



West Coast Lodge packages autumn 2009

Yoga and Surfing Holidays in Lahinch

Join us for an exciting week of sea, surf and yoga. We have a fantastic all-inclusive program with great accommodation, delicious healthy food and superb surf instruction.

Enjoy yoga everyday with our experienced teacher Michelle Riordan, co-founder of Yoga traveller and expert surf instruction with Ben of Ben's Surf Clinic. In between enjoy the beautiful surroundings of West Clare, go hiking in the Burren, and take in some traditional music in Doolin.

Lahinch is fast becoming Ireland's premier surf spot with a great choice of breaks all along the coast. Lahinch beach is perfect for beginners or the experienced surfer can avail of numerous excellent reef breaks

€580 shared accommodation

€680 private double/twin

Price includes:

7 nights accommodation at the West Coast Lodge – shared (*For individual or private please contact us for details)

7 x 90 minutes morning yoga sessions with Michelle Riordan – tailored towards surfing

5 x Surf lessons with Ben of Ben's Surf Clinic. Specialised lessons including classroom sessions, video feedback, board progression and much more. Suitable for beginners through to advanced.

7 x breakfasts including fresh fruit, coffee and freshly baked Irish breads

5 x evening meals

1 x Burren Hike

Optional extras: full body massage, extra yoga workshops, private one-on-one surf lessons, cookery courses, climbing

Address: Station Road, Lahinch, Co Clare
Telephone: 065-7082000
Email: info@westcoastlodge.ie


WEST COAST LODGE
LAHINCH CO. CLARE IRELAND

Surf weekends with Lahinch surf school:

Two nights accommodation with continental breakfast each morning and a two hour surf lesson each day

Private double/twin: euro140.00 per person including continental breakfast

Shared dorm: euro120.00 per person including continental breakfast

Bens surf clinic improvers weeks

17th to 21st August and 24th to 28th August

This includes one lesson per day, video and theory and four nights accommodation

Private twin/double: euro250.00 including continental breakfast

Shared double: euro220.00 including continental breakfast

The Green Room Surf School

Two nights accommodation with continental breakfast each morning and a two hour surf lesson each day

Private double/twin: euro130.00 per person including continental breakfast

Shared dorm: euro110.00 per person including continental breakfast

Golf Package for Autumn 2009

Dates: to be confirmed

One nights accommodation in a twin room with a round of Golf on the Lahinch Old course for including continental breakfast and a full body massage after or before your golf

Euro: 115.00 per person based on a twin sharing or double room

Euro: 75.00 excluding massage

If you wish to have a package Taylor made please contact us for details