



**CLONAKILTY  
PARKHOTEL**

**Clonakilty Waterfront  
Marathon X**

A big West Cork welcome from the Clonakilty Park Hotel to all runners taking part in the 10km, half and full marathon in Clonakilty, West Cork. We wish you the very best luck,  
**FIND YOURSELF.**

Marathon Eve	Details	Location
Serving Dinner 5.30-9.30pm	<b>PASTA BUFFET</b> including pasta primavera, lasagne, bacon and mushroom penne with lots of other carbohydrates to choose from such as baked potatoes, rice, mashed potatoes and breads. Full evening menu with fresh fish, steak, and chicken.	Twist Bar and Bistro
Marathon Morning	Details	Location
<b>Breakfast</b> Specials 5.30am – 11.00am.	Hot porridge, pastries, scones, breads, croissants, takeaway tea/coffee, cereals, juices, yoghurts, sandwiches, wraps, etc	Coffee Dock/ Twist Bar & Bistro
	Full Irish buffet breakfast, selection of cereals (including hot porridge), fresh fruit, yoghurts, juices, bread and tea/coffee.	Twist Bar and Bistro
Toilet facilities will be available in the cinema, the hotel lobby, the 1 <sup>st</sup> floor of the hotel by the Carbery Suite, and the leisure club.		
Marathon Finish	Details	Location
<b>Well done, time to Party!</b> <b>Lunch from noon</b> (Food served all day)	Scones, breads, croissants, takeaway tea/coffee, soup, sandwiches, wraps, etc.	Coffee Dock
	All day hot carvery serving a varied selection such as chicken curry, chips, lasagne, salads, etc.	Twist Bar & Bistro
	Takeaway sandwiches, wraps, tea/coffee, wines, sparkling wines, craft beers, stouts and ales.	Twist Bar & Bistro



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**Swing, Climb, Laugh & Drop**

The Clonakilty Park Adventure Centre, located beside the Clonakilty Park Hotel is the perfect choice for some fun climbing, jumping and laughing. Why not get a group from your running club together and challenge yourselves with the high rope activities and zip-wiring? The adventure centre offers two hours of fun for all abilities and ages. Add food to make the perfect get together for your group.

Once harnessed up, you will be given a safety briefing and then off you go. Our ERCA qualified instructors will endeavour to challenge you in a supportive and safe environment and are always at hand if you need them.

Give our booking team a call and we will assist you in every way possible to make it an enjoyable time for you and your group.

**Clonakilty Park Adventure Centre is delighted to offer all participants of the Clonakilty Waterfront Marathon, a special rate of €15.00pp, for 2019. Pre booking is essential to avail of this special offer. Please quote "Clon Marathon" at time of booking.**



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