



Where Will This Journey Take You?

Welcome to your 'Ireland's Hidden Heritage' tour sample itinerary, delivered by Ireland In Focus! This guide offers a glimpse into the landscapes, history, and experiences that await you on our tour. While no two trips are exactly the same, this sample gives you a feel for the journey - where dramatic coastlines, ancient sites, and local crafts blend into an unforgettable adventure.

We hope you find this helpful in planning your trip, and we'd love to have you join us! With just 14 spaces per tour, spots fill quickly, so be sure to book early to secure your place. Get ready to explore and photograph Ireland's Hidden Heritage - and if you have any questions, just reach out at ask@irelandinfoocus.ie. We look forward to seeing you soon!



In today's world, we all like to know exactly what to expect - where we're going and what we'll be experiencing, and on what day. It's understandable, of course. At Ireland In Focus, we like to take a different approach.

You're here to discover a dramatic, ancient, and mysterious landscape - one steeped in myth and legend. From the epic Tuatha Dé Danann to Fionn Mac Cumhaill's pursuit of Diarmuid and Gráinne across Benbulbin, every mountain, lake, and coastline holds a story waiting to be told

This landscape has inspired poets, scholars, and artists for centuries—a place where history, folklore, and natural beauty intertwine.

Like these stories, we believe the experience should unfold naturally, adapting to the mood and interests of the day. Unlike larger tour companies with rigid itineraries, our tours remain flexible, shaped by your passions, group energy, and, of course, Ireland's ever-changing weather.

At Ireland In Focus, we are passionate about wonder. We love seeing faces light up as Ireland's spectacular scenery reveals itself. Each stop and story flows seamlessly, creating a journey of discovery beyond the constraints of instant gratification.

Our tours are designed to immerse you in this ever-evolving story, blending breathtaking landscapes, rich heritage, and hands-on experiences. This document is intended as a glimpse of what your tour with us might look like.

SAMPLE DAY 1

You'll start your journey by meeting your fellow travellers and guides as the Ireland In Focus coach picks you up from a prearranged hotel near Dublin Airport at approximately 10:00 AM.

Newgrange and the Hill of Tara

En route from Dublin to Temple House, we'll visit two iconic sites: Newgrange, a UNESCO World Heritage Site, and the Hill of Tara, the ancient royal seat of Ireland's High Kings.

At Tara, you'll see the legendary Lia Fáil coronation stone, one of the mythical treasures of the Tuatha Dé Danann. Newgrange, built around 3,200 BC, predates Stonehenge and the Egyptian pyramids and offers extraordinary photographic opportunities.

Newgrange, built around 3,200 BC, predates Stonehenge and the Egyptian pyramids and offers extraordinary photographic opportunities.



SAMPLE DAY 2

Streedagh Beach and the Spanish Armada

Streedagh Beach, where three Spanish Armada ships were wrecked in 1588, offers wild, unspoiled beaches and dramatic scenery, perfect for photography. Capture the rugged shoreline and tranquil sands that hold echoes of this historic tragedy.



Mullaghmore Head

This Wild Atlantic Way gem features stunning views, legendary waves, and the striking Classibawn Castle framed by dramatic coastal scenery.



Seaweed Foraging with Prannie Rhatigan

Join Prannie Rhatigan, founder of the Irish Seaweed Kitchen, for a guided foraging experience. Learn about sustainable harvesting and enjoy a tasting of her seaweed-based creations in a beautiful coastal setting.



Benbulbin Mountain

Known as Ireland's Table Mountain, Benbulbin's dramatic limestone ridges are a dream for photographers. Learn about the legend of Fionn Mac Cumhaill and his pursuit of Diarmuid and Gráinne across its slopes as you capture this iconic landmark.



The Gleniff Horseshoe

This glacial valley, surrounded by towering cliffs and lush greenery, is a secluded haven for photographers, offering ever-changing light and breathtaking vistas.



SAMPLE DAY 3

Lisheen House: A Unique Opportunity

Once known as Seafield House, Lisheen House was built in 1842 by William Phibbs, a prominent local landlord. Renamed in 1899 after a series of mysterious and unsettling events, this atmospheric site is rich in history and legend.

William's son, Owen, returned from travels in Egypt and Syria in 1855 with a collection of artifacts, but soon after, the house became infamous for its violent poltergeist activity. Stories of shattered objects and frightened staff led to the family's departure. By 1938, Lisheen House was abandoned, its eerie reputation cemented in local lore..



The Fairy Glen

Walk through this dramatic chasm on Knocknarea's slopes, flanked by towering ivy-clad limestone cliffs, an enchanting location featured in W.B. Yeats' poetry.



Knocknarea

Crowning the mountain is the massive rocky cairn known as "Queen Maeve's Grave," Ireland's largest unopened cairn, believed to conceal a Neolithic passage tomb. Visible from miles around, it's an iconic feature that adds a sense of history and myth to this spectacular landscape



SAMPLE DAY 4

Cavan Burren Forest Park

Discover prehistoric tombs and geological wonders, including the “Giant’s Leap,” in this captivating forest park rich with history and legend.



Killnagh Bullaun Stone

This ancient stone, with its 16 carved depressions, holds links to rituals and folklore, offering a glimpse into Ireland’s spiritual past.



Traditional Irish Thatched Cottage

Visit a meticulously recreated 19th-century cottage once home to our guide's ancestors, providing an authentic and personal connection to Ireland's rural heritage. (Based on original cottage once owned by lead guide Ciaran's great grandparents).



Glencar Lake and Waterfall

We will stop at Glencar Waterfall, a 50-foot cascade near Glencar Lough, inspired W.B. Yeats' *The Stolen Child* with its enchanting "wandering water gushing." Nestled in a glacially carved valley, Glencar Lake is framed by steep cliffs and towering mountains.



SAMPLE DAY 5

Temple House: Explore your home away from home...

A morning relaxing and exploring your home for the tour, Temple House and its vast 1,000 acre estate. Overlooking a 13th-century lakeside castle once held by the Knights Templar, Temple House has been owned by the Perceval family since 1665. Your host, Roderick Perceval, will welcome you to this historic estate, providing a luxurious yet relaxed atmosphere where you can fully unwind between adventures.



Caves of Keash

Perched on Keshcorran Hill, these limestone chambers offer stunning views and atmospheric settings for photography.



Carrowkeel Passage Tombs

This Neolithic complex, older than the Egyptian pyramids, offers breathtaking views and insight into Ireland's ancient past



Dinner in Sligo Town

Followed by traditional Irish music and hospitality at Thomas Connolly's Pub, awarded Traditional Pub of the Year.



SAMPLE DAY 6

Woodturner Matt Jones

We stop by acclaimed woodturner artist Matt Jones who only uses ethically sourced Irish wood such as fallen beech, walnut, ash and oak trees for his collection.



Skreen Graveyard

Discover and photograph intricately carved box tombs by the Diamond family, renowned local stonemasons.



Aughris Head and Dunmoran Beach

Capture the rugged beauty of Sligo Bay and enjoy lunch at the 17th-century Beach Bar, a charming thatched pub by the sea.



The Split Rock and Easky Castle

Photograph the mysterious Split Rock, tied to Fionn Mac Cumhail, and the historic ruins of Easky Castle.



Michael Budd Blacksmith

Watch Michael Budd create contemporary works in his forge, showcasing the ancient craft of blacksmithing.



SAMPLE DAY 7

John Ryan Ceramics

Visit John Ryan's studio to photograph his handcrafted ceramics and the artistry of his creative process.



Exploring Tobernalt Holy Well with Tamlyn McHugh

Our visit to Tobernalt Holy Well, one of Ireland's finest and most spiritual sites near the shores of Lough Gill, will be enriched by a talk from Tamlyn McHugh, specialist on holy wells and folk religion.



Dooney Rock.

This forest trail with views of Lough Gill offers a serene and poetic setting, famously inspiring Yeats' *The Fiddler of Dooney*.



Creevelea Abbey

Photograph the atmospheric ruins of this 16th-century Franciscan friary, surrounded by tranquil countryside.



Stanford's Inn

Pause for a pint at this 250 year old historic family-run pub in Dromahair, rich with charm and character..



SAMPLE DAY 8

After an unforgettable journey filled with breathtaking landscapes, rich heritage, and hands-on experiences, we depart Temple House Estate, taking with us not just stunning photographs but lasting memories.

From dramatic coastlines to ancient ruins, from the warmth of local hospitality to the joy of shared moments, this trip has been a tapestry of discovery. As we make our way back to Dublin Airport, we leave with new friendships, fresh perspectives, and a deeper connection to Ireland's hidden beauty. Come join us!!