

ACTIVITIES AT SHEEN FALLS LODGE

From classic countryside pursuits of horse riding, fishing, falconry and clay-pigeon shooting to the modern-day thrill of axe-throwing or archery, here you will find a range of activities to explore during your stay at Sheen Falls Lodge.

Our activity pursuits offer something for all tastes. Whether you wish to hone your golfing skills or try something new, you will find something to suit your needs.

Whether you are an old-hand or a beginner, we are here to help you make the most of your stay in our beautiful corner of Ireland.

Our Guest Relations team is available to plan activities, they can be reached by emailing: guestrelations@sheenfallslodge.ie

Please find our current price list via the QR code below:



RING OF KERRY GOLF CLUB

Our Ring of Kerry Golf Club is a hidden gem located just five miles from Sheen Falls Lodge, offering golf enthusiasts a truly authentic Irish golfing experience. The spectacular course designed by Eddie Hackett and Ron Kirby offers golfers a unique heathland and parkland experience blending sweeping diverse terrain and winding mature tree-lined fairways, all while providing stunning views of Kenmare Bay and the Caha Mountains.

This spectacular 18-hole course measures 6,718 yards from the back tees, tightly nestled on over 150 acres of rolling Kerry hillside.

The lower tees towards the coast offer a parkland golf environment while generous sand-based fairways and firm greens also introduce some links golf attributes to the play. Above the clubhouse reveals the finest elements of Irish heathland golf, with abundant indigenous wildlife and flora.

The various tee options ensure that The Ring Of Kerry offers the most enjoyable round for players of all golfing abilities.

After you've completed your round, refresh at the stylish clubhouse, Nua Vista Restaurant offering panoramic views and Mediterranean-inspired dining.

Shuttle Service is available for hotel guests to and from Ring of Kerry Golf Club. All Hotel Guests are extended preferred rates on the green fees.

On site Pro Shop, Club Rental & Buggy Hire, PGA Certified Professional available





FISHING ON THE SHEEN RIVER

Fishing in Ireland is widely regarded as one of the best locations in the world. At Sheen Falls Lodge, we have a strong connection to fishing thanks to the fishing lodge that stood on our grounds for hundreds of years. With this long-standing connection to the land, it is no surprise that we have exclusive fishing rights for the river Sheen, the river, and waterfalls that lend their name to our Five-Star Hotel.

Our resident Ghillies are always available to provide their wealth of experience and local knowledge to our guests. We welcome you to bring your catch back to the Lodge where our culinary team will cook or smoke the fish in our very own smokehouse.

Whether you are an old-hand or a beginner, a fishing experience is suitable for all.

MINIMUM AGE REQUIREMENT: The minimum age for all packages is 12 years old.

DURATION: Please allow a minimum of 2 hours for this experience but certain packages can take up the whole day.

SEASON: March to October

For further information please scan this QR Code





HORSE RIDING

The classic countryside pursuit of horse-riding makes for a wonderful way to spend an afternoon. Enjoy a relaxing horseback journey during your stay with us at Sheen Falls Lodge.

Set off through picturesque countryside trails, surrounded by complete tranquility, led by our experienced guides who are here to ensure you have a safe and enjoyable experience.

MINIMUM AGE REQUIREMENT: 8 years old

DURATION: 1 Hour

SEASON: Available year round (weather dependent)

Please note for your safety, if anyone in your party weighs 102 kilograms (225 pounds) or more please contact Guest Relations to discuss your equestrian activity, so we can ensure we have a suitable horse available.

HORSE & CARRIAGE EXCURSION

Journey back in time to experience a unique horse and carriage excursion through the charming town of Kenmare. This enchanting journey begins at the Lodge where you will be met by your tour guide and your horse-drawn carriage. Travel along the picturesque streets of Kenmare, passing colourful buildings and many landmarks.

DURATION: Please allow up to 1 hour for this experience.

SEASON: Available year round (weather dependent)

EASANNA WELLNESS & SPA

Our award-winning Easanna Wellness and Spa is a tranquil haven surrounded by nature. Drawing inspiration from the Sheen River passing by our doors, we believe nature has a way of healing mind, body and soul.

The extensive range of treatments and rituals ensure you leave feeling pampered, with signature treatments from elite brands **ELEMIS**, **GROUND** and **SEABODY**.

From tailored massages, skin-nourishing facials to holistic body treatments, our Easanna therapists will ensure you depart feeling reset and ready to take on the world again.

Our range of signature treatments include our deeply rejuvenating Hot Stone Massage, our Sheen Signature Facial tailored to your skin type, and our Deep Tissue Massage - to help target lingering pains and aches in the body.

All guests are welcome to unwind at our heated swimming pool, sauna, steam room and jacuzzi during their stay at Sheen Falls Lodge.

For more information, email easanna@sheenfallslodge.ie or scan the below QR Code:





FALCONRY

During your stay here at Sheen Falls Lodge, a falconry experience is simply unmissable. Guests will enjoy the interactive demonstration of trained birds of prey, from owls, hawks, falcons and eagles.

Set off through our scenic estate, where our experienced falconer will introduce and showcase each of the magnificent birds of prey.

Guests will witness firsthand the wonderful connection between these trained birds and their falconer, each with a unique personality and story to share.

Our falconer will also demonstrate how to command the bird to swoop down to your gloved hand – offering a picture-perfect moment to take back home after your stay!

This is a truly unique insight into the incredible ancient art of Falconry and the unbreakable bond a falconer has with their trained birds.

MINIMUM AGE REQUIREMENT: The minimum age for children to come experience Falconry is seven years old. Children of all ages are welcome to attend but for their safety, only children 7 years of age and above may partake in the interactive experiences with our trained birds.

DURATION: 1 hour

SEASON: Available year round (weather dependent)



CLAY PIGEON SHOOTING

Join us for the quintessential countryside pursuit of Clay Pigeon Shooting at Sheen Falls Lodge.

Thrilling, interactive and challenging, this individuals or groups activity is ideal for those who wish to experience some good old-fashioned competition. Our scenic Estate provides the backdrop to your Clay-Pigeon activity, where our instructor will take you through the key components of this sport and ensure you are suitably prepared before the real competition begins.

Test your aim as you strive to successfully hit the target and emerge victorious!

MINIMUM AGE REQUIREMENT: 16 years of age

DURATION: 1 Hour

SEASON: Available year round (weather dependent)



AXE-THROWING

The thrill of axe-throwing is a unique activity you will fall in love with. Set on our estate, axe-throwing is ideal for those seeking to engage in some friendly competition during their stay. Test both your strength and accuracy while you practice your throw, with the guidance of our instructors who will have you throwing like a professional in no time. Guests will then enjoy a tournament until finally the 'champion of the axes' is crowned.

MINIMUM AGE REQUIREMENT: 14 years of age

DURATION: 1 Hour

SEASON: Available year round (weather dependent)



ARCHERY

Immerse yourself in the fascinating world of archery at Sheen Falls Lodge. Our experienced team will guide you through this ancient sport, ensuring that you get the best experience possible. Archery is a challenging and rewarding activity that focuses on accuracy, control, and hand-eye coordination. It guarantees to bring out your competitive edge.

Whether you are a beginner or an experienced archer, our team will provide you with all the necessary equipment and expertise to make the most of your archery session. Prepare to unleash your inner Robin Hood, bow and arrow at the ready!

MINIMUM AGE REQUIREMENT: 14 years old

DURATION: 1 Hour

SEASON: Available year round (weather dependent)



GENEALOGY CONSULTATION

Discover your Irish ancestry with our genealogy experience. Our resident genealogist will provide a fascinating insight into your Irish roots and family history in Ireland.

Drawing on an extensive range of historical documents including land records, census records, church records and more, this detailed overview of your ancestors may surprise you.

Our genealogist will meticulously gather the information prior to your arrival, with an in-person consultation to follow at Sheen Falls Lodge. The consultation will enable you to uncover your family connections and the secrets of your ancestors before you. With stories to treasure for years to come

Please note we do require a minimum pre-booking period of 10 days to allow adequate time to research this genealogy.

DURATION: 1 hour

SEASON: Available year-round



PADDLEBOARDING

Immerse yourself with the thrilling and one-of-a-kind sport of paddleboarding. As you paddle through the serene waters, you will be surrounded by the stunning natural beauty of Kenmare Bay.

MINIMUM AGE REQUIREMENT: 8 years and accompanied by an adult.

DURATION: 2.5 hours *(includes travel time to and from location, induction and the paddleboarding)*

SEASON: May to September (weather dependent)



KAYAKING

Glide along the breathtaking beauty of Kenmare Bay with a kayaking trip. This guided experience is perfect for those who seek both adventure and education. Keep an eye out for the friendly colony of seals that sometimes appear along the route!

MINIMUM AGE REQUIREMENT: 8 years and accompanied by an adult.

DURATION: 2.5 hours

SEASON: May to September (weather dependent)



WINE TASTINGS

Join us for an unforgettable wine exploration in our vaulted Wine Cellar, one of the largest private collections in Ireland. Our Wine Cellar provides the most unique setting for this exclusive experience where guests will be taken on a journey of discovery.

We welcome guests to choose a bottle to complement their evening meal following their tasting experience.

SHEEN WINE TASTING EXPERIENCE

Allow our Sommelier to take you on a journey through six meticulously chosen wines. Our Sommelier will unveil the unique characteristics of each wine from their captivating aromas to their intricate flavour notes.

On our Sheen Wine Tasting Experience, you will discover the winemaker, the unique artistry and process involved in creating each bottle, along with the preferred food pairings of each of the six wines sampled.

SHEEN PREMIUM WINE TASTING EXPERIENCE

For the discerning palette, our premium experience will delve deeper into the world's most exquisite wines. Guests will sample six rare or highly sought-after vintages on this tasting, along with the unique history behind each bottle.

Our Sommelier will explore each intricate detail with insightful commentary on the art of fine wine. This experience is one to savour and cherish for years to come.

DURATION: 1 hour



WHISKEY TASTINGS

Join us to delve deeper into the legacy of Whiskey in Ireland with a tasting at Sheen Falls Lodge.

Our close proximity to a number of the world's most iconic distilleries makes for an unmissable experience for any whiskey aficionado. We delight in the opportunity to showcase Irish whiskey and surprising guests with introductions to unexpected or unusual expressions.

SHEEN WHISKEY TASTING

Explore the core flavours of Irish whiskey with three exceptional selections - each showcasing the diversity of this spirit and its rich history in Ireland. This interactive, lively tasting is one our guests will relish.

SHEEN PREMIUM WHISKEY TASTING

Deepen your appreciation for Ireland's most iconic spirit with a premium experience that is simply a must for all whiskey connoisseurs.

This tasting will explore three premium limited-edition or cask-strength expressions, with insightful commentary and interactive discussion. We invite you to experience a whiskey tasting like no other. Sláinte!

DURATION: 1 Hour



GIN MASTERCLASS

Unleash your inner connoisseur at our exclusive Gin Masterclass! This intimate tasting will unveil the captivating world of botanicals and their unique flavour profiles. Decode the subtle notes of juniper, citrus, and exotic spices in each exquisite gin. Along with the tasting, guests will discover bespoke tonics and hand-crafted garnishes for the perfect pairing.

CLASSIC GIN EXPERIENCE

Discover the core foundations of gin with our curated selection of three carefully selected gin expressions. Each of the three samples showcase the distinct style and flavour profile of your favourite beverage

PREMIUM GIN EXPERIENCE

For gin-connoisseurs, our premium experience introduces rare and premium gins that are sure to enchant. Three premium and award-winning expressions of gin will be enjoyed, along with the history and artistry behind it.

DURATION: 1 Hour





PICNICS

Whether you are planning a day trip or simply wish to enjoy a drive to see where the road takes you, we have a range of picnic options to choose from. Indulge in an exquisite selection of savoury and sweet creations crafted with the finest locally sourced ingredients. From artisanal cheeses and cured meats to decadent desserts, our culinary will curate a five-star feast for your next outing.

We can also create smaller takeaways that fit your preferences.

For current menus and further information, please contact our dedicated Guest Relations team. Please note, we kindly ask for 24 hours' notice to prepare your picnic experience, and we can cater for all dietary requirements.

THE BOATHOUSE PICNIC EXPERIENCE

For those looking for a truly unique experience, we offer the option to reserve our Boathouse, which boasts stunning views, seclusion, and privacy. Perhaps you are planning a romantic surprise, an overdue family reunion or perhaps a milestone Birthday, we are delighted to help you organise a celebration to remember at our scenic Boathouse.



CHOCOLATE MAKING

Discover the world of luxurious chocolate at Lorge Chocolatier. Learn the art of crafting delicious treats and create your own decadent souvenirs to take home. This enjoyable and educational experience is ideal for families and groups, with various chocolate-making workshops available with expert chocolatiers.

MINIMUM AGE REQUIREMENT: Chocolate-making workshops are available for children aged 6 years old and upwards.

DURATION: 2 Hours

Located at Lorge Chocolatier in Bonane, 5km from Sheen Falls Lodge



PHOTOGRAPHY EXCURSIONS

Photography enthusiasts will be delighted to know that whilst you are in Kenmare, you can embark on a photography excursion, led by professional photographers.

MINIMUM AGE REQUIREMENT: There are no age restrictions for the photography tour.

SEASON: Available year round (weather dependent)

DURATION: Full or Half-Day Tours Available.



PRIVATE YOGA CLASSES

We offer private yoga classes for those who prefer a more personalised approach to their yoga practice. These classes can be arranged in a location of your choice, whether it's outside on our beautiful estate or in the comfort of your suite. Our experienced yoga instructor will work with you to tailor the class to your individual needs, ensuring that you get the most out of your session. Whether you're a beginner or more experienced, our private yoga classes are the perfect way to deepen your practice and achieve your wellness goals.

DURATION: 1 Hour

SEASON: Available year round (subject to availability)

PERSONAL TRAINING

Our personal trainer is available upon request to provide personalized fitness training sessions that cater to your specific needs and preferences. Whether you are looking to improve your strength, flexibility, or endurance, our trainer will work with you to design a program that meets your individual fitness goals.

With access to our state-of-the-art fitness facilities, including the latest equipment and amenities, you can enjoy a comprehensive fitness experience that will leave you feeling energized and invigorated.

DURATION: 1 Hour

SEASON: Available year round (subject to availability)





PRIVATE EXCURSIONS

Looking for an adventure in South-West Kerry or beyond?

Our location makes the perfect base for exploring the Ring of Kerry and the lesser-known Beara Peninsula. With countless thrills to be discovered around each valley, inlet, village and island. A selection of the most popular day trips include Gleninchaquin Park, Killarney National Park, Garnish Island and Derrynane House.

For those looking to go off the beaten track, there are many hidden gems on our doorstep at Sheen Falls Lodge, where a local driver guide can escort you to your desired location in our beautiful corner of Ireland.

PRIVATE HELICOPTER TOURS

Experience the breathtaking beauty of Kerry's landscape from a new vantage point with bespoke helicopter tours. Imagine soaring through the skies over the Skellig Islands, with Skellig Michael's awe-inspiring 714ft (218 metres) peak towering majestically above the sea.

A variety of touring options are available to explore, please speak to our Guest Relations team for further information.



BICYCLES

We offer a complimentary bicycle rental service to all our guests. Our Easanna Wellness & Spa team will be delighted to assist you in arranging this service. Electric bicycle tours are available by consultation.

TENNIS COURT

Located on our grounds you will find our well-maintained tennis court that guests have complimentary access to during their stay.

The court is situated in a picturesque location, perfect for a fun game of tennis with your friends and family. We provide all the necessary equipment, including rackets and balls, which you can easily obtain from our Easanna Wellness and Spa. Whether you are a seasoned player or just starting, our tennis court is an excellent recreational activity to enjoy during your stay.



ESTATE WALKS

Our Sheen Falls Lodge estate is a delightful place to explore, regardless of the season. It offers a serene environment where deer and other wildlife roam freely, and you can enjoy magnificent views of the surrounding landscape. As you explore the estate, you will be treated to the sight of the bay and its changing landscape as

the tide ebbs and flows. You will also be able to see the dramatic McGillicuddy reeks, which are the highest mountain range in Ireland. To help you plan your route and choose the best trail to suit your needs, pick up one of our Estate maps from Guest Relations and start exploring the estate today!

PLAN YOUR NEXT ADVENTURE

We are here to ensure you make the most out of your stay at Sheen Falls Lodge. Our range of immersive activities offer something to suit all tastes. Please note, we do advise all activities are pre-booked in advance of your arrival to ensure availability.

Our Guest Relations team are here to assist in your activity arrangements and advising you on your travel plans.

Please find our current price list via the QR Code:



Email: guestrelations@sheenfallslodge.ie
or telephone + 353 (0)64 6641600

TERMS & CONDITIONS

Please note our Cancellation Policy: A cancellation fee of 70% will be charged if the activity is not cancelled at least 48 hours in advance. If there is a no-show for any activity, a fee of 100% is charged. In the event of arriving late for an appointment, the activity time may be shortened but the full fee will be charged.