



Parknasilla enjoys a rich heritage dating back to 1895. Presidents and poets, royalty and writers, actors and artists have chosen this place as a haven of rest, relaxation and inspiration – now you can follow in their footsteps - in the literal sense that is - and discover 500 acres of coastal paradise that is mapped into ten mapped walking trails made for you to explore.

Walking Trails

Ten marked trails all beginning at the hotel. Connect the trails for walks of longer duration and discover the many breathtaking viewpoints that make ParknasillaPure Paradise.

1 SEA TRAIL - 30mins / Mild Incline

This delightful track takes you from the water's edge and through the woodlands - A short walk with the opportunity of a swim in the open sea.

2 BESSIES TRAIL - 50mins / Mild Incline

Bessie was the faithful housekeeper to the Graves family which had a long association with Parknasilla – this is Bessies favourite walk.

3 BISHOP'S TRAIL - 1 hour 10mins / Mild Incline

A charming stroll through woodland with stretches of seashore and stream. This route commemorates Dr Graves, Bishop of Limerick, who spent many summers here at the Bishops house (the original Parknasilla).

4 CASTLE TRAIL - 1 hour 20mins / Moderate Incline

This trail has been added in 2015 and incorporates woodland & shoreline. It skims around the beautiful Parknasilla Golf course incorporating the ruins of Derryquin Castle, the walled gardens and the magnificent 360 degree views over Kenmare Bay.

5 ISLAND TRAIL - 45mins / Mild Incline

A truly delightful excursion which involves Island hopping and really gives a sensation of getting away from it all!

6 CLASHNACREE TRAIL - 1 hour 40mins / Moderate Incline

A wonderful scenic route best done clockwise to appreciate the superb 360 degree view of Kenmare River & the Caha Mountains.

7 HERON'S TRAIL - 1 hour 30mins / Mild Incline

The Herons walk was added in 1999 based on 1838 paths! A very much get away from it all walk. On a fine day bring a book and loiter at the tip of one of the islands.

8 SEAL TRAIL - 30mins / Mild Incline

A short walk giving a good introduction to both seashore and woodlands. Keep your eyes peeled for an opportunity to see the seals in the open water!

9 FAIRY TRAIL

The Fairy Community in Parknasilla Wood is flourishing. Their homes are not easy to find so take your time and you should find at least 20 Fairy Homes. Please pick up a Fairy Trail map from reception.

10 TREASURE TRAIL

Each treasure has a secret letter to inspire our budding detectives to discover the hidden word by finding all the letters along the way.

Safety notice. Trail surfaces are uneven and wet underfoot in places. It is imperative that you wear suitable walking footwear with non slip soles.



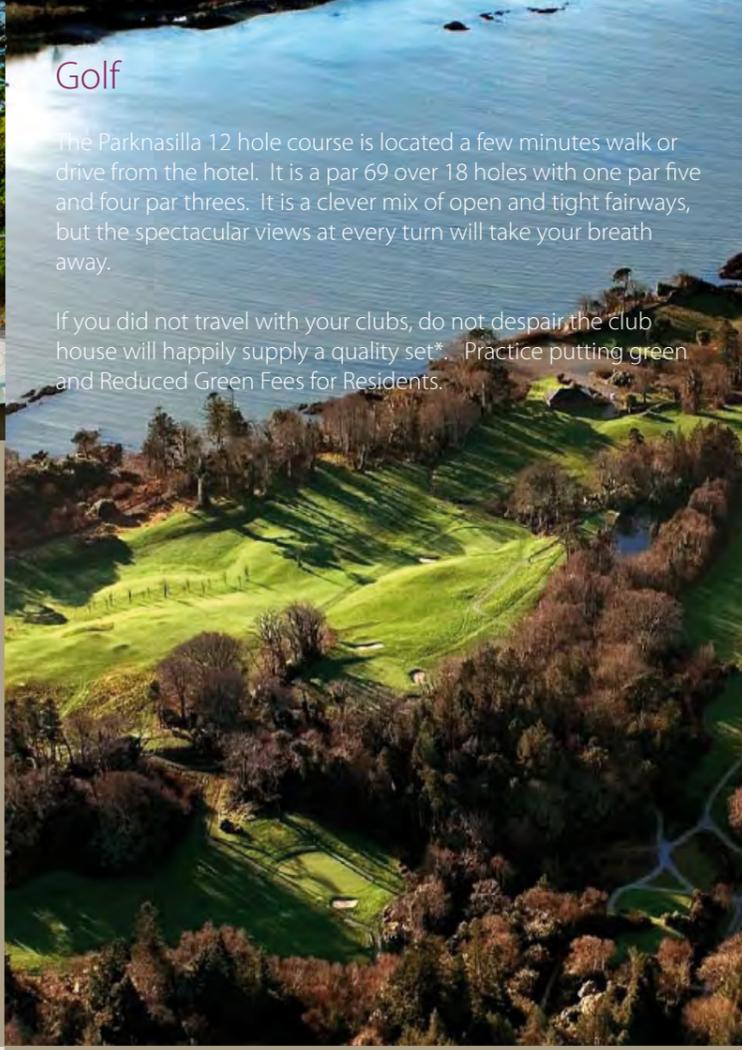
Spa Wellness

Nature inspired wellness

'Nature Inspired Wellness' sums up the uniqueness of the destination that is Parknasilla and presents a true haven of relaxation. The Elemis Spa at Parknasilla Resort is surrounded by the natural beauty of woodlands, ocean and mountains; let your troubles drift away as you take in this awe inspiring backdrop.

The emphasis is on relaxation and therapy and our location by the sea and the 500 acres of islands, inlets and hidden beaches that surround us provide numerous opportunities to combine the nature of this beautiful part of Ireland into your spa journey.

To book your Elemis treatment call the Spa on 8014



Golf

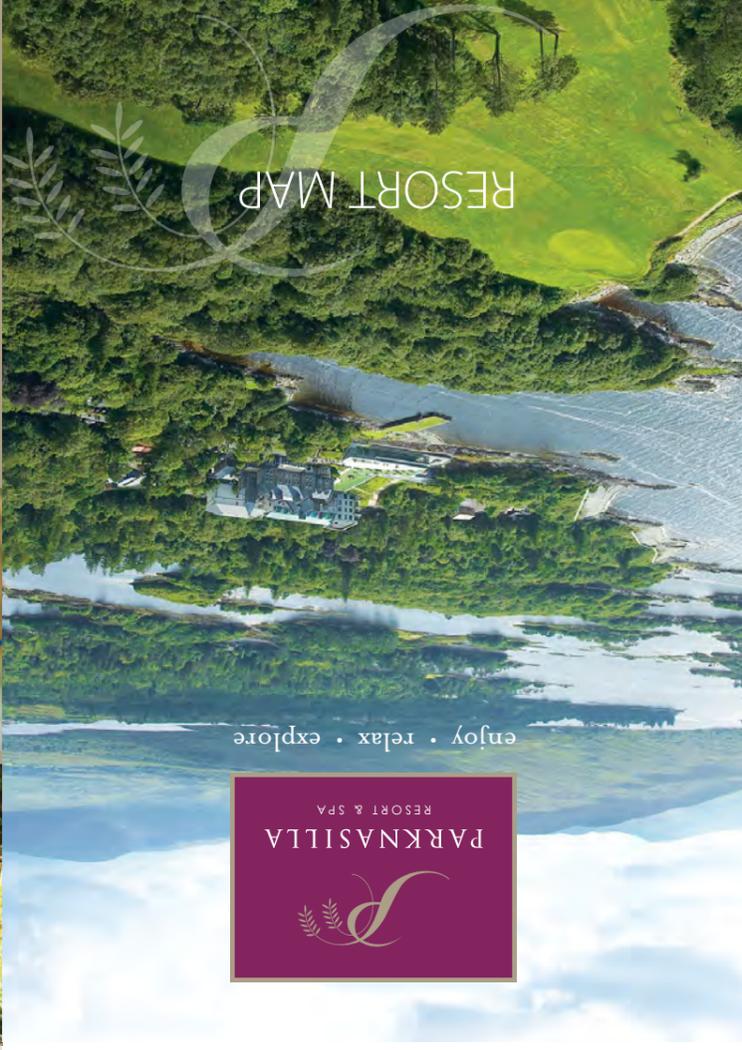
The Parknasilla 12 hole course is located a few minutes walk or drive from the hotel. It is a par 69 over 18 holes with one par five and four par threes. It is a clever mix of open and tight fairways, but the spectacular views at every turn will take your breath away.

If you did not travel with your clubs, do not despair, the club house will happily supply a quality set*. Practice putting green and Reduced Green Fees for Residents.

More activities for you to enjoy!
Some of the below listed activities are seasonal and weather permitting. Check with hotel Guest Services for an up to date schedule.

- Guided and informative heritage walk of the estate
- Guided Eco Kayaking Tour of the islands*
- Archery in our Walled Garden*
- Aqua Aerobics Classes
- Morning Exercise Classes
- Tennis Courts
- Children's Playground
- The Walled Gardens at Derryquin Castle

** Denotes charge applies*



RESORT MAP

enjoy • relax • explore



Courtyard Lodges & Woodland Villas

Set among leafy woodlands and flanked by the Kerry mountains, the Lodges and Villas at Parknasilla are ideal for families and friends who prefer the independence of a self-catering holiday with the added luxury of a world class hotel, spa and 500 acres of coastal paradise on their doorstep.

The Courtyard Lodges are a pleasant three minute stroll from the hotel, each with two bedrooms, two bathrooms, lounge, dining room and kitchen.

Our community of Woodland Villas are a ten minute stroll from the hotel. Each Villa features three bedrooms, two bathrooms and a spacious lounge, dining, kitchen & private deck.



The Pygmalion Restaurant

No visit to Parknasilla is complete without enjoying a superior culinary journey in The Pygmalion Restaurant. The best of Kerry Beef and Lamb are served here. Our fresh fish and shell fish comes from the fishing boats in Castletownbere. Herbs, lettuces and some of our vegetables are from our own walled garden over at Derryquin Castle.

The menu is seasonal and ever changing. But quality food and exceptional service is our underlining ethos. Booking is recommended.



Fairy Trail

Pick up your Fairy Trail Map at reception. We believe the fairies first moved here in 1922 when they were banished from the nearby Derryquin Castle when it was invaded during the civil war. A couple of years ago we built a few starter homes for them and now the Fairy Community in Parknasilla Wood is flourishing. Their homes are not easy to find so take your time and you should find at least 20 Fairy Homes.



A detailed map of our Fairy Trail are available from Reception.

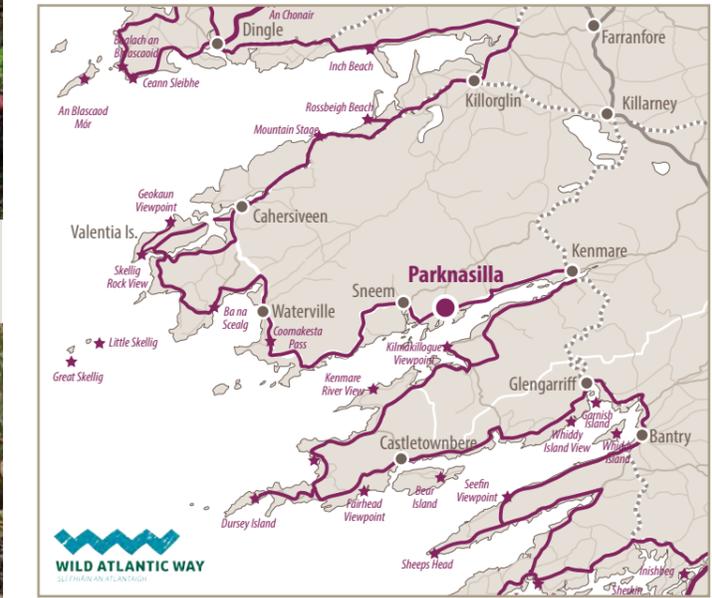
PJ's Treasure Trail

Each treasure has a secret letter to inspire our budding detectives to discover the hidden word by finding all the letters along the way. Complete together for some great family fun or add some competition and divide into teams and race to be the first to find them all. Once finished, drop your completed map into PJ's treasure chest and receive a special Parknasilla Certificate



Children on the Trails must be accompanied by an adult. These trails are reasonably buggy friendly.

George Bernard Show wrote about his time at Parknasilla *"I tell you this place does not belong to any world that you and I have ever worked or lived in. it is part of our dream world"* Make us part of your Dream World!



www.parknasillaresort.com

Parknasilla Resort & Spa, Sneem, Co. Kerry, Ireland
Tel: +353 (0)64 6675600 Fax: +353 (0)64 6645323
Email: info@parknasillaresort.com

