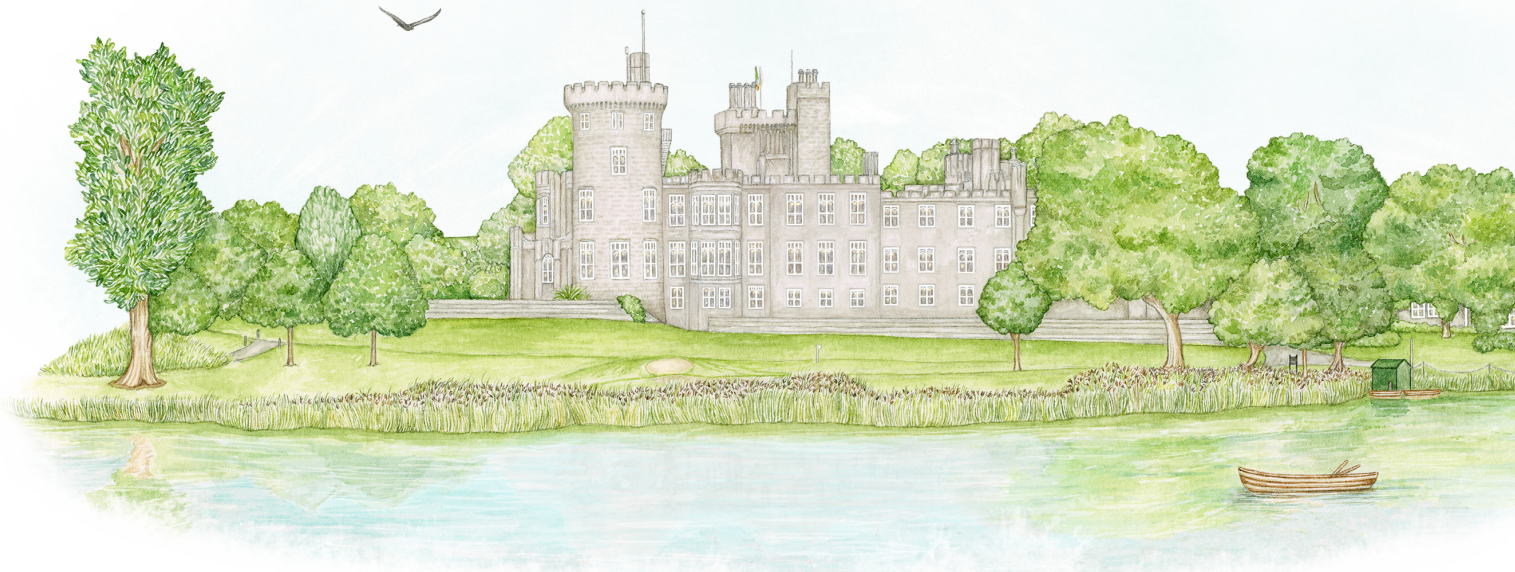


Complimentary Experiences

Discover the magic of the resort with a host of complimentary experiences for our guests to immerse into Dromoland life and learn more about the beautiful and historic grounds.



MONDAY

GOLF 101

TIME 10.00 am
DURATION 30 Minutes
LOCATION Meet at the Golf Pro Shop
HOW TO BOOK Sign up in advance at Reception
Resident-exclusive putting lesson with expert guidance.



HISTORY TOUR

TIME 11.00 am sharp
DURATION 40 Minutes
LOCATION Meet at Reception
HOW TO BOOK No booking required
Join Dr. Jane O'Brien & learn about Dromoland & the O'Brien's heritage.



PULL YOUR OWN PINT

TIME 3.00 pm
DURATION 1 Hour
LOCATION Meet in the Cocktail Bar
HOW TO BOOK Sign up in advance at Reception
Learn to pour Ireland's most iconic pint and enjoy it afterwards.



CIRCFIT

TIME 5.30pm
DURATION 1 Hour
LOCATION Meet at Reception
HOW TO BOOK Sign up in advance at Reception
Circuit Training for all levels. Adaptable Exercises to improve your Cardio, Core and Strength through short interval periods.

TUESDAY

IRISH LANGUAGE CLASS

TIME 11.00 am
DURATION 30 Minutes
LOCATION Meet in The Gallery
HOW TO BOOK No booking required
Learn basic Irish with Fiona O'Shea Stack from the Dingle Gaeltacht.



AQUA AEROBICS

TIME 11.00 am
DURATION 45 Minutes
LOCATION Meet at Leisure Centre
HOW TO BOOK Sign up in advance at Reception
Dive into a fun, low-impact workout that delivers high-energy results!

CASTING LESSON

TIME 3.00 pm
DURATION 1 Hour
LOCATION Meet at Jetty
HOW TO BOOK Sign up in advance at Reception
Take part in a traditional casting lesson and learn the basics of fly casting in a relaxed and enjoyable setting.



CIRCFIT

TIME 6.00 pm
DURATION 1 Hour
LOCATION Meet at Reception
HOW TO BOOK Sign up in advance at Reception
Circuit Training for all levels. Adaptable Exercises to improve your Cardio, Core and Strength through short interval periods.

WEDNESDAY



HISTORY TOUR

TIME 11.00 am
DURATION 40 Minutes
LOCATION Meet at Reception (11am sharp)
HOW TO BOOK No booking required
Join Dr. Jane O'Brien & learn about Dromoland & the O'Brien's heritage.



PAINTING

TIME 3.00 pm
DURATION 1 Hour
LOCATION Meet at Reception
HOW TO BOOK Sign up in advance at Reception
Learn watercolor techniques from color mixing to a finished painting with Helen Lowe.



GOLF FIT

TIME 5.30 pm
DURATION 45 Minutes
LOCATION Meet at Reception
HOW TO BOOK No booking required
Raise your Golf game through circuits and exercises aimed at improving strength, balance and flexibility.

THURSDAY

YOGA

TIME 9.30am
DURATION 40 Minutes
LOCATION Meet at Reception
HOW TO BOOK Sign up in advance at Reception
Whether you are new to yoga or meditation or simply prefer a slower pace, this class welcomes all.



FOREST BATHING

TIME 11.00 am
DURATION 40 Minutes
LOCATION Meet at Reception
HOW TO BOOK Sign up in advance at Reception
This is a gentle walking & mindful experience in nature (no baths involved).

GO! 45

TIME 1.00 pm
DURATION 45 Minutes
LOCATION Meet at Reception
HOW TO BOOK Sign up in advance at Reception
Fancy a lunch time workout? This is the one for you. This session gets the body moving and blood flowing.



GARDEN TOUR

TIME 3.00 pm
DURATION 40 Minutes
LOCATION Meet at Reception
HOW TO BOOK No booking required
Step into the enchanting Walled Gardens and enjoy a guided wander through the glasshouse, sculpture trail, and heritage orchards.



SOUNDBATH

TIME 5.45 pm
DURATION 1 Hour
LOCATION Meet at Reception
HOW TO BOOK Sign up in advance at Reception
Sound healing is comparable to meditation and mindfulness, but with no effort required on behalf of the participant. The sound does the work.

FRIDAY

50 FIT

TIME 10.00 am
DURATION 45 Minutes
LOCATION Meet at Reception
HOW TO BOOK Sign up in advance at Reception
Over 50s Strength & Conditioning class working on the main muscle groups to improve every day life.



GARDEN TOUR

TIME 11.00 am
DURATION 40 Minutes
LOCATION Meet at Reception
HOW TO BOOK No booking required
Step into the enchanting Walled Gardens and enjoy a guided wander through the glasshouse, sculpture trail, and heritage orchards.

RESTORATIVE YOGA

TIME 3.00 pm
DURATION 1 Hour
LOCATION Meet at Reception
HOW TO BOOK Sign up in advance at Reception
A gentle restorative yoga practice using fully supported poses to encourage deep relaxation and rest.

WINE & WONDERS

TIME 5.00 pm
DURATION 30 Minutes
LOCATION Meet at Earl of Thomond
HOW TO BOOK Sign up in advance at Reception
Join us for a complimentary wine tasting featuring a grape variety or wine region.

SATURDAY

HISTORY TOUR

TIME 11.00 am
DURATION 40 Minutes
LOCATION Meet at Reception (11am sharp)
HOW TO BOOK No booking required
Join Dr. Jane O'Brien & learn about Dromoland & the O'Brien's heritage.

SIP & SHOP

TIME 3.00 pm
DURATION 40 Minutes
LOCATION Charlotte & Co.
HOW TO BOOK No booking required
Enjoy a relaxed Sip & Shop experience with curated Irish brands, a complimentary drink, and stories behind local designers and artisans in a warm, welcoming setting.



SUNDAY



SIP & SHOP

TIME 11.00 am
DURATION 40 Minutes
LOCATION Charlotte & Co.
HOW TO BOOK No booking required
Enjoy a relaxed Sip & Shop experience with curated Irish brands in a warm, welcoming setting.

SUNDAY LAWN GAMES

TIME 3.00 pm
DURATION 1 Hour
LOCATION Meet at Reception
HOW TO BOOK No booking required
Enjoy giant Connect Four, Quoits, Cornhole and more on the front lawn.