Children's Disability Network Team

Family-Friendly Accessible Day Trips

Compiled by Ali Lenihan and Ashanti Fragante OT students
under guidance of Deirdre Gillespie Senior Occupational Therapist North Kildare CDNT

Last Updated: 06/10/2026

Beaches with Changing Place

Bettystown Beach, Co. Meath

- Small number of accessible parking
- Registered Changing Place facility – East Meath Civic Centre, Bettystown A92 AEC6 – approx. 3-min drive/8-min walk
- No beach wheelchair

Curracloe Beach, Co. Wexford

- Disabled parking at White Gap and Ballinesker
- Beach wheelchair – pre-book recommended through beach wardens via 087 354 3891 / 087 958 8303
- Registered Changing Places facility
- Wooden walkways towards beach – Ballinesker route recommended

Salthill, Co. Galway

- Accessible parking and access ramps
- Beach wheelchair – pre-book recommended via 091 540900 or email amanda.scott@abilitywest.ie
- Changing Places facility at Ladies Beach

Beach Wheelchair Options

Dollymount Strand, Co Dublin

- Accessible parking + Accessible toilet
- Beach wheelchair – pat.corrigan@dublincity.ie

Donabate/Balcarrick Beach, Co. Dublin

- No designated accessible parking at public car park
- Beach wheelchair – Shoreline Hotel (01) 810 9200

Portmarnock, Velvet Strand, Co. Dublin

- No designated accessible parking at public car park
- Accessible toilet
- Beach wheelchair – 086 822 2646

Brittas Bay, Co Wicklow

- Accessible parking + Accessible toilet
- Beach wheelchair – 0404 20236

Indoor Day Out

Blanchardstown Shopping Centre + ODEON

- Accessible parking + wheelchair access
- Registered Changing Place facility on Level 2
- Step-free access to all cinema screenings
- Carer/companion ticket available

Dundrum Shopping Centre, Co. Dublin

- Accessible parking + wheelchair access
- Registered Changing Place facility on Level 1
- Sensory room (€10 registration fee)

Liffey Valley - Coming soon





Day Out

Dublin Zoo, Phoenix Park

- Accessible parking and toilets
- Changing Place facility
- Social story, visit planner and accessibility map
- One accompanying carer free with eligible ticket

Beyond the Trees Avondale, Co.Wicklow

- Accessible parking and toliets
- Visitor Centre with entry ramps and accessible lift
- Changing place facility
- Treetop walk fully accessible
- Sensory garden located in courtyard area
- Carer/companion ticket available
- Can Contact 0404 46111 or enquiry@beyondthetreesavondale.com.

Nights Away

Centre Parcs, Co.Longford

- Adapted lodges and bathrooms with walk-in showers.
- Hoists can be requested for accommodation. Families are required to bring their own sling.
- Ceiling-track hoists are only available in certain areas of the lodges.
- The Subtropical Swimming Paradise has an accessible changing facility.
- Mobility shuttle services are available.
- Accessible routes, ramps, handrails and lifts are available throughout the resort.

Hoist Away Culdaff, Co. Donegal

- Holiday accommodation suitable for individuals who require a hoist or other specialised equipment.
- Equipment available includes an overhead hoist, freestanding hoist, airflow mattresses, profiling bed, shower trolley and tilt-in-space shower chair.
- Contact details: hoistawayculdaff@gmail.com or +44 7764 308108.

Others

The National Ploughing Championship

- Designated accessible parking spaces.
- Internal roadways in the Trade Exhibition Area are double-tracked.
- Accessible toilets available throughout the site and in designated disability parking areas.
- Accessoloo welfare units are provided, including an electric hoist and an adult-sized changing bench.
- TIP: Check the current event accessibility map beforehand and identify the Accessoloo location, disability parking areas and quieter/rest areas before arriving.

Hospital Bed and Equipment Rental

- Hospital beds and specialist equipment can be rented from various providers in Ireland.
- For example, Meditec offers weekly rentals of hospital beds, pressure-relief mattresses and patient hoists, with delivery and installation available throughout Ireland.
- Contact: +353 1 462 4045 or request a quote on their website.

Important Information Before Travelling

- Opening hours, booking requirements and access arrangements can change. Please check directly with the venue before travelling, as information in this resource may change over time.
- Hoists and slings: Make sure your child's sling is compatible with the available hoist, as some venues may not provide slings.
- Beach wheelchairs: If a beach wheelchair is available, contact the venue in advance to check availability, booking requirements and opening hours.
- Finding changing facilities: The Changing Places Ireland map can help you find Changing Places facilities across Ireland, including their locations, contact details, equipment and opening hours. https://changingplaces.ie/
- Additional resource: https://www.dublinandsoutheastcdnt.ie/news/changing-places/ and https://www.beaches.ie/
- Every child is different: An activity that works for one family may not suit another. Consider your child's individual needs and preferences.

We would like to thank the families within the CDNT service and the social care leader of St. John of God services who provided us with their lived experiences which helped greatly to build this resource for other families.

This is not an exhaustive list and we welcome other suggestions to be added to the resource.

Please contact the North Kildare CDNT if you have any questions or additional suggestions.