



Sensory Experiences

At The Connemara Sands Beach Hotel & Spa





1

Connemara Bee Safari

Description

A guided experience that will provide the thrill of getting up close with thousands of honey bees.

Learn many fascinating facts about Connemara honey bees, its environment, history and the many health benefits of heather honey.

Suit up and help the beekeeper perform routine and specific tasks that help the bees thrive.

Finish the experience with a small snack that includes heather honey.



Location:

Connemara Sands Hotel
(meet at reception)

Seasonal: May to October
Days: Wed & Sun
Time: 12 noon and 2pm
Duration: 1 hour approx
Groups: Max 6 persons
Level: Easy
Equipment: Suits provided
good footwear required.
Price: Adult €25,
Child €15

Sensory Experience 1



TOUCH
9/10



TASTE
6/10



SMELL
7/10



SEE
9/10



HEAR
8/10



2

Original Required

Lazy Days Detox Seaweed Bath

Description

Start the treatment with a pore opening steam sauna. Then submerge your body into a bath of organic, hand-harvested Atlantic seaweed to remove unwanted toxins and alleviate aches and pains.

The natural power of this seaweed increases circulation, promotes healing and deeply moisturises the skin.

This bathing ritual is the simplest and purest of all organic treatments.

Complete the treatment by retiring to the dedicated relaxation room and indulge in a cup of hot herbal Voya tea.

Location/Booking:

Connemara Sands Hotel

Seasonal : March - November

Days: Open 7 days

Time: 10am – 5pm

Duration: 40 mins approx

Groups: 2 people max

Level: Easy

Equipment: Robes Provided

Price: €35 per Adult

Sensory Experience 2



TOUCH
10/10



TASTE
6/10



SMELL
8/10



SEE
8/10



HEAR
7/10



Mannin Bay Watersport Experience

Description

Take a guided tour of the stunning blue flag Mannin Bay's turquoise waters and white sandy shores by kayak or stand-up paddle board.

A fantastic way to explore the shoreline and see all kinds of sea flora, crustaceans and fish.

Always an expert, friendly and knowledgeable guide ready to deliver a fun and adventurous experience.



Location/Booking:

Connemara Sands Hotel Spa

Seasonal : March - November

Days: Open 7 days

Time: Seasonal

Duration: 90 mins

Groups: Yes

Level: Novice to expert

Equipment: Provided
(please bring towel)

Price: €40 per person

Sensory Experience 3



TOUCH
10/10



TASTE
6/10



SMELL
8/10



SEE
10/10



HEAR
8/10

Ceol leis

Introduction to Irish music and dance with the talented and local Ruddy Family.

Clann na Rudaigh

Description

A brief introduction to a variety of different instruments - the Button Accordion, Concertina, Tin Whistle, Fiddle and the Irish Harp.

An opportunity to learn about music, culture, with a short description and explanation of each instrument.

You may have heard The Rumour that Irish Music embodies the spirit of the people of Ireland? *Sit, relax and listen and you will find out why....*

Experience a mixture of different types of tunes, and also experience some Seanos dancing – an older style of Traditional Irish Dance. Possibly the most interesting, intriguing, educational and enjoyable hour you will experience along the Wild Atlantic Way. *You will leave with a greater love and knowledge of Irish music and dance.*

Location/Booking:

Connemara Sands Hotel
Sands Bar

Seasonal:	March to Nov.
Days:	Once per week – Check Reception
Duration:	3 ½ hours approx
Level:	Easy - Educational
Equipment:	No equipment required, Guests welcome to bring their own instruments
Price:	POA

Sensory Experience 4



TOUCH
0/10



TASTE
0/10



SMELL
0/10



SEE
10/10



HEAR
10/10



5

Catch & Cook on Mannin Bay

Description

- Take a guided boat tour of Mannin Bay.
- Visit the secret fishing areas of local fishermen.
- Fish the pristine waters off Mannin Bay while taking in the breathtaking scenery and wildlife.
- A chance to see seals, dolphins, and even whales.
- Fish for Mackerel, Pollock, Cod and pull Lobster and Crab pots.
- Return to the kitchen of Erriseask Restaurant and help to prepare the catch for dinner with the aid of a professional chef. A Beach BBQ will be used for cooking (subject to weather).
- Sit for a group dinner in the cosy environment of Erriseask restaurant and enjoy the wonderful fresh catch.

Location/Booking:

Connemara Sands

Seasonal : May to September

Days: Advance Booking and all trips are subject to weather conditions.

Duration: 3 hours fishing 2 hours cooking 2 hours dining

Level: All levels welcome
Children over 12 years must be with a parent

Equipment: Warm, comfortable clothes and rain jacket.

Price: POA

Sensory Experience 5



TOUCH
9/10



TASTE
10/10



SMELL
9/10



SEE
10/10



HEAR
9/10



6

Connemara Smokehouse Visitor Experience

Description

- A Guided experience of the Connemara Smokehouse
- Watch how to hand fillet and traditionally prepare the salmon
- Learn about the traditional methods of salting and smoking
- Watch how to hand slice a side of salmon
- Offers exceptional views of the Twelve Bens mountain range and the castle home ruins of pirate queen Grainne Mhoal (Grace O'Malley)
- Finish with tasting experience of some smoked products

Location/Booking:

Waters Edge, Bunowen Pier
(7 minute drive from hotel)

Contact Connemara Sands Hotel
Reception 095 23030

Seasonal: May to September

Duration: 45-60 minutes.

Groups: Welcome subject to
availability

Level: Easy

Equipment: Warm, comfortable
clothes

Price: POA

Sensory Experience 6



TOUCH
9/10



TASTE
9/10



SMELL
9/10



SEE
10/10



HEAR
9/10



The Point Pony Trekking

Description

A unique opportunity to discover some of the most breathtaking scenery in the west of Ireland, on horseback, with the twelve Bens as a backdrop, and the Atlantic Ocean at your feet. Accompanied by experienced staff, you will be guided safely along the dazzling sandy beaches and through the wide-open countryside.

With over 25 years of experience in equestrian treks, our aim is to offer customers a relaxed, enjoyable and safe experience on horseback. Experienced riders and beginners are welcome.

Two hour treks along stunning beaches, coastline and to tidal islands (Tide permitting) Can be arranged for mixed abilities. Longer treks/Private treks can be arranged on request. One hour treks along sandy beaches and coastline – ideal for children / beginners.

Location/Booking:

Contact reception for details

Seasonal :	Feb. - Oct.
Days:	Monday - Saturday
Time:	Various Treks
Duration:	1 – 2 hours approx
Groups:	Maximum 10 Riders
Level:	Dependent on level of Riding (Children must be over 6 years of age)
Equipment:	Suitable footwear, clothing, Leggings/ Jodhpurs No Jewellery
Price:	€35pp / 1 Hour €60pp / 2 Hours

Sensory Experience 7



TOUCH
10/10



TASTE
7/10



SMELL
9/10



SEE
10/10



HEAR
8/10

Cycle Connemara

Description

Connemara's cycle loops offer some unprecedented views and experiences. Cruise gently along the bog road and discover those quiet, secluded beaches. Let the wind in your hair on The Sky Road or visit the sight of Marconi, Alcock and Brown.

Clifden Bike Shop hire quality Electric and Regular bikes for daily or a weekly basis.

The perfect way to explore and discover Connemara!

No mountain too high, no road too long.

Location/Booking:

Come by our shop,
Call 095 22630, on line
www.clifdenbikeshop.ie or
at hotel reception.

Seasonal: Monday to Sunday
9am – 6pm
(later in high season)

Duration: 1 – 1 ½ hours
Groups: 10 Electric Bikes &
60 Regular Bikes.

Level: Easy
Equipment: Comfortable
clothing, footwear,
rain gear

Price: €11 Child, €17 Adults
Regular Bikes

Sensory Experience 8



TOUCH
8/10



TASTE
6/10



SMELL
9/10



SEE
10/10



HEAR
9/10



9

Connemara Championship Golf Links

Description

Voted Best Links Course in Connaught 2016, Championship Links course situated along the west coast of Connemara, surrounded by the Atlantic Ocean and 12 Bens Mountain range. The Course was designed by Eddie Hackett and opened in June 1973

The sea and countryside surrounding the course provides majestic scenery, serenity and history. Hares spring across the fairway, sky larks sing, swallows swoop often leading a golfer to a lost ball while swans elegantly grace the many lakes nearby.

Bar with full breakfast and Clubhouse menus available to either build up the energy or satisfy the hunger. Coffee parlour with full range of barista coffee and home-made cakes.

Location:

Ballyconneely, Co. Galway, Ireland

Seasonal:	Open all year round
Days:	7 days a week
Time:	Book a tee time at the hotel reception
Duration:	3 ½ hours approx
Groups:	Can accommodate groups
Level:	As per handicap
Equipment:	Proper golf attire required
Price:	Please enquire at Hotel Reception

Sensory Experience 9



TOUCH
8/10



TASTE
6/10



SMELL
7/10



SEE
9/10



HEAR
8/10



10

Mannin Bay Walk

Beaches, Boreens and tales of Grace O'Malley, Ireland's Pirate Queen.

Description

Following a gentle route, this beautiful easy-moderate guided walk often close to the coast with panorama views of the Twelve Bens, Maumturks and even as far as Mweelrea, the highest mountain in Connacht.

A magnificent view of the ruined 18th century MacGogean Castle, which has direct links through marriage to Grace O'Malley. (Ireland's Pirate Queen). Continuing down the boreen to the sand dunes, passing Connemara ponies and donkeys grazing on the grass. Returning along the magnificent shoreline - swim or paddle in the crystal clear water of Mannin Bay.

Explore the nature and all the shoreline has to offer, at low tide you will discover the bright purple mussels clinging pink rocks and shells under foot before making a gentle return to The Connemara Sands Hotel.

Location/Booking:

Connemara Sands Hotel Starting & Finishing Point

Seasonal:	March to Nov.
Days:	Advanced Bookings
Duration:	1 - 1 ½ hours (Route varies according to walkers & local conditions)
Level:	No significant ascends or descends
Equipment:	Walking shoes, rain gear, drink & snack (Swimwear optional)
Price:	POA

Sensory Experience 10



TOUCH
9/10



TASTE
9/10



SMELL
9/10



SEE
10/10



HEAR
9/10




Connemara Sands
BEACH HOTEL SPA
★ ★ ★ ★

Connemara Sands Hotel, Restaurant + Bar.
Mannin Bay, Ballyconneely Co. Galway, H71 TY79, Ireland

Tel: 00353 (0) 95 23030 www.connemarasands-hotel.com





Sensory Experiences

Sensory Experiences

Sensory Experiences are activities which excite all the senses. Each a unique experience, a thrilling adventure or some local culture is all within a stones throw of the hotel.

Visit our web site www.connemarasands-hotel.com for booking or to download our Sensory Experience Brochure



CLIFDEN

CYCLE
CONNEMARA

MANNIN
BAY WATERSPORTS
EXPERIENCE

MANNIN
BAY WALK



CONNEMARA
CHAMPIONSHIP
GOLF LINKS

THE POINT
PONY
TREKKING

CONNEMARA
SMOKEHOUSE &
VISITOR CENTRE

CONNEMARA
BEE SAFARI

LAZY DAYS DETOX
SEAWEED BATH

CATCH & COOK
ON MANNING BAY

CEOL LEIS CLANN
NA RUDAIGN

(ABOVE EXPERIENCES AVAILABLE
AT THE CONNEMARA SANDS
HOTEL)



Connemara Sands Hotel, Restaurant + Bar.
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