

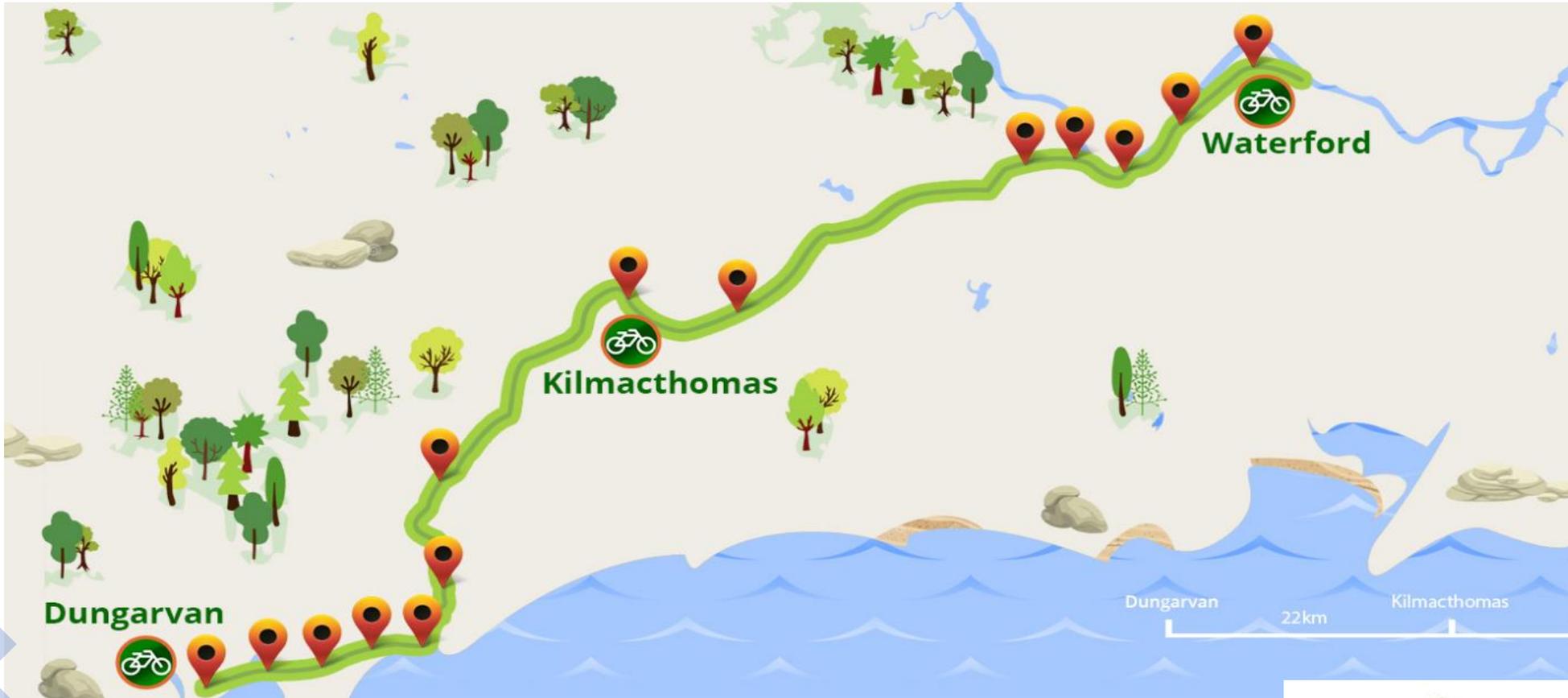
A wide waterfall cascading down a green cliff into a river, with a rocky beach in the foreground. The waterfall is the central focus, surrounded by lush green hills and a clear sky. The foreground is a wide, rocky beach with small stones and pebbles. A few people can be seen near the base of the waterfall. The overall scene is a beautiful natural landscape.

Discovering Ireland

Favourite places and
things to do

by Joanna, Ulyana, Licia

Cycling Greenway Dungarvan -Waterford



Planning for Waterford Greenway

- *How to get there*

2,5-hour by train, bus or car to Waterford

- *How long to stay to make the best of the trip*

2 nights accommodation around Waterford town

- *How long is the route*

It is **the longest Greenway** in Ireland 46 km

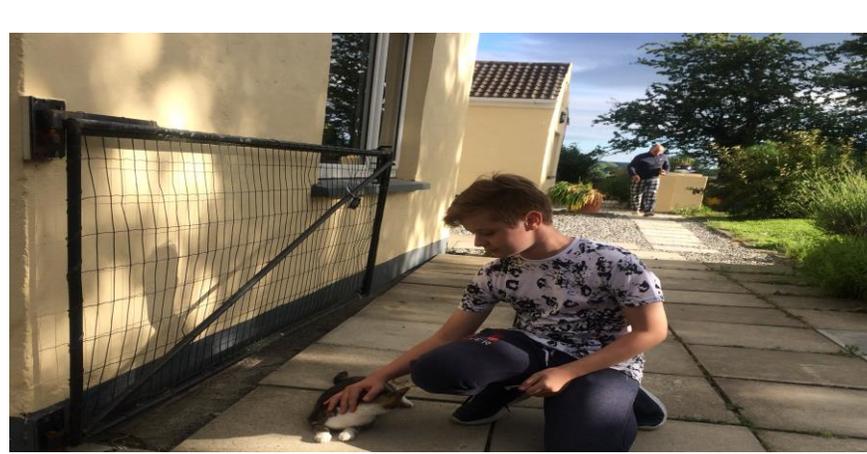
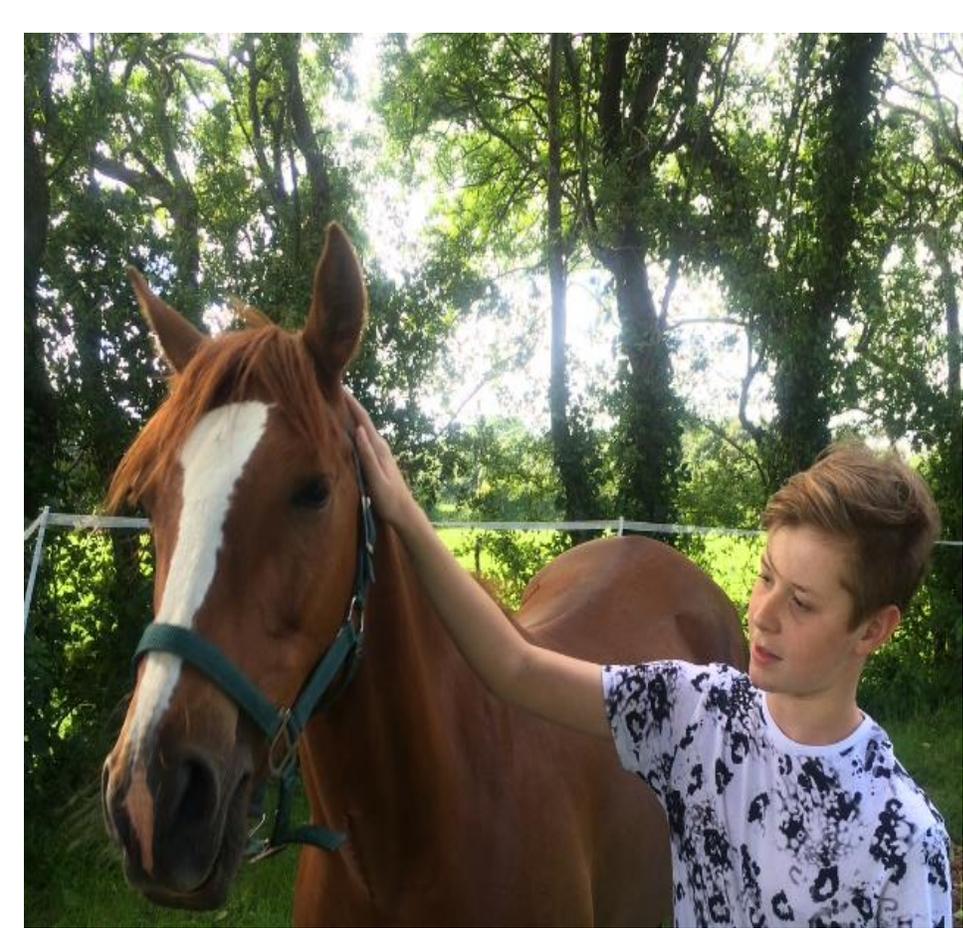
- *How long does it take*

3 hours-4 hours with breaks



Practical tips

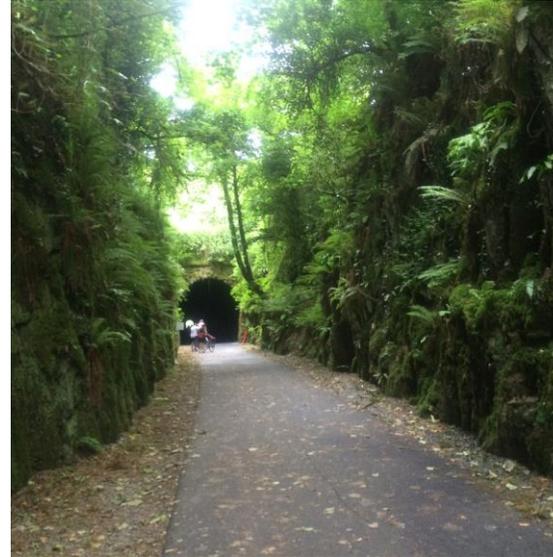
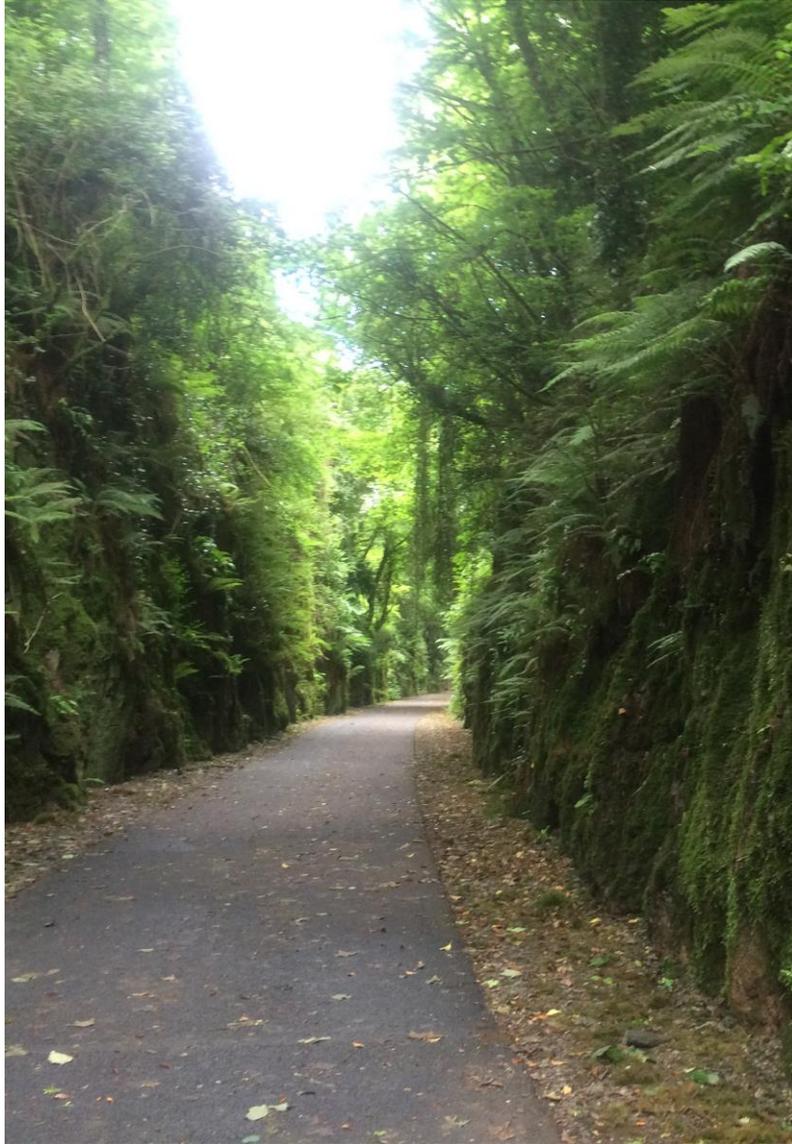
- Accommodation
B&B 10 km outside
of Waterford city





Getting on a bike

- Bike rental places where you can drop a bike and come back by bus
- Route well marked, good signage



Viaducts & Tunnels

- **Ballyvoyle Tunnel and Viaduct**

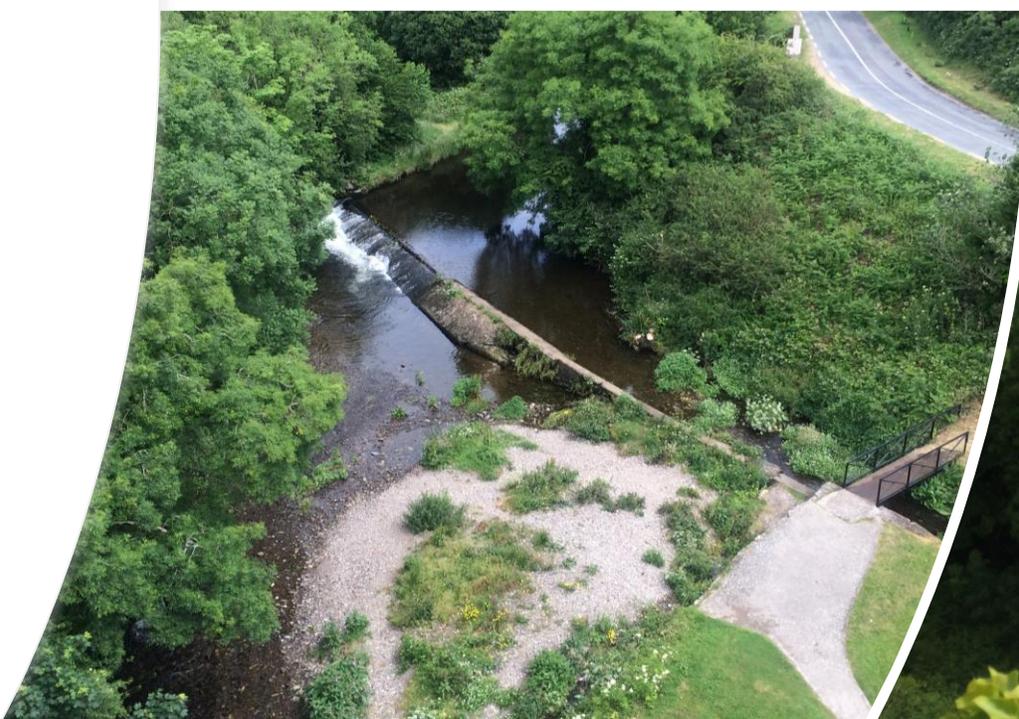
built in the 1870s, blown up during civil war and rebuilt 1924

Used in 1990s for Bungee Jumping

Restored in recent years

Viaducts & Tunnels

- Durrow Viaduct and Tunnel
- Kilmacthomas Viaduct
(Comeragh Mountains,
Mahon waterfalls)





Waterford & Suir Valley Railway

- Kilmeaden, 40-minute journey, Mount Congreve gardens on the way



Waterford museums

- Viking Virtual reality highly recommended
- Viking Triangle- Museum of Treasures

Reginald tower, Medieval Museum, Bishop Palace



Great Western Greenway

- Westport – Newport (12km)
- Newport – Mulranny (18km)
- Mulranny – Achill (13km)
- Total 43 km

Planning for Great Western Greenway

- *How to get there*

Travel by train or bus to Westport, or a car (Mullrany , Newport, Achill)

- *How long to stay to make the best of the trip*

3 nights accommodation

- *How long does it take to complete*

Trip can be completed in one day however the parts of it can be tiring for not experience cyclist

Newport Town & River



Accommodation
Newport

Cycling over two days:

- Day 1 Newport – Achill 31 km
- Day 2 Newport – Westport 12 km



Booking a bike

- Bike can be booked in Newport, there are number of stops where bike can be returned: Westport, Mulranny, Achill
- Shuttle bus included in a price

Day 1: Beginning in Newport

- The greenway became reality in 2010, when the section between Newport and Mulranny officially opened.
- The greenway in place of old railway between Westport and Achill closed in 1937



What to expect: Newport –Mulranny

- 18 km of an excellent scenery
- This section is the only section with on track refreshment stops

Nevin's of Newfield, Riverside Café

- The greenway is predominantly flat as for the most part was developed on the railway line





Mulranny

The most stunning place on the way
Salt Marsh, **Machair**, **Stormy Beaches**

Mulranny to Achill

- Cycling time around 1,5 h along to Achill Sound
- More exposed to the elements provides magnificent views of Mayo's rugged coastline with Bellacragher Bay running by your side.



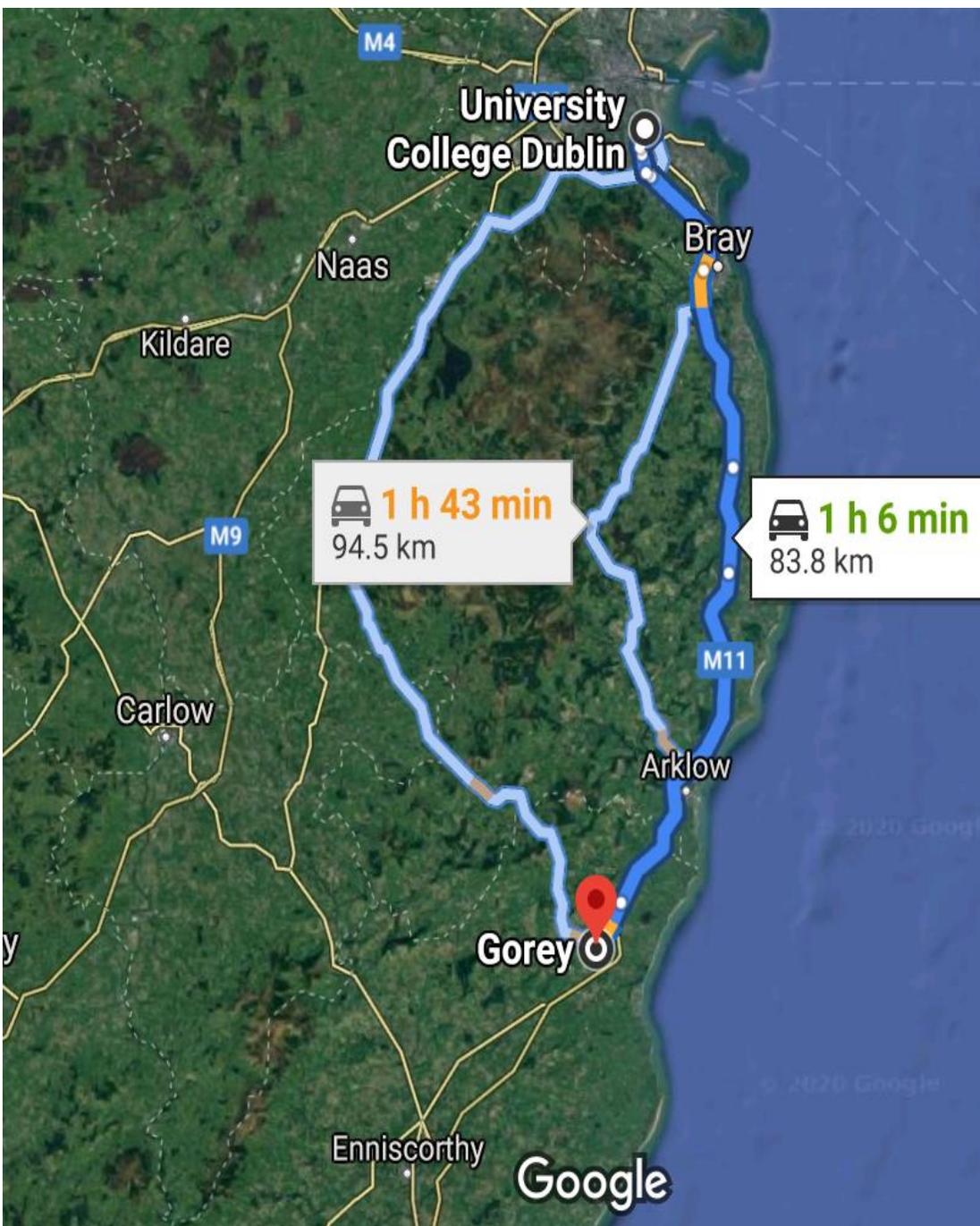
Day 2: Newport –Westport 12 km

- Cycling time : up to 1,5
- This is the shortest section of the Great Western Greenway
- “Sunday stroll” great connection between the two west Mayo towns.
- There are no services on this section, but being the shortest, it doesn't take long to complete.



Sunny South East Secrets





Gorey, County Wexford

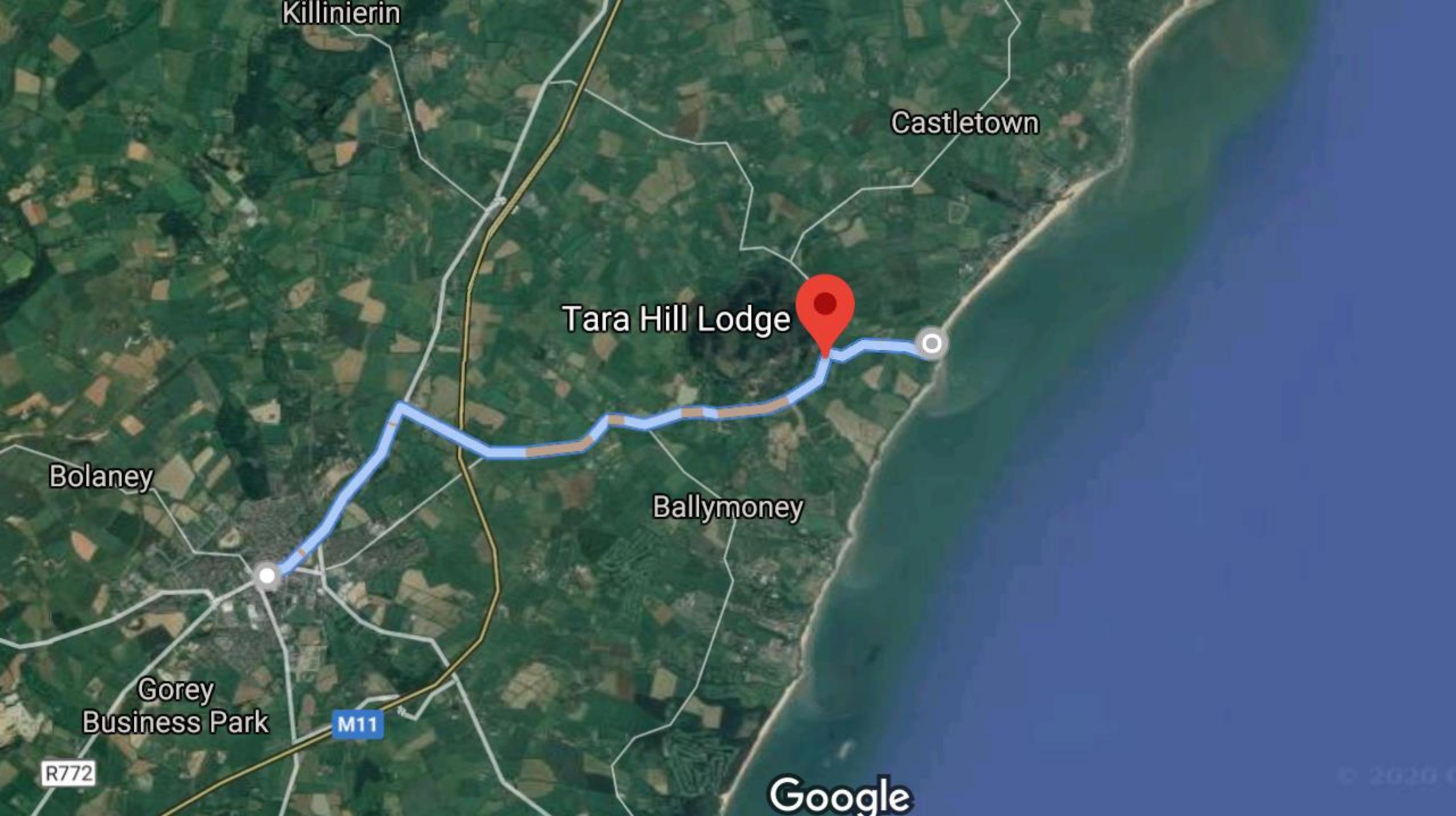
Is a small rural town with many secrets to offer family friendly trips and excursions for day trips or overnight stays

- **84km from UCD accessible by all public transport and M11**
- **By car from UCD 1hr 6 min Motorway no tolls**
- **By train Booterstown station 1hr 22min**
- **By Bus from Montrose Stillorgan 1-hour 20min**



Secret No. 1 :
Saleen Beach , Saleen lane,
Tara Hill, Gorey (2.5k long)





Killinierin

Castletown

Tara Hill Lodge

Bolaney

Ballymoney

Gorey
Business Park

M11

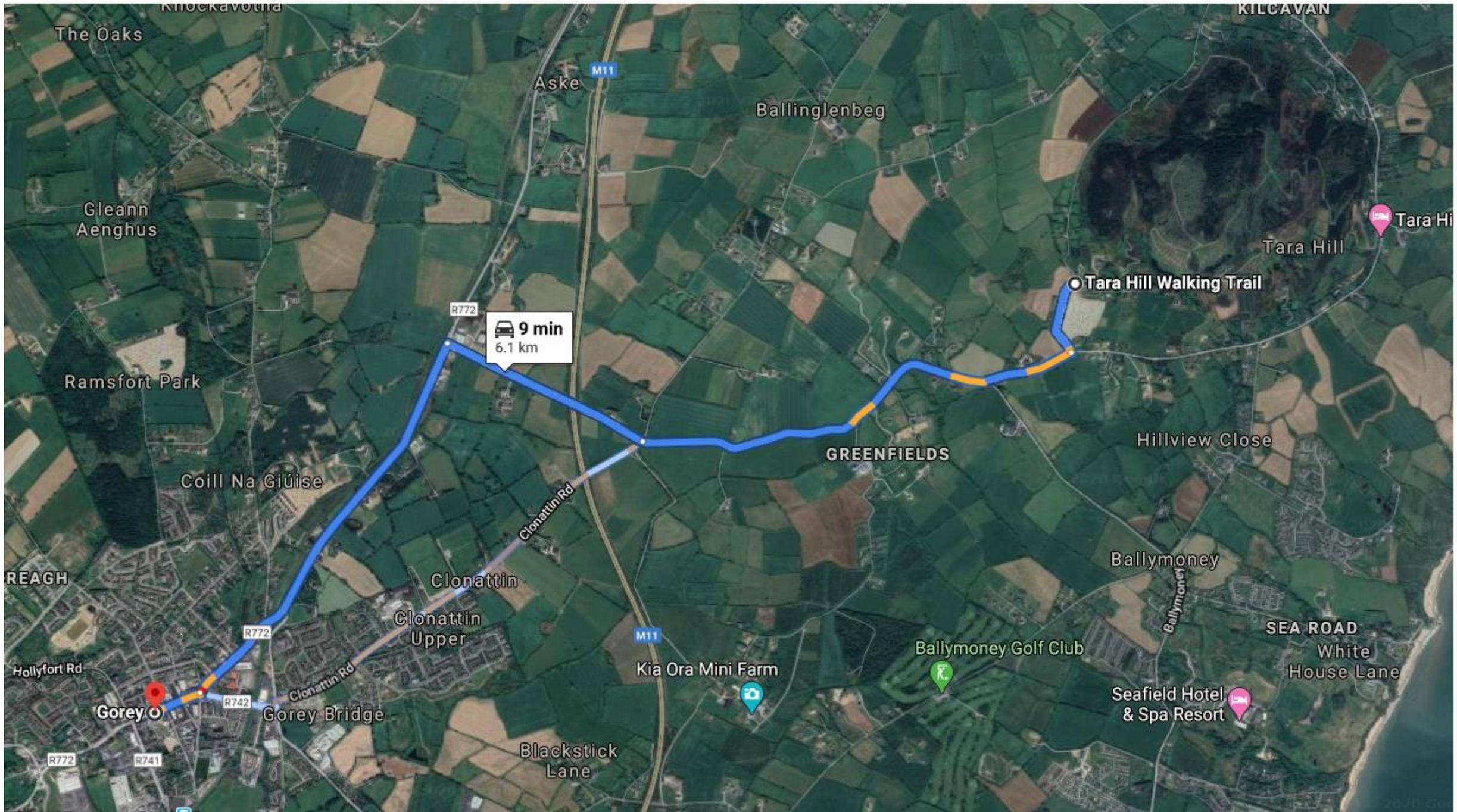
R772

Google

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Secret No 2: Tara Hill trail Family friendly hike (5.4km)



The Oaks

Knockavottin

Aske

M11

Ballinglenbeg

KILCAVAN

Gleann Aenghus

Tara Hi

Tara Hill

Tara Hill Walking Trail

9 min
6.1 km

R772

Ramsfort Park

GREENFIELDS

Hillview Close

Coill Na Giúise

Ballymoney

REAGH

Clonattin

Clonattin Upper

SEA ROAD

Hollyfort Rd

R772

R742

Gorey Bridge

M11

Kia Ora Mini Farm

Ballymoney Golf Club

White House Lane

Gorey O

Seafeld Hotel & Spa Resort

R772

R741

Clonattin Rd

Blackstick Lane

Ballymoney



Secret No 3 : Kia Ora Farm (3.7km from Gorey)

The Book Café and Bistro

MAIN STREET, GOREY | (053) 943 0585



Welcome To

The Book Café & Bistro

Secret No 5: Gorey Adventure Alley (Ice ring, Trampoline) only for the Rainey days



Secret No 6: Amber Springs Hotel, Gorey Town (Afternoon Drink for the parents and kids Den at the back of the hotel grounds)



Secret No 7 : Courtown Woodlands, (6.2km from Gorey)



Secret No 8 : Seal Rescue Ireland (SRI), Courtown Harbour, Co. Wexford

Seal Rescue Ireland (SRI), a charity organisation that works around the clock to rescue, rehabilitate and release native seals found sick, injured or orphaned from across the coast of Ireland is based in Courtown.



Secret No9: Pirates Cove, Courttown



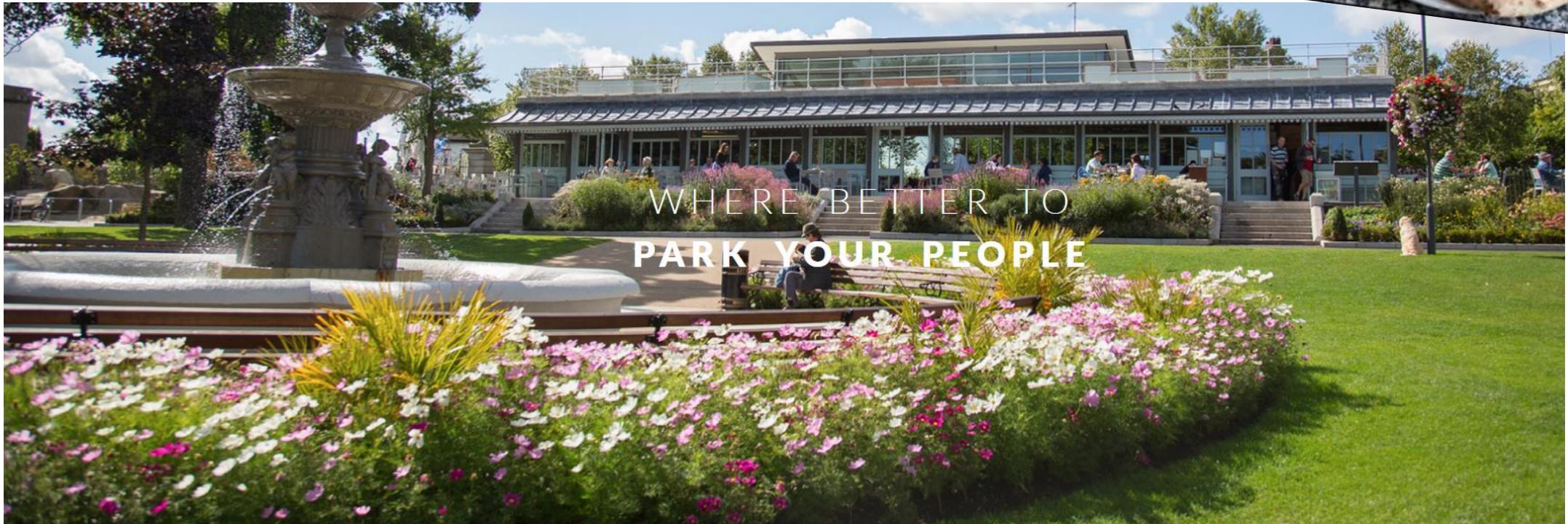
Secret No 10 : Wexford Lavender Farm (from Gorey to the farm 11 km)





My Favourite Places

by Licia Carlesi



Parks and Gardens

People's Park, Sandycove/Dun Laoghaire

- Food market on Sundays 11am-4pm (now re-open)
- Farmers' market
- Dun Laoghaire Pier



Parks and Gardens

Iveagh Gardens, Dublin 2

- “Secret Garden”
- Small, tranquil, hidden
- Behind National Concert Hall
- Small waterfall
- Maze
- Statues



Parks and Gardens

Irish Botanic Gardens, Glasnevin

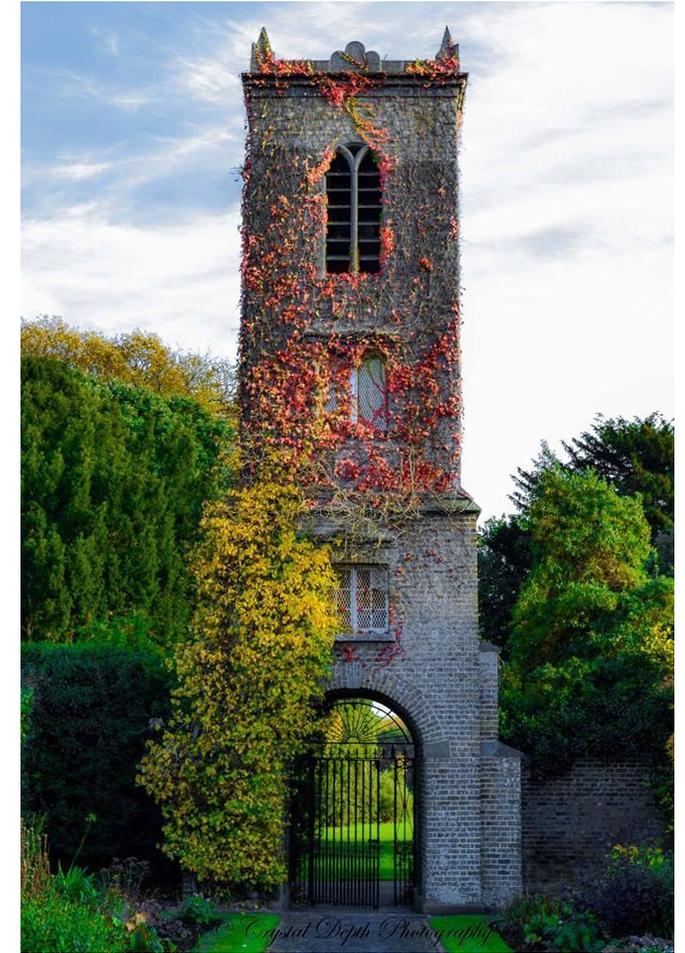
- Open 10am – 5pm (10am – 6pm weekends)
- 15,000+ plant species
- Free



Parks and Gardens

St Anne's Park, Clontarf/Raheny

- Woodlands
- Water features
- Rose garden (Rose Festival each July)
- Dog park
- Free



Hiking Spots and Walks

Killiney Hill

- 2 km
- Start in Dalkey
- Can return by Dart
- Views: Sugarloaf mountain, Dalkey, Dun Laoghaire Dublin Bay



Hiking Spots and Walks

Bray to Greystones cliff walk

- 7 km (2.5 hours)
- Linear cliff walk, footpath
- Can return by Dart



Hiking Spots and Walks

Malahide to Portmarnock coastal walk

- 4 km
- Elevated seaside walk
- Wide paths (good for families and joggers)
- Can continue walk on Portmarnock beach (+2.5km)



Birdwatching Spots

North Bull Island, Clontarf

- 5 km
- First bird sanctuary in Ireland
- 180+ bird species recorded
- Wildlife habitat
- Dollymount strand



Birdwatching Spots

Boosterstown Nature Reserve

- Marshland (only remaining marsh in South Dublin)
- Resting spot for migrating birds
- Freshwater & saltwater
- Blackrock Park nearby (1.5 Km)



Birdwatching Spots

Birdwatch Ireland East Coast Nature Reserve, Wicklow

- Part of Murrough Wetlands
- Area of conservation
- 4km
- Free



BirdWatchIreland
protecting birds and biodiversity

Best Pizza in Dublin

- [Manifesto](#), Rathmines (vegan options)
- [Forno 500](#), Dame St. (awarded Certificate of True Authentic Neapolitan Pizza, vegan-friendly)
- [Zero Zero](#) Pizza, Patrick St., Dun Laoghaire (traditional Neapolitan, vegan options)
- [Osteria Lucio](#), Grand Canal Dock (Romana)
- [Stoned](#) Pizza, Parliament St., near Dublin Castle (previously “Aperitivo”, hidden gem, vegan options)
- [Di Fontaine’s](#), Parliament St., Temple Bar (NY Style, open late, “pay it forward”, vegan options)



Bonus! Best Vegan Food in Dublin

- [SOVA Vegan Butcher](#), Fine Dining, Pleasant St., D2 (fully vegan)
- [Take a Veg](#), Street Food, Moore St., D1 (fully vegan)
- [Veginity](#), Street Food/Fine Dining, Dorset St., D1 (rotating, fully vegan)
- [Brother Hubbard North](#), Middle Eastern, Capel St, D1 (vegan options)
- [UMI Falafel](#), Dame St., D2 (vegan options)
- [GLAS](#), Vegan and Vegetarian Dining, Chatham St., D2
- [Fallon & Byrne](#), Fine Dining, Exchequer St., D2 and People's Park, Sandycove (vegan menu)
- [Eatokyo](#), Noodle and Sushi bar, Wellington Quay, Temple Bar (vegan menu)
- [The Paddocks Bar & Lounge](#), Clonee (vegan carvery)
- [The Green Hen](#), French Bistro Style, Exchequer St., D2 (vegan menu)
- Honourable mentions: **Zizzi's** & **Milano's** (vegan menu)

• Follow me on Instagram: @ [K Vegan Kitchen](#)

