



Westport: 3 Day Adventure Itinerary

Suitable for Older Families/Active Adults



Day 1

Morning:

Start off easy with a visit to Westport House to learn about this 'big house' - the story goes back to the 15th century and features pirates, slave emancipators and tourism pioneers - something for everyone!

Once you've soaked up the heritage, you're ready for some action:

- ▶ **Archery** - traditional archery takes years to master, but you can get a good start by learning from the experienced instructors at Westport House.
- ▶ **Archery Tag** - teams safely shoot one another with foam tipped arrows while trying to score targets too - its harder than it sounds!
- ▶ The custom-built **High Ropes Climbing Frame** and **Leap of Faith**
- ▶ **Laser Combat Games** - think paintball but with laser i.e. no pain or bruising!
- ▶ **Harness Zorbing** - strap yourself in and tumble head over heels down a custom-built hill - its rollicking good fun!
- ▶ **Hydro Zorbing** - the tamer of the two zorbing rides features a few inches of water inside the ball in which you roll around (please note a change of clothes will be provided on site)
- ▶ **Zipwiring** - a fast and furious ride through the air that will leave you wanting more!

Take your pick of the milder to wilder activities.

Afternoon:

Take a short drive out to Murrisk to the foot of the famous 'Reek'. Then get ready for a thrilling session of rock-climbing and abseiling where you will receive safe and effective instruction. Even complete beginners will be surprised to find themselves scaling the rocky heights.

Day 2

Morning:

Hike your way to the summit of Croagh Patrick. Be sure to take plenty of breaks on the way up to enjoy the view of Clew Bay's 365 islands. The views of the bay and the Nephin Beg Mountain range are absolutely stunning and a suitable reward for your effort. At the top, visit the church and bed where St. Patrick spent 40 days and 40 nights (and apparently drove the snakes from Ireland). After you've taken some nice photos, take care on the way down.

Afternoon:

Having viewed Clew Bay from the top of the Reek, now get out on the water to enjoy it from a different perspective. Join experienced guides for a kayaking tour of Clew Bay. No experience is necessary and all of the gear you need is provided. Paddle out along the coast, watching for dolphins. Groups are small and intimate and the guides will ensure you are safe and sound. After that, keep heading out the West Road towards Roonagh Pier - past Louisburgh - and catch the ferry to Clare Island for an overnight stay in a tent, in a light house, B&B or hostel. Enjoy a stroll or hire bikes and cycle to explore the island.

Visit www.DestinationWestport.com for more details!

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Day 3

Morning:

Head down to the beach for a spot of snorkelling. Despite Ireland's less than tropical climate, snorkelling has become extremely popular over the last couple of years, with Clew Bay being a favoured spot to explore the underwater world. Superb instructors will put even complete novices at ease and all equipment will be provided. Be sure to catch the 1pm ferry back to Roonagh, to fit some more excitement into your afternoon.

Afternoon:

Head back into Westport and Cycle the Great Western Greenway, a 42km off-road cycling and walking trail that goes from Westport to Achill. However, with shuttles to and from Newport, Mulranny and Achill, it's possible to do shorter sections - one-way or return.

Option 1: Cycle to Newport, stop for tea, and cycle back.

Option 2: Cycle on as far as Mulranny and be shuttled back to Westport.

Option 3: Be shuttled as far as Mulranny/Newport and cycle home.

Dinner:

Enjoy dinner in one of the many award winning restaurant's Westport has to offer.

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