

ATLANTIC TRAVEL & TOURS

UNITED KINGDOM AND THE REPUBLIC OF IRELAND – SINGLE, COUPLES & FAMILIES

**DISCOVERING THE MOST AUTHENTIC BRITISH ISLES AND IRELAND,
AMONG WILD LANDSCAPES, HISTORIC VILLAGES, AND TIMELESS
TRADITIONS, FOR JOURNEYS DESIGNED FOR SINGLES, COUPLES, AND
FAMILIES**



WWW.VISITATLANTICTRAVELTOURS.COM

FROM THE CEO – FOUNDER

Dear travelers,

Travelling is much more than moving from one place to another: it is a way of seeing the world with new eyes, **being inspired by different cultures, and living experiences that remain with us over time.**

Every itinerary we create is built around a clear idea: to **offer an authentic and conscious way of discovering destinations, far from conventional routes and mass tourism.** We believe in travel that combines **emotion, freedom, and quality,** tailored to the **needs and desires of every traveler.**

Whether it is an individual journey, a romantic escape, or a family experience, every proposal is designed to **enhance the destination, its landscapes, and its most genuine atmospheres.** From major cities to hidden places, each stop becomes part of a **personal and unique story.**

Our aim is to guide travelers in discovering destinations that can **surprise, inspire, and leave a lasting memory, through carefully curated experiences and a strong focus on travel quality.**

Because every journey is not just a destination, but **a different way of experiencing the world.**



Steve Tabacchi

DR. STEVE TABACCHI
CEO - FOUNDER
ATLANTIC TRAVEL & TOURS



WHY TRAVEL WITH US

**DISCOVER WHY OUR
TOUR OPERATOR IS
UNIQUE AND
UNRIVALED!**

BESPOKE TRAVEL FOR EVERYONE



OUR TRAVEL ITINERARIES

We exclusively curate itineraries for innovative and original travel experiences that diverge from the conventional paths of mass tourism. Our aim is for each customer to be the protagonist of their own journey.

OUR TRAVEL CLASSES

We arrange travel for the following categories:

- **FIRST**
- **PREMIUM**
- **ECONOMY**

WE ORGANIZE ITINERARIES USING THE FOLLOWING TRANSPORTS



CAR

- ✓ RENTAL



VAN

- ✓ RENTAL
- ✓ SCHEDULED TOURS WITH DRIVER



COACH

- ✓ RENTAL WITH DRIVER
- ✓ SCHEDULED TOURS WITH DRIVER



MOTORHOME

- ✓ RENTAL



MOTORCYCLE

- ✓ CHARTER SERVICES
- ✓ TAILOR MADE TRAVEL ITINERARIES

PRIORITY CHECK-IN AND CHECKED BAGGAGE

Bid farewell to lengthy check-in queues! With our priority check-in service, you can swiftly obtain your boarding pass and check in your baggage. We are consistently prepared to provide this option, contingent upon airline availability, to enhance your travel experience, whether you are flying in premium or economy class. **Do not squander time; opt for comfort!**



NO QUEUES AT THE AIRPORT WITH THE FAST TRACK SERVICE



We understand the frustration of enduring lengthy waits at airport security. Therefore, we consistently incorporate fast track access into our travel packages, allowing you to bypass the queue and enjoy a stress-free experience.

The service is contingent upon the availability at each airport, thus we cannot assure its constant accessibility. Nevertheless, we are pleased to announce that it has been implemented in the majority of the airports we utilize. **Seize this opportunity!**





COMFORT IN AIRPORT LOUNGES

Once reserved solely for business and first-class passengers, airport lounges are now available to travelers in other classes as well. We provide the highest level of comfort and luxury to ensure your airport experience is memorable. In our travel packages, we consistently strive to include access to these exclusive areas at both departure and arrival points (subject to airport and airline availability). Relax, indulge in culinary delights, savor fine beverages, and enjoy refreshing showers, all within elegant and tranquil settings. **Seize this exceptional opportunity!**



OTHERS SERVICES

OUR EXCEPTIONAL
PARTNERSHIPS WITH
DIVERSE SUPPLIERS ENABLE
US TO PROVIDE OUR
CUSTOMERS WITH THE
FINEST OF THE FOLLOWING
SERVICES

ADVANCED LUGGAGE SHIPPING
TOURIST VISAS
CURRENCY EXCHANGE
INSURANCE POLICIES



	AUD	7.01
	NZD	5.05
	JPY	0.0913
	GBP	11.23
	EUR	9.71
	SGD	5.35
	CHF	7.00



ALWAYS TRAVEL WITH A PREMIUM DISCOUNT!



-20%

- ACTIVE YEAR-ROUND
- FOR ALL CATEGORIES OF TRAVELERS
- NO MINIMUM SPENDING THRESHOLD REQUIRED



TRAVEL PHOTOGRAPHER

FOR AN UNFORGETTABLE TOUR
FOREVER



Certain journeys hold a unique significance: a honeymoon, a wedding anniversary marked by the renewal of vows, or cherished moments spent with close friends or family. Such beautiful occasions will be immortalized through professional photography and videography. Should you wish to incorporate this option into your upcoming trip, we are pleased to provide assistance with photographers who can transform your experience into a lasting memory.



ONE FREE INDIVIDUAL FOR EVERY 15 PAYING CUSTOMERS

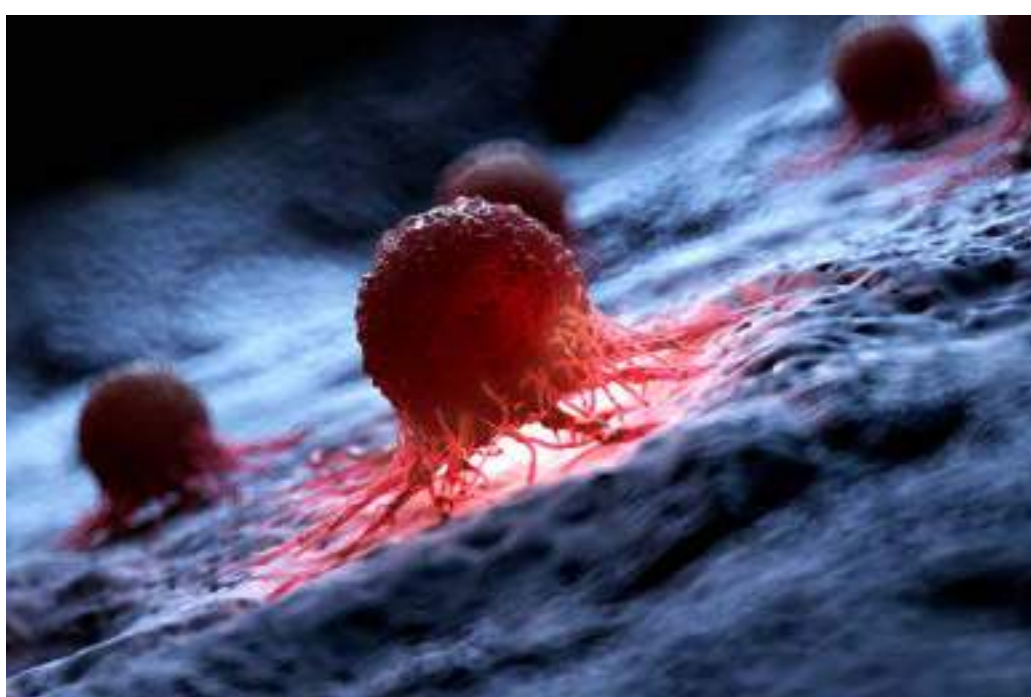
Take advantage of our **perpetually active** promotion. If you can gather a **minimum of 15 individuals**, one person will receive a **complimentary** trip. Consider anyone who might be interested among family, friends, colleagues, or others. Additionally, if you require a tour leader or tour guide to assist you and your group throughout the entire tour, we can provide this service as well



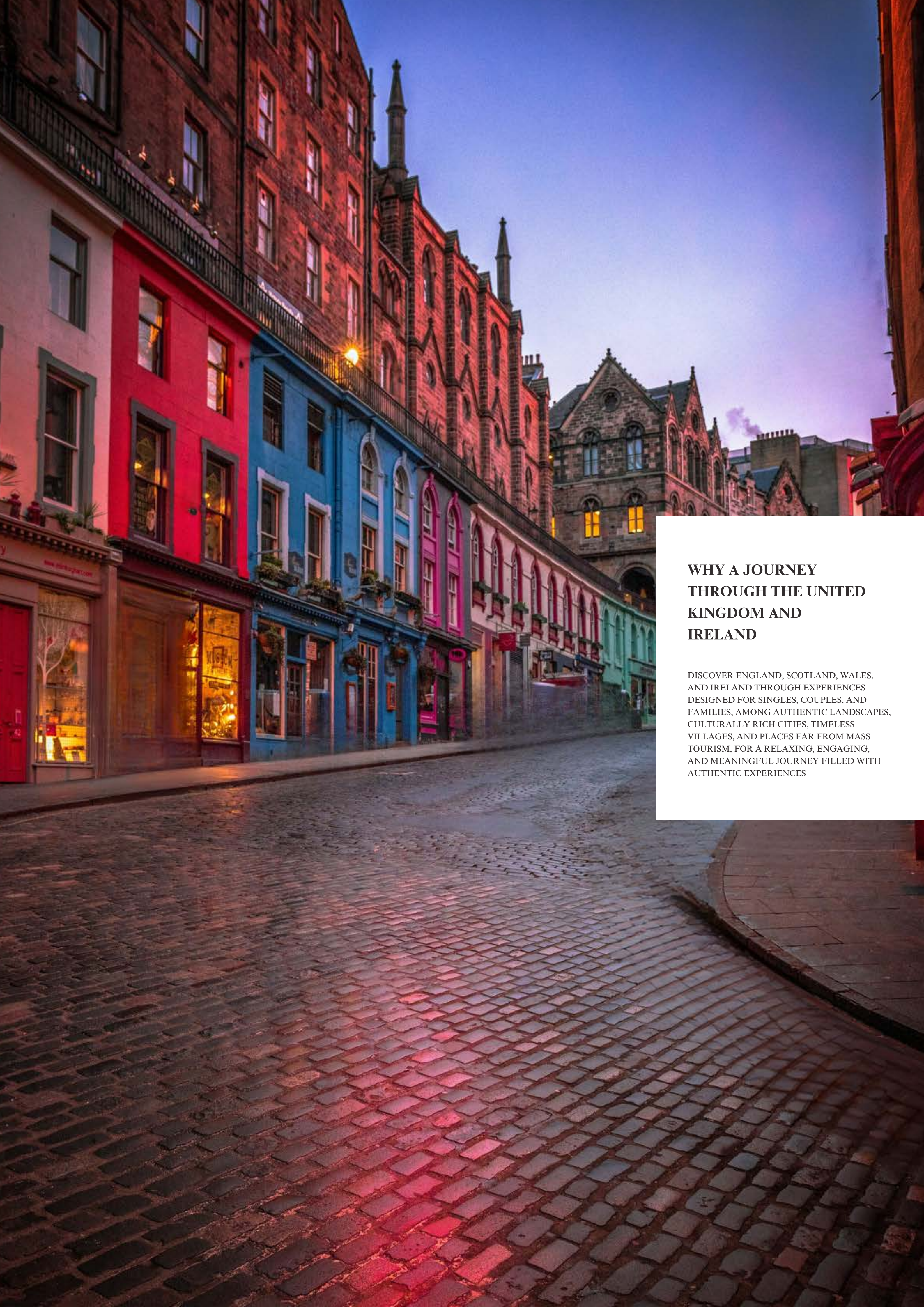
OUR COMMITMENT TO ENVIRONMENTAL PROTECTION AND CANCER RESEARCH



THROUGH OUR TRIPS, WE AIM TO PROVIDE OUR CUSTOMERS WITH THE OPPORTUNITY TO **SUPPORT** NON-PROFIT ORGANIZATIONS DEDICATED TO ADDRESSING THE FOLLOWING GLOBAL CHALLENGES.



- **CONSERVATION OF PLANT AND ANIMAL LIFE**
- **GLOBAL WARMING**
- **CANCER RESEARCH**



**WHY A JOURNEY
THROUGH THE UNITED
KINGDOM AND
IRELAND**

DISCOVER ENGLAND, SCOTLAND, WALES,
AND IRELAND THROUGH EXPERIENCES
DESIGNED FOR SINGLES, COUPLES, AND
FAMILIES, AMONG AUTHENTIC LANDSCAPES,
CULTURALLY RICH CITIES, TIMELESS
VILLAGES, AND PLACES FAR FROM MASS
TOURISM, FOR A RELAXING, ENGAGING,
AND MEANINGFUL JOURNEY FILLED WITH
AUTHENTIC EXPERIENCES

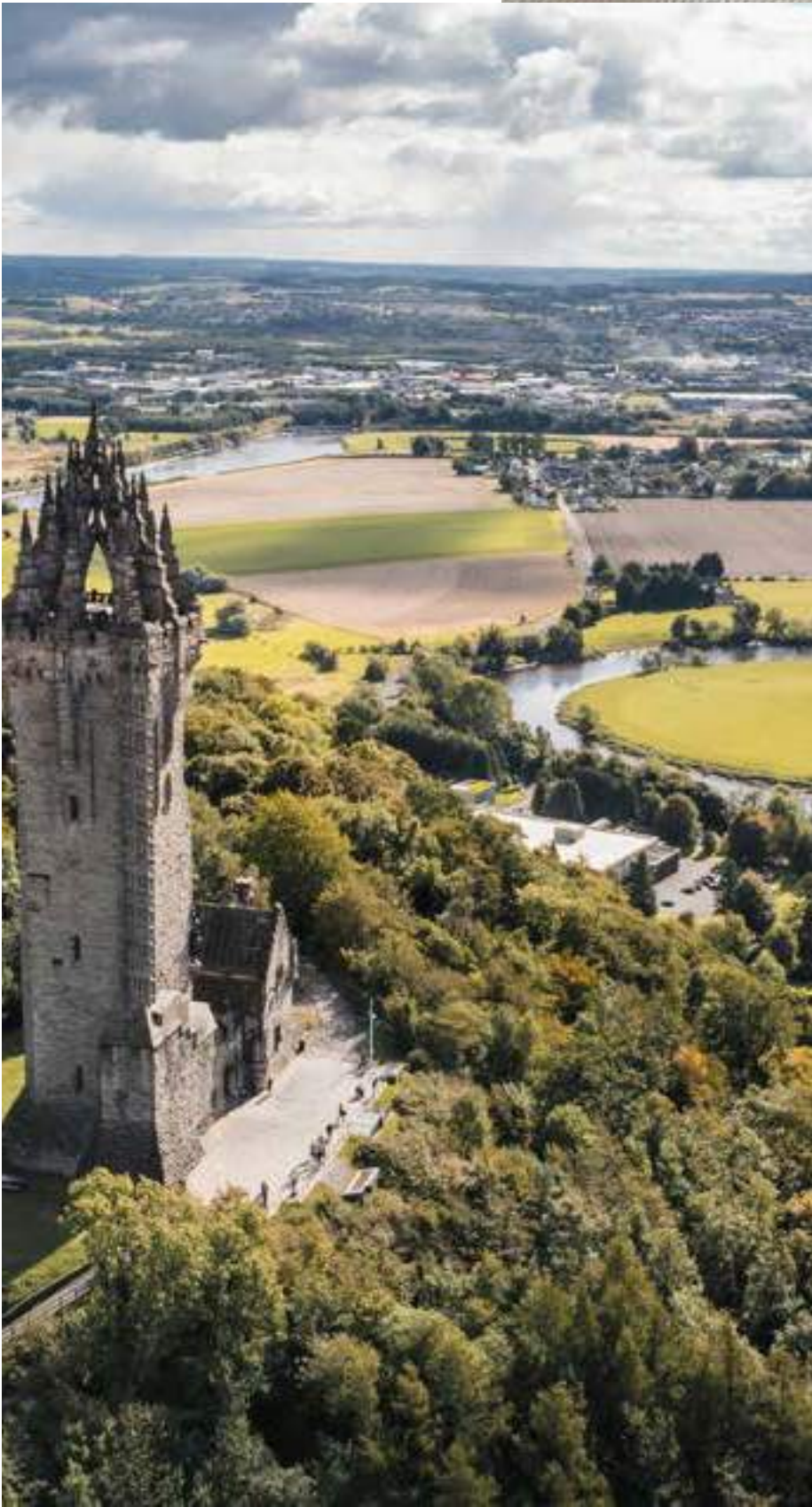
THE CHARM OF A JOURNEY THROUGH THE UNITED KINGDOM AND THE REPUBLIC OF IRELAND



There are journeys that do not seek fast-paced itineraries or spectacular effects, but instead invite travellers to experience every moment with calm, balance, and awareness, naturally adapting to those travelling solo, as couples, or as families. The United Kingdom and the Republic of Ireland fully embody this approach, offering a flexible and personal way of travelling, where everyone can find their own pace and way of exploring. Between culturally rich cities, timeless villages, expansive countryside, and wild coastlines, each itinerary becomes an authentic and accessible journey that combines discovery with serenity.

In these destinations, the value of travel lies not in the number of places visited, but in the quality of the experiences lived. Whether for independent travellers, couples seeking evocative atmospheres, or families looking for shared moments, each setting offers different spaces, rhythms, and ways of experiencing the territory. Historic cities, natural parks, Atlantic cliffs, and small rural towns become versatile backdrops where culture, nature, and local life blend naturally.

The United Kingdom and the Republic of Ireland allow for tailor-made itineraries, characterised by easy travel, meaningful stops, and a constant sense of comfort and freedom. It is a way of travelling that prioritises slow discovery, the authenticity of places, and the ability to experience each moment without pressure, turning the journey into a balanced, engaging, and deeply personal experience.



WHY A JOURNEY THROUGH THE UNITED KINGDOM AND THE REPUBLIC OF IRELAND

LANDSCAPES THAT WELCOME AND DIFFERENT WAYS TO EXPERIENCE THEM

The United Kingdom and the Republic of Ireland offer an extremely versatile travel setting, suitable for different types of travellers, from independent explorers to couples seeking evocative atmospheres and families looking for accessible and engaging experiences. The strength of these destinations lies in the variety of landscapes and the ease with which they can be explored: from the Atlantic coasts of Ireland to England’s historic villages, and on to the Scottish Highlands and Welsh countryside, each area offers a different way of experiencing the territory. Cities such as Edinburgh, York, Bath, and Dublin alternate with small towns where local life remains central, creating a natural balance between culture and nature.

EXPERIENCES THAT ADAPT TO EACH TRAVELER

In these destinations, every experience takes on a different meaning depending on who is travelling. For solo travelers, vast open spaces and scenic routes become opportunities for freedom and personal discovery, surrounded by nature and silence. For couples, remote coastlines, seaside villages, and peaceful countryside settings create ideal backdrops for shared moments and intimacy. Families find a safe and stimulating environment, where castles, interactive museums, and nature trails allow a balance of learning and enjoyment. Lakes, national parks, and small local communities become meeting points between nature, culture, and everyday life.

TRAVELLING FREELY BETWEEN NATURE AND CULTURE

The United Kingdom and Ireland lend themselves to a flexible and gradual way of travelling, where journeys themselves become part of the experience. Scenic roads, open coastlines, and rural regions allow for fully customised itineraries without rigid constraints. This approach enables solo travellers to explore independently, couples to enjoy a relaxed pace, and families to plan balanced days between activities and rest. Each day can combine nature, culture, and small local towns, turning the journey into a continuous, harmonious, and deeply personal experience.



OUR APPROACH TO TAILOR-MADE TRAVEL

Every journey should be a personal experience, capable of reflecting tastes, expectations, and the way each traveller approaches discovery. For this reason, every itinerary is not created as a standard package, but as a project built around the traveller.

Our approach is based on listening and personalisation: understanding what you wish to experience, interpreting your travel style, and shaping it into a coherent, balanced, and meaningful journey.

Every detail is carefully considered: from destinations to the pace of travel, from experiences along the way to the selection of the most suitable accommodation.

The goal is to create a harmonious journey where each stop has a clear purpose and contributes to the overall experience.

The result is an authentic, tailor-made itinerary designed to adapt to every type of traveller, whether singles, couples, or families.

EXPERIENCES THAT MAKE A JOURNEY THROUGH THE UNITED KINGDOM AND THE REPUBLIC OF IRELAND UNIQUE

LANDSCAPES THAT INVITE CALM AND DISCOVERY

The United Kingdom and the Republic of Ireland stand out for an extraordinary variety of landscapes that can be experienced at a slow and personal pace. From soft, rolling countryside to the rugged Atlantic coastlines, and from the vast natural spaces of Scotland to the green parks of Wales, each environment offers a sense of openness and tranquillity. These are places that are not meant to be simply crossed, but to be observed and experienced, leaving room for moments of pause, contemplation, and connection with nature.



HISTORY AND CULTURE AS PART OF EVERYDAY LIFE

In these destinations, history is not confined to museums but is reflected in landscapes and towns. Castles, abbeys, historic villages, and culturally rich cities allow travellers to connect with centuries of heritage in an accessible and immediate way. Each place tells its own identity, from English university cities to small Irish communities, offering cultural experiences that can be enjoyed freely, with curiosity and without fixed schedules.



A SLOW, FLEXIBLE AND COMFORTABLE WAY OF TRAVELLING

Travelling through these regions means being able to choose a personal pace, alternating scenic journeys, stops in villages, and moments immersed in nature. Well-developed infrastructure and a wide variety of itineraries allow for tailor-made experiences, without stress and with great flexibility. Each day can become a harmonious blend of discoveries, encounters, and landscapes, where what matters is not the number of places visited, but the quality of the time spent.



WHEN TO TRAVEL TO THE UNITED KINGDOM AND THE REPUBLIC OF IRELAND



The United Kingdom and the Republic of Ireland can be visited all year round, as each season offers different atmospheres and unique opportunities for discovery, capable of enhancing the trip in ever new ways.

Spring marks the awakening of the landscape: countryside and gardens once again turn a deep green, rivers flow with greater vitality, and villages, both coastal and rural, gradually resume their daily rhythm, offering a bright and regenerating setting.

Summer brings longer days and ideal conditions for exploring the region: rugged coastlines, natural parks, and inland regions open up to scenic routes, outdoor walks, and itineraries that allow you to fully experience the diverse landscapes.

Autumn transforms many areas into particularly evocative landscapes, where countryside, forests, and hills are tinged with warm, enveloping hues. It's an ideal time to appreciate the more intimate and contemplative side of places, amidst scenic routes and more tranquil atmospheres.

Winter, on the other hand, offers a more essential and intimate atmosphere: silent landscapes, soft lights, and natural environments that invite a slower pace. Cities and villages take on a welcoming and discreet atmosphere, offering cultural and scenic experiences with a strong emotional impact.



10 EXPERIENCES THAT CAN ONLY BE FOUND IN THE UNITED KINGDOM AND THE REPUBLIC OF IRELAND

Some experiences in the United Kingdom and the Republic of Ireland are so closely tied to the most authentic territories that they make the trip truly memorable.

Among the most suggestive:

- Travel the Wild Atlantic Way along Ireland's west coast - One of Europe's most iconic scenic routes, passing cliffs, remote bays, and villages overlooking the Atlantic Ocean. A seamless journey through untamed nature and small, traditional towns.
- Stay in a historic castle transformed into an exclusive residence in Ireland and Scotland - Ancient fortified residences immersed in parks and rural landscapes, now transformed into charming accommodations where you can enjoy a suggestive and immersive experience.
- Admire the Slieve League Cliffs and the Burren landscapes in Ireland - One of Europe's most spectacular natural landscapes, where the ocean meets some of the continent's highest rock faces and unique karst landscapes.
- Stroll through London's historic neighborhoods along the Thames in England - Between iconic bridges, historic buildings, and elegant urban atmospheres, the river becomes the common thread of a city that combines tradition and modernity.
- Experience traditional music in historic Irish pubs - Intimate evenings in intimate settings where live music, storytelling, and conviviality are at the heart of the local culture.
- Exploring the Scottish Lochs and Highlands - A succession of valleys, bodies of water, and solitary mountains create one of the most romantic and cinematic landscapes in Europe.
- Visit historic university cities like Oxford and Cambridge – elegant and timeless centers, characterized by medieval architecture, historic colleges and refined cultural atmospheres.
- Walking along the coast of West Wales - A mix of wild beaches, scenic trails, and small villages overlooking the Atlantic, far from the main tourist crowds.
- Discover the Irish countryside among dry stone walls and traditional farms - Authentic rural landscapes where time seems to slow down and nature integrates with a long agricultural tradition.
- Visit the remote islands of northern Scotland such as Orkney and Shetland – isolated territories, with small communities, white beaches and unspoiled landscapes that offer a sense of intimacy and detachment from the world.



THE MOST CHARMING ACCOMMODATIONS FOR A JOURNEY THROUGH THE UNITED KINGDOM AND THE REPUBLIC OF IRELAND

A journey is not only measured by the places visited, but also by the spaces in which to stop, slow down, and experience moments of quiet, intimacy, and discovery.

The United Kingdom and the Republic of Ireland offer an extraordinary variety of accommodations that become an integral part of the travel experience, thanks to their strong territorial identity and profound connection with the landscape.

Rural homes nestled in the rolling countryside, stone cottages overlooking rugged coastlines, historic residences converted into small boutique hotels, and ancient estates nestled in lush greenery offer authentic and intimate stays, far from the crowded streets. Along the coast, some properties converted from historic lighthouses offer a particularly evocative experience, with sweeping ocean views and an atmosphere poised between seclusion and timeless charm.

Each accommodation reflects the local area through traditional materials, local architecture, and simple yet characterful spaces, where nature and culture blend harmoniously. Here, a stay isn't just a break, but an essential part of the journey, transforming every moment of relaxation into a meaningful and lasting memory.



MISTAKES TO AVOID WHEN PLANNING A TRIP TO THE UNITED KINGDOM AND THE REPUBLIC OF IRELAND

WANTING TO SEE TOO MANY THINGS IN A SHORT TIME

One of the most common mistakes is trying to fit too many stops into the same itinerary. The United Kingdom and the Republic of Ireland offer a wide variety of landscapes and cities, but cramming them into just a few days risks turning the trip into a series of constant relocations. Choosing a few areas and dedicating more time to them allows you to experience each place with greater depth and authenticity.

UNDERESTIMATING DISTANCES AND TRAVEL TIMES

While maps may suggest short distances, actual travel times can be longer than expected, especially between rural areas, rugged coastlines, and inland regions. Carefully planning your connections helps avoid overly crowded days and allows you to enjoy the journey at a more relaxed pace.

DON'T LEAVE ROOM FOR SPONTANEOUS DISCOVERY

A key part of the experience in these destinations is the chance to stumble upon unexpected places: small villages, scenic coastlines, nature trails, or lesser-known historic centers. A rigid itinerary risks limiting these discoveries, which often become the most meaningful memories of the trip.

LIMIT YOURSELF EXCLUSIVELY TO LARGE CITIES

The main cities offer a significant cultural and historical heritage, but a key part of these regions' identity lies outside the urban centers. Countrysides, wild coastlines, islands, and small settlements reveal a more authentic and diverse side of the United Kingdom and Ireland, which deserves to be included in the travel experience.

UNDERESTIMATING THE CHOICE OF ACCOMMODATIONS

The accommodations you stay in contribute significantly to the quality of your trip. Historic homes, rural cottages, country residences, or accommodations overlooking natural landscapes can transform simple overnight stays into memorable experiences. Your choice of accommodation should always enhance the setting and atmosphere of your trip.

DON'T BUILD A TAILOR-MADE TRIP

Every traveler has different paces, interests, and priorities. A personalized itinerary, designed around your needs, allows for a more balanced and engaging experience. Adapting your itinerary to your preferences allows you to transform your discovery into a truly unique experience, aligned with your personal expectations.



QUALITY AND SERVICE UPDATES

The experiences and services presented in this brochure have been selected based on qualitative criteria focused on comfort, accessibility, and the personalization of the travel experience.

As operational conditions, dedicated services, and policies may be subject to updates or changes over time, each proposal will be reviewed and confirmed at the quotation stage, in order to ensure full alignment with the traveler's specific requirements and the expected quality standards.



ENGLAND - BETWEEN HISTORY, CULTURE, AND UNSPOILED LANDSCAPES



England is a country of contrasts and layers, where cosmopolitan cities like London, Manchester, and Bristol and rural villages like Castle Combe and Haworth coexist with extraordinary natural landscapes, from placid rivers like the Thames and the Severn to the rugged coastlines of Cornwall and Northumberland, from the rolling hills of the Cotswolds to the rugged peaks of the Pennines. Before the arrival of the Romans, the land was inhabited by Celtic peoples, including the Iceni and the Brigantes, who developed complex societies with spiritual traditions and defensive structures like Camp d'Arbury and Maiden Castle in Dorset. The Roman era left behind impressive legacies, from the walls and theaters of Londinium (now London) to aqueducts like Chedworth and the fortifications along Hadrian's Wall, while the Middle Ages saw the rise of abbeys like Fountains Abbey, castles like Warwick Castle, and market towns like York, which shaped England's economy and culture. During the Renaissance and subsequent centuries, the monarchy and noble families, including the Tudors and Cavendishes, consolidated architectural heritages such as Hampton Court Palace and Chatsworth House, historic gardens such as Kew Gardens and Sissinghurst Castle Garden, and libraries such as the Bodleian Library in Oxford, leaving a cultural legacy that still enriches cities and countryside today. Festivals such as Glastonbury, museums such as the Victoria & Albert Museum in London, and theaters such as the Royal Shakespeare Theatre in Stratford-upon-Avon testify to the nation's cultural vitality and capacity for innovation.

From a naturalistic perspective, England presents a surprising variety of environments: the rolling hills and moors of the Southwest (Cornwall, Devon, Somerset) offer breathtaking views and rugged coastlines; the plains of the Southeast and the Home Counties (Kent, Surrey, Sussex) offer waterways like the River Wey, ancient woodlands like Ashridge Forest, and green villages like Hever and Chilham; the Midlands combine placid rivers like the River Avon, lakes like Derwent Reservoir, and rural expanses ideal for peaceful walks; the North of England is characterized by mountains like the Pennines, lakes like those of the Lake District, and glacial fjords, with national parks like the Peak District National Park, the Lake District National Park, and Northumberland National Park, and nature reserves like the Farne Islands that protect a rich and diverse fauna, from migratory birds to wildlife typical of temperate woodlands. The Atlantic and North Sea coasts offer cliffs such as those of Flamborough Head, dunes like those of the Suffolk Coast, and bays such as St Ives Bay and Morecambe Bay, testimony to the millennia-old connection between the English and the sea.

Geographically, England covers approximately 130,000 km², an area slightly larger than Greece and just over half the size of Italy, comprising a network of cities, villages, hills and islands, including the famous Isle of Wight, the remote Isles of Scilly and Lindisfarne, places that enrich the nation's scenic and cultural diversity.

The five main areas that make up the region are:

- LONDON – POLITICAL, CULTURAL AND FINANCIAL CENTRE, INTERNATIONAL ACCESS HUB
- SOUTH EAST (HOME COUNTIES & SOUTH EAST) – CHARACTERISED BY LUSH COUNTRYSIDE, HISTORIC VILLAGES AND TRANQUIL COASTLINES
- SOUTH WEST (WEST COUNTRY) – ROLLING HILLS, MOORS AND RUGGED COASTLINE WITH LOCAL TRADITIONS STILL ALIVE
- MIDLANDS (HEART OF ENGLAND) – RURAL EXPANSES, WATERWAYS AND HISTORIC VILLAGES LINKED TO INDUSTRIAL TRADITION
- NORTHERN ENGLAND – MOUNTAINS, GLACIAL LAKES, FJORDS AND NATIONAL PARKS OF GREAT NATURAL BEAUTY

The main airports accessing the region are:

Heathrow and Gatwick (London and South East)

- Bristol Airport (South West)
- Manchester Airport (Midlands and North)
- Newcastle Airport (Northeast)

England is more than just a collection of territories: it is a layered tale of peoples, histories, legends, and landscapes, where each place invites you to discover it slowly and attentively. From the urban modernity of London to the tranquility of the moors and northern lakes, the nation offers a complete experience that blends history, culture, and nature in a rare and fascinating balance.

LONDON BETWEEN HISTORIC NEIGHBOURHOODS, COSMOPOLITAN ATMOSPHERES, AND AUTHENTIC EXPERIENCES BEYOND THE USUAL TOURIST ROUTES

London is a global urban center, where history, culture, and modernity coexist in a unique mosaic. Founded by the Romans as Londinium, the city developed along the River Thames, quickly becoming a commercial, political, and cultural hub. From the medieval era with monuments like the Tower of London and the churches of Westminster Abbey and St. Paul's Cathedral, to the Renaissance and Victorian era with buildings like the Houses of Parliament and the Royal Albert Hall, London has witnessed exceptional architectural and cultural layers. Today, the capital offers a panorama of extraordinary diversity: from the cosmopolitanism of Covent Garden, Soho, and the Southbank, to the historic neighborhoods of Greenwich and Notting Hill, passing through green spaces like Hyde Park, Regent's Park, and the Royal Gardens of Kensington Palace, to the modern skyscrapers of Canary Wharf and The Shard. Museums, galleries, theaters, and libraries such as the British Museum, the National Gallery, the Victoria & Albert Museum, and the British Library offer a complete immersion in art, history, and international culture. From a naturalistic perspective, London surprises with its balance of urban greenery and waterways: the River Thames and its tributaries create harmonious river landscapes, while parks, gardens, and nature reserves such as Richmond Park, Hampstead Heath, and Kew Gardens protect unique plant and animal species, offering tranquil spaces even in the heart of the metropolis. London is more than just a city: it is a layered experience of eras, cultures, and landscapes, where every street, building, and park tells a different story and invites you to discover it slowly and attentively.

PLACES AND EXPERIENCES FOR SINGLES, COUPLES, AND FAMILIES OFF THE BEATEN PATH

- **Single** – London is perfect for solo travellers looking to experience a dynamic and creative city beyond the best-known attractions. Neighbourhoods such as Hackney and Stoke Newington offer independent markets, hidden cafés, contemporary galleries, and an authentic cultural scene mostly frequented by locals. Walks along the canals of Little Venice and Regent's Canal reveal a quieter and less touristy side of London.

- **Couples** – London is ideal for couples seeking elegant atmospheres and romantic corners away from the crowds. The streets of Hampstead Village, with historic bookshops, hidden gardens, and Georgian architecture, create an intimate and timeless setting. At sunset, the lesser-known panoramic terraces along the South Bank and walks through the Kyoto Gardens in Holland Park offer refined and evocative moments.

- **Families with children** – London is very suitable for families thanks to educational experiences and neighbourhoods filled with green spaces. The less touristy Horniman Museum and Gardens combines nature, interactive collections, and outdoor areas perfect for younger visitors. The landscapes of Richmond Park allow families to spot free-roaming deer and enjoy outdoor activities in a peaceful and easily accessible environment.

- **Families with teenagers** – London is perfect for families with teenagers thanks to more dynamic and alternative urban experiences. Areas such as Shoreditch and Brick Lane offer street art, vintage markets, and a youthful, creative music scene. For an experience beyond classic tourism, the district of Greenwich combines observatories, local markets, and panoramic views over the River Thames away from the busiest areas.





DID YOU KNOW?

In the 1970s, London underwent major political and economic transformations: the government led by figures such as Harold Wilson and then James Callaghan attempted to manage economic crises and social tensions, while the city underwent profound urban restructuring and increased citizen political participation. In the 1980s, under Margaret Thatcher, London underwent radical changes in its industrial and financial structure, with the redevelopment of the docklands, the creation of Canary Wharf, and large-scale demonstrations by citizens and workers, which marked the social history of the capital.

Culturally, the wedding between Charles and Diana in 1981 captured worldwide attention and transformed the city into an international stage, with celebrations, parades and unprecedented popular participation, becoming a symbol of an era.

The London music scene was experiencing extraordinary ferment: groups such as Spandau Ballet (Woolwich), Johnny Hates Jazz and historic venues such as the 100 Club and the Marquee Club gave voice to new wave and British pop, while the first punk clubs and the birth of the electronic scene helped make London a global creative laboratory.

Theatre, literature and the visual arts thrived, with international festivals, the growth of galleries like the Tate Gallery and museums like the Victoria & Albert Museum, which expanded their collections of design, photography and decorative arts, offering increasingly interactive experiences.

Fascinating facts: During the 1980s and 1990s, pedestrian areas and spaces for cultural events were created along the South Bank, historic markets like Borough Market and Spitalfields became hotspots for gastronomic experimentation, and the Thames hosted floating theatre performances and regattas that drew curious onlookers from across the city.

Less central neighborhoods, such as Rotherhithe or Islington, hold hidden courtyards, gardens, and picturesque views to explore, offering intimate experiences away from mass tourism.

SOUTH EAST ENGLAND BETWEEN ELEGANT COUNTRYSIDE, HISTORIC VILLAGES, AND PEACEFUL COASTLINES AWAY FROM THE BUSIEST TOURIST ROUTES

Southeast England is a region of elegant contrasts, where lush countryside alternates with historic villages like Chilham, Alfriston, and Bray, picturesque towns like Rye, Henley-on-Thames, and Windsor, and tranquil coastlines like Eastbourne, Whitstable, and Camber Sands, creating landscapes that blend nature, history, and culture. The area encompasses the counties of Berkshire, Buckinghamshire, East Sussex, Hampshire, Kent, Oxfordshire, Surrey, and West Sussex, known for their diverse natural environments, from tranquil rivers like the River Thames, River Wey, and River Medway, to ancient forests like Ashridge Forest, Windsor Great Park, and Horsenden Wood, to rolling hills and moorland dotting the hinterland, with verdant villages like Hever, Chilham, and Farnham. The coasts offer peaceful scenery and evocative panoramas, with bays and headlands like Beachy Head, Dungeness, and the sandy beaches of Kent and Sussex. Historically, the South East was inhabited by Celtic tribes such as the Cantiaci before the arrival of the Romans, who left behind evidence such as the remains of Roman roads, fortifications such as Portchester Castle and Pevensey Castle, and settlements such as Calleva Atrebatum (Silchester) and Roman Canterbury, along the Thames and inland. In the Middle Ages, abbeys such as Battle Abbey and castles such as Arundel Castle and Hever Castle consolidated religious and noble power, while market towns such as Canterbury, Winchester, and Oxford and coastal ports such as Dover, Hastings, and Portsmouth fostered trade related to fishing, textile manufacturing, and agricultural exports. During the Renaissance and subsequent centuries, noble families such as the Seymours, Howards, and Spencers, and monarchs such as Henry VIII and Elizabeth I, consolidated architectural heritages such as Hampton Court Palace, Windsor Castle, and Blenheim Palace, historic gardens such as Kew Gardens and Cliveden Gardens, and libraries such as the Bodleian Library in Oxford, which still enrich the region today. From a naturalistic perspective, the area is characterized by an extraordinary variety of ecosystems: river plains such as the Thames Valley, ancient woodlands such as the New Forest and Burnham Beeches, hills such as the Chiltern Hills and the South Downs, heathlands such as Ashdown Forest, and rugged coastlines such as the Seven Sisters Cliffs and Beachy Head, offer rich habitats for deer, foxes, migratory birds, and surprising marine life. Rivers and canals like the River Thames and the Grand Union Canal offer peaceful walks and recreational activities, while nature parks like the South Downs National Park and the Chilterns Area of Outstanding Natural Beauty, along with local reserves like Rye Harbour Nature Reserve and Pagham Harbour Nature Reserve, guarantee nature experiences away from the tourist routes. The South East is a land of balance, where every village, town, and stretch of coastline tells a layered story of people, cultures, and landscapes, ready to offer authentic, intimate, and varied experiences for every type of travel.

PLACES AND EXPERIENCES FOR SINGLES, COUPLES, AND FAMILIES OFF THE BEATEN PATH

- **Single** – South East England is ideal for solo travellers seeking a blend of culture, nature, and authentic atmospheres. Towns such as Lewes and Rye offer independent bookshops, medieval streets, and small cafés frequented mainly by locals. The coastal areas of South Downs National Park provide scenic walks through green hills, lighthouses, and cliffs that are far less crowded than more famous seaside destinations.

- **Couples** – This region is perfect for couples looking for refined landscapes and relaxing stays immersed in the English countryside. The villages of Kent and Sussex feature historic cottages, hidden gardens, and boutique hotels surrounded by nature and vineyards. The quiet coastline near Whitstable and the scenic roads of the South Downs create intimate and evocative atmospheres throughout the year.

- **Families with children** – South East England is very suitable for families thanks to castles, nature, and outdoor activities. Areas such as Hever Castle and the historic gardens of Kent offer educational experiences in easily accessible settings. The sandy beaches of lesser-known destinations like Camber Sands provide wide, safe spaces for relaxing family days by the sea.

- **Families with teenagers** – This region is perfect for families with teenagers thanks to outdoor experiences and less conventional cultural itineraries. The cliffs of the Seven Sisters offer scenic coastal hiking, while historic cities such as Canterbury combine medieval architecture, local markets, and lively university atmospheres. The forests of the New Forest provide cycling, horse riding, and nature-based activities in a peaceful setting.





DID YOU KNOW?

South East England holds curiosities and anecdotes that tell of the region's richness.

In Hever, Kent, the castle where Anne Boleyn spent part of her youth preserves original 15th-century frescoes and furnishings, with architectural details linked to the Tudor court. Nearby, Rye in East Sussex boasts medieval houses with exposed beams and ancient passageways, testaments to the town's time as a busy port in the Cinque Ports.

The White Cliffs of Dover are not only an iconic landscape, but were also strategic refuges during the Second World War and are home to colonies of seabirds such as gannets.

In Berkshire, along the River Thames, villages retain traditions of river fishing and ancient rowing boats, while in Farnham, Surrey, St Andrew's Church houses a 17th-century organ still used for local concerts and celebrations.

Winchester, with its cathedral, is home to the Winchester Bible, a 12th-century manuscript considered one of England's greatest medieval masterpieces.

Finally, in Buckinghamshire's Wendover Woods, historic trails have inspired local writers and folk tales passed down through generations, creating a unique blend of history, nature, and the region's traditions.

SOUTH WEST ENGLAND BETWEEN WILD MOORLANDS, COASTAL VILLAGES, AND THE AUTHENTIC TRADITIONS OF RURAL ENGLAND

Southwest England is a region of evocative landscapes, where rolling hills, sweeping moors, rugged coastlines, and picturesque villages combine with ancient history and vibrant traditions. The area encompasses the counties of Cornwall, Devon, Somerset, Dorset, Gloucestershire, Wiltshire, and Bristol, known for the diversity of their natural environments: imposing cliffs like Land's End, tranquil bays like St. Ives Bay, meandering rivers like the River Exe and the River Avon, ancient woodlands like Ashton Court Estate, and moorland-covered hills like Dartmoor and Exmoor. Villages like Clovelly in Devon and Castle Combe in Wiltshire retain historic architecture and authentic atmospheres, far from the main tourist routes. Historically, the area was inhabited by Celtic tribes such as the Durotriges in Dorset and Somerset, and the Dumnonii in Devon and Cornwall, who left behind traces of fortified settlements such as Maiden Castle in Dorset, a large Iron Age Celtic oppidum, and sacred circles such as those at Avebury, used for rituals and spiritual celebrations. The Roman era left behind evidence such as the Fosse Way, an ancient military road that linked Exeter to Lincoln, along with Roman settlements and villas including Calleva Atrebatum (Silchester), and associated aqueducts and hydraulic infrastructure, now visible in archaeological remains scattered across the counties. In the Middle Ages, abbeys such as Glastonbury Abbey in Somerset, which preserves traces of 11th-century buildings, and castles such as Tintagel Castle in Cornwall, linked to the legend of King Arthur, and Corfe Castle in Dorset, strengthened the religious and noble presence. Market cities such as Bath, with its Roman baths transformed into a medieval center, Bristol, a historic commercial port, and Exeter, the capital of Devon, consolidated trade in wool, textiles, and maritime trade. During the Renaissance and subsequent centuries, noble families such as the Phelips, owners of Montacute House in Somerset, and the Grevilles, linked to Hidcote Manor Garden, consolidated architectural heritages such as Montacute House (early 16th century) and Lacock Abbey (12th century), historic gardens such as Stourhead (18th century) and Hidcote Manor Garden (20th century), and libraries such as that at Bishop's Palace in Wells, contributing to a cultural legacy that still enriches and enhances the South West region today. Some historic residences were occasionally frequented by English monarchs on official visits or for sojourns, but the main investment and cultural development are attributable to local noble families who left a tangible mark on the surrounding towns, villages, and landscapes. From a naturalistic perspective, the area is characterized by an extraordinary variety of ecosystems: the moors and hills of Dartmoor and Exmoor, ancient woodlands like Ashton Court and Savernake Forest, river plains like the Somerset Levels, rugged coastlines and bays like St Michael's Mount and Lulworth Cove, which offer rich habitats for deer, foxes, migratory birds, and marine life. Rivers and canals like the River Exe and the Kennet & Avon Canal offer peaceful walks and recreational activities, while nature parks and local reserves like Brownsea Island and RSPB Arne guarantee immersive nature experiences away from the beaten tourist track. The South West is a land of balance, where every village, town, and stretch of coastline tells a layered story of people, cultures, and landscapes, ready to offer authentic, intimate, and varied experiences for every type of travel.

PLACES AND EXPERIENCES FOR SINGLES, COUPLES, AND FAMILIES OFF THE BEATEN PATH

- **Single** – South West England is perfect for solo travellers seeking authentic landscapes and relaxed atmospheres far from major cities. The areas of Dartmoor National Park offer moorlands, isolated trails, and small stone villages surrounded by nature. The coastal towns of North Cornwall, less touristy than the better-known resorts, allow travellers to experience local markets, historic pubs, and spectacular ocean views.

- **Couples** – This region is ideal for couples looking for romantic stays between the sea and the English countryside. The villages of the southern Cotswolds and the coastlines of Cornwall feature historic cottages, hidden gardens, and cliffs overlooking the Atlantic Ocean. The scenic roads of Devon and its quieter bays create intimate and evocative atmospheres perfect for a slow-paced journey.

- **Families with children** – The West Country is very suitable for families thanks to accessible nature and outdoor activities. The peaceful beaches of the Jurassic Coast allow younger visitors to explore fossils and coastal landscapes in a fun and educational way. Farms and small villages across Somerset offer authentic experiences connected to traditional English rural life.

- **Families with teenagers** – This region is perfect for families with teenagers thanks to outdoor adventures, sports, and wilder landscapes. The cliffs of West Cornwall offer surfing, coastal hiking, and spectacular ocean scenery. The areas of Exmoor National Park provide hiking, cycling, and stargazing opportunities beneath some of the darkest skies in the United Kingdom.





DID YOU KNOW?

South West England is rich in historical and cultural curiosities that often escape the main tourist trails.

In Glastonbury, for example, legend has it that the Tor is linked to the myth of King Arthur and the Holy Grail, and the town hosts one of England's oldest music festivals, the Glastonbury Festival, which began in 1970 as a folk event and has grown to become one of the most famous festivals in the world.

In Bath, in addition to the famous Roman baths, an ancient mosaic was discovered in 1972 at the Roman Baths Museum, which testifies to the extraordinary art and engineering of the Roman era in the city.

In Dorset, Maiden Castle, one of Europe's largest Celtic hillforts, tells the story of the Durotriges tribe, while the cliffs of the Jurassic Coast were the site of important paleontological discoveries from the 1970s to the 1990s, including ammonite and marine reptile fossils that enriched local museums like the Lyme Regis Museum. Also in Lyme Regis, the town's history is intertwined with that of Mary Anning, a 19th-century pioneer of paleontology whose discoveries transformed the understanding of fossils and prehistory.

In Somerset, the village of Dunster retains medieval traditions still visible in the alleys and at Dunster Castle, while nearby Exmoor has hosted wildlife conservation projects, including the reintroduction of red deer in the 1980s.

In Cornwall, the UNESCO World Heritage Sites of Geevor and Levant tin mines tell the story of the long history of tin mining, with historic machinery open to visitors and perfectly preserved old industrial buildings.

From a gastronomic and social perspective, the cities of the South West witnessed the birth of important agricultural and artisanal movements in the 1970s, 1980s, and 1990s, with the promotion of local products such as Cheddar cheese, Somerset apples, and Cornish cider, which remain a recognized cultural and culinary heritage today. The region has also played a role in the development of tourist railways, such as the West Somerset Railway, which since the 1970s has helped preserve historic locomotives and scenic routes along the coast and inland.

These curiosities demonstrate how the Southwest is not only a region of natural and architectural beauty, but also a place alive with history, legends, and discoveries that continue to amaze those who take the time to explore it carefully.

MIDLANDS BETWEEN ENGLISH COUNTRYSIDE, HISTORIC CANALS, AND AUTHENTIC TRADITIONS IN THE HEART OF ENGLAND

The Midlands represent the geographic heart of England, a region where rural landscapes, historic cities like Stratford-upon-Avon, Lincoln, and Lichfield, and industrial centers like Birmingham, Coventry, and Derby intertwine, creating a territory rich in identity and contrast. The area generally encompasses the counties of the West Midlands (including Warwickshire, Worcestershire, Staffordshire, and Shropshire) and the East Midlands (including Nottinghamshire, Derbyshire, Leicestershire, Lincolnshire, and Northamptonshire), as well as the cities of Birmingham, Coventry, Nottingham, Leicester, and Derby. The landscape alternates between agricultural plains, rolling hills, rivers like the River Trent, River Severn, and River Avon, and natural areas like the Peak District National Park, with valleys, plateaus, and rock formations that characterize one of the most fascinating environments in central England. Historic villages such as Stratford-upon-Avon, Bakewell, Ashbourne, and Ludlow retain traditional architecture and an authentic atmosphere, far from the hustle and bustle of tourism. Historically, the region was inhabited by Celtic tribes such as the Corieltauvi and the Cornovii, and later became an important center during the Roman era, with settlements such as Ratae Corieltauvorum (present-day Leicester) and road networks such as the Fosse Way. In the Middle Ages, castles such as Warwick Castle (11th century) and market towns such as Nottingham and Lincoln consolidated economic and political power, while abbeys and cathedrals such as Lichfield Cathedral (13th century) and Lincoln Cathedral (11th–14th centuries) became important religious and cultural centers. During the Industrial Revolution, the Midlands played a central role in Britain's economic development: cities like Birmingham became hubs of metalworking and manufacturing innovation, while the canal system, including the Birmingham Canal Navigations, facilitated the transportation of goods and materials. Figures like James Watt contributed to the development of the steam engine, while the textile and mining industries profoundly transformed the landscape and society. From a naturalistic perspective, the Midlands offer a wide variety of environments: the hills and valleys of the Peak District National Park, ancient woodlands like Sherwood Forest (traditionally associated with the legend of Robin Hood), the agricultural plains of Lincolnshire, and navigable waterways like the River Trent, River Severn, and River Soar create habitats for deer, foxes, migratory birds, and numerous riverine species. Historic canals like the Grand Union Canal and the Trent and Mersey Canal are now popular walking and recreational routes, while parks like Cannock Chase and Bradgate Park and nature reserves like Attenborough Nature Reserve offer immersive nature experiences away from the big cities. The Midlands therefore represents a territory of balance between past and present, where industrial history, cultural heritage and natural landscapes merge, offering authentic, varied experiences suitable for every type of travel.

PLACES AND EXPERIENCES FOR SINGLES, COUPLES, AND FAMILIES OFF THE BEATEN PATH

- **Single** – The Midlands are perfect for solo travellers looking to discover a less touristy side of England rich in history and local character. Towns such as Shrewsbury and Lichfield offer historic architecture, traditional markets, and relaxed atmospheres far from the main international routes. Walks along the Midlands' historic canals reveal locks, converted industrial warehouses, and traditional pubs in peaceful surroundings.

- **Couples** – This region is ideal for couples seeking elegant rural landscapes and small towns full of authentic charm. The villages of the southern Peak District combine green hills, historic manor houses, and scenic roads perfect for a slow-paced journey. Areas along the River Severn offer boutique hotels surrounded by countryside and intimate atmospheres among historic gardens and ancient inns.

- **Families with children** – The Midlands are very suitable for families thanks to castles, nature, and educational activities. The rural areas of Warwickshire allow visitors to explore medieval castles and traditional villages in an easily accessible setting. Historic canals and heritage railways across the region provide engaging and enjoyable experiences for younger visitors.

- **Families with teenagers** – This region is perfect for families with teenagers thanks to outdoor experiences and regenerated industrial heritage sites. The Peak District National Park offers hiking, cycling, and rolling landscapes far from mass tourism. The city of Birmingham, especially creative districts such as Digbeth, features street art, live music, and cultural spaces connected to England's industrial history.





DID YOU KNOW?

The Midlands holds numerous historical and cultural curiosities often overlooked by tourists. In Birmingham, the industrial city that was the birthplace of James Watt, inventor of the steam engine, you can still visit historic buildings linked to the Industrial Revolution, such as the iconic Soho House, Watt's residence and experimental home. In nearby Ironbridge, a UNESCO World Heritage Site, the famous 18th-century iron bridge was the first in the world built using this technique and represents a milestone in modern engineering.

In the Peak District, ancient legends and local traditions survive in the villages of Bakewell and Castleton. Castleton is home to the Blue John Caverns, famous for their unique blue and yellow mineral stones, used since the 18th century for jewelry and souvenirs. In Lincolnshire, the city of Lincoln is home to the cathedral that was the tallest building in the world for over two centuries, with its famous Gothic spire visible for miles around. The medieval Steep Hill district preserves half-timbered houses and artisan workshops that tell the story of city life in the past.

Amidst social and cultural curiosities, the Midlands has witnessed the birth of memorable figures and events: Stratford-upon-Avon is the birthplace of William Shakespeare, whose birthday is celebrated annually with theatre festivals and public readings; Sherwood Forest is famous for the legend of Robin Hood, but also preserves centuries-old trees and ancient paths traveled by travellers and merchants in the Middle Ages. In Nottingham, the ancient prisons and network of underground tunnels offer a glimpse into urban life from the Middle Ages to the modern age, while small museums like the Derby Museum and Art Gallery display naturalistic artifacts, artworks, and historical objects related to local tradition.

The region is also the scene of historic events and innovations: from the first industrial experiments in Birmingham and Wolverhampton, to the agricultural traditions of Lincolnshire and Derbyshire, to the textile production of Northamptonshire, the Midlands recount centuries of economic and social development. Every village, canal, hill, and historic building holds authentic stories that make the region a rich mosaic of curiosities, legends, and unique anecdotes, perfect for those who want to discover central England off the beaten track.

NORTHERN ENGLAND BETWEEN MOUNTAINS, STUNNING LAKES, AND THE WILD LANDSCAPES OF ENGLAND’S NORTH

Northern England is a region of great scenic and cultural diversity, where mountains like Scafell Pike, Helvellyn, and Pen y Ghent, glacial lakes like Windermere, Ullswater, and Derwentwater, fjords like Holy Island and Seahouses, and historic cities like York, Durham, and Lancaster intertwine to create environments rich in charm and contrast. The area encompasses the counties of Cumbria, Northumberland, County Durham, Lancashire, and Yorkshire, and the major cities of Manchester, Liverpool, Newcastle upon Tyne, Leeds, and York. The natural landscapes range from the peaks and valleys of the Lake District and the Pennines to the coastal fjords and cliffs of Northumberland, passing through the coasts of Lancashire, with lakes like Coniston Water and Bassenthwaite Lake, rivers like the River Tyne, the River Tees, and the River Eden, and hills like the Yorkshire Dales and the Pennine Hills, which provide diverse habitats for wildlife such as red deer, foxes, otters, and migratory birds like the hen harrier, as well as local flora such as ferns, rhododendrons, and ancient oak woodlands. Historically, the area was inhabited by Celtic peoples such as the Brigantes and later by the Romans, who left behind vestiges such as Hadrian's Wall, with fortresses at Birdoswald and Housesteads, and fortifications along the north coast. In the Middle Ages, castles like Alnwick Castle and Bamburgh Castle consolidated the nobility's presence and defenses, while abbeys and cathedrals like Durham Cathedral and Whitby Abbey became important religious, cultural, and educational centers. The market towns, ports, and industrial centers that developed between the 16th and 19th centuries, such as Liverpool for maritime trade and Manchester for the textile industry, testify to the North's strategic role in the national economy. From a naturalistic perspective, the region is characterized by national parks like the Lake District National Park, Northumberland National Park, and the Yorkshire Dales National Park, with mountains like Scafell Pike and Helvellyn, valleys like Great Langdale and Borrowdale, glacial lakes like Windermere and Ullswater, rivers like the River Eden and the River Tyne, and wooded areas like Whinlatter Forest and Kielder Forest, which create ideal environments for hiking, outdoor activities, and wildlife watching. Navigable waterways like the Lancaster Canal and the Leeds and Liverpool Canal offer peaceful walks and recreational activities, while nature reserves like the Farne Islands and RSPB Leighton Moss and lesser-known routes like Ennerdale Valley and Teesdale offer immersive experiences away from the main tourist routes. The Midlands is a region where history, culture, and nature blend harmoniously, offering authentic and diverse landscapes, ideal for every type of trip, from urban experiences to adventures in the most pristine nature.

PLACES AND EXPERIENCES FOR SINGLES, COUPLES, AND FAMILIES OFF THE BEATEN PATH

- **Single** – Northern England is perfect for solo travellers seeking authentic nature and atmospheres far from the most touristy routes. The less-visited areas of Northumberland National Park offer isolated hills, ruined castles, and some of the clearest night skies in the United Kingdom. The small villages of the Yorkshire Dales provide traditional pubs, local markets, and deeply authentic rural landscapes.

- **Couples** – This region is ideal for couples looking for evocative scenery and stays immersed in nature. The quieter parts of the Lake District offer mountain-framed lakes, historic cottages, and scenic trails away from the busiest areas. The coastline of North Yorkshire features small fishing villages, cliffs, and romantic atmospheres overlooking the North Sea.

- **Families with children** – Northern England is very suitable for families thanks to accessible nature and outdoor activities. The Lake District offers easy walks, lake cruises, and visits to traditional farms. The beaches and castles of Northumberland provide educational experiences and wide open spaces ideal for younger travellers.

- **Families with teenagers** – This region is perfect for families with teenagers thanks to outdoor adventures and more rugged landscapes. The Yorkshire Dales National Park offers hiking, cycling, and trails through dramatic valleys and limestone formations. The more remote areas of the Northumberland Coast allow surfing, coastal exploration, and stargazing in some of the least crowded natural environments in England.





DID YOU KNOW?

Northern England holds surprising stories and curiosities that reveal its cultural and natural richness. In York, the Roman walls, among the oldest and best preserved in the country, still house medieval towers such as Bootham Bar, and the city is famous for the Shambles, a historic street with half-timbered buildings dating back to the 14th century, originally home to butchers.

In industrial history, Ironbridge Gorge is recognized as the cradle of the Industrial Revolution: the 1779 Iron Bridge was the world's first entirely wrought-iron bridge, and local museums, such as the Blists Hill Victorian Town, recreate 19th-century life and workshops with remarkable accuracy. In the textile industry, Manchester was nicknamed "Cottonopolis" for its central role in cotton production during the 19th century, while Liverpool developed as a key port for transatlantic trade, including that of spices, tea, and textiles.

Culturally, the region has given birth to musical and literary legends. In Liverpool, birthplace of the Beatles, every corner speaks of music and innovation, while in Haworth, the Brontë sisters' home preserves manuscripts and personal items that reveal the inspirations for their novels. The Lake District attracted poets like William Wordsworth, who lived at Dove Cottage in Grasmere, leaving behind verses celebrating the nature of the surrounding lakes and hills.

Among its natural curiosities, the North is home to rare species and stunning scenery: red deer in the Lake District, otters in Northumberland's rivers, mute swans on Lake Windermere, and peregrine falcons nesting on the cliffs of the Northumberland Coast. Local legends tell tales of Robin Hood in the woods of Sherwood Forest, and maritime myths linked to Northumberland's fjords and cliffs have accompanied the region's coastlines for centuries.

Historical anecdotes and urban curiosities complete the picture: in Leeds, Georgian and Victorian architecture preserves ancient markets and industrial canals, while in Manchester, the John Rylands Library houses medieval manuscripts and rare books in a Victorian Gothic building. Each city, village, and valley in Northern England carries with it layered histories, legends, innovations, and natural beauty that make the area unique, far from the crowded tourist routes and rich in inspiration for curiosity, discovery, and wonder.



SCOTLAND – LEGENDS, HISTORY, AND SPECTACULAR LANDSCAPES



Scotland is a land of extraordinary contrasts, where imposing mountains like Ben Nevis and the Cuillin Hills on the Isle of Skye, glacial valleys like Glencoe and Glen Shiel, deep lochs like Loch Ness and Loch Lomond, rugged coastlines like the North Coast 500 and the bays of Tobermory, and remote islands like the Isle of Skye, Lewis & Harris, and Orkney are intertwined with ancient histories and living cultural traditions. Before the arrival of the Romans, the territory was inhabited by Celtic tribes like the Picts and the Caledonians, who developed complex societies with fortifications like Dunadd Fort and Tap o' Noth, spiritual rituals, and myths tied to the land. The Roman era left tangible evidence such as the remains of the Antonine Wall, watchtowers like those at Bar Hill and Carriden, and military roads like the Via Militaris at Watling Lodge and the Via Romana at Cramond. The Middle Ages, meanwhile, saw the rise of legendary castles like Edinburgh Castle, Stirling Castle, and Urquhart Castle, abbeys like Iona Abbey and Melrose Abbey, and market towns like Dundee and Aberdeen, which consolidated the whisky, textile, and salt trade, shaping the local economy and culture. During the Renaissance and subsequent centuries, historic clans like the MacDonalds, Campbells, and Douglasses, and Scottish nobles like the Marquis of Bute and the Duke of Buccleuch, consolidated architectural heritages like Floors Castle and Hopetoun House, historic gardens like the Royal Botanic Garden in Edinburgh, and libraries like the National Library of Scotland, leaving a cultural legacy that still permeates cities and countryside today. Festivals such as the Edinburgh International Festival, museums such as Glasgow's Kelvingrove Art Gallery and Museum, and theatres such as Glasgow's Theatre Royal are testament to the nation's cultural vitality and capacity for innovation.

From a naturalistic perspective, Scotland offers a surprising variety of environments: the Lowlands are characterized by rolling hills like the Pentland Hills, river valleys like the Firth of Forth, and lakes like Loch Lomond; the Highlands offer mountains like Ben Nevis, glacial valleys like Glencoe, lakes like Loch Ness, and national parks like Cairngorms National Park and Loch Lomond & The Trossachs National Park, habitats for red deer, eagles, and otters; the western islands of the Inner Hebrides and the Isle of Skye feature rugged cliffs like Neist Point, secluded coves like Talisker Bay, and picturesque villages like Portree; while the Outer Hebrides offer white sandy beaches like Luskentyre, dunes like those of Vatersay, and traditional Gaelic communities like Callanish; The northern archipelagos of Orkney and Shetland are home to prehistoric sites like Skara Brae and Maeshowe, rugged coastlines like Yesnaby, and extraordinary marine life, including seals, dolphins, and puffins. The main rivers, from the Clyde to the Tay, from the Spey to the Ness, shape the geography and history of the territories, while the Atlantic and North Sea coasts offer cliffs like Duncansby Head, dunes like Sandwick, and bays like Scapa Flow, all testifying to the age-old connection between the Scots and the sea.

Geographically, Scotland covers approximately 78,000 km², just over a fifth of the size of Italy, comprising a network of cities, villages, hills and over 790 islands, including the most famous ones, Skye, Lewis & Harris and Orkney, which enrich the nation's scenic and cultural diversity.

The five main macro-areas that make up Scotland are:

- **LOWLANDS – SOUTHERN AND CENTRAL SCOTLAND, URBAN CENTRES, ROLLING HILLS AND INLAND LOCHS**
- **HIGHLANDS – NORTHERN AND NORTHWEST SCOTLAND, MOUNTAINS, FJORDS, CASTLES AND HISTORIC VILLAGES**
- **INNER HEBRIDES & ISLE OF SKYE – MAIN WESTERN ISLANDS, CLIFFS, MOUNTAINS AND REMOTE BAYS**
- **OUTER HEBRIDES – REMOTE ATLANTIC ISLANDS, WHITE BEACHES, DUNES AND TRADITIONAL GAELIC COMMUNITIES**
- **ORKNEY & SHETLAND – NORTHERN ARCHIPELAGOS, PREHISTORIC SITES, RUGGED COASTLINES AND UNIQUE MARINE LIFE**

The main airports for access to Scotland are:

- **Edinburgh Airport – Lowlands and Central Scotland**
- **Glasgow Airport – Western Lowlands and Southern Highlands**
- **Inverness Airport – Northern Highlands and Fjords**
- **Stornoway Airport – Outer Hebrides**
- **Kirkwall Airport – Orkney**
- **Sumburgh Airport – Shetland**

Scotland is more than just a land: it's a layered tale of peoples, legends, and landscapes, where each place invites you to experience it slowly and attentively. From cosmopolitan and historic cities to remote islands, from medieval castles to glacial valleys and fjords, Scotland offers a complete experience that blends history, culture, and nature in a unique balance.

LOWLANDS BETWEEN VIBRANT CITIES, GENTLE HILLS, AND INLAND LOCHS IN THE HEART OF SCOTLAND

The Scottish Lowlands are a region of gentle landscapes and rich culture, where rolling hills, inland lakes, rivers, and historic towns intertwine to create diverse and evocative environments. The area encompasses the traditional counties of the Scottish Borders, Dumfries and Galloway, Lanarkshire, Ayrshire, Fife, and Lothian, and includes the major cities of Edinburgh, Glasgow, Stirling, Dumfries, and Perth. Landscapes range from the rolling hills of the Pentland Hills and Southern Uplands to inland lakes such as Loch Lomond and Loch Leven, rivers such as the River Clyde, River Tay, and River Forth, and fertile valleys home to picturesque villages such as Melrose, Peebles, and Linlithgow. Historically, the Lowlands have been inhabited since the Iron Age, with traces of hill forts and sacred circles such as Traprain Law and Callendar House Hillfort. During the Middle Ages, abbeys like Melrose Abbey and castles like Stirling Castle and Linlithgow Palace consolidated political and religious power, while market cities like Edinburgh and Glasgow developed trade, arts, and manufacturing. Over the centuries, noble families like the Hamiltons and Douglasses, along with Scottish monarchs Joan of Scotland and James VI, and British monarchs like William III and Anne of Great Britain, invested in historic homes like Hopetoun House, Traquair House, and Drumlanrig Castle, gardens like the Royal Botanic Garden Edinburgh and Auchingarrich Gardens, and historic libraries like Callendar House and the National Library of Scotland, leaving behind an architectural and cultural heritage that is still accessible and valued today. From a naturalistic perspective, the Lowlands offer an extraordinary variety of ecosystems: the rolling hills of the Pentland Hills, river valleys like those of the River Tweed and River Clyde, inland lakes like Loch Lomond, Loch Leven, and Loch Katrine, ancient woodlands like Cadzow Forest and Drumlanrig Estate Woods, and agricultural plains like those of the Central Belt and the Scottish Borders, home to red deer, foxes, birds of prey, and aquatic species. Footpaths and cycle routes along historic rivers and canals like the Forth and Clyde Canal and the Union Canal offer peaceful strolls, while nature parks like Loch Lomond and The Trossachs National Park and local reserves like The Hermitage offer immersive nature experiences away from the beaten track. The Scottish Lowlands thus represent a land of balance between history, culture, and natural landscapes, where every city, village, lake, and hill tells layered stories and offers authentic experiences, suitable for every type of trip.

PLACES AND EXPERIENCES FOR SINGLES, COUPLES, AND FAMILIES OFF THE BEATEN PATH

- **Single** – The Scottish Lowlands are perfect for solo travellers seeking a mix of urban culture and relaxing landscapes. Edinburgh, beyond the main tourist routes, offers neighbourhoods such as Leith, with independent restaurants, contemporary galleries, and a strong local identity. The rural areas of Perthshire reveal quiet lochs, small villages, and scenic walking trails immersed in nature.

- **Couples** – This region is ideal for couples looking for evocative atmospheres between historic cities and soft countryside. The hills of the Scottish Borders feature historic estates, hidden gardens, and peaceful landscapes away from the most crowded destinations. The shores of Loch Lomond offer romantic scenery with water, forests, and small villages.

- **Families with children** – The Lowlands are very suitable for families thanks to cultural experiences and easily accessible nature. In Edinburgh, the less touristy Dynamic Earth and interactive museums offer engaging educational activities. The Loch Katrine area allows boat trips and easy walks in a safe and spectacular natural setting.

- **Families with teenagers** – This region is perfect for families with teenagers thanks to outdoor activities and dynamic urban experiences. The Pentland Hills Regional Park offers hiking, cycling, and outdoor sports just outside Edinburgh. The Loch Lomond & The Trossachs National Park provides kayaking, hiking, and more adventurous activities in a highly varied natural landscape.





DID YOU KNOW?

The Scottish Lowlands hide fascinating curiosities and stories often unknown to visitors. In the city of Stirling, for example, the famous Stirling Castle was the scene of important historical events, including the coronations of Scottish monarchs and battles that shaped the fate of Scotland in the 15th and 16th centuries. A few kilometers away, the Wallace Monument commemorates William Wallace, a national hero, and offers a panoramic view of the surrounding valleys that few tourists know about.

In the countryside and villages of the Scottish Borders, such as Peebles and Kelso, craft traditions dating back to the 19th century persist: weaving, woodworking, and pottery are still practiced in workshops open to the public, offering an authentic glimpse into local life. Some historic bridges, such as the Leaderfoot Viaduct, built in the 19th century for rail transport, remain evocative settings for photographs and peaceful strolls.

The inland lakes of the Lowlands hold small natural wonders: Loch Katrine was a vital water source for Glasgow in the 19th century, with its aqueduct partially open to visitors today. Its waters are home to colonies of swans and herons, which can be observed peacefully during walks along the shore. Even the more remote Loch Achray offers tranquil glimpses perfect for admiring ancient forests and rolling hills.

Other curiosities include historic homes such as Traquair House, the oldest continuously inhabited residence in Scotland, which houses objects, furnishings, and artworks from the 15th to the 19th century, and Callendar House, with collections that tell the story of local history from the 17th century onwards. Both houses are surrounded by gardens and parks featuring centuries-old trees and hidden corners rarely visited by tourists.

These often lesser-known places allow you to discover a side of the Scottish Lowlands made of history, nature and accessible culture, with authentic experiences that tell the layered stories of people, landscapes and traditions far from the beaten track.

HIGHLANDS BETWEEN DRAMATIC MOUNTAINS, FJORDS, CASTLES, AND TIMELESS VILLAGES

The Scottish Highlands represent the northern and northwestern part of Scotland, a region of great natural and cultural beauty where imposing mountains, deep fjords, and historic villages intertwine to create landscapes of extraordinary charm. The area includes the Highland Council Area, the Western Highlands, the regions of Lochaber, Inverness-shire, Sutherland, and Caithness, as well as major cities such as Inverness, Fort William, Wick, and Ullapool. Landscapes range from the mountainous massifs of Ben Nevis and the Cuillin Hills to glacial valleys such as Glen Shiel, Glen Coe, and Glen Affric, and sea fjords such as Loch Torridon, Loch Duich, and Loch Maree, creating unique habitats for red deer, golden eagles, otters, and seals. Historically, the Highlands were inhabited by Gaelic clans such as the MacDonalds, MacLeods, and MacKenzies, whose fortresses and castles still mark the land, including Eilean Donan Castle, built in the 13th century, and Urquhart Castle on the shores of Loch Ness, testifying to centuries of clan and defensive history. Roman influence is only marginally present in the southern Highlands, while in the Middle Ages, abbeys such as Fortrose Cathedral and religious settlements scattered along the Moray Firth highlight the importance of Christianity in the region. Naturally, the Highlands offer an extraordinary variety of ecosystems: mountains such as Ben Nevis and An Teallach, glacial valleys such as Glen Shiel and Glen Strathfarrar, inland lochs such as Loch Ness, Loch Morar, and Loch Maree, and woodland areas such as Glen Affric Forest Reserve and Achnashellach Forest. The rugged coastlines and sea fjords, including Loch Torridon and Loch Duich, provide habitats for seals, dolphins, puffins, and sea eagles, while rivers like the River Spey, River Dee, and River Lochy offer fishing, kayaking, and walking along flat paths. Historic trails and walking routes, such as the West Highland Way and the Great Glen Way, offer immersive nature experiences, traversing glens, hills, and remote coastlines, while picturesque villages like Plockton, Gairloch, and Torridon preserve traditional architecture, craft galleries, and local shops, offering an authentic experience of Highland culture and history. The Scottish Highlands are thus a land of extraordinary diversity, where clan history, medieval architecture, mountain landscapes, and fjords blend to offer authentic, intimate, and varied experiences, suitable for every type of travel.

PLACES AND EXPERIENCES FOR SINGLES, COUPLES, AND FAMILIES OFF THE BEATEN PATH

- **Single** – The Highlands are perfect for solo travellers seeking wild nature and authenticity far from the most beaten paths. The less-visited areas of Cairngorms National Park offer scenic trails, wildlife, and striking mountain landscapes. The coastal regions around Applecross and Torridon feature spectacular roads and small isolated villages overlooking the ocean.

- **Couples** – This region is ideal for couples looking for romantic scenery and intimate atmospheres immersed in nature. The shores of Loch Ness and the valleys of Glencoe offer dramatic, quiet, and deeply evocative landscapes. Small lodges and historic hotels in the Highlands provide exclusive stays among mountains, lakes, and remote valleys.

- **Families with children** – The Highlands are very suitable for families thanks to nature experiences and accessible castles. The Highland Wildlife Park, near Kingussie, allows visitors to observe northern wildlife in an educational and safe environment. Castles such as Eilean Donan Castle offer easy and engaging visits in fairytale-like and easily accessible settings.

- **Families with teenagers** – This region is perfect for families with teenagers thanks to outdoor activities and adventurous landscapes. The Fort William and Glen Nevis area offers hiking, scenic trails, and outdoor experiences in a mountainous setting. The Cairngorms region provides more dynamic excursions, mountain biking, and wildlife spotting in wild and authentic environments.





DID YOU KNOW?

The Scottish Highlands preserve a wealth of stories and traditions that reflect Scotland's most authentic identity. In Loch Ness, one of the deepest lakes in the United Kingdom with a maximum depth of approximately 230 meters, the legend of the famous "Nessie" has been passed down for centuries. It was first sighted in modern times in 1933, although similar tales date back to the 6th century in the chronicles of Saint Columba. On its shores lie the evocative ruins of Urquhart Castle, the scene of numerous clan conflicts during the Middle Ages and the Scottish Wars of Independence. In the heart of the Western Highlands, the village of Plockton is known for its unusually mild microclimate, which allows the growth of *Cordyline australis* palms, a rare phenomenon at these latitudes and made possible by the influence of the Gulf Stream. Not far away, the famous Eilean Donan Castle, located at the confluence of Lochs Duich, Long, and Alsh, is one of Scotland's most photographed castles. It was rebuilt in the 20th century after being largely destroyed in 1719 during the Jacobite uprisings. The Highlands are deeply connected to clan history. For example, Glen Coe was the site of the tragic massacre of 1692, when members of the MacDonald clan were killed by soldiers affiliated with the Campbell clan after offering them hospitality, an event that remains one of the most dramatic symbols of Scottish history. In the Strathspey region, along the River Spey, one of Scotland's most celebrated traditions developed: whisky production. Historic distilleries such as Glenlivet, founded in 1824, contributed to the global spread of Scotch whisky, making the Speyside area one of the most important production regions.

From a naturalistic perspective, the Highlands are home to some of the oldest and most pristine areas in Europe. Beinn Eighe National Nature Reserve, established in 1951, was the UK's first national nature reserve and protects precious Caledonian pine forests and a rich biodiversity that includes red deer, golden eagles, and red squirrels. Furthermore, Loch Morar, located west of Fort William, is the deepest freshwater loch in the UK and, according to local lore, is inhabited by a legendary creature called "Morag."

The Highlands also preserve important prehistoric and religious sites. On the shores of the Moray Firth, the Clava Cairns archaeological site, dating back to the Bronze Age (circa 2000 BC), consists of burial mounds and stone circles that testify to the ancient ritual practices of local populations. In the same area, Fortrose Cathedral, built between the 13th and 14th centuries, represents one of the finest examples of medieval Highland architecture and bears witness to the region's religious importance in the Middle Ages. These curiosities and anecdotes reveal how the Scottish Highlands are much more than a simple natural destination: they are a land rich in history, legends, and traditions that continue to live on in the landscapes, villages, and local culture, offering visitors an authentic and deeply evocative experience.

INNER HEBRIDES AND ISLE OF SKYE BETWEEN WILD ISLANDS, DRAMATIC CLIFFS, MOUNTAINS, AND REMOTE BAYS IN WESTERN SCOTLAND

The Inner Hebrides and the Isle of Skye represent some of the most spectacular and evocative landscapes in western Scotland, characterized by rugged coastal landscapes such as the cliffs of Neist Point and Talisker Bay on the Isle of Skye, as well as the spectacular basalt coasts of Fingal's Cave on the Isle of Staffa, part of the Inner Hebrides archipelago. These are flanked by imposing mountains such as the Cuillin Hills on the Isle of Skye, divided into the more rugged Black Cuillin and the gentler Red Cuillin, Ben More on the Isle of Mull, the only mountain in the Inner Hebrides to exceed 900 meters, and the Paps of Jura, three conical peaks that dominate the landscape of the Isle of Jura. These natural environments are intertwined with communities deeply rooted in Gaelic tradition, which is still alive today in the language, music, and local customs. This archipelago comprises the main islands of Skye, Mull, Islay, Jura, Rum, Eigg, Canna, and Coll, located between the west coast of the Highlands and the North Atlantic. Major population centers include Portree, the capital of the Isle of Skye, Tobermory on the Isle of Mull, Bowmore and Port Ellen on Islay, and Craighouse on the Isle of Jura. Landscape-wise, the area is dominated by geological formations of volcanic origin and shaped by glacial action. On the Isle of Skye, the Cuillin Hills—divided into the Black Cuillin, characterized by basalt and gabbro rocks, and the gentler Red Cuillin—are some of the most spectacular mountains in the United Kingdom. Other iconic sites include the Quiraing and the Old Man of Storr, imposing rock formations on the Trotternish Peninsula, and the cliffs of Neist Point, which offer breathtaking ocean views. On the Isle of Mull, Ben More stands out, the only mountain in the archipelago to rise above 900 meters, while on the Isle of Rum, the Cuillins of Rum are located, a geologically and naturally significant massif. The coasts of the Inner Hebrides are dotted with bays and marine lochs, such as Loch Harport and Loch Dunvegan on Skye, Loch na Keal on Mull, and Loch Indaal on Islay. These are ideal habitats for a rich marine life, including grey seals, dolphins, minke whales, white-tailed sea eagles, and numerous species of seabirds, such as puffins. The islands are also home to protected natural environments, including the Isle of Rum National Nature Reserve, known for its red deer and golden eagles. From a historical and cultural perspective, the Inner Hebrides are deeply connected to the tradition of Scottish clans and Gaelic culture, which is still alive today in the local language and customs. Castles such as Dunvegan Castle on the Isle of Skye, the historic residence of the MacLeod clan since the 13th century, and Duart Castle on the Isle of Mull, linked to the MacLean clan, testify to the power and influence of clan families. On the Isle of Iona, easily accessible from Mull, lies the famous Iona Abbey, founded in 563 AD by Saint Columba, one of the most important religious centers of medieval Scotland and a key place in the spread of Christianity in the country. The Inner Hebrides are also renowned for their artisanal and manufacturing traditions. The Isle of Islay is world-famous for its peated whisky production, with historic distilleries such as Laphroaig, Lagavulin, and Ardbeg, while villages such as Portree and Tobermory preserve traditional architecture, picturesque harbors, and a vibrant local arts scene. From a naturalistic and cultural perspective, the Inner Hebrides and the Isle of Skye represent an area of extraordinary diversity, where mountains, cliffs, bays, and historic villages blend with a strong Gaelic identity. This combination of spectacular landscapes, clan history, and centuries-old traditions offers authentic and immersive experiences, making the area ideal for any type of travel.

PLACES AND EXPERIENCES FOR SINGLES, COUPLES, AND FAMILIES OFF THE BEATEN PATH

- **Single** – The Inner Hebrides and the Isle of Skye are perfect for solo travellers seeking isolation, powerful nature, and landscapes far from mass tourism. The less-visited areas of the Isle of Mull offer quiet coastal villages, scenic roads, and abundant marine wildlife. The coastlines of the Isle of Skye, especially remote areas such as the Trotternish Peninsula, feature dramatic scenery with cliffs and unique rock formations.

- **Couples** – This archipelago is ideal for couples looking for intimate atmospheres and breathtaking landscapes. The secluded bays of the Isle of Harris offer white sandy beaches and turquoise waters in a strikingly wild setting. The maritime Highlands of the Isle of Skye provide spectacular sunsets, remote lodges, and a deep sense of immersion in nature.

- **Families with children** – The Inner Hebrides are very suitable for families thanks to accessible nature and welcoming small communities. The Isle of Mull offers easy walks, wildlife spotting such as seals and eagles, and visits to easily accessible castles. The sheltered beaches of the Isle of Iona allow for relaxing days in a safe and scenic environment.

- **Families with teenagers** – This region is perfect for families with teenagers thanks to outdoor adventures and dramatic landscapes. The Isle of Skye offers iconic hikes such as the Quiraing and the Old Man of Storr, ideal for more active experiences. Less-visited islands such as Isle of Eigg allow independent exploration, kayaking, and direct contact with raw, untouched nature.





DID YOU KNOW?

The Inner Hebrides and the Isle of Skye are places of great charm, where unspoiled nature, history and local traditions intertwine in surprising ways.

The Isle of Eigg, for example, is famous for being almost completely self-sufficient in energy, thanks to a combined system of solar, wind and hydroelectricity, a unique model of community sustainability.

On the Isle of Mull, the village of Tobermory is striking for its colorful houses lining the harbor, dating back to the 18th century, originally fishermen's warehouses and workshops. The bright colors of the facades, in addition to giving the village a unique identity, served to guide sailors in fog and storms.

On the island of Jura, the hills and woods are home to one of the highest densities of red deer in Europe, allowing for close encounters with local wildlife in completely natural and uncrowded settings.

Many of the islands, including Rum and Canna, offer refuges for seabirds such as puffins and fulmars, and are important birdwatching sites, far from the main tourist routes. Walks along rugged coastlines, secluded bays, and mountain trails allow you to appreciate not only the extraordinary variety of landscapes, but also the Gaelic traditions that still characterize these communities, from small villages to the whisky distilleries of Bowmore and Port Ellen.

In this area, every beach, hill, village, and forest tells layered stories of nature, history, and local culture, offering authentic and surprising experiences, perfect for those seeking off-the-beaten-path destinations brimming with charm.

OUTER HEBRIDES ISLANDS REMOTE ATLANTIC ISLANDS, WHITE- SAND BEACHES, DUNES, AND TRADITIONAL GAELIC COMMUNITIES

The Outer Hebrides, also known as the Outer Hebrides, is a remote archipelago in the North Atlantic, characterized by pristine white beaches like Seilebost Beach and Traigh Mhor in Barra, sand dunes like Nisabost in Lewis and Rodel in Harris, rugged coastlines like Vatersay Sound and Hushinish Point, and communities deeply rooted in Gaelic tradition. The archipelago includes the main islands of Lewis, Harris, North Uist, South Uist, Benbecula, Barra, and St. Kilda, along with smaller islets like Berneray, Flodaigh, and Pabbay. The main towns are Stornoway on Lewis, Tarbert on Harris, and Castlebay on Barra. The landscape is dominated by wide, secluded beaches like Luskentyre Sands on Harris, dunes and inland peat bogs like Loch an Duin on North Uist and Loch Bee on Benbecula, gentle mountains like Clisham (Harris's highest peak), and small inland lochs like Loch Langavat on Lewis and Loch Seaforth on Harris, which create ideal habitats for unique wildlife. The islands are home to seabirds such as puffins, fulmars, and eider ducks, while the surrounding waters are frequented by grey seals, harbor seals, and otters, making the Outer Hebrides a haven for wildlife watching. Historically and culturally, the archipelago retains strong Gaelic roots: the Scots Gaelic language is still spoken by a significant portion of the population, and local traditions include Harris Tweed weaving, traditional music, and dance. Prehistoric remains such as the Neolithic Callanish Circles on Lewis testify to ancient settlements and spiritual rituals, while historic buildings such as Kisimul Castle on Barra, located on a defensive islet, tell the story of centuries of clan and maritime history. The Outer Hebrides are thus a unique territory, where spectacular landscapes, pristine nature, and traditional culture merge, offering authentic, immersive experiences far from the beaten tourist track.

PLACES AND EXPERIENCES FOR SINGLES, COUPLES, AND FAMILIES OFF THE BEATEN PATH

- **Single** – The Outer Hebrides are perfect for solo travellers seeking solitude, endless horizons, and an authentic cultural identity far from mass tourism. The island of Lewis, especially around Uig and the western coast, offers dramatic coastal landscapes, standing stones, and quiet villages where life follows traditional rhythms. The island roads themselves become part of the journey, crossing peatlands, lochs, and open ocean scenery.

- **Couples** – This archipelago is ideal for couples looking for absolute tranquillity and striking natural beauty. The beaches of Luskentyre on Harris offer white sands and turquoise waters in an almost surreal, untouched setting. Small guesthouses and remote lodges across Harris and North Uist provide intimate stays surrounded by dunes, silence, and endless Atlantic light.

- **Families with children** – The Outer Hebrides are very suitable for families thanks to safe natural spaces and authentic cultural experiences. The villages of South Uist allow children to discover Gaelic traditions, local crafts, and island life in a simple and welcoming environment. Sheltered beaches and shallow waters create ideal settings for relaxed outdoor days.

- **Families with teenagers** – This region is perfect for families with teenagers thanks to wild landscapes and more adventurous outdoor activities. The coasts of Barra offer kayaking, hidden coves, and island hopping. The windswept dunes and beaches of North Uist provide hiking, wildlife observation, and photography in one of the most remote and atmospheric areas of Scotland.





DID YOU KNOW?

The Outer Hebrides are home to some of Scotland's oldest traditions. The Isle of Lewis is home to the famous Callanish Stones, a complex of monoliths dating back to the Neolithic period, predating even Stonehenge, and shrouded in mystery as to the ritual functions of the ancient inhabitants.

The Gaelic language is still spoken daily in many communities, such as Stornoway, and accompanies local music, poetry, and festivals, keeping the archipelago's cultural identity alive.

On Harris, the beaches of Luskentyre are not only spectacular for their white sand and turquoise waters, but are also famous for their role in the local tides, which shape dunes and coastal lakes, creating ideal habitats for puffins and fulmars.

North Uist retains inland peat bogs and lochs, such as Loch Obisary, where herons, ducks and foxes can be observed, in an ecosystem that has remained virtually intact for centuries.

Local craftsmanship is another unique aspect: Harris Tweed, handwoven in the homes of Harris, remains an example of a thousand-year-old artisan tradition, with each fabric certified according to precise laws and produced exclusively in the archipelago.

On Barra, Kisimul Castle, located on a defensive islet in Castlebay, bears witness to the history of the clans that ruled the island, while the historic sea routes between the smaller islands have shaped the economic and social life of the population for centuries.

The Outer Hebrides therefore offer a unique mix of ancient history, living culture and pristine landscapes, with local curiosities and traditions that tell of a world still deeply connected to nature and its Gaelic roots, far from the most frequented tourist routes.

ORKNEY AND SHETLAND ISLANDS NORTHERN ARCHIPELAGOS, PREHISTORIC SITES, RUGGED COASTLINES, AND UNIQUE MARINE WILDLIFE

The Orkney and Shetland Islands are Scotland's northernmost archipelagos, located between the North Sea and the Atlantic Ocean, and represent an area of extraordinary historical, cultural, and natural significance. The Orkney archipelago comprises approximately 70 islands, 20 of which are inhabited, including Mainland, Hoy, Rousay, and Sanday, while the Shetland archipelago comprises approximately 100 islands, with the main ones being Mainland, Yell, Unst, Fetlar, and Bressay. The main towns are Kirkwall and Stromness in Orkney, and Lerwick in Shetland. Scenically, the islands offer a unique combination of rugged coastlines such as Yesnaby and Marwick Head in Orkney, and Eshaness and Sullom Voe in Shetland; fjords such as Scapa Flow and Eynhallow Sound in Orkney, and Bluemull Sound and Yell Sound in Shetland; deep bays such as Wideford Bay and Loth Bay in Orkney, and Hamnavoe Bay and Voe of Dale in Shetland; sheer cliffs such as Yesnaby (Orkney) and Sumburgh Head (Shetland); rolling hills such as Ward Hill (Unst); and vast agricultural plains, as well as inland lochs such as Loch of Stenness and Loch of Spiggie, home to a wealth of aquatic wildlife and migratory birds. These islands are some of the best places in the UK to observe puffins, cormorants, harbor seals, and otters, while whales, dolphins, and grey seals can be spotted in the surrounding waters. From a historical and cultural perspective, Orkney and Shetland hold evidence of some of the oldest human settlements in Britain. Orkney is famous for the Neolithic complex of Skara Brae, dating back approximately 5,000 years, and for megalithic sites such as the Ring of Brodgar and Maeshowe, which bear witness to the rituals and sophisticated architecture of prehistoric times. Shetland, influenced for centuries by Norse culture, preserves Viking fortresses such as Jarlshof on the Mainland, as well as local traditions linked to fishing, navigation, and textiles, particularly the production of Shetland wool. The islands also have a unique industrial and maritime heritage, with historic lighthouses such as Eshaness Lighthouse (Shetland) and Brough of Birsay (Orkney), which testify to the long history of navigation and maritime defense. Small villages such as Housa Voe and Brae in Shetland, or Evie and Pierowall in Orkney, offer direct contact with local life, away from the beaten tourist track. Orkney and Shetland are a land where prehistoric history, Viking culture, spectacular landscapes, and marine biodiversity merge, offering authentic, immersive experiences suitable for every type of travel.

PLACES AND EXPERIENCES FOR SINGLES, COUPLES, AND FAMILIES OFF THE BEATEN PATH

- **Single** – Orkney and Shetland are perfect for solo travellers seeking remote landscapes, deep history, and a true sense of isolation. The islands of Orkney, especially around Kirkwall and the West Mainland, offer Neolithic sites such as Skara Brae and vast open scenery far from mass tourism. In Shetland, the Lerwick area provides a small but lively cultural hub surrounded by dramatic coastal landscapes.

- **Couples** – These archipelagos are ideal for couples looking for dramatic scenery and complete tranquillity. The cliffs of Yesnaby in Orkney and the coastal viewpoints across Shetland's mainland offer powerful, wind-swept landscapes and unforgettable sunsets. Remote lodges and seaside stays create intimate atmospheres immersed in silence and ocean views.

- **Families with children** – Orkney and Shetland are very suitable for families thanks to educational experiences and easily accessible nature. Orkney's prehistoric sites, such as Skara Brae and the Ring of Brodgar, offer a fascinating journey into ancient history. Coastal walks and wildlife watching—seals, puffins, and seabirds—make the islands engaging and easy to explore.

- **Families with teenagers** – These islands are perfect for families with teenagers thanks to outdoor exploration and unique natural environments. Shetland's rugged coastline offers hiking, sea cliffs, and spectacular viewpoints such as Eshaness. Orkney provides kayaking, cycling routes, and archaeological exploration in one of Europe's most important prehistoric landscapes.





DID YOU KNOW?

Orkney and Shetland hold surprising curiosities linked to their history and culture.

In Orkney, the Neolithic complex of Skara Brae, dating back some 5,000 years, has been buried by sand for millennia, preserving houses, tools and relics of daily life remarkably intact, offering insights into the prehistoric lives of its inhabitants.

The Ring of Brodgar and Maeshowe demonstrate the advanced astronomical and architectural knowledge of Neolithic communities, with solar alignments and sophisticated burial chambers.

On Shetland, Norse influence is still evident: the site of Jarlshof shows continuous settlement from the Neolithic to the Viking period, with dwellings, enclosures and tombs.

The production of Shetland wool has ancient roots, and traditional “Fair Isle sweaters” derive from weaving techniques developed in remote villages such as Brae and Housa Voe.

Shetland is also home to one of the highest concentrations of historic lighthouses in the UK, such as Eshaness Lighthouse, which guided sailors between treacherous cliffs and remote fjords.

The surrounding waters, rich in whales, dolphins and seals, and the colonies of puffins and cormorants on the cliffs of Yesnaby and Sumburgh Head, make the islands not only a cultural heritage site, but also a natural paradise.

These curiosities make Orkney and Shetland a unique mosaic of ancient history, living traditions and extraordinary biodiversity, still accessible and authentic today.



WALES: EPIC EMOTIONS AMIDST MOUNTAINS, VALLEYS, AND COASTLINES



Wales is a land of striking contrasts, where imposing mountains like Snowdon and the Black Mountains, deep valleys like the Wye Valley and the Rhondda Valley, rugged coastlines like St. Davids Head and Strumble Head, and picturesque islands like Anglesey and Skomer intertwine with a millennia-old history and vibrant cultural traditions. Before the arrival of the Romans, the territory was inhabited by Celtic tribes like the Silures, Ordovices, and Demetes, who developed complex societies with a strong spiritual connection to nature, fortifications like Tre'r Ceiri and Castell Dinas, and myths linked to agricultural cycles and local deities. The Roman era left tangible evidence such as the military roads between Caerleon and Segontium, the forts of Caerleon Roman Fortress and Segontium Roman Fort, and the remains of aqueducts like Dolaucothi and protective walls still visible in Caerwent, which tell the story of Roman organization and presence in Wales. The Middle Ages saw the construction of legendary castles like Caernarfon Castle, Conwy Castle, and Harlech Castle, abbeys like Tintern Abbey, and market towns like Cardiff and Swansea, which consolidated local trade and the region's culture. During the Renaissance and subsequent centuries, noble families and local lords like the House of Tudor and the House of Wynn consolidated architectural heritages like Powis Castle and Chirk Castle, historic gardens like Bodnant Garden, and libraries like the National Library of Wales in Aberystwyth, leaving a cultural legacy that still permeates cities and countryside today. Festivals like the National Eisteddfod, museums like the National Museum Cardiff, and theaters like Theatr Mwldan testify to the nation's cultural vitality and capacity for innovation.

From a naturalistic perspective, Wales offers a surprising variety of environments: the mountains of Snowdonia National Park, with Mount Snowdon and surrounding valleys like the Llanberis Valley; the Brecon Beacons National Park and Pembrokeshire Coast National Park, with rolling hills, placid rivers like the River Usk, and rugged coastlines like St Davids Head and Strumble Head; the main islands, such as Anglesey, with spectacular cliffs and picturesque villages like Beaumaris and Menai Bridge; and the smaller islands off the southwest coast, such as Skomer and Skokholm, renowned for their marine life and bird colonies; the plains and moors of mid-Wales offer rolling landscapes and rural villages like Llanwrtyd Wells and Llangammarch Wells, ideal for quiet walks and outdoor activities. The main rivers, from the Severn to the Taff, mark the geography and history of the territories, while the Atlantic and Bristol Channel coasts offer cliffs such as Worm's Head, dunes such as Merthyr Mawr Sand Dunes and bays such as Cardigan Bay that tell the story of the ancient connection between the Welsh and the sea.

Geographically, Wales covers approximately 20,800 km², just over a sixth of the size of Italy, and includes mountains, hills, plains, rivers, and islands, with a unique balance between wilderness and historic settlements.

The four main areas that make up the region are:

- NORTH WALES – MOUNTAINS, RUGGED COASTLINE, THE ISLE OF ANGLESEY AND HISTORIC FORTRESSES
- MID WALES – ROLLING HILLS, MOORLAND, TRANQUIL RIVERS AND RURAL VILLAGES
- SOUTH WALES – COASTAL PLAINS, HISTORIC CITIES SUCH AS CARDIFF AND SWANSEA, COASTLINES AND NATURE PARKS
- WEST WALES (WEST WALES / PEMBROKESHIRE) – COASTAL PARKS, SMALL ISLANDS, BAYS AND PICTURESQUE COMMUNITIES

The main airports accessing the region are:

- Cardiff Airport – Main gateway to South Wales
- Anglesey Airport – Gateway to the North and the Islands
- Bristol Airport – Useful for the South West and Pembrokeshire area

Wales is more than just a collection of territories: it's a layered tale of people, history, legends, and landscapes, where each place invites you to discover it slowly and attentively. From rugged coastlines to tranquil moors, from mountain valleys to picturesque villages, the region offers a complete experience that blends history, culture, and nature in a rare and fascinating balance.

NORTH WALES MOUNTAINS, RUGGED COASTLINES, ANGLESEY ISLAND, AND HISTORIC FORTRESSES

North Wales is one of the most captivating and authentic regions in the United Kingdom, where imposing mountain landscapes, rugged coastlines, and a rich historical heritage blend together in a landscape of extraordinary diversity. The area encompasses the counties of Gwynedd, Conwy, Denbighshire, and Flintshire, as well as the island of Anglesey (Ynys Môn), with major towns such as Bangor, Caernarfon, Conwy, Llandudno, Holyhead, and Betws-y-Coed. The landscape is dominated by Snowdonia National Park, officially known as Eryri National Park, home to Mount Snowdon (Yr Wyddfa), the highest peak in Wales at 1,085 meters. Surrounding it are spectacular mountain ranges such as the Glyderau and Carneddau, glacial valleys, and glacial lakes such as Llyn Padarn, Llyn Ogwen, and Llyn Llydaw. The coast offers equally striking scenery, with limestone headlands such as the Great Orme and Little Orme in Llandudno, wide sandy bays such as Colwyn Bay and Red Wharf Bay on the island of Anglesey, and scenic coastlines along the Menai Strait, which separates the island from the mainland. Historically, North Wales is renowned for its extraordinary concentration of medieval castles built in the 13th century by the English King Edward I, now recognized as UNESCO World Heritage Sites. Among these are Caernarfon Castle, known for its polygonal towers and strong symbolic significance in Welsh history; Conwy Castle, overlooking the Conwy estuary; and the imposing fortresses of Harlech and Beaumaris, exceptional examples of medieval military architecture and defensive planning. The region retains a strong cultural identity: the Welsh language (Cymraeg) is widely spoken and represents a fundamental element of daily life and a sense of local belonging. Musical, literary, and craft traditions are still alive in communities, while religious buildings such as Bangor Cathedral, founded in the 6th century and rebuilt in subsequent centuries, bear witness to the region's long spiritual history. From a naturalistic perspective, North Wales is home to a rich biodiversity. The mountains and moors are habitats for species such as the peregrine falcon, the red-billed chough (the symbol of Wales), and the European otter. The coastal waters of the Irish Sea are frequented by grey seals, dolphins, and numerous species of seabirds, particularly along the island of Anglesey, which includes protected areas such as the South Stack Cliffs RSPB Reserve, one of the UK's most important sites for birdwatching. North Wales therefore represents a land of extraordinary balance between nature, history, and culture, where legendary mountains, medieval castles, and communities deeply rooted in tradition offer authentic and varied experiences, suitable for every type of travel.

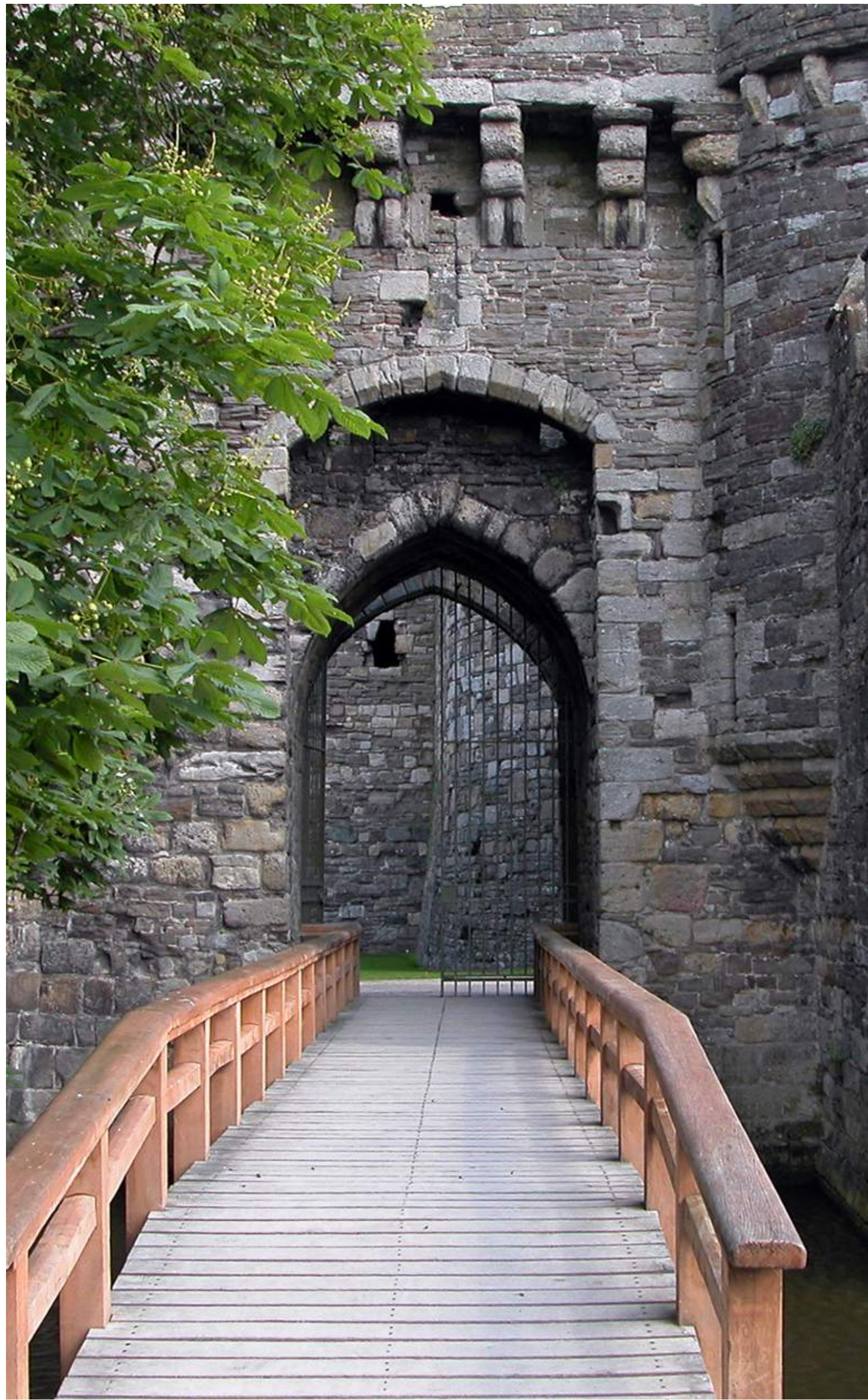
PLACES AND EXPERIENCES FOR SINGLES, COUPLES, AND FAMILIES OFF THE BEATEN PATH

- **Single** – North Wales is perfect for solo travellers seeking wild nature and authenticity away from the most touristy routes. Snowdonia National Park (Eryri) offers dramatic mountains, scenic hiking trails, and villages set in breathtaking landscapes. The island of Anglesey reveals remote coastlines, lighthouses, and small coastal towns rich in local identity.

- **Couples** – This region is ideal for couples looking for evocative scenery and intimate atmospheres between sea and mountains. The villages at the foot of Snowdon offer traditional cottages and spectacular views, while Anglesey's coastline provides peaceful bays and unforgettable ocean sunsets.

- **Families with children** – North Wales is very suitable for families thanks to castles, nature, and educational experiences. Conwy Castle and Caernarfon Castle offer engaging historical visits, while scenic railways and easy walks in Snowdonia provide accessible activities for all ages.

- **Families with teenagers** – This region is perfect for families with teenagers thanks to outdoor activities and adventure. Snowdonia National Park offers hiking, zip lines, and more dynamic experiences, while the rugged coastline provides kayaking and water sports in spectacular natural settings.





DID YOU KNOW?

North Wales boasts one of the highest densities of medieval castles in Europe, built in the 13th century during the reign of King Edward I of England: Caernarfon, Conwy, Harlech, and Beaumaris, now recognized as UNESCO World Heritage Sites, were designed not only as defensive structures but also as symbols of English power over the Welsh territory. At Caernarfon Castle, in particular, the future King Edward II was born in 1284, an event that contributed to its strong symbolic significance in British history.

Few people know that Eryri (Snowdonia) National Park is not only one of the most spectacular mountain areas in the United Kingdom, but also home to communities where Welsh is still the dominant everyday language, making it one of the most important cultural hubs for the survival of Cymraeg. The name Snowdonia itself derives from the English term, while in Welsh the region is called "Eryri," meaning "land of eagles," a historical reference to the presence of birds of prey in its mountains.

On the island of Anglesey (Ynys Môn) lies the village with one of the longest names in Europe, Llanfairpwllgwyngyllgogerychwyrndrobwl'llantysiliogogogoch, created in the 19th century as a railway promotional strategy. Also on the island, the South Stack area is one of the UK's most important nesting spots for seabirds such as puffins, which can be observed from viewing platforms on the cliffs.

Another peculiarity concerns the Menai Strait, the stretch of sea that separates Anglesey from the mainland: here there are two historic bridges of great engineering, the Menai Suspension Bridge (1826) designed by Thomas Telford and the Britannia Bridge, which revolutionised the connections between Wales and England.

North Wales is therefore an area where medieval history, linguistic identity and extremely diverse natural landscapes coexist in a unique way, still maintaining a strong link between local culture and territory.

CENTRAL WALES GENTLE HILLS, MOORLANDS, CALM RIVERS, AND RURAL VILLAGES

Mid Wales is one of the most authentic and least urbanized areas of the country, characterized by vast rolling landscapes, open moorland, and river valleys deeply shaped by nature. The region primarily encompasses the counties of Powys and parts of Ceredigion, with towns such as Llandrindod Wells, Newtown (Y Drenewydd), Welshpool (Y Trallwng), Machynlleth, and Aberystwyth, the latter located on the west coast and overlooking Cardigan Bay. The territory is dominated by a gently undulating yet expansive landscape, where the hilly ranges of the Cambrian Mountains alternate with river valleys crossed by waterways such as the River Severn (Afon Hafren), the longest river in the United Kingdom, and the River Wye (Afon Gwy), known for its natural landscapes and meanders through wooded hills. Reservoirs and reservoirs such as Llyn Clywedog and Vyrnwy Reservoir (Llyn Efyrnwy) add further landscape elements, creating tranquil environments rich in biodiversity. From a naturalistic perspective, Mid Wales is one of the wildest and least densely populated areas of the country. The vast moors and hills are home to species such as the peregrine falcon, the common buzzard, the European otter along the rivers, and the red deer in wooded areas such as Dyfi Forest and the woodlands of the Elan Valley. The latter is one of the most scenic areas of the region, characterized by a series of dams and reservoirs immersed in a highly evocative mountain and valley landscape. From a historical and cultural perspective, Mid Wales retains a strong rural and linguistic identity: the Welsh language (Cymraeg) is widely spoken and an integral part of daily life. Historic towns such as Machynlleth, the ancient capital of medieval Wales during Owain Glyndŵr's Revolt, and Llanidloes, one of the country's first market towns, bear witness to the region's long political and commercial history. Aberystwyth is also an important cultural and academic center, home to Aberystwyth University and the National Library of Wales, one of the most important libraries in the United Kingdom. Mid Wales is therefore distinguished by its balance of pristine nature, historical heritage, and vibrant cultural identity, offering an authentic, peaceful region deeply rooted in tradition, ideal for travel experiences away from the crowded routes.

PLACES AND EXPERIENCES FOR SINGLES, COUPLES, AND FAMILIES OFF THE BEATEN PATH

- **Single** – Mid Wales is ideal for solo travellers seeking peace, nature, and authenticity away from major tourist routes. The Brecon Beacons (Bannau Brycheiniog National Park) offer rolling hills, scenic trails, and small villages immersed in the most authentic Welsh countryside. Rivers and valleys throughout the region provide slow-paced, restorative experiences close to nature.

- **Couples** – This region is perfect for couples looking for intimate atmospheres and romantic landscapes. The valleys of the Brecon Beacons offer secluded cottages, some of the darkest starry skies in the UK, and quiet natural scenery. Rural villages in Powys provide a slow, authentic rhythm ideal for a relaxing escape.

- **Families with children** – Mid Wales is very suitable for families thanks to accessible nature and educational outdoor activities. The waterfalls and easy trails of the Brecon Beacons allow safe and enjoyable walks, while farms and rural communities offer authentic experiences of Welsh country life.

- **Families with teenagers** – This region is perfect for families with teenagers thanks to outdoor adventures and nature-based activities. The Brecon Beacons offer hiking, mountain biking, and more active trails across hills and valleys, while rivers provide opportunities for kayaking and water-based activities in uncrowded natural settings.





DID YOU KNOW?

Mid Wales is one of the least densely populated regions in the United Kingdom, a characteristic that has allowed the preservation of rural landscapes and strong Welsh linguistic traditions, especially in the inland areas of Powys. In many areas, Welsh remains a language of everyday use, particularly in small towns and valleys far from major roads.

The Elan Valley, now famous for its lakes and dams, is actually the result of a major engineering project between the late 19th and early 20th centuries, designed to channel water to Birmingham. The construction of infrastructure such as the Craig Goch and Pen-y-Garreg dams profoundly transformed the valley, yet preserved its natural appearance, creating a rare balance between human intervention and pristine landscape.

In the Wye River valley, towns like Machynlleth played a significant historical role: it was here, in 1404, that Owain Glyndŵr convened the first Welsh Parliament, a symbolic event that marked one of the most important affirmations of medieval Wales's national identity. Even today, the town retains traces of this historical legacy in local buildings and place names.

The River Severn system, which rises near Llanidloes, is also one of the region's most notable geographical features: it is the longest river in Britain, and its sources lie in an area of hills and peat bogs that remains sparsely populated to this day.

Finally, many of the forests of Mid Wales, such as those around Llanwrtyd Wells and the Cambrian Mountains, are the result of reforestation in the 20th century, which transformed areas once used for extensive grazing into woodland landscapes that are now rich in biodiversity.

SOUTH WALES COASTAL PLAINS, HISTORIC CITIES LIKE CARDIFF AND SWANSEA, COASTLINE AND NATURAL PARKS

South Wales is the most urbanized and historically industrialized region in the country, but it is also surprisingly rich in nature, with Atlantic coastlines, deep river valleys, and hilly areas extending inland. The area primarily encompasses the counties of Cardiff, Swansea, Newport, the Vale of Glamorgan, Rhondda Cynon Taf, Caerphilly, Merthyr Tydfil, and Bridgend, encompassing both large urban centers and vast rural and coastal areas. The landscape is strongly characterized by two main elements: the coastal strip of the Bristol Channel and Swansea Bay, and the historic South Wales Valleys, narrow, deep river valleys such as those of the River Taff, River Rhondda, River Usk, and River Ebbw, which have shaped the region's geography and industrial history. These valleys, once the hub of coal mining and steelmaking, today present themselves as transforming landscapes, with nature trails, linear parks, and revitalizing communities. From a natural perspective, South Wales includes areas of great environmental value such as Bannau Brycheiniog National Park (Brecon Beacons), characterized by mountains like Pen y Fan, open plateaus, and spectacular waterfalls like Henrhyd Falls. The coast is dotted with cliffs, beaches, and wetlands, including the Gower Peninsula, the first area in the United Kingdom to be designated an Area of Outstanding Natural Beauty, with iconic sites such as Rhossili Bay, Three Cliffs Bay, and Oxwich Bay. From a historical and cultural perspective, South Wales is the heart of the Welsh Industrial Revolution, with cities such as Cardiff, now the country's capital and an important cultural and political center, and Swansea, a port city linked to shipping and industrial production. The inland valleys, particularly the Rhondda Valley, the Merthyr Tydfil Valley, and the Afan Valley, still retain evidence of Wales's mining past, with sites such as the Big Pit National Coal Museum in Blaenavon (a former coal mine now a UNESCO museum), the Rhondda Heritage Park in Trehafod, and the National Waterfront Museum in Swansea, which chronicles Wales's industrial and maritime evolution. The region also boasts historic sites linked to the coal and iron industries, such as the Blaenavon Industrial Landscape, a UNESCO World Heritage Site that includes perfectly preserved 19th-century mines, furnaces, and industrial infrastructure. Communities that developed around the coal mines include towns like Treorchy, Aberdare, and Pontypridd, which developed between the 19th and 20th centuries as mining villages and remain strongly tied to the industrial legacy and Welsh choral and community culture, which found one of its main centers of development in the valleys. South Wales is therefore distinguished by its strong duality: on the one hand, an industrial legacy among the most significant in Europe, on the other, a natural coastal and mountain heritage of great value, which today makes the region a complete and varied destination, capable of combining urban culture, historical memory and striking natural landscapes.

PLACES AND EXPERIENCES FOR SINGLES, COUPLES, AND FAMILIES OFF THE BEATEN PATH

- **Single** – South Wales is ideal for solo travellers seeking urban energy and authentic local life. Cardiff Bay offers a dynamic mix of contemporary culture, independent venues, and waterfront walks, while Swansea provides a more relaxed coastal city atmosphere. The Mumbles area adds a local seaside vibe with cafés, galleries, and coastal views.

- **Couples** – This region is perfect for couples looking for romantic scenery between coast and nature. The Vale of Glamorgan offers elegant villages, quiet cliffs, and uncrowded beaches, while the Gower Peninsula (Rhossili Bay) delivers dramatic landscapes and Atlantic sunsets in a wild, intimate setting.

- **Families with children** – South Wales is very suitable for families thanks to educational experiences and outdoor attractions. The St Fagans National Museum of History offers an interactive journey through Welsh culture, while Barry Island provides safe beaches, parks, and seaside attractions designed for younger visitors.

- **Families with teenagers** – This region is perfect for families with teenagers thanks to sports and dynamic outdoor activities. The Gower Peninsula offers surfing and coastal hiking in spectacular scenery, while Cardiff Bay Water Activity Centre and urban sports areas in the city provide more active and modern experiences.





DID YOU KNOW?

South Wales is one of the areas that most shaped the industrial history of the United Kingdom, so much so that between the 19th and early 20th centuries, its valleys were among the world's leading centers for coal mining and steel production. This development profoundly transformed the landscape, giving rise to compact communities that grew up around the mines, many of which still retain a strong Welsh cultural and linguistic identity.

One of the most distinctive features of the region is the presence of the Bannau Brycheiniog National Park (Brecon Beacons), home to some of the highest mountains in South Wales, such as Pen y Fan, already used as a training area in military times and today a very popular hiking destination, but still surrounded by vast, quiet, undeveloped areas.

On the coast, the Gower Peninsula was the first area in the UK to be designated an Area of Outstanding Natural Beauty in 1956, an accolade attributed to its extraordinary variety of landscapes, including sandy bays, limestone cliffs, and coastal dunes. Despite its proximity to Swansea, many of its inland areas remain surprisingly quiet and undeveloped.

In the heart of the South Wales Valleys, towns like Merthyr Tydfil and Pontypool still retain traces of the industrial era, with former mining and railway infrastructure that contributed to the economic development of the region and the United Kingdom as a whole. Some of these sites have subsequently been converted into museums or cultural spaces, contributing to the collective historical memory.

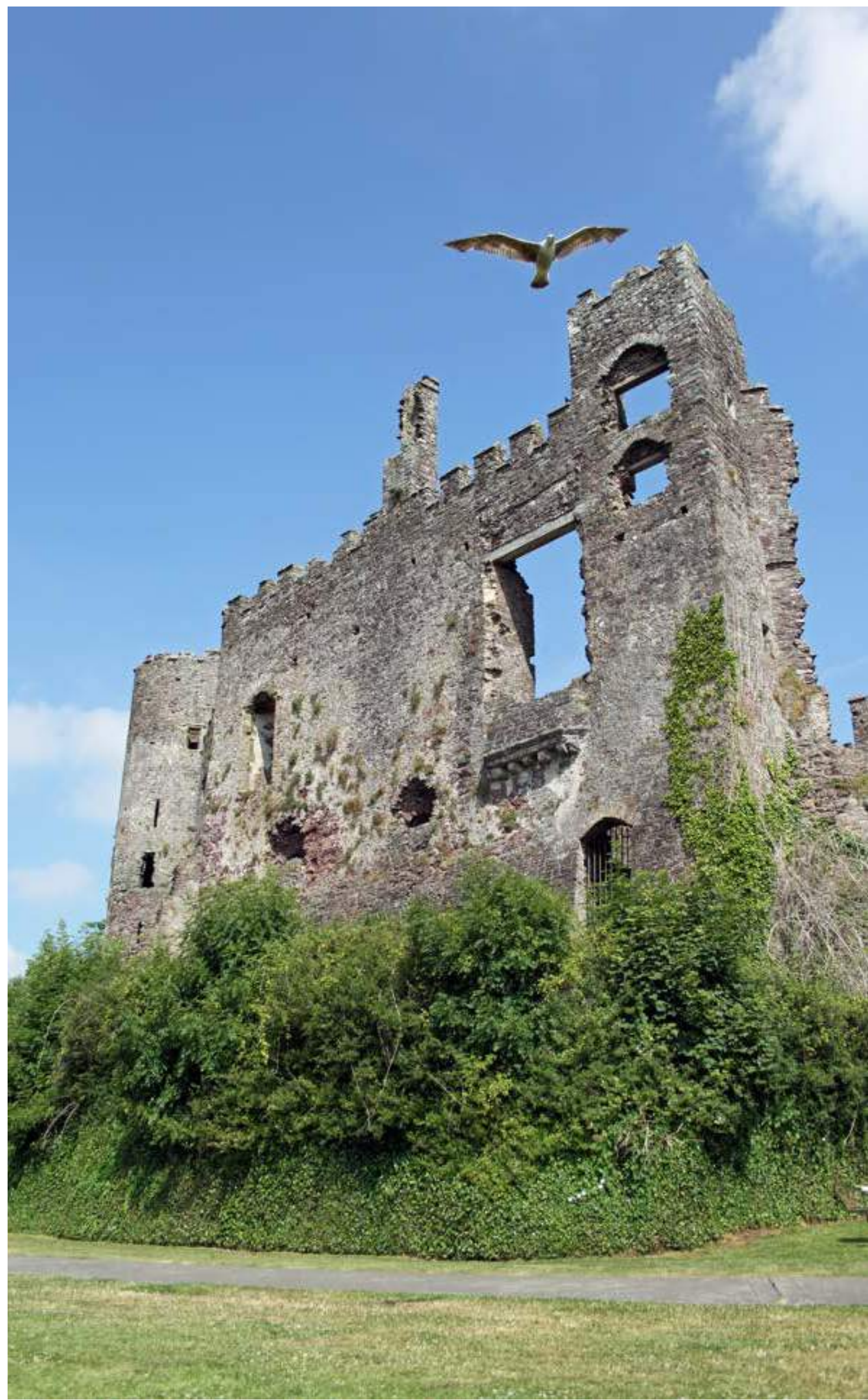
Finally, the strong Welsh choral tradition, which originated in the mining communities of the valleys, is still one of the most recognisable cultural elements of the region today, with male and mixed choirs having played a central role in the social and cultural life of South Wales for over a century.

WEST WALES COASTAL PARKS, SMALL ISLANDS, BAYS, AND PICTURESQUE COMMUNITIES

West Wales, which primarily includes Pembrokeshire and the coastal areas of Ceredigion and western Carmarthenshire, is one of Wales's most spectacular and naturally unspoiled regions. It is a territory defined by the constant contact between land and ocean, where long cliffs, sandy bays, rocky headlands, and small islands alternate with coastal villages and historic communities linked to fishing and shipping. The geographic heart of the region is Pembrokeshire Coast National Park (Parc Cenedlaethol Arfordir Penfro), the only entirely coastal national park in the United Kingdom, which extends for approximately 300 km of coastline along the Irish Sea and the Bristol Channel. Some of Wales' most iconic natural formations are found here, such as the cliffs of St. David's Peninsula, the bays of Newgale, Barafundle Bay, and Broad Haven South, as well as stretches of wild coastline shaped by wind and tides. Insularly, the region encompasses several islands and islets of great natural and historical significance, including Skomer Island, Skokholm Island, Caldey Island (Ynys Bŷr), and Ramsey Island (Ynys Dewi), all characterized by protected ecosystems, seabird colonies, and pristine coastal landscapes. These islands represent one of the UK's main wildlife sanctuaries, particularly for puffins and other marine species. Major population centers include St Davids (Tyddewi), the smallest city in the UK, historically linked to Saint David, the patron saint of Wales, and an important religious destination since the Middle Ages; Tenby (Dinbych-y-pysgod), a port town characterized by medieval walls and a historic port; and Aberystwyth, located further north along the coast of Cardigan Bay, an important cultural and university center. The inland landscape of West Wales is less urbanized and unfolds among rolling hills like the Preseli Hills (Mynydd Preseli), the Ceredigion uplands, and the heights around Tregaron; river valleys like the Teifi Valley, the Aeron Valley, and the Tywi Valley; and traditional agricultural areas like those around Cardigan (Aberteifi), Lampeter (Llanbedr Pont Steffan), and the countryside of western Carmarthenshire, still strongly linked to livestock farming and small-scale local production. Here, small rural villages like New Quay (Ceinewydd), Llangrannog, and Tregaron alternate with medieval castles like Cardigan Castle, Cilgerran Castle, and Newcastle Emlyn Castle; and protected natural areas like the Pembrokeshire Coast National Park (Parc Cenedlaethol Arfordir Penfro), the Cors Caron National Nature Reserve, and the Teifi Marshes Nature Reserve, which maintain strong ties to the Welsh language and culture. West Wales therefore stands out as a region of great balance between marine nature, historical heritage and living cultural identity, where spectacular coastlines, wild islands and traditional communities create an authentic landscape, still deeply connected to the rhythms of the ocean.

PLACES AND EXPERIENCES FOR SINGLES, COUPLES, AND FAMILIES OFF THE BEATEN PATH

- **Single** – West Wales is ideal for solo travellers seeking authentic coastal landscapes and a slow pace of life. The town of St Davids, the smallest city in the UK, offers a peaceful and spiritual atmosphere, while the Pembrokeshire Coast Path allows exploration of cliffs, hidden bays, and less touristy seaside villages.
- **Couples** – This region is perfect for couples looking for romantic scenery and unspoiled nature. The secluded bays of Barafundle Bay and the Stackpole Estate offer sandy beaches and clear waters in a wild and intimate setting. Historic coastal towns such as Tenby provide colourful streets and romantic seaside walks at sunset.
- **Families with children** – West Wales is very suitable for families thanks to accessible nature and educational attractions. Pembroke Castle offers an engaging historical experience, while the sheltered beaches of Newgale provide safe and spacious environments for relaxed family days by the sea.
- **Families with teenagers** – This region is perfect for families with teenagers thanks to outdoor activities and coastal adventures. The Pembrokeshire Coast Path offers scenic hiking routes, while kayaking and coasteering along the coastline provide more dynamic and adventurous experiences.





DID YOU KNOW?

West Wales is one of the areas of the country where the Welsh language maintains one of the highest percentages of daily use, especially in rural Ceredigion and North Pembrokeshire, where Welsh is often the first language in community and school life. This strong linguistic connection has helped preserve original place names and a cultural continuity that is still reflected in the life of small towns today.

One of the region's most famous features is Pembrokeshire Coast National Park, established in 1952 and the only entirely coastal national park in the United Kingdom. Its creation has protected an extraordinarily diverse stretch of coastline, including cliffs, sandy bays, and islands such as Skomer and Skokholm, crucial for the conservation of marine species and nesting birds, particularly puffins.

Further inland, the River Teifi valley has historically been one of the most important areas for the economic development of West Wales, thanks to the presence of watermills, textile industries, and small river ports that connected rural communities to the coast. Even today, towns like Cenarth retain traditional structures linked to wool processing and the pre-industrial economy.

The city of St Davids, despite being the smallest in the United Kingdom, has played a major religious role since the Middle Ages: its cathedral has been a place of pilgrimage for centuries, so much so that two visits to St Davids were considered equivalent to a pilgrimage to Rome in medieval times, according to a local devotional tradition.

Finally, the Cardigan Bay coast is one of the few areas in the UK where bottlenose dolphins can regularly be seen in the wild, thanks to a protected and relatively undisturbed marine ecosystem, which has helped make this part of West Wales a hotspot for marine wildlife conservation.



NORTHERN IRELAND – A LAND OF SPECTACULAR COASTLINES AND TIMELESS LANDSCAPES



Northern Ireland is a land of fascinating contrasts, where the rolling hills of the Mourne and Sperrin Mountains, crystal-clear lakes like Lough Neagh and Lough Erne, the verdant valleys of the Glens of Antrim, the rugged coastline of the Causeway Coast, and picturesque islands like Rathlin Island intertwine with a millennia-old history and vibrant cultural traditions. Before the arrival of the Romans, the territory was inhabited by Celtic tribes like the Dál Riata and the Voluntii, who developed complex societies with fortifications like Navan Fort and the remains of defensive structures on Rathlin Island, spiritual rituals, and myths linked to nature and seasonal cycles. The medieval period saw the rise of imposing castles and abbeys, including Carrickfergus Castle, Dunluce Castle, and Grey Abbey, while market towns like Belfast and Londonderry consolidated trade, fishing, and crafts, shaping the local economy and culture. Over the centuries, the region has welcomed diverse influences, from Christian monks to Gaelic and Norman traditions, which still permeate popular festivals such as the Belfast International Arts Festival, traditional Irish music in the pubs and sessions of Bushmills and Belfast, the literature of authors such as Seamus Heaney, and local museums, such as the Ulster Museum in Belfast, which houses archaeological, artistic and natural history collections.

From a naturalistic perspective, Northern Ireland offers an extraordinary variety of landscapes: the hills and mountains of the Sperrin Mountains and Mourne Mountains National Park offer hiking trails and spectacular views; the lakes of Lough Neagh and Lough Erne, with their smaller islands like Inishmore and Inishee, guarantee tranquility and picturesque scenery; the Causeway Coast and Glens is home to famous cliffs like Fair Head, bays like Ballycastle Bay, and iconic geological formations like the Giant's Causeway; the main islands, including Rathlin Island and the small islands on Lough Erne like Boa Island and Inishleague, offer traditional villages like Church Bay and Clough, marine life with seals and dolphins, and rare birds like puffins and fulmars. The main rivers, from the Bann to the Foyle, punctuate the geography and history of the territories, while the Atlantic and Irish Sea coasts tell the story of the age-old connection between the inhabitants and the sea.

Geographically, Northern Ireland covers approximately 14,130 km², just over a fifth of the size of Italy, and comprises a mix of modern cities, historic villages, hills, mountains and islands, including Rathlin, Murlough Bay and the islands of Lough Erne.

The four main areas that make up the region are:

- BELFAST AND METROPOLITAN AREA – CULTURAL, POLITICAL AND ECONOMIC CENTRE, MAIN INTERNATIONAL ACCESS HUB
- CAUSEWAY COAST AND GLENS – NORTHERN COAST WITH CLIFFS, BAYS, VILLAGES AND RATHLIN ISLAND
- MID & SOUTH ULSTER – INLAND AREAS WITH ROLLING HILLS, LAKES AND RURAL VILLAGES
- FERMANAGH LAKELANDS AND SPERRIN MOUNTAINS – NATURAL REGIONS WITH LOW MOUNTAINS, RIVERS, LAKES AND SMALLER ISLANDS ON THE MAIN LAKES

The main airports accessing the region are:

- Belfast International Airport – For the metropolitan area and northern access
- George Best Belfast City Airport – Close to Belfast City Centre and the East Coast
- City of Derry Airport – For the North West area and the Causeway Coast

Northern Ireland is more than just a collection of territories: it's a layered tale of peoples, legends, culture, and spectacular landscapes. From the urban vibrancy of Belfast to the tranquility of the northern islands and mountains, the region offers a complete experience that blends history, nature, and living traditions in a unique and surprising balance.

BELFAST AND METROPOLITAN AREA CULTURAL, POLITICAL, AND ECONOMIC HUB AND MAIN INTERNATIONAL GATEWAY

Northern Ireland is a region of the United Kingdom characterized by strong geographical and cultural diversity, where a major urban center like Belfast coexists with rugged Atlantic coastlines, rolling hill ranges, and vast inland lakes. The territory extends between the Irish Sea to the east and northeast and rural areas extending inland, offering a unique balance of urban, natural, and historical heritage. The administrative, economic, and cultural heart of the region is Belfast, Northern Ireland's capital, located at the mouth of the River Lagan. The city is the main international gateway and the most dynamic center of the territory, with a metropolitan area extending along the shores of Belfast Lough, a natural inlet connecting the city to the Irish Sea. The urban area includes historic neighborhoods such as the Cathedral Quarter, the Titanic Quarter, the Linen Quarter, and Falls Road/Shankill Road, which reflect the different phases of the city's social and urban development. The main cultural districts include the Cathedral Quarter itself, a hub of contemporary art, music, and nightlife; the Titanic Quarter, linked to industrial and maritime memory; and the Queen's Quarter area around Queen's University Belfast, a major academic and cultural hub. Among the most significant repurposed industrial sites are the former Harland & Wolff shipyards, now part of the Titanic Quarter, and the former industrial spaces along the River Lagan, where new residential neighborhoods, museums, and exhibition spaces have developed, such as the Titanic Belfast, a symbol of the city's economic and urban transformation in recent decades. Geographically, the region is complemented by coastal and inland areas of great scenic value. To the north lies the Causeway Coast, famous for its basalt cliffs and geological formations along the coastline between Portrush, Portstewart, and Ballycastle, stretching to Rathlin Island, an important natural area and the furthest point of the Northern Irish coast. This coastal strip represents one of the most spectacular and geologically significant areas on the entire island of Ireland. Inland, the areas of Mid and South Ulster are characterized by rolling hills such as Slieve Gullion, the Mourne Mountains foothills, and the Dungannon Hills, small lakes such as Lough Neagh (whose southern shore extends across the area), Lough Shark, and Lough Ross, and rural villages such as Armagh, Dromore, Crumlin, Dungannon, and Newtownhamilton, spread across counties Armagh, Tyrone, and Down, with a traditional agricultural landscape still widespread. Here, the land is less urbanized and retains a strong local identity linked to community life and agricultural activities. Further west, the Fermanagh Lakelands and Sperrin Mountains regions offer some of the most natural and least densely populated landscapes in Northern Ireland. The lakes of Lower Lough Erne and Upper Lough Erne, dotted with islands such as Devenish Island, White Island, and Boa Island, alternate with a network of waterways such as the River Erne, the River Sillee, and the Ballinamallard River, along with canals such as the Shannon–Erne Waterway, which connects the lake system to the Shannon Basin and passes through a series of locks and navigable waterways. Along this system lie villages and small rural centers such as Enniskillen, Belleek, Lisnarick, and Irvinestown, as well as agricultural areas and scattered settlements such as those around Kesh and Maguiresbridge, nestled in a landscape dominated by water and countryside. The waters are flanked by the hills of the Sperrin Mountains, with gentle slopes and wide valleys such as those around Glenelly and Owenkillew Valley, creating an environment dominated by water, peat bogs, and rolling landscapes, ideal for outdoor activities and nature observation. Northern Ireland is therefore an extremely diverse region, where the urban dynamism of Belfast complements dramatic coastlines, rural landscapes, and extensive lake systems, offering a territory rich in history, culture, and nature in constant balance.

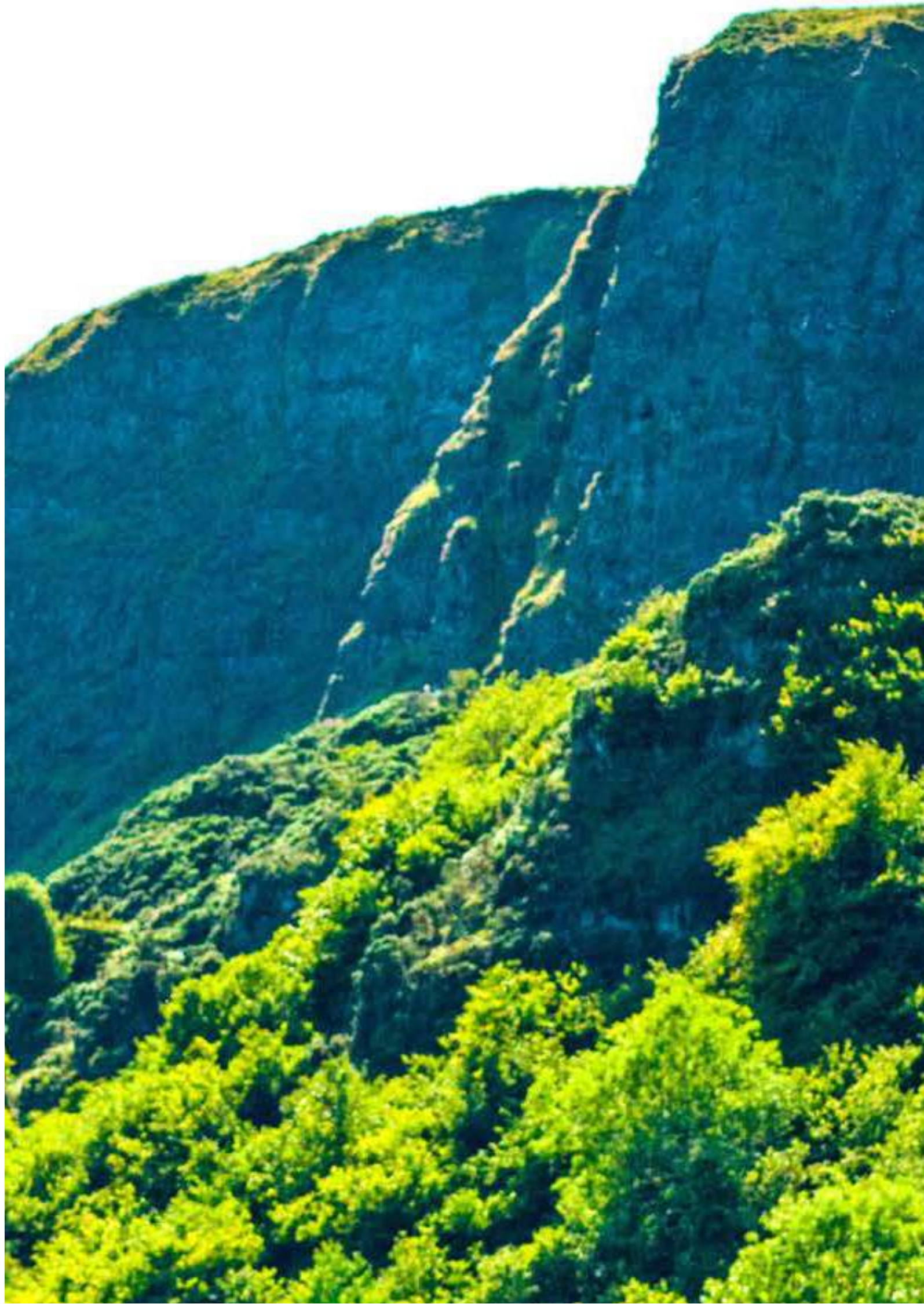
PLACES AND EXPERIENCES FOR SINGLES, COUPLES, AND FAMILIES OFF THE BEATEN PATH

- **Single** – Belfast is perfect for solo travellers seeking urban energy and contemporary culture. The Cathedral Quarter offers street art, historic pubs, and live music in a creative and authentic atmosphere. Less touristy areas such as the Belfast Maritime Mile reveal the city's industrial and maritime heritage in a more local and relaxed way.

- **Couples** – This area is ideal for couples looking for a mix of culture and refined urban experiences. The Titanic Quarter offers immersive maritime history experiences, while Lisburn Road features elegant restaurants and independent boutiques perfect for relaxed strolling.

- **Families with children** – Belfast is very suitable for families thanks to interactive museums and educational attractions. The W5 Interactive Discovery Centre offers hands-on science experiences, while the Belfast Zoo provides wildlife encounters in an easily accessible setting.

- **Families with teenagers** – This area is perfect for families with teenagers thanks to urban culture and modern history. The Titanic Belfast Experience offers an immersive multimedia journey, while the political murals of Falls Road and Shankill Road provide a cultural insight into the city's recent history.





DID YOU KNOW?

Belfast is a city that has profoundly reinvented itself over the last two centuries, transforming from a major industrial center of the British Empire to a vibrant cultural capital of Northern Ireland. One of the most iconic aspects of its history is linked to the construction of the RMS Titanic, which took place in the Harland & Wolff shipyards in 1912. The imposing yellow cranes, known locally as "Samson" and "Goliath," still dominate the harbor skyline and are a tangible symbol of the city's industrial heritage.

Another distinctive element of Belfast's urban identity is represented by the political murals found in neighborhoods such as Falls Road and Shankill Road. Created during the Troubles (late 1960s–1998), these murals narrate the aspirations, tensions, and collective memory of local communities. Today, they are considered important historical and cultural testimonies and contribute to understanding the path of reconciliation that followed the signing of the Good Friday Agreement in 1998.

The Belfast metropolitan area also boasts a valuable natural heritage. Belfast Lough, the large inlet overlooking the city, is a major wintering ground for numerous migratory bird species and is recognized as a Site of Scientific and Environmental Interest. Along its coast are towns such as Holywood, Cultra, and Bangor, which maintain strong ties to the region's maritime and seaside traditions.

Among the lesser-known curiosities is the fact that Belfast City Hall, inaugurated in 1906, was built to celebrate the attainment of city status by Queen Victoria in 1888. The building, built in Edwardian Baroque style, stands on what was once the course of the River Farset, the river that gave the city its name: “Béal Feirste” in Irish means “mouth of the Farset”.

Finally, near the city, the coastal town of Bangor was one of Ireland's first tourist destinations in the 19th century, thanks to the development of the railway lines connecting it to Belfast. Even today, its marina and waterfront bear witness to this tradition, offering a glimpse into the region's seaside and social past.

CAUSEWAY COAST E GLENS NORTHERN COASTLINE WITH CLIFFS, BAYS, VILLAGES, AND RATHLIN ISLAND

The Causeway Coast and Glens is one of Northern Ireland's most scenic and culturally significant regions. Located along the northern coast of County Antrim, this area extends approximately from Belfast Lough to Lough Foyle, encompassing a succession of basalt cliffs, sandy bays, seaside villages, and the famous Glens of Antrim, nine valleys extending from the hinterland towards the sea. The geographic and symbolic centerpiece of the region is the Giant's Causeway, a natural site consisting of approximately 40,000 hexagonal basalt columns created by ancient volcanic eruptions dating back approximately 60 million years. This extraordinary landscape has been recognized as a UNESCO World Heritage Site and is one of the most iconic sites on the entire island of Ireland. The coast is characterized by a variety of highly valuable natural environments, including the cliffs of Fair Head, the sandy bays of Whitepark Bay and Ballintoy Harbour, and the striking promontory of Mussenden Temple overlooking Downhill Strand. These features create a dynamic and dramatic landscape, shaped by the action of wind and ocean. Off the coast lies Rathlin Island, Northern Ireland's only inhabited island, located approximately 10 km from Ballycastle. The island is known for its exceptional biodiversity and colonies of seabirds, including puffins, fulmars, and guillemots, as well as its historical heritage linked to navigation and coastal lighthouses, such as the Rathlin West Lighthouse, designed by Robert Stevenson. Culturally and historically, the region is home to a number of traditional coastal villages and towns, including Cushendall, Cushendun, and Glenarm, located along the Glens of Antrim and characterized by historic architecture and strong ties to Gaelic and Scottish culture. The town of Coleraine, crossed by the River Bann, is one of the area's main urban centers, while Portrush and Portstewart maintain a historic seaside resort tradition that developed between the 19th and 20th centuries. The Causeway Coast and Glens region is therefore distinguished by its exceptional integration of geology, biodiversity, historical heritage, and cultural traditions, offering an authentic and diverse territory where imposing cliffs, green valleys, and coastal communities blend into a landscape of extraordinary beauty and identity.

PLACES AND EXPERIENCES FOR SINGLES, COUPLES, AND FAMILIES OFF THE BEATEN PATH

- **Single** – The Causeway Coast is perfect for solo travellers seeking dramatic landscapes and wild nature away from the busiest tourist spots. The cliffs at Downhill Strand and Mussenden Temple offer striking ocean views, while Glenariff Forest Park provides quiet walks through forests and waterfalls.

- **Couples** – This region is ideal for couples looking for romantic atmospheres and breathtaking scenery. The Giant's Causeway, especially during quieter hours, offers a unique natural experience, while Ballintoy Harbour provides a picturesque small harbour and unforgettable Atlantic sunsets in an intimate setting.

- **Families with children** – The Causeway Coast is very suitable for families thanks to accessible nature and iconic attractions. The Carrick-a-Rede Rope Bridge offers a safe but exciting experience, while Dunluce Castle provides an impressive and easy-to-visit historical site.

- **Families with teenagers** – This region is perfect for families with teenagers thanks to outdoor adventure and coastal activities. The Giant's Causeway coastline offers hiking and unique geological exploration, while Portrush provides surfing and water sports in a dynamic seaside environment.





DID YOU KNOW?

The Causeway Coast and Glens is one of the most geologically interesting areas in the United Kingdom, shaped by ancient volcanic activity that occurred approximately 60 million years ago. The famous basalt columns of the Giant's Causeway were formed by rapidly cooling lava flows, giving rise to approximately 40,000 natural hexagonal pillars, a rare phenomenon that contributed to its designation as a UNESCO World Heritage Site. According to Irish folk tradition, this landscape is not the result of geology, but rather the work of the legendary giant Fionn mac Cumhaill (Finn McCool), who built the stone road to reach Scotland and challenge his rival Benandonner. This legend is still deeply rooted in local culture and influences many narratives related to the region.

Another little-known fact concerns Rathlin Island, Northern Ireland's only inhabited island. During the 17th century, the island was the site of a tragic event known as the Rathlin Massacre of 1575, when English forces led by Francis Drake attacked the local population who had taken refuge in coastal caves. This episode remains part of the island's historical memory to this day.

The Glens of Antrim, nine valleys extending toward the coast, were shaped during the last ice ages and today represent one of the greenest and least urbanized areas of the region. Each glen has its own historical and cultural identity, often linked to small agricultural settlements and Gaelic tradition.

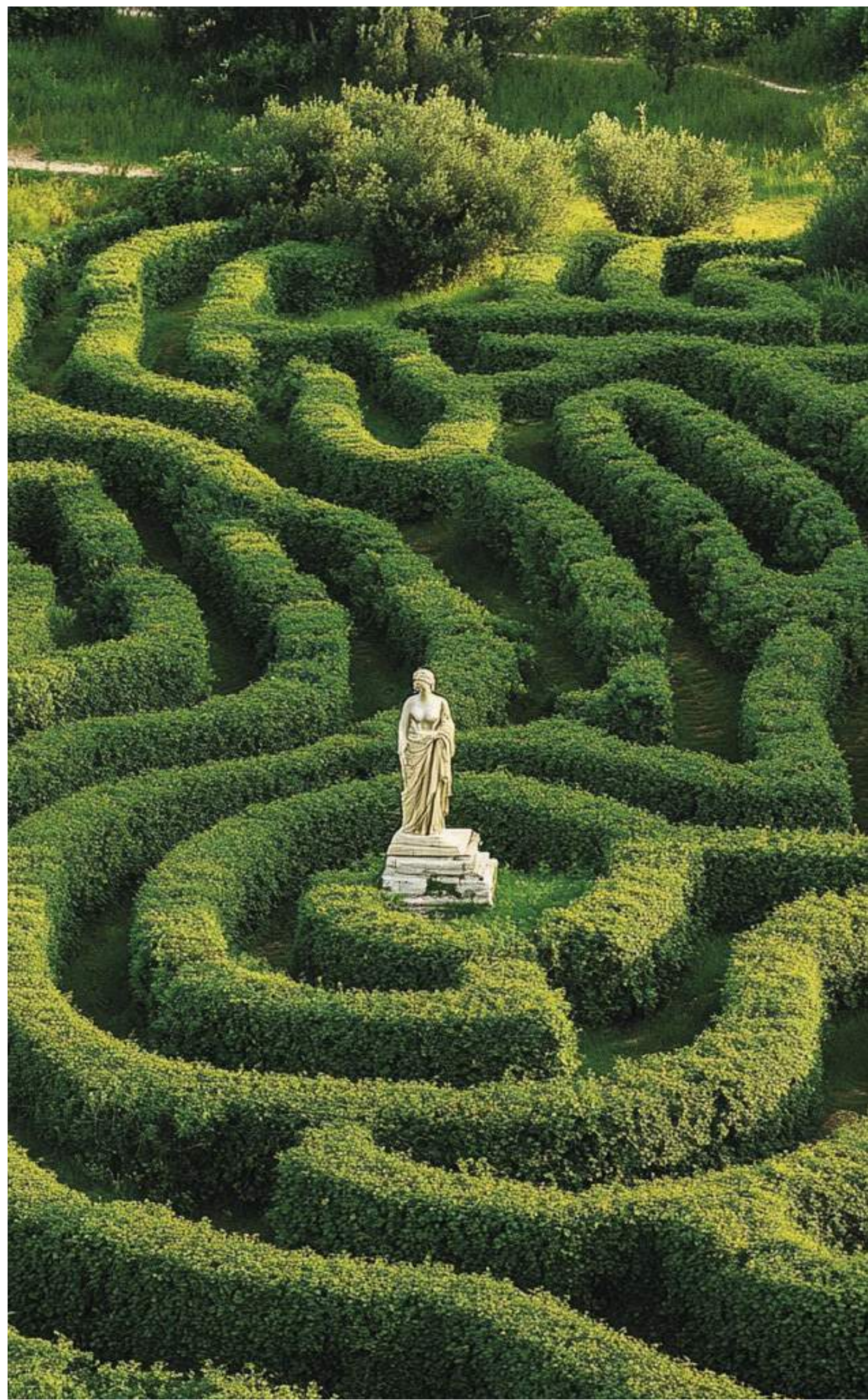
Finally, the coast between Ballintoy and Whitepark Bay has been used as a natural setting for numerous film and television productions thanks to its pristine landscape. Whitepark Bay, in particular, is one of the few beaches in the region where relatively intact natural dunes can still be seen, home to a fragile and protected biodiversity.

MID & SOUTH ULSTER INLAND AREAS WITH GENTLE HILLS, LAKES, AND RURAL VILLAGES

The Mid & South Ulster region occupies a vast inland area of Northern Ireland, encompassing significant portions of counties Armagh, Tyrone, and Down. It is a region characterized by a predominantly rural landscape, where rolling hills, agricultural valleys, small lakes, and small towns alternate continuously, creating a territorial mosaic strongly linked to community life and local traditions. Geographically, the area is dominated by low, rolling hills, such as Slieve Gullion in the southern part and the hills of central Tyrone, which alternate with vast agricultural areas and pastures. The territory is traversed by numerous waterways, including the River Blackwater, the River Cusher, and the Lower Bann system, which contribute to the formation of small fertile valleys and lake basins. A distinctive feature of the region is the presence of inland lakes and reservoirs of both natural and artificial origin, including Lough Neagh, the largest lake in the British Isles, which marginally affects the eastern part of Mid Ulster, and a series of smaller bodies of water such as Lough Gullion, Lough Fea (near Cookstown), Black Lough, and Lough Clay, scattered across the rural landscape and historically used for fishing, agriculture, and local activities. The main population centers, such as Armagh, Dungannon, Cookstown, and Newry (bordering South Down), represent historical and cultural hubs, often developed around religious settlements, agricultural markets, or ancient internal communication routes. These cities still retain a strong connection to Ulster's historical identity, visible in their architecture, religious sites, and local traditions. From a cultural and historical perspective, Mid & South Ulster is one of the areas where a balance between modernity and rural tradition is maintained, with strong continuity in agricultural land management and the presence of deep-rooted local communities. This helps make the region one of the most representative of “inner” Northern Ireland, far from the large urban and coastal areas, but rich in landscape and cultural authenticity.

PLACES AND EXPERIENCES FOR SINGLES, COUPLES, AND FAMILIES OFF THE BEATEN PATH

- **Single** – Mid & South Ulster is perfect for solo travellers seeking tranquillity and rural authenticity away from major tourist routes. The Slieve Gullion Forest Park offers scenic trails and quiet hill landscapes, while the town of Armagh provides one of Northern Ireland’s most historic centres in a calm, local setting.
- **Couples** – This region is ideal for couples looking for intimate atmospheres and relaxing scenery. The countryside around the Cavan Burren (cross-border cultural area) features unique limestone landscapes and peaceful walks, while the banks of the Upper Bann River offer small villages and quiet moments immersed in nature.
- **Families with children** – Mid & South Ulster is very suitable for families thanks to accessible nature and educational attractions. The Armagh Observatory and Planetarium offers engaging science experiences, while the trails of Slieve Gullion include natural play areas and easy forest walks.
- **Families with teenagers** – This region is perfect for families with teenagers thanks to outdoor activities and nature-based exploration. The hills of Slieve Gullion offer hiking and scenic viewpoints, while activities around Lough Neagh provide kayaking, cycling, and outdoor sports in uncrowded natural settings.





DID YOU KNOW?

Mid & South Ulster is one of Northern Ireland's most historically rich areas, not only for its rural landscape but also for its central role in Gaelic culture. The city of Armagh, for example, is considered one of the island's oldest ecclesiastical centers: according to tradition, it was founded by St. Patrick in the 5th century, which is why it is often called the "ecclesiastical capital of Ireland."

Another interesting feature is Tullyhogue Fort, near Cookstown. This hilltop site was for centuries the inauguration site of the chiefs of the O'Neill clan, one of the most powerful Gaelic dynasties in Ulster. Symbolic ritual ceremonies were held here, marking the transition of power within the traditional leadership.

From a natural perspective, the area is home to one of the most important wetlands in the British Isles: Lough Neagh, which, although shared with other areas of Northern Ireland, significantly influences the climate and ecosystem of Mid Ulster. Its waters feed the River Bann and still support traditional activities such as eel fishing, practiced for centuries using techniques passed down locally.

In County Tyrone, the Sperrin Mountains are among Ireland's oldest ranges, formed over 400 million years ago. This ancient geology has created a soft, rolling landscape, rich in peat bogs, historic gold mines, and scattered villages.

Finally, a lesser-known detail concerns the Newry Canal, opened in the 18th century: it is the oldest man-made navigable canal in Ireland. Today it is no longer used for commercial transport, but its remaining sections have become important green corridors and historic routes that crisscross the rural landscape of southern Ulster.

FERMANAGH LAKELANDS AND SPERRIN MOUNTAINS - LOW MOUNTAINS, RIVERS, LAKES, AND SMALL ISLANDS

The Fermanagh Lakelands and Sperrin Mountains region represents one of Northern Ireland's most natural and sparsely populated areas, where the landscape is dominated by a constant balance between water and gentle hills. This area extends primarily across County Fermanagh, with its vast lake system, and County Tyrone, home to the ancient, rolling Sperrin Mountains. The geographic heart of the Fermanagh Lakelands is Lough Erne, divided into Lower Lough Erne and Upper Lough Erne, a system of lakes interconnected by canals and waterways that are home to numerous islands, inlets, and small rural harbors. Among the best-known islands are Devenish Island, with its important medieval monastic complex; White Island, renowned for its early Christian sculptures; and Boa Island, known for the enigmatic stone figures at Caldragh, evidence of a long religious and cultural continuity along the waterways. The lake system's waters are connected by natural and man-made rivers and canals, including the River Erne, which flows through the region, contributing to the formation of an ecosystem rich in biodiversity. The entire area is characterized by a fluid and continuous landscape, where water is the dominant element and structures the relationship between human settlements and the natural environment. To the east, the landscape evolves into the Sperrin Mountains, an ancient and geologically complex hill range characterized by gentle reliefs, broad valleys, and vast areas of peat bog. The generally moderately high peaks, such as those around Sawel Mountain, alternate with rivers and valleys such as the Glenelly Valley and the Owenkillew Valley, creating an environment of great natural and scenic value. From a cultural and historical perspective, the region preserves traces of monastic settlements such as Devenish Monastic Site, Inishmacsaint Monastery (on Lower Lough Erne), and the White Island ecclesiastical site, along with rural traditions and activities related to the land and water. Scattered villages such as Belleek, known for its historic pottery production, Kesh, located near Lower Lough Erne, and Enniskillen, County Fermanagh's main urban center with its castle and historic fabric along the River Erne, represent the area's main residential landmarks. This balance between natural landscape and discreet human presence makes the Fermanagh Lakelands and Sperrin Mountains one of the most authentic and peaceful areas on the entire island.

PLACES AND EXPERIENCES FOR SINGLES, COUPLES, AND FAMILIES OFF THE BEATEN PATH

- **Single** – Fermanagh and the Sperrin Mountains are perfect for solo travellers seeking untouched nature and complete tranquillity far from mass tourism. The Fermanagh Lakelands, centred around Lough Erne, offer island-dotted waters, remote villages, and quiet boating routes. The Sperrin Mountains provide gentle hills and wild landscapes ideal for solitary exploration.

- **Couples** – This region is ideal for couples looking for peaceful and romantic atmospheres immersed in water and nature. The islands of the Lower Lough Erne offer secluded and atmospheric stays, while the valleys of the Sperrin Mountains create intimate scenery of hills, peatlands, and open skies.

- **Families with children** – Fermanagh is very suitable for families thanks to water-based experiences and accessible nature. The Marble Arch Caves Global Geopark offers educational underground exploration, while cruises on Lough Erne provide safe and engaging journeys among lakes and islands.

- **Families with teenagers** – This region is perfect for families with teenagers thanks to outdoor adventures and nature-based activities. The Sperrin Mountains offer hiking and uncrowded scenic trails, while the Lough Erne system provides kayaking, boating, and outdoor exploration in a vast and peaceful natural environment.





DID YOU KNOW?

The Fermanagh Lakelands are often referred to as Northern Ireland's "water labyrinth" thanks to the interconnected system of Upper and Lower Lough Erne, which comprises hundreds of islands, many of which are still uninhabited today. Among these, Devenish Island boasts one of the country's best-preserved monastic round towers, dating back to the early medieval period and linked to the Christian tradition of Saint Molaise.

A little-known aspect concerns the islands of White Island and Boa Island, where unique early Christian stone sculptures are found. The double figure of the "Janus figure" from Boa Island, in particular, is one of the most enigmatic finds in British island archaeology and may date back over a thousand years.

In the Sperrin Mountains, the current landscape is the result of one of the oldest geological formations on the island, with rocks over 400 million years old. This geological antiquity has contributed to the formation of rolling hills and wide valleys, today among the least densely populated areas of Northern Ireland.

An interesting detail also concerns Davagh Forest, home to the megalithic complex of Beaghmore Stone Circles, discovered in the 20th century during peat reclamation work. The site consists of stone circles and alignments dating back to the Bronze Age, likely linked to astronomical and agricultural rituals.

Finally, the Lough Erne system is one of the most important freshwater ecosystems on the island of Ireland, home to a wide variety of migratory birds and protected species, which is why large areas are now protected as Areas of Environmental Interest.



REPUBLIC OF IRELAND – A MOSAIC OF HISTORY, NATURE, AND TRADITIONS



The Republic of Ireland is a land of fascinating contrasts, where vibrant cities like Dublin and Cork coexist with picturesque villages like Kinsale and Adare. Extraordinary natural landscapes, from tranquil rivers like the Shannon and River Lee to rugged coastlines like the Cliffs of Moher and the Wild Atlantic Way, from the rolling hills of Wicklow to the imposing mountains of MacGillycuddy's Reeks, intertwine with thousands of years of history and vibrant cultural traditions. Before the arrival of the Romans, the territory was inhabited by Celtic tribes like the Gael and the Fir Bolg, who developed complex societies, with fortifications like Dun Aengus on Inishmore and ritual structures like the Loughcrew Cairns, myths and legends linked to the land and the seasonal cycles. The Middle Ages saw the rise of abbeys like Glendalough, imposing castles like Bunratty Castle and Dunguaire Castle, and market towns like Waterford and Limerick, which consolidated trade, crafts, and local culture. Over the following centuries, the monarchy, local clans like the O'Neills and O'Connors, and noble families like the Fitzgeralds and Butlers consolidated architectural heritages like Powerscourt House and Castletown House, historic gardens like the National Botanic Gardens in Glasnevin, and libraries like the Chester Beatty Library in Dublin, leaving a cultural legacy that still permeates the cities and countryside today. Festivals like the Dublin Theatre Festival, museums like the National Museum of Ireland, and theaters like the Abbey Theatre in Dublin bear witness to the nation's cultural vitality and capacity for innovation.

From a naturalistic perspective, the Republic of Ireland boasts stunning landscapes: the hills and lakes of County Wicklow, with trails like Glendalough Valley; the mountains of Kerry and MacGillycuddy's Reeks with peaks like Carrauntoohil; the plains and moors of the Irish Midlands; tranquil rivers like the River Shannon and Lough Derg; and the wild coastlines of the Wild Atlantic Way with cliffs like Slieve League, bays like Dingle Bay, and picturesque islands like the Aran Islands and Inishbofin. These spaces offer opportunities for hiking, birdwatching, kayaking, fishing, and immersing yourself in pristine nature, making Ireland an ideal destination for those seeking adventure, history, and culture in equal measure.

Geographically, the Republic of Ireland covers approximately 70,000 km², just over half the size of Italy, comprising a network of cities, villages, hills, and coastal islands that enrich the nation's scenic and cultural diversity.

The four main macro-areas that make up the Republic of Ireland are:

- DUBLIN AND EASTERN LEINSTER – THE CAPITAL AND EASTERN COUNTIES, WITH SMALLER ISLANDS SUCH AS LAMBAY ISLAND AND DALKEY ISLAND
- MUNSTER (SOUTHERN IRELAND) – SOUTHWEST, SOUTH AND SOUTHEAST, WITH ISLANDS SUCH AS CAPE CLEAR ISLAND AND DURSEY ISLAND
- CONNACHT (WEST OF IRELAND) – WESTERN COUNTIES, WITH ARCHIPELAGOS SUCH AS CLARE ISLAND AND INISHBOFIN
- ULSTER (PART OF THE REPUBLIC OF IRELAND, NORTH WEST) – COUNTIES CAVAN, DONEGAL, LEITRIM AND PART OF MONAGHAN, WITH SOME SMALLER ISLANDS SUCH AS TORY ISLAND

The main airports accessing the region are:

- Dublin Airport – Main gateway to the capital and Leinster
- Cork Airport – Access to the South and Munster
- Shannon Airport – Ideal for exploring the western coasts and islands

The Republic of Ireland is not just a land, but a mosaic of peoples, histories, legends, and landscapes: each place invites you to discover it slowly and attentively, from the cultural vibrancy of Dublin to the moors and cliffs of the west, offering an experience that blends history, nature, and tradition in a unique balance.

DUBLIN AND EAST LEINSTER CAPITAL REGION AND EASTERN COUNTIES, WITH LAMBAY ISLAND AND DALKEY ISLAND

The Dublin and East Leinster region is the Republic of Ireland's main international gateway, combining the capital's urban dynamism with a vast coastal and rural area stretching along the Irish Sea. The area encompasses the city of Dublin and the eastern counties of Leinster, including Dublin, Wicklow, Meath, Louth, Kildare, and parts of Wexford and Carlow, forming a highly interconnected territorial system from a historical, economic, and cultural perspective. Historically and culturally, this territory has for centuries been the main point of contact between Ireland and the outside world. The Viking foundation of Dubh Linn (Dublin) in the 9th century gave rise to the first structured urban nucleus on the east coast, which was subsequently developed by the Normans after 1169, when the region became the center of English power in Ireland with the so-called "Pale," the fortified area around Dublin. This past is still visible in the capital's urban stratification, where sites such as Dublin Castle, Christ Church Cathedral, and the medieval quarter retain the original structure of administrative and religious power. At the same time, the counties of eastern Leinster have maintained an agricultural and supporting function for centuries, with large rural estates such as Powerscourt Estate (Wicklow), one of Ireland's most important historic residences with landscape gardens of European significance, Russborough House (Wicklow), and Killruddery Estate (Bray), both significant examples of aristocratic residences immersed in the rural landscape. Historic market villages such as Trim (Meath), Drogheda (Louth), and Wicklow Town have played a strategic role for centuries in trade links between the interior and the coast, thanks to their location along waterways and coastal routes. Religious centers such as Kells (famous for the Book of Kells, originally linked to the local monastery) and Glendalough in the Wicklow Mountains, one of Ireland's most important early Christian monastic complexes founded by St. Kevin in the 6th century, still represent two of the region's main spiritual and historical centers. Geographically, the region is characterized by a continuous transition between urban environments, agricultural plains, and rugged coastlines. North and south of the capital lie coastlines of great natural interest, with bays such as Dublin Bay and Brittas Bay (Wexford), low cliffs such as Howth Head and Wicklow Head, and sandy beaches such as Portmarnock Beach, Curracloe Beach (one of the largest and best-known in eastern Ireland), and Killiney Beach, alternating with historic ports such as Howth Harbour, Dun Laoghaire Harbour, and Wicklow Harbour, as well as small seaside settlements such as Malahide, Skerries, and Greystones. A distinctive feature of the territory is the presence of smaller islands easily accessible from the coast, including Lambay Island, located north of Howth and characterized by a protected natural ecosystem and traces of historical settlements, and Dalkey Island, off the southern coast, known for its archaeological remains, its small early Christian church, and the wildlife that inhabits it, particularly grey seals that gather on the surrounding cliffs and rocky beaches. The island is also home to several species of seabirds, including herring gulls, great cormorants, and common terns during the breeding season. The hinterland of eastern Leinster is dominated by broad agricultural plains and moderately hilly reliefs, such as the Wicklow Mountains, which mark the natural boundary south of the capital and represent one of the most important scenic areas in eastern Ireland. Here you will find alternating glacial valleys, lakes such as Glendalough Upper and Lower Lake, and ancient monastic sites of great historical significance such as Glendalough Monastic Site, Seven Churches (Glendalough ecclesiastical area) and the complex of St Kevin's Kitchen, as well as historic villages such as Laragh, Roundwood (one of the highest villages in Ireland) and Avoca, linked to the mining and textile traditions of the valley of the same name.

PLACES AND EXPERIENCES FOR SINGLES, COUPLES, AND FAMILIES OFF THE BEATEN PATH

- **Single** – Dublin is perfect for solo travellers seeking urban energy and authentic cultural life. The neighbourhood of Stoneybatter offers traditional pubs, independent venues, and a local atmosphere away from the main tourist centre. The coastline of Howth provides scenic cliff walks, small harbours, and seafood markets frequented mainly by locals.
- **Couples** – This region is ideal for couples looking for a blend of elegant city life and coastal nature. Areas around Dalkey Island and Killiney Hill offer romantic sea views, while the Wicklow Mountains provide quieter valleys, lakes, and forest walks far from crowded routes.
- **Families with children** – Dublin and Leinster are very suitable for families thanks to educational attractions and accessible nature. The Dublin Zoo and the National Museum of Ireland – Natural History offer engaging experiences, while Malahide provides calm beaches and an easily visitable historic castle.
- **Families with teenagers** – This region is perfect for families with teenagers thanks to urban culture and outdoor activities. The Howth Cliff Walk offers scenic hiking routes, while Glendalough in the Wicklow Mountains provides trekking among glacial lakes and ancient monastic ruins.





DID YOU KNOW?

Dublin began as a Viking settlement in the 9th century under the name Dubh Linn, "the black pool," referring to a pool of water at the confluence of the River Poddle and the River Liffey. This original nucleus later developed into one of the main ports of medieval Northern Europe, still recognizable today in the structure of the historic center.

A key aspect of the region is the role of early Christian monasticism, which between the 6th and 12th centuries transformed Leinster into one of Ireland's major spiritual centers. Sites such as Glendalough, founded by Saint Kevin, and Kells, linked to the tradition of the famous Book of Kells, bear witness to a monastic network that profoundly influenced medieval European culture.

From a historical and political perspective, much of eastern Leinster was for centuries part of the so-called "Pale," the area under direct Anglo-Norman control around Dublin. This left a still visible mark in fortified towns, rural estates, and market towns such as Trim, dominated by its great Norman castle, one of the most imposing in Ireland.

Another interesting aspect concerns the coasts: Dublin Bay and the Leinster coastline have been strategic landing points for trade, migration, and connections with Great Britain for centuries. Ports such as Dún Laoghaire, Howth, and Wicklow Harbour have played a central role in the region's economic and maritime development.

Finally, the Wicklow Mountains, often called “the garden of Ireland,” are not just a natural landscape: they are also one of the areas where Irish rebels took refuge during the uprisings of the 18th and 19th centuries, making this area an important historical as well as naturalistic symbol.

MUNSTER, WILD COASTLINES, SCENIC PENINSULAS, AND AUTHENTIC ATLANTIC ISLANDS

The Munster region, which encompasses the southwest, south, and southeast of the Republic of Ireland, is one of the most diverse and scenically spectacular regions on the island. It includes the counties of Cork, Kerry, Limerick, Clare, Tipperary, and Waterford, forming a vast and diverse area that extends from the Atlantic Ocean to the milder shores of the Celtic Sea and the Irish Sea. Geographically, Munster is characterized by a stark contrast between rugged Atlantic coastlines such as the Beara Peninsula, the Dingle Peninsula, and the Mizen Peninsula; vast bays such as Bantry Bay, Dingle Bay, and Cork Harbour; and a hinterland composed of river valleys such as the Blackwater Valley (Munster Blackwater), the Lee Valley, and the Shannon Valley; limestone hills such as the Burren Hills (The Burren, County Clare); and agricultural plains such as the Golden Vale (between Limerick, Tipperary, and Cork). The western coasts are among the most spectacular in Europe, with cliffs such as the Cliffs of Moher, Sheeps Head Cliffs, and the sea cliffs of the Loop Head Peninsula; deep inlets such as Dunmanus Bay, Kenmare Bay, and Valentia Harbour; and smaller archipelagos emerging directly from the ocean, including Cape Clear Island and Dursey Island. Historically and culturally, Munster was one of the main Gaelic kingdoms of ancient Ireland, with a strong political and cultural identity that developed independently for centuries before the Norman arrival. This legacy is still visible in early Christian monastic sites such as Glenstal Abbey (Limerick area), Kilmalkedar Monastic Site (Dingle Peninsula), and Clonmacnoise (a border area influenced by historic Munster); in medieval castles such as Blarney Castle, Ross Castle (Killarney), and Desmond Castle (Kinsale); and in the small historic towns that dot the territory, such as Cashel, with the famous Rock of Cashel, the ancient seat of the kings of Munster. The region has also played a central role in Irish cultural development, both linguistically and musically, with areas of County Cork and Kerry such as Múscraí (Musgrave/Muskerry Gaeltacht area), Corca Dhuibhne (Dingle Peninsula Gaeltacht), and the Ring of Kerry (Kerry Gaeltacht) areas where the Irish language is still present in local communities (Gaeltacht). This connection between landscape, language, and cultural identity makes Munster one of the most representative regions of traditional Ireland. From an island perspective, in addition to the main Atlantic islands such as the Skellig Islands, the Blasket Islands, the Aran Islands (culturally shared with Connacht but with southwestern access), and the Fastnet Rock area islets, the Munster coast is dotted with numerous smaller islands such as those in Cork Harbour (Spike Island, Great Island area), and remote headlands such as Mizen Head, Loop Head, and Old Head of Kinsale, which testify to a constant relationship between coastal communities and the sea, often in particularly exposed and wild environments. Overall, Munster represents a unique synthesis of Atlantic nature, historical heritage, and profound cultural identity, where the landscape is not just a backdrop but an active element in the construction of regional history.

PLACES AND EXPERIENCES FOR SINGLES, COUPLES, AND FAMILIES OFF THE BEATEN PATH

- **Single** – Munster is perfect for solo travellers seeking authentic coastal landscapes and lively yet less touristy towns. Cork, with its creative districts and the English Market, offers a strong local atmosphere, while the Beara Peninsula leads through scenic roads and remote villages facing the Atlantic.

- **Couples** – This region is ideal for couples looking for romantic and wild scenery. The Beara Ring Drive offers a quieter alternative to more famous routes, while Cape Clear and Dursey Island provide secluded lighthouses, deep silence, and unforgettable Atlantic sunsets.

- **Families with children** – Munster is very suitable for families thanks to castles, nature, and educational experiences. Blarney Castle & Gardens offers an engaging historical visit, while the calm beaches of Wexford's coastline provide safe and relaxing seaside days.

- **Families with teenagers** – This region is perfect for families with teenagers thanks to outdoor activities and dynamic landscapes. The Kerry Cliffs offer scenic hikes with fewer crowds than the more famous cliffs, while the Dingle Peninsula provides surfing, kayaking, and adventurous coastal routes.





DID YOU KNOW?

Munster was one of the major kingdoms of Gaelic Ireland, often ruled by powerful dynasties such as the Eóganachta, who for centuries controlled the political and religious power of the region, with symbolic centers such as the Rock of Cashel, still one of the most important medieval complexes in Ireland today.

The region preserves some of the earliest traces of Irish Christianity, particularly in the monastic areas of Kerry and Clare, where sites such as Kilmalkedar, Inisfallen Island (Lough Leane) and Scattery Island (Inis Cathaigh) testify to a spiritual network that linked isolated communities, islands and inland valleys.

A distinctive element of Munster is the strong link between language and territory: the presence of Gaeltacht areas in the Dingle Peninsula and West Cork has allowed the survival of Irish as an everyday language in some communities, making these areas among the most important for the cultural preservation of the country.

From a maritime perspective, Munster has always been projected towards the Atlantic: its coasts have hosted fishing, trade and migration routes for centuries, but also episodes of shipwrecks and isolation, especially in the most exposed areas such as Fastnet Rock, historically known as “the lighthouse of the Atlantic”.

Finally, many of Munster's islands, such as the Blasket Islands and the Skellig Islands, have played a unique role in Ireland's cultural history, preserving isolated communities that produced one of the country's most important literary and oral traditions in the 20th century.

CONNACHT WESTERN COUNTIES, WITH ARCHIPELAGOS SUCH AS CLARE ISLAND AND INISHBOFIN

Connacht, located in the west of the Republic of Ireland and comprising the counties of Galway, Mayo, Sligo, Roscommon, and Leitrim, is one of the island's most authentic and least urbanized regions, characterized by an extraordinary variety of landscapes, from the rugged coasts of the Atlantic Ocean to the vast expanses of lakes and rivers inland. The coastline is marked by deep bays such as Clew Bay, Galway Bay, and Killala Bay, interspersed with sandy beaches such as Keem Bay on Achill Island and Dog's Bay in Connemara. The interior is dominated by mountain ranges such as the Twelve Bens and the Maumturk Mountains, as well as important lake basins such as Lough Corrib, the largest lake in the Republic of Ireland, and Lough Mask, both of great ecological and historical significance. Historically, Connacht was one of Ireland's major Gaelic kingdoms, ruled by dynasties such as the Uí Briúin and later the Ó Conchobhair (O'Connor), including Ruaidrí Ua Conchobair, the last High King of Ireland before the arrival of the Normans in the 12th century. This legacy is still visible in significant archaeological and medieval sites such as Rathcroghan (Cruachan) in County Roscommon, an ancient ceremonial and political center, and Ballintubber Abbey in County Mayo, one of Ireland's few medieval monasteries to have remained in continuous use since its foundation in 1216. The region also represents a major bastion of Irish language and culture, with large Gaeltacht areas in Connemara and on Achill Island, where Irish is still spoken daily and musical and storytelling traditions remain an integral part of community life. A distinctive feature of the territory is the presence of numerous islands and archipelagos that dot the Atlantic coast, including Clare Island, historically associated with the legendary pirate Grace O'Malley (Gráinne Mhaol); Inishbofin, known for its pristine landscapes and archaeological and monastic heritage; the famous Aran Islands (Inis Mór, Inis Meáin, and Inis Oírr), custodians of one of the most authentic expressions of Gaelic culture; and Achill Island, the largest island in the Republic of Ireland, connected to the mainland by a bridge and characterized by a natural environment of extraordinary beauty. Overall, Connacht represents a unique synthesis of wild nature, ancient history, and living cultural tradition, making it one of the most fascinating and representative regions of Irish identity.

PLACES AND EXPERIENCES FOR SINGLES, COUPLES, AND FAMILIES OFF THE BEATEN PATH

- **Single** – Connacht is perfect for solo travellers seeking wild nature and authenticity far from major tourist routes. The city of Galway, especially areas like Salthill, offers traditional music, local pubs, and a lively yet authentic atmosphere. The Connemara coastline reveals lakes, moorlands, and remote villages immersed in silence.

- **Couples** – This region is ideal for couples looking for romantic and rugged scenery. The Connemara National Park offers soft mountains, lakes, and ocean-facing landscapes, while the islands of Inishbofin and Clare Island provide secluded stays, silence, and untouched Atlantic views.

- **Families with children** – Connacht is very suitable for families thanks to accessible nature and cultural activities. The Galway City Museum offers educational experiences, while the beaches of Salthill provide safe and relaxed seaside days with coastal walks.

- **Families with teenagers** – This region is perfect for families with teenagers thanks to outdoor activities and dynamic landscapes. Connemara offers hiking, cycling, and exploration between lakes and mountains, while the Wild Atlantic Way coastline provides kayaking, surfing, and adventurous routes in wild scenery.





DID YOU KNOW?

Connacht is one of the regions where Ireland most strongly retains its original Gaelic identity: for centuries it was an important independent kingdom led by dynasties such as the O'Connors (Ó Conchobhair), and it is here that Rathcroghan (Cruachan) in County Roscommon is located, one of the oldest ceremonial archaeological complexes in Europe and traditionally associated with the legends of Queen Medb (Maeve) of the Ulster Cycle.

The region also played a central role in more recent history, particularly during the Great Famine of the 19th century, traces of which are still visible in the rural landscapes of Mayo and Connemara, where abandoned villages and ancient agricultural tracks tell the story of the area's social transformation.

Culturally, Connacht is one of the main bastions of the contemporary Irish language, with large Gaeltacht areas in Connemara and on Achill Island, where the language, traditional music and oral storytelling remain part of everyday life.

Its Atlantic coast and islands, from Clare Island to Inishbofin and the Aran Islands, have also preserved for centuries isolated communities who have developed unique traditions linked to the sea, fishing and survival in extreme environments, making Connacht one of the most authentic and culturally intact regions in the whole of Ireland.

ULSTER BETWEEN LAKES, CLIFFS, AND ISOLATED ATLANTIC COMMUNITIES

The Ulster region of the Republic of Ireland, comprising the counties of Cavan, Monaghan, and Donegal, represents a unique geographical and cultural border area, where the Irish landscape expresses itself in particularly varied and still sparsely urbanized forms. Located in the northwest of the island, this region marks the transition between the lakeside hinterland of central Ireland, the rolling hills of southern Ulster, and the wild coasts of the Atlantic Ocean, especially in County Donegal, which shares many scenic and cultural characteristics with Northern Ireland despite belonging to the Republic. Geographically, the region is characterized by a strong alternation of lakes, hills, and river systems in the hinterland of counties Cavan and Monaghan, and by rugged coastlines such as the Slieve League Peninsula, the Fanad Head cliffs area, and the coast of the Inishowen Peninsula, with cliffs such as Slieve League Cliffs and the Malin Head cliffs area, and open bays in the Donegal area such as Donegal Bay, Sheephaven Bay, and Dungloe Bay. Among the main hydrographic features are the lakes of the Breffni Lakes region and the Upper and Lower Lough Erne system (border area), as well as the waterways that feed the Erne and Finn River basins. The Donegal coast includes bays and inlets such as Donegal Bay and open maritime areas on the Atlantic. Historically and culturally, Ulster in the Republic of Ireland retains a strong Gaelic identity, with deep roots in local medieval kingdoms such as Tír Chonaill (Donegal) and Breifne (Cavan and part of Monaghan), which played a significant role in the political and social history of pre-Norman Ireland. This legacy is still visible in monastic sites such as Drumholm Church (Donegal area ecclesiastical sites), Clones Round Tower (Monaghan), and St. Tiernach's monastic site (Clones), in medieval castles such as Ballyshannon Castle site, Castle Saunderson (Cavan), and Doe Castle (Donegal), and in small rural towns such as Killybegs, Dungloe (An Clochán Liath), and Ballyshannon that dot the territory. This legacy is also evident in the presence of the Irish language in some areas of the Donegal Gaeltacht, where traditional culture remains alive. Scenically, Donegal represents one of the most spectacular environments in the region, with mountains like Mount Errigal, wild coastlines like the Slieve League area, and traditional coastal villages like Glencolmcille, Ardara, and Killybegs, which maintain a strong connection to the sea and fishing. The inland counties of Cavan and Monaghan, on the other hand, offer a gentler, more rural landscape, characterized by rolling hills like the Cavan drumlins, lakes like Lough Oughter, Lough Ramor, and Lough Sillan, and a scattered network of small farming settlements like Belturbet, Virginia, and Carrickmacross. Overall, the Ulster of the Republic of Ireland represents a transitional and border region, where nature, history, and culture intertwine in an authentic landscape mosaic, less touristy and deeply rooted in the island's most ancient roots.

PLACES AND EXPERIENCES FOR SINGLES, COUPLES, AND FAMILIES OFF THE BEATEN PATH

- **Single** – Ulster in the Republic of Ireland is perfect for solo travellers seeking authentic solitude and untouched landscapes far from tourist routes. The Slieve League cliffs (Donegal) offer some of Europe’s most dramatic coastal views, while the rural areas of Leitrim provide a slow-paced Ireland of lakes, rivers, and small hidden villages.

- **Couples** – This region is ideal for couples looking for intimate atmospheres and wild Atlantic scenery. The coastline of Donegal Bay offers secluded beaches and unforgettable sunsets, while remote Tory Island provides an authentic escape defined by silence, local culture, and timeless landscapes.

- **Families with children** – Ulster in the Republic is very suitable for families thanks to accessible nature and educational outdoor experiences. The Cavan Burren Park offers easy geological trails, while the lakes of Leitrim provide calm activities such as walking and short boat trips.

- **Families with teenagers** – This region is perfect for families with teenagers thanks to outdoor adventure and dramatic landscapes. The Slieve League cliffs offer spectacular hiking routes with fewer crowds, while the Donegal coastline provides surfing, kayaking, and active outdoor experiences in wild natural settings.





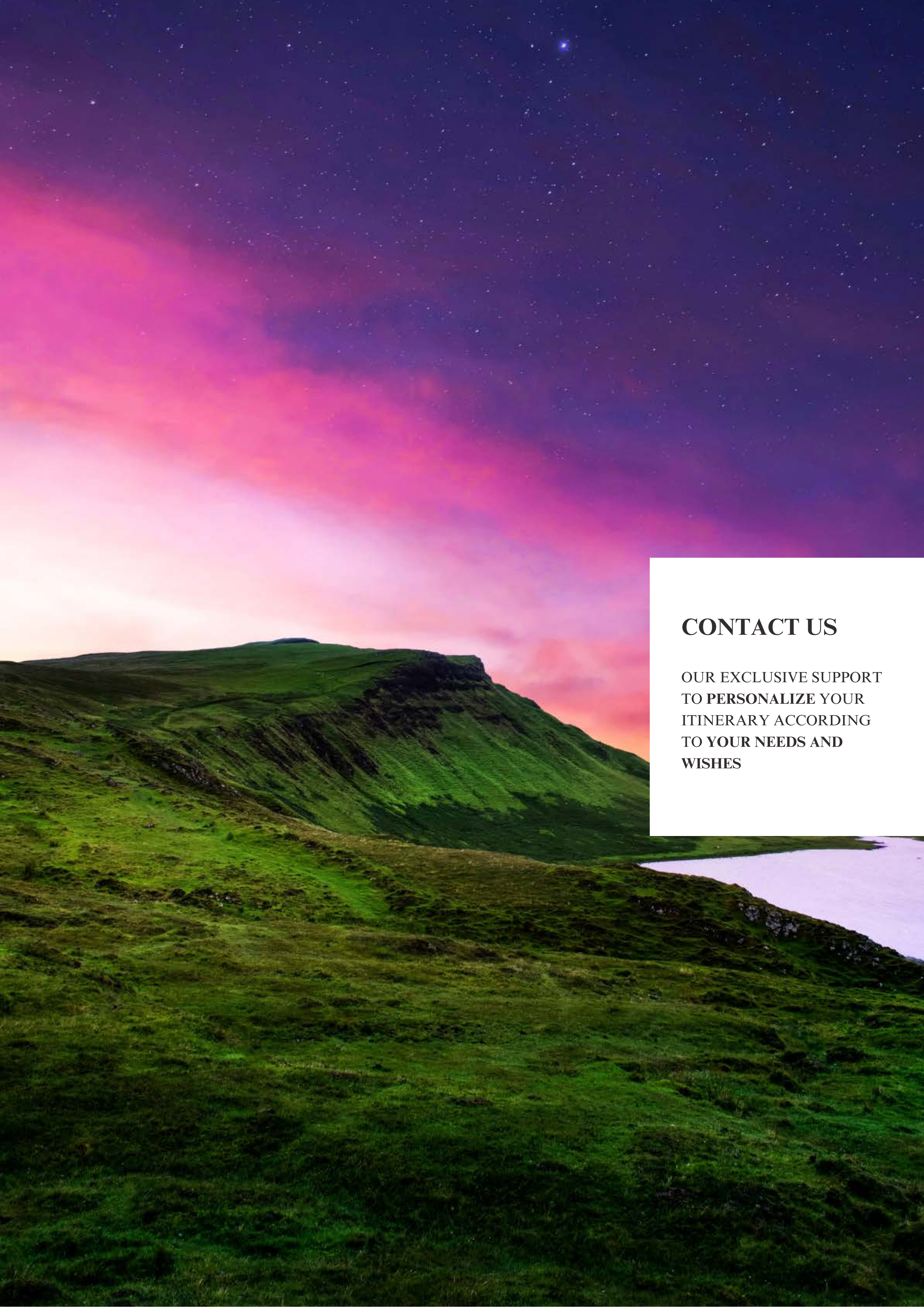
DID YOU KNOW?

Ulster in the Republic of Ireland preserves some of the oldest and most significant evidence of the island's Gaelic history, particularly in County Cavan, where the landscape of Lough Oughter develops around an ancient medieval monastic and defensive system unique in Ireland. It is here that the evocative Clough Oughter Castle is located, a 13th-century fortified tower built on a lake island, a symbol of the power of the local clans and their close relationship with the natural environment.

In County Monaghan, the Drumlin Hills are considered one of the world's finest examples of a rolling glacial landscape, shaped by the last ice age and still largely intact today, used for traditional small-scale farming.

In Donegal, however, a significant part of the region belongs to the Gaeltacht, where Irish (Gaeilge) is still the everyday language in communities such as Gaoth Dobhair (Gweedore) and Na Rosa (Rosses), making this area one of the most important for the preservation of traditional language and culture in all of contemporary Ireland.

Overall, this region represents one of the few places where landscape, language, and historical memory continue to coexist directly and authentically, with continuity between past and present.



CONTACT US

OUR EXCLUSIVE SUPPORT
TO **PERSONALIZE** YOUR
ITINERARY ACCORDING
TO YOUR NEEDS AND
WISHES



WOULD YOU LIKE TO REQUEST A QUOTE?

We hope you enjoyed this travel planner and inspired your next leisure trip.

If you want to organize your next leisure trip with us, we want to have a very transparent relationship with you and we ask you to pay close attention to the following aspects:

With the advent of the internet and booking sites open to the public, the travel industry has witnessed a great decline in terms of professionalism, quality of services offered and, unfortunately, also many scams. We recognize that organizing a good leisure trip is a **very complex operation**, for the reason that it is not a question of selling an item but a series of services that require **careful research and planning** and consequently also **a lot of time** in order to be able to offer customers the best in terms of quality - price.

We aim to offer travelers high standards of quality and care, but **we also want to work with customers who understand our value and commitment.**

For the reasons indicated above, before proceeding with the preparation of a leisure travel itinerary, we require aspiring leisure travellers to examine and choose between the two options indicated in the following pages.



ATLANTIC CLASSIC BASIC

It does not include any type of club or related benefits but only the classic tailor-made travel itinerary and quotation preparation service. In this case, to receive the above, you will have to proceed following the instructions indicated in the sub-heading "Steps to Follow".

QUOTATION FEE

- For US based customers \$15.00
- For UK based customers £15.00
- For EU based customers €15.00
- For Canada based customers Can\$ 25.00
- For Australia based customers AU\$ 28.00

If, after you have received our itinerary and tailor-made quotation, you decide not to proceed with the booking, the quotation fee is non-refundable but we will do everything possible to help you find the best travel solution.

STEPS TO FOLLOW

1) If you need to request a travel itinerary and quotation, click on the first and second button. Fill out and submit the relevant forms.

TRAVEL CATEGORIES - ANCILLARY SERVICES

TRAVEL ITINERARY QUOTATION FORM

2) Click on the image relating to your country of residence and you will be able to finalize the process of paying for the quote by credit/debit card via PayPal by following the various steps that will be indicated.



3) In a short time, you will receive your travel itinerary and quotation from one of the partner agencies, Atlantic Travel & Tours Booking Point Agency, located in the country where you live, to which you can also ask to modify / adjust your travel itinerary.



ATLANTIC TRAVELERS CLUB

A club open to all but mainly frequent travellers that opens the doors to the following benefits:

- Request unlimited itineraries and quotes without paying the Atlantic Classic Basic quote fee every time
- 20% discount always active for all inclusive travel
- Assistance before / during / after the travel
- Constant updates concerning the travel industry
- Discounts and gifts based on availability

MONTHLY MEMBERSHIP FEE

- For US based customers \$9.00
- For UK based customers £9.00
- For EU based customers €9.00
- For Canada based customers Can\$ 16.00
- For Australia based customers AU\$ 17.00

To join our Atlantic Travellers Club, follow the instructions indicated in the sub-heading "Steps to Follow".

You can cancel your membership at any time by writing to us by email.

1) Click on this button and you will be able to access membership form to fill in and send.

MEMBERSHIP

2) Click on the image relating to your country of residence and you will be able to finalize the payment process of the monthly membership fee by credit/debit card via PayPal by following the various steps that will be indicated.



3) In a short time, you will receive welcome confirmation and you will be able to start enjoying the benefits described above.

4) Remember that you can request itineraries and quotes at any time by clicking on the first and second button. Fill out and submit the relevant forms.

TRAVEL CATEGORIES - SERVICES

TRAVEL ITINERARY QUOTATION FORM



Atlantic Travel & Tours Ltd

London, New York
Los Angeles, Miami
Denver

ATLANTIC TRAVEL & TOURS LTD

HEADQUARTERED IN THE UNITED STATES AND THE UNITED KINGDOM

REGISTERED COMPANIES

USA - DENVER - COLORADO - COMPANY REGISTRATION NUMBER: 202 110 96 014

UK - LONDON - COMPANY REGISTRATION NUMBER: 130 288 33

E-MAIL

USA - unitedstatesadministration@atlantictourstravel.com

UK - unitedkingdomadministration@atlantictourstravel.com

WEBSITE

www.visitatlantictraveltours.com

FULL CONTACT DETAILS

www.visitatlantictraveltours.com/contact