



4 Star Beach Hotel & Spa on the Magical Mannin Peninsula in Connemara

Beachside Accommodation | Family Run | Local Cuisine | Organic Seaweed Spa | Breath-taking Views

Connemara Sands Beach Hotel & Spa is ideally positioned at the entrance to the Mannin peninsula; home to some of the world's most pristine beaches and secluded coves. Cradled by the aquamarine waters of Mannin Bay and adjacent to the local village of Ballyconneely, this seaside hotel is renowned for its family welcome, breath-taking views, excellent food and indulgent Seaweed Spa experiences!

Taste the finest local Irish cuisine as you relax surrounded by the raw beauty of this Wild Atlantic Way landscape. Take this opportunity to SIMPLY BE. Walk along a deserted beach. Enjoy a leisurely cycle along one of Connemara's famous cycle loops. Observe wildlife, including local seals. Pet the famous Connemara ponies that roam the hotel grounds.

Highlights include:

- ❖ **Dean & Kathy** | warm-hearted family welcome | nobody does hospitality like Dean & Kathy!
- ❖ **Beautiful Location** | on the stunning shores of Mannin Bay | Connemara countryside
- ❖ **Mannin Bay** | go for a swim | a walk on the beach | forage mussels from the shore
- ❖ **Accommodation** | 22 luxurious en-suite rooms | 10 Holiday Homes
- ❖ **Local Food** | local and artisan produce | seafood a speciality! | bar and restaurant dining
- ❖ **Bar** | informal dining | beautiful interiors | hearty local food | served and presented with care
- ❖ **Bistro** | ask about the "Connemara on a Plate" experience | celebration of local ingredients
- ❖ **Sands Seaweed Spa** | seaweed baths and spa | organic seaweed Voya products
- ❖ **Nature** | wild seals | Connemara ponies | birdlife | wildlife
- ❖ **Activities** | wonderful walks | hiking trails | cycling | horse riding | water sports

Hotel Guest Rooms | & Self-catering Houses

King Double Room (3)	1 King Bed 1 ensuite bathroom with walk in shower Full cooked to order and continental buffet breakfast 200 SQFT
Accessible King Double (1)	1 king bed 1 accessible ensuite bathroom Full cooked to order and continental buffet breakfast 250sqft
Luxury King Double Ocean View (5)	2 floors with glass balcony 1 king bed 1 freestanding bathtub 1 walk in rain shower 1 Downstairs living space Full cooked to order and continental buffet breakfast 450 SQFT
Deluxe Suite Bay View (6)	1 king bedroom 1 twin bedroom 1 living room with pull-out sofa 1 ensuite bathroom with bath/shower Full cooked to order and continental buffet breakfast 600 SQFT
Superior Suite Bay View (6)	1 king bedroom 1 twin bedroom 1 living room with pull out sofa 1 ensuite bathroom with bath/shower Outdoor patio deck Full cooked to order and continental buffet breakfast 600sqft
Hotel Apartment (1)	2 storey duplex located in the main hotel on the ground floor 1 king bed upstairs with sea and mountain views 1 downstairs bathroom with walk-in rain shower downstairs living room downstairs full equipped kitchen with cooking facilities Full cooked to order and continental buffet breakfast 800 SQFT
NOTE: all hotel rooms include	Complimentary Voya Organic Seaweed Toiletries complimentary Wi-Fi Tea/coffee making facilities Fresh filtered water Iron & ironing board Flat screen TV Room Safe Hairdryer WiFi Car parking
Self-Catering House/s (8)	1 king bedroom 1 twin bedroom 1 living room room with dining area and pull out sofa 1 Full kitchen with laundry facilities ensuite bathroom with bath/shower 1 powder room Outdoor patio area Complimentary wifi Bed linen and towels Full use of hotel facilities and private beach.



What we **LOVE** to do in Connemara!

The following experiences have been democratically (!) selected by the Connemara Sands Hotel & Spa team to highlight the top 6 things that we love to do in Connemara and the top things that we love about Connemara! **ENJOY!**

1	Pony Trekking Riding and beach trekking on Connemara ponies takes place every day during the summer season Enjoy the gentle Connemara ponies and embrace the stunning scenery.
2	Stunning Beaches Mannin Bay and the Connemara Coastline has numerous stunning beaches, scenery and wildlife waiting to be discovered
3	Cycling Connemara's cycle loops offer magnificent views. Cruise gently along the bog road Discover quiet, secluded beaches. Feel the wind in your hair on The Sky Road Visit the sight of Marconi, Alcock and Brown clifdenbikeshop.ie T: +353 (0) 95 22630 quality electric and regular bikes
4	Connemara Smokehouse Enjoy a guided experience of the Connemara Smokehouse. Learn how to hand fillet, hand slice, salt and smoke fish. End with a tasting Smokehouse.ie E: info@smokehouse.ie
5	Kayaking on Mannin Bay Kayak the blue flag, pristine waters of Mannin Bay Realadventures.ie E: realadventures.ie@gmail.com
6	Golf Connemara Championship Links Galway's only true links course! Connemaragolfinks.com E: proshop@connemaragolfinks.net
7	Connemara Sands Hotel Experiences available to reserve at the hotel Luxury SPA treatments including organic VOYA seaweed products organic seaweed baths join the Connemara bee safari for a visit of the on-site beehives learn about traditional Irish music and dance with the local Ruddy family



What we **LOVE** about Connemara!

1. The raw beauty of the rugged scenery
2. Mannin Bay and Ballyconneely village: full of interesting local characters
3. Connemara Ponies: stroll onto Mannin Bay and you are likely to find one. It happens!
4. Sing Songs: impromptu moments as locals and guests burst into song in the Connemara Sands Hotel Bar!
5. Delicious food straight from the water and land
6. Laid back pace of life – where taking the time to look after people really matters

