



  
**Ireland**

**7 DAY / 7 NIGHT IRELAND**  
**(SUGGESTED ITINERARY)**

**INCLUDES BELFAST &  
NORTHERN IRELAND**

  
**WILD ATLANTIC WAY**  
SLÍ AN ATLANTAIGH FHIÁIN

  
**IRELAND'S  
ANCIENT EAST**  
Wander Through Time

  
**Dublin**

## DAY ONE

### Travel to Kildare from Dublin Airport

[www.kildare.ie/tourism](http://www.kildare.ie/tourism) (Dublin Airport - Newbridge 63km – 49 mins Drive).

### Newbridge Silverware

[www.newbridgesilverware.com](http://www.newbridgesilverware.com) Enjoy a unique shopping experience at Newbridge Silverware and the Museum of Icons which includes original fashions from style icons such as Marilyn Monroe, Michael Jackson, Audrey Hepburn, Elvis Presley and more. (Dublin – Newbridge: 55km – 1hr Drive).

### [OPTIONAL]

### Irish National Stud & Japanese Gardens

[www.irishnationalstud.ie](http://www.irishnationalstud.ie) Visit the world-renowned horse breeding stud farm, home to many internationally acclaimed winning racehorses. Enjoy some refreshment and explore the gardens laid out by Tassa Eida and his son, which traces the journey of a human soul from birth to death and the afterlife. (Newbridge – Tully, Co Kildare: 11km – 11min Drive)

### Kildare Village

[www.kildarevillage.com](http://www.kildarevillage.com) Lunch followed by designer outlet shopping experience. Discover the latest offers from favourite brands including Ted Baker, Polo Ralph Lauren, Brooks Brothers and many more. (Tully – Kildare Town: 5km – 3min Drive).

### Athlone

[www.discoverireland.ie/places-to-go/athlone/0/19/473](http://www.discoverireland.ie/places-to-go/athlone/0/19/473) Kildare Town – Athlone (93km – 1hr 18min Drive).

### CONSIDER FOLLOWING SUGGESTIONS:

- Discover Athlone Castle  
[www.athlonecastle.ie](http://www.athlonecastle.ie) immerse yourself in 5000 years of history.
- Play golf at Glasson Golf Hotel  
[www.glassongolfhotel.ie](http://www.glassongolfhotel.ie)
- Take a river cruise on the Shannon  
[www.shannon-river.com](http://www.shannon-river.com)

### Overnight Athlone

## DAY TWO

### Birr Castle, Gardens & Science Centre

[www.birrcastle.com](http://www.birrcastle.com) The Parsons family, who have family connections with China, invite you to their award-winning castle, gardens and science centre, home to its giant 'leviathan' telescope and many scientific discoveries. (Athlone – Birr: 46km – 44min Drive).

### Limerick City

[www.discoverireland.ie/places-to-go/limerick-city/1/636/751](http://www.discoverireland.ie/places-to-go/limerick-city/1/636/751) Enjoy a walk around this city rich in Medieval and Georgian architecture and famed as the sporting capital of Ireland.

### SUGGESTED EXPERIENCES INCLUDE

- King John's Castle  
[www.shannonheritage.com/KingJohnsCastle](http://www.shannonheritage.com/KingJohnsCastle)
- The Hunt Museum [www.huntmuseum.com](http://www.huntmuseum.com)
- Thomond Park, the home of Munster Rugby  
[www.thomondpark.ie](http://www.thomondpark.ie) (Athlone – Limerick City: 110km – 1hr15min Drive).

### [OPTIONAL EVENING EVENT, SUBJECT TO PROGRAMME SCHEDULE]

- Limerick Greyhound Stadium  
[www.igb.ie/go-greyhound-racing/our-stadiums/limerick-greyhound-stadium/](http://www.igb.ie/go-greyhound-racing/our-stadiums/limerick-greyhound-stadium/) Enjoy a night at the dogs and a 'flutter' on your favourite to win at Limerick Greyhound Stadium.

### Overnight Limerick or Ennis

Limerick – Ennis (41km – 35min Drive).

## DAY 3

### Cliffs of Moher

[www.cliffsofmoher.ie](http://www.cliffsofmoher.ie) Enjoy one of Ireland's most famous sights. The Cliffs of Moher are entirely vertical and reach 214m (702ft) at their highest point and stretch for 8km (5 miles). (Ennis – Liscannor: 34km – 35min Drive).

### The Burren Geopark

[www.burrengeopark.ie](http://www.burrengeopark.ie) Explore the vast lunar like limestone landscape with 11 Geosites; it is an area of outstanding geological significance. (Liscannor – Ballyvaughan: 32km – 40min Drive)

### Galway City

[www.discoverireland.ie/places-to-go/galway-city/1/2681/143](http://www.discoverireland.ie/places-to-go/galway-city/1/2681/143) Meander through the cobble stoned laneways of this delightful heritage city visiting The Claddagh; Spanish Arch and the Latin Quarter. Famous for its university and Irish music scene, sample some of the local brews in one of the many traditional pubs. (Ballyvaughan – Galway City: 48km – 1hr Drive).

# (SUGGESTED ITINERARY)

Ireland

## [OPTIONAL EVENING EVENT SUBJECT TO PROGRAMME SCHEDULE]

### Trad on the Prom

[www.tradontheprom.com](http://www.tradontheprom.com) A captivating Celtic Irish dance and music show with performers from River Dance, The Chieftains and Lord of the Dance. (Galway City – Salthill: 1.5km – 5min Drive).

### Overnight Galway City or Spiddal

Galway City – Spiddal (19km – 25min Drive).

## DAY 4

### Kylemore Abbey & Walled Gardens

[www.kylemoreabbey.com](http://www.kylemoreabbey.com) Set in the wilds of Connemara, nestling on the shores of a lake the abbey and gardens are one of the iconic and romantic attractions in the West of Ireland. (Galway City – Kylemore: 77km – 1hr18min Drive).

### Killary Harbour

[www.destinationwestport.com/places-to-visit/natural-beauty/killary-harbour-fjord](http://www.destinationwestport.com/places-to-visit/natural-beauty/killary-harbour-fjord) Discover Ireland's only fjord, surrounded by spectacular mountain peaks it extends from the Atlantic to Leenane, a famous film location. (Kylemore – Leenane: 16km – 19min Drive).

### Glen Keen Farm

[www.glenkeenfarm.com](http://www.glenkeenfarm.com) Enjoy a sheep dog demonstration at one of Ireland's largest farms. Set in a conservation area of natural beauty with waterfalls and breath-taking valleys. Guests can also enjoy a light lunch, shopping & traditional Irish music! (Leenane – Louisburgh: 31km – 37min Drive).

### Overnight Westport

Louisburgh – Westport (22km – 24min Drive).

## DAY 5

### Westport

[www.destinationwestport.com](http://www.destinationwestport.com) Explore the Georgian town of Westport, one of the only architecturally designed towns in Ireland with its tree lined promenades and narrow bridges spanning the River Carrow Beg.

### Westport House

[www.westporthouse.ie](http://www.westporthouse.ie) Visit 18th c. Westport House, set in beautiful woods, lake and parkland estate and built on the site of one of the castles belonging to legendary pirate queen Grace O'Malley.

### Carrick on Shannon

[www.discoverireland.ie/Activities-Adventure/carrick-on-shannon-self-guided-historic-town-walk/85587](http://www.discoverireland.ie/Activities-Adventure/carrick-on-shannon-self-guided-historic-town-walk/85587) Enjoy lunch in this idyllic town, nestled on the banks of the River Shannon famous for its bustling marina and river cruising. (Westport – Carrick-on-Shannon: 77km – 1hr18min Drive).

### Kilbeggan Distillery

[www.kilbeggandistillery.com](http://www.kilbeggandistillery.com) Discover and taste real artisanal Irish whiskey distilling at its best at the oldest licensed distillery in Ireland. (Carrick-on-Shannon – Kilbeggan: 92km – 1hr16min Drive).

### Overnight Meath or DUBLIN

(Kilbeggan – Dublin: 91km – 1hr10mins).

## DAY 6

### MORNING IN DUBLIN CITY (AT YOUR LEISURE) CONSIDER VISITS TO:

#### Trinity College – Books of Kells and the Long Room

[www.tcd.ie/visitors/book-of-kells/](http://www.tcd.ie/visitors/book-of-kells/) [www.tcd.ie/library/old-library/long-room/](http://www.tcd.ie/library/old-library/long-room/) Visit the Book of Kells, Ireland's greatest cultural treasure and the world's most famous medieval (9th c.) manuscript. Continue upstairs to the Long Room (Old Library), 65m in length and filled with 200,000 of the Library's oldest books.

#### Guinness Storehouse

[www.guinness-storehouse.com](http://www.guinness-storehouse.com) No trip to Dublin would be complete without a visit to the home of Guinness and the Guinness Brewery since 1759. Discover how Guinness is made and sample a pint at the Gravity Bar.

#### Dublin Castle

[www.dublincastle.ie](http://www.dublincastle.ie) & [Chester Beatty Library www.cbl.ie](http://www.chesterbeattylibrary.com) Discover Ireland's history in this historic 13th c. castle built on the site of a Viking settlement, the castle was the home of the British Viceroy until Ireland's independence from Britain in 1922.

Chester Beatty Library features ancient manuscripts dating back to 2700BC.

#### Overnight Dublin or Belfast

(Dublin – Belfast 166km - 1 hr 6 mins Drive)

## DAY 7

### Titanic Experience

[www.titanicbelfast.com](http://www.titanicbelfast.com) Uncover the myths legends and explore the facts about this famous ship with a visit to the award winning interactive museum 'Titanic Belfast' (Dublin - Belfast: 166km – 2hrs 5mins Drive).

### Giants Causeway

[www.nationaltrust.org.uk/giants-causeway](http://www.nationaltrust.org.uk/giants-causeway) Walk in the footsteps of Giants (Belfast – Giants Causeway: 99km – 1hr 20min Drive).

### Explore film locations from Game of Thrones

[www.ireland.com/en-gb/articles/game-of-thrones-location](http://www.ireland.com/en-gb/articles/game-of-thrones-location) or enjoy an afternoon at Winterfell Castle & Demense for your own part in Game of Thrones costume reenactments [www.gameofthrones-winterfelltours.com](http://www.gameofthrones-winterfelltours.com)

**Return to Dublin & Overnight before early morning departure**

### WEEKLY DIRECT FLIGHTS TO CHINA

#### Hainan Airways:

Dublin - Beijing 2/week  
+ via Edinburgh 2/week

#### Cathay Pacific:

Dublin - Hong Kong 2/week



## CREATED BY

Business Development, Fáilte Ireland



## Fáilte Ireland

National Tourism Development Authority



  
**Ireland**

**7天/7晚爱尔兰  
(推荐行程)  
(SUGGESTED ITINERARY)**

**包括贝尔法斯特  
(BELFAST) 和北爱尔兰  
(NORTHERN IRELAND)**

  
**WILD ATLANTIC WAY**  
SLIAN ATLANTAIGH FHIAIN

  
**IRELAND'S  
ANCIENT EAST**  
Wander Through Time

  
**Dublin**

## 第一天 DAY ONE

从都柏林机场飞往基尔代尔 (Kildare)

[www.kildare.ie/tourism](http://www.kildare.ie/tourism) (都柏林机场-纽布里奇 (Newbridge): 63公里-49分钟车程)。

新桥银器厂

[www.newbridgesilverware.com](http://www.newbridgesilverware.com) 在新桥银器厂享有一次独特的购物体验。新桥银器厂偶像博物馆收藏了时尚偶像的原创时尚服饰, 如: 玛丽莲·梦露 (Marilyn Monroe)、迈克尔·杰克逊 (Michael Jackson)、奥黛丽·赫本 (Audrey Hepburn)、埃尔维斯·普雷斯利 (Elvis Presley) 等。(都柏林-纽布里奇: 55公里-1小时车程)。

[自选项目]

爱尔兰国家马场 (Irish National Stud) 和日本花园 (Japanese Gardens)

[www.irishnationalstud.ie](http://www.irishnationalstud.ie) 参观世界知名育马场, 这里培育出了许多国际上备受赞誉的比赛用马。探索日本花园, 放松心情。这座花园由塔撒·艺达 (Tassa Eida) 和他的儿子共同设计完成, 旨在追溯人类灵魂的生死轮回, 今生来世。(纽布里奇-基尔代尔都塔利镇 (Tully, Co Kildare): 11公里-11分钟车程)

基尔代尔购物村

[www.kildarevillage.com](http://www.kildarevillage.com) 午餐后, 前往品牌折扣店购物。从泰德贝克 (Ted Baker)、保罗拉夫劳伦 (Polo Ralph Lauren)、布克兄弟 (Brooks Brothers) 等一众喜爱品牌中发现最新优惠。(塔利 (Tully) - 基尔代尔: 5公里-3分钟车程)。

阿斯隆 (Athlone)

[www.discoverireland.ie/places-to-go/athlone/0/19/473](http://www.discoverireland.ie/places-to-go/athlone/0/19/473) 基尔代尔-阿斯隆 (93公里-1小时18分钟车程)。

考虑以下建议:

- 探秘阿斯隆城堡  
[www.athlonecastle.ie](http://www.athlonecastle.ie) 沉浸在5000年的历史中。
- 在格拉森乡村别墅高尔夫俱乐部酒店 (Glasson Golf Hotel) 打高尔夫 [www.glassongolfhotel.ie](http://www.glassongolfhotel.ie)
- 在香依河 (Shannon) 上乘船畅游  
[www.shannon-river.com](http://www.shannon-river.com)

在阿斯隆过夜

## 第二天 DAY TWO

比尔城堡花园 (Birr Castle, Gardens) 和科技中心 (Science Centre)

[www.birrcastle.com](http://www.birrcastle.com) 与中国有一定渊源的帕森斯家族诚邀您参观他们家备受赞誉的城堡花园和科技中心, 这里展示了世界上最大天文望远镜利维坦 (leviathan) 和许多其他科学发现。(阿斯隆-比尔 (Birr): 46公里-44分钟车程)。

利默里克市区 (Limerick City)

[www.discoverireland.ie/places-to-go/limerick-city/1/636/751](http://www.discoverireland.ie/places-to-go/limerick-city/1/636/751) 漫步利默里克市区, 这座城市被誉为爱尔兰体育之都, 随处可见中世纪和格鲁吉亚建筑。

推荐游玩体验包括

- 约翰王城堡 (King John's Castle)  
[www.shannonheritage.com/KingJohnsCastle](http://www.shannonheritage.com/KingJohnsCastle)

# 7天/7晚爱尔兰

- 亨特博物馆 (The Hunt Museum)  
[www.huntmuseum.com](http://www.huntmuseum.com)
- 托蒙德公园 (Thomond Park), 芒斯特英式橄榄球队所在地 [www.thomondpark.ie](http://www.thomondpark.ie)  
(阿斯隆-利默里克城: 110公里-1小时15分钟车程)。

自选晚间活动, 按照项目行程安排进行

- 利默里克灰狗体育场 (Limerick Greyhound Stadium) [www.igb.ie/go-greyhound-racing/our-stadiums/limerick-greyhound-stadium/](http://www.igb.ie/go-greyhound-racing/our-stadiums/limerick-greyhound-stadium/)  
在利默里克灰狗体育场尽情玩一晚, 在狗群中选择您最爱的那一只下赌注, 赢上一把。

住在利默里克或恩尼斯 (Ennis)

利默里克-恩尼斯 (41公里-35分钟车程)。

## 第三天 DAY 3

莫赫悬崖 (Cliffs of Moher)

[www.cliffsofmoher.ie](http://www.cliffsofmoher.ie) 将爱尔兰最著名的景致尽收眼底。莫赫悬崖完全垂直, 最高点高达214米 (702英尺), 宽8公里 (5英里)。(恩尼斯-利斯坎诺 (Liscannor): 34公里-35分钟车程)。

布伦地质公园 (The Burren Geopark)

[www.burrengeopark.ie](http://www.burrengeopark.ie) 探秘这一拥有11个地质遗迹的巨大月球状石灰岩景观; 这里有非常重大的地质意义。(利斯坎诺-巴利沃恩 (Ballyvaughan): 32公里-40分钟车程)

戈尔韦市 (Galway City)

[www.discoverireland.ie/places-to-go/galway-city/1/2681/143](http://www.discoverireland.ie/places-to-go/galway-city/1/2681/143) 在这座令人欣喜的古老城市里, 漫步在鹅卵石巷道, 欣赏克拉克达、西班牙拱门和拉丁区。这座城

# (推荐行程)

Ireland

市以其大学和爱尔兰音乐场景闻名。您可以在众多传统酒吧中找上一家，进去品尝当地啤酒。(巴利沃恩-戈尔韦市: 48公里-1小时车程)。

## [自选晚间活动, 按照项目行程安排进行]

### 传统音乐舞会 (Trad on the Prom)

[www.tradontheprom.com](http://www.tradontheprom.com) 一场精彩纷呈的凯尔特爱尔兰舞蹈音乐表演。表演者参与过大河之舞、酋长乐队和王者之舞的演出。(戈尔韦城-索尔特西尔 (Salthill) : 1.5公里-5分钟车程)。

### 住在戈尔韦城或斯皮德尔 (Spiddal)

戈尔韦城-斯皮德尔 (19公里-25分钟车程)。

## 第四天 DAY 4

### 凯利莫修道院 (Kylemore Abbey) 和维多利亚庄园 (Walled Gardens)

[www.kylemoreabbey.com](http://www.kylemoreabbey.com) 凯利莫修道院和维多利亚庄园坐落在康尼马拉 (Connemara) 荒野中的一处湖畔旁, 这座庄园是爱尔兰西部具有标志性的浪漫景点之一。(戈尔韦城-凯利莫 (Kylemore) : 77公里-1小时18分钟车程)。

### 基拉里港 (Killary Harbour)

[www.destinationwestport.com/places-to-visit/natural-beauty/killary-harbour-fjord](http://www.destinationwestport.com/places-to-visit/natural-beauty/killary-harbour-fjord) 探索爱尔兰唯一的峡湾, 此处峡湾从大西洋延伸至里纳内 (Leenane) 这个著名的电影取景地, 峡湾周围都是雄伟壮观的山峰。(凯利莫-里纳内: 16公里-19分钟车程)。

### 格伦凯恩农场 (Glen Keen Farm)

[www.glenkeenfarm.com](http://www.glenkeenfarm.com) 在爱尔兰最大的农场之一欣赏牧羊犬表演。该农场坐落在一处风景优美的保护区内,

保护区内还有瀑布和令人叹为观止的山谷。游客中午可享用简餐, 还可购物, 欣赏传统的爱尔兰音乐!(里纳内-路易斯堡 (Louisburgh) : 31公里-37分钟车程)。

### 住在西港 (Westport)

路易斯堡-西港 (22公里-24分钟车程)。

## 第五天 DAY 5

### 西港

[www.destinationwestport.com](http://www.destinationwestport.com) 探秘西港的格鲁吉亚城镇。在这里, 绿树成荫的长廊和狭窄的桥梁横跨卡罗贝格河 (River Carrow Beg), 这是爱尔兰唯一一座有此建筑设计城镇。

### 西港别墅 (Westport House)

[www.westporthouse.ie](http://www.westporthouse.ie) 参观建于18世纪的西港别墅。西港别墅置身于秀美的森林, 湖泊和绿地之中, 别墅选址于一处属于传奇海盜女王格雷斯奥马利 (Grace O' Malley) 的城堡。

### 香农河畔卡里克 (Carrick on Shannon)

[www.discoverireland.ie/Activities-Adventure/carrick-on-shannon-self-guided-historic-town-walk/85587](http://www.discoverireland.ie/Activities-Adventure/carrick-on-shannon-self-guided-historic-town-walk/85587) 香农河以其热闹的码头和河中来往游船而闻名。您可以在这座坐落于香农河畔的恬静小镇上享用午餐。(西港-香农河畔卡里克: 77公里-1小时18分钟车程)。

### 基尔伯根酒厂 (Kilbeggan Distillery)

[www.kilbeggandistillery.com](http://www.kilbeggandistillery.com) 在爱尔兰最古老的特许酿酒厂里探索并品尝纯正手工蒸馏而成的上佳爱尔兰威士忌。(香农河畔卡里克-基尔伯根 (Kilbeggan) : 92公里-1小时16分钟车程)。

### 住在米斯郡 (Meath) 或都柏林

(基尔伯根-都柏林: 91公里-1小时10分钟车程)。

## 第六天 DAY 6

在都柏林的早晨 (闲暇时) 可考虑参观:

### 圣三一学院-凯尔书卷 (Books of Kells) 和旧图书馆 (Long Room)

[www.tcd.ie/visitors/book-of-kells/](http://www.tcd.ie/visitors/book-of-kells/) [www.tcd.ie/library/old-library/long-room/](http://www.tcd.ie/library/old-library/long-room/) 参观凯尔书卷。它是爱尔兰最伟大的文化瑰宝, 是世界上最负盛名的中世纪 (9世纪) 手写巨著。继续上楼参观旧图书馆。这座图书馆长达65米, 藏有20万册图书馆最古老的书籍。

### 吉尼斯黑啤展览馆 (Guinness Storehouse)

[www.guinness-storehouse.com](http://www.guinness-storehouse.com) 自1759年以来, 没有去过吉尼斯和吉尼斯啤酒厂之家的都柏林旅行绝非完整。探秘吉尼斯黑啤的酿造过程, 并在重力酒吧 (Gravity Bar) 尝上一品脱。

### 都柏林城堡 (Dublin Castle) [www.dublincastle.ie](http://www.dublincastle.ie) & Chester Beatty Library [www.cbl.ie](http://www.cbl.ie)

在这座建于13世纪维京人定居点的历史古堡里探索爱尔兰历史。1922年爱尔兰独立于英国之前, 这里一直都是英国总督的家。切斯特比蒂图书馆藏有可追溯至公元前2700年的古代手写著作。

### 住在都柏林或贝尔法斯特 (Belfast)

(都柏林-贝尔法斯特 166公里-1小时6分钟车程)

## 第七天 DAY 7

### 泰坦尼克号体验馆

[www.titanicbelfast.com](http://www.titanicbelfast.com) 参观这家屡获殊荣的互动式博物馆“泰坦尼克贝尔法斯特”，揭开神话传说的神秘面纱，对这艘著名船只的事实一探究竟（都柏林-贝尔法斯特：166公里-2小时5分钟车程）。

### 巨人之路

[www.nationaltrust.org.uk/giants-causeway](http://www.nationaltrust.org.uk/giants-causeway) 追随巨人足迹（贝尔法斯特-巨人之路：99公里-1小时20分钟车程）。

### 探索权力的游戏 (Game of Thrones) 电视剧取景地

[www.ireland.com/en-gb/articles/game-of-thrones-location](http://www.ireland.com/en-gb/articles/game-of-thrones-location) 或者穿上权力的游戏的戏服，在临冬城 (Winterfell Castle & Demense) 自己角色重演，好好玩一下午。

[www.gameofthrones-winterfelltours.com](http://www.gameofthrones-winterfelltours.com)

### 返回都柏林住宿，第二天一早离开

### 乘坐每周直达航班返回中国

#### 海南航空:

都柏林-北京 2班次/周  
途径爱丁堡 2班次/周

#### 国泰航空:

都柏林-香港 2班/周



## 行程制定人

爱尔兰国家旅游局业务开发部  
旅游发展局



**Fáilte Ireland**

National Tourism Development Authority