

Kilkenny



FOREST JOURNEY

One Day Immersive Experience
Castlecomer, Kilkenny

CONTENTS



OVERVIEW

This one day forest experience welcomes you to the [Castlecomer Discovery Park](#) in Kilkenny, in the former grounds of the Wandesforde Estate.

This beautiful estate and park comprises 80 acres of stunning natural woodland and lakes which dates back to the historic 1600s. Here you will have an immersive forest experience to nourish the soul and leave you feeling restored and refreshed.

Join us on this one day Forest Journey that will help wash away the stresses of everyday life, connect you with your creativity and help restore some balance.





1 Forest bathing

Begin your Forest Journey with something a little different – a relaxed and restorative forest bathing experience.

Forest bathing is a meditative process for participants to reflect on what they want to let go of as they feel the forest floor beneath their feet and hear the birds in the trees above their head. Immerse yourself in the stillness of nature and leave feeling centred and calm.





2

Outdoor lunch

Continue your woodland adventure and enjoy a delicious outdoor lunch experience under beautifully structured covered domes with cute picnic boxes made and prepared by the local [Avalon House Hotel](#).

The boxes provide you with locally sourced food delicacies, which are healthy, tasty and nicely presented. This offers you a chance to experience a taste of Castlecomer and of Kilkenny.





3

Creative Mandala Workshop

This creative workshop takes place in the [Castlecomer Craft Yard](#) and is facilitated by artist Dominika Stoppa. Dominika will use a set of 100 visual symbols to make artworks that will reflect further on the forest bathing experience.

The Creative Mandala experience allows the visitor to visually express a past experience or their wish for the future (vision board), telling their own unique story.





4

End on a high!

The last step of your Forest Journey at the [Castlecomer Discovery Park](#), takes you gliding through the tree tops on a zip line.

This exhilarating experience on Ireland's longest zipline over water allows you to take in an alternative of the Kilkenny landscape as you zoom over the stunning woodland, two lakes and 17th-century hand-restored bridge.



PLACES TO STAY



If you are looking for accommodation in the area, we recommend The Avalon House Hotel.

The Avalon House Hotel

Excellent located in the heart of Castlecomer, the 4 star boutique Avalon House Hotel offers the perfect answer to accommodate everyone, from solo-travellers to groups.

Facilities and rates can be found on their website:

[Find out more](#)



LOCAL TIPS



Beyond the forest, Castlecomer has so much to offer. These local tips are not to be missed:

Castlecomer Craft Yard

Wander through the Castlecomer Craft Yard, home to a community of skilled fine artists and craft makers. Originally the farmyard, stables and kitchen gardens of the Castlecomer Estate in the 1700's, today the restored stables are home to a growing group of crafts people and artists.

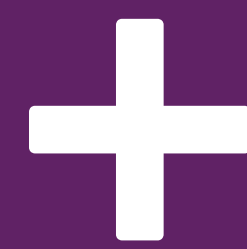
[Check it out](#)

Castlecomer Coal Mining Exhibition

A 45-minute tour through Castlecomer's coal mining past. The exhibition is an interactive multi-media display that takes the visitor on a journey through time. Starting with the formation of the coal 300 million years ago, it brings the visitor through more than 300 years of coal mining history to the closure of the mines in 1969.

[Find out more](#)

ADDED EXTRAS



Possible additions to enhance your experience, this will be paid for directly to the provider.

Castlecomer Discovery Park



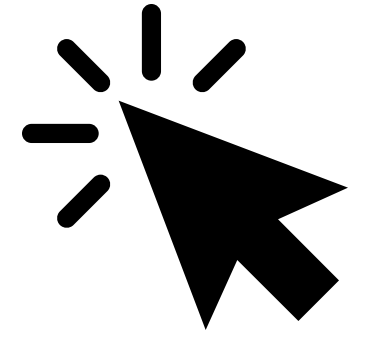
Castlecomer Discovery Park offers a wide range of fun, challenging and exhilarating activities that can be enjoyed on your own, as a couple, family or group of friends.

Tree top walking, orienteering & walking trails to mountain biking – stay in the outdoors and continue your journey of rejuvenation.

If you would like to extend your trip you won't be short of adventurous activities.

[Find out more](#)

BOOKING



For pricing and to book this fantastic one day experience use the button below. This package is only available on specific dates so please check the web page before confirming. We hope you enjoy your time in Castlecomer.



BOOK NOW