

TAKE A SHOT...

at A Hole in One



Whether a novice or an aspiring professional, West Cork has a golf course to suit you. For the more light hearted, try Rosscarbery Pitch & Putt Club. Situated at the Warren Strand, Rosscarbery, the course offers two 18 Hole Links Courses (a short & long course). The more ambitious can choose from either Dunmore Golf Course or Lisselan Golf Course. Dunmore measures 4500 yards from the back tees and is a nine hole Parkland Course.

If you really fancy a challenge, then the Lisselan Golf Course is for you. This 9 hole course with a par 73 layout consists of 5 par 5, 4 par 3 and 9 par 4 holes. The Lisselan estate also has beautiful gardens and offers river fishing for salmon and sea trout.

Rosscarbery Pitch & Putt: Warren Strand Tel: 023 88 48188
Lisselan Golf & Gardens: Clonakilty Tel: 023 88 33249
Dunmore Golf Course: Tel: 023 88 33352



IMMERSE YOURSELF... in heritage and history

Clonakilty Town



Clonakilty, is set in the heart of West Cork near the popular seaside resort of Inchydoney. It is filled with character, top restaurants and cosy pubs alive with great music. Strolling through the town, the heritage and history of the town is evident with brewery buildings, mills and quayside warehouses. Soak up the atmosphere and enjoy local produce every Friday morning at

the Clonakilty market. Of course, don't forget to go shopping in the many boutiques and craft shops and finish your day with a wander around the art gallery.

Beaches

Inchydoney is the blue flag beach located just 3km from Clonakilty town. Popular with surfers, swimmers and sun bathers, this vast beach was once an island and is now linked to the mainland by two causeways. There are also numerous other unspoilt beaches within a 10 mile radius, including Duneen, Red Strand, Owenahincha, Long Strand and the Warren.



The Big Fella, Michael Collins

One of Ireland's greatest military and political leaders lived 6km, west of Clonakilty during the early 1900's. His family home has been partially resorted and is open to the public. Collins joined the Irish Volunteers and took part in the 1916 Rising. Following signing of a treaty in 1921, there was a split which culminated in the start of the Civil War. Michael Collins was Commander of the Free State (pro-treaty) Army and on August 22, his convoy was ambushed at Béal na Bláth, near Crookstown, north of Enniskeane and Collins was killed in the crossfire. The Michael Collins Centre, provides audio video presentations around his life and the events of the time. This can be completed with a guided tour of the ambush trail.

Michael Collins Centre
Tel: 023 8846107 www.michaelcollinscentre.com

GET ON YOUR BIKE... and bring a fishing rod!

Sheep's Head: Cycle & Walking Route



The Sheep's Head cycle route starts at Ballylickey and ends in Roaringwater Bay, near Ballydehob. The signposted route is 120km long and travels down the northern side of Sheep's Head Peninsula, then returns to Durrus. Turn

right in Durrus and ride on to Ballydehob. The Sheep's Head Way is a winner of a Waterford Crystal Walker Award. The 55 mile long distance walk has a huge variety of terrain all with beautiful views and there are many long and short loop walks available. It takes in a superb moorland crest and rugged cliffs as well as easy lowland terrain.

www.thesheepsheadway.ie

Bicycle Hire Clonakilty

Why not hire a bike to see the Sheep's Head cycle track?

MTM Bicycle Hire
Ashe Street, Clonakilty,
Co. Cork
Tel: 023 883 3584



Fishing



Clonakilty, Courtmacsherry, Timoleague and Rosscarbery are fantastic fishing locations, whether you are a novice or professional, a freshwater or seawater angler or giving it a go for the first time on holidays. Go river fishing on the Bandon and Argideen Rivers or at Lisselan Estate. Fishing trips are also arranged by Clontackle & Leisure Shop.

Clontackle & Leisure
Tel: 023 88 35580
www.clontackle.com

Go Clonakilty!

Golf, Water Sports, Cycles & much more!



Active Weekends with the
QUALITY HOTEL & LEISURE CLUB
Clonakilty, West Cork

QUALITY HOTEL & LEISURE CLUB... A Haven in West Cork



The hotel is situated in Clonakilty town, in the heart of West Cork and has a range of accommodation including:

- Large Family Rooms & Triple Rooms
- Double/Twin Rooms
- Corporate Rooms
- 2 Bedroom Apartments
- 3 Bedroom Holiday Homes



After your fun filled day, guests can relax in our Leisure Club which includes:

- A 20m Swimming Pool
- Sauna, Jacuzzi, Steam Room
- Toddler Pool
- Treatment Rooms



If you are planning a family break, then don't worry, we have got you covered, whatever the weather! Our family facilities include:

- Indoor Supervised Playzone – The Jungle Gym
- Toddler Area
- Crèche
- Outdoor Playground
- Teen Zone
- 3 Screen Cinema



DIP YOUR TOES IN... with Our Water Activities

Atlantic Sea Kayaking



Discover the exceptional marine environment of West Cork during a half day or full day kayak. Stop off on a remote beach, enjoy a picnic or perhaps a fresh mackerel caught on the way! The more adventurous might fancy the night moonlight paddle, which starts an hour before dark. Waterproof gear and all equipment is provided.

Atlantic Sea Kayaking (Jim Kennedy)
The Abbey, Skibbereen, Co. Cork.
Tel: 028 21058 www.atlanticseakayaking.com

West Cork Surf School



The West Cork Surf School is situated on the pristine blue flag sandy beach of Inchydoney. The School runs lessons all year round and are open seven days a week throughout the summer. Individuals and groups are welcome and you are guaranteed a laugh from start

to finish. All equipment is provided including wetsuits, surfboards and if needed, boots, hoods and gloves. Changing rooms are also provided.

West Cork Surf School (Colum)
Inchydoney, Clonakilty, Co. Cork.
Tel: (086) 869 5396 www.westcorksrfing.com

Whale Watching in West Cork



Sightings of large Baleen Whales is the high point of any whale watching in West Cork but the area also plays host to resident populations of Common Dolphins and Harbour Porpoises. There are frequent sightings of other dolphin species at different times throughout the year. It's a fun way to spend the day, rain or shine!

Whale Watch West Cork Carrigillihy, Union Hall, Co. Cork
Tel: 086 120 0027/028 33357 www.whalewatchingwestcork.com

TAKE TIME OUT... with the Family

Model Railway Village



The Model Railway Village for a fun and memorable day out. Walking into the model village, you step back in time and see life as it was in the 1940's. See the old West Cork railway line portrayed in delightful miniature. The road train tours the town and surrounding areas of Clonakilty, and gives visitors a fantastic way to enjoy the sights.

West Cork Model Railway Village
Inchydoney Road, Clonakilty, Co. Cork
Tel: 023 883 3793 www.modelvillage.ie

West Cork Quad Adventures



Visit the quad track for adventurous cross-country driving on all-terrain quad bikes over a rugged course. The pace is set according to your level of skill. Your session can be an exciting adventure or a gentle trek. All groups begin on level fields moving to hilly ground and finally, the most thrilling section - 'the dugout'.

West Cork Quad Adventures:
Castletownhend, Skibbereen, Co. Cork.
Tel: 086 253 6664 www.westcorkquadadventures.ie

Horse Riding Clonakilty



Enjoy scenic road and beach treks and experience some of the best West Cork scenery. Disabled riders are also welcome.

Clonakilty Equestrian Centre:
The Retreat, Inchydoney, Co. Cork.
Tel: 023 883 3533

Kingston's Equestrian Centre:
Kilgarriffe, Clonakilty, Co. Cork.
Tel: 023 883 3793

TAKE IN THE SIGHTS... Go Walkabout or Cycling

Castlefreke



The recreation area of Castlefreke is a collection of woodlands close to Rathbarry village. The location of the woods so close to the beach provides for a perfect interchange of recreational activity.

There are four way marked trails and 7km of forest roads to be explored. A perfect location for a family walk, a budding historian or ecologist.

Lough Hyne



Lough Hyne, Ireland's first Marine Nature Reserve, is approx. 5km south west of Skibbereen. This unique lake and area is home to a rich and varied range of plants and animals. The history is rich and diverse,

it hosts a ruin of St. Bridgid's Church and St. Bridgid's well where, it is said, the knees of the saint have left impressions in the rock. According to legend, the king with donkey's ears lived in Clohane Castle, the ruins of which stand on the island in the lake.

The Islands



Cape Clear Island is Ireland's most southerly island & is a 45min boat trip from Baltimore or Schull. Garnish Island is in the sheltered harbour of Glengarriff in Bantry Bay and has got to be seen to be believed.

Cape Clear Island
Tel: 028 39153
Mob: 087 268 0760
www.capeclearisland.eu

Harbour Queen Ferry Services
The Pier, Glengarriff, Co. Cork.
Tel: 027 63116
www.garnishisland.com