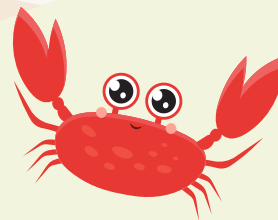


THE **K** CLUB
1832



The Great Summer Escape Activity Programme

AVAILABLE JUNE TO AUGUST 2023

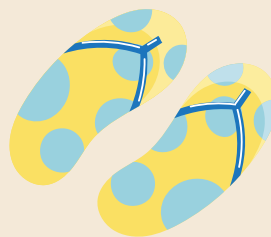




Welcome to your summer escape
at The K Club.

Our daily programme of activities is
here to inspire, enthuse and excite,
whatever your getaway style.
Take part in as many (or as few)
as you wish. This is your time,
you decide how to spend it
and we'll take care of the rest.

It's Time to Play!



RESORT DINING

Whether you're planning the day ahead over breakfast, kicking back with casual bar bites, indulging in a gastronomically led wine pairing, or enjoying relaxed, restorative family time during dinner, The K Club brims with the kind of good taste that will always leave you craving more.

THE BARTON RESTAURANT

Breakfast: 7am - 10.30am
Dinner: 6pm - 9.15pm

THE DRAWING ROOM

Afternoon Tea: 1.30pm - 4.30pm

THE HENRY LOUNGE

Food service: 12pm - 5pm
Drinks service 5pm - 11pm

BLUE MARTINI COCKTAIL BAR

5pm - 12.30am
Drink Service only

THE PALMER

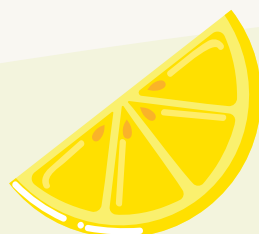
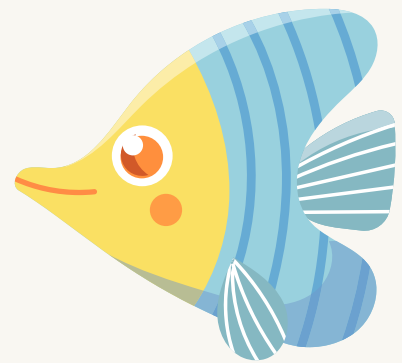
Mon to Wed: 12pm - 9pm
Thurs to Sun: 9am - 9pm
Sunday Lunch: 12pm - 4:30pm
Last food orders is 8.45pm

SOUTH BAR & RESTAURANT

Wed to Fri: 12pm - 9pm
Sat & Sun: 11am - 9pm
Brunch served Sat & Sun
Saturday South DJ Night from 8pm
Last food orders is 8.45pm

THE STRAFFAN INN

Wednesday - Friday: 4pm - 11.30pm
Saturday: 2pm - 12pm
Sunday: 2pm - 11:30pm



MONDAY

ALL
DAY

GARDEN GAMES ON THE LAWN

Experience our garden games all day long on the front lawns. Giant chess, croquet and a chest of sporting games to enjoy in the sunshine. **Available on the Front Lawns, please help yourself!**

9AM

FAMILY FITNESS IN THE K SPA 45 MINUTES

Rise, shine, get active and have fun with a morning family fitness class from our personal trainer, Robert. The class includes a spectrum of stretches and cardio exercises sure to get the blood pumping and kick off your day. **Meet at The K Spa.**
Available for children aged 12 and over.



11AM

JUNIOR EINSTEIN SCIENCE CLUB 3 HOURS

Encourage children's natural curiosity and ignite their enthusiasm with our fun, interactive outdoor science camp, led by our wonderful science instructor, Claire. **Meet in the Walled Garden.**
Available for children aged 5 - 12.
**Must be pre-booked - additional charge of €12.50 per hour applies.*

1PM

HISTORICAL HOUSE TOUR 30 MINUTES

Join our resident historian Georgina as she takes you back in time and reveals the history that lies within The K Club House walls. **Meet in the Hotel Lobby.**

4:30
PM

WINE CELLAR TOUR 30 MINUTES

Descend below ground into our very special House Wine Cellar with a tour that explores the history of our fine collection and introduces you to some rare finds. **Meet in the Hotel Lobby.**



TUESDAY

ALL
DAY

GARDEN GAMES ON THE LAWN

Experience our garden games all day long on the front lawns. Giant chess, croquet and a chest of sporting games to enjoy in the sunshine. **Available on the Front Lawns, please help yourself!**

9AM

FAMILY FITNESS IN THE K SPA 45 MINUTES

Rise, shine, get active and have fun with a morning family fitness class from our personal trainer, Robert. The class includes a spectrum of stretches and cardio exercises sure to get the blood pumping and kick off your day.

Meet at The K Spa.

Available for children aged 12 and over.

11AM

HAWK WALK 2 HOURS

Come face-to-face with one of Ireland's most beautiful birds of prey and watch as it soars through the sky. **Meet at the Front Lawns.**

***Must be pre-booked. Additional charge of €60 per adult and €50 per child applies.**

11AM

JUNIOR EINSTEIN SCIENCE CLUB 3 HOURS

Encourage children's natural curiosity and ignite their enthusiasm with our fun, interactive outdoor science camp, led by our wonderful science instructor, Claire.

Meet in the Walled Garden.

Available for children aged 5 - 12.

***Must be pre-booked - additional charge of €12.50 per hour applies.**

1PM

HISTORICAL HOUSE TOUR 30 MINUTES

Join our resident historian Georgina as she takes you back in time and reveals the history that lies within The K Club House walls.

Meet in the Hotel Lobby.

2PM

FISHING DEMO – LEARN TO FLY FISH

40 MINUTES

Learn the ancient art of fly fishing along The K Club's stretch of the legendary River Liffey with expert tuition from our activity manager, Robert. **Meet in the Hotel Lobby.**

3PM

ESTATE BIKE RIDES 30 MINUTES

Take our complimentary bikes on a guided ride with our activity manager and discover the peaceful 6km of K Trails that wind through the estate. **Meet at the front of the Hotel.**

4:30
PM

WINE CELLAR TOUR 30 MINUTES

Descend below ground into our very special House Wine Cellar with a tour that explores the history of our fine collection and introduces you to some rare finds.

Meet in the Hotel Lobby.



WEDNESDAY



ALL
DAY

GARDEN GAMES ON THE LAWN

Experience our garden games all day long on the front lawns. Giant chess, croquet and a chest of sporting games to enjoy in the sunshine. **Available on the Front Lawns, please help yourself!**

9AM

FAMILY FITNESS IN THE K SPA

45 MINUTES

Rise, shine, get active and have fun with a morning family fitness class from our personal trainer, Robert. The class includes a spectrum of stretches and cardio exercises sure to get the blood pumping and kick off your day.

Meet at The K Spa.

Available for children aged 12 and over.

11AM

GUIDED GARDEN WALK

30 MINUTES

Discover the abundance of wildlife that lives around our 550-acre estate with our knowledgeable activity manager guiding you through all the flora and fauna.

Meet in the Hotel Lobby.

11AM

JUNIOR EINSTEIN SCIENCE CLUB

3 HOURS

Encourage children's natural curiosity and ignite their enthusiasm with our fun, interactive outdoor science camp, led by our wonderful science instructor, Claire.

Meet in the Walled Garden.

Available for children aged 5 - 12.

**Must be pre-booked - additional charge of €12.50 per hour applies.*

1PM

HISTORICAL HOUSE TOUR

30 MINUTES

Join our resident historian Georgina as she takes you back in time and reveals the history that lies within The K Club House walls.

Meet in the Hotel Lobby.

2PM

FISHING DEMO - LEARN TO FLY FISH

40 MINUTES

Learn the ancient art of fly fishing along The K Club's stretch of the legendary River Liffey with expert tuition from our activity manager, Robert. **Meet in the Hotel Lobby.**

3PM

ESTATE BIKE RIDES

30 MINUTES

Take our complimentary bikes on a guided ride with our activity manager and discover the peaceful 6km of K Trails that wind through the estate. **Meet at the front of the Hotel.**

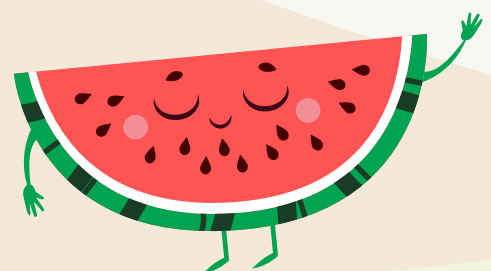
4:30
PM

WINE CELLAR TOUR

30 MINUTES

Descend below ground into our very special House Wine Cellar with a tour that explores the history of our fine collection and introduces you to some rare finds.

Meet in the Hotel Lobby.



THURSDAY

ALL
DAY

GARDEN GAMES ON THE LAWN

Experience our garden games all day long on the front lawns. Giant chess, croquet and a chest of sporting games to enjoy in the sunshine. **Available on the Front Lawns, please help yourself!**

9AM

FAMILY FITNESS IN THE K SPA 45 MINUTES

Rise, shine, get active and have fun with a morning family fitness class from our personal trainer, Robert. The class includes a spectrum of stretches and cardio exercises sure to get the blood pumping and kick off your day.

Meet at The K Spa.

Available for children aged 12 and over.

11AM

HAWK WALK 2 HOURS

Come face-to-face with one of Ireland's most beautiful birds of prey and watch as it soars through the sky. **Meet at the Front Lawns.**

**Must be pre-booked. Additional charge of €60 per adult and €50 per child applies.*



11AM

JUNIOR EINSTEIN SCIENCE CLUB 3 HOURS

Encourage children's natural curiosity and ignite their enthusiasm with our fun, interactive outdoor science camp, led by our wonderful science instructor, Claire.

Meet in the Walled Garden.

Available for children aged 5 - 12.

**Must be pre-booked - additional charge of €12.50 per hour applies.*

1PM

HISTORICAL HOUSE TOUR 30 MINUTES

Join our resident historian Georgina as she takes you back in time and reveals the history that lies within The K Club House walls.

Meet in the Hotel Lobby.

2PM

FISHING DEMO – LEARN TO FLY FISH

40 MINUTES

Learn the ancient art of fly fishing along The K Club's stretch of the legendary River Liffey with expert tuition from our activity manager, Robert. **Meet in the Hotel Lobby.**

3PM

ESTATE BIKE RIDES

30 MINUTES

Take our complimentary bikes on a guided ride with our activity manager and discover the peaceful 6km of K Trails that wind through the estate. **Meet at the front of the Hotel.**

4:30
PM

WINE CELLAR TOUR

30 MINUTES

Descend below ground into our very special House Wine Cellar with a tour that explores the history of our fine collection and introduces you to some rare finds.

Meet in the Hotel Lobby.



FRIDAY



ALL
DAY

GARDEN GAMES ON THE LAWN

Experience our garden games all day long on the front lawns. Giant chess, croquet and a chest of sporting games to enjoy in the sunshine. **Available on the Front Lawns, please help yourself!**

9AM

FAMILY FITNESS IN THE K SPA

45 MINUTES

Rise, shine, get active and have fun with a morning family fitness class from our personal trainer, Robert. The class includes a spectrum of stretches and cardio exercises sure to get the blood pumping and kick off your day. **Meet at The K Spa.**

Available for children aged 12 and over.

11AM

GUIDED GARDEN WALK

30 MINUTES

Discover the abundance of wildlife that lives around our 550-acre estate with our knowledgeable activity manager guiding you through all the flora and fauna. **Meet in the Hotel Lobby.**

11AM

JUNIOR EINSTEIN SCIENCE CLUB

3 HOURS

Encourage children's natural curiosity and ignite their enthusiasm with our fun, interactive outdoor science camp, led by our wonderful science instructor, Claire.

Meet in the Walled Garden.

Available for children aged 5 - 12.

**Must be pre-booked - additional charge of €12.50 per hour applies.*

1PM

HISTORICAL HOUSE TOUR

30 MINUTES

Join our resident historian Georgina as she takes you back in time and reveals the history that lies within The K Club House walls.

Meet in the Hotel Lobby.

2PM

FISHING DEMO - LEARN TO FLY FISH

40 MINUTES

Learn the ancient art of fly fishing along The K Club's stretch of the legendary River Liffey with expert tuition from our activity manager, Robert. **Meet in the Hotel Lobby.**

3PM

ESTATE BIKE RIDES

30 MINUTES

Take our complimentary bikes on a guided ride with our activity manager and discover the peaceful 6km of K Trails that wind through the estate. **Meet at the front of the Hotel.**

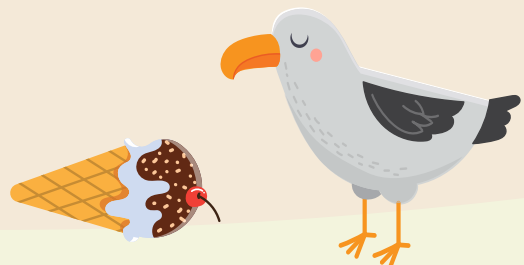
4:30
PM

WINE CELLAR TOUR

30 MINUTES

Descend below ground into our very special House Wine Cellar with a tour that explores the history of our fine collection and introduces you to some rare finds.

Meet in the Hotel Lobby.



SATURDAY

ALL
DAY

GARDEN GAMES ON THE LAWN

Experience our garden games all day long on the front lawns. Giant chess, croquet and a chest of sporting games to enjoy in the sunshine. **Available on the Front Lawns, please help yourself!**

9AM

FAMILY FITNESS IN THE K SPA 45 MINUTES

Rise, shine, get active and have fun with a morning family fitness class from our personal trainer, Robert. The class includes a spectrum of stretches and cardio exercises sure to get the blood pumping and kick off your day.

Meet at The K Spa.

Available for children aged 12 and over.

11AM

HAWK WALK 2 HOURS

Come face-to-face with one of Ireland's most beautiful birds of prey and watch as it soars through the sky. **Meet at the Front Lawns.**

**Must be pre-booked. Additional charge of €60 per adult and €50 per child applies.*



11AM

JUNIOR EINSTEIN SCIENCE CLUB 3 HOURS

Encourage children's natural curiosity and ignite their enthusiasm with our fun, interactive outdoor science camp, led by our wonderful science instructor, Claire.

Meet in the Walled Garden.

Available for children aged 5 - 12.

**Must be pre-booked - additional charge of €12.50 per hour applies.*

1PM

HISTORICAL HOUSE TOUR 30 MINUTES

Join our resident historian Georgina as she takes you back in time and reveals the history that lies within The K Club House walls.

Meet in the Hotel Lobby.

2PM

FISHING DEMO – LEARN TO FLY FISH

40 MINUTES

Learn the ancient art of fly fishing along The K Club's stretch of the legendary River Liffey with expert tuition from our activity manager, Robert. **Meet in the Hotel Lobby.**

3PM

ESTATE BIKE RIDES

30 MINUTES

Take our complimentary bikes on a guided ride with our activity manager and discover the peaceful 6km of K Trails that wind through the estate. **Meet at the front of the Hotel.**

4:30
PM

WINE CELLAR TOUR

30 MINUTES

Descend below ground into our very special House Wine Cellar with a tour that explores the history of our fine collection and introduces you to some rare finds.

Meet in the Hotel Lobby.



SUNDAY



ALL
DAY

GARDEN GAMES ON THE LAWN

Experience our garden games all day long on the front lawns. Giant chess, croquet and a chest of sporting games to enjoy in the sunshine. Available on the Front Lawns, please help yourself!

3PM

FAMILY GOLF CLINIC

60 MINUTES

Go from so-so to golf pro and perfect your swing as you learn the art of golf with our resident professional.

Meet on the Resident Driving Range.

Children must be aged 6+.

4:30
PM

WINE CELLAR TOUR

30 MINUTES

Descend below ground into our very special House Wine Cellar with a tour that explores the history of our fine collection and introduces you to some rare finds.

Meet in the Hotel Lobby.



OTHER ACTIVITIES

AVAILABLE ON REQUEST

BABY SITTING

(Must be prebooked - additional charge of €20 per hour applies)

CHILDREN'S DVDS AND DVD PLAYERS

COLOURING BOOKS AVAILABLE AT ALL MEALS

BOARD GAMES AND DECKS OF PLAYING CARDS CAN
BE FOUND IN THE LIBRARY

ACTIVITIES THAT MUST BE PRE-BOOKED

Archery
Fishing
Boat Rides
Segways
Paddle Boarding
Golf
Horse riding

Clay Pigeon Shooting
Air Rifle Shooting
Bike Tours
Hiking and Walking
Tours
Falconry



