

Connemara Coast Hotel – Galway

As a parent of 10-month-old with PKU the thought of staying away for three nights was not only extremely daunting but very worrying. I honestly didn't realise how much life revolves around food until our beautiful son came along.

I chatted with Jenny, Theo's amazing dietitian to see if she had any tips or advice for going away, she advised me to contact the hotel where we staying which was the Connemara Coast Hotel beforehand to see if they would be able to accommodate Theo's dietary needs.

When I contacted the hotel, the receptionist was very friendly and understanding. On arrival they had it noted on our booking they also had a fridge in the room which was handy to store all of Theos food supplies (which I over packed).

That evening we decided to go to the bar for food. The manager was extremely helpful and had said the kitchen had been informed before our arrival and were ready to prepare and cook any foods required, I had brought pasta which they had no problem cooking and reheating his sauce.

I had brought all of Theo's foods for his breakfast but if I didn't there was a great choice to choose from, they had an array of fresh fruit along with cereals and juices.

We subsequently ate all our meals in the hotel and each staff member we met were extremely friendly and helpful.

Overall, I would highly recommend the Connemara Coast hotel as they were very accommodating towards us. It was child friendly and had a lovely pool right along the coast with loads to see and do. **We will definitely be heading back again soon.**

Gleneagle Hotel Killarney – Kerry

All I can say is WOW!

The head chef Trevor was absolutely outstanding. He came out to meet myself and Mitch and we spoke about what Ellie could eat and what amount of pasta/rice she would eat.

He weighed out 40g of frozen chips for Ellie and also weighed a hash brown, it was 67g which is too high for Ellie but was still great to know!

It was extra busy in the hotel with a wicked show being on, we went to lunch not expecting for there to be a wait of 20 minutes. Once I mentioned to the staff about Ellie's food needing to be cooked, she pushed us up the list and seated us within 2 minutes, which was amazing.

I gave half a bag of rice and half a bag of pasta to the chef in the original boxes and was so amazed when I went to collect the remainder that Trevor and his staff pre-cooked and pre-packaged the rest of Ellie's rice and pasta for her!

Trevor even weighed and packaged the chips! We were so shocked and happy at the service they provided to Ellie. He really went above and beyond, he even came out with Ellie's pasta himself at lunchtime, we are so overwhelmed with how well Ellie was treated here.

It wasn't a big deal for Trevor to prepare the foods and he always had it ready as soon as we asked!

It was an absolutely brilliant experience and we will definitely be going back very soon. It is so important to share the details of this brilliant trip so other families can have an amazing experience here as well!

Dingle Skellig Hotel – Kerry

We also had a wonderful experience of the Dingle Skelligs Hotel over Christmas, I can honestly say it was by far our best hotel experience with Harry ever!

Without me telling them about Harry they guessed it when they asked him what food he liked, they brought the chef out to meet Harry, who told him he would cook or make whatever he wanted.

By the time we arrived down to breakfast on the first morning they had already been to the shops and had a supply of plant based foods suitable for Harry! It was the first time that Harry really got to enjoy a hotel where it was 'no big deal'.

I would very highly highly recommend this hotel for other low protein families!

New Park Hotel – Kilkenny

At the time of booking I put in the comments that two of our boys have PKU and have to adhere to a specialised Low protein diet. I received a phone call from guest relations to discuss how they could accommodate the boys dietary needs

We were also told that the hotel would be happy to store any food we brought with us in a fridge

We were advised that the chef would be happy to cook any food we brought with us, this was incredibly reassuring as we have always stayed self catering up until this.

When we arrived all food that needed to go in the fridge e.g. yoghurts were taken off us and put in the fridge. When we went for dinner we brought our mevalia pizza base and notzarella cheese with us and the chef cooked it for us!

We then got to explore Jurassic Newpark where the boys had an absolute ball !

Overall we would highly recommend the Newpark Hotel. The boys are already planning our next trip there!!

Hotels Abroad

A Low protein diet shouldn't stop you from travelling abroad. We have collected a list of hotel all over the world that accommodate low protein diets. This list was made possible by all the families who sent in their stories and recommendations. If you have a had a good experience in a hotel, please share it with us so we can help more families living with protein conditions.

Disneyland, Paris and California

La Marquise, Rhodes – Greece

Euphoria Resort, Crete – Greece

Robinson Amade, Kleinarl – Austria

Iberostar Selection Fuerteventura Palace, Las Palmas – Spain

Vincci Hoteles, Santa Cruz de Tenerife – Spain

Estival Park Hotel & Apartments, La Pineda – Spain

Costa Dorada, Salou – Spain

Moon Palace, Cancun – Mexico

Holiday Village Red Sea, Sharm El Sheikh – Egypt

The Hilton Hotel, Hiroshima and Osaka – Japan

Moana Surfrider, Waikiki – Hawaii

Waikoloa Beach Marriott Resort & Spa, Big Island – Hawaii

Disneyland, Paris – France

We recently travelled to Disneyland Paris with our 9-month-old baby girl. We chose Disneyland partly because Paris has a specialised metabolic hospital nearby, ensuring access to care if needed—though thankfully, we didn't have to use it.

To manage her Glutaric Acidaemia Type 1 (GA1), we packed essentials like Pro Zero milk, low-protein bread, and regular baby food with exchanges calculated to stay within her limits. While we checked in a suitcase, we kept her L-carnitine and GA1 Anamix formula in our carry-on bag for easy access.

At the airport, we had letters from Temple Street Hospital and emergency hospital letters, but security treated us like any other family travelling with baby formula—we were never asked to present them.

Before the trip, we researched food options extensively. There are many vegan Disneyland Instagram accounts and PKU/GA1 Disney Facebook groups that provide helpful advice. We also ensured our hotel room had a fridge to store fruit and her Anamix formula.

Disneyland offers plenty of food options, including buffet dinners where we could select exchange-free foods and quick-service restaurants with suitable dishes. One restaurant even had a vegan meal with rice and mixed beans, which we could count as her exchanges. In hindsight, we overpacked food—there were more options available than we expected. If I were to plan this trip again, I'd bring a blue scoop for measuring exchanges more accurately, as weighing food isn't always practical when eating out.

Disneyland also offers an Access Pass for certain medical conditions, which allows priority access to rides, character meet-and-greets, and designated areas for parades and shows. You can apply for this online one month before your trip, and it made a huge difference by reducing wait times and allowing for plenty of rest. There's also a medical centre in the park where formula can be stored, though we didn't use this since we stayed on-site and took midday breaks at the hotel.

We had an incredible time, and even though she was only 9 months old, there were plenty of rides for little ones. My favourite memory was her meeting Mickey Mouse—these are moments we'll cherish forever!

Gloria Palace Amadores, Puerto Rico, Gran Canaria – Spain

This was my first holiday with Zach who is 15 months at the moment and has PKU.

I was a bit nervous before the holiday due to overthinking to be honest, but Zach absolutely thrived over there!

I brought some low protein foods with us and I spoke to the hotel management before arriving. They were very accommodating and helpful to Zach & I. They were so happy to help and to cook Zach's mashed potatoes, vegetables and low protein pastas.

They also had raspberry sorbet available in one of their snack bars!

Amazing hotel overall and the staff were very friendly.

There is the option to avail of the all inclusive buffet too, which can make the PKU diet that little bit easier to manage.

I also wanted to mention we travelled with Aer Lingus and they were fantastic to fly with, allowing an extra 10kg for Zach's foods, arranging sitting next to family and very helpful on both flights.