

# MID WEST





## CLARE / LIMERICK

Secret	Description
<p><b>The Linnalla Icecream experience relaxing by Flaggy Shore</b>            New Quay, The Burren, Co.Clare            Contact: Brid &amp; Roger Fahy            Tel: +353 65 707 8167 or +353 87 785 7569            Email: info@linnallaicecream.ie            Web: www.linnallaicecream.ie</p>	<p>The swans that gather on the Flaggy Shore (made famous in the Seamus Heaney poem 'Spirit Level') whose water laps beside the grazing cows of Brid &amp; Roger Fahy give Linnalla Pure Irish Ice cream its name "Linn-éalla" - meaning Swan Lake. Traditionally a dairy farm from the mid 1800's Brid &amp; Roger started making ice cream in 2006 using the milk from their shorthorn cows which are native to the Burren. With fresh cream and wonderful fruits and nuts, as many as possible sourced in the Burren, they produce a beautiful artisan ice cream. A visit to the Ice Cream Parlour and Dessert House is a must where you can sit, relax and enjoy one of the many ice creams on offer. Feeling a little more energetic? Then why not stroll around the farm to view the animals and walk to the seashore where you can enjoy the wonderful views.</p>
<p><b>Eco Walk or Cycle in the Burren</b>            Burren Fine Wine &amp; Food            Corkscrewhill Road, Ballyvaughan, Co Clare            Contact: Cathleen Connole            Tel: + 353 65 707 7046            Email: info@burrenwine.ie            Web: www.burrenwine.ie</p>	<p>Nestled between the enchanted Hills of the Burren is the century old stone coach house that houses Burren Fine Wine &amp; Food situated on the grounds of the former parochial house of Glenaragh Church about two miles past the centre of Ballyvaughan. Here you can enjoy an early morning guided cycling tour through the heart of the Burren followed by a delicious mouth-watering breakfast at Burren Fine Wine &amp; Food. Prefer to step out in style and eat without guilt as you make a very light footprint on the planet. Then a guided walking tour of the majestic, rocky Burren in North Clare with expert local guide Tony Kirby (author of The Burren and the Aran islands A Walking Guide) followed by a two-course lunch in Cathleen Connole's Burren Fine Wine &amp; Food highlighting the best of local produce, is for you. Burren Fine Wine &amp; Food also specialise in Summer Lunches, Afternoon Tea, and the now famous organic Galway Bay Wine produced in the Languedoc area of France by Cathleen's brother Noel O'Loughlen.</p>
<p><b>Cliff Walk at Doolin</b>            Doonagore Farmhouse            Cliffs of Moher Road, Doonagore, Doolin, Co. Clare            Contact: Pat Sweeney            Tel: +353 65 7074170            Email: doonagore@eircom.net            Web: www.doolincliffwalk.com</p>	<p>Doolin Cliff Walk provides a guided walk from Fisherstreet in the Doolin Village of County Clare, along the sea cliffs leading to the Cliffs of Moher. Guided by local farmer, walking enthusiast and historian, Pat Sweeney, you will follow a trail route along the coast and above the Doolin cliffs. With the green fields of cows and sheep of the local farms on one side and the pounding waves of the Atlantic Ocean on the other, this is a unique way to experience the stunning views and breath-taking rural beauty of this part of Clare. Your guide, Pat, is an expert on local history and folklore and is passionate about the preservation of a rural lifestyle enjoyed by five generations of his family, who have farmed in this area. This spectacular 3 hour walk along a paved path is an easy walk, always with the sound of the ocean in your ears. The visitor will have the privilege of seeing the natural beauty of the area and hearing the interpretation of past and present life from the perspective of a guide who has an enthusiasm and passion for the local area.</p>
<p><b>Cliffs of Moher Cruise</b>            www.doolinferry.com,            Tel: +353 65 7075555            www.doolin2aranferries.com,            Tel: +353 65 7075949</p>	<p>Take a 1 hour trip from Doolin to experience the mighty Cliffs of Moher from sea level. The Cliffs rise 214m (702ft) from the sea and the scale of this natural phenomenon from the sea is truly awe-inspiring. Learn about the many seabirds of the area, which is home to approximately 30,000 seabirds living in or around the Cliffs. The cruise also passes the giant sea stack, the 70m (230ft) high 'An Bhreannan Mor', an important colony for a number of species.</p>
<p><b>Cliffs, caves and island-hopping by kayak</b>            North Clare Sea Kayaking            Tel: +353 85 1195489 or +353 86 7233649            Email: northclarekayaking@gmail.com            Web: www.northclareseakayaking.com</p>	<p>North Clare Sea Kayaking offers a number of tours to suit paddlers of all ages and levels of experience. Try an adventurous day of exploring secret areas, and delve into hidden caves that dot the coastline of Liscannor Bay. Or try the Island Exploration Tour, as experienced guides take you to Mutton Island, where you will have a chance to explore all the island's hidden treasures, including beautiful rare sea birds, a colony of Grey Seals as well as many warm rock pools, perfect for swimming!</p>

## KAYAKING ON INCH BEACH, KERRY



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<p><b>The Music Makers of West Clare</b>                      Miltown Malbay, Co. Clare                      Tel: +353 65 7085785                      Email: eolas@oac.ie                      Web: www.themusicmakers.ie</p>	<p>Situated in the home of the famous Willie Clancy, The Music Makers of West Clare invite you to immerse yourself in this story of traditional music, song and dance. At the Visitor Centre you can read first-hand accounts about the renowned musicians from the locality. View "The Session", a specially commissioned 14-minute film featuring some of our most talented local musicians, playing the music most loved by the great musical masters of County Clare. This attraction brings together scholarship and fun and will provide an additional stop on the road between the scenic glories of Loophead and the Cliffs of Moher.</p>
<p><b>Coasteering in Kilkee Bay</b>                      Contact: Nevsail Watersports, Kilkee, Co. Clare                      Tel: +353 86 330 8236                      Email: info@nevsailwatersports.com                      Web: www.nevsailwatersports.com</p>	<p>Coasteering involves climbing, jumping, scrambling and swimming around the rock pools, cliffs and caves of the intertidal zone. The Loop Head coastline might have been made for this sport, with its rocky cliffs and imposing marine geology. Wearing a full-body wetsuit, buoyancy aid, helmet and appropriate footwear, and under the supervision of an experienced guide, you'll explore caverns, gullies, coves and rock formations, moving both on foot and on the water.</p>
<p><b>Birdwatching at the Bridges of Ross</b>                      Birdwatching at the Bridges of Ross                      Web: www.clarebirdwatching.com                      Co. Clare</p>	<p>The Bridges of Ross were formerly a trio of sea-arches but they have been worn away over the years by the fierce Atlantic, leaving one remarkable 'bridge' still to be seen. This low-lying area has the ideal orientation that marks it out as an internationally renowned seabird-watching site. In the late summer and early autumn sea birds such as shearwaters, skuas and petrels pass by close to shore, sometimes overhead, as they follow Ireland's western shore on their southern migration.</p>
<p><b>RIB Tours of the Shannon Estuary</b>                      Pre-Book Tours by contacting:                      Clark Clifford, Shannon Estuary RIB Tours                      Tel: +353 86 8140833                      Email: info@ribtours.ie                      Web: www.ribtours.ie</p>	<p>Available from Tarbert or Foynes, take a RIB Tour to explore Ireland's largest estuary. The Foynes Island Tour (30 min) takes in Foynes Island and then into parts of the Fergus Estuary, which offers almost totally unspoiled coastline and ever-changing scenery, along with some birdlife which is almost impossible to observe from the shore. The Estuary Historical and Wildlife Tour (60 min) explores the outer Estuary, its wildlife and brings visitors out to historic Scatterry Island, which contains the ruins of a 6th Century Monastery, several medieval churches and a unique 10th Century Round Tower.</p>