



FOTA ISLAND  
TRAINING FACILITY



*train* | YOUR PRIVATE ISLAND

*'We could not have asked for better than the outstanding facilities of Fota Island Resort for our pre UEFA EURO 2016 training camp, and during our more recent visit to Cork. All the essential requirements for a high quality training camp are on site and we have been thoroughly impressed during our stays here.'*

**Martin O'Neill, Ireland Senior Men's Football Manager**



## Fota Island Resort

As a five star resort you will find excellent comfort, convenience and security for your team. Teams can stay onsite for the entire duration of the stay as we provide all the facilities needed. The training pitch and team gym are walking distance from the accommodation options, which range from spacious hotel rooms to luxurious self-catering lodges. There are team meeting rooms, dining rooms, physio rooms and kit rooms available, as well as varied running trails around the resort. There is complimentary Wi-Fi throughout the resort and ample private carparks.



*“May I extend our sincere thanks to you for the fantastic assistance that you offered our group in the planning of and during the course of our stay at Fota Island Resort last week; it was a most productive and enjoyable training camp with a perfect mix of work and play – great facility.”*

**Kieran McCarthy, Rugby Chairman, London Irish RFC**

*“Thank you to you and all the team for looking after us so well for the 2 days. Everything was really great but as ever it is the staff that really make the difference so thanks again to all.”*

**Kilkenny Hurling Team**



## Training Facility

The main attraction of the excellent training facility here is the pristine playing area, which is 155m x 130m. This is the equivalent of 2 soccer pitches, 2 rugby pitches, or a GAA pitch the size of Croke Park. The pitch can be watered as requested, the grass to the length specified and the viewing platform can be moved as required.



Next to the training pitch is the recreation building, housing the high performance gym built specifically to cater for teams, with extra gym equipment available if wanted.

Recovery requirements are catered for through ice baths, exclusive out of hour's access to the swimming and hydro pool and to the unique walking river.

There is a specific team coordinator who is dedicated to planning the stay with each team before they arrive and will then look after them throughout their stay.

## Fota Island Adventure

Offers bespoke team packages onsite that are specifically designed to meet the needs of the group. These are based on years of experience in elite sports teambuilding, backed up by over 20 years of military know-how. The difficulty and intensity can be altered as required, and it combines a variety of learning and fun based activities some of which are:

- Obstacle course
- Combat archery (inflatable tag archery)
- Kayaking & SUPing (stand up paddling)
- Find the sniper

*"The team at Fota Island Adventure delivered a 1st class programme for us. Our players found it challenging and entertaining, whilst developing skills that will help us improve communication, team-work and performance. I'd highly recommend it to all teams as a fantastic experience with tangible outcomes."*

**Dr Tom Little, Preston North End**





### Fota Island Golf

- 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 a terrace overlooking the 18th green
- Multi-purpose function room and meeting room
- PGA Professional Proshop and coaching for individuals and groups
- 2 large teaching rooms including TRACKMAN 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 Kingsley

- Fota Island Resort's sister hotel
- 4 star, city centre location with competitive rates
- 131 bedrooms and 19 fully-serviced apartments, many with commanding looks over the River Lee
- Only a 10 minute drive from Cork City Centre
- Complimentary parking and Wi-Fi available
- Fully equipped Health Club and Spa with nearby walking trails

Amongst the teams to have stayed here are: The English Saxons rugby team, Irish Hockey senior men's team, Belarus national men's soccer team, England Counties rugby team, as well as various club teams

**For all queries please do not hesitate to contact us we would be delighted to provide you with a quote and any additional information you may require.**

#### The Perfect Location

- 20 minutes drive from Cork City Centre and Cork International Airport
- 2 hours and 15 minutes drive from Dublin
- 1 hour and 15 minutes drive from Limerick
- 2 hours and 30 minutes drive from Rosslare Harbour

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[www.fotaisland.ie](http://www.fotaisland.ie)

[www.youtube.com/user/FotaIslandResort](https://www.youtube.com/user/FotaIslandResort)

The  
FOTA | Collection

