

# Welcome to Trivia House



Know Before You Go Guide



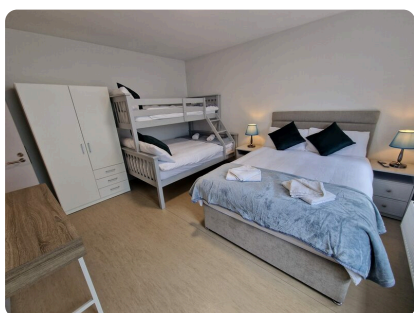
Trivia House is a community-run hostel in Swanlinbar, Co Cavan. This guide will help you get ready for your stay.



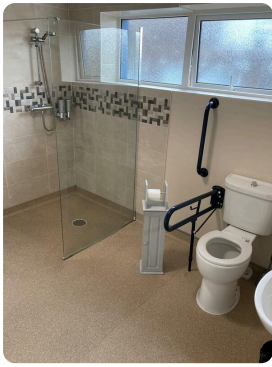
To book your stay at Trivia House you can either book online at <https://www.swanlinbar.ie/>, email [community@swanlinbar.ie](mailto:community@swanlinbar.ie) or call +353(0)870903253.



This is Tony. He is happy to help you plan your visit and when you arrive.



There are 7 ensuite bedrooms. There are double beds, single beds and bunk beds. 26 people can stay at the hostel at the same time.



Some bedrooms are wheelchair accessible. They have a lower bathroom sink, higher level toilet with grab rails, and an emergency cord.



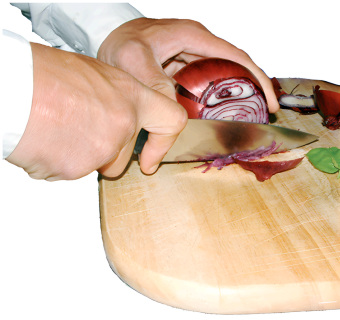
There is free Wi-Fi, two self-catering kitchens, garden with BBQ, a accessible playground, bike hire, hairdryer & ironing facilities.



There are accessible car parking spaces at the front of the building and an EV charger. There is more parking at the GAA pitch across the road.



You can travel by bus from Cavan to Swanlinbar and Enniskillen. Cavan, to Swanlinbar, to Enniskillen. More information at: <https://leydonscoaches.com>. Local taxis are available for getting around.



Shared kitchens may have strong smells from cooking.



Overhead LED lights are used throughout the building.



You can bring your own headphones, eye masks, sunglasses, cap, plushie and other tools to make you more comfortable.



Common areas - people may be chatting, knives and forks scraping on dishes, and background noise in the kitchen. If you hear the fire alarm, leave through a fire exit.



## Sensory Tools in Nature



Trivia House is surrounded by nature. There is a big grassy area with trees and lots of space to explore.



Stop and listen to the sounds around you. Hear the birds singing, the wind moving through the trees, or the river flowing beside Trivia House.



Look at the trees and clouds in the sky. Can you spot shapes? Look to the Cavan hills behind the house. Its calming to notice what's around you.



Put your feet in the grass. Feel the leaves and tree bark. 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.



Trivia House 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 Freindly



The B&B is a Member of Cuilcagh Lakelands Geopark's Business Sustainability Network.



You can charge your electric car at Trivia House.



Trivia House is powered by the sun. The roof has solar panels which changes sunlight into electricity.



## About Geoparks



Trivia House 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



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



Cuilcagh Boardwalk – A hiking trail. People like to call it the 'Stairway to Heaven'.



Cavan Burren Park – This is a unique landscape with ancient tombs, stone walls, and scenic walking trails.

**Photosymbols**<sup>®</sup>

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](mailto:info@cuilcaghlakelands.org).