



# Estate Activities



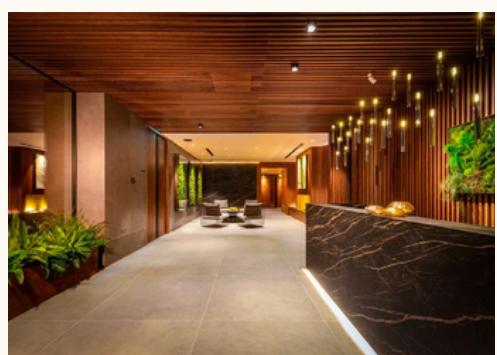
*Fill your days with excitement and discovery. Experience a range of fun and exhilarating activities. Taking place within the manor house & gardens, on the gorgeous estate grounds or within a short drive of Adare Manor. These amazing experiences have something to offer every guest of any age.*

## THE PADEL CLUB

*Your hidden woodland retreat for fitness, recreation and relaxation.*

At The Padel Club, our guests can explore a wide range of invigorating and restorative activities. The club takes its name from our two purpose-built indoor Padel tennis courts. They are the first of their kind in Ireland, ready to welcome players of all levels. Another exciting feature of the club is our cutting-edge Simulation Room, where guests can take technical golf lessons, get in some putting practice or virtually try their hand at a host of sports.

The Padel Club's world-class facilities continue with our 17 metre swimming pool with sauna and steam room as well as our full gym and a contemplative yoga studio. No matter what the Irish weather may be doing at any given moment, The Padel Club offers an exhilarating outlet for exercise and fun.



## PADEL COURTS

*Padel is one of the fastest-growing sports in the world.*



Adare Manor's two custom-built indoor Padel courts have been designed to give every player an exceptional experience, whether you're picking up a padel racquet for the first time or are already a keen tournament contestant. We have trained instructors available to get you started



if you need some guidance, and we have a range of padel racquets to suit all levels. As padel is best enjoyed as a doubles game, our trained team members can join you to make up the numbers, or you can take part in a fun, competitive tournament hosted by one of our qualified instructors. Padel is a thrilling and

fast-paced game for both players and spectators. If you want to take a breather and sit a game out, the courts also feature bench seating for viewing.

*Padel is suitable for children aged 6 years or older. Those under 16 years of age must be accompanied by an adult at all times.*



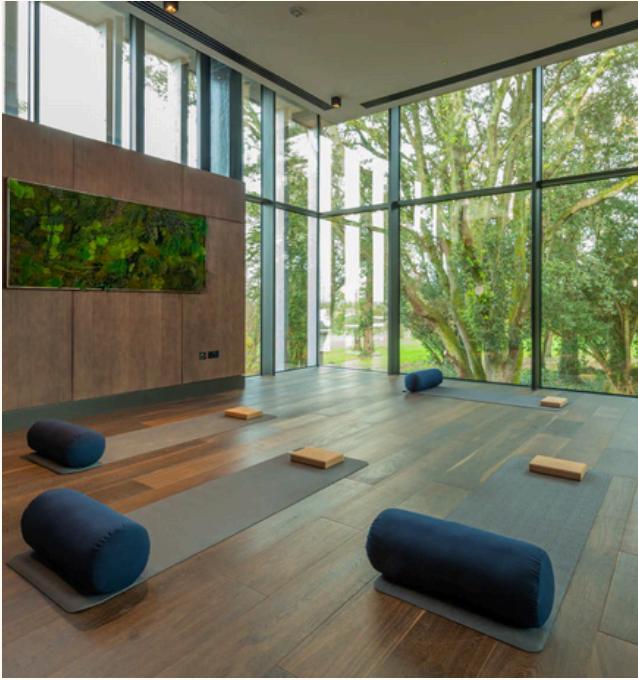
## SWIMMING POOL

*Drift into the healing power of water and experience Adare Manor's spacious 17 metre pool, graced with a mesmerising infinity edge.*

Our pool area looks out to the north, offering stunning views of the Adare Manor estate and woodlands, with glimpses of the neighbouring Desmond Castle and the Augustinian Friary. The space is filled with diffused natural light reflecting off the water, creating a dreamy atmosphere where guests can alternate an invigorating swim with time spent resting

on the poolside loungers or exploring the nurturing thermal suites area. An expansive vitality pool with 8 built-in relaxation beds, steam room, sauna, and two refreshing tropical rain showers complete the experience.

*The pool is suitable for all ages. Those under 16 years of age must be accompanied by an adult at all times.*



## THE STUDIO

*Refresh your body and quiet your mind in Adare Manor's dedicated studio with our range of pilates and yoga classes to choose from.*

Looking out into the treetops from the floor-to-ceiling windows, your spirit can commune with nature as your body moves gently through positions, guided by our highly-trained teachers. With a range of small group classes and one to one instruction available, this serene environment is the perfect space to explore the joy of movement. For pilates and yoga, mats, assistive bolsters, blocks and straps are near at hand to ensure that you are supported in reaching your body's full potential in every session. If you're in the mood for a lyrical but high-intensity core and strength workout, the studio is equipped with mirrors and a ballet barre along one wall, allowing for a conscientious workout that blends elements of ballet, pilates and yoga.

*The studio is suitable for those aged 16 years or older. Those under 16 years of age must be accompanied by an adult at all times.*

## GYM

*Push yourself to new heights as you gaze into the canopy of the Adare Manor woodlands.*

Situated on the first floor of The Padel Club, our fully-equipped gym features floor-to-ceiling window glazing with peaceful views of the estate's mature forests and parklands. The gym features the latest high-spec workout equipment, including Peloton bikes, a Watt Bike and Water Rower, as well as a Kinesis machine, which incorporates strength and functional movement training for a full-body workout. You will also find TRX straps for suspension training, kettlebells, and weights, and backballer rollers for rolling out sore muscles after a hard session. For guests seeking extra support or an extra challenge, private one-to-one sessions with Adare Manor's expert personal trainers are available.

*Child policy: The gym is suitable for those aged 16 years or older.*



## PERSONAL TRAINING

*Push yourself to your personal best with a one-to-one personal training session.*

Each session with our experienced fitness instructors is carefully tailored to your fitness levels and goals, with an engaging and challenging programme of exercises, drills, and stretches. Begin with a supportive assessment where your trainer will help you create a personal fitness plan, then move into thoughtful warm-ups and stretches to ensure proper muscle activation. Then you'll be guided at your own pace through a series of body weight, machine, and free-weight workouts, with careful attention paid to technique and injury prevention. After your cool down and post-workout stretch, you'll walk away with a sense of achievement and feedback to take into your next session at home or with us.

*Participants must be 16 years old or over.*





## SPORTS SIMULATION ROOM

*Immersive, engaging and endlessly entertaining. The Padel Club's dedicated Simulation Room offers an exciting learning environment for golfers looking to improve their handicap and families ready to challenge each other to a range of fun and competitive games and virtual sports.*

The Simulation Room also has a fully equipped catering space, private bar and seating area. The Simulation Room is suitable for children aged 10 years or older.

*Those under 16 years of age must be accompanied by an adult at all times.*



## VIRTUAL INDOOR SPORTING FUN

*As the most advanced technology of its kind, the simulator can also teleport users between experiences at the click of a button.*

The TruGolf Multisport system transforms the room into a complete sports simulator, allowing players to take to the tee, pitch or ice rink in a variety of scenarios in addition to golf, such as football, baseball, ice hockey or footgolf.

No previous experience or skill is required, just a competitive spirit and an appetite for fun. Enjoy your moment in a stadium atmosphere with friends and family watching on from the front row.

## GOLF INSTRUCTION

*Learn from our amazing team and challenge yourself to become better.*

**Driving Range:** The driving range at Adare Manor offers a world class practice facility, immaculate playing surface and expert PGA professional instruction to ensure a beyond everything experience. Sessions can be tailored to suit any golfer, regardless of age or ability. Thanks to video technology, alongside our unrivalled driving range, exceptional short game area and Pure Distinction grass putting

## VIRTUAL GOLF

*Experience the beauty and challenge of the Golf Course at Adare Manor from the comfort of the indoors.*

Analyse your golf shots and putting performance with technical data and precise feedback. The Simulation Room is equipped with a TruGolf simulator and games, a TrackMan 4 Launch Monitor as well as a Puttview putting green. Using advanced tracking and projection technology, this fully integrated system provides a vivid virtual golf experience for practice and play.

green we can ensure that every aspect of your golf game is catered for.

**Sports Simulation Room:** Our TruGolf Simulator features the very latest golf Launch Monitor, TrackMan 4. The Dual Radar Technology obtains maximum data relating to ball and club, determining with the most exacting accuracy the quality of strike, the interaction between club and ball and the golf ball's launch to landing journey. Accompanied by one of our expertly trained PGA Professionals for a private lesson, TrackMan 4 empowers golfers by providing them with a clear view of all the finer details of their game.

# YOGA

*Nurture your body, mind & spirit.*

## Private Yoga in the Woodlands or Studio

Join our expert instructors for an immersive, mindful, and meditative yoga class. We offer a range of classes structured to nourish and strengthen your entire being. Challenge yourself with an invigorating Vinyasa flow class first thing in the morning.

Find balance with a slower, gentler pace in one of our beginner-friendly flow experiences. Or treat your body to a restorative wind-down class just before bed, incorporating nurturing poses from Yin Yoga and Yoga Nidra.

Experience our breath taking studio in the Padel Club and recharge with individual or private group yoga sessions. Revel in the magic of yoga while immersing yourself in nature in our studio designed to bring the outside in.

Our teachers will be happy to advise you on the most suitable class for your level of experience, and are always close at hand to assist, instruct, and inspire you as you explore the forms and poses.

*A minimum of 48 hours notice is required.*



# AXE THROWING

*Unleash your inner Viking!*

Hidden away in the woodland, a short walk from the Manor House, our new timber lounge awaits. Axe Throwing is a fun and competitive activity that is growing in popularity worldwide. Our instructor will help you hone your axe throwing skills and ensure that everyone stays safe along the way. After an engaging tutorial and a few practice rounds, it is time to see who will be at the top of the Axe Throwing leaderboard. Do you have what it takes to emerge victorious?



*Guests will be accompanied by experienced instructors at all times. A minimum of 24 hours' notice for bookings is required. No previous experience is necessary. Participants must be 16 years old or over. Available for groups of up to 16 people. Comfortable and safe clothing should be worn for this activity, with no hanging accessories.*

## FALCONRY

*Get up close and personal with the world's most majestic birds of prey.*

Our professional resident falconers will introduce you to a selection of six raptors from our family of impressive birds of prey from around the world, including a variety of owls, falcons and eagles.

We will always endeavour to free fly at least two of our birds during your display, our Harris Hawks will fly to your gloved hand. We may also fly one of our Owls or alternatively one of our Eagles or Falcons.

*Falconry is for all ages, but children 16 and under require adult supervision.*



## PICNICS

*Picnic perfection at Adare Manor*

Choose from a specially created menu of picnics to enjoy during your stay with us at Adare Manor. Make your next outdoor

dining experience positively five star by choosing one of our specially tailored picnics to suit your occasion. Whether catching up with friends after many months apart, enjoying a belated birthday or anniversary or saying an indulgent 'I love you', our team at

Adare Manor will pack the perfect picnic for you. Arrange your picnic to be enjoyed in picturesque locations around our estate by speaking to our team.

*A minimum of 48 hours notice is required.*



## ARCHERY

*Would you like to step into the shoes of Robin Hood in Sherwood Forest?*

Both a gratifying recreational activity and a thrilling competitive sport, archery has something to offer the novice and the adventurous expert. Shooting a modern style recurve bow is truly invigorating, and the medieval-style longbow, made to all traditional standards, offers a true test of skill and strength. Every session is carefully tailored to the ability of the participants. Our experienced instructors will lead you through every step of the experience, from how to hold the bow and arrow to how to aim and fire at a static target with extreme precision. Archery is an activity suited to all ages, even children, as long as they are able to hold a bow.

*No experience is required.*



## FISHING

*The picturesque River Maigue flowing through the estate is a centrepiece of Adare Manor's gorgeous setting.*

It is also home to healthy populations of brown trout and even salmon in season, and the stretch of river running through the grounds is reserved for the exclusive use of our guests. Whether you have never cast a line or are an experienced angler,

there is adventure to be had by the waterside. The noble art of fly fishing has been mastered by our expert ghillie, who would be happy to share his expertise.

For those looking for a more relaxed affair, why not step aboard our Galway-made boat, which holds up to three guests, crafted over three years by hand with larch and oak. Row out on our private lake which holds brown and rainbow trout, spending an afternoon in the company of our ghillie in search of a fish or two! You can also fish from the banks of our lake, which is surrounded by our world class golf course.

We have the finest tackle and equipment always on hand and available for Adare Manor guests. Whether you would like to make it a family outing or enjoy the peace and contemplation of a lone fisherman, this is a relaxing way to spend a few hours in the glorious outdoors.

*Everyone is welcome to take part in fishing, but children under 14 require adult supervision.*



## GUN DOG TRIALS

*In the days when Adare Manor was a private country estate, shooting season was one of the most important social events of the year.*

The game keeper would have kept a pack of highly trained gun dogs to assist in finding and retrieving game. Our trainer will demonstrate their important role with the most beautiful and eloquently trained dogs. In this charming activity you will get the opportunity to see Labradors at all the varied levels of training, incorporating obedience, agility, marking, water work and ability to work as part of a team of trained dogs. You will also learn how to handle these wonderful dogs yourself. This is an inspiring look at the communication and collaboration possible between humans and dogs.

*The Gun Dog Trials is for ages 3 and over.*



## CLAY PIGEON SHOOTING

*Clay pigeon shooting is a sport that quickens your pulse, sharpens your eye and rewards a cool head.*

Not far from the original Gamekeeper's Cottage on the Adare Manor estate, you can experience the excitement of shooting a rapidly moving target out of the sky. Our first-class clay pigeon shooting range features 14 Laport clay traps, and we provide 12-gauge and 20-gauge Browning Shotguns for your use, always under the

watchful eye of our instructors. One-to-one instruction ensures that safety comes first at all times. It also means you will find your aim improving faster than you thought possible!

Clay pigeon shooting is a fantastic activity for groups: it certainly gets the competitive spirit going! Whether you have never handled a gun before or are an experienced sharpshooter, our expert instructor team will create a thrilling, challenging, and satisfying outing on our shooting range, tailored precisely to your needs.

*Children aged 14 years and over can participate in our clay pigeon shooting activity.*



## RESORT BIKING

*Follow your heart's desire with a leisurely cycle in the lush Limerick countryside.*

Our Roetz bikes, handmade in Amsterdam, combine sustainability with craftsmanship to create bicycles of timeless charm and utility. Each bike is uniquely crafted from upcycled materials by skilled artisans, reflecting a commitment to both quality and environmental responsibility. Our bikes are suitable for all ages. As long as you can ride a bike, you can take part and explore the lush Limerick countryside. We provide protective gear such as helmets, but do not provide suspenders for the inexperienced cycler. We also have bikes with side carts available for the toddlers, along with bikes for children and teenagers.



## WOODLAND WALK & FAIRY TRAIL

*The woodland walk is punctuated with short poems. Fairies wait to guide you along the path: the Hawthorn Fairy, the Oak Fairy and some of their playful friends.*

They have hidden beautiful ceramic toadstools high in the trees for you to find. Mysterious footprints of forest animals, encased in clay, invite children and adults alike to pause and wonder. Five hundred bluebell chimes hang from the branches of the ancient beech trees. If you're lucky enough to visit in springtime, you will see them reflected in the carpet of blue at your feet as the true bluebells emerge from their winter sleep. The Woodland Walk & Fairy Trail are suitable for all ages, but children require adult supervision.

## HISTORICAL AUDIO TOUR

*Step back in time and get lost in the history of Adare Manor through our self-guided architecture and garden tour of the Manor House and our Manor Museum.*

With versions for both adults and children, these audio guides offer a captivating journey through the years to a time when the Earls of Dunraven and their families lived a gracious life in this magnificent home. Our Manor Museum captures the long and demanding process of building the new Manor House over a period of more than 30 years and tells the story of the Dunraven family including the significant events that took place in their lives across the generations. Along with the adult's audio guides, we have a version dedicated to children aged between 6 and 12 years old.

## RESORT CINEMA

*Come join us in our luxury cinema and get lost in the magic of movies.*

Our theatre comprises of a 140" wide screen with deep comfortable seats and elegant surrounds. We screen a variety of movies throughout the day, with a focus on children's classics. Later in the evenings, join us for viewings and contemporary cinema for the grown-ups. Our theatre is also available for private hire. Our Concierge team would be delighted to assist you with the available times for movie screenings. Everyone is welcome to the cinema, but children require adult supervision at all times.





## HORSE DRAWN CARRIAGE

*Enjoy all the romance of the Adare Manor Estate from a horse drawn carriage.*

Settle into our beautifully appointed carriage for a meandering 45 minute exploration of this enchanting 840 acre estate. The many gracious touches included in this fully weatherproofed carriage ensure a relaxed and comfortable journey, from toasty Irish lambswool blankets to an elegant table with equipped wine coolers and cup holders. You can pre-order drinks with our team before setting off on your tour: perhaps a bottle of champagne or a warming Irish Coffee?

Take in the sweeping views of the lush Irish countryside, fascinating historic sites, and memorable points of interest along the tour route as your personal guide shares engaging tales of Adare's long history: the Norman invasions of the 12th century, the rebellions and uprisings which shaped the land and its families, the establishment of the quaint village with its picturesque thatch cottages, and stories of life in the Manor, from the days of the Dunravens up to today.

## HORSE RIDING

*Equestrian facilities are available to guests just a 15-minute drive from Adare Manor.*

Clarina is a great place to learn how to ride, in a relaxed, friendly, and safe family run centre with expert tuition from qualified instructors with years of experience. All ages and levels of experience are catered for in both indoor and outdoor facilities. Trekking is offered in the beautiful Limerick countryside visiting historical sites such as Carrigogunnell Castle ruins, with its breathtaking views of the Shannon Estuary.



A maximum of 8 guests per session and pre booking is essential. To reserve this activity, we will require details of each rider to be provided for the centre, to ensure the session is as seamless as possible (name, level of experience, gender, approximate height and weight).

Please also be advised that transport is not provided by Adare Manor, however we are happy to assist you in booking transport with our recommended provider. The cost is dependent on the number of guests requiring transport.



## GOLF

*The 18-hole golf course at Adare Manor was redesigned in 2016-2017 by renowned American golf course architect Tom Fazio.*

Each hole of The Golf Course at Adare Manor could be crowned the feature hole: each one has been entirely redesigned and reconstructed, with the very latest technology and course innovations, creating a challenging, characterful and profoundly satisfying playing experience for golfers of every level. The final result is a course that is at once strategic and soulful, playable in all

conditions and future-proofed in preparation for premiere amateur and professional golf events. Cared for by an experienced, passionate team of devoted greenkeepers, the condition of this course and its velvet-smooth Pure Distinction bentgrass greens is unrivalled.

Adare Manor is honoured to host the 2027 Ryder Cup in its centenary year.



## THE PRO SHOP

*Stocked with the latest in premium golf merchandise and staffed by passionate golf professionals.*

Browse golf equipment and accessories from the world's leading manufacturers, featuring brands including Taylor Made, Titleist, Polo Ralph Lauren, Peter Millar, Galvin Green, Fairway & Greene, and more. We also offer a wide range of branded accessories and gifts, including bags, balls, holdalls, towels and umbrellas. The Pro Shop team is always on hand to answer questions, explain the features of

our exceptional stock, and assist you with arranging golf club and shoe rental, drive carts, pull carts, caddie, practice time on the driving range and much more.



## WINE TASTING

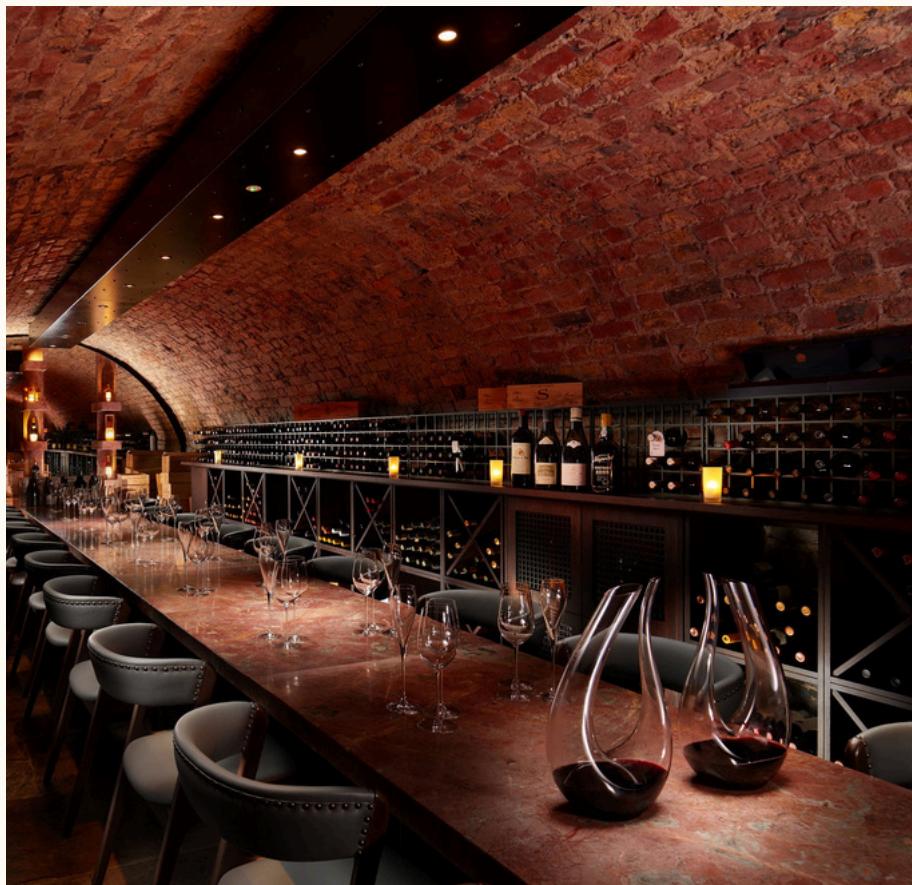
*Delve into the wonders that lie deep in the wine cellar*

Tucked away behind the scenes, our private wine cellar is accessible only by appointment with our Resort Head Sommelier. Join us for a unique wine tasting in the stunning surrounds of The Cellar, where hundreds of specially selected bottles line the shelves waiting for a discerning diner to order them.

Allow our Head Sommelier to take you on a journey sampling some of these impressive vintages, in a personalised tasting to suit your palate.

*Wine Tasting sessions are available Wednesday to Sunday. To organise a wine tasting experience please contact the dining team [dining@adaremanor.com](mailto:dining@adaremanor.com).*

*A minimum of 48 hours' notice is required.*



## WHISKEY TASTING

*Many an old Irish tale can be told over a drop of the 'uisce beatha'.*

If your idea of an enjoyable evening involves a good measure of expertise, a double dose of Irish wit and, of course, a decent shot of whiskey, then come along to soak up the tales and mysteries of the 'water of life'. A very special blend of entertainment guaranteed. The Adare Manor whiskey collection in The Tack Room includes more than 100 rare quality bottles sourced from the best producers internationally. The very finest Scotch, Bourbon, Canadian and Japanese bottles are represented here, but the focus, of course, is on the legendary Irish whiskeys. There are some very recognisable names as part of the collection and many more exclusive releases for the connoisseur to discover. Some of the most complex, sought-after and outstanding examples of whiskey distilleries are featured here, and the collection is always growing.

To organise a whiskey tasting experience please contact the dining team [dining@adaremanor.com](mailto:dining@adaremanor.com). A minimum of 48 hours' notice is required.

## THE SPA

*This secluded retreat is an oasis of calm for even the weariest traveller, where a spirit of heritage and elegance is evident throughout our treatment rooms.*

The Spa at Adare Manor, Ireland's first to feature 111SPA/CLINIC, offers a seamless blend of luxury and 111SKIN innovation. Discover revitalising treatments complemented by exceptional amenities and personalised care from our dedicated therapists. Surrender to extraordinary hands-on therapies designed to indulge your senses and leave you feeling refreshed and renewed.



Afterwards, when you emerge into the vast brilliance and serenity of our grounds, you will carry the restorative power of our spa experience with you.

The spa is also equipped with a heated indoor relaxation pool measured 8 metres long, 5 metres wide and 1.2 metres deep and is surrounded by a spacious relaxation area with comfortable loungers, infrared sauna and shower.

*The relaxation pool is available to guests of The Spa.*



## THE BOUTIQUE

*Tucked into the West Wing of the hotel, you will find our gem of a boutique, filled with covetable treasures, gifts and mementos of your time with us.*

The stunning new boutique space elevates the Adare Manor Boutique shopping experience, where elegance, quality, and a uniquely personalised guest experience take center stage. Featuring three distinct areas, it offers a curated selection of exclusive Irish brands and highlights the best in Irish and European design.

# HARRY LOWES CHOCOLATE

*Where every bite is a celebration  
of the beauty and magic of Adare  
Manor's grounds.*

At Harry Lowes Chocolate, we are pioneering the world's most luxurious Chocolatier within the grounds of Adare Manor. Our unique offerings, meticulously crafted in a stunning retail and culinary space, will redefine chocolate indulgence.

Inspired by nature and architecture, our chocolates are crafted with a sense of place and heritage in our newly restored and expanded, Harry Lowes cottage.

Once inside guests can indulge in a unique retail experience, sampling the finest artisanal chocolate whilst viewing chocolatiers at work in the open display kitchen.



The dark palette of the interiors with an abundance of oak bespoke joinery coupled with deliberately low lighting, heightens the senses.

The intimate space is anchored by a long, gleaming display island of green marble evocative of the Irish landscape it sits within.

From captivating launch events to curated partnerships with renowned chocolatiers, and a calendar brimming with themed experiences, Harry Lowes Chocolate promises an enchanting blend of tradition and innovation.



## ADARE MANOR ACTIVITIES PRICE LIST 2026

Activity	1 Guest	2 Guest	3 Guest	4 Guest	5 Guest	Groups
Archery	€170	€200	€230	€260	€290	€30 per additional guest thereafter.
Falconry	€200	€300	€350	€400	€450	€50 per additional guest thereafter. No charge for children aged 4 and under.
Gun Dog Trials	€200	€300	€350	€400	€450	€50 per additional guest thereafter. Offered Mon, Tues, Thurs & Fri before 1pm. No charge for children aged 4 and under.
Axe Throwing	€110	€165	€215	€240	€260	€30 per additional guest thereafter.
Clay Pigeon Shooting	€200	€350	€500	€650	€800	€150 per additional guest thereafter. Offered Monday - Saturday.
Padel Tennis	€110 for up to 4 people includes rental equipment and complimentary balls. (Court Only) Padel Tournaments available for groups between 8-28 players. Further details on enquiry.					
Padel Playing Partners	Court hire €110 plus €50 per additional player. Please book in advance to ensure availability of playing partners.					
Padel Tennis Lessons	€195 for up to 4 people including an instructor, includes rental equipment and complimentary balls.					
Sports Simulator	€195 for up to 8 people. (Room Only)					
Golf Simulator Lessons	€195 for one person. (with a Pro Golfer)					
Golf Instruction	€105 for one person on the range. (with a Pro Golfer)					
Golf Practice Facilities	€15 per person.					
Picnics	To organise a tailored picnic experience and for pricing please contact the dining team <a href="mailto:dining@adaremanor.com">dining@adaremanor.com</a> . A minimum of 48 hours' notice is required.					
Cinema	The Cinema has two complimentary showings daily, please contact our concierge team for details.					
Fishing	€120 per hour per guest and €85 per additional hour.					
Horse & Carriage Tours	Private tour €205 for up to 4 guests and €30 per additional guest thereafter. Maximum seating capacity 6 Adults (comfortably) OR Family Groups mixed Adults & Children 8 pax No charge for children aged 2 and under.					
Horse Riding	Clarina Equestrian Centre 60 minute arena session is €150 for 1 person or €250 for 2 people. 120 minute countryside trek is €250 for 1 person or €380 for 2 people. For more than 2 guests, please contact the Concierge Team.					
Whiskey Tasting	To organise a whiskey tasting experience and for pricing please contact the dining team <a href="mailto:dining@adaremanor.com">dining@adaremanor.com</a> . A minimum of 48 hours' notice is required.					
Wine Tasting	Wine Tasting sessions are available Wednesday to Sunday. To organise a wine tasting experience and for pricing please contact the dining team <a href="mailto:dining@adaremanor.com">dining@adaremanor.com</a> . 48 hours' notice is required.					
Private Yoga	Individual and private group classes are available. €110 for a private session and €45 per person for any additional guests. A minimum of 48 hours notice is required.					
Personal Training	€110 per person.					
Pilates	€110 for a private session and €45 per person for any additional guests. 48 hours notice is required.					

Please note that our activities require booking in advance and have a 48-hour cancellation policy. Any amendments must be completed with our Concierge team. Group Cancellation - Cancellation policy as per your signed contract.