

Sea Synergy

Marine Awareness and
Activity Centre



Activities Catalogue



Hello,

Looking for a fun and meaningful experience? Whether it's with all the family, a romantic trip for two, or just the kids, we have lots to offer at Sea Synergy.

We love sharing our passion for the ocean and Kerry's wilderness in our unique experiences. Discover the wealth of marine wildlife on the Skellig Coast or the local heritage of Lough Currane; there is something for everyone!

Nature connection and conservation is inherent in every experience, so when you come on a trip with us you can be sure you are in good hands and we are working to keep our planet clean and safe. The essence of our work is marine conservation and our activities and adventures help people understand the importance of working together for the blue heart of planet Earth.

We look forward to sharing an adventure with you!

Yours sincerely,

Lucy Hunt

Lucy Hunt

Founder, Sea Synergy



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Book your experience!

Online: www.seasynergy.org

Call: +353 (0)87 445 4034

Email: seasynergy@gmail.com



Discovery

Guided eco-tours from lake to sea



Stand Up Paddleboard

Explore the tranquil Lough Currane, Waterville's largest lake and one of the premier sea trout lakes in Ireland. Enjoy breathtaking views with this amazing experience that is often compared to "walking on water."

Guided by an ASI-certified instructor and ecologist, you will discover the hidden stories of the lakes and rivers of the peninsula.

No experience necessary, all equipment provided. Children under 8 must be accompanied by an adult.

Price: €25 child/€40 adult/€120 family

Duration: 2 hours

Capacity: Min. 2, Max. 7



Kayak

Explore more of the spectacular Ring of Kerry by taking time to discover its wonderful waters and wildlife during a water-based tour into nature on Lough Currane in Waterville.

Our certified instructors will accompany you on this beautiful trip where you will enjoy unique views of the local landscape and biodiversity and savour the bliss of being on the water.

No experience necessary, all equipment provided. Children under 8 must be accompanied by an adult.

Price: €25 child/€40 adult/€120 family

Duration: 2 hours

Capacity: Min. 2, Max. 7



Snorkel

Enjoy a guided snorkel with a local marine biologist along the Wild Atlantic Way. This guided snorkel tour will take you along the beautiful sheltered coastline of Ballinskelligs Bay, through kelp forests and along rocky shores rich with sea life.

After your snorkel, enjoy complimentary admission to our Sea Life Exhibition in Waterville!

Demonstration, safety talk, and all equipment provided. Suitable for ages 8 and older.

Price: €25 child/€35 adult/€110 family

Duration: 2 hours

Capacity: Min. 4, Max. 8

Adventure:

Half-Day Tours



*Kayak to Church Island

Kayak the scenic shores of Lough Currane to Church Island, where you will find the remains of an ancient monastic settlement, including a church, tombs, and beehive huts. The Romanesque-style church that was built in the 12th century to replace the original 6th century oak church still stands on the island today.

Enjoy a picnic lunch and a tour of the island before returning via boat.

Price: €80 Adult, €40 child

Duration: 4 hours

Capacity: Min. 2, Max. 7



*River to Sea - Kayak & SUP

This exhilarating tour will take you down the peaceful Inny River, through river reeds and mudflats, over crashing waves, and out into the ocean along the stunning shoreline of the Inny Strand.

Price: €80 Adult, €40 child

Duration: 4 hours

Capacity: Min. 2, Max. 7

[Enquire about Full Moon & Sunset excursions](#)

Adventure:

Full-day tours



*Immerse yourself in the Ring of Kerry with a Kayak/SUP, Hike or Cycle

Paddle to an exit point on Lough Currane where you will explore Glenmore before cycling the lake road back for lunch (option to hike the Kerry Way to Caherdaniel for lunch and return via shuttle).

Price; €115 Adult

Duration: 4-8 hours

Capacity: Min. 2, Max. 8



Marine Heritage and Wildlife Boat Tours to Skelligs or Bull Rock

This RIB tour will take you to explore the Wild Atlantic Way's most spectacular coastline. You will have the opportunity to see a variety of marine bird life, basking sharks, seals, dolphins, and even whales! You will be joined by a marine biologist to answer any questions you may have while on the trip.

General Information:

All activities and adventures include expert qualified guides, equipment, and logistical support.

*Starred Trips require the participant to have advanced experience or complete a 2-hour Discovery Paddle with Sea Synergy prior to the trip.

Bespoke Adventures – Contact us to design your own adventure!

Gear delivery/bespoke logistics: €60/hr

Meals included on request

Boat trips and cycle rentals on request

Fitness and Wellness

Discover inner peace and connect with nature with the soothing sounds of the ocean.



Mindfulness Walks in Nature

Our mindfulness coach will guide you to a state of calm along the Wild Atlantic Way. Spending time in nature and by the ocean is proven to help lower stress levels. Combining the soothing sounds of nature with our mindfulness practice will provide the ultimate Zen experience. We will begin with a short introduction to mindfulness, followed by a guided walk along the Wild Atlantic coastline, a guided meditation, and a short discussion.

Price: €10 per person

Duration: 1 hour

Capacity: up to 10 people

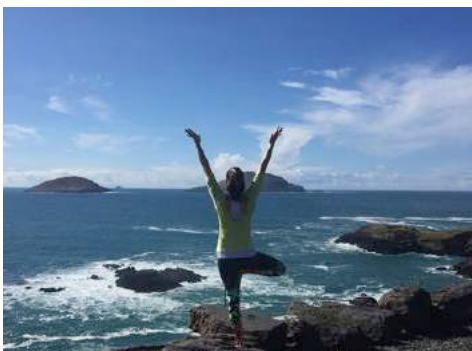


Yoga Workshops

Join talented yogi Alex Carey for a beach yoga workshop! She offers workshops and yoga classes for adults and children. Tying in the meditative sounds of the ocean and nature, Alex will lead you through a mindfulness exercise and an energizing yoga flow!

"Just as yoga can be an empowering life tool for adults, yoga for kids helps them adopt healthier habits, increases their confidence and encourages a more resilient outlook on life." – Alex

Pricing available upon request



Fitness and Wellness

Take Stand Up Paddling one step further! Connect with your breath and strengthen your body while enjoying the spectacular views of Lough Currane.



Stand Up Paddle for Fitness

Connect with your core and strengthen your body with a Fitness SUP on Lough Currane. This full-body workout will get your blood pumping through a series of turns, races, and paddling exercises. Cool down at the end with a gentle stretch and an optional swim in the lake!

Price: €45

Duration: 2 hours

Capacity: Min. 2, Max. 8



Stand Up Paddle for Wellness

Calm your mind and connect with nature through this Wellness SUP on Lough Currane. Combining the soothing sounds of nature with our mindfulness practice will provide the ultimate Zen experience. We will begin with an introduction to mindfulness and Stand Up Paddling, followed by a peaceful paddle to a sheltered location on Lough Currane, a guided meditation, and a gentle stretch.

Price: €45

Duration: 2 hours

Capacity: Min. 2, Max. 7



Kids

Interactive education along the shore



Seashore Safari

Explore the local seashore with marine biologists who will help you uncover some of the secrets of the creatures living in one of the most extreme environments. We will explore the rock pools and animals that live there, learn cool facts and find crabs, prawns, starfish and much more! Fun & interesting for old and young!

Our Seashore Safaris run every Monday, Wednesday, and Friday during the summer (weather pending), and times vary depending on the tides. Inquire in our Marine Awareness Centre in Waterville or email seasynergy@gmail.com for more information!

€10 per child



Sea Camp

FOR KIDS AND TEENS

Our Summer Camps will allow your young ones to get to know the wonders of the ocean, what it's like to be a marine biologist & how to look after the ocean, as well as spend some awesome time near, in, on, or under water.

We cover many marine topics ranging from the open ocean, to rocky shores, to conservation and plastic pollution.

The camps run Monday to Friday 10am-2pm every week in July and August.

€125 per child



Family

Exploration and education for all ages



Sea Life Exhibition

Filled with whale and dolphin bones, a touch pool with rocky-shore animals, and even a leather back turtle shell, you are sure to leave the exhibit amazed! Come see everything that Ireland's coast has to offer! Get up close and personal with a starfish, or see how you measure up to the rib bone of a fin whale! Our exhibition is fun for all ages.

Price:

€3.50 child

€4.50 adult

€12 family (2 adults, 2 children)



Guided Coastal Walk

Take a guided walk along one of the most picturesque coastlines of the Wild Atlantic Way to discover the rich heritage and wildlife of where land meets sea. Walks can vary from marine biodiversity-focused shoreline walks to more strenuous hikes to gain a birds-eye view of the Wild Atlantic Way! Optional seafood meals at Lucy's family's award-winning restaurant, The Smugglers' Inn, can also be arranged.

Price: €10-30 per person

Duration: 1.5 – 4 hours

Capacity: Minimum 4, maximum 20

Private family bookings are available for all activities!



Iveragh Learning Landscapes

A weekend of discovery and adventure



Since 2016, Sea Synergy, IRD Waterville, and Living Iveragh have co-hosted Iveragh Learning Landscapes (IVLL). IVLL is a two-day learning symposium that brings together local, national, and international expertise on place-based learning, outdoor education, nature connection, and heritage.

The symposium is held every October and features keynote speakers, workshops, and guided trips all in the beautiful setting of the Iveragh Peninsula, Co. Kerry. It is the perfect way to meet like-minded people and connect with nature!

On top of attending your choice of three workshops, participants will have the opportunity to attend a communal networking dinner, a music session, and stargaze in Kerry's gold-tier Dark Sky Reserve. The event is rounded off with a guided trip to Church Island, as well as an optional Stand-Up Paddle or Kayak adventure on the hidden gem Lough Currane.

For more information on this year's event, check out



Iveragh Learning Landscapes

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Come discover
what lies beneath
the Wild Atlantic
Way!



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