



# Galway

## — TRAVEL TIPS —

### Location

Buteyko Clinic International, Loughwell, Moycullen, Co Galway, H91 H4C1

Our purpose-built training premises are located in a rural, scenic area to provide a peaceful environment during your time at Buteyko Clinic International. We have high speed Wi-Fi onsite.

If you're driving, parking is available at our location.

We are located 16km west of Galway city with a variety of accommodation, restaurants, and places of interest in the neighbourhood.

For any further advice on how to find us, send an email to [nikki@buteykoclinic.com](mailto:nikki@buteykoclinic.com)



### Getting There

Ireland's main airport with regular connections is **Dublin Airport**. From here there are several bus connections to Galway which cost approx. €28 return. Direct options are [www.gobus.ie](http://www.gobus.ie) and [www.citylink.ie](http://www.citylink.ie) (Please note that it's advisable to prebook tickets) Dublin is approximately 2.5hrs away on a motorway.

#### Shannon Airport

Shannon Airport is located in Southwest Ireland near Limerick. There is a regular bus connection to Galway which takes approximately 1.5 hours.

[www.expressway.ie/route/51-cork-to-galway](http://www.expressway.ie/route/51-cork-to-galway)

#### Car Hire

Car hire options – [www.kayak.ie](http://www.kayak.ie)

(Please be aware that in Ireland, we drive on the left)



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## Accommodation

Due to our rural location, we recommend staying in Galway city if you don't have your own transportation. We can arrange free transport to and from the training centre.

### **If you wish to stay near the training centre:**

[www.booking.com](http://www.booking.com) - search Hollybanks, Moycullen

<http://thearcheswoodstock.com/> (near Moycullen)

<https://www.airbnb.ie> - search Pinehurst Retreat, Barna

### **Self-catering options**

<https://www.airbnb.ie> Search by postcode H91 H4C1

[www.galwaycoastcottages.com](http://www.galwaycoastcottages.com)

### **Hotels**

[www.glenloabbeyhotel.ie](http://www.glenloabbeyhotel.ie) 5\* prestige hotel, (rural location)

[www.thetwelvehotel.ie](http://www.thetwelvehotel.ie) (Barna)

[www.thedean.ie](http://www.thedean.ie) (Galway city)

[www.salthillhotel.com](http://www.salthillhotel.com) (Galway city outskirts)

There is a huge selection of accommodation in nearby Galway city. Check [www.booking.com](http://www.booking.com)

## Nearby Attractions

Galway city, which is located 16km from the training centre, was recently rated by Conde Nast as one of the top 10 best small cities in the world. It's a vibrant bohemian city with an eclectic mix of restaurants, cafes and traditional pubs mixed with a rich history.

The wildness of Connemara, which is located west of Moycullen, offers an area of desolate beauty, incredible scenery, and memorable seafood restaurants.

A day trip to Aran Islands, where time has stood still, is worth considering if time allows.

## Useful Websites

<https://www.galwaytourism.ie/>

<https://www.visitgalway.ie/>

[www.aranislandferries.com/day-tours/galway-city/cliffs-of-moher](http://www.aranislandferries.com/day-tours/galway-city/cliffs-of-moher)

<https://city-sightseeing.com/en/127/galway/479/hop-on-hop-off-galway>

[www.airbnb.ie](http://www.airbnb.ie)

[www.booking.com](http://www.booking.com)

