



FOTA ISLAND  
TRAINING FACILITY



# TRAINING FACILITY

## Fota Island Resort Training Facility

Fota Island Resort is a five star luxury destination, nestled at the heart of a peaceful island, surrounded by gorgeous scenery in County Cork. Naturally beautiful, Fota Island Resort lies on an exclusive 780 acre private estate. Only 20 minutes from Cork City Centre and Cork International Airport, this tranquil retreat is an elegant and relaxed place where life seems to run at an altogether more leisurely pace.

The Training Facility itself is situated within the grounds of the resort and is dedicated to providing professional sporting teams with a meticulously prepared and exceptionally presented resource for their specific training needs. Comprising two full size football and rugby pitches with one GAA pitch plus significant off-pitch preparation and set piece practice areas, the facility is constructed and maintained to the highest possible international stadia standards.



### Facilities

- Area 155m x 130m situated within the private grounds of the resort
- Two full sized football pitches (110m x 70m)
- Top layer sand pitches seeded with a combination mix of rye grass/smooth stalk meadow grass, cut to required height specification
- Fully automated underground irrigation system
- Portable aluminium goalposts
- Two sets of 5-a-side soccer goals
- 12 speed ladders, 100 training cones and 50 football poles
- Fully equipped indoor free weights and cardio gym situated in Fota Island Spa

*“We have been absolutely delighted with the surfaces and the accommodation that we’ve had here.”*

Chris Hughton (Birmingham City FC Manager)

## About Fota Island Resort

Fota Island Hotel & Spa is a welcoming 5-star hotel at the heart of the resort, with 123 en-suite rooms and 8 private penthouse suites with warmly inviting interiors and spacious bedrooms which are supremely comfortable. Offering a tempting selection of restaurants with excellent food to choose from, the resorts chefs will work closely with the nutritional and dietary requirements of all teams and their chefs to deliver cuisine to the highest possible standard.

Fota Island Spa is a world-class destination spa, spread over 1600 square metres. Fota Island Spa has 18 treatment rooms offering over 60 treatments and the magnificent Hydrotherapy Suite – including Ireland's first 'walking river' which uses water currents and reflexology to revitalise – ideal for non impact physiotherapy and recovery sessions.

The resort, three times host to the Irish Open, has three championship golf courses and a state-of-the-art golf academy set amongst beautiful parkland scenery, maintained to the very highest of standards to ensure year round golfing enjoyment, and surrounded by tall oak trees, bathed in peace and quiet.





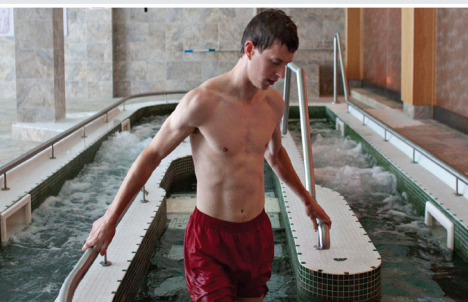
### Fota Island Hotel

- 123 contemporary style ensuite rooms with 8 private penthouse suites
- Large multi-purpose meeting and function rooms suitable for use as team leisure, medical and analysis rooms. Wide range of private dining rooms also available
- All dietary and nutritional requirements catered for in conjunction with the Team Nutritionist/Chef
- 24 hour group check-in and portorage available
- Complimentary Wifi throughout the hotel
- Business Centre
- Over 6km of walking and jogging trails
- Large private car parks for cars, coaches and support vehicles



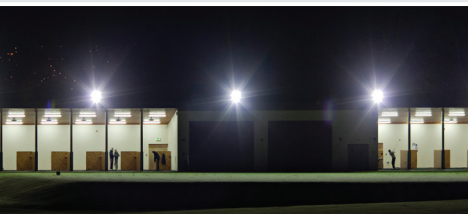
### Fota Island Golf Club

- 27 championship golf holes, designed by Jeff Howes, host to the Irish Open in 2001, 2002 and 2014
- The Clubhouse – a series of creatively converted stone farm buildings with spacious, well appointed locker rooms with Turkish Baths
- The Spike Bar – casual bistro style, all day dining with terrace overlooking the 18th green
- Multi-purpose function room and boardroom
- PGA Professional Proshop



### Fota Island Spa

- Designed specifically with sport in mind by the renowned Dr. Christian Jost, who was a member of the French Rugby Panel’s backroom team
- Hydrotherapy suite with the distinctive “Walking River” and hydro pool
- Large indoor heated 18m swimming pool
- 24 hour fully equipped indoor free weights and cardio gym
- 18 treatment rooms with over 60 treatments available
- Acacia thermal suite with hammam



### Fota Island Golf Academy

- 2 large teaching rooms with the latest high-tech equipment
- 10 indoor driving bays, indoor putting green and outdoor short and long game practice area
- PGA Professional coaching for individuals and groups



### Fota Island Lodges

- Over 100 self catering lodges offering 2, 3 and 4 bedroom accommodation, located across the 780 acre estate, with many lodges adjacent to the pitches.
- Each bedroom equipped with direct dial phone and widescreen LCD TV
- Advanced IT systems and high-speed internet access in each lodge
- Buggy park and golf equipment drying rooms
- 24 hour security and concierge
- Two outdoor tennis courts

### The Perfect Location

- 20 minutes drive from Cork City Centre and Cork International Airport
- 30 minutes drive from Ringaskiddy Ferry Port
- 2 hours and 15 minutes driving time from Dublin
- 1 hour and 15 minutes driving time from Limerick
- 1 hour driving time from Waterford

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