



ACTIVITIES



Welcome

The benefits of bringing your team together to enjoy themselves and work as a group are well-known but the key to making it succeed is the right location with the right activities.

www.kclub.ie

LEGENDSM



Preferred

HOTELS & RESORTS



Seasons	Dates for Lakes Fishing
Brown Trout March	1st to September 30th
Rainbow Trout	All year round
Pike	All year round

(Max 3 people per Ghillie)

Fishing

Fishing at The K Club is mostly for Brown Trout and Rainbow Trout with the occasional Pike or Perch also. Fishing is carried out from the bank of the lakes and is done with a spinning rod and artificial bait or by Fly Rod and artificial flies. The group are accompanied by a ghillie (Fishing Guide) throughout the session who will advise and demonstrate the art of casting and the placing of baits in the correct manner so that a fish may be caught. All fish are returned alive to the water or if the guests wish may be brought to the kitchen and cooked to their requirements if so desired.



Kayaking

Kayaking is now available on our private mile-long stretch of the beautiful river Liffey. If you have never kayaked before, you are in for a real treat, particularly as the river is so beautiful and peaceful here in the demesne. Our friendly and helpful instructors will provide wetsuits and an introduction to kayaking if needed before you set off for the afternoon.

They will also be on hand at all times to guide you and provide you with an evocative history of the hidden village beneath the river Liffey as you enjoy the local wildlife and scenic countryside during your two-hour adventure.



The K Spa

A place where every detail has been tailored to suit your needs; where the spirit, sound and fragrance of the surrounding landscape combines with the delicate scent of aromatherapy essence and soft musical notes to offer you the perfect harmony which will ensure your complete relaxation. Designed to complement and complete your all round stay at The K Club, The K Spa offers a sublime and relaxing experience which will leave you feeling rested and refreshed. Comprising of 7 individual treatments rooms, the Health and Leisure Centre includes a fully equipped gym, weights room and a Pilate's studio. The centrepiece of our health and fitness centre is the extensive 'Pool Hall', which includes a state of the art 16.5 metre resistance pool with hydrotherapy jets, Jacuzzi, experience showers, a relaxation area over-looking the outdoor hot tub and luxurious changing facilities with individual saunas and steam rooms.



Golf

Home of the 2006 Ryder Cup & 2016 Irish Open, golf has a big part to play in The K Club experience. With two Arnold Palmer designed championship golf courses, golfers are spoilt for choice. Between our parkland Ryder Cup Course and our links style Smurfit Course, we have something to suit any avid golfer. The K Club also offers lessons with our resident golf professional for both adults and children. Or if you're looking to take a bit of The K Club home with you, then stop into our Golfshop where we have a full range of branded gifts.

Golf shoes & clubs are available for hire from our Pro Shops



Horse Riding

Experience a relaxing horse ride, with top quality equipment & highest standards of safety. Make use of a full array of over 40 horses to fulfil the needs of the first timers to the experienced rider. With quiet country lanes to full cross country courses, there's something to suit every rider.



Archery

Try your skills at the ancient practice of archery. Whether you are new to it or a seasoned bowman, our fully trained expert staff will help you develop strong mental visualization and achieve balance for the perfect shot. If you are new to the sport, you will be pleasantly surprised at how quickly you will be hitting the target. Many different levels of challenge is available to bring the very best out of you in a fun competitive layout.



Clay Pigeon Shooting

A thrilling experience demanding a keen eye and quick reactions. Our Concierge team will drive each guest to and from the shooting field. There you can avail of the different disciplines on offer plus the expert tuition from our trappers. 20 and 12 gauge shotguns are provided to suit both ladies and gents. A full competition format is designed for all standards with your safety being of utmost importance.



Air Rifle Shooting

Air Rifle Shooting is a great test of skill and accuracy. Participants are met with the perfect opportunity for real competition regardless of skill level. With little or no sound or recoil, air rifles are great to use and ideal for all standards. It is the ultimate challenge in precision and concentration. Set over four levels of difficulty this really will bring out the competitive marksman in you!



Falconry

The K Club offers a unique insight into the noble and ancient art of Falconry where guests are offered a stimulating, unique and memorable experience. Each majestic, beautiful bird is captive bred, both in Ireland and abroad. They include different species of falcons, hawks, owls and a magnificent golden eagle. Perfect as a Corporate activity, we have packages that can cater for a wide diversity of customers and can also be tailored to meet the client's needs.



Tennis

Our tennis courts are located adjacent to the Smurfit Clubhouse, only a short walk from the hotel reception through our magnificent gardens. Tennis is complimentary for our hotel residents and rackets and tennis balls are available from the clubhouse with our compliments.



Walking & Cycling

Situated on 550 acres of vast Kildare countryside, The K Club is the ideal location for long walks or cycles. With everlasting woods and trails to guide you through the grounds, you're guaranteed a beautiful escape from bustling city life. If you're suited to a more gentle exercise, a garden walk has been laid out adjacent to the hotel that will ensure a very enjoyable and picturesque experience. Bicycles are available to use with our compliments. Please contact the Concierge desk to arrange to take one.



Wine Cellar Tour & Whiskey Tasting

Deep under the original house, the wine cellar at The K Club, built by the infamous Barton family, remains a wonderful atmospheric space to explore. Enjoy an evening matching our fabulous wines and mouth-watering food, either informally at a private wine cellar tour or a full gastronomic adventure beginning in the cellar and ending with a sumptuous feast. Enjoy the unique experience of Irish Whiskey Tasting in our Vintage Crop Bar. Discover the differences between various blends, malts, vintage & non-vintage whiskeys.

Tours must be booked in advanced with Reception.



Art & History Tour

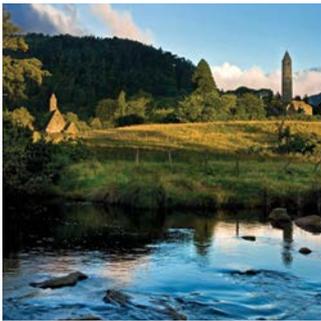
Art at The K Club spans a number of centuries and is an essential part of what gives The K Club its authentic Irish atmosphere. The focus of many of the pieces has a slight, yet not always obvious, equestrian theme. However, the undoubted jewel of The K Club's art collection is the Yeats Room dedicated to Ireland's greatest painter, Jack B Yeats (1871-1957). A private Art & History tour can be arranged for all guests at The K Club. Let our expert guide you through the history of our historic country house while you revel in the timeless art of Jack B Yeats.

Tours must be booked in advanced with Reception.



The Straffan Inn

There is something very special about the atmosphere in a local pub in an Irish town. It is the heartbeat of the community, the place where all are welcome and where all can find a friend. The Straffan Inn, the local pub in the heart of the picturesque village of Straffan, is no exception to this. Serving the best Guinness around as well as local beers and traditional Irish food, the Straffan Inn is a great place to relax and experience a real Irish pub just minutes from The K Club.



Things to Do



While being only 30 minutes from Dublin City Centre, Straffan is beautifully situated in the rolling countryside of Kildare, giving all of our guest's easy access to the array of attractions found in and around Kildare & Dublin. Here is just a few of our favourites:

- Kildare Village
Kildare Village Chic Outlet Shopping is label heaven
- The National Stud & Japanese Gardens
Home to Ireland's top race horses & comforting mix of Eastern & Western gardens
- Punchestown & Curragh Racecourses
Enjoy top class racing in the Horse-Racing capital of the world
- The Guinness Storehouse
The home of the black stuff in the heart of Dublin
- Trinity College
Venture through Ireland's oldest & grandest university
- Dublin Castle
Experience Dublin Castle at the Heart of Irish History
- The Rock of Cashel
A remarkable collection of Celtic art and medieval architecture
- Newgrange
A prehistoric monument built during the Neolithic period
- Glendalough
A glacial valley in County Wicklow, renowned for an Early Medieval monastic settlement
- Kilkenny Castle
An Anglo-Norman stone castle built during the first decade of the 13th Century



If you would like to book any of these activities or would like some more information please contact:
Reservations on +353(0)1 601 7200 or visit www.kclub.ie



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