

Welcome Pack

Leisure Breaks



Explore Sligo

STAY WITH US



HOTEL FACILITIES

- Enjoy splashing around in our 16-metre swimming pool!
- Toddler's pool
- Newly refurbished state of the art Gym for those over 16
- Outdoor tennis courts
- Basketball, soccer, and hopscotch facilities
- Complete our 10 Door on-site Fairy Trail
(Map can be found in kids welcome pack)
- DVD selection (available from Reception)
- Carte D'or Ice cream stand
(Check welcome pack for complimentary voucher)
- Gardens and grounds for family fun
- Movie nights
(times & location available at reception)

FAMILY FUN SLIGO PARK HOTEL

Dear Family,

A very warm welcome to the Sligo Park Hotel and Leisure Club; we hope you enjoy your stay with us while making life-long memories as a family.

As well as furnishing you with information on our hotel's family friendly facilities, the pack is designed to offer you lots of choice on what to see and do in Sligo during your time with us.

You will be spoilt for choice!

A handwritten signature in black ink, appearing to read 'Gerard Moore', written over a white line.

Gerard Moore
General Manager

WHAT TO DO WHILE VISITING SLIGO

The Sligo coastline, part of the Wild Atlantic Way, is the home of spectacular unspoilt beaches, that are overlooked by majestic mountain ranges. A idyllic combination of hidden coves that invite you relax in peace and tranquillity, and the bustling, welcoming, seaside towns.



Rosses Point:

Rosses Point blue flag beach has long sandy beaches safe for swimming.

Sligo Yacht Club and the Lifeboat station are situated here as well as County Sligo Golf Club.



Mullaghmore Beach:

Home to some of the best big wave surfing on the planet, Mullaghmore Head is a world-renowned destination for surf lovers.

Grab a seat and watch daredevils ride giant waves, some as big as 30ft, or take a stroll along the cliffs and beaches with the striking Classiebawn Castle and Benbulbin in the distance.



Strandhill Beach:

Has a long sandy beach popular with surfers. Not safe for swimming. Lovely walks in surrounding area Strandhill Golf course and Voya Seaweed baths.

Culleenmore: At the southern end of Strandhill's main beach, the sand dunes give way to a wide tidal estuary, stretching all the way back to Ballisadare.



Coney Island:

The strand is exposed at low tide; you can drive or walk across the 5km long causeway from Cummeen Strand and escape from it all on Coney Island. It is marked by 14 stone pillars. Keep an eye out for the rabbits that give the island its name.

With sweeping sandy beaches, lush green fields and gentle hills, Coney Island is a proper hidden treasure.



Streedagh Beach:

Stand on the edge of the world and watch as the Sligo coastline fades away into the Atlantic Ocean at Streedagh Beach.

With historical features in every direction, you'll see where the Spanish Armada ran aground and can search for fossils in the rocks dotted along the 3km of sandy beach. Normal People was Filmed on Streedagh Beach.

SLIGO ACTIVITIES

Sligo boasts a stunning and wild coast, which attracts surfers and water sport enthusiasts year-round.



Sligo Surf Experience

Surf lessons in Strandhill for adults and children, beginners and improvers, individuals or groups. We also provides bodyboard lessons. Just a ten-minute drive from the Hotel.

T: 087 7471915
E: info@sligosurfexperience.com
W: www.sligosurfexperience.com



Strandhill Surf School:

We offer a variety of lessons catering for individuals, small and large groups, and special occasions.

T: 071 916 8483
E: strandhillsurfschool@gmail.com
W: www.strandhillsurfschool.com



Sligo Bay Sup:

Stand up Paddle boarding is a brilliant activity for all ages & abilities & we also offer group SUPing Sessions.

T: 087 600 1588
E: info@sligobaysup.ie
W: www.sligobaysup.ie



Sligo Kayak Tours

Run guided kayak tours of the beautiful coastal estuaries and tranquil inland lakes of Sligo. Discover untouched nature and world-renowned landmarks from your own sea kayak.

T: 086 1999 015
W: sligokayaktours.com
E: info@sligokayaktours.com



Carraig Climbing Sligo

Specialise in outdoor rock climbing, abseiling and adventure in Sligo. It is suitable for young and old, family, friends, couples and more.

T: 0876647285
E: carraigclimbing@gmail.com
W: www.carraigclimbing.com



Lough Key Forest & Activity

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. Zip it, BodaBorg, Lough key experience, Adventure Play Kingdom, Woodland Segway's to name but a few.

T: 071-9673122
E: info@loughkey.ie
W: www.loughkey.ie



Eagles flying Sligo:

Nestled in the green hills of south Sligo, Ireland's largest sanctuary for raptors and owls, the Irish Raptor Research Centre / Eagles Flying is situated on more than 27 ha of mature parklands near Ballymote. Currently it is the home of more than 100 eagles, hawks, owls, falcons, and vultures.

T: 353 872110538
E: eagles.flying@hotmail.com
W: www.eaglesflying.com



Atlantic Sheepdogs Trials

Discover the art of herding with sheepdogs in County Sligo. See how Atlantic Sheepdogs look after their well-trained dogs and watch as they move sheep around a farm.

T: 085 740 2836
E: atlanticsheepdogs@gmail.com
W: www.facebook.com/atlanticsheepdogs/

Contact details for all the activities listed have been attached. Please check availability directly with the provider!

WALKS & DRIVES

If you're wondering what to do in Sligo that will treat you to a unique experience, you're in luck. There are plenty of unique and unusual things to do in Sligo.

Some of the best things to do in Sligo involve throwing on a pair of hiking boots and heading up into the hills or out along the coast.

Visit www.sligowalks.ie



Hazelwood

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

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.



Doorly Park

Doorly Park is located along the riverside in Sligo town, about 10-15 minute walk from the Hotel. A series of ponds were excavated, and drier areas were planted with oak, scots pine and several other species of tree. There is a nature trail through the park and a picnic area. Recent development includes a new cycling /walking amenity which include 1Km adding to the existing 4km walking trail with looped link pathway to connect existing woodland and cycling pathway. There is also a children's playground and outside gym located in the area.



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, from the summit of Dooney Rock.



Glencar

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.



Lough Gill and Yeats County scenic drive, wild atlantic way

From a landscape and people who inspired the works of WB Yeats to prehistoric ancient tombs and Irish Mythology, the Yeats County and Lough Gill Scenic Loop Drive or Cycle in Co. Sligo is a 185 km / 115 mile scenic road trip and heritage trail through some of the most scenic, interesting and awe inspiring areas on Irelands Wild Atlantic Way.

www.activeme.ie

Contact details for all the activities listed have been attached. Please check availability directly with the provider!



SLIGO HERITAGE

Sligo Abbey - This Sligo Town landmark was founded in 1252/3 & contains a great wealth of carvings including Gothic & Renaissance tomb sculptures & 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.

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. 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

Kevinsfort 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. T: 071 9162787; www.discoverireland.com

Sligo Art Gallery - Hyde Bridge, Sligo. 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

Niland Gallery - The Mall, Rathquarter, Sligo. The Model, home of the Niland Collection, formerly called Model Arts and Niland Gallery, is a contemporary arts centre and gallery space in Sligo. T: 071 914 1405

Lissadell - 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. T: 071 9163150; Email: info@lissadellhouse.com

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" enroute. Includes live poetry recital and commentary on board. T: 071 9164266 www.roseofinnisfree.com

Keash Caves - Located in the side of Keash Hill, 3 miles east of Ballymote, these 13 caves are accessible from a walking trail which starts at Keash Church. The caves were occupied by brown bears and the bones of Reindeer, Boar, Wolf, and Arctic Lemming along with many types of bird have been found here. Human habitation of the caves appears to begin around the 8th century. Cormac MacAirt, a famous Irish King, was apparently raised by a she-wolf in these caves.

W B Yeats Grave - Drumcliffe. Set against the striking backdrop of the Benbulbin Mountains. It is best known as the final resting place of W.B. Yeats. Found in the churchyard, his grave is marked with a simple headstone with the inscription, "cast a cold eye on life, on death, horseman, pass by." This was Yeats' self-penned epitaph together with the instructions that the grave consist of "no marble, no conventional phrase". The graveyard also contains a high cross and nearby is the site of a 6th Century Columbian monastery.

Coleman Irish Music Centre - Gurteen, Co. Sligo. The Coleman Traditional Irish Music Centre is a celebration of Irish Music, Culture and Heritage as expressed in the South Sligo Style of music played by Michael Coleman and other musicians of his time. This community-based enterprise is dedicated to ensuring that the tradition of Irish music remains a living one 'an traidisiún beo' and that it continues to be enjoyed by all ages and nationalities. T: 071 918 2599



RAINY DAY ACTIVITIES

Zero Gravity

Is a 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.

Zero Gravity, Unit 4, Cleveragh Business Park, Sligo
T: 086 1601 220 W: www.zerogravity.ie

Five Star Fun

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

Five Star Fun, Grange, Co Sligo
T: 071 9173 155 M: 087 2566 526 W: www.fivestarfun.ie

Funny Bones /Vertigo

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

Funny Bones, Toberbride Business Park, Collooney, Co. Sligo
T: 071 9133 281 W: www.funnybones.ie/

Happy Days

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

Happy Days, Cleveragh Business Park, Sligo
T: 071 9135 115 W: www.happydaysligo.ie/

Sligo Folk Park

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.

Sligo Folk Park, Riverstown, Sligo
T: 071 9165001 W: www.sligofolkpark.com.

Castle Adventure Open Farm

All weather fun- enjoy lots of fun down on the Farm! There are plenty of animal activities to enjoy under cover in our barns, including Bunny cuddling, lamb bottle-feeding and much more. Plus, don't miss the chance for loads of indoor fun and play in our huge indoor activity centre and sandpit, or if the weather is good, take a trip on our barrel train, drive a real digger and discover the huge outdoor Adventure Playground!

Castle Adventure Open Farm, Ballymacaward, Wardtown Castle, Ballyshannon, Co. Donegal
T: 087 4429 998 W: www.openfarm.ie

Tullyboy Farm

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

Tullyboy Farm, Boyle Co Roscommon
T: 0719668 031 W: www.tullyboyfarm.com

Cinema Omniplex

Wine Street, Sligo
T: 1520 927011

Arigna Mining Experience

Discover and experience the life of a coal miner through a unique underground.

Arigna Mining Experience, Arigna, Co. Roscommon
T: 071 9646 466 W: www.arignaminingexperience.ie

Contact details for all the activities listed below have been attached. please check availability directly with the provider!



Dear Guest,

It would be truly impossible to include all that Sligo has to offer
in this Family Fun Guide.

For further information on local events, sights, folklore, heritage,
and much more you may find the following sites helpful

www.discoverireland.ie/sligo

www.sligotourism.ie

www.sligo.ie

Enjoy your stay!



Explore Sligo

STAY WITH US



SCAN ME

Sligo Park Hotel & Leisure Club, Pearse Road, Sligo, Ireland. F91 Y762

T: +353 71 919 0400 F: +353 71 916 9556 - sligo@leehotels.com - www.sligopark.com



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