



Haven Coast – 5 day Itinerary

Day 1

Morning

Take a boat trip round historic Kinsale's natural harbour, past the famous headland Old Head which is also a WAW Discovery Point, and out to where the transatlantic Lusitania was sunk by a German u-boat in 1915 ... a seismic event that brought the US into WW1. On board The Spirit of Kinsale, there's freshly brewed coffee, blankets to keep you warm, and – best of all – stories that will stay with you from skipper and historian Jerome.

Contact Details;
Jerome Lordan
Kinsale Harbour Cruises
Tel ; 021-4778946
Mob; 086-2505456
www.kinsaleharbourcruises.com

Lunch

Kinsale boasts the greatest concentration of restaurants in Ireland and has long been known as the Gourmet Capital of Ireland. The Good Food Circle's 10 member restaurants take great pride in this title and collaborate to offer food events and dining experiences that are favourites of locals and tourists alike. <http://www.kinsalerestaurants.com/>

Afternoon

Charles Fort – A Classic example of a 17th century star shaped fort, it is one of the largest & best preserved forts in the country & is associated with some of the most momentous events in Irish history. www.heritageireland.ie Tel ; 021-4772263

or

Walking Tour – Kinsale





Dermot Ryan's heritage Town Walks Tel 021-4772729 Mob; 086-8267656

www.kinsaleheritage.com

or Don & Barry Historic Stroll Tel; 021-4772873 Mob; 087-2500731

www.historicstrollkinsale.com

or

for those who wish to try an activity why not go

Snorkelling <http://oceanaddicts.ie/>

Cycling <http://www.discoverireland.ie/Activities-Adventure/wild-atlantic-sports-cycling-tours/92649>

After seeing all the sights and doing all the activities its time to get organised for dinner.

Cookery Demo & dinner at Kinsale Gourmet Academy
+353 21 4779040 <http://kinsalegourmetacademy.com/>

Ballinacurra House & Kinsale have become synonymous with fabulous food for many years and our Award Winning Head Chef David Rice has added his unique culinary style to the mix in Kinsale. Kinsale Gourmet Academy is a unique cookery school that will offer people the opportunity to come and learn how to cook like a pro in a positive, creative and interactive environment, right in the Gourmet Capital.

'Gourmet Made Simple' is David's philosophy. He is a fun and engaging tutor with a very relaxed, unique style. He is very passionate about food and has a particular interest in West Cork Artisan producers.

Or

If you just want to let someone else do the work after the afternoon's activities -

Dinner at one of the Good Food Circle Restaurants

<http://www.kinsalerestaurants.com/>

Finish the day with

Irish Trad night

Blue Haven Hotel Kinsale

3/4 Pearse St, Kinsale,

T : +353 21 4772209

E : info@bluehavenkinsale.com





Or
Kinsale Ghost Tours

Departs from The Tap Tavern, Kinsale, Co. Cork, P17 D981
Tel: 021 477 2240 or for groups Tel: 021 477 2263 Mobile No:
087 948 0910

marytap@iol.ie

Brian O'Neill offers an exciting crazy Ghost Tour of fun and excitement for all during the summer starting from the Tap Tavern will entertain and educate you on the history of Kinsale and you might even get more than you bargained for. Tour starts at 9 pm and lasting about one hour fifteen minutes.

Day 2

Morning

Depart Kinsale Town and start your drive on the Wild Atlantic Way Route

Enjoy wonderful Views of the Wild Atlantic Way from the roof of the newly restored Signal Tower at the Old Head of Kinsale. Here you will find out about the history of the 81 coastal Napoleonic Signal Towers. View the re-created Flag & Ball Signalling system. Admire the Lusitania model and engage with the history of the famous ship.

Old Head of Kinsale Signal Tower & Lusitania Museum Contact:
Con Hayes

Continue on the Wild Atlantic Way – Options to stop off at en-route to Timoleague

Garretstown Beach – Take a stroll on the beach or enrol for a Surfing lesson or go Coasteering

Lunch

The Pink Elephant has wonderful views over Courtmacsherry Bay . Check out if its open for lunch. Winter times are Mon to Sun from 4.30pm Tel : 023 884 9608

<http://www.pinkelephant.ie/>

or





The Speckled Door Bar & Restaurant is a 2 minutes drive from Garretstown Beach. Tel: 021 4778243/<http://www.speckleddoor.com/>

or

Stop in Timoleague (Wed to Sun) at Monks Lane (next to Timoleague Abbey) <http://monkslane.ie/> Tel: (023) 884 6348

Afternoon

After lunch visit Timoleague Abbey which was founded by the Franciscan order in 1240 and was built on the site of a monastic settlement founded by St Molaga in the 6th Century. In its day it was one of the largest and most important religious houses in Ireland.

Take a stroll on what was the old railway line that runs from Timoleague to Courtmacsherry (5km) along the mouth of the estuary before continue along the Wild Atlantic Way to Clonakilty

Or

Visit Ummera Smokehouse & purchase some smoked salmon <http://www.ummera.com/>

Or

Visit Michael Collins Centre on your way to Clonakilty .

Learn all about the life of The Big Fella – from his childhood to his tragic death to his legacy with spectacular exhibition of photographs, documents and historic military items donated by members of the Collins family

Contact: Tim & Dolores Crowley to arrange opening on request.

Tel: +353 (0)23 8846107 Email: info@michaelcollinscentre.com

Web: www.michaelcollinscentre.com.





It is a short drive to Inchydoney Island where you can enjoy a vigorous walk the beach

or
enjoy surfing with Inchydoney Surf School -,
Contact: Colum McCauley
Tel: +353 (0)86 8695396
E-mail: info@inchydoneysurfschool.com
Web: www.inchydoneysurfschool.com
or

treat yourself at the fabulous spa at Inchydoney Island Lodge and Spa before you head to diner in Clonakilty.

Overnight in Inchydoney Island at Inchydoney Island Lodge & Spa <http://www.inchydoneyisland.com/>

Or

Fernhill House Hotel <http://www.fernhillhousehotel.com/>

Overlooking Clonakilty town

Dining Options ;
Richys Bistro <http://www.richysrestaurant.com/>
An Sugan <http://www.ansugan.com/>

That evening enjoy music in one of the following pubs in Clonakilty

De Barra's <http://debarra.ie/>
An Teach Beag <http://odonovanshotel.com/an-teach-beag.php>
Shanleys <http://www.shanleysbar.ie/>

Day 3

Morning

Depart Clonakilty – Galley Head – Glandore – Roscarberry - Skibbereen

Stroll around the lovely town of Clonakilty with its quirky shops eg Spinners Lane. Clonakilty became Ireland's first ever fair trade town in 2003 and in 2007 it was awarded the status of





European Destination of Excellence. Michael Collins one of the heroes of the 1916 – 1922 period lived here. Follow on from your visit to the Michael Collins Centre yesterday with a visit to the Michael Collins Museum at Emmet Square. This museum is a great addition to the already impressive collection of Michael Collins-associated sites throughout West Cork, such as the Michael Collins Centre; his birthplace at Sam's Cross and Beal na mBláth where he was shot, and other places closely associated with him.

On a Friday be sure to visit the Farmers market in the town. Clonakilty is known for its black pudding, the secret spice recipe has been used since 1880's. See sites of 2 new visitor attractions due to open in 2017 Clonakilty Distillery & Clonakilty Black Pudding Visitor Centre (Drive by) Depart Clonakilty for Roscarberry taking in the beautiful views of Galley Head, Long Strand and Owenahincha Beach en-route.

Lunch

Roscarberry

Celtic Ross Hotel
The Market House Café
O Callaghan Walshe
Pilgrims Rest

Or

Visit Artisan Food production & tastings – Where land meets sea – (New off season Farm tours)

Afternoon

Depart Roscarberry for Skibbereen taking in a visit to Drombeg Stone Circle and the lovely village of Glandore enroute

Drombeg Stone Circle – A Circle of 17 standing stones which on excavation showed that there had been an urn burial in the centre. It has been dated to between 153 BC and 127AD. To the west of the stones is a hut site with fulacht-fia cooking place.

From Glandore travel to Skibbereen to The Heritage Centre which houses The Lough Hyne Visitor Centre - this includes an archaeology trail of the Skibbereen area, displays on the Old Gasworks Building and information on the species living on the River Ilen. The Heritage Centre is located in the award





WILD ATLANTIC WAY

 Fáilte Ireland
National Tourism Development Authority

 ireland.com

winning, beautifully restored Old Gasworks Building, in Skibbereen. Exhibitions also includes The Great Famine Commemoration Exhibition

Contact ; Terri Kearney
The Old Gasworks Building Skibbereen Co Cork

Overnight Skibbereen

West Cork Hotel <http://www.westcorkhotel.com/>

Dining Options ;

The Church Restaurant

The Church Restaurant in Skibbereen, County Cork, Ireland gets its name from its origins as a converted Methodist Church which held weekly church services from 1833 – 2003.

http://www.menupages.ie/Cork/west_cork/skibbereen/the_church

Contact ; Regina Burchill The Church Restaurant, Bridge St., Skibbereen, Co Cork

Or

Good Things Café & Cookery School in Skibbereen

<http://www.thegoodthingscafe.com/>

Tel: 028 51948/email: bookings@thegoodthingscafe.com to make a reservation. Walk-ins welcome , but to be safe it is best to have a booking.

Lunch Thur to Sat from 12:00 to 3.00pm

Dinner Thur to Sat from 6:00pm to 9:00pm

After dinner

Experience the Eco system you have learnt about earlier with a West Cork Moonlight Kayak trip (Jim Kennedy from Atlantic Sea Kayaking)

One of our most magical and popular kayaking experiences, a moonlight / starlight paddle starts one hour before darkness. This gives you a little time to get used to the kayak. We use a mix of singles and doubles. This is a very atmospheric trip and





we do not travel a great distance , so it is suitable for everyone. There is always something to make you gasp on the moonlight / starlight kayak trip, whether it be the silhouette of the seabirds on the bank, the red sunset, the whole panoply of stars overhead, the moonlight reflected on the water, or, at certain times of year, the astonishing bio-luminescence. This is a light emitted by marine life, which, from the paddler's point of view, causes the water to light up around your paddle in 1,000 tiny lights.

Contact ; Jim Kennedy
Email: info@atlanticseakayaking.com
Tel: +353 28 21058

Day 4

Skibbereen – Castletownsend – Lough Hyne – Baltimore

Morning

Depart Skibbereen for Baltimore

Go Whale Watch West with Nic Slocum

The clear unpolluted waters off West Cork provide a feeding ground for Risso Dolphins, Minke Wales, Basking Sharks or Humpback Whales to name but a few. Enjoy tour with a qualified zoologist who is an outspoken advocate for marine conservation and sustainable tourism. Tours are scheduled according to demand and can land on Cape Clear.

Or

Get the Ferry to Sherkin Island (15 mins on sea) or Cape Clear Island. (45 mins on sea). Both ferries leave Baltimore Pier daily. There are places to have lunch on both islands.

Lunch

If you decided to have lunch on the main land try

The Sibir Restaurant in Rath (near Baltimore) Tel: 028 20383. This country pub and restaurant specializes in West Cork produce, home grown vegetable , local seafood, homemade bread and desserts. Food served all day. Music every weekend.





Bushes Bar <http://www.bushesbar.com/>

Afternoon

Visit one of the wonderful garden on the West Cork Garden Trail. The following are located in Baltimore

Glebe Gardens <http://www.glebegardens.com/>
tel: (028) 20579

The award winning Glebe Cafe and restaurant is run by the four Perry sisters and opens Wednesday to Sunday 10am - 6pm. They work with local producers and artisans whenever possible - Skibbereen Farmers Market, Gubbeen, Walshes Butchers, Caherbeg Pork, Skibbereen Fish Shop, Woodcock Smokery. All food, including baking and preserves, is prepared here daily at the Glebe using fresh produce from the garden and local producers. Our food can also be pre-ordered for take away.

Inishbeg Gardens <http://www.inishbeg.com/homepage/>
Tel: (028) 21745

Inish Beg is a private island estate (with a road bridge, accessible by car) in beautiful West Cork Ireland -- just a few miles from the thriving market town of Skibbereen and the idyllic little port of Baltimore with its sailing, fishing and diving centres. The Estate with its beautiful gardens, woodlands, parkland, farmland and foreshore will enchant all who visit Inish Beg. Imagine yourself walking, bird watching, fishing, boating or just relaxing in this magical setting, with its beautiful gardens and grounds

For those who do not wish to take to the water other options include visit to Glebe Gardens or Inish Beg Estate and Gardens

Overnight - Baltimore

Caseys of Baltimore <http://www.caseysofbaltimore.com/>
Rolf's Country House <http://rolfscountryhouse.com/>

Dinner options

Rolf's Country House <http://rolfscountryhouse.com/>
Chez Youen
<http://www.waterfrontbaltimore.ie/restaurants/chez-youenseafood/>





Day 5

Baltimore – Ballydehob

Morning

Walk or drive to The Baltimore Beacon. The Beacon is a white-painted stone beacon at the entrance to the harbour at Baltimore, County Cork, Ireland. The beacon was built at the order of the British government following the 1798 Rebellion. It was part of a series of lighthouses and beacons dotted around the Irish coast, forming a warning system. The beacon is locally known as "Lot's Wife", after the Biblical woman turned into a pillar of salt. The Beacon has wonderful views of the island of Cape Clear and Sherkin and if it's a really clear day Fastnet Rock.

Visit the thirteenth century Dun na Sead Castle. bernadetteemccarthy_1@hotmail.com. A tour of the Castle included a pirate exhibition, which details the piratical history of Baltimore and includes the famous Sack of Baltimore in 1631.

Lunch

Bushes Bar: <http://www.bushesbar.com/>
An Sibin Pub & Restaurant: Tel: 028 20383.

Afternoon

Depart Baltimore for Ballydehob – enroute go to Cunnamore Pier or a short hop over to Heir Island.

Heir Island - <http://westcorkislands.com/heir/>

Take a walk on the island which is home to over 200 wildflowers and a haven for unusual birds. Heir Island is also home to two cookery schools, and art gallery and a sailing school.

Continue to Ballydehob is a brightly painted village, home to many artists and craft workers and antique shops, galleries, bookshops and cafes. Panoramic views of Roaring water Bay





are provided from the disused 12 arch bridge which crosses the estuary.

Dining options in Ballydehob

Budds <http://budds.ie/>

Levis' <http://www.leviscornerhouse.com/>

