



**SLIGO PARK HOTEL**  
& LEISURE CLUB ★★☆☆



### **Activities**

Sligo has a range of adventure activities to suit everyone. Go surfing, sailing, free diving, Stand Up Paddle boarding...Cycle through lush countryside.... Go horse riding; cast your rod...whatever your choice of holiday activity Sligo has it covered!

#### **Beaches and Water Sports**

**Rosses Point** (approx. 8km from hotel) has long sandy beaches safe for swimming: Sligo Yacht Club and the Lifeboat station are situated here as well as County Sligo Golf Club.

**Strandhill Beach** (approx. 8km from hotel) has a long sandy beach (when tide out) popular with surfers. Not safe for swimming. Strandhill Golf course and Voya Seaweed baths are located in Strandhill.

#### **Perfect Day Surf School**

Strandhill Sligo Ph: 087 2029399 [www.perfectdaysurfing.com](http://www.perfectdaysurfing.com)

Surf lessons provided for all levels at one of Europe's best surfing beaches, Strandhill (surfing is subject on surf conditions)

**Strandhill Surf School: Call Paul on: +353 (0) 71 916 8483**

Other popular beaches include **Mullaghmore (approx. 25km)** and **Streedagh (approx. 15km)** beaches both popular for swimming

#### **Rose of Innisfree:**

All weather, pleasure boat trip on Lough Gill travelling from the 17th Century Parkes Castle. Visit Yeat's "Lake Isle of Innisfree" en route. Includes live poetry recital and commentary on board. **Ph:** (071) 9164266

[www.roseofinnisfree.com](http://www.roseofinnisfree.com)

**Island View Riding Stables:** Grange Co Sligo PH.: (071) 9166156 [www.islandviewridingstables.com](http://www.islandviewridingstables.com)

Try a beach trek along Atlantic shores or a full day in the saddle. All abilities are catered for.

**Perfect Day SUP School Ireland** offers you the opportunity to enjoy nature and explore the Sligo outdoors from a different perspective. Call 087 99 68 861

**Carraig Climbing** specialise in outdoor rock climbing, abseiling and adventure in Sligo. No experience is required, just a sense of humour and adventure! It is an exhilarating activity and a fantastic way to see and experience the raw natural environment. It's suitable for young and old, family, friends, couples and more.

More information can be found on the website [carraigclimbing.com](http://carraigclimbing.com) , [Facebook](#) , [Instagram](#) , and Twitter [@carrigclimbing](#)

**Sligo Kayak Tours** run guided kayak tours of the beautiful coastal estuaries and tranquil inland lakes of Co. Sligo, Ireland. Discover untouched nature and world renowned landmarks from the comfort of your own sea kayak. phone +353 86 1999 015.

**Lough Key Forest & Activity Park (Boyle)** Tree Canopy Walk - 19th Century Servant Tunnels - Moylurg Tower. Boda Borg - Lakeside Cafe - Gift Shop - Adventure Play Kingdom - Forest & Parkland Trails, Bog Gardens, Lakeside Walks & 19th Century Bridges.



Lough Key Forest Park & Estate Boyle, has for many centuries drawn people to its spectacular views, abundant wildlife, historic buildings and evocative islands. This beautiful landscape is steeped in a rich history.

With careful planning and consideration the history of the estate and the landscape has been brought back to life through the introduction of Adventure. Zip it, BodaBorg, Lough key experience, Adventure Play Kingdom, Woodland Segway's to name but a few T: 071-9673122;E: [info@loughkey.ie](mailto:info@loughkey.ie)

## *Walks & Drives*



**Hazelwood Demesne** is located at Half Moon Bay along the shores of Lough Gill. The short walks here are among the most beautiful in the country, with views from the trail toward Church Island, Cottage Island and Goat Island and the full expanse of Lough Gill.

**Slish wood** is located on the southern shore of Lough Gill in a stunning location between the lake and the Ox Mountains. This delightful lakeshore and hillside track is waymarked and easy to follow. It begins at the northern end of the car park and follows the markers along the forest trail, providing picturesque views over Lough Gill. After 1.6km, the track rises at the very first fork in the walk.

**Dooney Rock** This pleasant 1.2km nature trail is located along the shores of Lough Gill and takes in the low summit of Dooney Rock. Venturing eastward, the trail takes in breath-taking views of the lake and its islands, in **particular from the summit of Dooney Rock.**



**Glencar** As you reach Glencar which straddles the border between counties Sligo and Leitrim with its dramatic steep cliffs, you will notice a series of waterfalls cascading from the heights. Glencar waterfall is perhaps the most dramatic descending from a 50ft rocky headland into a deep pool below in a haze of white spray

Sligo and parts of Leitrim and Roscommon is known as Yeats' Country in memory of poet W.B. and artist Jack Yeats who drew inspiration for their work from this area.

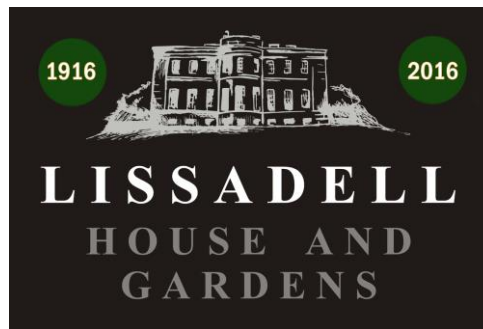


Starting in Sligo, go west to Carrowmore, one of Europe's most important prehistoric cemeteries. Follow the road around Knocknarea, which has an ancient cairn on the summit. Strandhill seaside resort is next, and then back along the peninsula to Rosses Point.

Drumcliffe is next, where W.B. Yeats is buried, and also the site of an ancient monastic settlement founded by St. Colmcille in the 6th century.

Then on to Carney, Grange, Cliffony and Mullaghmore. Head south for the lovely glen of Glencar. Then towards Lough Gill by the Hazelwood Forest Park, Dromahair and Dooney Rock, back to Sligo.

## Heritage



**Lissadell House:** Lissadell is famous as the childhood home of **Constance Markievicz**, her sister **Eva Gore-Booth** and her brother **Josslyn Gore-Booth**. - After 70 years of neglect an intensive programme of restoration – without any public funding – has taken place in the House, Gardens, Stable Block and grounds since 2004 and Lissadell is once again a place of beauty. Lissadell House, Ballinful, Co. Sligo, Ireland

Tel: +353 (0) 71 9163150: Email: [info@lissadellhouse.com](mailto:info@lissadellhouse.com) / [angela@lissadellhouse.com](mailto:angela@lissadellhouse.com)

**Knocknarea Queen Maeve Trail** - In Irish mythology Knocknarea is the burial place of the beautiful Warrior Queen Maeve of Connaught. The clear-cut limestone mountain of Knocknarea, located on the Cúil Irra (Coolera) peninsula, forms one of County Sligo's most conspicuous landmarks. Knocknarea Mountain (320m) dominates the skyline of Sligo.

**Carrowmore Megalithic Tombs**- The largest cemetery of megalithic tombs in Ireland and is also among the country's oldest. Over 60 tombs have been located by archaeologists, the oldest pre-date New Grange by some 700 years.



**Sligo Abbey** - This Sligo Town landmark was founded in 1252/3 and contains a great wealth of carvings including Gothic and Renaissance tomb sculptures and the only sculptured 15th Century high altar to survive in any Irish monastic church. **Walking tour of Sligo** During summer months every Monday, Tuesday, Wednesday, Thursday, Friday and Saturday at 11am from Tourist Information office, O'Connell St. Tour lasts approx 2 hours and includes places of historical, musical, sporting and cultural interest.

## *Heritage Continued*

### **Drumcliff Round Tower and High Cross, Drumcliffe, Sligo**

this site is a monastic settlement, and also the burial place of the famous Irish poet W.B. Yeats. Its importance dates from 574 AD when St. Colmcille founded a monastery here. [www.heritageireland.ie](http://www.heritageireland.ie)

**Sligo Folk Park** is located in the beautiful village of Riverstown, Co Sligo. This community based attraction gives a true experience of rural life and Irish heritage at the turn of the late 19th Century.

**Ph:** (071) 9165001; [www.sligofolkpark.com](http://www.sligofolkpark.com)

### **Kevingston House, Strandhill Road, Sligo**

This period house is open to the public. Group tours are welcome by appointment. It is a distinctly Georgian period house built in 1820, showing the unique character of the era. Guided tours are available.

**Ph:** (071) 9162787; [www.discoverireland.com](http://www.discoverireland.com)

### **Sligo Art Gallery, Hyde Bridge, Sligo**

Sligo Art Gallery is located in the Yeats Memorial Building at Hyde Bridge. The Gallery, founded in 1977 under the auspices of The Yeats Society, has developed over the years into an independent incorporated foundation. [www.sligoartgallery.com](http://www.sligoartgallery.com)

**For the Little Ones: Gilligans World Knocknashee: Ancient Hill-Fort – Legendary “Hill of the Faeries”** ‘Under the shadow of Knocknashee nestles a place for the faerie filled with glee’ a mythical park which encapsulates the world of the Irish faerie and their timeless legacy of magic and mystery. Baroncourt, Kilmacowen, Ballysadare, Co. Sligo Tel.: 071 9130286

## ***Kids Rainy Days***

**Zero Gravity** is a brand new 4,200 sq ft indoor skate park, one of the biggest in the North West of Ireland and has been designed by Skateboard rider Mike Keane. The Park features a bowl corner, street section with banks and rails and many other ramp features. It incorporates areas for both professionals and beginners alike. Unit 4, Cleveragh Business Park, Sligo Tel: 086 1601220  
EEmail: [zerogravitysligo@gmail.com](mailto:zerogravitysligo@gmail.com)

### **Five Star Fun**

Modern play and party centre in the northwest, offering a range of exciting activities for children.

Grange, Co Sligo Tel: 071 9173155 Mob: 087 2566526  
[www.fivestarfuns.ie](http://www.fivestarfuns.ie)

### **Funny Bones**

Funny Bones House of Fun is a Children's Activity and Play Centre based in Collooney just outside Sligo. New Vertigo Ropes Course and Innovation realistic climbing wall

Toberbride Business Park Collooney, Co. Sligo  
[info@funnybones.ie](mailto:info@funnybones.ie) 071 9133281

### **Happy Days**

Cleveragh Business Park, Sligo Ph: (071) 9135115

Come and enjoy the fun at Happy Days – an ideal location for a rainy day for all the family within a safe environment

### **Sligo Folk Park**

Riverstown, Sligo Ph(071) 9165001 [www.sligofolkpark.com](http://www.sligofolkpark.com)

Discover times gone by at Sligo Folk Park. Visit the museum and exhibition hall, traditional cottage, craft centre, coffee shop, see the farm animals and working forge.

### **Tullyboy Farm**

Boyle Co Roscommon Ph : (071) 9668031 [www.tullyboyfarm.com](http://www.tullyboyfarm.com)

See a real working farm where you can pet the animals get up close, hand feed, bottle feed and cuddle them

Paint Your Own Pottery Studio

### **Cinema**

Omniplex - Wine Street Sligo ph: 1520 927011.

### **Arigna Mining Experience**

Arigna Co. Roscommon Ph: (071) 9646466 [www.arignaminingexperience.ie](http://www.arignaminingexperience.ie)

Discover and experience the life of a coal miner through a unique underground tour in what was Ireland's last working coal mines. These mines operated for 400 years and closed in 1990.

### **Out Door parks**

Doorly Park - River side amenity Children's play area, outdoor gym, and river walks.

Kevinsfort Sligo- amenities' include Children's play area, pitches, basketball and outdoor gym.

### **Mammy Johnston's**

Situated on the sea front in Strandhill, Co. Sligo, Mammy Johnson's has a wide range of homemade ice creams in a variety of delicious flavours, a must for the family while visiting Sligo!



***We hope you enjoy your stay; our Guest Relations staff will be on hand throughout the summer months should you need any assistance!***



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