITY & HERITAGE

In the stunning surrounds of the 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.

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 as they guide you on a bike or a hike, through a cave, along a ridge or even a river.



See the Burren on a Bike

Take a journey along the back roads of the Burren and discover the sights and sounds of the Geopark. The vast network of quiet roads take you to historic sites, through villages and into local life.

💽 E-whizz

Take a guided or self-guided tour of the Burren on high quality Kalkhoff electric bikes. Or simply hire a bike and set off to explore the amazing landscape in your own time. Our routes are on quiet back roads and visit many of the scenic and historic sites. **T.** +353 (0)87 627 7000 **E.** info@e-whizz.com

W. www.e-whizz.com Location: Kilfenora Open: Year-round

🔇 🚺 🖉 Early Bird Cycle with **Burren Fine Wine and Food**

Enjoy an early morning guided tour through the heart of the Burren followed by a delicious mouth-watering breakfast. Starting when the roads are quieter and the birds are singing, pedal peacefully through this spectacular landscape.

T. +353 (0)87 763 3241 **E.** info@burrenwine.ie W. www.burrenwine.ie Location: Ballyvaughan GPS: N 53.1153 W -9.14898 Open: Mid-May-mid-September





Don't just visit the Burren... Taste it!

The fertile valleys of the Burren have long been known for their quality food produce, particularly for the production of beef and lamb thanks to a unique and ancient system of farming. In recent years, this food tradition has expanded through the emergence of many award-winning chef-led restaurants and high quality artisan food producers, as well as an increase in practising market gardeners and growers.

We invite you to join us and get involved in our Burren Food Story. We are passionate about our food, growing and producing it locally for you to enjoy. Themed trails and a weekly food series uncover the path your food takes from field to plate. Come along and meet the producers, dine in award-winning restaurants and learn about the fertile valleys of the Burren.





Archaeology, Built Heritage & Pilgrimage

The Burren is one of the richest archaeological landscapes in western Europe with over 500 ring forts sitting alongside Neolithic tombs and sacred sites. The Burren takes you on a journey through the ages.

🔃 Heart of Burren Walks

Offering a wide variety of guided walks through the landscape and the Burren National Park with commentaries on the geology, flora, archaeology, fauna, farming and folklore of the Burren.

T. +353 (0)87 292 5487 E. info@heartofburrenwalks.com W. www.heartofburrenwalks.com

Meeting point: Burren Centre, Kilfenora When: Year-round

🔇 Coisceim Anama

Coisceim Anama, meaning Footstep of the Soul, offer inspirational walks in the beautiful Burren. Walkers are given the opportunity to slow things down, take things one step at a time and awaken the senses. T. +353 (0)87 982 8173 E. piusmurray23@gmail.com W. www.coisceimanama.ie

Meeting point: N 52.91146 W -9.06629 (Corofin)

W W The Burren Centre & Kilfenora Ceili Band Parlour

Take a walk through time and be introduced to the ancient mysteries of the Burren. Go back to a time when this area lay beneath a warm tropical sea and follow the story of the formation of the Burren's landscape.

T. +353 (0)65 708 8030 **E.** info@theburrencentre.ie **W.** www.theburrencentre.ie Location: Kilfenora, Co. Clare, Ireland



Farm to Fork Trail

rearing with cattle, sheep and goats grazing on the rich herb grasses of the 'Fertile Rock'. Our speciality producers and staurants showcase the rich flavour of the local produce.

Trail

36

C Gleninagh Lamb

/isit a working sheep farm that offers lamb direct to food lovers cut he way they desire. Take a walk with farmer Donal around the farm, neet the animals and hear how they are raised.

T. +353 (0)86 812 8129 **E.** farmdirect@ymail.com Location: Gleninagh, Ballyvaughan, Co. Clare **Open:** By appointment from April-October

C The Burren Craft Butcher

Distinguished and multiple award-winning craft butcher Neil Hawes supplies Burren beef and lamb. Try the range of marinated BBQ meats and the famous award-winning American style steak burger. T. +353 (0)65 707 5696 E. neilfhawes@gmail.com Location: Main Street, Lisdoonvarna, Co. Clare **Open:** Mon – Sat 8.30am - 6.30pm

C Burren Free Range Pork Farm

A small sustainable rare breed pig farm. Owners Eva and Stephen invite you to meet the animals see how they are farmed and cared for and even taste some of their award-winning meats.

T. +353 (0)65 708 8931 **W.** www.burrenfreerangepork.com Location: Kilfenora, Co. Clare GPS: N 52.98621011 W -9.19232720 **Open:** Afternoons by appointment

Wild Honey Inn

Boasting a Michelin 'Bib Gourmand' and two AA Rosettes, our menu elebrates everything that is local and seasonal. Our philosophy simple. We source the finest and freshest seasonal produce from th waters and the wild of Ireland's wonderful natural larder, "Wild food rom Land and Sea".

T. +353 (0)65 707 4300 **W.** www.wildhoneyinn.com Location: Lisdoonvarna, Co. Clare **Open:** Dinner only 5.30pm to 9.00pm. Closed Tuesday for food

Sheedy's Hotel and Restaurant

AA 2 Rosette Restaurant where chef John Sheedy's signature dish is Rack of Burren lamb with herb crust served with local New Quay spinach. John sources as many ingredients as possible from local artisan producers.

T. +353 (0)65 707 4026 **W.** www.sheedys.com **Location:** Lisdoonvarna, Co. Clare.

Open: Restaurant open 6.30pm, last orders 8pm



of the Burren

anically, the Burren is a fascinating landscape with Arctic, Alpine and Mediterranean flowers growing side by side. The rich fertile valleys and seashores of the region also provide an abundance of edible wild plants, herbs and seaweed.

W The Burren Nature Sanctuary

Capture the essence of the Burren, wandering through this rock strewn lunar landscape. Visit Botany Bubble – national botanical collection of Burren flora. Identify seasonal wild flowers, butterflies and orchids, explore an organic meadow and a disappearing lake. Creative seasonal café menu.

T. +353 (0)91 637 444 **E.** info@bns.ie W. www.bns.ie Location: Cloonasee, Kinvara, Co. Galway GPS: N 53.12 W -8.93 Open: 10-6pm daily

The Burren Perfumery

Burren Perfumery make natural and organic cosmetics by hand in the middle of the Burren. Browse the shop, see how the products are made, relax in the tea rooms and explore the herb garden.

T. +353 (0)65 708 9102 **E.** info@burrenperfumery.com W. www.burrenperfumery.com Location: Fahee North, Carron, Co. Clare

Open: Daily (Tea room open April-September)

Wild Kitchen

Nild Food is seasonal, local, nutritious and free. Join local guide Donagh on a journey of discovery as she shares her knowledge and passion for good food. Discover many edible types of seaweed, wild nerbs, roots, flowers, fruits and nuts.

T. +353 (0)87 687 7890 E. info@wildkitchen.ie W. www.wildkitchen.ie **Open:** March-October



ish family farms since the 1970's. Take the Cheese Trail and visit family run farm, watch cheese being made using traditional ethods and visit a local market.

🖒 St. Tola Goat Farm

Award-winning and critically acclaimed artisan goats cheese. Visit the working farm, meet the animals, learn about their sustainable farming practices and of course taste the cheese. **T.** +353 (0)65 683 6633 **W.** www.st-tola.ie Location: Maurice's Mills Ennistymon, Co. Clare

GPS: N 52.90155106 W -9.17675972

Open: Easter-October Mon-Fri 10am-4pm, closed bank holiday Mon

🔼 Burren Gold Cheese @ Aillwee

Burre<mark>n Gold is a firm</mark> textured Gouda style farmhouse cheese made in the traditional way and using milk from the neighbouring farm. Visit the farm shop at Aillwee, see the cheese being made and taste the different flavours.

T. +353 (0)65 707 7036 **W.** www.aillweecave.ie Location: The Farm Shop, Aillwee Cave & Birds of Prey Centre, Ballyva<mark>ughan **GPS:** N 53.091838 W -9.150317</mark> **Open:** Daily 10am – 6pm

Ballyvaughan Farmers Market

Establish in 2003 this bustling and vibrant farmers market is recognised as a premium food market with wholesome quality food from local pr<mark>oducers.</mark>

W. www.facebook.com/BallyvaughanFarmersMarket Location: St. John's Hall, Ballyvaughan

Open: Every Saturday, May - October, 10am-2pm

Gregans Castle Hotel

Award-winnin<mark>g fine dini</mark>ng. Serving creative and modern dishes using fresh, local ingredients. Delight in the signature dish of pickled beetroot & St. T<mark>ola Goat's</mark> Cheese Ravioli with Burren Smokehouse trout and avoca<mark>do.</mark>

T. +353 (0)65 707 7005 **W.** www.gregans.ie

Location: Ballyvaughan, Co. Clare **GPS:** N 53.07698<mark>6 W -9.186</mark>287 Open: 6pm-9pm Monday, Tuesday, Thursday, Friday and Saturday

Explore the Coast

he rugged Atlantic Coast of the Geopark offers caves and inlets, sea stacks and dramatic cliffs along with stunning views of the Aran Islands and Galway Bay.

κ Lahinch Adventures

What better way to see the coast than to get out and get active! Learn to surf the crashing Atlantic waves, kayak and SUP through bays and inlets, rock climb the coastal crags or try archery and climbing at our indoor centre on Lahinch Promenade.

T. +353 (0)86 844 8622 E. info@lahinchadventures.com W. www.lahinchadventures.com Location: Lahinch, Co. Clare Open: Year-round

🚺 Doolin2Aran Ferries

Take a ferry with us to the Aran Islands and experience the culture of island life. For a day to remember, you can also choose to combine this with a cruise back by the world-famous Cliffs of Moher.

T. +353 (0)65 707 5949 **E.** info@doolin2aranferries.com W. www.doolin2aranferries.com **Open:** March-October

Location: Tourist Information Office, Hotel Doolin & Doolin Pier

🔇 Doolin Ferry Company

Ferry yourself away to the Aran Islands and Cliffs of Moher. Journey to Ireland's traditional past and enjoy breath-taking views of Ireland's most famous cliffs with Bill O'Brien and his master Sea Captains and crew. Witness the migrating sea birds nest and feed their young. T. +353 (0)65 707 5555 E. sales@doolinferry.com

W. www.doolinferry.com Location: Kiosk on Doolin Pier **Open:** March-October

🖤 🚯 Cliffs of Moher

Standing at 200 metres above the ocean and running for over eight kilometres the Cliffs of Moher are breath-taking. Visit the Atlantic Edge Exhibition, take a walk on the cliff path and see the gothic style 19th century O'Briens Tower.

T. +353 (0)65 708 6141 E. info@cliffsofmoher.ie W. cliffsofmoher.ie **Open:** Year-round





mily trail. Meet animals, eat ice cream on the beach, ride the zip wire, connect with the landscape and each other while enjoying tasty local produce with hidden vegetables!!!

The Burren Nature Sanctuarv

Explore the fairy woodland, meet Cookie the donkey and Frisky he goat on this magical Burren farm. Relax in the café – fish cakes, savoury scone, organic salads, great coffee. No fizz no fry – all vegetables hidden! Avoca shop. All weather adventure play. **T.** +353 (0)91 637 444 **W.** www.bns.ie

Location: Cloonasee, Kinvara, Co. Galway **Open:** 10-6 daily

🔼 🚺 🖉 Linnalla Ice Cream

Wa<mark>lk the fam</mark>ous Flaggy Shore on your way to Linnalla Ice Cream Café. Take in the stunning views of the Burren. The sea air will whet your appetite for the artisan ice cream produced on this traditional dairy farm. **T.** +353 (0)87 785 7569 **W.** www.linnalla.ie

· Nour Ouror n. Co. Clai

Open: 11am-7pm (May-October). November-April W/E noon-6pm

Doolin Cave Café

The perfect lunch stop that combines local food with an opportunity to explore t<mark>he undergr</mark>oun<mark>d an</mark>d over ground of the Burren. Follow the Doolin Cave Nature Trail through wildflower meadows and meet the rare breeds of cattle, pygmy goats, Soay and Jacob sheep along with the ducks and chickens.

T. +353 (0)65 707 5761 **W.** www.doolincave.ie Location: Doolin Cave, Doolin, Co. Clare **Open:** 10am-5pm (April-October)

Stonecutters Kitchen

Catering for families with home-cooked fresh food. The award-wining family run bistro is set in a 100 year old traditionally built stone cottage boasting views of the Atlantic and a playground to keep the young explorers entertained.

T. +353 (0)65 707 5962 W. www.stonecutterskitchen.com Location: Cliffs of Moher Road, (R478) Doolin, Co. Clare Open: 11am - 9.30pm high season; 12pm - 8pm mid season 12.30pm-6pm low season; (Easter-end October)



Discover the Mountains

Experience the wilderness of the Burren Mountains, visit the ancient sites, go underground and take in the peace and tranquillity of Sliabh Rua, Mullaghmore and Aillwee.

🚷 🖉 Aillwee Cave and Birds of Prey Centre

On a trip to Aillwee Mountain you can explore its weirdly shaped underworld of its cave, enjoy the majestic Birds of Prey, hone essential survival skills in the woodland craft village and indulge in the tasty rewards of smoky cheese or sweet fudge in the farm shop. **T.** +353 (0)65 7077 036 **E.** tracy@aillweecave.ie W. www.aillweecave.ie GPS: N 53.091838 W -9.150317

W Burren Experience Guided Walks

Join local guide Marie on an enlightening and exhilarating walk on Mullaghmore. Explore the history of the land and its people, view old farm homesteads and ancient famine roads.

T. +353 (0)86 8219 441 E. burrencottage@clareireland.net W. www.mullaghmore-burren.com

Meeting point: Clare Heritage Centre, Corofin Open: Year-round



Taste the Ocean Trail

afood on offer. Discover the taste of the ocean with foragin lks, cooking demonstrations, tastings and a little indulg

Wild Kitchen

Take a wild food walk on land and seashore, taste edible wild plants, learn plant folklore, recipes and identification tips, walks can include a picnic lunch/cookery demos, we create 'pop up' wild food experiences n unusual venues

T. +353 (0)87 687 7890 W. www.wildkitchen.ie Location: Wild Kitcher Callura South, Lahinch, Co. Clare **Open:** February-October

Sea Salt Café

Situated in the coastal village of Doolin, this quaint seaside café is the perfect place to stop for a coffee and a light-bite. Don't forget to samp the baked salmon, feta and poppy seed muffins! T. +353 (0)85 774 3137 Location: Fisher Street, Doolin.

Surren Smokehouse

Discover the secret of how we smoke and handcraft our Irish Organic lmon following an ancient tradition. View the kiln, watch the smoking rocess on DVD and taste the organic salmon in the visitor centre. 353 (0)65 707 4432 **W.** www.burrensmokeh Location: Kincora road, Lisdoonvarna, Co. Clare **Open:** Apr-Sept 9.30am-5pm, Oct-Mar 10am - 4pm (can vary)

W Kieran's Kitchen @ The Roadside Tavern

Offering a great place to relax with traditional music most evenings an an award-winning menu. Try the signature dish of Burren Smokehouse hot smoked salmon served on a base of spring onion mash, wilted gree

and a wholegrain mustard, lemon and cream sauce. **T.** +353 (0)65 707 4084 **W.** www.roadsidetavern.ie

Location: Lisdoonvarna, Co. Clare

Open: 12pm-4pm; 6pm-9pm. Mid-March to late Octobe

Linnane's Lobster Bar

uated on New Quay pier and overlooking the Atlantic, Linnane's <mark>ature dish is a sea</mark>food platter of organic smoked salmon, prawns ab meat, crab claws, mussels and clams, served with traditional nemade brown bread.

T. +353 (0)65 707 8120 **W.** www.linnanesbar.com

Location: New Quay, The Burren

Open: Summer: daily at 12.30pm; Winter: Friday-Sunday at 12.30pm W Wyland's Burren Hotel

ong established family run hotel in the village of Ballyvaughan. With a cus on seafood, the menu changes with the seasons. Hylands offer a wa welcome with an open fire mixed with the tranquillity of bygone charm. **T.** +353 (0)65 707 7037 **W.** www.hylandsburren.com

Location: Main Street, Ballyvaughan Open: Year-round

Rocks, Rocks Everywhere

The Burren is a remarkable place, it is a landscape of hills, valleys, plateaus and cliffs, of beaches, caves and limestone pavement. Discover the unique geological character of the region.

Real Representation Outdoor Education Centre

Discover the Burren above and underground through adventure. Go caving in underground passages and streams, climb on limestone crags or kayak in local bays to view the Burren from the sea.

T. +353 (0)65 707 8066 **E.** burrenoec@clarevec.ie W. www.burrenoec.com Location: Belharbour, Co. Clare

Open: Mid January-mid December

🔃 🌒 🖉 Doolin Cave

Discover the Great Stalactite. Take a tour 180 feet below ground into the limestone caverns of the Burren where you'll find the Great Stalactite. At over 23 feet long it weighs over ten tonnes. **T.** +353 (0)65 707 5761 **E.** tours@doolincave.ie

W. www.doolincave.ie **Location:** Doolin **GPS:** N 53.0419 W -9.3450 **Open:** March-November 10am-5pm

🐼 Adventure Burren

Explore the Burren like they do. Their rock-climbing will bring you to the mountains and coastal crags while their hill-walking will take you off the beaten track to ancient monuments and wallscapes. T. +353 (0)87 224 4569 E. christy@adventureburren.com

W. www.adventureburren.com Meeting point: Old Carran Church

Open: Year-round



arms and beekeepers. Come and discover the secrets of gardeners, take a Cookery Master Class, pick some fruit, visi the Farmers Market where you can chat with the growers and enjoy the best of locally produced seasonal food.

🚺 🖉 Clareville House Kitchen Garden

Growers of soft fruits, vegetables and herbs for their 'Burren Kitchen Garden' range of sweet and savoury preserves. Visit them and take a Burren cookery master class, go foraging or find them at Ballvvaughan Farmers Market.

T. +353 (0)86 803 8477 W. www.burrenkitchengarden.com Location: Ballyvaughan, Co. Clare **Open:** Contact Deborah for cookery classes, walks or dinner

M Burren Fine Wine and Food

Nestled in the hills of the Burren in a century old stone coach house we specialise in summer lunches, afternoon tea, quality wines, and gourmet hampers. Lunches are a <mark>bl</mark>end of local and regional ingredients accompanied by owner Cathleen's baking nd gardening skills. 🛛 💧

T. +353 (0)87 763 3241 **W.** www.burrenwine.ie Location: Corkscrew Hill Road, (N67), Ballyvaughan **Open:** Daily, Mid May-mid September

Kinvara Farmers Market

Renowned for its friendly atmosphere, liv<mark>e music and vast</mark> array of fresh local produce and crafts. Kinvara Fa<mark>rmers market tak</mark>es place every Friday from April to November.

T. +353 (0)87 9495 769 **W.** www.kinvara.com/farmersmarket Location: Main Street in the heart of Kinvara Open: Every Friday, April-November, from 10.00am-2.00pm

🔿 🚺 Hazel Mountain Chocolate

A unique Bean to Bar boutique chocolate factory with a farm-to-fork café, which focuses on healthy, fresh, unprocessed gluten and dairy free food, using produce from their farm poly tunnel. Stop a while, have lunch, take a tour of the Bean to Bar shed and visit the tasting room. T. +353 (0)87 990 3000 W. www.hazelmountainchocolate.com Location: Oughtmama, Bellharbour, Co. Clare **Open:** 10am-6pm (booking advised)

W Fitz's Bar @ Hotel Doolin

Famous for its traditional Irish music and nightly sessions along with its own beer called Dooliner. Stop in any time of day for a spot of cas dining - with mouth-watering local seafood and meats accompanied b fresh herbs and vegetables from their poly tunnel. **T.** +353 (0)65 707 4111 **Location:** Fitz's Cross, Doolin, Co. Clare

W. www.hoteldoolin.ie **Open:** Year-round



Maintaining our International Treasure

Our aim is to balance the conservation of our unique landscape with the need to support livelihoods and develop thriving communities. With the help of an EU LIFE programme, we are working together to balance conservation with the development of excellent tourism experiences.

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

The Geopark Team & The Burren Ecotourism Network







Ballinsheen House Galway road, Lisdoonvarna, Co. Clare **T.** +353 (0)65 707 4806**/**+353 (0)87 124 1872 E. ballinsheenhouse@hotmail.com W. www.ballinsheen.com

Sea View House Fisher Street, Doolin, Co. Clare T. +353 (0)87 267 9617 W. www.seaview-doolin.i

leave no trace Ve work with **Leave No Trace Ireland** to promote and inspire esponsible behaviour in the outdoo elp us maintain our world class landscape an ave no trace. See **www.leavenotraceireland.org** [.] details on actions and principles

🖉 Doolin Hostel & Cliff Coast Café Sea road, Fisher Street, Doolin, Co. Clare T. +353 (0)87 282 0587 E. anthony@doolinhostel.i **W.** www.doolinhostel.ie

The Boghill Centre

near Lisdoonvarna, Co. Clare T. +353 (0)65 707 4644 E. boghill@eircom.net W. www.boghill.com

expanded into a bakery and now harbours a micro-brewery under it's roof. Stop by and sample the taster menu of Burren microbrewery beers: Burren Gold, a delicious colourful larger; Burren Red, a spicy, slightly sweet ale which even features a hint of smoke; Burren Black, a smooth and full-bodied stout.

T. +353 (0)65 707 4084 **W.** www.roadsidetavern.ie Location: Lisdoonvarna, Co. Clare

🔁 Galway Bay Bakery

Irish Bagels and pretzels. Baking since 1998 we trade primarily through farmers markets. Our bagels and pretzels are all made from scratch with only natural ingredients and no artificial colours, flavours, additives or preservatives.

T. +353 (0)86 803 1862 E: info@galwaybaybakery.ie Location: Farmers Markets - Friday at Kinvara, Saturday at Ballyvaughan. Monday-Saturday, during the Summer season at Eyre Square, Galway.

Sheedys Hotel and Restaurant Main Street, Lisdoonvarna, Co. Clare **T.** +353 (0)65 707 4026 **E.** info@sheedys.com **W.** www.sheedys.com Gregans Castle Hotel Ballyvaughan, Co. Clare

T. +353 (0)65 707 7005 **E.** stay@gregans.ie **W.** www.gregans.ie Wild Honey Inn

Lisdoonvarna, Co. Clare

T. +353 (0)65 707 4300 E. booking@wildfhoneyinn.co

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Doolin, Co. Clare T. +353 (0)65 707 4111 E. info@hoteldoolin.ie W. www.hoteldoolin.ie The Falls Hotel

Ennistymon, Co. Clare T. +353 (0)65 707 1004 E. reservations@fallsh **W.** www.fallshotel.ie

A Free Cup of Tea if you cycle

to me. A great way to see the Burren is on a bike not only do you get to take in the stunning scenery you will also be rewarded with Ireland's favourite drink. See www.burren.ie for details.