



THE LODGES @

## SEA VIEW HOUSE

### THINGS TO DO IN THE GEOPARK WHILE STAYING AT SEA VIEW HOUSE

#### 1. **BURREN AND CLIFFS OF MOHER UNESCO GLOBAL GEOPARK**

Doolin is situated within The Burren and Cliffs of Moher UNESCO Global Geopark. Rich in heritage and culture, this area received the highly valuable UNESCO Global Geopark designation in March 2016. Geoparks are regions with outstanding natural and cultural heritage where people and organisations work together to ensure a cared-for landscape, better understood heritage, well-managed tourism and vibrant communities. Visitors to the Geopark can learn how the unique Burren limestone was formed over 300 million years ago and about the influence it has had on farming and local life. Within the Geopark 11 Geosites (sites of geological importance), a distinctive national park, numerous walking and cycling trails as well as an award-winning food trail. Visitors are requested to 'Leave No Trace' of their visit to the Burren, in order to conserve this treasured landscape. [www.burrengeopark.ie](http://www.burrengeopark.ie)

#### 2. **GEOSITES AND DISCOVERY POINTS:**

There's nowhere in the world quite like the Burren. And there are so many unique places nestled within the area. There are nine Geosites you can visit

- Flaggy Shore
- Fanore Beach
- Doolin Pier
- Doolin Cave
- Ailwee Cave
- Cliffs of Moher
- Lisdoonvarna Spa Wells
- Burren National Park
- Slieve Carran
- Carron Polje and Turlough
- Poulnabrone

Geosites are— areas of particular geological significance – in the Burren Geopark, each with its own on-site visitor and interpretation information.

[www.burrengeopark.ie/discover-and-experience/geosites-discovery-points/](http://www.burrengeopark.ie/discover-and-experience/geosites-discovery-points/)

#### 3. **BURREN FOOD TRAIL:**

The Burren Food Trail has been named the Irish winner of the “European Destination of Excellence - Tourism and Local Gastronomy” (EDEN) award for developing a tourism offering based on their local gastronomy that balances sustaining the local environment with the promotion of viable tourism. Follow the food trail and discover award winning restaurants and local producers with Burren Food Trail Map available downstairs.

#### 4. **THE BURREN:**

Spend some time in the Burren. The Burren is an amazing place. It is a karst limestone region of approximately 300 sq km starts at Doolin and extends to the north and east... It is composed of limestone pavements, which are eroded in a distinctive pattern known as karren. This pavement is crisscrossed by cracks known



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as grykes and underneath the pavement there are huge caves and rivers that suddenly flood when it rains. It contains dozens of megalithic tombs and Celtic crosses and a ruined Cistercian Abbey from the 12th century, Corcomroe. You can find villages abandoned since famine times and green roads on which you can walk for miles without ever seeing a car. And if you go in springtime you will find rare wildflowers such as gentian and orchids and bloody cranesbill.

### 5. **BURREN PERFUMERY:**

Visit the Burren Perfumery, Irelands oldest perfumery in the heart of the Burren.

### 6. **BURREN NATIONAL PARK**

The Burren National Park is located in the southeastern corner of the Burren and is approximately 1500 hectares in size. The Park land was bought by the Government for nature conservation and public access. It contains examples of all the major habitats within the Burren: Limestone Pavement, Calcareous Grassland, Hazel scrub, Ash/Hazel Woodland, Turloughs, Lakes, Petrifying Springs, Cliffs and Fen. The word "Burren" comes from an Irish word "Boireann" meaning a rocky place. This is an extremely appropriate name when you consider the lack of soil cover and the extent of exposed Limestone Pavement. However it has been referred to in the past as "Fertile rock" due to the mixture of nutrient rich herb and floral species.

In 1651 a Cromwellian Army Officer named Ludlow remarked, "of this barony it is said that it is a country where there is not water enough to drown a man, wood enough to hang one, nor earth enough to bury them. This last is so scarce that the inhabitants steal it from one another and yet their cattle are very fat. The grass grows in tufts of earth of two or three foot square which lies between the limestone rocks and is very sweet and nourishing." The highest point in the park is Knockanes (207 metres) which continues as a curving terraced ridge to Mullaghmór to the south. East of this ridge is an area of extensive, low lying limestone pavement containing a number of semi-permanent lakes. West of this ridge the pavement sweeps down to partially drift-covered ground which gradually rises again to reach the foot of a rocky escarpment. To the south of the park the limestone bedrock disappears under a layer of glacial till. This till area is far more intensively managed for pasture and silage.

### 7. **THE BURREN BUS.**

The National Parks and Wildlife Service run a Free Bus Service to the Burren National Park every year fromt May until August. The bus service operateS from the Information Point in Corofin through the National Park. The first bus leaves Corofin at 09:30 seven days a week and provides access to the National Park. This is a shuttle-bus service that stops at one point within the Park giving visitors the opportunity to explore the five scenic way-marked walking trails.

### 8. **WALKS AND TRAILS:**

There are many trails and walks within the GeoPark.

[www.burrengeopark.ie/discover-and-experience/trails/](http://www.burrengeopark.ie/discover-and-experience/trails/) A full list of walks and trails are available in our guest lounge. Our favourite is the trail around Mullaghmore Mountain, a loop walk in the Burren National Park.

[www.burrennationalpark.ie/walking-trails](http://www.burrennationalpark.ie/walking-trails) This mountain is one of the most impressive landmarks in the Burren. The mountain is a magnificent swirl of contorted limestone. The rocks of Mullaghmore consist of carboniferous limestone, a sedimentary rock that was laid down under the sea 350 million years ago.

*Web: [seaview-doolin.ie](http://seaview-doolin.ie) Email: [reservations@seaview-doolin.ie](mailto:reservations@seaview-doolin.ie)  
Tel: (353) 87 2679617*



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### 9. **THE CLIFFS OF MOHER:**

They are one of Ireland's top Visitor attractions and are just 5 minutes away by car). The Cliffs are 214m high at the highest point and range for 8 kilometres over the Atlantic Ocean.

Opened in 2007 the grass roofed Visitor Centre is set into the hillside. Inside you will find Atlantic Edge Exhibition Area (additional charge) a Cafe, Restaurant, shop, graphic displays and images of the Cliffs including a stunning photo's, public toilets & ATM.

### 10. **DOOLIN CLIFF WALK:**

On our door step is the Doolin Cliff Walk. A spectacular coastal walking trail that will take you from Doolin along the Cliffs of Moher to the Cliffs of Moher Visitor experience. Its one of the best ways to experience the Cliffs of Moher. The trail starts right outside Sea View House and its a 8km 2.5hr hike along a gravel trail to the Cliffs of Moher Visitor Experience. Once there you can explore the Visitor Centre and then either hike back or get a bus or taxi back to Sea View House.

### 11. **GUIDED CLIFF WALKS:**

Our neighbour and Local Farmer Pat Sweeney organises guided walks along the trail from Doolin to the Cliffs of Moher Visitor Experience. The walk starts at 10:00 am every morning just across the road from us at Gus O'Connors Pub and takes about 3 hours.

### 12. **CLIFFS OF MOHER CRUISE:**

The local ferry companies run hour long trips from Doolin to the bottom of the Cliffs of Moher. The Cliffs of Moher are home to one of the major colonies of cliff nesting seabirds in Ireland and this is a great way to see them. Trips normally run from 12:00hrs to 17:00hrs. (Easter to October)

### 13. **DOOLIN CAVE AND NATURE TRAIL:**

Doolin Cave and its Great Stalactite is one of Europe's most compelling cave attractions and should not be missed. Hourly tours (on the hour) from 10:00am - 5:00pm in the summer months and 12:00pm – 5:00pm in the winter. Closed January.

### 14. **AILWEE CAVE CHEESE:**

Not only do they have a show cave they also produce a wonderful cheese at the Aillwee Cave Farmshop. Located near Ballyvaughan they have been the producing award winning Burren Gold Cheese since 1985. Milk for their farmhouse cheese is sourced from a very local farm, where their friesian Dairy Herd graze the unique rich grasses and herbs of the spectacular Burren region of North County Clare.

### 15. **ST TOLA GOAT FARM:**

Take a tour of the St Tola Goat Farm. It takes approx 1 hour to 1.5 hrs and includes a full tour of our working farm. There is a chance to pet their beautiful goats, see them during feeding time and get a better understanding of sustainable farming. A cheese making demonstration is included and also a tasting of our gourmet cheeses.

*Web: [seaview-doolin.ie](http://seaview-doolin.ie) Email: [reservations@seaview-doolin.ie](mailto:reservations@seaview-doolin.ie)*

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Tours are not held every day. They must be booked in advance. Contact Tel: 065 683 66 33 or [info@st-tola.ie](mailto:info@st-tola.ie)

### 16. **BURREN SMOKEHOUSE:**

Visit their gourmet shop in Lisdoonvarna and get a tasting of the Burren smoked salmon.

### 17. **BURREN BREWERY:**

The Roadside Tavern in Lisdoonvarna houses a micro-brewery under its roof producing, The Burren Gold, Burren Red and Burren Black a smooth and full-bodied stout.

### 18. **BALLYVAUGHAN FARMERS MARKET:**

This market takes place every Saturday from 10am-2pm during the months of May-October in the Village Hall car park in Ballyvaughan, County Clare.

### 19. **LOCAL CRAFTS:**

Irish Crafts (with the green wall) stock a number of local crafts. You can also pick up an Irish Sweaters there or in one of the sweater shops on Fisherstreet.

### 20. **PITCH AND PUTT:**

Doolin Pitch and Putt located half way between Sea View House and the Harbour. Its open to non members all year round. Call 065 70747289.

### 21. **SEA KAYAKING:**

Go Sea Kayaking with North Clare Sea Kayaking. Each of our their tours can be done as either a full day or half day and they provide all equipment including wetsuits, life vests, and wind breakers. They also offer free pick up and drop off from Sea View House. All of our tours are designed to suit all skill levels, including complete novices! Call 085 119 5489.

### 22. **BIKE HIRE:**

Rent a bike and explore the Geopark. Kalkhoff Electric Bikes available from E-Whiz. They supply everthing you need including self guided tours and will deliver the bikes to Sea View House. Call 065 7088846

### 23. **GOLF:**

Take in a round of golf at the world famous Lahinch Links course. Herre they provide two 18-hole links courses, the Castle Course and the famous Old Course, the gem of Irish golf courses. Lahinch Golf Course occupies a very special place in Irish golf: its location, its history, and its character layout all contribute to a really special experience for any golfing enthusiast.

### 24. **SURFING:**

Take a surf lesson in Lahinch with BEN's Surf Clinic. They offer a focused professional approach to teaching surfing to all levels. They also have Indoor climbing, bouldering and archery for high tide and blown out days.



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### 25. CAHERCONNELL:

At Caherconnell, there is so much to do. Explore ancient [Irish ring fort](#) or experience our past first hand while taking a walk through it's stone walls and pathways. Caherconnell Stone Fort is also home to The Burren's leading [sheepdog demonstrations](#) which attract visitors from all over the globe. Delve into the history of prehistoric Irish Bronze Age burial boulders and mounds, ancient Irish field systems, prehistoric dwelling sites and many stone cahers (ring forts).