

SEA MIST



GUESTHOUSE



WELCOME BOOK



www.seamistguesthouse.ie

Welcome to Sea Mist Guesthouse. Your home from home in Galway.

Dear Guest,

Welcome to Sea Mist Guesthouse, perfectly positioned at the midway point on the Wild Atlantic Way. We are delighted to have you visit and hope you have a fantastic time in Galway. Whether you are here to explore Galway City Centre, Connemara, Wild Atlantic Way, The Aran Islands, the Cliffs of Moher or just relax, we want to make sure you have everything you need. Stephen your host here and along the rest of the crew we are happy to help with any questions or recommendations. You'll find all the essential information in this book, but if you need anything, just ask.

Enjoy your stay.
Stephen & the team.



Contact & Assistance:

Host: Stephen

Phone: +353 85 7854271 WhatsApp: +353 85 7854271

Email: seamistguesthouse@gmail.com

Address: 1 Merlin Gate, Merlin Park, Galway City. H91 V6Y7.

We are available for assistance either in person, by phone or by pressing the Ring door bell on the dining room door on the ground floor from 8:00 to 21:00. The bell is taken away when I go to bed around 21:00 so keep this in mind and have a look on checking in to see if there is anything that needs our attention.

WiFi



Health, Safety & Emergencies:

Medical Emergency:

Dial 112 or 999.

Postcode / Eircode for the guesthouse is: H91 V6 Y7

Doctor: Westdoc +353 818360000

Address: 18A Liosban Business Park, Tuam Road, Galway.

H91 FW13

Evacuation:

·Please look at the evacuation card in your bedroom to see where in the property your room is located and how to exit the property in case an evacuation is needed.

·On hearing the fire alarm, leave the room immediately, leaving your possessions behind.

·Follow the exit signs.

·Assemble outside in the designated safe area across the street.

·Call Stephen on **+353 85 7854271**

·Call 112 or 999 to report a fire. Eircode / Postcode H91 V6Y7.

Fire extinguishers are located on each floor. These are to be used only in the event of a fire. Tampering with / setting off fire extinguishers when not required puts the lives of all guests at risk, damages property and will be reported to An Garda Síochána who are based adjacent to our guesthouse.

The use of candles, open flames and electric heaters are not permitted in the rooms. Cooking of any form is not

permitted in the rooms. If using hair strengtheners / clothes irons or anything that generates heat, be sure to turn them off and plug them out when finished with. Should we

suspect items like this are left on in rooms while unoccupied we reserve the right to enter the room to turn them off, ensuring the safety of all guests. Safety is our

Number 1 priority.



House Rules

No Smoking:

All public buildings in Ireland are designated NO SMOKING.

Please obey this rule for the benefit of all guests in our guesthouse. Please do not tamper with fire alarm smoke detectors, as to do so could put the lives of all guests at risk. It is a criminal offence to smoke in this property. Offenders will be fined 100€ and reported immediately to An Garda Siochana, Irelands police force based close by. Anyone found to contravene this will be removed from the property immediately without refund.

Alcohol Consumption:

For insurance reasons the consumption of alcohol is not permitted in our guesthouse, in the garden or in the immediate vicinity of the property.

Quiet times:

Please respect all guests within our guesthouse and keep noise to a minimum at all times and observe quiet time between 22:00 and 08:00. If at all possible please keep showering to outside of our quiet time as some of the showers have pumps built into them and even though our guesthouse is built with predominantly concrete sound still travels.



House Rules

Check-Out Time:

Check-out is by **11:00 AM**.

Before you leave:

Please turn off the lights in your room, make sure you haven't left any belongings behind, and return your key to us, or leave it in the basket in the hallway on the ground floor. If you have any feedback, I'd love to hear it.

Entering the estate:

If coming out from the Galway city direction it is permitted to turn right into the housing estate when it is safe to do so. Please keep in mind there are two lanes of traffic coming towards you, one lane for cars and a bus lane also.

Exiting the estate:

When exiting the estate on to the main road we advise that you turn left every time. It is not permitted to turn right and those doing so would be putting themselves and other road users in danger. If you are going east go in as far as the roundabout and go all the way around and come back out past the guesthouse.



Local Chemists / Pharmacies:

Please beware as of February 2025 we do not know of any 24 hour pharmacies / chemists operating in Galway. Please check opening hours online as they will vary from one to the other and may close for lunch.

You will need to drive or take a cab to these pharmacies.

- Nevins Pharmacy Unit 3 Roscam House, Roscam H91 ED9R is the closest to our guesthouse.
- Renmore Pharmacy 17 Renmore Road H91 KP8X is the next closest.
- Briarhill Pharmacy Unit 7 Briarhill Shopping Centre, Briarhill H91 H2K3 is the next closest.

ATM:

There is an ATM for accessing cash if needed in Merlin Stores which is behind our guesthouse. I use this on occasion and have never experienced any issues.

Sitting Room / Dining Room Use:

The Sitting room and Dining room are available for guest's use, where you will find complimentary teas and coffees. Please keep all eating and drinking to the dining room / sitting room so as to alleviate spills and stains on carpet / bed clothes in the bedrooms. There is also a library with something for everyone. Many of these books are my own personal collection so I would appreciate it if all books do not leave the sitting room / dining room. There are many board games also to enjoy with many of these purchased by my mother in the 1960s / 1970s. The sitting room / dining room must be vacated by and will be locked at 21:00 so that the guests above are not disturbed.



Vehicle Parking:

Please park in a straight and tidy manner so as to allow all guests to have parking. The owners of the guesthouse accept no responsibility whatsoever for damage caused to or items taken from vehicles whilst parked at the property or in the vicinity. Whilst the area is safe please use common sense and keep all items / sat navs / valuables / luggage / purses / handbags / wallets etc etc locked away and out of sight. Only use the EV charging space marked GREEN if you are charging your car. Please be sure not to leave the car parked in this spot longer than needed for charging as others may wish to charge also.

Local Transport:

Busses going to the city centre stop practically outside the guesthouse approximately every 10 minutes. The journey takes approximately 10 minutes depending the time of day. The bus stop outside ATU College on the opposite side of the road to our guesthouse (looking out the front of our guesthouse up past the roundabout ATU is the building on the right hand side) is served by the 404 Oranmore bus. This will bring you to Main Street in Oranmore where there are pubs, restaurants, cafes, shops etc and the return 404 bus will drop you immediately outside our guesthouse. Only the 404 bus serves Oranmore. A 5 minute walk from the guesthouse there is a bus stop that connects to practically every major destination in Ireland. Another bus the 350 stops here and goes to Doolin co Clare where the Cliffs of Moher can be explored on foot. In Galway one will find the Coach Station that serves all the major cities in Ireland and the train and bus station that connects Galway to the rest of Ireland.



Taxis & Cabs:

- Patsy our local taxi driver: +353 87 1868701
 - Big O Taxis: +353 91 585858
 - Pro Cabs: +353 91 565900
 - Oran Cabs: +353 91 787787
- FREE NOW app to book a taxi
- As of February 2025 Uber does not operate in Galway

Buses / Tour Companies:

Buses to Connemara, Cliffs of Moher, Connemara, Aran Islands and more available from Bus Éireann (Ireland's bus service) and private operators like Galway Tour Company, Lally Tours, Wild Atlantic Way Day Tours. See leaflets of tour providers inside the front door of our guesthouse.

Train:

Galway Train Station (just off Eyre Square) connects to Dublin, Limerick, and other cities and towns on the routes.



Nearby Attractions:

Some things to do in Galway City Centre / Salthill

- Eyre Square – The heart of Galway with shops, cafés, and street performers.
- Latin Quarter – Pubs, music, and lively streets.
- Salthill Promenade – Take a walk along the beach and “kick the wall” for good luck!
- Galway Cathedral – A stunning landmark with beautiful stained glass.
- Galway City River Walk ending at The Long Walk at the entrance to Galway Bay
- Spanish Arch & Galway Museum – Learn about Galway’s history.
- The Westend – Cool and funky area with lovely restaurants / bars and shops
- The Claddagh – Birthplace of the famous Claddagh Ring.

Day Trips:

- Cliffs of Moher - breathtaking views, stunning scenery on the Atlantic Ocean
- Aran Islands - Take a ferry from Rossaveal Harbour or Doolin Co Clare.
- Connemara National Park / Diamond Hill - Incredible scenery and hiking.
- Connemara driving loop- Taking in Roundstone, Ballyconneely, Clifden, Sky Road, Killary Harbour, Kylemore Abbey & Gardens, The Inagh Valley
 - Climb Croagh Patrick – walk / hike / climb this famous mountain as see the stunning views
- Hike to some of the most fabulous scenic areas in Connemara with experienced guide Martin of Connemara Timeless Captures @connemara.timeless.captures / martinthomaslally@gmail.com. Martin also sells copies of his incredible scenery photos.



Best Places to Eat & Drink:

Breakfast:

Closest to the guesthouse:

- Poppysseed Cafe located in the Galway Irish Crystal building a mere 400 metres from our guesthouse. Eircode H91 NN56.

Fabulous setting in the Galway Crystal Factory Shop the ambience, food and service are top class with hearty breakfast, lunch and dinner served. Tell them you are staying in Sea Mist and they will give you a free coffee or tea refill.

- The Full Duck Cafe Renmore Road is about 1.3 kms from our guesthouse. Eircode H91 K5K6 is a charming and quirky cafe offering delicious homemade dishes, a variety of baked goods, all served in a laid back environment.

- The Huntsmann Inn is approximately 2 kms from our guesthouse going towards Galway City Centre is a popular and welcoming gastropub known for its hearty Irish dishes, excellent service and lively atmosphere. Open for breakfast, lunch and dinner.

Others:

If headed east or south:

- Amorica, Main Street Oranmore. It is approximately 10 minutes drive for our guesthouse. A lovely restaurant run by a couple assisted by great staff. Food, service and ambience is top class and worth a visit. Check for opening days / hours as at times in the year they only open from Thursday to Sunday. Also open for lunch and dinner.

- The Cornerstone Main Street Oranmore Deli, Fine Food, Grocer and Cafe serves up good vibes and great plates. They are all about local, seasonal and sustainable eats that taste as good as they make you feel.



•The Porter House Bar, Main Street Oranmore serves breakfast lunch and dinner 7 days a week. Great food in a nice cosy environment.

•Basilico, on Main Street Oranmore is an Italian themed restaurant but serves Irish breakfast in the morning. Open 7 days a week. Great place for breakfast, lunch and dinner.

If headed west the best possibility for breakfast is going into Galway City Centre / Salthill:

•CoCo Cafes, Western House in Salthill / Liosbaun, Tuam Road and Eyre Square (coffee & pastries only) is another great option for breakfast especially if one is headed west towards Connemara. Family run business with views out over Galway Bay (Salthill cafe) it is known for its delicious breakfasts, excellent coffee and baked treats. Something for everyone here and can be followed by a walk on the Salthill Promenade after.

•Dela, 51 Dominick Street Galway H91 E3F1, run by a husband and wife duo opens for brunch from 09:30 to 15:00 daily. A word of caution, the queue forms quickly so keep this in mind. Food, service and ambience is top class and well worth a visit.

•56 Central, 5/6 Shop Street Galway H91 FT5D opens 7 days a week for breakfast and lunch / dinner. Run by Gill Carroll the food is top class, staff are cool, helpful and friendly and the building and fit out is cool. Well worth a visit.

•Jungle Cafe, 34 Prospect Hill, Galway H91 NP93. Open 7 days a week for breakfast / brunch the Jungle Cafe is something a little different. It is vibrant, tropical themed and known for its lush greenery, relaxed atmosphere and delicious coffee and food.



Lunch / Dinner: Galway City Centre:

- McSwiggans Woodquay H91 XOKX are open 7 days a week and is a stylish and spacious eatery offering high quality steaks, seafood, and Irish classic dishes in a warm and inviting atmosphere.
- Oscars Seafood Bistro, 22 Dominick Street, Galway H91 VX03. A cosy and highly acclaimed restaurant specialising in fresh, locally sourced seafood, expertly prepared with a creative touch. It is a busy restaurant but well worth a visit.
- Brasserie on the Corner 25 Eglinton Street H91 VY1F are open 7 days a week and is a stylish and contemporary restaurant known for its high quality steaks, fresh seafood and extensive wine selection in a relaxed yet elegant setting.
- Kai Restaurant 22 Sea Road Galway is a cosy, award winning eatery known for its farm to table ethos, seasonal Irish ingredients and innovative dishes served in a warm, rustic setting
- Hooked Seafood Restaurant 65 Henry Street Galway H91 DP78. A casual and welcoming eatery known for its fresh, locally sourced seafood, flavourful Irish dishes and relaxed atmosphere.
- Park House Hotel Forster Street Galway H91 PCF8 offers a refined dining experience with a contemporary menu featuring classic Irish and European dishes, served in an elegant and welcoming atmosphere, perfect for both casual and special occasions.



McDonagh's on Quay Street, in the heart of The Latin Quarter.

Mc Donaghs have been in this building for 100+ years.

Originally fish mongers, they diversified into food and are reported to have the best fish and chips in Galway. There is a restaurant on one side and the fish and chip part on the other where there are benches to sit on and enjoy your food whilst watching Galway walk by if you are lucky enough to get the window seat. A favourite of mine is Cod / Chips / Coleslaw and Mushy peas.

·The Dough Bros Pizza Cathedral Buildings 1 Middle Street, Galway and also on the top corner of Eyre Square. A hugely popular award winning pizzeria known for its wood fired pizzas made of high quality local ingredients and a laid back vibrant atmosphere. They have also opened LilBros Pizza Slice Shop on the corner of Eyre Square where they serve Slices / Squares and Sambos.

·Handsome Burger 49 Dominick Street Lower, Galway H91 PO8F. A top rated and award winning no frills burger joint known for its juicy, local sourced beef burgers, homemade toppings and a casual buzzing atmosphere.

·Thai Garden, Spanish Arch, Galway is an authentic Thai Restaurant serving up all the best of traditional Thai dishes by many staff who have worked there for 20+ years. The restaurant has an elegant decor, warm hospitality, scrumptious food along with a cocktail menu and is well worth a visit whilst in Galway. Why not take a walk through the Spanish Arch afterwards and on to the Long Walk which is immediately adjacent.

·Lana Asian Street Food has two locations in Galway. 20 Mary Street H91 PEY8 in the city centre and 224 Upper Salthill H91 K7WF. Lana offers vibrant, authentic dishes inspired by Indonesian, Malaysian, Chinese and Thai cuisines, crafted by a passionate team from these regions. Lana provides a colourful casual dining experience featuring flavoured curries, stir-fries and vegan options.



Local to our guesthouse:

- Flannerys Hotel, Dublin Road, Galway H91 KH64 is a mere 10 minute walk from our guesthouse and serves good hearty meals in a nice setting in The Galwegian Restaurant and Frankies Bistro & Bar.
- Connacht Hotel, Dublin Road, Galway H91 K5DD is a mere 1.3 kms from our guesthouse and offers a diverse dining experience featuring Irish and International dishes at Rueben`s Restaurant along with a lively bar serving craft beers, cocktails and casual bites in a relaxed atmosphere.
 - The Huntsmann Inn is approximately 2 kms from our guesthouse going towards Galway City Centre is a popular and welcoming gastropub known for its hearty Irish dishes, excellent service and lively atmosphere. Open for breakfast, lunch and dinner.
- Camile Thai, Unit 4, Glasan, Ballybane, Galway H91 X6EP is a mere 700 metres from our guesthouse is a Thai franchise cafe / restaurant / takeaway serving all the Thai dishes in a modern casual setting.
- Supermacs Merlin Park is 50 metres from our guesthouse. It is reckoned by some, a visit to Ireland is not complete without a visit to Supermacs. Personally I do not eat fast food, but have eaten in Supermacs many times over the last 20 years. If there is such thing as a good fast food place Supermacs is it. Serving everything from burgers to chicken to pizza there is something for everyone. Supermacs have 100+ stores nationwide so if you don't get to this one you'll have many more opportunities on your Irish visit.



Oranmore:

·Amorica, Main Street Oranmore. It is approximately 10 minutes drive for our guesthouse. A lovely restaurant run by a husband and wife team. Food, service and ambience is top class and worth a visit. Check for opening days / hours as at times in the year they only open from Thursday to Sunday.

Also open for lunch and dinner.

·The Porter House Bar Main Street Oranmore serves breakfast lunch and dinner 7 days a week. Great food in a nice cosy environment.

·Basilico on main street Oranmore is an Italian themed restaurant but serves Irish breakfast in the morning. Open 7 days a week. Great place for breakfast, lunch and dinner.

·Keanes Bar and Restaurant 1 Main Street Oranmore H91 E6RH is a welcoming family run bar / restaurant known for its hearty Irish pub food, fresh seafood and traditional dishes, served in a warm, cosy, friendly atmosphere.

·Glynns Bar, Dublin Road, Oranmore H91 PK73 have teamed up with UrbsnFire to serve delicious woodfired pizzas which can be enjoyed in their spacious beer garden or inside the pub.

·Santoor Indian Reastaurant Main Street Oranmore offers authentic Indian cuisine, featuring a variety of flavourful dishes in a warm inviting atmosphere.

Clarinbridge / Kilcolgan:

·Morans Oyster Cottage or “Morans the Weir” as it is locally known is an internationally renowned seafood restaurant located in a traditional cottage on the waters edge a mere 16 kms from our guesthouse. Famous for its locally sourced oysters, seafood chowder and traditional Irish charm, Morans have been serving seafood lovers for over 250 years in this location.



Takeaway Delivery Apps:

If a takeaway is your preferred option we allow guests the use of our dining room up until 21:00 in the evening. We kindly ask guests to keep the diningroom clean and tidy and refrain from eating food in the bedrooms or sitting room. We lock these rooms at 21:00 so as not to cause annoyance to guests staying at our guesthouse.

Deliveroo

Uber Eats

Just Eat

Are all operating in Galway. I used all of the above several years ago without issue but haven't used them of late. Independent takeaways also operate their own delivery service. It is best to do some research online before you order from any takeaways / restaurants. Many of the restaurants mentioned above would be on the above apps.

**as of February 2025 I have eaten in, or currently eat in all of the cafes / bars / restaurants named above and have never had any concerns in same. Please be sure to research opening hours as they may change with the seasons and in the late spring / summer / early autumn months for the restaurants it is advisable to book in advance to avoid disappointment and do some research online to see reviews for a second opinion. Should any of you have any concerns after visits to these places, please let me know and if you go to other places not listed above, please let us know of your experience so we can update our recommendations going forward.



Pubs & Bars

- Tigh Neachtain – Quay Street / Cross Street. A charming, historic pub known for its cosy atmosphere, extensive craft beer selection and live traditional music sessions.
- O’Connell’s – Eyre Square Galway where some of Ed Sheerans video for “Galway Girl” was filmed. Famous for its traditional interiors, fantastic beer garden and top notch selection of whiskeys, gins and pints of Guinness.
- The Quays – Quay Street is an iconic pub renowned for its stunning church style interior, great live music and buzzing atmosphere.
- The Crane Bar – Sea Road is a legendary traditional Irish pub, famous for its intimate live music sessions, old world charm and authentic atmosphere that celebrates Irish culture.
- Taaffes Bar Shop Street Galway – A lively traditional Irish pub known for its lovely creamy pints of Guinness, nightly live traditional music sessions and a warm welcoming atmosphere in the heart of Galway
- Tigh Choilis Bar on Mainguard Street and close to St Nicholas` s Church is a renowned traditional Irish music bar, famous for its twice daily music sessions and a friendly local crowd and international visitors.
- Taylors Bar Dominick Street Westend Galway H91 RP48 is a lively pub filled with character, known for its great atmosphere, live music and spacious beer garden, making it a popular spot among locals and others.



Pubs & Bars

- Sheridans Wine Bar above Sheridans Cheesemongers situated at 14 Churchyard Street adjacent to St Nicholas` Church is a cosy intimate spot offering a carefully curated selection of wines paired with Artisan cheeses and charcuterie. With
- O Connors in Salthill, Upper Salthill, H91 W4CS made famous by Ed Sheeran where some of his video for “Galway Girl” was filmed. A charming old world pub filled with antiques and nooks, offering a warm atmosphere, live music and a truly authentic Irish pub experience. Last time I was there sawdust covered the floor which was commonplace in many of the real old traditional bars in Ireland.

Local Shops / Convenience Stores / Supermarkets:

- Merlin Stores is immediately adjacent to our guesthouse is a local shop with many conveniences. There is also an ATM machine for accessing cash from your bank account if needed.
- Duggans Spar Shop 2 Renmore Road H91 FXE1 is about 1 kms from our guesthouse and is a slightly larger convenience store.
- Dunnes Stores Briarhill Shopping Centre H91 RH9R is an Irish owned chain of supermarkets.
- Fays Super Valu, Orantown Centre, Oranmore H91 XTT3 is an Irish owned supermarket where one will find anything normally found in a supermarket.
- Aldi New Town Centre Oranmore H91 NXOY is an international brand of supermarket
- Lidl Main Street Oranmore H91 R9PR is another international brand of supermarket



Doing our bit for:



Our goal is to do the very best we possibly can do today and long into the future in order to reduce consumption, waste and our carbon footprint.

To date:

Insulation:

We have invested significantly on an insulation package that has increased the amount of insulation in the cavity and also trebled up on the insulation in the attic spaces. We also have installed foil back insulation to the exposed rafters in the attic spaces. Our aim is to retain as much heat as is possible first before we upgrade our heating systems in future.

Reusable glass bottles and filtered water:

We have installed a water filter and use reusable glass bottles for drinking water avoiding the use of plastic bottles

Love Your Towels, Love Our Planet:

We wash a lot of towels, and that means using lots of water, energy, and detergent. You can help us be kinder to the environment!

Hanging up your towel. Great. This means you'll use it again.

Please remove all make up before going to bed. We have invested significantly in high quality linen for the benefit of our guests and our aim is to preserve this linen for guests long into the future. Having to wash linen several times to remove make up is wasteful, time consuming and shortens the linens lifespan. Please use the grey face cloth provided when removing make up. This preserves the bigger white towels and alleviates having to wash same several times at high temperatures.



Shower Gel / Shampoo / Handwash:

We buy these in large containers and refill the dispensers in the bathrooms eliminating the use of single use plastic bottles ones.

Toilet Paper:

Our toilet paper is purchased from manufacturers who make their rolls from 100% recycled paper.

Appliances:

As the need arises we will replace any appliances that need replacing with A rated ones.

Secondary windows:

We have installed secondary sliding windows to the north side of the guesthouse assisting in retaining more heat.

Heating Controls:

Our heating system has had a new set of heating controls added giving time, temperature and zone control to our heating system thus improving on efficiency.

Quooker Tap:

We have installed a Quooker hot and cold water tap in the kitchen. There is always hot water on demand alleviating the need to be boiling kettles often.



Energy efficient lights and bulbs:

Where possible we have replaced light bulbs with more energy efficient ones and will continue to improve on this going forward. We have also installed sensor lights in the hallways to alleviate needing to have lights on constantly in the evening and night time.

Guest electricity usage:

We encourage all guests to only use electricity and lighting when needed as to waste same needlessly is uncalled for. If we feel lights are left on / irons or hair straighteners are plugged in whilst rooms are empty we reserve the right to enter the room and turn them off.

Electricity Provider:

In Ireland approximately 57% of all electricity supplied to the grid is generated by renewable means. Our provider is one of the top producers of renewable energy in Ireland.

Plans for the future:

Energy:

Our aim is to install PV Solar and Micro Wind generator systems to generate our own electricity. This will provide energy security at a reasonable cost which means we can keep our room costs priced as economical as possible benefiting all guests.

Heating:

Our aim is to install an air to water Heatpump that will provide us with all heat and hot water needed within our guesthouse with the electricity predominantly generated by our wind and solar systems



Rapid EV Charger:

We plan on installing a rapid ev charger that will run predominantly on our solar / micro wind electricity generators

Health:

We will install an Infra Red sauna in the near future for guests use that will take its electricity predominantly from our solar and micro wind generators. These run at a lower temperature than Finnish saunas so use less electricity but still have all the health benefits. We will have a cold water plunge bucket outside the sauna for contrast therapy.

Massage Chairs:

We will install a vending operated massage chair in our sitting room for the enjoyment of guests. So after a long day exploring, you can sit back, relax and let the massage chair do all the work all conveniently in our sitting room.

Feedback & Reviews

We'd love to hear about your experience. We hop you enjoyed your stay, please leave us a review on:

Google



Booking.com



Follow us on Instagram & Facebook for updates, recommendations, and special one off offers

Website: www.seamistguesthouse.ie

Instagram: Sea Mist Guesthouse Galway

Facebook: Sea Mist Guesthouse Galway

Tag us in your photos: @SeaMistGuesthouse

