

Cliffs of Moher Retreat Rental Pack



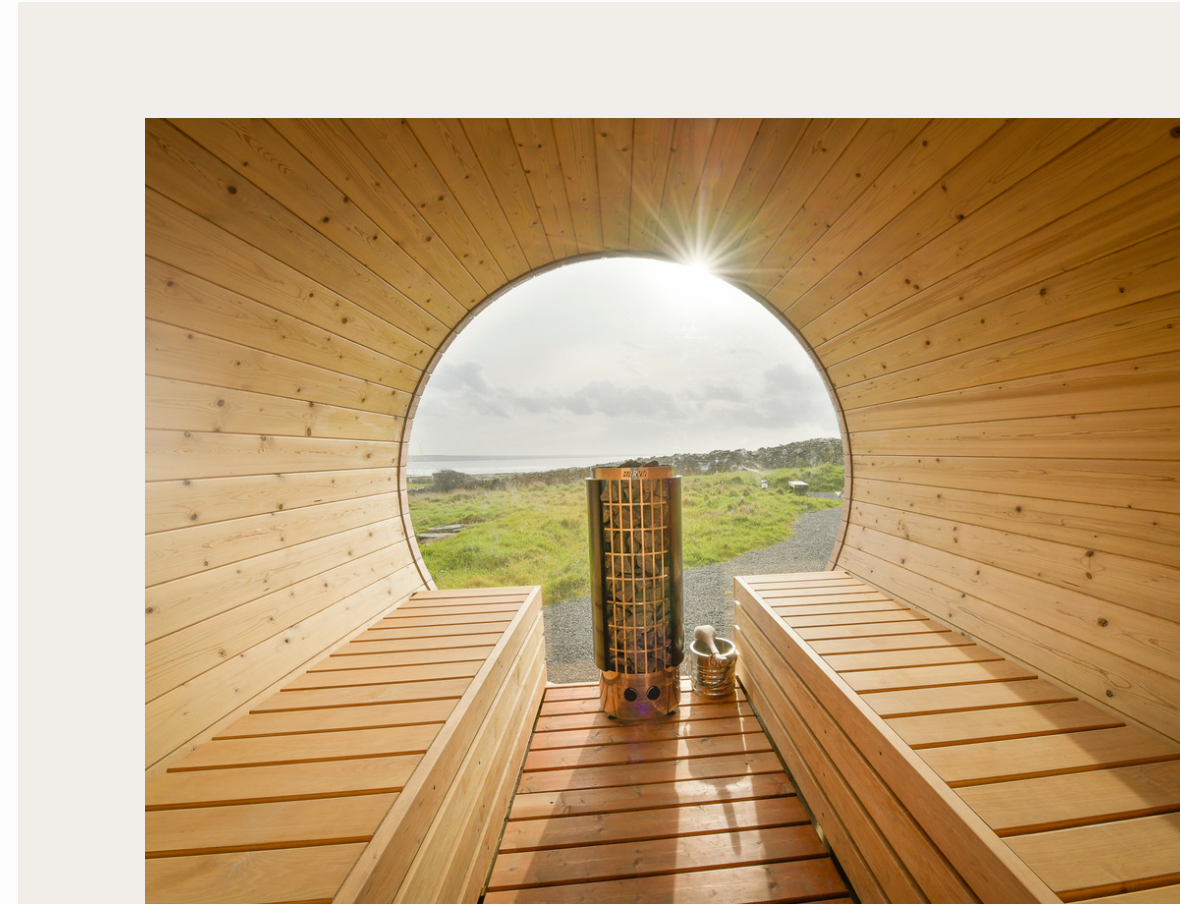
CLIFFS OF
MOHER RETREAT

Run your high-end
wellness retreat in a
wild oceanside setting

The accommodation

Experience the epitome of comfort and coziness within our carefully crafted rooms, where hotel-grade mattresses and linen await you. Discover a true home away from home.

- 15 Bedrooms
- 5 Living spaces
- 10 Acres seaview land



The wellness suite

Cedar wood barrel sauna

Herbal steam room

Outdoor hot tub

Therapy room

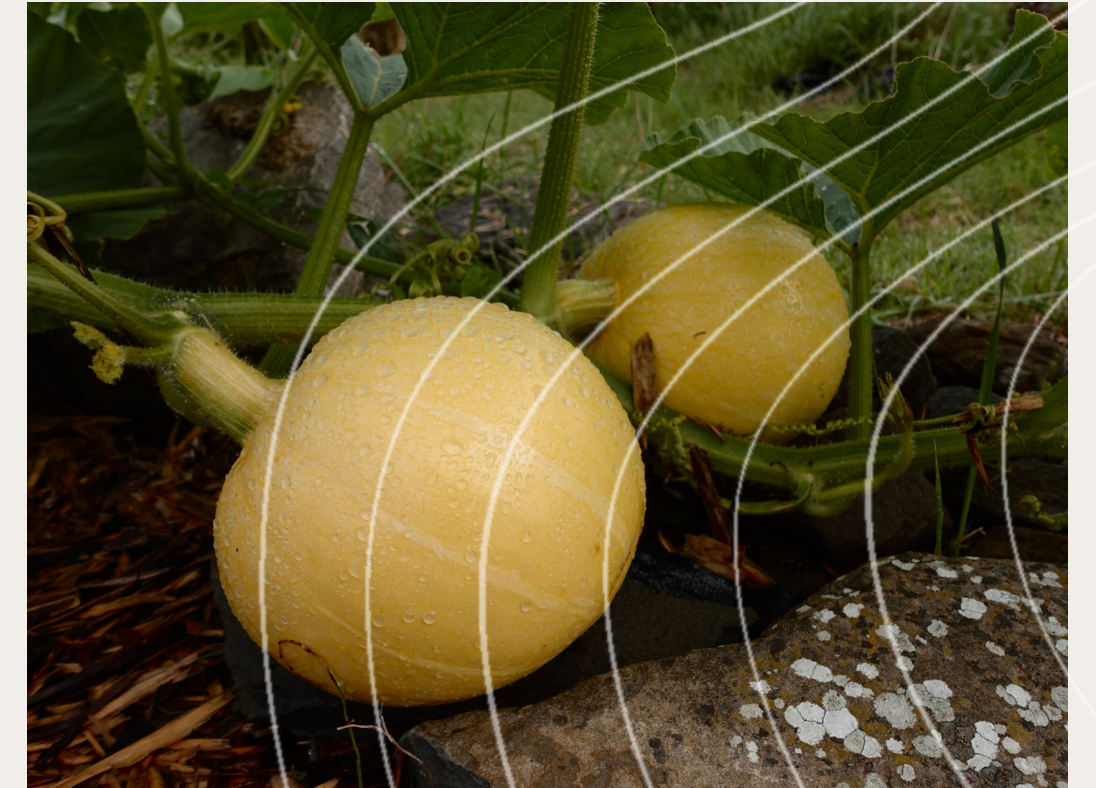
Wellness lounge



The food & gardens

Our culinary delights have truly made us renowned. Our menu is a testament to creativity and adventure, showcasing the bounty of our own organic garden.

Bursting with flavour, plentiful portions, and nourishing ingredients, our food stands as a remarkable highlight of the Cliffs of Moher Retreat experience



The breathtaking Atlantic view studio

Sonas sound system

Fully equipped

Treatment room

Two restrooms

Underfloor heating

The area

We are situated midway on the Wild Atlantic Way, a scenic driving route that stretches along the western coast of Ireland. It is one of the longest defined coastal driving routes in the world, covering approximately 2,500 kilometers from County Donegal in the north to County Cork in the south.

It is an awe-inspiring stretch of coastal beauty that captures the essence of Ireland's untamed wild landscape. Towering cliffs, pounded by the mighty Atlantic Ocean, command attention with their sheer majesty, while secluded beaches offer a tranquil respite amidst the wildness. The Wild Atlantic Way is an invitation to embrace the untamed, to lose yourself in the raw beauty of nature, and to witness the extraordinary power and tranquillity that coexist along this mesmerizing coastal journey.



What's included

- Exclusive use of our large, luxury retreat
- 15 bedrooms (sleeps up to 25)
- Use of all 5 Lodges, Studio & Wellness Area
- 10 acres of Sea-view, countryside land
- Private chefs and kitchen team: Brunch & Dinner daily
- Unlimited tea/coffee/filtered water & fruit
- Glass fronted expansive sea-view studio - fully equipped
- Use of wellness suite at all times
- Hotel quality mattresses & linen
- 4 country style lounge areas
- All linens
- Towel change once during the week
- Wifi in two buildings
- Free place for 1 teacher/facilitator
- Use of the treatment room
- Facilitators Pack - detailed guide to the retreat and the area
- Media pack - video and imagery for you to use

Not included

- Hosting service (this is your responsibility)
- Transfers - see below for info
- Dinner in a restaurant on chef's night off
- Excursions, tours, activities
- Toiletries (hand soap provided)
- Robe (€10pp)
- Treatments

Check in/check out times:

Check in: Strictly no earlier than 4pm on arrival day

Check out: After brunch on last day

Accommodation

15 luxury bedrooms

3 x ensuite rooms with permanent 5ft queen beds for one person or two people sharing a bed

8 x ensuite rooms which can be either two x 3ft single beds or converted to a 6ft superking

4 x rooms for single occupancy with 4ft small double bed - not ensuite, 1 bathroom per 2 rooms.

Meals

- Brunch: **11am**
- Dinner: **7pm**

There is a chef's night off on Wednesday Night. There are many wonderful restaurants in the local area, detailed in the Teachers Pack. Freshly ground coffee, gourmet teas, filtered water and fruit are available at all times.

About our Food...

Included in your package are two generous delicious and healthy vegetarian meals per day: brunch and dinner. These are lovingly created by a team of private chefs just for you. We grow most of our produce onsite in our organic kitchen farm and source the rest from local and regional producers. We can cater for vegans and severe allergies, please note we do not cater for preferences and are a lacto-ovarian kitchen that prepares fresh breads with wheat and gluten.

Meals are 'served buffet' with desserts also served at dinner.

Filtered water, freshly ground coffee, and a gourmet selection of herbal tea blends are available to your guests all day. Fruit and afternoon cake, trail mix are available during the day when guests are onsite. Please note we are a dry facility, no alcohol on site - we do provide taxi numbers for those wishing to head out and enjoy a drink in an Irish pub.

Getting here

Postal code: V95A499

Address: Cliffs of Moher Retreat, Moher Lodge, Liscannor,
Co.Clare, Ireland

Nearest International Airports

- Shannon (58 km / 36 miles)
- Cork (175 km / 108 miles)
- Dublin (280 km / 170 miles)

Taxis, minicabs & buses can be arranged yourself or through the following company:

The Taxi Company - thetaxicompany@gmail.com

* bus prices depend on group size, time of year and time of day so we cannot provide an estimate. We are an English speaking country so please contact the companies directly with your requirements or research and source your own if they are not available or able to meet your needs. Please note we cannot organize travel arrangements for your clients, this will have to be done by you or your clients individually.

Public transport

Train to Ennis (33 km / 20 miles)

Airport bus to Ennis (from Dublin, Galway and Cork)

National Bus Service to Liscannor and then a taxi from Ennis or Liscannor to retreat

The Taxi Company: +353657075000

Lahinch Taxi: +353871761239

Here is a good site to help with the best options to get from your arrival place to the Retreat.

Rometorio.com

Studio

Our 100m² architecturally designed, glass fronted studio is a show stopper and guaranteed to impress your clients.

It includes:

- Underfloor Heating
- Floor to Ceiling Glass with Ocean and Countryside stunning Views
- Sonos sound system
- Fully equipped with: regular sticky yoga mats, soft woolen mats for restorative sessions, chairs if needed, bolsters, blocks, bricks, belts, blankets & eye pillows
- 2 bathrooms in the studio building
- Therapy room
- Ideal number of mats down - 3 rows of 8 (24)

Local area

- We are situated slap bang in the middle of the Wild Atlantic Way
- Cliffs of Moher - walking distance
- Liscannor & Clahane - walking distance
- Lahinch Beach - 10 minute drive
- Ennistymon old Irish town - 15 minute drive
- The Burren National Park - 30 minute drive
- Many other Sacred Sites including St. Brigid's Well
- Immersion in local Irish culture

Optional extras

Host service - a quote will be given once we've established your needs

Arrival tea and homemade treat (must be whole group) - €8 per person

Massage therapy - €70 for 60 minutes

Robes - €10 per person for use of 1 robe per retreat

Classes/workshops *Minimum of 15 guests per session

Sound bath	€30pp
Breathwork with Michelle	€30pp
Ecstatic dance	€30pp
Harmony Singing	€30pp
Wim Hof Method workshop	€150pp (minimum 12 guests)
Live music, private concert from	€150 depending on musicians

All Optional Extras must be booked before 1 month of your arrival.

The teacher host relationship

We provide all accommodations, facilities, housekeeping, linens, towels, provide all meals and wellness area. Your part of the contract is to act as teacher and host for your clients. All logistics and requirements by your clients should be addressed by you and not directed to us. We are not responsible for liaising with your clients prior to arrival. We will be your point of contact only, and all requests, requirements and additional needs re transport or anything else must be handled by you as part of the teacher host role.

We will provide you with a thorough pack of information upon booking, with contact details for tour guides, walking guides, transport hire, activities, things to do, places to go and a lot of fun optional extras you can add in such as silent disco, live music and sound baths.

All bookings enquiries to
info@cliffsofmoherretreat.com

Thank you for considering us for your retreat

Michelle & Michael

