

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.**