



WALKING WEEKEND WITH MICHAEL GIBBONS

FRIDAY 25TH – SUNDAY 27TH SEPTEMBER 2015

Take a walk on the wild side with Michael Gibbons of '*Walking Ireland*' this September for a weekend of spectacular and insightful walks around the Connemara and South Mayo region – all from the comfort of your hotel at Delphi Adventure Resort & Spa.

Michael will guide you through 7000 years of Irish settlement, while you take in the breath-taking views and remarkable "hidden treasures" of the west coast, along the way. Wind down in the evenings at the resort with some pampering in the Delphi Spa or indulge in a local gourmet feast at the resort's brand new signature restaurant: The Chef's Table by Stefan Matz, where you will experience a new concept of dining with the "open kitchen", all in the magical and wondrous surroundings of the Delphi Valley.

A bit about the Local Guide, Michael Gibbons:

Michael Gibbons is one of Ireland's leading field archaeologists. Born and raised in Clifden, Connemara where he still lives with his family, Michael is a graduate of University College Galway with a degree in History and Archaeology. He is a member of the Institute of Archaeologists of Ireland with thirty years of experience as an archaeologist and completed a 5 year term on the Archaeology Committee of the Heritage Council. He has worked with the Department of Antiquities in Jerusalem and for the Museum of London City Excavation Programme.

In Ireland, he worked on the Donegal Archaeological Survey and Galway Archaeological Survey before being appointed as co-director of the National Sites and Monuments Record, Office of Public Works for a period of ten years. He has directed surveys and excavations on Croagh Patrick and has mapped the uplands and islands of the Connacht Coast.

He currently works in heritage tourism, specializing in academic and cultural tourism to the Boyne Valley and the West of Ireland. Michael has extensive experience guiding groups both at home and abroad.

The Walks:

"Mweelrea, 7000 Years of Settlement"

Explore 7000 years of Irish History and Archaeology in the shadow of Connacht's highest mountains. Explore a 5000 year old tomb, one of the best preserved tombs on Ireland's west coast. Stroll through a Bronze Age landscape, complete with ancient ruined houses and long abandoned fields and cooking sites. Experience an ancient forest, entombed in bogland for thousands of years, now emerging to reveal a lost prehistoric landscape. Hear the roar of the Atlantic surf as you walk across the white sands to view a ruined monastic site which has been destroyed by winter storms.

"The Connemara & Mayo Upland Famine Landscapes"

The Great Famine still echoes around the mountain valleys and sea lochs of the Mayo and Connemara coast. Etched into the landscape are miles of abandoned potato ridges, tumbled walls and ruined cottages – a powerful testimony to the devastation that swept the area in the terrible years of the mid-19th century. The trip will explore some of these stunning sites and landscapes on long neglected and abandoned trails.

The Venue:

Stay in comfortable and blissful rooms at the Resort, with everything at your finger tips: 4 Star Hotel Accommodation, Spa, Thermal Suite with Jacuzzi, Steam Room & Sauna, Restaurants, Library Room, Walking Trails, Tranquil Setting and more. The resort is located within 35 minutes of Westport and 10 minutes of Leenane in Connemara and within a stone's throw of the breathtaking Killary Fjord – a truly magical location. All rooms are ensuite and are stocked with organic toiletries and fresh, fluffy towels.

Dining in Delphi:

The 814 Brasserie

Dine in The 814 Brasserie while overlooking the rugged Connemara landscape and scenic mountain views. With a refined ambience, the food is sourced and selected from locally based farmers and fishermen. Seafood is picked along the wild Connemara shores; with mussels caught fresh in the Killary Fjord. The organically farmed lamb and beef comes from the hills surrounding Delphi, while local growers and suppliers provide us with bountiful produce. The menu draws its inspiration from the local land and sea. It features a tempting range of refined meat, fish, poultry or vegetarian options.

The Chef's Table by Stefan Matz

Now open for business, The Chef's Table by Stefan Matz is the perfect place to enjoy a culinary feast. The new 34-seater stand-alone restaurant brings a completely new dining experience not only to the Resort but also to Leenane and the greater Connemara area. The Chef's Table offers a unique interactive dining experience, featuring an "Open Kitchen", allowing for engagement and interaction with Stefan while he cooks up a gourmet feast.

Both an exquisite A la Carte and a Tasting menu that celebrates the best of local produce and ingredients, has been created and developed to match the relaxed, friendly and comfortable setting.

Sample Walking Weekend Itinerary:

Friday - Check in from 4pm, Free time at your leisure to explore the resort, an intro talk that evening by local guide Michael Gibbons.

Saturday - After breakfast, set off on a journey through time with Michael Gibbons, exploring Bronze Age landscapes in the area "*Mweelrea, 7000 Years of Settlement*". Tea/Coffee and biscuits upon return to the resort. Free time at your leisure to explore the resort that evening and option to avail of your complimentary session in The Delphi Spa's Thermal Suite. Optional walkers gathering in the bar at 8.30pm - all welcome.

Sunday - After breakfast, set off on a guided journey through the local famine landscapes of South Mayo "*The Connemara & Mayo Upland Famine Landscapes*". Tea/Coffee and biscuits upon return to the resort. Farewells and departure.

Price Includes (based on 2 people sharing):

- A relaxing 2 night stay for two in Delphi's 4 Star Hotel
- Full Irish Breakfast each morning
- 2 full day walking tours with local guide Michael Gibbons of "*Walking Ireland*"
- Intro talk from Michael Gibbons
- 1 complimentary hr session in The Delphi Spa's Thermal Suite - Jacuzzi, steam room and sauna
- Tea/Coffee and biscuits in the hotel after the walks
- Any bus transfers to/from the walks & the resort
- Free car parking at the resort

Price (inc. Accommodation):

2 Night Walking Weekend Package

From €199 pps

Avail of the 10% Early Bird discount before Aug 31st

€179.10 pps

Day Tickets (Walks Only):

Saturday Ticket:

€45 pp

Sunday Ticket:

€45 pp

Saturday & Sunday Day Ticket:

€85 pp

Deposit & Booking:

To secure your place on the Walking Weekend we require a 30% deposit. We conveniently offer an online reservation service on our website or we also accept telephone bookings by calling +353 (0)95 42208.

Important Information:

All walkers will need to have appropriate hiking boots, outdoor gear and a small backpack with a light lunch/water, etc. Packed lunches are available to pre-order from the hotel. Walkers must check out before embarking on the Sunday walk (unless staying an extra night). The hotel can provide luggage storage until the walkers return from the Sunday walk.

Find Out More:

To find out more, please contact our Reservation Team on:

Tel +353 (0)95 42208 Email: bookings@delphiadventureresort.com

Book Online: <http://www.delphiadventureresort.com/hill-walking/walking-weekends.2048.html>