

# TWIN TREES

## HOTEL & LEISURE CLUB

1 DAY ITINERARY

# WILD WATER FUN DAY

*Wild Atlantic Way Exploration*

This one day itinerary will introduce you to the West of Ireland's wild water side, giving you the opportunity to see breath-taking landscapes while taking part in fun outdoor activities.

## MORNING

Spend the morning stand-up paddle boarding on the River Moy & Lough Conn. Stand-up paddle boarding is a fast growing sport which combines a surfboard and a long one-handed paddle. It's a traditional Hawaiian sport which promotes balance, strength and general fitness. It's excellent for surfers and non-surfers alike and a fantastic way to explore the stunning natural landscapes of Mayo and the internationally renowned river Moy and Lough Conn from a different angle. All instructors are ASI/ ISA qualified.

Harbour Sup n' Sail, Enniscrone  
Tel: 086 0315737  
[www.harboursupsail.com](http://www.harboursupsail.com)

Simply SUP, Ballina  
Tel: 087 9090625 : [www.simplysup.ie](http://www.simplysup.ie)



## AFTERNOON

Go surfing with 7th Wave Surf School, on the stunning sandy beach in Enniscrone, Co. Sligo just a 10 minute drive from the Twin Trees Hotel. Surfing lessons are for all ages and abilities. They are a family friendly surf school and emphasis is on fun.

Enniscrone is an excellent beach to learn to surf. Rolling waves with definite peaks running over a sandy beach. They are Irish Surfing Association (ISA) approved & all instructors are fully qualified and are passionate about surfing.

Tel: 087 97116389

Website: <https://www.surfsligo.com/>

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# SCENIC COAST CYCLING

*Wild Atlantic Way Exploration*

Welcome to County Mayo, the third largest county in Ireland offering the longest coastline, highest sea cliffs and the largest island. For visitors and locals alike, Mayo is home to a host of attractions and activities to enjoy. What better way to discover Mayo's charm than by taking to the great outdoors by bike!

## MORNING

Start in Westport Town, a 45 min drive from the Twin Trees Hotel, where you can hire your bikes. The famous Western Greenway is the old railway line, which closed in 1937 and is 42 kilometres long. It begins in Westport and ends in Achill, passing through the towns of Newport and Mulranny as it runs along the coast of Clew Bay. It offers an award-winning family-friendly biking & walking trail, with stunning scenery, historic villages, ancient ruins, arts & crafts, the Gourmet Greenway and Mulranny's famous goats to discover along the way.



## AFTERNOON

When you arrive in Achill take some time out for lunch at one of the many artisan cafes & restaurants.

Make sure to explore such delights as the deserted village, the Aquarium Centre and the ancient Pirate Queen Grace O'Malley's castle. Visit Keem Bay one of the Wild Atlantic Way signature points and an outstanding area of beauty. You can of course take it easy and take the shuttle bus back to Westport, bikes and all. Book via [www.greenway.ie](http://www.greenway.ie)



# BALLINA & BELLEEK WOODS

## *Wild Atlantic Way Exploration*

Ballina has officially been designated Ireland's Salmon Capital and this status is echoed throughout the town with dedicated walkways along the river where you can observe anglers at the world renowned pools, beats and weirs.

### MORNING

After breakfast why not take a short stroll from the Twin Trees Hotel where you will find Belleek Woods. This peaceful woodland stretches for 6 miles making it one of the largest urban forests in Europe. There are a number of trails that weave through the woodland. These offer visitors excellent family friendly walking and cycling options. There are many historical features from bygone days to unearth at Belleek Woods including a hermitage site, "The Horse's Grave", and the concrete boat which has lain at Belleek Woods for decades, it's also an ideal place to experience Irish woodlands and their native wildlife.



### AFTERNOON

You can take a break at the artisan Jack Fenn Cafe, situated in the grounds of the captivating Belleek Castle and accessible from the woodlands. The historical and romantic Belleek Castle the ancestral home of the Earl of Arran, renowned for its award winning food and fascinating Marshall Doran Collection, which showcases one of the finest collections of arms and armour, fossils and antiques in Ireland. This museum is open to the public by appointment. For more information contact Belleek Castle on 096 22400 or email [info@belleekcastle.eu](mailto:info@belleekcastle.eu)

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# BEACH BEAUTY & THE BOG

*Wild Atlantic Way Exploration*

The beaches in Mayo North really are second to none. Whether you are looking for beautiful clean white sands for a leisurely picnic, a refreshing swim, fun with the family, a refreshing walk or an afternoon surf, the area's unique and tranquil beaches won't disappoint you. And sometimes, you'll even have them all to yourself!

## MORNING

Escape the hustle and bustle and take some time out to visit our fabulous blue flag Ross Beach near Killala, a 20 min drive from the Twin Trees Hotel. As you approach, on the right you'll see a sandy beach and the stretch on the left offers a haven for children who love nothing more than exploring the rock pools and spotting the sea life. While the tide is out, a 5km looped walk will take you around the coast, past the Coastguard Station and onto a stunning Beach, a real local secret, before bringing you back along the quiet road to your starting point. Do check the tides in advance however!



## AFTERNOON

If you haven't taken one of the Twin Trees packed lunches, you can visit the fabulous Ceide Fields for lunch. A short 20 min drive and also see the megalithic tombs & stone-walled fields extending over hundreds of hectares dating back almost 6,000 years. The award-winning visitor centre is set against some of the most dramatic rock formations in Ireland. A viewing platform on the edge of the 110-metre-high cliff will help you make the most of the breathtaking scenery. Tel: 096 43325  
Email: [ceidefields@opw.ie](mailto:ceidefields@opw.ie)



# SCENIC CIRCULAR DAY DRIVE

## *Wild Atlantic Way Exploration*

At the heart of the Wild Atlantic Way in an area of unrivalled coastal beauty, the Céide Coast of Ballycastle/Belderrig. Stretching from the Wild Atlantic Way Signature Discovery Point at Downpatrick Head to the sea cliffs of Ben Mór, Belderrig, there are plenty of things to do in Ballycastle and along The Céide coast.

## MORNING

After your hearty Irish Breakfast, leave the Twin Trees Hotel taking the R314 towards Killala. Follow this road all the way to Belmullet an hours drive but if you take your time you can see all the fabulous historic sights and scenery along this route including

Rosserk Friary c1460

Killala Round Tower 12th Century

Doonfeeney Standing Stone

Ceide Fields with Visitor Centre

Belderrig Valley Experience

Glenamoy Village

Then keeping to the R314 you head towards Belmullet



## AFTERNOON

If you haven't taken one of the Twin Trees packed lunches, you can have lunch in Belmullet a coastal Gaeltacht town. During lunch you can decide how to spend the afternoon whether you choose to swim in the Tidal Pool, visit Blacksod Lighthouse or choose one of the looped walks - Cross Beach or Erris Head you are certainly spoilt for choice.

Head back to Ballina taking the R313 out of Belmullet toward Bangor Erris then the N59 towards Crossmolina and Ballina Town.

