



WATERSPORTS EXPERIENCES ON GALWAY BAY ALONG THE WILD ATLANTIC WAY

Located just minutes from Galway City, Rusheen Bay Watersports offers unforgettable outdoor experiences on the calm, sheltered waters of Galway Bay. Set against the backdrop of the Wild Atlantic Way, this unique location provides the perfect balance of safety and adventure, making it ideal for beginners and those looking to try something new. Whether you're visiting Galway for a short break or a longer stay, our expert instructors will guide you through a fun and accessible introduction to watersports. From your first paddle to mastering the basics of windsurfing, every experience is designed to be relaxed, enjoyable, and memorable. With all equipment provided and a welcoming, professional team on hand, guests can simply arrive and enjoy the water. The shallow, sheltered bay creates ideal conditions for learning, while still offering a true taste of the Atlantic.

Highlights include:

- **Prime Location** | just 5 minutes from Galway City | easy access for visitors | Wild Atlantic Way
- **Beginner Friendly** | no experience needed | safe, shallow waters | ideal learning conditions
- **Expert Instructors** | qualified and experienced team | supportive and fun approach
- **Wide Range of Activities** | kayaking | paddleboarding | windsurfing
- **All Equipment Included** | wetsuits | buoyancy aids | boards | no need to bring anything
- **Flexible Experiences** | lessons | rentals | private sessions tailored to guests
- **Outdoor Adventure** | fresh air | scenic coastal views | active and memorable experience
- **Family Friendly** | suitable for adults and children | great for couples and groups

A truly eco-friendly experience, Rusheen Bay runs 100% off-grid with zero electricity or fossil fuels, powered only by wind, water, and human energy.

EXPERIENCES

Experience	Short Description	Experience Type	Min/Max	Duration	Public Price Per Person
Windsurfing Lesson	Introductory windsurfing lesson covering balance, steering and basic skills	Scheduled / Private Group	1-14	2 hrs	€50pp
Paddle boarding Lesson	Beginner-friendly paddleboarding session with instruction and time to explore the bay	Scheduled / Private Group	1-20	2 hrs	€50pp
Kayaking Lesson	Guided or self-guided kayaking on calm, sheltered waters with basic instruction included	Scheduled / Private Group	1-25	2 hrs	€50pp
Private Lesson (All Sports)	One-to-one or small group coaching tailored to ability level across all activities	Private	1-8	2 hrs	€200 min €50pp
Equipment Rental	Rental of kayak or paddleboard equipment for independent use	Flexible Availability	1-30	2 hrs	€25pp
Windsurf Rental	Rental of windsurf equipment for independent use	Flexible Availability	1-14	2 hrs	€30-40pp

Experience Inclusions

- All equipment provided (wetsuit, buoyancy aid, boards, paddles)
- Safety briefing and basic instruction included
- Access to sheltered waters ideal for beginners
- On-site facilities and changing areas

Note:

- Towel and togs required
- Scheduled sessions can be booked online at www.rusheenbay.com/book
- Private group experiences available on request subject to minimum numbers or equivalent in charges
- All experiences are weather dependent
- Participants should be comfortable in the water
- Equipment weight limit 120kg



IMPORTANT INFORMATION

Contact Information	<ul style="list-style-type: none"> T: +353 (0)87 260 5702 E: info@rusheenbay.com www.rusheenbay.com/book
Dates	<ul style="list-style-type: none"> April – November (see website for timings)
Location	<ul style="list-style-type: none"> Rusheen Bay Watersports, Barna Road, Knocknacarra, Co. Galway, H91V6W0 https://maps.app.goo.gl/ceDxmQ5664uuE1LM9
Parking	<ul style="list-style-type: none"> Parking available for 15 cars Coach parking for 33 seaters only Parking right at the shore Large coaches drop off by main road, 200m walk to shore
Customer Information	<ul style="list-style-type: none"> All experiences delivered in English Double kayaks available for people with additional needs. Accompanied by a carer or guardian.
Our Sustainable Ethos	<ul style="list-style-type: none"> Our ethos is simple—to protect and preserve our oceans and beaches for future generations to enjoy.



EXPERIENCE DESCRIPTIONS

Windsurfing Lesson

Experience the thrill of windsurfing with a beginner-friendly lesson designed to get you up and moving quickly. Using modern equipment and step-by-step instruction, guests will learn how to control the board and harness the wind in a safe and enjoyable way. Rusheen Bay's sheltered conditions make it one of the best places in Ireland to try windsurfing for the first time.

Stand Up Paddleboarding Experience

Try one of the world's fastest growing watersports in a safe and supportive environment. Learn the basics of balance, paddling and turning before heading out onto the bay. Paddleboarding offers a fun mix of activity and relaxation, making it ideal for individuals, couples or small groups looking for something different during their stay in Galway.

Kayaking Experience

Explore the calm waters of Rusheen Bay by kayak and enjoy Galway's coastline from a completely different perspective. After a short introduction from your instructor, set off at your own pace or follow a guided route along the shoreline. This relaxed and scenic experience is perfect for beginners and a great way to get out on the water while taking in the surrounding views.



Private Lessons & Rentals

For those looking for a more personalized experience, private lessons offer one-to-one or small group coaching tailored to your pace and ability. With dedicated instructor support, guests can progress quickly and build confidence on the water. Alternatively, those with some experience can rent equipment and explore the bay independently, enjoying the freedom of the water in a safe and controlled environment.

Group Experiences

Rusheen Bay Watersports caters for a wide range of group activities including birthday parties, corporate team-building events, school groups, and hen & stag parties. Sessions are tailored to suit each group, combining fun, activity and time on the water in a relaxed and social setting. With experienced instructors and flexible activity options, every group is guaranteed a memorable and enjoyable experience on Galway Bay.

