



BARNAHOWN
MITCHELSTOWN, CORK

GUEST SERVICES

Day-Trip Itineraries

LUXURY GALTEE ADVENTURES
SUSTAINABLE | INCLUSIVE | REGENERATIVE TOURISM





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DAY TRIP ITINERARIES

Barnahown, Mitchelstown is an ideal base for your Irish holiday. Located in a beautiful rural setting, while also offering nearby access to one of our main transportation routes on the M8 motorway. Many Irish highlights and hidden gems are only 1-2 hours away.

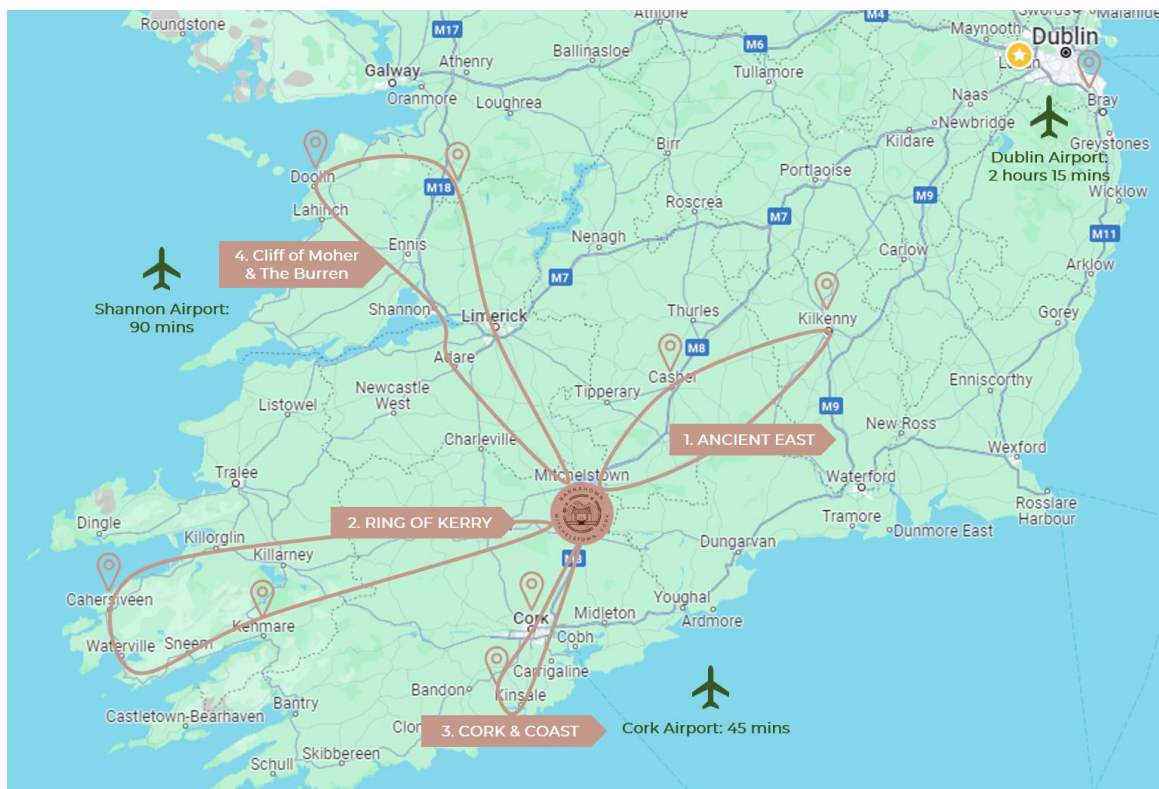
Lunch Suggestions

In each area I recommend 1-2 places I would also book personally if I'm planning a visit. These are mid to higher-end restaurants where the quality and provenance of food is assured. If any of the suggestions appeal to you, I would highly recommend a reservation. If you prefer to see where the day takes you, there will always be plenty on offer – it may just mean a small wait in the busier tourist areas during high season.

Irish Touring Routes

A route leading from Cork in the south to Donegal in the north, the **Wild Atlantic Way** (WAW) showcases Ireland's magnificent coastline. I have selected some highlights for you. The first itinerary below showcases **Ireland's Ancient East** and during your visit to Mitchelstown we will make sure you experience the best of **Ireland's Hidden Heartlands**.

AT THE HEART OF RURAL IRELAND & IDEALLY LOCATED FOR TOURING





1. Ireland's Ancient East	Travel Time	Round Trip
<p>NORTH & EAST FROM MITCHELSTOWN</p> <ul style="list-style-type: none"> • Rock of Cashel: joining a tour is highly recommended. There is an abundance of history and folklore that's best enjoyed with a local guide. • Cahir Castle: en route you will also find this exceptionally well preserved medieval castle which is regular star in TV and movies • Kilkenny Castle: a beautifully maintained castle set in outstanding Kilkenny city 	<p>30 mins</p> <p>20 mins</p> <p>1 hr 15 mins</p>	<p>Either 2 x half-day trips or easily combined into a full-day 7-8 hour round trip.</p>
<p>LUNCH SUGGESTIONS: Cashel: Mikey Ryans Kilkenny: Campagne</p>		
<p>TIPS & HIDDEN GEMS</p> <ul style="list-style-type: none"> • For Irish design, gifts and souvenirs – there are some fantastic shops and galleries in Cashel and Cahir. • For those who enjoy some retail therapy, Kilkenny is renowned for it's variety of clothing boutiques 		

2. Ring of Kerry (WAW)	Travel Time	Round Trip
<p>SOUTH WEST FROM MITCHELSTOWN</p> <ul style="list-style-type: none"> • Kenmare: while Killarney is traditionally the jumping off point, I'd highly recommend a stop in Kenmare – a smaller and very charming town • Cahersiveen: towards the completion of the Ring, another lovely small town to explore 	<p>2 hours</p>	<p>Best to allow 7-8 hours for lots of photo stops</p>
<p>LUNCH SUGGESTIONS: Kenmare: Mulcahy's Cahersiveen: Quinlan & Cooke</p>		
<p>TIPS & HIDDEN GEMS</p> <ul style="list-style-type: none"> • Artist Annabel Langrish is based on Main Street in Kenmare. Much of her work focuses on Irish landscapes and wild native animals. She ships internationally. • For those interested in sustainability and the circular economy, Skellig Soaps is a wonderful business on Main Street, Cahersiveen which reuses coffee grinds from local hospitality business to make a selection of soaps and scrubs. Zero waste. 		





3. Cork City & South West Coast (WAW)	Travel Time	Round Trip
<p>SOUTH FROM MITCHELSTOWN</p> <ul style="list-style-type: none"> • The English Market: Cork is internationally renowned for its food heritage and no better place to start your discovery of our producers • Kinsale: a small fishing village which has become a magnet for producers of food and art 	45 mins	Allow 4-5 hours for a leisurely round-trip
<p>LUNCH SUGGESTIONS: Cork City: The Farm Gate Kinsale: Fishy Fishy</p>		
<p>TIPS & HIDDEN GEMS</p> <ul style="list-style-type: none"> • Walk on a wide, windswept Irish beach at Garretstown, 15 mins drive from Kinsale and pass the world famous Old Head of Kinsale golf course • Cork is renowned as a cultural centre, there are regular events at Triskel Arts Centre 		
4. Cliffs of Moher, Doolin & The Burren (WAW)	Travel Time	Round Trip
<p>WEST FROM MITCHELSTOWN</p> <ul style="list-style-type: none"> • Cliffs of Moher: arrive as early as possible to avoid the crowds in this spectacular place • Doolin: lively nearby village, take in the scenery and experience the magic of a village in the West • The Burren: spectacular national park 	2 hours	Allow 6-8 hours to complete full tour
<p>LUNCH SUGGESTIONS: Ballyvaughan: Monks</p>		
5. Dublin City	Travel Time	Round Trip
<p>NORTH EAST FROM MITCHELSTOWN</p> <ul style="list-style-type: none"> • Guinness Storehouse: a fantastic visitor experience and spectacular city views from the rooftop bar • Book of Kells: well worth booking a Trinity College student guide to fully appreciate the history 	2 – 2.5 hrs	Allow a full 12-hour-day to make the most of the trip
<p>LUNCH SUGGESTIONS: Temple Bar: Pichet Trinity College: The Green Hen</p>		
<p>TIPS & HIDDEN GEMS</p> <ul style="list-style-type: none"> • Dublin is best explored on foot or by taxi/public transport with limited parking and busy traffic in the city centre. There are 2 options I recommend: <ul style="list-style-type: none"> ○ An express bus runs directly from Mitchelstown to Dublin (3 hrs) ○ My favourite route is driving to nearby Thurles train station, parking the car and taking the train into Dublin Heuston station (1hr 15 mins). From there it's only a 15-min walk or 5-min taxi to Guinness Storehouse 		

