



World Lacrosse Men's U21 World Championship & Lacrosse World Festival

10 – 20 August 2022
Limerick, Ireland

TOUR OPTIONS

For groups of 20 or more

BURREN DAY TRIP (INCLUDING CLIFFS OF MOHER)

DINGLE PENINSULA DAY TRIP

GALWAY DAY TRIP

ARAN ISLAND DAY TRIP

TIPPERARY DAY TRIP

BUNRATTY CASTLE EVENING



HOW TO BOOK

1. Review the tour options below
2. Email lacrosse2022@abbey.ie with the following information:
 - Your preferred tour(s)
 - Approx. number of members in your group
 - Date of tour (if exact date not known, please give an idea of your arrival and departure dates in Limerick)

If you are interested in a tour not listed below, please contact us with details and we will quote a price for your group.

The prices quoted below are only applicable to groups of 20 or more.

<https://www.worldlax2022.com/tour-options>





BURREN DAY TRIP

PRICE

€50 per person
(based on minimum 20)

PRICE INCLUDES

- ✓ Entrance to Cliffs of Moher
 - ✓ Sheepdog Demonstration at Caherconnell Fort
 - ✓ Modern motor coach with driver/guide x 1 full day (09h00 – 17h30)
 - ✓ Service charges and taxes at existing rates
- No free places or gratuities**

ITINERARY

Today meet your driver/guide at your accommodation and transfer to **The Burren**

Upon arrival, enjoy a tour of **The Burren**

The Burren landscape covers over 150 square kilometres and is one of Ireland's 6 National Parks. The region is visually similar to a moonscape, yet shelters a mixture of flora and archaeological sites which have attracted visitors for centuries. Man came here over 6000 years ago, cleared the forests and set in motion soil erosion. Centuries of weathering has produced a terrain of fissured limestone pavements, disappearing lakes, terraced mountains, and underground cave systems. For millennia man has left his mark, megalithic tombs and cooking sites litter the pavements, while medieval towerhouses and churches guard the valleys. Today man is absent from most of the upland, leaving behind ancient field systems, routeways and placenames. Today's visitors to the Burren will find Arctic, Alpine and Mediterranean plants growing together.





ITINERARY (continued)

Continue on and visit **Cliffs of Moher**

Situated on the Atlantic Ocean and bordering the Burren region, the Cliffs of Moher are one of Ireland's most spectacular sights. Standing 230 metres above the ground at their highest point and 8km long, the Cliffs boast one of the most amazing views in Ireland. On a clear day, the Aran Islands are visible in Galway Bay as well as the valleys and hills of Connemara. The cliffs reach their highest point just north of O' Brien's Tower built by Cornelius O' Brien, a descendant of Brian Boru, to entertain his lady friends. A visit of the tower is also possible. The sweeping view across the Atlantic has recently been ranked the best 'cliff-view' on the planet by Conde Nast Traveler. The respected travel publication has voted the world-famous landmark at the top of a new chart of 'Nine Gorgeous Cliff Views That Rival The Grand Canyon'.



Enjoy a visit and a **sheepdog demonstration at Caherconnell Stone Fort**

Caherconnell Stone Fort, situated 1km south of Poul nabrone Dolmen in the heart of the Burren, offers visitors the opportunity to visit an exceptionally well-preserved example of the stone forts and ringforts existing within the Burren. The fort is in its original state. Its position overlooking virtually all surrounding areas suggests a defensive settlement. This may not have been defensive in a military sense but rather for personal security from raiders or wild animals which were among the most common foes at the time. Ringforts such as Caherconnell are thought to have been inhabited from 400-1200 AD.

Return to your accommodation.



DINGLE PENINSULA DAY TRIP

PRICE

€38 per person
(based on minimum 20)

PRICE INCLUDES

- ✓ Entrance to Gallarus Oratory
 - ✓ Modern motor coach with driver/guide x 1 full day (09h00 – 17h30)
 - ✓ Service charges and taxes at existing rates
- No free places or gratuities**

ITINERARY

This morning meet your driver/guide at your accommodation and transfer to the **Dingle Peninsula**

Today you will explore the Dingle Peninsula. Some of the finest coastal scenery to be seen in Ireland can be found in West Kerry, on the Dingle Peninsula, the most northern of the Kerry Peninsulas. This peninsula is famous for its Celtic, pre-Christian monuments and Christian churches. It is also a 'Gaeltacht' (Irish speaking) area, where the Irish language and traditional ways of life are preserved. Dingle town itself is a thriving fishing town and offers plenty of opportunity for shopping or simply savouring the atmosphere of a typical country Irish town with its plentiful pubs, narrow streets and busy harbour. The road around the Peninsula is truly spectacular. It passes through a chain of Mountains, called Slieve Mish. From Inch, a long beach bordered by dunes and made famous by David Lean's movie "Ryan's daughter," admire the Iveragh Peninsula and Rossbeigh Beach. From Dingle, drive around the coast to Sleah Head. Here the blue of the marine landscape surrounds the Blasket Islands, deserted since 1953. In the distance are the two rocky Skellig islands, where the ruins of an early Christian Monastery can be found. The Dingle Peninsula will charm you with its villages painted in bright colours and will bewitch you with the dramatic beauty of its landscapes.





ITINERARY (continued)

Visit the **Gallarus Oratory**

Gallarus Oratory is the most impressive early Christian monument on the Dingle peninsula. It has withstood the passage of time for over 1200 years. Built in the shape of an upturned boat, the oratory formed part of a larger monastic site and was used as a place of prayer and reflection. With its small entrance doorway and round-headed east-facing window, it is an excellent example of dry stone construction. Gallarus Oratory visitor centre offers visitors the opportunity to explore Gallarus Oratory and also see a Audio Visual presentation on the surrounding area. There is a shop offering souvenirs and some refreshments located in the main centre.



Enjoy free time in Dingle Town under own arrangements.

Return to your accommodation.



GALWAY DAY TRIP

PRICE

€52 per person
(based on minimum 20)

PRICE INCLUDES

- ✓ Lough Corrib cruise with Irish coffee demonstration
 - ✓ Modern motor coach with driver/guide x 1 full day (09h00 – 17h30)
 - ✓ Service charges and taxes at existing rates
- No free places or gratuities**

ITINERARY

Today, meet your driver/guide at your accommodation and transfer to **Galway City**

Upon arrival, enjoy a **walking city tour of Galway**

The city centre of Galway is mainly pedestrian, so a walking tour is the best way to enjoy its atmosphere and discover some of its most important monument. The tour starts on Eyre Square and finishes at the Claddagh. During the tour you will see Lynch Castle, home to the mayors of Galway, Saint Nicholas Church founded in the 13th century, and the famous Spanish Arch. You can walk along the Corrib River to the Claddagh village or to the majestic Cathedral.





ITINERARY (continued)

Then enjoy **Lough Corrib cruise** with **scones and Irish coffee demonstration**

The Corrib Princess sails from Woodquay in the heart of Galway city, along the famous Steamers Line, which is the lakes traditional trade route. The journey takes passengers along the majestic River Corrib and onto the lake providing visitors with a guided commentary in a number of languages on the historic monuments and natural amenities on this waterway that leads to the largest lake in the Republic of Ireland. There is an abundance of wild life and the Corrib has a peace and tranquillity all of its own. The normal sightseeing tour is 90 minutes in duration with indoor seating for guests and tea/coffee plus traditional scones are included during the cruise. Irish coffee demonstrations can be organized during the cruise. Evening dinner and entertainment cruise options are also available.

**Can be done without the Irish coffee demonstration for youth groups.*



Spend some free time under own arrangements before returning to your accommodation.



ARAN ISLAND DAY TRIP

PRICE

€76 per person
(based on minimum 20)

PRICE INCLUDES

- ✓ Return ferry from Doolin to Inishmore
 - ✓ Tour and farm visit on the Aran Islands
 - ✓ Dun Aengus Fort
 - ✓ Modern motor coach with driver/guide x 1 full day (09h00 – 17h30)
 - ✓ Service charges and taxes at existing rates
- No free places or gratuities**

ITINERARY

This morning, meet your driver/guide at your accommodation and transfer to Doolin to catch the ferry to **Inishmore**

Enjoy a minibus **tour of the Aran Islands with farm visit**

The three Aran Islands of Inis Mór (Big Island), Inis Meáin (Middle Island) and Inis Oírr (East Island) are located off the west coast of Ireland, at the mouth of Galway Bay. The Aran Islands are famous for their geological formation, historical monuments and linguistic cultural heritage. The Irish (Gaelic) language is spoken here as the first language (English is also spoken). The stunning scenery, thousands of miles of stone walls, peaceful atmosphere and friendly people make the islands a special place to visit.





ITINERARY (continued)

Visit **Dun Aengus Fort**

Perched spectacularly on a cliff overlooking the Atlantic ocean, this is the largest of the prehistoric stone forts of the Aran Islands. It is enclosed by three massive dry-stone walls and a "chevaux-de-frise" consisting of tall blocks of limestone set vertically into the ground to deter attackers. The fort is about 900m from the Visitor Centre and is approached over rising ground. There is access for visitors with disabilities to the Visitor Centre but the route to the fort is over rough terrain in parts that is not suitable for wheelchairs. The small visitor centre contains some displays on the history and geology of the area.



Spend some free time on the island.

Return ferry from Inishmore and coach transfer back to your accommodation.



TIPPERARY DAY TRIP

PRICE

€47 per person
(based on minimum 20)

PRICE INCLUDES

- ✓ Entrance to Rock of Cashel
 - ✓ Entrance to Cahir Castle
 - ✓ Modern motor coach with driver/guide x 1 full day (09h00 – 17h30)
 - ✓ Service charges and taxes at existing rates
- No free places or gratuities**

ITINERARY

Today, meet your driver/guide at your accommodation and visit **Rock of Cashel**

Possibly the most photographed site in Ireland, the Rock of Cashel towers over the town of Cashel from its perch on a 200-foot high outcrop of limestone. Once the seat of the Kings of Munster. St. Patrick visited the rock in 450 AD, while Brian Boru was crowned the first high King of Ireland here in the tenth century. Granted to the church in the twelfth century, by the O'Brien clan, today the impressive stone walls enclose a round tower, a cathedral, a twelfth century Romanesque chapel and high crosses. The Vicars Choral has been recently restored and its basement houses a small museum of artefacts found on the site. One of the leading visitor attractions in Ireland, in 2011 it was visited by Queen Elizabeth II on her historic first visit to the Republic of Ireland.





ITINERARY (continued)

After, visit **Cahir Castle**

Superbly set on a rocky island in the River Suir in Cahir town, County Tipperary, this impressive 15th century castle - the largest of its period in Ireland - was considered impregnable until the advent of heavy cannon. Once the stronghold of the powerful Butler family, the castle retains its keep, tower and much of its original defensive structure. The origins of the castle are traced back to the third century when a Dun (earthen fort) was built upon the rocky island. This gave the town of Cahir its original name "Dun Iascaigh" (town of the fish fort). There is an audio-visual presentation, and guided tours are also available to help fully understand the history of Cahir, its town, its castle and the surrounding area.



Return to your accommodation.



BUNRATTY CASTLE EVENING

PRICE

€94 per person
(based on minimum 20)

PRICE INCLUDES

- ✓ Medieval banquet at Bunratty Castle or similar
 - ✓ Modern motor coach with driver/guide x 1 evening return transfer
 - ✓ Service charges and taxes at existing rates
- No free places or gratuities**

ITINERARY

This evening transfer to **Bunratty Castle** or similar and enjoy a medieval banquet and entertainment

Bunratty Castle is one of the most complete and authentic medieval castles in Ireland. Built in 1425 and plundered on many occasions, it was authentically restored in 1954 to its former medieval splendour and now contains mainly 15th and 16th century furnishings and tapestries capturing the mood and the style of the times. For over 40 years the ladies of the Castle, aided and abetted by the Earl's Butler, have welcomed guests from all over the world to join them at The Earl's Banquet.

The evening begins with a mead reception in the Great Hall of the castle, then downstairs to enjoy a four course meal with red & white wine. This is followed by entertainment by the world renowned Bunratty Castle Entertainers accompanied by harp and violin. The banquet is held twice nightly during the high season.

*This is a very popular evening and so is subject to availability at the time of the request. There are two sittings each night – 17h30 and 20h45 – two venues – Bunratty Castle and Knappogue Castle.



Return transfer to your accommodation.