

RTE GUIDE



TRAVEL



Girls just wanna have FUN!

Discover a girlie getaway in Ireland this winter

Bond in a spa

Think fluffy robes, soothing music, gorgeous smells and lots of great gossip on a spa break. You will feel like a new woman after restoring tired and aching muscles with massages and refreshing your skin with glowing facials. At night, unwind further over a scrumptious dinner with some fine wine. The **Radisson Blu Hotel and Spa in Cork** is offering a 'Girls just wanna have fun' package with a welcome cocktail, a choice of two 30-minute spa treatments, an evening meal and access to the leisure centre. In Wicklow, the **Summerhill House Hotel in Enniskerry** is offering a special mother and daughter getaway.

Shop 'til you drop

Get away from Main Street and indulge in some alternative retail therapy. The **Made in Kilkenny Trail** will bring you to designers and craft studios bursting with handcrafted jewellery, hats and bags. Indulge with a piece of gold or silver jewellery from **Rudolph Hetzels** or some pieces of **Karen Morgan pottery** (madeinkilkenny.ie). You can do all your girlie shopping under the one roof at the **Leitrim Design House**. Fall in love with **Angela Hope's** vibrant handbags or deck yourself out with eye-catching jewellery made by **Jane Walsh** (leitrimdesignhouse.ie). For really serious shopping head for the chic **Kildare Village Designer Outlet**. You are near Dublin with accommodation nearby (kildarevillage.com).

Go wild on the water

Fancy something wet and wild? Surfing season means it's the perfect time to chase the big one, whether you are a novice or a veteran surfer. **Bundoran Surf Company** has a **Surf & Yoga Weekend**, (October 11-13). You can practice deep breathing and dynamic stretching between flexing your surfing skills. bundoransurfco.com **Go With The Flow** in Carlow and Kilkenny offers thrills and spills, with whitewater

adventures or the slightly calmer **River Safari** along the fabulous river Barrow. Reward yourselves afterwards with a great night out in Carlow or Kilkenny (gowiththeflow.ie).

Get down and dirty

For some land-based adventure in Co Cavan, try **ODD (Outdoors & Dirty)** which includes woodland laser combat games, high rope challenges, champagne, an overnight stay, dinner and admission to a nightclub! (odd.ie) Or book a self-catering cottage at **Eclipse Ireland Activity, Adventure and Equestrian Centre** in Kenmare. Activities include horse riding, laughter yoga, kayaking, hill-walking, orienteering and a mini spa. (eclipseireland.com).

Become a gourmet girl!

Mix instruction with delicious meals at the **Island Cottage Restaurant** on Heir Island, off the West Cork coast. (islandcottage.com). In the Burren, **Inchiquin House** offers weekends of culinary indulgence with cooking courses, sumptuous lunches and dinners (inchiquinhouse.com). In the capital, try the **Dublin Cookery School**, (dublincookeryschool.ie), or **The Cooks Academy**, (cooksacademy.com) offer a range of courses and you will have no trouble finding great value accommodation nearby.

A country retreat!

Snuggle down in front of a warm fire in a luxury country retreat! Head for **Ballyfin Demesne** in Co Laois, a magnificent luxury mansion with 15 bedrooms. You can walk, cycle and enjoy the spa before you dine in fine style in the evening (ballyfin.com). In rugged Connemara, **Ballynahinch Castle Hotel** is a stunning four-star country getaway set on 450 acres of woodland, rivers and walks (ballynahinch-castle.com).

For more info, go to discoverireland.ie