

A Slow Day at The Gleneagle

Sometimes the perfect holiday day is one where you stay close to home base and truly savour everything your hotel has to offer. This 'Slow Day' itinerary at Gleneagle is all about relaxation, light activity, and treating yourself—without ever needing to rush.

Morning: Ease Into the Day

Start your day with a delicious breakfast at Gleneagle—whether you go for a full Irish or something lighter, you'll be well-fuelled for what's ahead.

Head to the Leisure Centre for a gentle gym session followed by a refreshing swim in the heated pool. Take time to unwind in the sauna or jacuzzi, soaking up that holiday feeling.

Late Morning: Scenic Walk & Coffee Break

After freshening up, step out the hotel doors and take a peaceful stroll through Maurice O'Donoghue Memorial Park. Follow the path out to the nearby racecourse and soak in the open views of the surrounding mountains and National Park.

Grab a coffee at the racecourse café or a nearby coffee trailer, then enjoy a relaxed walk back to the hotel at your own pace.

Afternoon: Light Leisure & Pampering

Back at Gleneagle, keep the mood light and fun with a game of pitch and putt on the hotel's mini course, or opt for a more active game of tennis or squash at the Leisure Centre.

For the ultimate indulgence, book a treatment at Skin & Beauty. Whether it's a soothing facial, massage, or beauty treatment, you'll emerge feeling refreshed and renewed.

Evening: Flavour & Entertainment

As the day winds down, enjoy a leisurely dinner in one of Gleneagle's restaurants such as Fiadh. Tuck into locally inspired dishes, hearty favourites, or something a little special from the chef's seasonal menu.

Afterwards, sit back with a drink and let the evening carry you away with live entertainment—from traditional music to cabaret or comedy, there's always something happening at Gleneagle.

Whether you're a solo traveller, couple, or enjoying a break with friends or family, a slow day at Gleneagle lets you enjoy life's simple pleasures—at your own pace.