



GOLEEN HARBOUR




Welcome to

GOLEEN HARBOUR

We're delighted you've chosen to stay with us during your time in West Cork. We have put together some information regarding your visit, the surrounding area and some things to do while you're here...

ADDRESS & INFO

 Goleen Harbour Farm, Goleen, Co. Cork, P81 CX98

 +353 (028) 63 133

 info@goleenharbour.ie

 [@goleenharbour](https://www.instagram.com/goleenharbour)





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YOUR STAY

Things to know

- 1** Your electricity is generated by our **24.5 kilowatt** solar PV system. Hot water and central heating are powered by on site renewable energy delivered by our district heating network and is controlled by the thermostat on the wall which we set to around **20 degrees**.
- 2** Please do not place **anything unnatural down the toilet** because it will block up our waste water treatment water pumps resulting in the pump burning out.
- 3** Please put all your food waste in the **compost** caddy provided, as this will be fed into our **Anaerobic digester** to create biogas for cooking and liquid/fibre compost for our organic garden.

We hope you enjoy your time with us and if there is anything we can do to improve your experience, please let us know!

All your feedback is welcome!





CHECK IN

There is no **Wi-Fi** in the cabins as we want Goleen Harbour to be a restful and relaxing place for all our guests. It is only available in the Barrel Top events building.

User: Goleen Harbour (Guest)

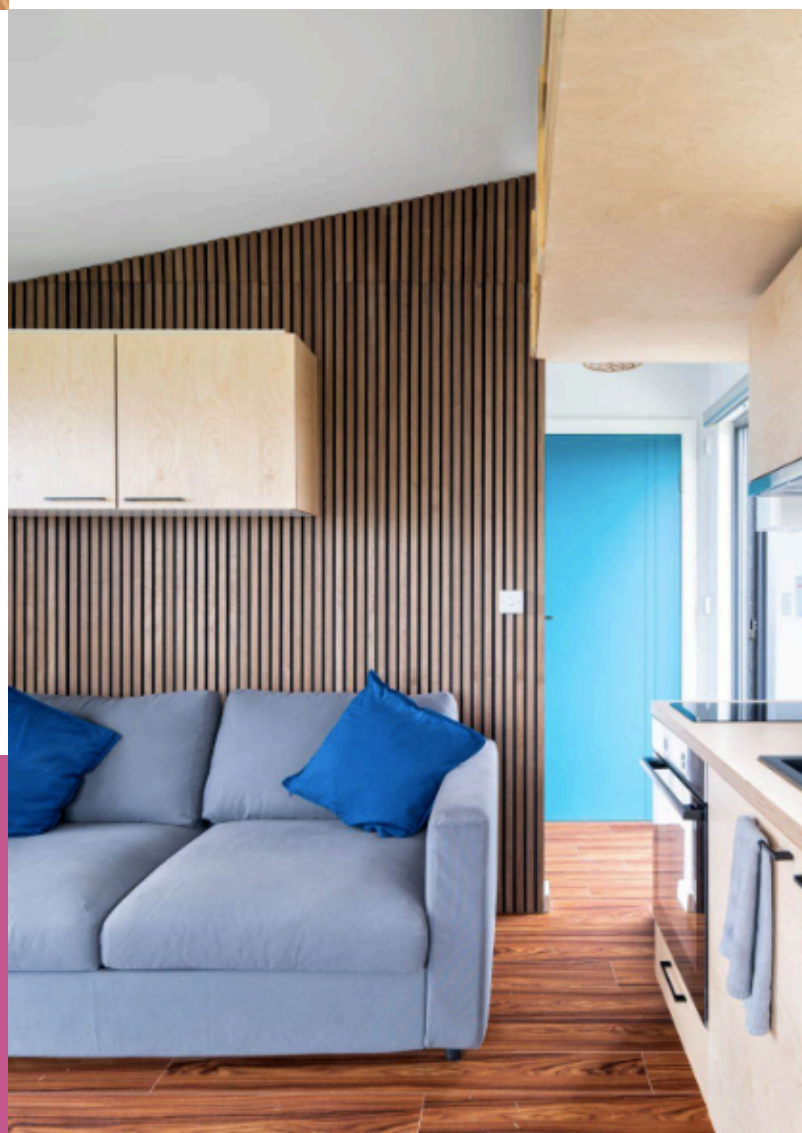
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Feel free to make this place your home, but remember to always leave it as you would like to find it!

CHECK OUT

Check out is strictly at **10 am** on the morning of departure. We hope you can appreciate how important this is as our housekeepers need sufficient time to prepare all the units for the next guests.

If you would like to request a late check-out, please contact us, and we will do our best to facilitate you. This may incur a fee.



! IMPORTANT INFORMATION

When checking out please leave your key in your unit and the door unlocked.

*There will be an additional charge of €20 for lost keys.

ACTIVITIES

Our activities have been chosen for maximum fun and minimal environmental impact.

BIKE RENTAL

The Mizen Peninsula offers some of the best cycling roads and routes anywhere in Ireland with breathtaking scenery at every turn and the spectacular coastline always in view. Spin out to Mizen Head and the Wild Atlantic Way discovery point and stay a while to soak up the scenery, take a few snaps and experience the beauty of your natural surroundings.

From here, traverse the iconic bridge and pay a visit to the fascinating lighthouse museum, to learn about the history of the area in a fun and visual way. Hop back on the bike and head to Barleycove beach, before stopping for a pint and a bite to eat in the stunning village of Crookhaven.



Note: All our bikes come with helmets and locks, and we have a great selection of bikes to suit all sizes, ages and cycling levels. To inquire about bike hire please contact us on +353 (028) 63 133.

MASSAGE TREATMENTS

Goleen Harbour is all about peace and tranquillity and having a little time to relax and reflect, far from the stresses of everyday life.

Massage Therapy

The treatments consist of full body deep tissue massage with trigger point therapy for the stubborn muscles and suction cupping. This combined with rocking relaxing harmonics, and Thai stretches all enable rebalancing and release within limbs, tissue and joints. Throughout the second part of the treatment, spine revitalisation is practiced, this being the heart of release.

Oil massage, Thai yoga massage, Indian head massage... Book an accommodation option of your choice and then we will decide on the modality that most suits your needs!


Cupping Therapy

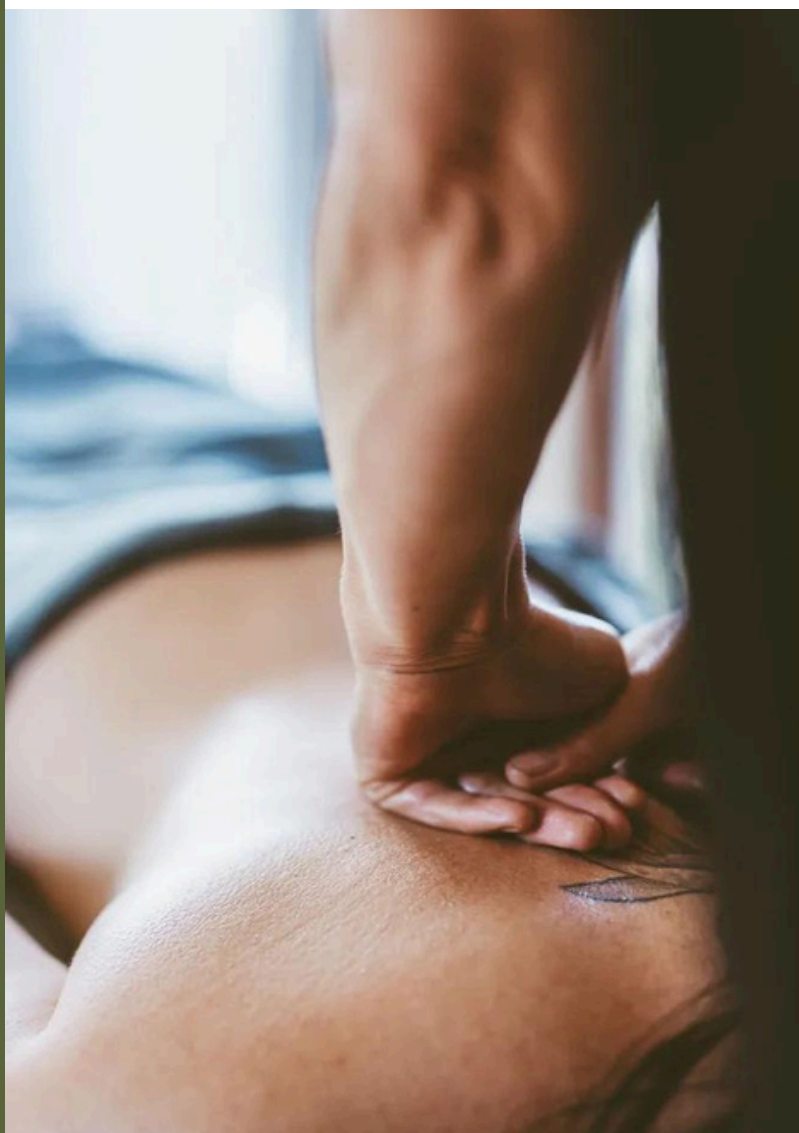
Cupping therapy uses suction cups first in a diagnostic way to measure levels of tension in the body, checking on the general systemic ability to soften and release. This is followed by some light strokes to encourage toxic release to move towards the Lymphatic zones of the body. Then some static cup placement which works on trigger point areas of condensed muscle tissue, joints that are seizing up and the stagnation of energy flow.

Massage is a deeply healing form of connecting and understanding each other, to feel confident in an array of techniques to offer a friend or a loved one is a gift to both giver and receiver. Melanie has worked as a Massage therapist since 2004 and her passion for connecting in this way only deepens

All of these techniques require in-depth exploration, time and sensitivity. Don't forget as well as learning you will also be receiving body work, so relaxation is at the heart of the experience I offer.

To book and enjoy this experience call Melanie on:

 (+353) 085 1192423



ARCHERY

ARCHERY TAG

Whether you're coming to stay at Goleen on a family break or visiting with a group of friends, Archery Tag is the perfect outdoor adventure activity that can be played by anyone aged 8 (minimum height limit 1.1m) and up.

TARGET ARCHERY

Unlike Archery Tag, which is fast-paced and combat-based, Target Archery is a game of skill that involves shooting arrows at static targets. With points awarded for hitting the different rings on the circular target face, it's a great way to spend a few hours during your stay at Goleen.

The rules are very simple: each competitor gets the same number of arrows to shoot, with the colours closest to the centre gaining the most points.

With bragging rights amongst your family or friends at stake, every point counts so if ever there was a game to bring out the competitor in everyone, this is it! To inquire about bike hire please contact us on +353 (028) 63 133



EVENTS & WORKSHOPS

As well as being a luxury retreat away from the hustle and bustle of everyday life, Goleen Harbour is also a centre for environmental stewardship. In keeping with our ethos of sustainability, we believe in empowering others to learn the skills they need to live sustainably.

You will find all our events, workshops and activities detailed on our website and we encourage you to join our mailing list for the latest announcements, offers and information.



Examples:

- ▶ Coastal Medicine: A Foraging Journey From Land To Sea
- ▶ Yoga & Breathwork
- ▶ Willow Basketry Improvers Weekend
- ▶ Immersive “Eat, Pain, Love” Workshop
- ▶ The Romance of the Sea
“Taste Your Wildside” Tour
- ▶ Check out all our events and activities by visiting our website.



goleenharbour.ie



HOT TUB

If you would like to book an experience in our sustainable wood-fired hot tub you can go directly to our website and make a reservation through there.



[goleenharbour.ie](mailto:info@goleenharbour.ie)

MAKE YOUR EXPERIENCE BETTER

If you would like to add a cheeky bottle of chilled wine lets us know and we'll make it happen!

SAUNA

If you would like to book our sauna on the edge of Castle Strand you can do so directly through our site. Our Sauna hold a maximum of 8 people. If you book for 8 people, we'll give you one free!



[goleenharbour.ie](mailto:info@goleenharbour.ie)

CAMP FIRE

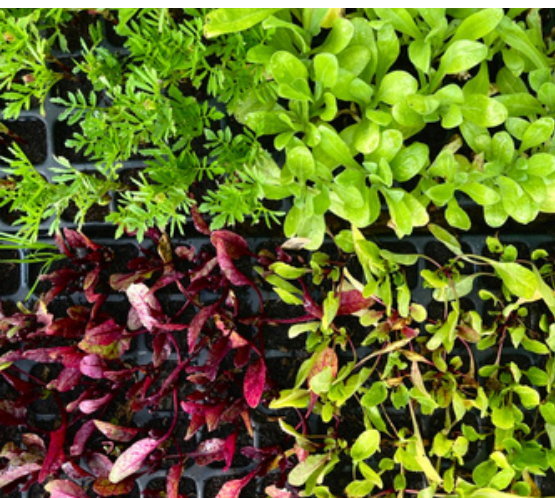
Our campfire is available to all guests. If you'd like to use it, let us know and we'll make some wood available for you.



+353 (028) 63 133



OUR CHEMICAL FREE FARM



Goleen Harbour Farm produces **organically grown fruit & vegetables** along with Connemara Ponies & Irish Sport Horse crosses. These form a symbiotic relationship with the horse manure being used in the gardens to grow the produce. We have a 90% closed nutrient cycle with organic fertilisers being bought in rarely to stimulate the production.



Naturally grown organic vegetables that you'll find in the best local eateries.

The fresh and wholly organic vegetables that we grow right here on the Farm at Goleen are used by chefs at some of the finest local eateries, such as The Crookhaven Inn, O'Sullivan's and Notages, Heron's Cove, and The Barley Cove Beachbar.



Our on-site farm shop selling our delicious homegrown produce!

We also have a small farm shop, with an honesty box system, here on the farm so guests or local visitors can buy the freshest homegrown, organic vegetables, to cook up a storm. Trust us, there is no comparison between the flavors of our vegetables and the ones you will find in your local supermarket.

WILD ATLANTIC WAY

SLÍ AN ATLANTAIGH FHIÁIN

The **Mizen Peninsula**, at Ireland's most south-westerly point, is worldwide renown for the beauty of its rugged landscape and ancient heritage. A tour of the Mizen Ring gives you the chance to immerse yourself in the various strands that make the Mizen unique. From geology, flora, birds and fauna to the influence of man and his history on the landscape. The vibrant villages and settlements of the Mizen are from East to West.

Visit <https://fastnet-trails.com/> and find your next adventure in Mizen Peninsula!



BALLYDEHOB

A thriving village famous for its **festivals** including the Jazz in May, recently named by Ireland's trendiest by "The Guardian" newspaper, Ballydehob also features the Michelin Starred restaurant "The Chestnut" amongst its fine eateries and Levis Bar award winning as a music venue.

SCHULL

Schull is a beautiful **harbourside village** with great shops, plenty of places to eat and drink, famous for its Film Festival in May and the Calves Week sailing regatta early August. The striking Mount Gabriel sits in the background at over 400m high it dominates the area.

CROOKHAVEN

Crookhaven Harbour is as picturesque as it was useful being a large sheltered harbour. You pass the old Roadstone Quarry on the side of the mountain, which provided metalling for the roads of Wales until 1945. There are numerous **Bronze Age** field monuments in the hills around Crookhaven. The Ordnance Survey Discovery Series map 88 will indicate their whereabouts for you. The village of Crookhaven has a distinguished history as the last port of call for ships going to and from America. Over the centuries ships stocked up with provisions here before tackling the Atlantic Ocean. All the shipping lines had agents here to tell the ships in which port their cargo had been sold. At the beginning of the 20th. Century it was said that you could cross the harbour on the decks of boats. 700 people lived and worked in the village against the 29 permanent residents today. Marconi came here to try to get his **first radio message across the Atlantic** and he fitted the first telegraphic equipment to the Fastnet Rock Lighthouse to communicate with the passing ships.

TOORMORE

As you approach Toormore on your left you will see the **Altar Dolmen**, a neolithic tomb. On the right just after that is **The Altar Church** built during the Famine as relief work. In the grounds of the Altar Restaurant a recent find was a Wedge Tomb from the Bronze Age.



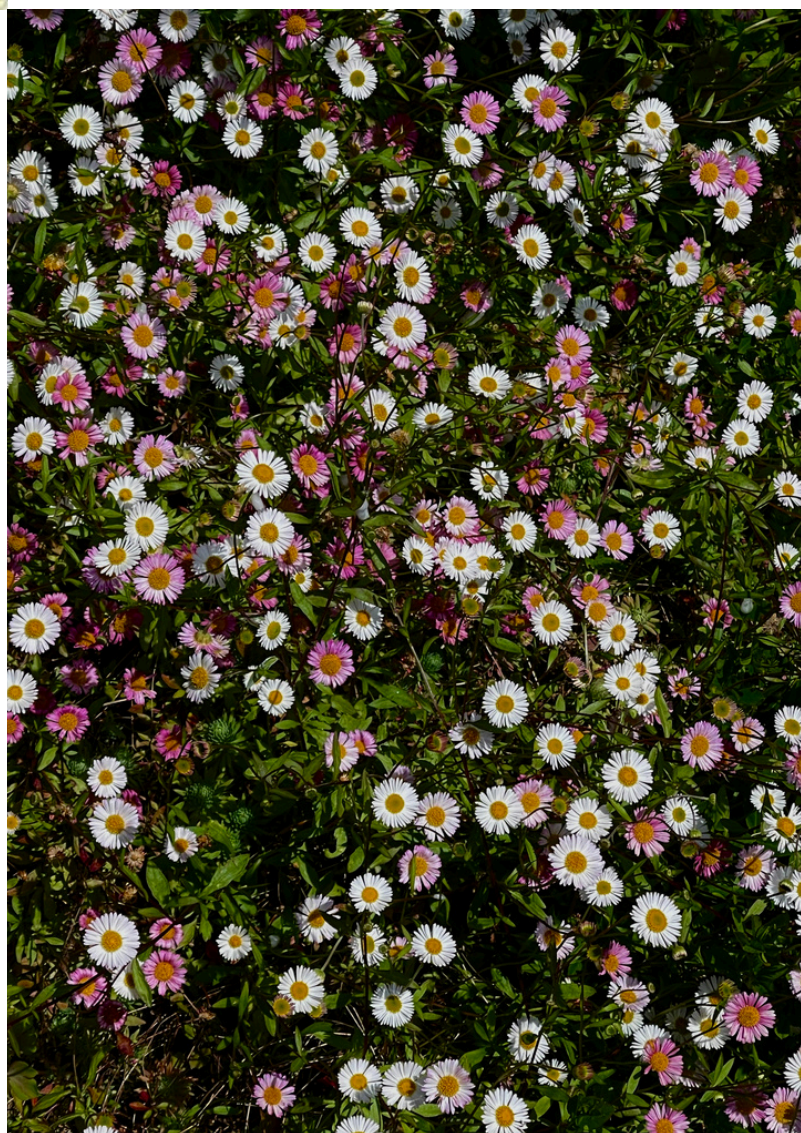


BARLEYCOVE

Barleycove is a **large sandy beach** backed by sand dunes. The sand dunes were thrown up in the tidal wave that swept Europe after the earthquake in Lisbon in 1755. Today they have been partially eroded but they are protected like much of the coast round this area as European designated **Special Areas of Conservation**. The road goes to the east of the beach across a causeway bisecting Lissagriffin Lakes and at the T-junction you turn left to Mizen Head.

BROW HEAD

On your way back to Barleycove, you can take the road up to Brow Head from Galleycove beach. Looking back east from the top of Brow Head you can see **Roaringwater Bay, Cape Clear** and some of **Carbery's Hundred Isles**. The Signal Tower was part of a chain built in 1804 in fear of a French invasion to give fast communications all round the coast. The original signalling was done with a system of flags and blackballs on masts. Brow Head or Mallavogue was a vibrant mining area in the nineteenth century and you can still see the **remains of the mines** and the miners' houses.



MIZEN HEAD

Mizen Head Visitor Centre has been developed by a local tourism co-operative at **Ireland's most southwesterly point**. They have a lease on the Irish Light Signal Station which was built in 1905 to protect shipping from the cliffs in fog. It is a spectacular location with its folded rocks and high cliffs. The **Signal Station** is on an island joined to the mainland with a fine example of an **Arched bridge**. If you have plenty of puff you can go up the 99 Steps but there is a path for the less energetic! At the top of the cliffs near the car park a new building has been added. Here you may buy a ticket, visit the Shop or the Café, experience the exciting exhibits about modern technology and Safety at Sea, the Fastnet Rock Lighthouse, Marconi in Crookhaven and the Automatic Weather Station. Well worth a visit! Another gem of the Mizen Peninsula is **Three Castle Head** where the Three Castles, which are three Tower Houses with, curtain walling. Built in the 15th. Century on the site of a Bronze Age Promontory Fort, the Castles stand sentinel beside a cliff top lake. Access is restricted at the moment because of the unstable state of the castles, but it is worth asking if it is possible to visit.

THE THREE PENINSULAS

Mizen is just one of the three peninsulas of West Cork, the others being Sheep's Head and the Beara. Both are well worth a visit and have different qualities, though both have world class walking routes in common!



WHAT TO DO

In Goleen (*An Góilín*)

Restaurants & Pubs

- ▶ [The Heron's Cove Restautant](#)
- ▶ The Lobster Pot Pub
- ▶ The Wild West Bar (([028](#)) [35861](#))
- ▶ O'Mearas Pub
- ▶ Goleen Take Away
- ▶ Colin's Fish & Chips

Other places of interest

- ▶ Along The Way Cafe (Café)
- ▶ Sheenan's Shop
- ▶ Mizen Tourist Centre
(Hot desks available)
- ▶ Goleen Community Field
- ▶ Petrol Station (O'Mearas)

EMERGENCY CONTACTS



In an Emergency situation dial **112** or **999**



Police Emergency Number (GARDA): **(+353) 027-20860**



Mizen Primary Care Centre (Schull) **(+353) 028-28311**

ECOLOGY & SUSTAINABILITY

- ① We have installed **Zero Carbon** district heating system for heating and hot water.
- ① All our power is generated by **renewable energy**.
- ① To date we have planted over **10,000** Native broad leaf trees.
- ① We have **preserved our wetlands** as they sync more carbon than woodlands.
- ① Our EcoCabins tread lightly on the earth using **ground screw foundations** rather than concrete. They are constructed in Ireland using locally sourced and renewable materials wherever possible.
- ① Our purchasing policy extends to the fit out where we have carefully selected **Irish made Respa 4-Star Hotel mattresses** ensuring you as comfortable night's sleep. The Geodomes incorporate furniture from the Sofa Company who support the tradition of furniture making in Vietnam they incorporate recycled fabrics and are a carbon neutral company.
- ① As you will have noticed we constant mission to improve the habitats and biodiversity of our farm. Guests and customers have the chance to offset their carbon and do something positive for biodiversity and the environment by making a donation to our fund.







THANK YOU

For choosing us!



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