Fourteen Rainy Day Activities in Mayo North

1. Weave an unforgettable experience at **Foxford Woollen Mills**. Enjoy an interactive journey through a turbulent and fascinating history with a tour of the working mill (foxfordwoollenmills.com)
2. Treat yourself at Mayo's finest boutique spa, **Chill Spa at the Ice House Hotel**, and relax and rejuvenate in the outdoor hot tub overlooking Ballina Quay (icehousehotel.ie)
3. Soak your cares away at the century-old **Kilcullen's Seaweed Baths** in Enniscrone (kilcullenseaweedbaths.net)
4. Killasser, Swinford is the setting for **Tom Hennigan's Heritage Centre**, which tells the story of the lives of West of Ireland people over the past 200 years (hennigansheritage.com)

5. Trace Ireland's history and see an original copy of the Irish Proclamation at Ballina's **Jackie Clarke Collection**, one man's astonishing collection of over 100,000 historic items spanning 400 years (clarkecollection.ie)
6. Learn about The Argentinian Army Founder at the **Admiral Brown Centre**, Foxford (admiralbrown.com)
7. Experience Ballina's creative and cultural side in the modern, riverside setting of **Ballina Arts Centre**, which hosts an array of shows, exhibitions and concerts (ballinaartscentre.com)
8. Enjoy a tour and tasting at **Connacht Whiskey Company Distillery**, which produces triple-distilled Irish pot still whiskey, gin, vodka and poitin using local ingredients (connachtwhiskey.com)
9. Paint the perfect picture or solve a murder mystery with your friends at **The Foxford Lodge** (thefoxfordlodge.ie)
10. Visit the **Michael Davitt Museum**, housed in a magnificently restored pre-penal church in village of Straide, near Foxford (michaeldavittmuseum.ie)
11. Visit the peaceful **Father Peyton Memorial Centre**, Attymass and savour their famous home baking (fatherpeytoncentre.ie)
12. Take **Afternoon Tea** in one of our beautiful hotels (northmayo.ie/accommodation)
13. Cook up a storm with talented chef Marjorie in her home at **Brigown B&B & Cookery School**, overlooking beautiful Ballina Quay (brigownbandb.ie)
14. Take in a movie at Ballina's multi-screen **IMC Cinema** (imccinemas.ie)

MAYO NORTH.ie
a secret no more...

c/o Ballina Tourist Office
Pearse Street | Ballina | Co. Mayo
Phone: +35396 80090
E-mail: info@mayonorth.ie
Web: www.mayonorth.ie

Moy Valley | Ballina Chamber | Comhairle Contae Mhaigh Eo Mayo County Council | MAYO.IE

50 Great Things to do in

MAYO NORTH
a secret no more...

Twelve Ways to enjoy the Great Outdoors in Mayo North

1. Don your hiking boots and head west to Lahardane to climb **Nephin**, the second-highest peak in Connacht or embrace the wilderness at **Wild Nephin Ballycroy Wilderness Park** (ballycroynationalpark.ie)
2. Visit the spine-tingling **Procession of the Souls** in Swinford, a memorial park dedicated to the history of the Great Famine
3. Enjoy the view of the land from the water on a kayak trip around Lough Conn with **Paddle and Pedal** (paddleandpedal.ie)
4. Explore the Ox Mountains and Lough Talt with **Wild Wet Adventures'** guided walks & kayaking tours (wildwetadventures.ie)
5. Learn of Lahardane's Titanic history at the serene **Addergoole Titanic Memorial Park** (addergoole-titanic.com)

6. Forage your way through the beaches of Killala with **Wild Atlantic Cultural Tours** (wildatlanticculturaltours.com)
7. Explore the sacred landscapes of the first Stone Age farmers at **Blanemore Forest Archaeological Walk**, Moygownagh (blanemoreforest.com)
8. Cycle, trail run or hike through North Mayo on a bespoke tour with **Rachel's Irish Adventures** (rachelsirishadventures.com)
9. Take a swing and get on par at **Ballina, Enniscrone or Swinford Golf Club**..
10. Enjoy the gardens at **Enniscoe House** or find your ancestors at the adjoining **North Mayo Family Heritage Centre** near Crossmolina (www.enniscoe.com / northmayogenealogy.com)
11. Choose from lots of stunningly scenic **looped walks** in the North Mayo region (mayowalks.ie)
12. Explore the fabulous golden sands of **Enniscrone, Ross Strand, Ballycastle Beach** and **Lacken Strand**.

Ten Wild Atlantic Way Adventures

1. Marvel at Dún Briste from **Downpatrick Head**, a Wild Atlantic way Signature Discovery Point – and one of the most photographed images in the world.
2. Drive the spectacular **North Mayo Céide Coastline** and follow **'Tír Sáile'**, the North Mayo Sculpture Trail, from Ballina to Belmullet (northmayoarttrail.com)
3. Visit the 5,000 year-old Neolithic **Céide Fields** near Ballycastle, the oldest known field system in the world

4. Delve into the ancient secrets of the first farmers with a **Belderrig Valley Experience** tour (belderrigvalley.com)
5. Enjoy a traditional Irish music session at cosy **Rouse's Bar**, Pearse Street, Ballina or **Cruiser's Bar**, Foxford
6. Restore your wellbeing with a relaxing treatment at Killala's **Biodynamic Clinic**, overlooking the Pier (biodynamic.org)
7. Learn the art of smoking salmon, passed down through generations at **Clarke's Salmon Smokery**, Ballina (clarkes.ie)

8. Savour some tasty home cooking in the homely **Mary's Cottage Kitchen** in beautiful Ballycastle or **On The Way Café** in Killala
9. Sea Angling, family and pleasure trips on the Moy Estuary, or dolphin watching? Contact **Judd Ruane** (fishingireland.ie) or **Donal Kennedy Angling Charter** (dkennedyangling.net)
10. Hire wheels to explore our Wild Atlantic Coastline at **Ballycastle Bike Hire**, **Killala Bike Hire** or **Easkey Bike Hire**.

Fourteen great things to do with Children in Mayo North

1. Let little ones go wild at Ireland's largest indoor play centre, **Tumble Jungle** in Ballina. (tumblejungle.ie)
2. Surf the best waves in Enniscrone with **7th Wave Surf School** (surfsligo.com)
3. Take aim and shoot with Tom at **Moy Archery**, Ballina – call +353 87 699 0490.
4. **Saddle up for a pony trek** on the beach. Find a school at northmayo.ie/equestrian
5. Find your inner Harry Potter with some falconry at **Mount Falcon Country Estate** Ballina. (mountfalcon.com)
6. Cycle the scenic, off-road **Monasteries of the Moy Greenway** from Ballina to Killala (Start in Belleek Woods or Killala)
7. Feed the ducks and explore the mysterious trails in **Belleek Woods Forest Park,** Ballina near Belleek Castle.

8. Cast a line on the famous River Moy in Foxford with expert anglers, the **Tiernan Brothers** P.J & Michael (themoy.com)
9. Make a splash at **Waterpoint**, Enniscrone (waterpoint.ie)
10. Hit the swings and roundabouts at the award-winning, fully accessible **Tom Ruane Park**, Ballina.
11. Sup (Stand Up Paddle) your way up the River Moy with **Harbour Sup N Sail** (harboursupsail.com)
12. Enjoy art classes or yoga at the **Joe Keane Creative Centre**, The Old Deanery, Killala. (olddeanerycottages.com)
13. Travel through time at the ruins of **Rosserk Friary** or **Rathfran Abbey**, all in close proximity to Ballina & Killala.
14. Discover hidden treasure at Belleek Castle's **Marshall Doran Collection**, the finest collections of arms and armour, antiques and ancient fossils in Ireland. (belleekcastle.com)