



Welcome to Cork University Hospital

To those starting off in Cork for the first time or living in Cork for a while and not discovered its charm here are some practical tips for life outside the Hospital

Local Trips to get you going!

1. Fota Wildlife Park and Fota House and Gardens
2. Lunch or Tea in Golf Club of Fota Island Resort (on a sunny day)
3. Blarney Castle and Park
4. Surfing in Garretstown
5. Kinsale and find the secret beech by the Dock Pub
6. Kayaking on Lough Hyne (especially at night)
7. Rostellan Woods for Walk (Bluebells in May)
http://www.coillteoutdoors.ie/index.php?id=171&rec_site=90
8. Lunch or Dinner in Bunnyconnellans <http://bunnyconnellan.ie/>
Definitely on a Sunny day!
9. Rent a boat out of Kinsale <http://www.kinsaleboathire.ie/>
10. Walk in Currabinny woods <http://currabinny.com/>
11. Picnic in Fitzgeralds Park in the City
12. Visit Cobh when one of Liners are in
<http://www.portofcork.ie/index.cfm/page/cruiseschedule2010>

Further afield and worth a trip!

1. Baltimore Town and Sherkin Island (brief ferry trip)
2. Crookhaven (Make sure you have Chowder)
3. Barleycove Beach the beach there was produced by On November 1, 1755 there was an earthquake and tsunami recorded in [Lisbon](#)!!
4. Dursey Island Cable Car
5. Schull Town
6. Alihees Co Cork-this is really the wild atlantic way!
7. Lismore, Co Waterford
8. Doneraile Country Park

Music and Pubs

The Mutton Lane

The Oval

Tom Barry's

The Franciscan Well

El Fenix

Crane Lane

Bodega

Rendezvous-local hospital pub

Etc etc etc

Eating out

Libert Grill (brunch)

The Sextant (brunch)

Electric also with Fish Bar

Orso Kitchen and Bar

Elbow Lane

Ramen

Isaac's

Il Padrino's

Etc etc etc

Beach Life (for the Summer!)

Myrtleville and Fountainstown

Km / Miles from Cork City: 22k / 14m

Direction: SOUTH-Take the N28 via Carrigaline

Nearest town: Carrigaline 4k / 2.5m

Comment: Myrtleville is a small sandy beach mainly used by residents of nearby holiday homes. Limited parking on the road. You can walk or drive from here to Fountainstown beach – about 1k away.

Fountainstown beach is stony with lots of seaweed. It has a large free car park.

Other options: If time allows pay a visit to the nearby sailing town of Crosshaven (location of the oldest sailing club in the world – RCYC)



Beach: Garrettstown

Km / Miles from Cork City: 34k / 21m (Drive Time – 40 minutes)

Direction: EAST – Take the N27 via Cork Airport, Riverstick, Belgooly, Kinsale, Ballinspittle.

Nearest town: Ballinspittle 2k / 1.25m

Food/Snacks: Small Shop and Tea Room

Comment: Large sand and stony Blue Flag beach, great for surfing. Lifeguards present in Summer Season. Lots of parking on the beach front. Ask for directions to the nearby cliff walk, which affords fantastic views of the Celtic Sea on a clear day.

Overall star Rating: 4 ****

Other Options: Walk around Kinsale town – very picturesque. Visit Ballinspittle and find the 'moving statue' !!!



Beach: Garryvoe

Km / Miles from Cork City: 34 k / 21m (Drive Time – 40 Minutes)
Direction: EAST – Take the N25 via Midleton, Castlemartyr, Ladysbridge.
Nearest town: Ladysbridge 2k / 1.25m

Food/Snacks: Small Shop near beach, Garryvoe Hotel near beach serving full meals and bar food.

Comment: A very large sand and stony Blue Flag Beach. Life guards present in Summer Season. Gets extremely busy on fine weekends. Lots of parking along the beach front. Good childrens playground on beach front

Overall star Rating: 3 ***



Beach: Youghal (Pronounced: YAWL)

Km / Miles from Cork City: 48k / 26m (Drive time – 50 Minutes)
Direction: EAST – Take N25 via Midleton, Castlemartyr, Killeagh
Nearest town: Youghal – 300 metres

Food/Snacks: Lots of food options in Youghal town

Comment: An extremely long and popular Blue Flag Beach. Was one of the main beach areas for Cork City residents in the 50's and 60's when a train ran from the city right to the beach. Lots of parking on the main road.

Overall star Rating: 3 ***



Beach: Courtmacsherry

Km / Miles from Cork City: 50k / 31miles (Drive time – 50 minutes)
Direction: WEST – Take N71 via Half Way, Bandon, Timoleague
Nearest town: Courtmacsherry – 500 metres .

Food/Snacks: Shops and pubs in Courtmacsherry village. Fast food vans in Summer time.

Comment: Medium sized sandy beach. Very tidal due to it's snug location deep in Courtmacsherry bay. Sailing and surfing lessons available on the beach. Adequate parking along the beach front. Mainly used by residents of nearby holiday homes.

Overall star Rating: 4 ****



Beach : Inchydoney (Pronounced: INCH-A-DONNY)

Km / Miles from Cork City: 50k / 31miles (Drive time – 55 minutes)

Direction: SOUTH – Take N71 via Bandon, Clonakilty

Nearest town: Clonakilty 4k / 2.5miles Public Transport: None

Food/Snacks: Small kiosk near beach with very erratic opening times. Lodge and Spa hotel nearby where full meals (expensive) and bar food is available.

Comment: Very large sandy Blue Flag Beach. Lifeguards on duty during Summer Season.

Overall star Rating: 4 ****

Other Options: Stroll around Clonakilty town, a pretty place. Visit the Model Railway village, a very popular attraction. Dunmore house hotel, 3 miles from Clonakilty, difficult to find but great bar food and wonderful views.



Beach: The Warren

Km / Miles from Cork City: **58k / 36 miles (Drive time – 1 hour 15 mins)**

Direction: **WEST – Take N71 via Bandon, Clonakilty, Rosscarbery**

Nearest town: **Rosscarbery 2k / 1.25mile**



Food/Snacks: Small shop at beach with very erratic opening times serving Tea and Coffee. Shops and Pubs in Rosscarbery and also hotel called Celtic Ross nearby on main road is good.

Comment: Nearby is a pier suitable for fishing from. Safe for swimming. Lifeguards on site in summer months. You can walk using a safe path over the headland on the left into nearby Owenahincha beach. Small pitch and putt course beside the beach where clubs and balls can be hired. It's 6 euro per 18 hole round.

Overall star Rating: 4 ****

Toilet Facilities: Just about adequate

Other Options : Visit the nearby pretty towns of Glandore, Union Hall and Rosscarbery.

Boating available on the lake below Rosscarbery town. Take the path over the headland to nearby Owenahincha. Good pitch and putt courses behind the beach.

Beach: Owenahincha (very near the Warren) (Pronounced: OH-NA-HIN-CHA)

Km / Miles from Cork City: **58k / 36miles (Drive time 1hour 15 mins)**

Direction: **WEST – Take N71 via Bandon, Clonakilty, Castlefreke**



Public Transport: None

Toilet Facilities: Old and just adequate

Other Options: Take the path over the headland to the Warren Beach. Visit the old castle at Castlefreke.

