

THE GOURMET CONNEMARA TOUR

Self-guided cycling 2010



Experience Connemara's rich history, picturesque scenery and outstanding gastronomy while staying in some of Ireland's best hotels.

The magic of Ireland is found not only in the breathtaking scenery, but also in the unique warmth of the Irish people, and on this tour you will have the chance to experience both.

This tour allows you to savour the natural flavours of Connemara's Atlantic shores. Connemara's hundreds of lakes, rivers and mountain lands, as well as the island studded bay's, combine to provide the choicest food - fresh lobsters, lamb, mussels, clams, scallops, venison, salmon and trout, quail and guinea fowl.

At the end of each day, you will dine in award winning restaurants, hand picked for they're passionate chefs who create innovative menus with the finest locally sourced produce. We provide you with a choice of accommodation to suit your budget, as well as bikes and any equipment that is needed. The luggage is transferred each day in order to lighten the load. A full itinerary, maps, and suggested options are also part of this attractive package.

Duration:	7 days (6 nights)
Tour Dates 2010:	ANY DATE (April - Oct)
Level:	Gentle, some occasional hill, average of 45km daily with shorter and longer options available on most days.
Bicycle:	CANNONDALE Hybrid
Equipment:	Helmets, front handlebar bag, water bottles, Bicycle repair-kit, lock.
Accommodation:	Manor House Hotels & Castles Or distinguished Guest houses & B&B's
Meals:	6 dinners, all Irish breakfasts
Transfers:	Luggage transfers.
Miscellaneous:	Detailed route notes and maps
Meeting Point:	We organise a taxi to pick you up at Shannon or Galway, to bring you to your hotel, and you will be met at the hotel by a Killary Tours representative.
Departure Point:	You depart from your last hotel or b&b. If you need us to organise a taxi to your onward destination we will be happy to assist you.

PRICE 2010:

Luxury Option: Price for 6 nights € ?,??? per person sharing

Price for 5 nights € ?,??? per person sharing

Single room supplement (please ask).

Guesthouse Option: Price for 6 nights € ?,??? per person sharing

Price for 5 nights € ?,??? per person sharing

Single room supplement (please ask).

5-night programme finishes on day 6, and you will **not dine** at Ashford Castle.

All prices are in EURO, and based on per person sharing. Per person sharing means two people in one room. Single Room supplement is applied when people require a room for themselves as part of a booking of two or more.

DAILY ITINERARY

Day 1

You will be collected from Shannon or Galway and will be brought to your accommodation in at Lough Inagh, a wonderful secluded valley in the Connemara Mountains.

Your meal tonight will be in Lough Inagh Lodge, a rebuilt fishing lodge. On the shores of a freshwater lough, seafood and game is a speciality in the restaurant with delicious home-baked bread at all meals.

We meet you on the day of arrival at your accommodation and allocate your bicycle and equipment. We will go through the route notes and maps and give you advice and adjust everything for you.



Day 2

There is a stunning cycle around the coast passing the pristine white sands of Glassilaun & Lettergesh. Your journey will take you to the Renvyle Peninsula, which is steeped in history and archaeological sites & is renowned for its beaches and spectacular vistas of the Twelve Ben mountain range. You will be spending two nights in Renvyle. You will dine in the multi award-winning restaurant in the historic Renvyle House Hotel.

Day 3

After a hearty breakfast you will begin your cycle, passing through Tullycross with its many thatched cottages and meander along the coast passing through Letterfrack home to Connemara National Park, which has lots of information on the Flora and Fauna of Connemara with exhibitions, audiovisual show and tearooms. After which you can visit one of Ireland's top visitor attractions, Kylemore Abbey & Gardens. After which you will return to Renvyle along leafy back roads to enjoy another evening of fine dining in Renvyle House Hotel.

Day 4

Today you cycle to Clifden, known as the capital of Connemara. There are various options available, the shortest being 25km, with the longest (passing Cleggan and Aughrisbeg) over 50km. Don't miss the cycle around the Sky Road, offering you wonderful views over the Atlantic and the islands lying in it. We recommend that you stop for a independent lunch in the Bridgestone awarded Steam café, with delicious organic homegrown salads and homemade soups and desserts served with a fine selection of coffees and teas. You will now have a chance to settle into your You will now have a chance to explore the town & settle into your accommodation before enjoying your dinner at the Mitchell's restaurant in Clifden

Day 5

Well rested & well fed, you will begin your day cycling along the lake strewn bog road to Ballyconneely. Here you can visit the acclaimed Connemara Smokehouse, where the owner Graham Roberts specializes in wild and organic salmon, smoked and marinated. Traditional production methods and very high quality seafood are the priority, Roberts is one of Rick Stein's food heroes and his smoked tuna appears in Stein's restaurant. After you will continue on your journey to Roundstone, a scenic fishing village, famous through the work of many well known painters attracted by its picturesque harbour and wonderful outlook across a deep inlet of the Atlantic to the ever changing peaks of the Twelve Bens. This evening you will be staying in Ballynahinch, dining at the renowned Owenmore restaurant in Ballynahinch Castle Hotel.

Day 6

Today's target is Cong, cycle over the Maam Valley pass and along the shores of Lough Corrib, where the ruins of a castle are still visible on an island in the lake, famed for its fishing. Cycle through the villages of Cornamona and Clonbur before arriving in Cong, where the film "The Quiet Man" was shot years ago. Cong is a historical place and an inscribed stone cross (14th century) and the ruins of Ashford Abbey, founded in 1128 show for it. Dine tonight in Ashford Castle, one of Ireland's finest hotels, and former residence of the Guinness family.

Day 7

Breakfast and departure. We are very happy to organise taxi transfers for you back to the airport or to your next point of destination if required.

Please be aware that the programme given for this tour is strictly intended as a guide only and may not be fully adhered to. Climatic conditions, safety regulations and travel options may subject the programme to changes and/or modifications without due notice, at any time. In such case, Killary Tours reserves the right to make any necessary decisions.

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