

Feed the Body and Soul

Who: Those who enjoy good food and relaxation

Where: Ards and North Down

Duration: 2 day break with overnight stay

Treat yourself to the delights of Ards and North Down with a hands on experience in traditional bread making and unwind in 5 luxury.*

Tracey's Farmhouse Kitchen, Killinchy, BT23 6UD, 07711 484850

***Advance booking required – charge applies**

Start your day by making your own traditional breads – soda, wheaten and potato in Tracey's kitchen which is situated on the shores of scenic Strangford Lough.

Start the session with tea/ coffee and homemade sweet treats. Learn how to make the breads by getting your hands dirty and then sit around the table for more tea/ coffee and your own freshly baked breads with homemade jams and award-winning butters.

Head for the Strangford ferry and experience the unique path the ferry must take to negotiate the strong currents.



Portaferry, BT21 1NZ

(50 mins from previous)

Arrive in the quaint town of Portaferry and enjoy the spectacular landscape and history of the area. Call into the Portaferry Visitor Centre or download the Walking Trail and discover all that the town has to offer!

Take to the water by booking a sea kayaking trip with Mobile Team Adventure. Enjoy a relaxing trip on the stunning Lough and observe the stunning scenery as you paddle.





Greyabbey Village and Abbey, BT22 2NQ (19 mins from previous)

Greyabbey is a quaint village on the banks of scenic Strangford Lough. Enjoy the antique shops, small boutiques and a local hostelry whilst chatting to the locals. The origins of the village can be traced back to 1193 when Affreca the wife of John de Courcy (AngloNorman invader) founded the Abbey from which it takes its name. Make sure to visit the Physic garden to see the historic plants the monks would have used for medicinal remedies! The Abbey is set in the landscaped parkland of the 18th century Rosemount House and the grounds of the Abbey are the perfect spot to enjoy a picnic.



Culloden Estate and Spa, Holywood, BT18 0EX, 028 9042 1066 (30 mins from previous)

Check into the luxurious 5* Estate which was originally built as an official palace for the Bishop of Down, it stands in a 12-acre estate. Enjoy palatial surroundings, fine antiques and the highest levels of personal service. Each of the 98 guest bedrooms is exquisitely decorated and tastefully furnished. Many have stunning views over the Estate and Belfast Lough, and the County Antrim coastline especially the Palace Suite, one of Ireland's finest bedroom suites.

Enjoy a sumptuous dinner before heading to bed for a well-deserved rest.

Start your morning with a healthy breakfast in luxurious surroundings before going to the Health Club and Spa.

The Health Club offers a full range of facilities, including a swimming pool, Jacuzzi, marble steam room and needle shower, a state-of-the-art fitness suite with cardio-theatre, fitness consultation clinic, dance studio and Juice Bar.

Enjoy a sanctuary for both your body and mind and an antidote to the hustle and bustle of everyday life. In the Spa you will find an oasis of tranquillity. Luxurious treatment suites, relaxation rooms, swimming pool, a range of heat experiences and an extensive selection of therapies on offer, the Spa offers the perfect haven to enjoy some time out and pampering.

Indulge your senses and escape to a place where tension, fatigue and stress all simply melt away.





Hollywood, BT18 9AB

(5 mins from previous)

Hollywood is famous for its maypole in the centre of town. Look up and wonder how old it really is. The original was reputedly a ship's mast given by Dutch traders saved from shipwreck in the Lough. The maypole can be seen on a map dating to 1625 housed in North Down Museum. The 70ft mast has been replaced often but it is still the focus of May Day celebrations.

The town is also well known for its many coffee shops and restaurants so take advantage of the range of options. The town is also renowned for its independent shops and boutiques, so it is the ideal place to purchase something unique to remember your trip!



For more information on any of these places to visit or more ideas on other locations call into or phone [Ards Visitor Information Centre on 028 9182 6846](tel:02891826846).