

Lake Avenue House B&B



Know Before You Go Guide



Lake Avenue House B&B is located in a quiet countryside, near Bawnboy, Co Cavan. This guide will help you get ready for your stay.



To book your stay at Lake Avenue House B&B you can either book online at <https://lakeavenuehouse.com/>, email lakeavenuehouse@gmail.com or call +353(0)879670353.



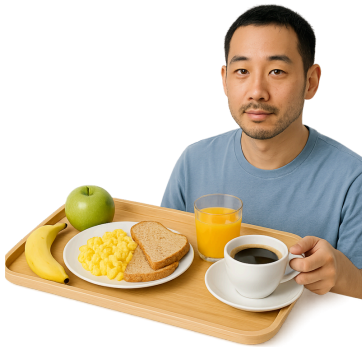
Before you come, contact the B&B to talk about any requirements. This is Catherine, owner of Lake Avenue House B&B. She is happy to help you plan your visit and when you arrive.



It takes about 2 hours to drive from Dublin Airport or Belfast Airport. There is free parking at the B&B. A car is helpful for getting around.



The B&B has three big bedrooms with their own bathrooms. Each room has a TV, free Wi-Fi, and tea and coffee making facilities. There are no accessible bedrooms on the ground floor.



Breakfast is served from 7:30am – 10:00am. It includes a full Irish breakfast, homemade bread, cereals, and more.



Fire alarm – if you hear this, leave through a fire exit.



Welcome

Lake Avenue House B&B tries hard to make everyone feel welcome. We hope you have a peaceful and happy stay in Co Cavan. Enjoy your visit!



Sensory Tools in Nature



Lake Avenue House B&B is surrounded by nature in a quiet countryside with lovely gardens. The perfect place to relax or explore.



Stop and listen to the sounds around you. Hear the birds singing, and the wind moving through the trees.



Look at the trees and clouds in the sky. Can you spot shapes? It is calming to notice what's around you.



Put your feet in the grass. Feel the leaves. You can use these textures to stim or feel calm.



Watch how the plants and trees move in the wind. Sway like the trees. Moving your body can feel fun and help you feel good.



Take a deep breath and notice the different scents. Smell the flowers, grass, and trees. Smelling nature can be relaxing and make you feel happy.



Lake Avenue House B&B has lots of space to explore your senses. You can look, listen, touch, move, and smell. Spending time in nature can help you feel good.



Eco Friendly



Lake Avenue House B&B is a Member of Cuilcagh Lakelands Geopark's Business Sustainability Network.



The B&B uses homemade breads and local ingredients in our home cooked breakfasts.



The B&B uses refillable toiletries to cut down on plastic.



About Geoparks



Lake Avenue House B&B is located in Cuilcagh Lakelands Geopark.



What is a Geopark? A Geopark is a protected area that showcases important natural features like rocks, fossils, caves, and landscapes.



Geoparks also celebrate local culture, wildlife, and traditions. They involve communities to preserve nature.



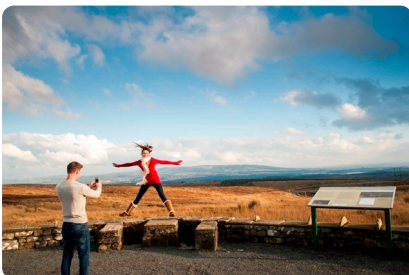
Things To Do Nearby in Cuilcagh Lakelands Geopark



Ballyconnell Canal Trail – A peaceful waterside trail, with wildlife, and relaxing scenic views



Tullydermot Falls – A cascade surrounded by tranquil woodland scenic beauty.



Altachullion Viewpoint – Offers panoramic views, rolling hills, and serene landscapes.

Photosymbols[®]

Personal Licence 23989507654008

Cuilcagh Lakelands Geopark's Regenerative Tourism Business Network is continuously working on improving our accessibility. We welcome your feedback on our facilities and our Know Before You Go Guides. You can send feedback to info@cuilcaghlakelands.org.