

West Cork Awaits....

Make the Most of Your Next Conference



INCHYDONEY ISLAND
LODGE & SPA

For people who value time together

Clonakilty, West Cork, Ireland.

P:+353 (0)23 8833143 E: sales1@inchydoneyisland.com



INCHYDONEY ISLAND
LODGE & SPA

For people who value time together

I s l a n d M e e t i n g s & E v e n t s

Clonakilty, West Cork, Ireland

'Get Out of the Bored Room...'



INCHYDONEY ISLAND
LODGE & SPA

For people who value time together

Inchydoney Island's dramatic views of the Atlantic Ocean offer fresh perspectives. This inspiring environment has the capacity to facilitate changes in group dynamics and an opportunity for your delegates to interact in a whole new way.



MEETINGS & EVENTS

Complimentary Wi-Fi is provided across the hotel and meeting room hire includes full use of in-house AV equipment, projectors, mints, bottled water, flip charts, pads & pencils.





CONFERENCE ROOMS

	M2	Floor	Daylight	Boardroom	U-Shape	Theatre	Banquet	Cocktail
Inchydoney Room	360	3rd	Yes	50	100	300	250	750
Barryroe Room	25	3rd	Yes	12	16	30	20	30
Solarium	13	1st	Yes	15	-	20	-	-
Dunmore room	20	3rd	Yes	10	-	15	10	-

SOME FUN ACTIVITIES

Social programmes at the hotel include golf, surfing, kite flying, horse-riding, beach walks, pottery classes, whale watching and more!





DINE IN STYLE

We are delighted to offer a variety of dining styles in the hotel. From formal to casual and BBQs to Buffets. Our team are happy to cater to your specific needs and requirements.

You can choose from a fine dining experience in the award-winning Gulfstream Restaurant.

Or we can offer you private dining in the elegant Inchydoney Suite with a variety of menus to suit your event.

Alternatively, you can relax in the casual atmosphere of Dunes Pub & Bistro where you can enjoy a well earned drink and some local dishes from our renowned kitchen.



ISLAND SPA

Home to Ireland's only Seawater Spa, the Island Spa is the perfect place to unwind.

- 24 treatment rooms
- Gym
- Sauna
- Steam Room
- Seawater pool
- Express Treatments

EXPRESS TREATMENTS

Join us for a relaxing swim in the heated Seawater Therapy Pool before you spend some time in the Relaxation Area. Enjoy a juice and some fruit as you pore over a magazine and start to unwind before your treatment...

Seawater Treatments

Seawater Massage Bath

Seawater pumped directly from the ocean is heated to 31 degrees and added to our multi-massage bath. Top to toe massage jets in the bath will gently warm the muscles to improve circulation and re-energise the body.

Colour Light Therapy, Enriching Chocolate and Detox Baths are also available.

Face & Body Treatments

Elemis Taster Facial

Leave it to the experts, our therapists will ensure you leave the Spa with glowing skin from our Elemis range products.

Elemis Back Massage

This wonderful massage helps to alleviate high stress levels, ease aching muscles and revive the senses. Dynamic blends of essential oils and level of pressure are customised to target individual needs.

Helps relax, recharge and re-energise, whilst tension melts away.

Tired Leg Massage

Take the weight off your feet with this pampering leg and foot treatment.

Treatments for Men

Elemis Back Treatment

Using specially designed products which will enhance your wellbeing and give a true sense of relaxation and detoxification. Following a deep exfoliation your therapist will treat you to a deluxe pressure point massage offering soothing pain relief and helping to reduce any deep-seated tension. This soothing and revitalizing treatment promotes cell renewal giving you visibly clearer and smoother skin leaving you feeling refreshed and rebalanced.

Elemis Mini Booster IQ Facial

This facial is the ultimate overhaul for male skin. It is an anti-ageing booster for tired, stressed skin, which helps to calm irritation and minimise the signs of ageing as well as protecting against the harsh effects of shaving and environmental damage.

Hands and Feet

ISpa Mini Manicure

ISpa Mini Pedicure



ACCOMMODATION

Complimentary
parking
available.

- 67** Luxury Bedrooms
 - 14** 2 Bedroom Apartments
 - 3** Luxury Suites
- All with sea views

INCHYDONEY ISLAND



Inchydoney Island 45 minutes from Cork, a million miles from the office