

## 77+ THINGS TO DO for kids

**37** **Climb to the summit of an ancient Irish landscape**  
Fill your mind with myths and legends as you climb the Hill of Uisneach to take in views that reach across 20 counties. Explore the ancient landscape once walked, they say, by gods and goddesses and which is studded with fascinating heritage monuments.  
[uisneach.ie](http://uisneach.ie)

**38** **Be Skipper Electric!**  
Discover how effortless and quiet travel on the Shannon can be on an electric day boat from Moon River Cruises.  
[moonriver.ie/carrick-day-boats](http://moonriver.ie/carrick-day-boats)

**39** **Search for hidden treasure**  
Use your detective skills to track down geocaches. The North Galway-West Roscommon area is the perfect place to start, as it's studded with geo-treasure troves just waiting for you to find!  
[geocachingireland.com/interactive-map](http://geocachingireland.com/interactive-map)

**15** **Canoe like a Canadian**  
Discover a whole new world on an expedition in a Canadian canoe with Adventure Gently in northwest Leitrim.  
[adventuregently.com](http://adventuregently.com)

**7** **Kayak to a deserted castle in a lake**  
Hire a kayak from the Cavan Adventure Centre and paddle to the intriguing Clough Oughter Castle on a tiny island in Lough Oughter  
[cavanadventure.ie](http://cavanadventure.ie)

**8** **Discover why Cavan rocks**  
Take a moment to enjoy some fantastic views while you rock-climb and abseil in Cavan with Rural Adventure Tours.  
[ruraladventure.ie/rock-climbing](http://ruraladventure.ie/rock-climbing)

**9** **Become an explorer on the Drumshamozon**  
Join a SUP safari on the Shannon Blueway at Drumshanbo, along the Lough Allen canal. Enveloped in a dense tree canopy, you can imagine yourself in the Amazon Rainforest. No wonder locals call it the Drumshamozon!  
[leitrimsurf.ie](http://leitrimsurf.ie)

**6** **Cycle on water**  
Pedal power on water is the newest way to get active in the Cullcagh Lakelands Geopark! Explore Carafin Lake on the River Erne system on a hydro-bike.  
[carafinlodge.ie](http://carafinlodge.ie)

**14** **Swim in a heated outdoor pool**  
Warm your bones and enjoy the views from the heated swimming pool by Acres Lake in Leitrim or Ballina on Lough Derg in Tipperary. Your choice - north or south!  
[leitrimtourism.com/leisure-amenities/drumshanbo-outdoor-heated-swimming-pool/](http://leitrimtourism.com/leisure-amenities/drumshanbo-outdoor-heated-swimming-pool/) & [tipperarycoco.ie/ballina-outdoor-heated-swimming-pool](http://tipperarycoco.ie/ballina-outdoor-heated-swimming-pool)

**19** **Play like the Victorians**  
See the toys Victorian children played with in the nursery in Strokestown Park House before exploring woodland walks and an enchanting walled garden.  
[strokestownpark.ie/famine/museum](http://strokestownpark.ie/famine/museum)

**18** **Make a splash on the Shannon!**  
Take the plunge from a pier or get down and dirty on the mud slide with Shannon River Adventure.  
[shannonriveradventure.com](http://shannonriveradventure.com)

**22** **Experience Ireland's bygone days**  
Step back in time with a visit to the huge collection at Derryglad Folk and Heritage Museum, or see a full 1930s' street scene including a grocer's shop and a blacksmith's workshop at Glenview Folk Museum.  
[derrygladfolkmuseum.com](http://derrygladfolkmuseum.com) and [glenviewmuseum.ie](http://glenviewmuseum.ie)

**11** **Walk on water**  
Walk on water on the amazing 600-metre floating walkway at Acres Lake, sometimes called 'The Snake on the Lake'!  
[leitrimtourism.com/walks-and-trails/canal-lakeside-walks/acres-lake-boardwalk](http://leitrimtourism.com/walks-and-trails/canal-lakeside-walks/acres-lake-boardwalk)

**13** **Watch out for wriggles on a 'Welly Walk'**  
Join Mud Bugs to explore, play and immerse yourself in nature on a spellbinding tour of magical outdoor spaces.  
[mudbugs.ie](http://mudbugs.ie)

**17** **View the world from the treetops**  
Get a bird's-eye view of the forest, nine metres above the woodland floor on Lough Key's tree canopy walk. If you're feeling brave, head over to Zipit and make a swift descent from the trees on a zipline!  
[loughkey.ie](http://loughkey.ie)

**21** **Find the gate to the Otherworld**  
Tread in the footsteps of the mythical warrior Queen Medb (Maev) and learn about the ancient origins of Halloween.  
[rathcroghan.ie](http://rathcroghan.ie)

**24** **Walk the route of an Iron Age road**  
Walk the ancient road way and discover archaeological and mythological theories about why it was built across the bog over 2000 years ago.  
[heritageireland.ie/places-to-visit/corlea-trackway-visitor-centre/](http://heritageireland.ie/places-to-visit/corlea-trackway-visitor-centre/)

**1** **Seek out the Giant's Leap Chasm**  
Explore Cavan Burren Park and discover where folklore giants, Lugh and Lag, challenged each other to jump a gorge to impress a female giant they admired.  
[cavanburrenpark.ie](http://cavanburrenpark.ie)

**3** **Build your own bear**  
Choose, stuff and sew your own bear at the Bear Essentials family workshop, or buy a kit to make your teddy at home.  
[silverbearcentre.ie](http://silverbearcentre.ie)

**10** **Scavenge with your senses**  
Touch, hear, see and smell the world around you on a scavenger hunt for the senses at the Organic Centre, or simply stroll through the charming orchard and garden to reach the Ballagh River.  
[theorganiccentre.ie](http://theorganiccentre.ie)

**12** **Swim in a wild landscape**  
There's no better way to get under the surface of the wild landscape than to go swimming outdoors. Lough Keeldra, with its sandy floor, is the ideal place to dip your toes in!

**16** **Step inside a mountain**  
Step into the heart of a Roscommon mountain and hear first-hand tales from former miners at the Arigna Mining Experience.  
[arignaminingexperience.ie](http://arignaminingexperience.ie)

**20** **Roar from the ramparts of a castle**  
Visit Roscommon Castle and learn about its storied past. Then, explore Loughnaneane Park and playground and take a seat in one of the lovely nature chairs.  
[visitroscommon.ie/roscommon-castle/](http://visitroscommon.ie/roscommon-castle/) and [visitroscommon.ie/loughnaneane-sculpture-trail](http://visitroscommon.ie/loughnaneane-sculpture-trail)

**23** **Meet the Normans**  
Take on a Norman name before meeting characters from Ireland's past at the interactive Knights & Conquests Heritage centre in Granard.  
[knightsandconquests.ie](http://knightsandconquests.ie)

**25** **Make the perfect cake**  
Collect freshly laid eggs at Cloughan Farm and mix them with other ingredients to make a sponge cake you can decorate with fruit and freshly whipped Irish cream. Enjoy your delicious cake with a refreshing cordial in the outdoor picnic area!  
[fionaegan.com](http://fionaegan.com)

**26** **Go green on the Greenway**  
Hike or cycle between the welcoming towns on the Royal Canal Greenway, and keep an eye out for hidden wildlife wonders along the way.  
[longford.ie/en/visit/trails/royal-canal-greenway/](http://longford.ie/en/visit/trails/royal-canal-greenway/)

**27** **Kayak at night on the Royal Canal**  
Explore the Royal Canal on a night-time paddle with Alan's Yippee Kayaking, or take to the water on a fine day for a fun family kayaking adventure!  
[facebook.com/Alans-Yippee-Kayaking-100935189078675](http://facebook.com/Alans-Yippee-Kayaking-100935189078675)

**28** **Have fun at Baysports!**  
Let the whole family loose on Baysports' inflatable waterpark, which is packed with fun challenges for kids of all ages. Whether you choose the water slides or the gentler pleasures of a pedal boat ride, you're sure of a great day out!  
[baysports.ie](http://baysports.ie)

**36** **Reach Westmeath's peak**  
Watch out for wildlife, from squirrels and hares to pheasants and songbirds, as you climb to Westmeath's summit in Mullaghmeen Forest - the largest planted beech woodland in Ireland.  
[coillte.ie/site/mullaghmeen-forest](http://coillte.ie/site/mullaghmeen-forest)

**35** **Wander through the magic of another world**  
Find your way to another world along the Narnia Trail in the grounds of the multifaceted Belvedere. Magic, passion and beauty make for a fun day out. Cap it off with a picnic on the shores of Lough Ennell.  
[visitwestmeath.ie/see-and-do/walks-wilderness/woodland-walks-at-belvedere-house/](http://visitwestmeath.ie/see-and-do/walks-wilderness/woodland-walks-at-belvedere-house/)

**33** **Watch a boat navigate a lock**  
Watch water levels change in the heart of Athlone as cruisers move through locks and navigate their way along the River Shannon.

**34** **Hone your campcraft skills**  
Prepare yourself for life on the wild side as you learn survival skills on Lough Ennell's shores, where the Lilliput Adventure Centre can also introduce you to laser tag, rock climbing and canoeing!  
[lilliputadventure.com](http://lilliputadventure.com)

**31** **Skate or cycle the Old Rail trail**  
'Choo choo' as you scoot or pedal along the old railway line from Athlone to Mullingar past restored station houses and old arched bridges.  
[athlone.ie/visit/old-rail-trail-athlone-mullingar-greenway](http://athlone.ie/visit/old-rail-trail-athlone-mullingar-greenway)

**32** **Take a multisensory trip through five millennia**  
Relive the music, sights and smells of Ireland's past at Dún na Sí amenity and heritage park.  
[dunnasi.ie](http://dunnasi.ie)

**30** **Defend the walls of a castle under siege!**  
Learn tales of bravery, bitter battles fought, and territories won and lost from monks, kings, soldiers and generals at Athlone Castle, which was built to defend a strategic crossing point on the Shannon.  
[athlonecastle.ie](http://athlonecastle.ie)

**29** **Set sail as a Viking!**  
Release your inner Viking and wield your sword and shield as you sail along the River Shannon with Viking Tours Ireland.  
[vikingtoursireland.ie](http://vikingtoursireland.ie)



### KEY

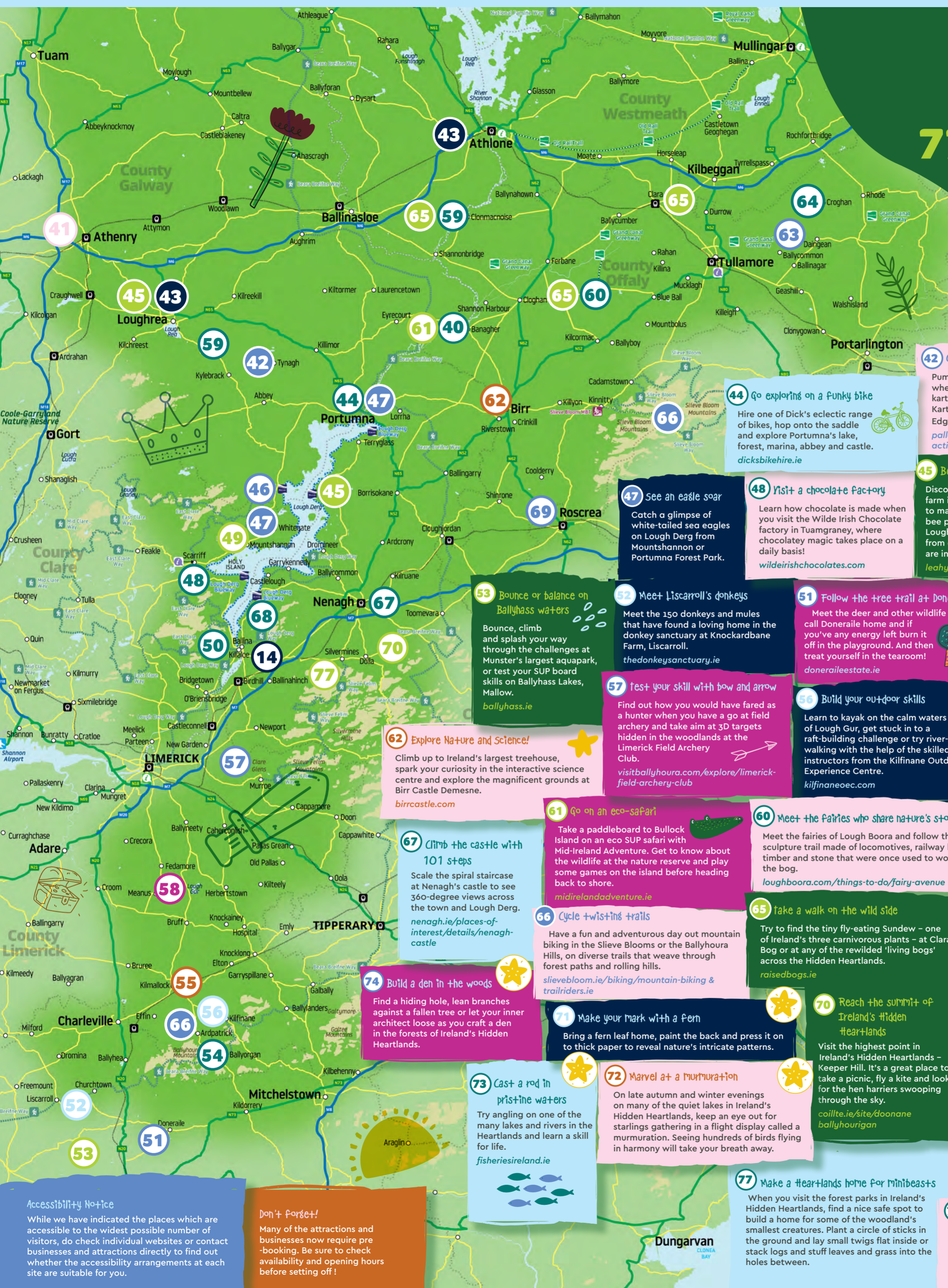
- Fáilte Ireland Tourist Information Centre - Seasonal
- Community Tourism Office/ Visitor Information Point
- Mountain Bike Trail
- Blueway
- Greenway
- Way Marked Trails
- Airport
- Railway Station
- Railway Line
- Motorway
- National Road
- Regional Road
- 'Do anywhere activity'

How many can you tick off?  
@HeartlandsIRL #IrelandsHiddenHeartlands



# Ireland's Hidden HEARTLANDS

## 77+ THINGS TO DO for kids



**41** Try medieval life for size!  
Connect with Athenry's rich history when you dress up in medieval costumes and have a go at archery at the town's heritage centre.  
[athenryheritagecentre.com](http://athenryheritagecentre.com)

**40** Dip into an outdoor pool  
Revel in a riverside swim in Banagher's outdoor pool on the River Shannon before enjoying a picnic in the park as you watch the cruisers sail by.  
[banagher.ie/2018/05/25/banagher-park/](http://banagher.ie/2018/05/25/banagher-park/)

**42** Go go-karting  
Pump up the adrenaline when you have a go at go-karting at Loughrea's Pallas Karting or Action Sports in Edgeworthstown.  
[pallaskarting.com](http://pallaskarting.com) and [actionsports.ie](http://actionsports.ie)

**43** Meet the animals!  
Feed and cuddle the animals at Turoe and Glendeer pet farms. At Turoe, venture into the 'inflatable city', one of Europe's largest indoor bouncing castles. At Glendeer, explore the fairy trail and playgrounds.  
[turoepetfarm.com](http://turoepetfarm.com) and [glendeerpark.ie](http://glendeerpark.ie)

**44** Go exploring on a Punky bike  
Hire one of Dick's eclectic range of bikes, hop onto the saddle and explore Portumna's lake, forest, marina, abbey and castle.  
[dicksbikehire.ie](http://dicksbikehire.ie)

**45** Bee crazy!  
Discover everything about bees on a tour of Leahy's farm in the Slieve Aughty mountains and learn how to make a bee-friendly garden. Or take a tour of the bee paradise that is Brookfield Farm on the shores of Lough Derg. At both farms, you can taste the honey from different flora and find out how important bees are in our ecosystem.  
[leahybeekeeping.com](http://leahybeekeeping.com) and [www.brookfield.farm](http://www.brookfield.farm)

**46** Paddle a Blueway!  
Choose from the many Blueway paddling trails along the River Shannon, from Leitrim to Lough Derg. Hire a kayak locally or bring your own!  
[bluewaysireland.org/destinations/lough-derg](http://bluewaysireland.org/destinations/lough-derg)

**47** See an eagle soar  
Catch a glimpse of white-tailed sea eagles on Lough Derg from Mountshannon or Portumna Forest Park.

**48** Visit a chocolate factory  
Learn how chocolate is made when you visit the Wilde Irish Chocolate factory in Tuamgraney, where chocolatey magic takes place on a daily basis!  
[wildeirishchocolates.com](http://wildeirishchocolates.com)

**50** Have a watery adventure on Lough Derg  
Try a family adventure session at UL Sport Adventure Centre, West Lake Aqua Park, My Next Adventure or take a trip with Killaloe River Cruisers.  
[ulac.ie](http://ulac.ie), [mynextadventure.ie](http://mynextadventure.ie), [westcoastaquapark.ie/killaloe](http://westcoastaquapark.ie/killaloe), [killaloerivercruises.com](http://killaloerivercruises.com)

**49** Find your way through a maze  
Wander through 9000 years of Irish spirituality in Mountshannon's maze, or have fun in the children's playground located within the park.

**53** Bounce or balance on Ballyhass waters  
Bounce, climb and splash your way through the challenges at Munster's largest aquapark, or test your SUP board skills on Ballyhass Lakes, Mallow.  
[ballyhass.ie](http://ballyhass.ie)

**52** Meet Liscarroll's donkeys  
Meet the 150 donkeys and mules that have found a loving home in the donkey sanctuary at Knockdrabane Farm, Liscarroll.  
[thedonkeysanctuary.ie](http://thedonkeysanctuary.ie)

**51** Follow the tree trail at Doneraile  
Meet the deer and other wildlife that call Doneraile home and if you've any energy left burn it off in the playground. And then treat yourself in the tearoom!  
[doneraileestate.ie](http://doneraileestate.ie)

**55** Take a walk with a hawk  
Gain an insight into the fascinating world of falconry and experience handling and flying trained owls, hawks and falcons as you walk with these wonderful birds.  
[animalmagic.ie](http://animalmagic.ie)

**54** Trek on four legs!  
Trek on horseback along Ballyhoura forest trails that deliver breathtaking views of the Ballyhoura, Galtee and Knockmealdown mountain ranges.  
[ballyhourahorsetrekking.ie](http://ballyhourahorsetrekking.ie)

**62** Explore Nature and Science!  
Climb up to Ireland's largest treehouse, spark your curiosity in the interactive science centre and explore the magnificent grounds at Birr Castle Demesne.  
[birrcastle.com](http://birrcastle.com)

**57** Test your skill with bow and arrow  
Find out how you would have fared as a hunter when you have a go at field archery and take aim at 3D targets hidden in the woodlands at the Limerick Field Archery Club.  
[visitballyhoura.com/explore/limerick-field-archery-club](http://visitballyhoura.com/explore/limerick-field-archery-club)

**56** Build your outdoor skills  
Learn to kayak on the calm waters of Lough Gur, get stuck in to a raft-building challenge or try river-walking with the help of the skilled instructors from the Kilfinane Outdoor Experience Centre.  
[kilfinaneoc.com](http://kilfinaneoc.com)

**59** Tell a secret to the Whispering Arch  
Whisper into one side of the carved doorway of Clonmacnoise Cathedral and your friend on the other side will hear, but no one else will! Was this how the monks used to confess their sins?  
[heritageireland.ie/places-to-visit/clonmacnoise](http://heritageireland.ie/places-to-visit/clonmacnoise)

**58** Go potty with pottery  
Get really hands on and create a ceramic masterpiece on a Lough Gur Pottery Workshop.  
[loughgurpottery.com](http://loughgurpottery.com)

**67** Climb the castle with 101 steps  
Scale the spiral staircase at Nenagh's castle to see 360-degree views across the town and Lough Derg.  
[nenagh.ie/places-of-interest/details/nenagh-castle](http://nenagh.ie/places-of-interest/details/nenagh-castle)

**61** Go on an eco-safari  
Take a paddleboard to Bullock Island on an eco SUP safari with Mid-Ireland Adventure. Get to know about the wildlife at the nature reserve and play some games on the island before heading back to shore.  
[midirelandadventure.ie](http://midirelandadventure.ie)

**60** Meet the fairies who share nature's stories  
Meet the fairies of Lough Boora and follow the sculpture trail made of locomotives, railway line, timber and stone that were once used to work the bog.  
[loughboora.com/things-to-do/fairy-avenue](http://loughboora.com/things-to-do/fairy-avenue)

**64** Hike up an extinct volcano  
Invoke your inner geologist and archaeologist and climb to the top of this volcano which erupted millions of years ago – fortunately long cold! – where a Bronze Age burial site lies underfoot.  
[discoverireland.ie/offaly/croghan-hill](http://discoverireland.ie/offaly/croghan-hill)

**63** Take an alpaca for a stroll  
Meet the sweet-natured alpacas at Hilltop Farm, stroke their soft fleece and learn how it is transformed into yarn, hats and scarves before taking one of these gentle creatures on a walk through Offaly's lovely landscape.  
[hilltopfarmalpacas.com](http://hilltopfarmalpacas.com)

**74** Build a den in the woods  
Find a hiding hole, lean branches against a fallen tree or let your inner architect loose as you craft a den in the forests of Ireland's Hidden Heartlands.

**66** Cycle twisting trails  
Have a fun and adventurous day out mountain biking in the Slieve Blooms or the Ballyhoura Hills, on diverse trails that weave through forest paths and rolling hills.  
[slievebloom.ie/biking/mountain-biking-trailriders.ie](http://slievebloom.ie/biking/mountain-biking-trailriders.ie)

**65** Take a walk on the wild side  
Try to find the tiny fly-eating Sundew – one of Ireland's three carnivorous plants – at Clara Bog or at any of the rewilded 'living bogs' across the Hidden Heartlands.  
[raisedbogs.ie](http://raisedbogs.ie)

**69** Dare to cross a drawbridge  
Dare to imagine yourself in another time as you cross the drawbridge and visit the dungeons at Roscrea Castle, before returning to the comfort of Damer House and the lovely gardens within its grounds.  
[heritageireland.ie/places-to-visit/roscrea-heritage-centre-roscrea-castle-and-damer-house/](http://heritageireland.ie/places-to-visit/roscrea-heritage-centre-roscrea-castle-and-damer-house/)

**68** See four counties from 'the hill of the waves'  
During the great flood, the only survivors were said to have stayed safe on Tountinna hill. Hike up to the picnic area at its top to take in stunning views across four counties.  
[discoverloughderg.ie/tountinna-graves-leinstermen](http://discoverloughderg.ie/tountinna-graves-leinstermen)

**71** Make your mark with a fern  
Bring a fern leaf home, paint the back and press it on to thick paper to reveal nature's intricate patterns.

**70** Reach the summit of Ireland's Hidden Heartlands  
Visit the highest point in Ireland's Hidden Heartlands – Keeper Hill. It's a great place to take a picnic, fly a kite and look for the hen harriers swooping through the sky.  
[caillte.ie/site/doonane-ballyhourigan](http://caillte.ie/site/doonane-ballyhourigan)

**72** Marvel at a murmuration  
On late autumn and winter evenings on many of the quiet lakes in Ireland's Hidden Heartlands, keep an eye out for starlings gathering in a flight display called a murmuration. Seeing hundreds of birds flying in harmony will take your breath away.

**73** Cast a rod in pristine waters  
Try angling on one of the many lakes and rivers in the Heartlands and learn a skill for life.  
[fisheriesireland.ie](http://fisheriesireland.ie)

**77** Make a Heartlands home for minibeasts  
When you visit the forest parks in Ireland's Hidden Heartlands, find a nice safe spot to build a home for some of the woodland's smallest creatures. Plant a circle of sticks in the ground and lay small twigs flat inside or stack logs and stuff leaves and grass into the holes between.

**76** Pick a Heartlands parkrun  
Mingle with the locals as you run, jog or walk 5k on a Saturday morning parkrun in scenic Heartlands locations from Lough Ke to Knocknacree and Strokestown to Portumna. Don't forget your barcode!  
[parkrun.ie](http://parkrun.ie)

**75** Reach for the stars  
Make the most of the dark skies and open spaces of Ireland's Hidden Heartlands to lie back and stargaze. Use one of many free apps around to help you spot the constellations.

**Accessibility Notice**  
While we have indicated the places which are accessible to the widest possible number of visitors, do check individual websites or contact businesses and attractions directly to find out whether the accessibility arrangements at each site are suitable for you.

**Don't forget!**  
Many of the attractions and businesses now require pre-booking. Be sure to check availability and opening hours before setting off!