

TRAVEL GUIDE

TELAMON TRAVEL

Ireland

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EDITION



welcome to ireland

Welcome to Ireland—where lush green hills roll toward rugged coastlines, ancient castles whisper stories of the past, and music drifts out of candlelit pubs with warmth and welcome.

Whether you're exploring windswept cliffs, indulging in cozy luxury at a countryside manor, or tracing your heritage through medieval villages and poetic landscapes, Ireland offers a rare kind of magic—timeless, soulful, and deeply personal.

This guide is your companion to an unforgettable Irish journey—thoughtfully curated to help you experience the heart of the Emerald Isle in elevated comfort and style.



AT A GLANCE

Capital: Dublin

Language: English, Irish (Gaeilge)

Currency: Euro (EUR)

Time Zone: GMT (UTC+0) / IST
(UTC+1 during summer)

Visa Requirements: No visa needed
for U.S. travelers staying under 90
days

Population: Approx. 5 million

Safety Index: Ranked as one of
Europe's safest travel destinations

when to visit ireland

HIGH SEASON | JUNE - AUGUST

Ideal for: Vibrant cities, lively festivals, long days

This is Ireland at its liveliest. Expect mild temperatures, extended daylight (sunsets after 10 PM!), and a full calendar of music, arts, and cultural events. It's the most popular time to visit—so major attractions and accommodations book quickly.

SHOULDER SEASON | APRIL - MAY & SEPTEMBER - OCTOBER

Ideal for: Fewer crowds, rich color, and a balanced pace

Spring and autumn offer the best of both worlds: pleasant weather, lower rates, and fewer tourists. In spring, you'll see wildflowers and gardens in bloom. In fall, the countryside glows with golden leaves and harvest celebrations.

LOW SEASON | NOVEMBER - MARCH

Ideal for: Cozy retreats, holiday charm, and lower prices

Ireland's winters are cool and damp, but never extreme. It's a wonderful time for travelers who enjoy brisk walks followed by fireside pints, spa getaways, and holiday markets. Some rural attractions may close, but cities like Dublin and Galway stay festive year-round.



Top 5 experiences in Ireland

01. STAY IN A CASTLE

Sleep like royalty in one of Ireland's storied castles—complete with sweeping grounds, fine dining, and turrets that whisper centuries of history. From Ashford to Dromoland, these luxurious retreats offer an unforgettable blend of heritage and indulgence.

02. VISIT THE CLIFFS OF MOHER

Ireland's most iconic natural wonder rises 700 feet above the Atlantic. Walk the cliffside paths, soak in panoramic views, or take a private boat tour beneath the cliffs for a truly breathtaking perspective.

03. EXPERIENCE AN AUTHENTIC IRISH PUB SESSION

Music is the soul of Ireland. Settle into a traditional pub for a live “session” of fiddles, flutes, and heartfelt vocals—often spontaneous and always unforgettable. Pair it with a creamy pint or warming Irish whiskey.

04. EXPLORE IRELAND'S WILD LANDSCAPES

Whether it's the dramatic coastlines of the Wild Atlantic Way, the misty peaks of Connemara, or the quiet beauty of Killarney National Park, Ireland's scenery invites slow travel and soulful wandering.

05. TRACE YOUR ROOTS OR EXPLORE IRISH HISTORY

From Neolithic tombs and monastic ruins to bustling Georgian cities, history lives in every corner. Visit ancient sites like Newgrange, stroll Dublin's literary quarter, or work with a local expert to trace your heritage.

Looking for something off the beaten path? I can arrange a private falconry experience, storytelling session, or local food tour tailored just for you.

explore ireland





more to explore

Ireland rewards the curious. Here are a few destinations worth wandering beyond the well-trodden path.

DINGLE PENINSULA

Charming, windswept, and rich in Gaelic tradition, Dingle offers breathtaking coastal drives, artisan shops, and the friendliest locals you'll ever meet. Don't miss a stop at Murphy's Ice Cream or a boat ride to spot dolphins.

GLENDALOUGH MONASTIC SITE

Nestled in County Wicklow's valley of two lakes, this 6th-century monastic settlement is surrounded by serene woodland trails and peaceful reflection. A perfect half-day escape from Dublin.

WESTPORT & THE WILDS OF MAYO

A delightful harbor town known for its Georgian charm and access to Croagh Patrick—Ireland's holy mountain. Explore nearby Clew Bay or venture into the rugged beauty of Ballycroy National Park.

SLIEVE LEAGUE CLIFFS

Towering higher than the Cliffs of Moher and far less crowded, these dramatic sea cliffs in County Donegal are a hidden wonder. Ideal for travelers craving raw, untouched beauty.

LOUGH GILL & YEATS COUNTRY

In County Sligo, discover a mystical landscape of lakes, forests, and folklore. Take a quiet boat trip across Lough Gill and visit the resting place of poet W.B. Yeats at Drumcliffe Church.

Curated Tip: If you're interested in lesser-known artisan villages, traditional music routes, or nature-based retreats, I'll help you build a journey filled with soul-stirring surprises.



where to see castles

Step into a storybook. Ireland's castles are more than ruins—they're experiences.

Ireland is home to over 30,000 castles and castle ruins, each with its own story to tell. Some invite you to wander their ancient halls, while others welcome you to stay the night in refined luxury. Here are a few of the most enchanting:

ASHFORD CASTLE (COUNTY MAYO)

A five-star estate turned hotel, this 800-year-old castle offers regal suites, a world-class spa, falconry, and lakefront views. It's the epitome of castle luxury.

DROMOLAND CASTLE (COUNTY CLARE)

Once home to Irish royalty, Dromoland now offers elegant accommodations, fine dining, and lush grounds perfect for horse-drawn carriage rides and clay shooting.

BLARNEY CASTLE (COUNTY CORK)

Famous for the Blarney Stone (which promises the gift of eloquence), this partially ruined medieval castle is set in expansive gardens—perfect for a day of exploring.

KILKENNY CASTLE (COUNTY KILKENNY)

Situated in the heart of a lively town, Kilkenny Castle combines Anglo-Norman architecture with well-preserved interiors and a beautiful riverside park.

DOE CASTLE (COUNTY DONEGAL)

A more remote, lesser-known gem nestled beside Sheephaven Bay. Quiet and haunting, it's ideal for photographers and history lovers seeking solitude.

Curated Tip: Want to sleep in a castle, host a private dinner in a great hall, or tour ancient ruins with a local historian? I'll help you create a fairytale-worthy itinerary that fits your style.

cultural etiquette and smart travel tips

The Irish are famously warm and welcoming—returning that respect enhances every encounter.

DO

- **Greet with a smile.** A friendly “hello” or “how are ya?” goes a long way—especially in smaller towns.
- **Enjoy the conversation.** The Irish value good storytelling and wit. Don’t rush through interactions.
- **Tip modestly.** Rounding up or leaving 10% in restaurants is customary, especially for great service.
- **Respect history.** Many ruins, churches, and castles are heritage-protected—explore with care.
- **Ask before photographing locals.** Especially in traditional villages or during live performances.

DON'T

- **Confuse Ireland with the UK.** While Northern Ireland is part of the UK, the Republic of Ireland is a sovereign nation. Be sensitive to the distinction.
- **Expect everything to run on a strict schedule.** The pace here is relaxed—embrace it.
- **Rush through your pint.** If you’re invited to a pub session, linger. It’s about the company, not the drink.
- **Talk loudly in quiet places.** Irish pubs are lively, but churches, scenic lookouts, and sacred sites often carry a hushed reverence.

Curated Tip: Kindness and curiosity go far in Ireland. When in doubt, follow the locals’ lead—they’ll often go out of their way to make your visit memorable.



a taste of ireland

*Hearty, comforting, and crafted with care—
Ireland's cuisine is rooted in its land, sea, and
soulful hospitality.*

Irish food has undergone a renaissance in recent years, blending traditional flavors with farm-to-table innovation and elevated culinary artistry. Whether you're dining at a countryside inn or a Michelin-starred restaurant, expect warmth, authenticity, and deeply satisfying meals.

TRADITIONAL COMFORTS

Irish Stew: A slow-simmered dish of lamb or beef with potatoes, carrots, and onions.

Boxty: A pan-fried potato pancake, crisp on the outside, soft within.

Soda Bread: Slightly sweet, dense bread often served warm with Irish butter—don't skip it.

Colcannon: Mashed potatoes with cabbage or kale, sometimes with a hint of garlic.

FROM THE SEA

Smoked Salmon: Especially from the west coast—often served with brown bread and capers.

Oysters & Mussels: Fresh and briny, often served simply steamed or grilled.

Fish & Chips: Crisp and golden, best enjoyed wrapped in paper near the coast.

WHAT TO DRINK

Irish Whiskey: Visit distilleries like Jameson, Teeling, or lesser-known spots like Dingle.

Guinness: Tastes better in Ireland—don't knock it till you try it, especially from the tap.

Craft Ciders & Beers: Local producers are gaining international attention.



ARTISAN CHEESES & BUTTERS

Ireland produces award-winning dairy. Sample local cheeses like Cashel Blue or Durrus, and savor the rich, golden butter—it's a national point of pride.

wellness in ireland

Slow down, breathe deep, and let the land restore you.

Ireland offers a kind of wellness that's deeply rooted in nature, tradition, and stillness. From windswept walks to spa sanctuaries tucked into the countryside, this is a place where peace comes effortlessly.

SEAWEED BATHS & COASTAL RITUALS

An Irish tradition for centuries, warm seaweed baths are rich in minerals and perfect for relieving stress. Visit spots like **Voya in Sligo** or **Kilcullen's in Enniscrone** for an authentic, rejuvenating soak.

FOREST WALKS & HEALING LANDSCAPES

Ireland's ancient woodlands, like **Glenariff Forest Park** or **Killarney National Park**, are ideal for slow hikes, mindful walking, and quiet reflection. Many luxury lodges offer guided nature immersion experiences.

LUXURY SPAS IN MANOR SETTINGS

Unwind in tranquil, design-led spas at places like **Adare Manor**, **Ashford Castle**, or **Monart Destination Spa**—complete with thermal suites, aromatherapy, and holistic treatments.

SOULFUL STILLNESS

Ireland's energy invites pause—watching mist roll across a lake at sunrise, journaling by a fire, or meditating along a cliff's edge. It's wellness that flows naturally from the land itself.

Curated Tip: Interested in building a wellness-focused escape? I'll design a retreat with spa appointments, forest strolls, mindful meals, and soul-nourishing stillness.



GETTING AROUND IRELAND

Scenic routes, charming detours, and flexible options—traveling through Ireland is part of the adventure.

Ireland is a country made for slow exploration. Whether you're navigating winding coastal roads or gliding by rail through green hills, the journey is as beautiful as the destination.

SELF-DRIVE (CAR RENTAL)

Perfect for flexibility and exploring rural regions. Drive on the **left-hand side**, and note that many roads are narrow and winding—but that's part of the charm. Manual transmission is common; request automatic if needed.

PRIVATE CHAUFFEUR

For a stress-free and luxurious option, hire a private driver-guide. It's ideal for couples, families, or small groups who want to sit back, relax, and enjoy commentary from a knowledgeable local.

TRAIN TRAVEL

Comfortable and scenic, Ireland's rail network connects major cities like Dublin, Cork, Galway, and Limerick. Ideal for travelers focusing on urban and cultural experiences.

INTERCITY COACHES

Bus Éireann and private services like GoBus offer affordable, reliable connections between cities and towns.





packing tips FOR a seamless escape

With the right essentials, Ireland's charm will shine—rain or shine.

Ireland's weather is famously unpredictable. Layering is key, and style is best when comfortable, casual, and classic.

WEATHER-READY WARDROBE

- Waterproof jacket – lightweight and stylish is best
- Layers – think sweaters, long sleeves, and breathable fabrics
- Comfortable walking shoes – for cobblestone streets and countryside strolls
- Umbrella – compact and wind-resistant
- Wool scarf or hat – even in summer, evenings can be cool

EVENING & DINING ATTIRE

- Smart-casual outfits – for dinners, shows, or afternoon tea
- One dressy outfit – especially for castle stays or fine dining
- Light accessories – scarves, a crossbody bag, or dressy flats

PRACTICAL ITEMS

- Universal power adapter – Ireland uses type G plugs (230V)
- Reusable water bottle – tap water is clean and safe
- Daypack or small tote – for day trips and excursions
- Notebook or journal – perfect for capturing quiet reflections

Curated Tip: Most luxury hotels offer umbrellas, laundry service, and amenities like hair dryers and toiletries—no need to overpack. I'll also advise you on any special packing needs based on your custom itinerary.



GRATUITIES & SERVICE TIPS

Tipping in Ireland isn't expected—but thoughtful gestures are always appreciated.

Ireland has a modest tipping culture. While not obligatory, rounding up or offering a small tip for exceptional service is warmly received.

RESTAURANTS & CAFÉS

- Tipping 10% is customary at sit-down restaurants, especially for excellent service.
- No tip is expected at counter-service cafés or pubs.

HOTEL STAFF

- Housekeeping: €1–2 per night
- Porters: €1–2 per bag
- Concierge: €5–10 for special arrangements or exceptional help

DRIVERS & TAXIS

Round up to the nearest euro or tip 5–10%, particularly for longer journeys.

TOUR GUIDES & SPA STAFF

- Tour guides: €10–20 per person for full-day tours
- Private drivers: Tip at the end of your trip based on length and quality—typically €50–100
- Spa therapists: €5–10 is appreciated if not already included

Curated Tip: I can confirm if gratuities are already included in your hotel or tour pricing—just ask before your trip so you can travel with confidence.



TRAVEL SAFETY OVERVIEW

Ireland is one of Europe's safest and most welcoming destinations—relax and enjoy your journey.

Ireland consistently ranks among the safest countries in the world for travelers. Violent crime is rare, locals are genuinely friendly, and emergency services are reliable. Still, it's always wise to travel with awareness and care.

WHAT TO KNOW

- **Low Crime Rate:** Pickpocketing is uncommon but can occur in busy city centers—especially in Dublin. Keep bags close and avoid flashing valuables.
- **Driving Caution:** Roads can be narrow and winding, especially in rural areas. Take your time, especially if you're adjusting to left-side driving.
- **Healthcare Access:** Ireland has high-quality medical care. EU visitors should carry their EHIC cards; U.S. travelers may want to purchase travel insurance for peace of mind.
- **Emergency Number:** Dial 112 or 999 for police, fire, or ambulance services.
- **Tap Water:** Clean, safe, and delicious—no need to buy bottled.

Curated Tip: I'll always guide you toward reputable accommodations, licensed drivers, and well-reviewed experiences—so you can enjoy your trip with confidence and ease.





your escape awaits

Where ancient beauty meets timeless charm—your Irish journey begins here.

Ireland is more than a destination—it's a feeling. It's the mist on the cliffs, the music in a quiet pub, the warmth of strangers who feel like old friends. Whether you're dreaming of castle stays, literary walks, countryside retreats, or something entirely your own, I'm here to help you plan it effortlessly.

- *Laura* -



Let's curate your dream
Irish escape.

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