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MUMMYPAGES MUM'S  
TOP AWESOME ACTIVE  
FAMILY THINGS TO DO

## TAYTO PARK

Tayto Park is an amusement park in Ashbourne County Meath. The Park offers over 100 attractions but the main draws are the animals: porcupines, Emus, wild cat, buffalo, highland cattle and many more make this a real safari adventure in Ireland.

The Pow Wow Playground: Specially built for kids aged between 4-14 years & contains 4 towers each with different connectors, slides, climbing walls and bridges. It's the only one of its kind in Ireland & has capacity for 150 children. is specially built for kids aged between 4-14 years & contains 4 towers each with different connectors, slides, climbing walls and bridges. It's the only one of its kind in Ireland & has capacity for 150 children.

### MummyPages Mum's Say:

"We have had some great family adventures in Tayto Park, the kids just love it there! There were animals and activities suitable for all of our little ones, the younger ones enjoyed the Pow Wow playground, especially the Giant Chess Board that sprays water (great giggles all round!). The older ones preferred the Geronimo Thrill zone as they could use the climbing wall and get competitive with the Super Soakers! Great day out and everyone gets a great night's sleep after all the excitement – what more could you need?"

## LAHINCH

Lahinch is a coastal village on the west coast of County Clare. It is one of Ireland's most popular resorts offering visitors great variety and spectacular scenery, with its one mile stretch of golden beach.

Lahinch is acclaimed for the top quality surfing conditions available offshore. Other water sports including kitesurfing and windsurfing are catered for as well. All-weather facilities at the seaside resort include an aquarium and indoor pool along with many shops, cafes, restaurants and pubs.

### MummyPages Mum's Say:

"We went to Lahinch for a week and were on the go from start to finish. The weather wasn't great at the start of the week but that didn't matter, we were able to go to the Seaworld & Leisure Centre where they had an indoor pool with an obstacle course and zorbing!! Needless to say the kids loved it!!! The whole family attended a weekend of surfing and were overwhelmed with friendly approach and detailed instructions given by the instructors. It got the whole family to bond and we all had a right giggle. Two of my Girls 7 and 12 want to visit again as soon as possible! It was the perfect trip for our family of water babies."

## TRABOLGAN

Trabolgan Holiday Village is known for its magical surroundings, excellent facilities and range of indoor and outdoor activities. Located on a beautifully landscaped 55-hectare country estate in the countryside of East County Cork, Trabolgan Holiday Village. It is an idyllic destination for a family holiday.

The holiday village hosts many exciting activities, including an indoor heated swimming pool with wave maker and super waterslide, fitness centre, crazy golf, 18-hole golf course, tennis courts, indoor and outdoor children's play areas and sports hall. A range of adventure sports are on offer, such as quad biking, climbing, go karting, abseiling, archery and zip wiring. Additionally, visitors will find an amusement arcade and can enjoy live entertainment shows. There are shops, restaurants, bars and picnic spots around the village.

### MummyPages Mum's Say:

"We've had many great family trips to Trabolgan, there are loads of fun activities for all the kids. We could hardly get our little ones away from the wave pool, they also loved archery and go karting! Happy, active kids, make for happy parents 😊"

## CLARA LARA

In spectacular surroundings of oak trees and water of Clara Lara Fun Park, are assault courses, water slides, boating lakes, kiddie-karts, tree houses and woodland playgrounds.

Have a go on the breath-taking aqua shuttle, the biggest water slide in Ireland. Children can sail away to wherever they fancy on the pirate galleon. Clara Lara is located in Rathdrum, County Wicklow. For the less energetic there are riverside picnic areas and barbecues, mini golf and miles of hill walking through the spectacular countryside. There is also a junior playground.

### MummyPages Mum's Say:

"When you go to a fun park that results in the kids working to make their own fun and having to get up of their backsides to do things and at the end of it all "enjoy themselves" then it's a win win for kids and parents. They had great fun exploring a pirate ship, then testing their rowing skills on a little lake with boats, then enjoyed lots of soccer. The atmosphere there is so much fun and being in the heart of Wicklow, you are spoilt for views. There was also a playground with slides, a treehouse, swings and the works, so all of our smallies were kept smiling all day"



## LOUGH KEY FOREST PARK

Comprising some 350 hectares of mixed woodland, a lake and a number of islands, Lough Key in Boyle County Roscommon is one of Ireland's most extensive and picturesque forest parks in Ireland. For the more adventurous, the development also includes the tree canopy trail, Boda Borg Challenge and the adventure play kingdom. Boats are available for hire within the park. Guided tours are available for groups by arrangement.

The visitor centre is the gateway to the parkland and forest at Lough Key. Environmental sustainability and energy efficiency are at the heart of its design and facilities at the centre include a restaurant, gift shop, conference facilities, toilets and baby changing facilities..

### **MummyPages Mum's Say:**

"A beautiful lake for the view and a playground for the kids. A wonderful forest to walk the dog, but on top of that there is boda borg, an adventure centre for the kids, zipit, an adventure for kids and adults alike. It seems to prove that kids seem to have more confidence and guts then their older counterparts. The people who work there are very patient and sweet as well as fun loving. They are all great with kids and teaching them to use the harnesses.

You can also rent a bike, an electric bike or a segway. The electric bikes were great for an extra push up the hills."



# TOP FIVE CAVES

## MITCHELSTOWN CAVES

One of Europe's major show caves, Mitchelstown Cave, is situated on the Cork-Tipperary border. Mitchelstown Cave is a world without sun, without time, a world where man almost feels an intruder, stumbling on a past age, and an era where nature reigns supreme.

Tours by informative guides will take you through three massive caverns in which you are surrounded by indescribable dripstone formations, stalactites and stalagmites. Graceful calcite curtains hang from the sloping roofs, calcite crystals glisten like diamonds in the distance and one of Europe's finest calcite columns the huge Tower of Babel stands tall.

### **MummyPages Mum's Say:**

"My family had a wonderful tour of these caves. Our tour guide was great and had lots of information. A lady on our tour even sang in the concert area of the cave. The cave and the excellent acoustics will remain in my memory whenever I think of our trip."

## DOOLIN CAVE

Take a 45 minute journey through the rough-hewn route of early explorers to the heart of Doolin Cave, home to the Great Stalactite. Formed from a single drop of water over hundreds of thousands of years the Great Stalactite is an astounding 23 feet or 7.3 metres long. The Great Stalactite is the largest free hanging stalactite in the Northern Hemisphere. This fully guided cave tour takes you almost 200 feet underground through the limestone caverns of the Burren region.

Extend your journey from underground to above ground on a charming farmland nature trail. Doolin Cave Farmland Nature Trail takes a looped walk, approximately 1km long around the cave setting. There is seating along the trail set amidst native Burren flora and wild flower meadows. There are also rare and miniature breeds of cattle, sheep, goats and chickens to watch and enjoy along the trail. Set in a picturesque valley surrounded by rolling farmland and Burren cliffs with a view to Ballinalacken Castle, it provides wonderful photo opportunities to visitors. The trail is an ideal activity for families in the Burren.

### **MummyPages Mum's Say:**

"I visited the cave two weeks ago with my 11 year old son who described it as awesome! I too enjoyed the experience and thought it value and money well spent. Its mind boggling how many years it took to form the stalactite & how much work it took a few people to make this accessible to the average person. We had a very knowledgeable tour guide who made sure to point out fossils of prehistoric worms on the way down & other interesting features."

## DUNMORE CAVES

History and geology blend at Dunmore Cave to give an interesting and unique insight into this County Kilkenny landmark. Consisting of a series of chambers formed over millions of years, the cave contains some of the finest calcite formations found in any Irish cave. The cave has been known to man for many centuries and archaeological finds within the cave confirm Viking activity.

The visitor centre features an exhibition area, audio-visual presentation and the Cupcake Café tearoom which is open daily during the peak season. There is also an interactive Virtual Museum consisting of the several treasures found in the Cave including one of the most significant Viking finds in the country. Admission to Dunmore Cave is by guided tour only. The Cave is open all year round and has no wheelchair access but the visitor centre is fully accessible.

### MummyPages Mum's Say:

"Been to a cave before but this one was full of history!! Got more than expected! Was in two minds whether to go but glad I went as it's a cave with a difference! Worth a visit!!

The staff were very friendly & informative! It was ok to take pictures so some very different photos to look through when I got home!"

## MARBLE ARCH CAVES

The Marble Arch Caves Global Geopark is located in the rugged mountainous uplands and the gentle rolling lowlands of Counties Fermanagh and Cavan. Taking in the world-famous Marble Arch Caves, the Geopark boasts some of the finest natural landscapes in Ireland and offers a window into the area's 650 million year past.

The Geopark takes in numerous sites throughout Cavan and Fermanagh many of which are open to the public. All of the sites provide for a variety of interests including not only geology but also archaeology, history, folklore, wildlife and activities such as cycling and walking. Waterfalls, old abbeys, megalithic tombs, forests, fabulous landscapes and amazing show caves are among some of the attractions. An on-going programme of events takes place in the Geopark, such as creepy crawly days, heritage trails, fossil fun days, guided walks and scavenger hunts!

### MummyPages Mum's Say:

"Thoroughly enjoyed our adventure into the caves. The guides were knowledgeable, friendly and professional. After a short walk down to the entrance you start off with a 5mn boat ride and then make your way along the manmade pathways, stopping frequently to listen to the stories and to take in the geological information. All made very interesting by the guide. The kids certainly enjoyed their cave adventure and have asked to go back!"

## THE AILWEE CAVES

Explore a cave, watch eagles in flight and sample delicious local food products at Aillwee Cave, Ireland's premier show cave in Ballyvaughan County Clare.

Over 3,5000 feet of winding passages are open to the public, with regular guided tours provided. Visitors to this popular County Clare attraction are escorted on a 35 minute stroll through caverns, over bridged chasms, beneath unusual rock formations and ending beside a thunderous waterfall. This stunning creation of nature was gradually formed by prehistoric Ice Age melt waters carving paths through this limestone mountain.

Burren Birds of Prey Centre, located at the foot of Aillwee Cave, features the largest display of falcons, harris hawks, owls, American kestrels and white tailed sea eagles in the country. During the breeding season visitors will be able to see young birds of prey being hand reared, learn about falconry as an ancient sport and become more aware of these magnificent indigenous species and the environmental issues involved in their protection and conservation.

### **MummyPages Mum's Say:**

"We visited the Aillwee Caves and Burren Birds of Prey Centre on a day trip with the family seeing the sights of Clare. The kids truly loved their visit. The caves are so interesting and a very good guide takes you through the caves for the tour. They point out all the sights and interests of the caves and it is well worth a visit. We also went to the birds of prey show and needless to say the kiddies loved it! My youngest was even brave enough to get up have one of the birds on her arm!"

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