

Leap for Joy This Summer

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Kids Go Free:

Summer just got better thanks to Leap Card



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Get planning those family days out because Leap Card is helping mums to make tonnes of long-lasting memories with their kids this summer. Kids Go Free ran for two weeks in 2014 and following its amazing success, the Kids Go Free drive will run again this summer from 6th July to 19th July.

Mums can plan some fab days this July with children able to travel for free on all of the following services:

- ▶ All Dublin Bus scheduled services (excluding Airlink)
- ▶ All Luas services
- ▶ All DART services
- ▶ All Commuter Rail services in Dublin's "Short Hop Zone"
- ▶ Bus Éireann services in Dublin and surrounding counties (Excluding Xpressway)
- ▶ Bus Éireann Services in Cork city, Limerick city, Galway city, and Waterford city
- ▶ Swords Express
- ▶ Ashbourne Connect
- ▶ Express Bus
- ▶ Wexford Bus (Connect services only – the WX1 service in Wexford Town, Wexford to Rosslare, Wexford to Kilmore Quay and Wexford to Castlebridge services)

For a limited time, you can order a Child Leap Card on childeapcard.ie for children aged four to 15 and 16 to 18 and the card will be sent to you in the post. You will have to top-up before using it as you need to have at least 1c on your card for it to be active, but don't worry you won't be charged when you scan it during 6th July to 19th July 2015.

Once this great offer ends, you'll still save a lot of money on your child's travel by using their Child Leap Card. Leap fares are significantly cheaper than cash fares, with daily and weekly caps applied if your child regularly uses the bus, Luas or DART.

Top beaches to visit in Dublin this summer



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With Leap Card offering free travel to children on bus, DART/commuter trains and Luas from 6th July to 19th July, we've been thinking of fun family days out we can have with the kids this summer. One thing that's definitely on our holiday bucket list is a sunny day at the beach. 99s, fish and chips, frisbee and some splashing around in the water - you really can't beat it and it's a great way to make some memories.

Here are some great beaches you can easily reach if you're living in Dublin.

► Killiney Beach, Dublin

This Blue Flag beach in Bono's back yard has been compared to the stunning Bay of Naples in Italy. A must-see gem is White Rock, hidden away at the northern end of the Bay. At high tide, this sandy nook becomes its own little retreat for beach goers, a world apart from the hectic bustle of the city. Limited parking is available along Vico Road, but a 20 minute DART ride will bring you straight to the shoreline.

► Sandycove, Dun Laoghaire

While this is favourite spot for divers and snorkelers, it's also a great spot for families looking for a beach day – or for brave souls willing to take a dip at the Forty Foot. It's one of Dublin's smaller beaches, so it can fill up quite quickly when the sun shines, but head out early to grab a spot and you're guaranteed a great family day. Easily accessed via the DART or bus.



► Velvet Strand, Portmarnock

Velvet Strand's long stretches of smooth sand make it the perfect play surface for the kids, while you relax with stunning views of Lambay Island and Ireland's Eye at your feet. Parking at the busy North Beach can be challenge on a hot day, but there is more parking available at the South Beach car park. From here, the sand is a five-minute walk on a designated pathway through the dunes, or take the 32B or the 42 bus from Dublin City Centre to North Beach.

► Ladies' Cove, Greystones

A spectacular sunrise over Ladies' Cove will transport you to the stunning shorelines of California. Greystones is a charming seaside town home to two sweeping Blue Flag beaches, and this little gem of a cove sits pretty right in the middle. If you left your picnic at home, Greystones is famous for its culinary appeal, with an array of restaurants to choose from - and only a DART journey away.



► North and South Beach, Skerries

Amusements, promenade walks and striking views - Skerries is a seaside paradise that has it all. Just a short journey on a commuter train from Dublin City Centre, Skerries really does capture every part of Irish beach life. On a hot day, the more sheltered North Beach provides tamer swimming conditions in almost all wind conditions. Follow this by some sunset spotting over the harbour that will take your breath away.

Summer activities you need to share with your kids



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► Rounders

This was one of the best games to play with all the neighbourhood kids during our childhood summers. Whether you had a bat or tennis racquet or just used your hand, it was always great fun and could last for hours.

► Viking trip

There are very few Dubliners who didn't take at least one Viking-themed school trip as a kid. Bring your little ones to Dublinia or take them on the Viking Splash Tour for a fun-filled family day. Both are in the city centre, which means you can easily reach it by bus, Luas or DART, with free travel for the kids from 6th July to 19th July.

► Getting 99s from the local ice cream truck

Is there anything more summery than the sound of an ice-cream truck? Run outside with your kids the next time you hear the tinkling music and tuck into some classic 99s.

► Tie-dying a t-shirt

Most girls tried this at some point growing up, usually using paints we had at home rather than the proper fabric dyes. But the results were always pretty (to us, anyway!) so share this memorable tradition with your little ones.

► A trip to the zoo

It was a definite treat for your parents to take you to the zoo during the school holidays and was something that gave you serious bragging rights among your friends. With easy bus and Luas access, Dublin Zoo is a must when it comes to summer day trips.



► Trip to the farm

Another school tour favourite, but many of us also visited relatives in the country during school holidays and wound up on a farm or two. Airfield is a great charitable organisation located in Dundrum that has a lovely farmyard for kids to enjoy. There are also woodlands, children's play areas and a really nice restaurant. You can reach Airfield from the Balally Luas Stop or via a number of bus routes, including 11, 14 and 75.

► Make and (try to) fly a DIY kite

We definitely made a few kites in our time and while we don't think many of them flew, they were always fun to create. Use paper or bin bagsto help your child create their very own DIY kite and spend some time running around outside as you try to make it soar. Seeing your kite fly high in the sky really is such an exciting feeling!

► Go for a bike ride

Hop on the Luas, rent some bikes and go for a cycle around the Phoenix Park with your family during a sunny day. Remember all the hours you spent cycling aimlessly around your estate or neighbourhood as a kid? It's still just as fun.

► Go camping...even if it's in your back garden

Most kids love the idea of sleeping outdoors, so why not pitch a tent in the back garden or even head off to a proper camping site if you want to live out a childhood dream!

► Family barbeque

We definitely remember some very special summer days where Dad would bring out the barbeque and family and neighbours would join us for burgers and hot dogs.



Quick and Easy Snacks to have on the Go

Here are some simple recipes that your kids will love. These lunch box fillers will make great snacks while traveling around this summer.

► Chocolate with almond clusters

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Ingredients:

- 1) 100g almonds
- 2) 1 tbsp icing sugar
- 3) 150g leftover chocolate, chopped
- 4) Finely grated zest of an orange (optional)
- 5) Sea salt, optional



Method:

- 1) Preheat the oven to 180°C / 350°F / Gas mark 4.
- 2) Line a baking tray with greaseproof paper and spread the almonds in a single layer.
- 3) Sprinkle with the icing sugar and bake for 5-7 minutes until golden brown, remove from oven and cool slightly.
- 4) Melt the chocolate in a heat-proof bowl over a saucepan of simmering water, stir until melted and smooth.
- 5) Stir in almonds, icing sugar and orange zest if using.
- 6) Place teaspoonfuls of the mixture onto a new sheet of greaseproof paper, top with a sprinkle of sea salt if using and chill for an hour until set.

► Chocolate chip cookies

Preparation Time: 15 minutes

Cooking Time: 10 minutes

Ingredients:

- 1) 100g soft brown sugar
- 2) 100g golden caster sugar
- 3) 100g butter, softened
- 4) 1 egg
- 5) 1 tsp vanilla extract
- 6) 225g plain flour
- 7) 140g milk chocolate, melted
- 8) 85g white chocolate, chips or chopped into chunks
- 9) 85g plain chocolate, chips or chopped into chunks

Method:

- 1) Preheat the oven to 180°C / 350°F / Gas mark 4.
- 2) Line 2 baking trays with greaseproof paper and set aside.
- 3) Mix the sugars and butter together with a wooden spoon, then add the egg, vanilla, flour and half the melted milk chocolate and mix together.
- 4) Stir in the white and plain chocolate chips or chunks, then use a round measuring tablespoon to scoop out balls of cookie dough and drop them straight onto the trays.
- 5) Bake in batches for 8-9 minutes until golden and still soft to touch.
- 6) Carefully transfer to a wire rack as soon as they can be lifted up, then drizzle them with the remaining melted chocolate.



► 5 minute coconut bites

Preparation Time: 5 minutes

Ingredients:

- 1) 240g desiccated coconut
- 2) 200g pitted dates

Method:

- 1) Place 160g of the coconut and all of the dates into a blender or food processor.
- 2) Process on high speed for 3-4 minutes, pausing to scrape down sides as needed.
- 3) Remove from processor and work the mixture into several small balls with your hands. When formed, roll the balls in the remaining coconut.
- 4) Put in lunch boxes or store in an airtight container for those after-school snack cravings.



► Simple blueberry muffins

Preparation Time: 15 minutes

Cooking Time: 25 minutes

Ingredients:

- 1) 110g butter
- 2) 250g plain flour
- 3) 250g caster sugar
- 4) 2 eggs
- 5) 125ml milk
- 6) 2 tsp baking powder
- 7) ½ tsp salt
- 8) 225g fresh blueberries

Method:

- 1) Preheat the oven to 180°C / 350°F / Gas mark 4.
- 2) Line a muffin tin with paper cases.
- 3) Sieve flour, baking powder and salt together in a bowl and set aside.
- 4) Mix the butter and sugar until creamy, light and fluffy.
- 5) Add in the eggs and beat well.
- 6) Add milk and flour mixture and beat until combined.
- 7) Stir in blueberries.
- 8) Fill the muffin tins 2/3 full. Bake for 25 to 30 minutes then cool and serve.



► Rocky road tray bake

Preparation Time: 15 minutes

Cooking Time: 30 minutes

Ingredients:

- 1) 125g butter
- 2) 125g digestive biscuit crumbs
- 3) 110g desiccated coconut
- 4) 175g chopped walnuts
- 5) 325g chocolate chips
- 6) 75g miniature marshmallows
- 7) 397g tin condensed milk
- 8) 60g plain chocolate, melted



Method:

- 1) Preheat the oven to 180°C / 350°F / Gas mark 4.
- 2) Line a baking tray with greaseproof paper and set aside.
- 3) In a 20x30cm baking dish, melt the butter.
- 4) Bash the biscuits in a sealed bag with a rolling pin or something similar to make crumbs.
- 5) Sprinkle the biscuit crumbs over the melted butter.
- 6) Mix together and press onto bottom of the tray.
- 7) Layer the coconut, nuts, chocolate chips and marshmallows over the biscuit base.
- 8) Pour the condensed milk evenly over the top.
- 9) Bake for 25 to 30 minutes or until golden brown.
- 10) Remove from oven, melt the chocolate in the microwave in short bursts and drizzle with the traybake with the melted chocolate.
- 11) Cool completely and cut into squares.

Keep your Kids Entertained

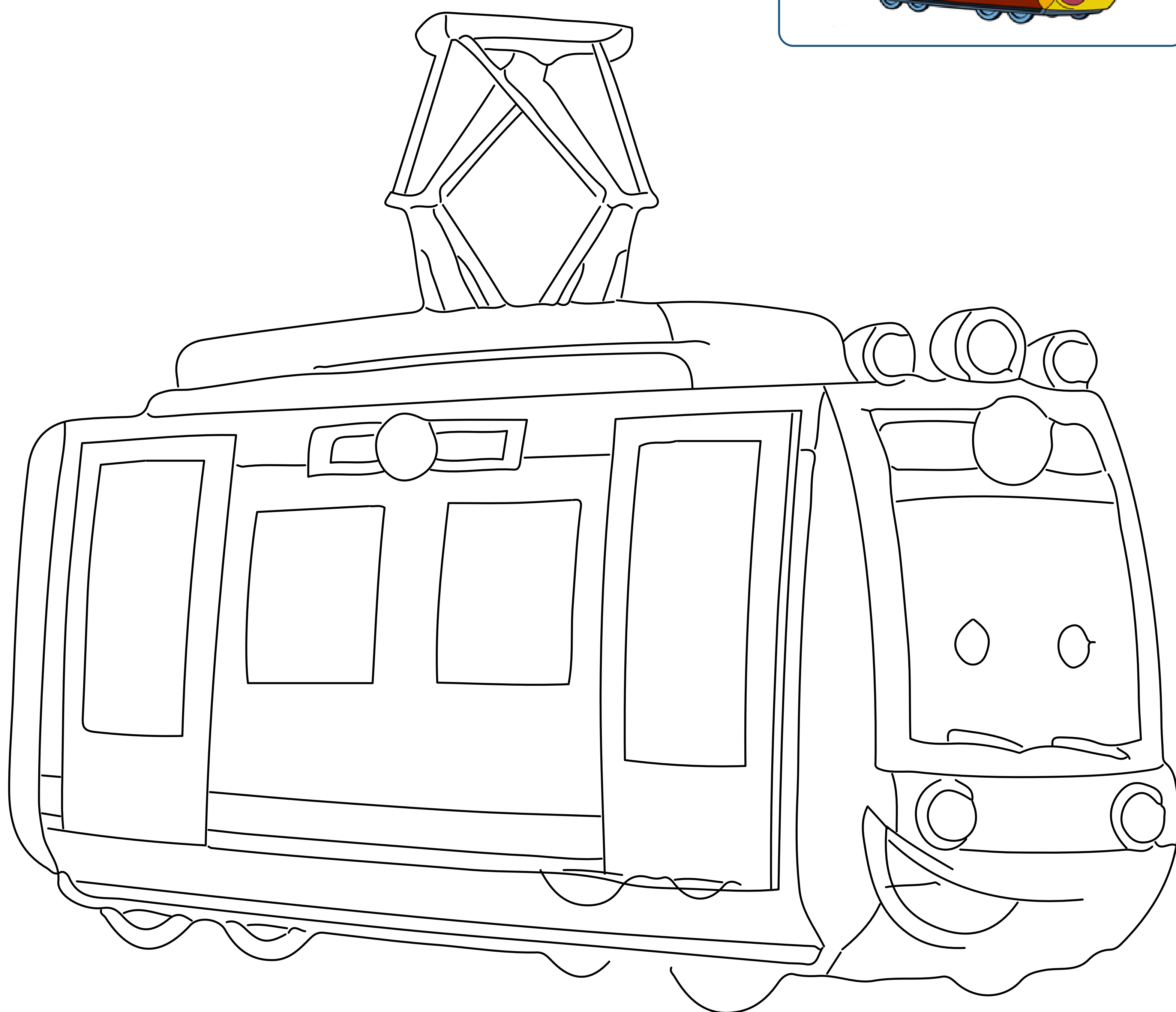
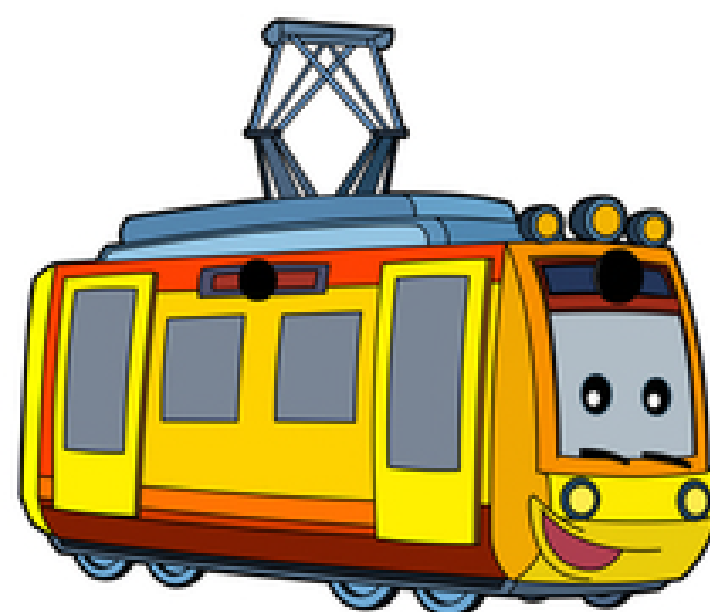


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► Colouring Pages

It's always important to keep you kids entertained while traveling, it stops them from getting bored and fighting with each other. So we have attached some puzzles and colouring pages to keep your little ones amused this summer.





▶ Transport for Ireland Travel Puzzle

Do your best and try find as many of the words as you can in this tricky travel crossword puzzle!

Find these words:

- BUS
 DART
 FUN
 HOLIDAYS
 LEAPCARD
- LUAS
 RAIL
 SUMMER
 TRANSPORT
 TRAVEL

H	W	T	K	R	D	B	U	U	B	W	Y	X	T	F
V	B	R	W	R	V	F	B	L	U	N	S	R	A	M
H	O	A	N	W	L	K	C	J	O	H	O	A	B	L
T	O	D	E	C	V	I	C	T	S	P	T	E	A	T
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A	I	Q	I	R	Z	S	B	N	R	N	L	X	J	D
V	P	L	Y	D	U	F	A	D	F	Q	T	Q	X	J
E	F	M	T	M	A	R	L	E	A	P	C	A	R	D
L	R	Y	M	R	T	Y	O	M	X	R	Y	Q	M	T
L	D	E	I	R	R	S	S	D	U	Z	H	C	F	D
S	R	S	K	T	C	C	O	T	G	L	H	G	S	L
L	N	A	A	O	L	S	Z	H	N	V	X	X	V	Z
X	C	Z	Q	U	O	D	F	U	N	Y	S	W	G	X
B	F	D	Q	A	L	A	T	Y	U	C	O	K	Z	W
Q	O	L	I	A	R	T	D	J	Z	X	T	I	V	L

► Connect the Dots

First you have to trace over the lines to reveal the picture and then color it in as best you can and remember to keep inside the lines!!

