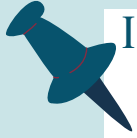


Itineraries



Slow Tourism Itinerary



ITINERARY

5

DAY 1:

START YOUR JOURNEY WITH A SELF-GUIDED WALK-THROUGH NAAS.

DISCOVER HISTORICAL SITES SUCH AS ST. DAVID'S CHURCH AND THE CHURCH OF OUR LADY.

TAKE YOUR TIME EXPLORING LOCAL SHOPS, AS YOU IMMERSE YOURSELF IN THE TOWN'S HISTORY.

CHECK IN

ONCE YOU'VE EXPLORED NAAS, HEAD OVER TO LAWLOR'S HOTEL AND CHECK IN. RELAX IN THE COMFORTABLE SURROUNDINGS OF THE HISTORIC HOTEL, LOCATED IN THE CENTER OF NAAS TOWN. LAWLOR'S IS KNOWN FAR AND WIDE FOR OVER 100 YEARS AS OFFERING VISITORS THE BEST OF IRISH HOSPITALITY.



AFTERNOON TEA

AFTER SETTLING IN, INDULGE IN A DELIGHTFUL AFTERNOON TEA IN THE HOTEL'S ELEGANT LOUNGE.

ENJOY FRESHLY BREWED TEA / COFFEE ACCOMPANIED BY A SELECTION OF SANDWICHES, SCONES AND PASTRIES. IT'S THE PERFECT OPPORTUNITY TO UNWIND AND RECHARGE.



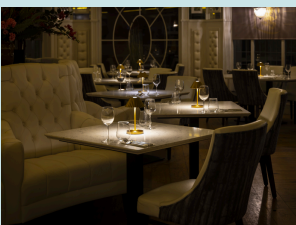
SCENIC WALK

FOR A LATE AFTERNOON ACTIVITY TAKE A STROLL DOWN THE CANAL. IT'S A SERENE SPOT TO RELAX AND ENJOY NATURE AT A SLOW PACE.



DELICIOUS DINNER IN THE BISTRO

RETURN TO LAWLOR'S HOTEL FOR A DELICIOUS DINNER AT THE BISTRO RESTAURANT. ENJOY A WARM WELCOMING ATMOSPHERE PAIRED WITH A MENU FEATURING SEASONAL IRISH DISHES MADE WITH THE FRESHEST LOCAL INGREDIENTS.



ENJOY A LIVE SHOW

CONCLUDE YOUR EVENING WITH A SHOW AT THE MOAT THEATRE, WATCH A LIVE PERFORMANCE OR THOUGHT-PROVOKING PLAY IN THIS INTIMATE AND CHARMING VENUE, IMMERSING YOURSELF INTO THE LOCAL ARTS AND CULTURE.



Itineraries



Slow Tourism Itinerary



DAY 2:

BEGIN THE DAY WITH A HEARTY BREAKFAST BUFFET AT LAWLOR'S, WITH PLENTY OF OPTIONS TO CHOOSE FROM, SUCH AS A FULL IRISH BREAKFAST ALONG WITH OTHER HOT DISHES AND AN ARRAY OF PASTRIES, CEREALS AND FRUITS TO CHOOSE FROM.



EXPLORE THE JAPANESE GARDENS AND IRISH NATIONAL STUD
MID-MORNING, TAKE A GENTLE WALK THROUGH THE JAPANESE GARDENS AND IRISH NATIONAL STUD, SOAKING IN THE PEACEFUL ATMOSPHERE OF BEAUTIFULLY LANDSCAPED GARDENS AND ADMIRING IRELAND'S WORLD-FAMOUS THOROUGHBRED HORSES ENJOY A SLOW LUNCH AT THE JAPANESE GARDENS CAFE, WHERE YOU CAN DINE IN A TRANQUIL SETTING SURROUNDED BY NATURE.



UNWIND AT THE RESIDENTS SPA

ON YOUR RETURN TO NAAS UNWIND AT THE RESIDENTS SPA, FOR PURE RELAXATION WITH A VARIETY OF TREATMENTS TO CHOOSE FROM.



INDULGE IN EXCEPTIONAL CUISINE

IN THE EVENING, INDULGE IN A DELICIOUS DINNER AT LAWLOR'S, WHERE ELEGANT SURROUNDINGS AND EXCEPTIONAL CUISINE CREATE THE PERFECT DINING EXPERIENCE.

END THE DAY WITH A QUIET DRINK IN THE LAWLOR'S LOUNGE / BAR AND REFLECT ON THE RELAXING DAY YOU HAD.



DAY 3:

RELAXING BREAKFAST AT LAWLOR'S

WAKE UP AND ENJOY A LONG-RELAXED BREAKFAST AT LAWLOR'S, SIPPING HOT COFFEE AND SAVOURING FRESHLY BAKED PASTRIES.



GLIDE ALONG THE GRAND CANAL

AFTER CHECKING OUT, HEAD OUT TO SALLINS FOR A SERENE BARGE TRIP WITH BARGETRIPS.IE, GENTLY CRUISING ALONG THE GRAND CANAL AND TAKING IN THE CALM WATERSIDE SCENERY.



HEARTY LUNCH AT LOCK 13 GASTRO PUB

FINISH YOUR TRIP WITH A LUNCH AT LOCK 13 GASTRO PUB, WHERE YOU CAN ENJOY A RELAXED MEAL BEFORE DEPARTING. LEAVE FEELING REFRESHED, RECHARGED AND TRULY CONNECTED TO THE CHARM OF NAAS.