

Sports & Events Venue



KILLASHEE

HOTEL • SPA • LEISURE



THE IDEAL BASE FOR SPORTS TEAMS

Looking out onto the lush rolling countryside of County Kildare, Killashee Hotel is only 30kms from Ireland's Capital and just 2km outside of Naas Town. The perfect central location with excellent access to Ireland's main road network particularly the M7 Motorway.

A truly enchanted setting, with a wonderfully rich history from the Victorian grandeur of the Manor House, to the acres of splendid gardens and gloriously wild woodland & trails, there are so many hidden places waiting to be uncovered.

Killashee Hotel is the ideal base for sports teams, offering the perfect blend of comfort, space, and high-performance facilities. With 141 luxurious bedrooms for players and staff, 15 versatile meeting rooms—including two large conference ballrooms ideal for team briefings, a rugby pitch and a state-of-the-art, all-weather, astro pitch. Teams can also take advantage of our fully equipped, state-of-the-art gym, expansive Leisure Club, and award-winning Spa, providing everything needed for training, recovery, and relaxation in one convenient location.

[**Take a Virtual Tour of Killashee**](#)

LOCATION

- 40 minutes from Dublin City
- 45 minutes from Dublin Airport
- 2 minutes from Naas Town
- Located just off the N7
- Convenient and Accessible
- Travel by Train - Sallins Train Station
- Travel by Bus - Bus Stop Outside the Hotel Entrance
- Over 350 Complimentary Car Parking Spaces
- Electric Car Charging Points



FIRST FLOOR BOARDROOMS

Our dedicated first floor of five meeting rooms are ideal for team strategy sessions, catering from 10 to 100 delegates. These naturally lit meeting rooms come equipped with stationery and AV. The centre of creativity is a great cup of coffee and Killashee understands this with A Nespresso Coffee Machine is in each meeting room. All five meeting rooms are centred around our newly refurbished and relaxing Larkspur Lounge, ideal for your coffee breaks, team discussions and team networking.

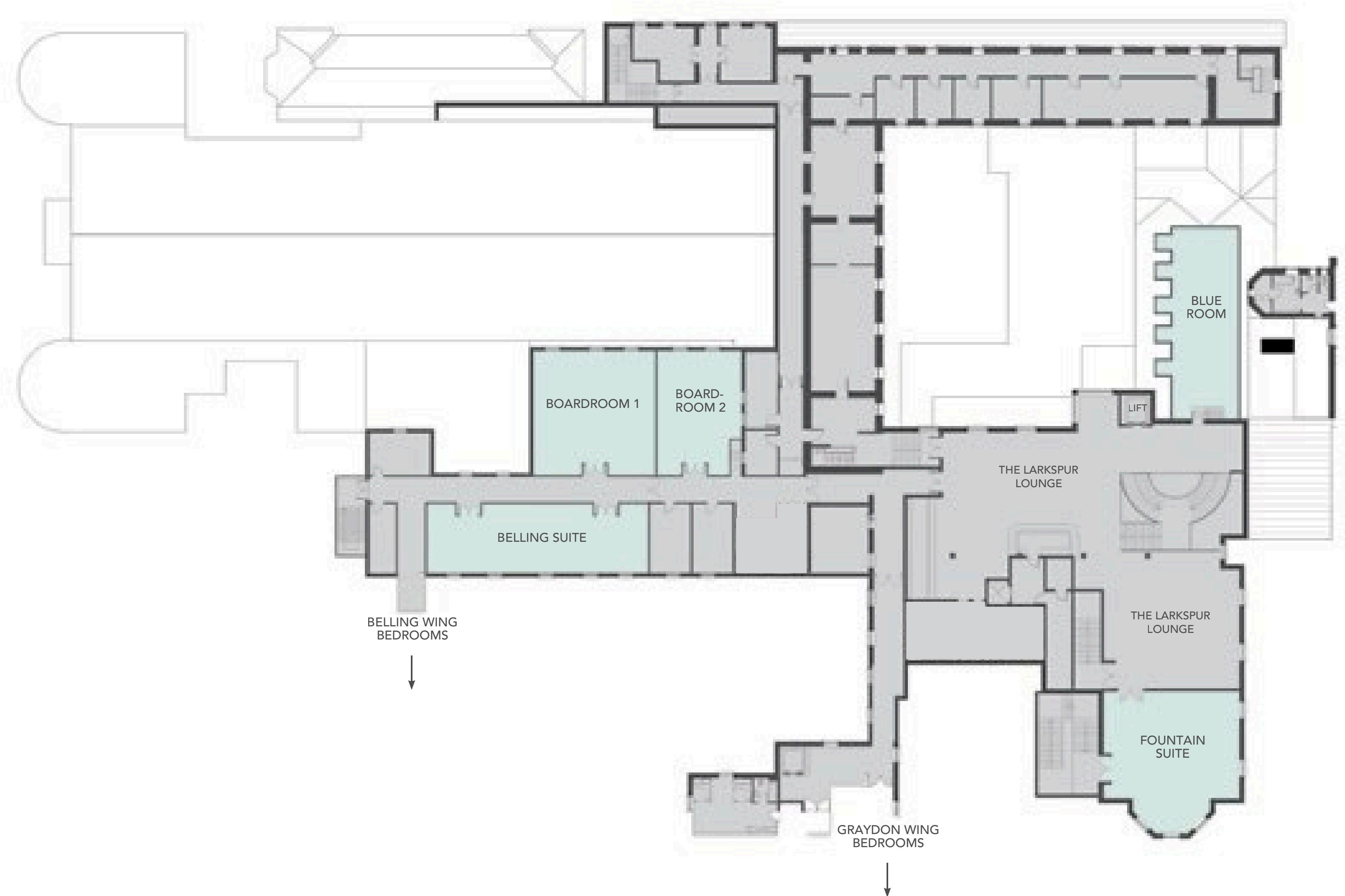
'A space where squad synergy thrives'



FACILITIES

- Equipped with an 86-inch Clever Touch Screen with wireless connection
- Stationery provided in each room
- Nespresso Coffee Machine
- Central Refreshment & Networking Area
- Natural Daylight
- Caters for 10-100 delegates

FIRST FLOOR BOARDROOMS FLOORPLAN



PRIVATE DINING

Take your team from day to night at Killashee.

Our five private dining suites are perfectly suited for team dinners, post-training meals, leadership meetings, and performance-focused gatherings.

Whether your squad needs a nutrient-rich team banquet, a relaxed post-match meal, or light team bonding after a day of strategy sessions, we offer a variety of spaces—from intimate dining rooms to large ballrooms ideal for team celebrations—accommodating groups from 30 to 600.

Our catering team provides a wide selection of healthy bulking and athlete-friendly menus, including high-protein barbecues, performance buffets, hearty street-food stations, and full banqueting menus designed to support muscle recovery, energy replenishment, and peak performance.



SAMPLE MENU

Pre-Game Day Dinner

Grilled Chicken Supreme

Baked Fillet of Cod

Tomato And Herb Sauce

Baked Potatoes

Steamed Buttered Green Vegetables (Broccoli, Green Beans, Mange Tout, Cabbage)

Whole Grain and Steamed White Rice

Penne Pasta

Water Station, Fruit Juices

Pre-Match Breakfast

Scrambled Eggs

Frittata (Sundried Tomato, Spinach, Pepper, Potato)

Lean Grilled Turkey Rashers

Over Night Oats Station

Selection Of Fruit Smoothies

Greek Yoghurt & Granola

Brown Toast and Bagels

Fresh Fruit to Include Bananas, Berries, Kiwi

Water Station, Fruit Juices

SAMPLE MENU

Build Your Own Salad Station: Mixed Salad, Mixed Leaves, Tomato, Peppers, Cucumber, Spinach, Pak Choi, Broccoli, Salad Dressings on Side

Small White Bread Rolls + Small Amount of Brown Bread

Pasta Wholegrain

Steamed White Rice

Sweet Potato Wedges

Protein Pancakes, Honey and Berries

Selection Of Yogurts to Include Natural Yogurt

Large Bowl of Granola

Large Bowl of Chopped Fruit Salad

Freshly Brewed Tea and Coffee

Post Match Dinner:

Grilled Steak Burgers

Marinated Chicken Breasts/Thighs

Sauces - Tomato Sauce, Mayonnaise

Burger Buns

Potato Wedges

Light Coleslaw

Couscous Salad

Mixed Green Salad - With Tomatoes/ Peppers/Onions.

Freshly Brewed Tea and Coffee

Pre-Match Lunch:

Grilled Chicken Fillet

Baked Salmon Fillet

Tomato And Herb-Based Sauce (Served on Side)

RUGBY & ASTRO PITCHES

We offer exclusive access to our Rugby Pitch, Astro Pitch, and extensive gardens and parklands —perfect for team drills, stretching sessions, and warm-ups.

Our state-of-the-art 5G Astro Pitch is now available for use for team building activities from Monday to Friday from 8am to 5pm.

This PST Sport's synthetic turf pitch system is the most advanced on the market, is highly resilient and gives optimal playing characteristics all year round, regardless of weather conditions. The pitch is 100m x 70m and is FIFA approved.



LEISURE CENTRE

- Fully equipped gym
- 25-metre swimming pool
- 2 steam rooms
- 2 saunas
- 2 jacuzzi

SPA

- 10 treatment rooms
- Hydrotherapy Suite
- Relaxation Room
- Fréamh Spa Collection — Body Treatments & Products
- Rasul Chamber
- Dry Flotation Suite

Performance-Focused | Recovery-Driven



ACCOMMODATION

- 65 Double Deluxe Bedrooms with 2 Queen Size Beds
- 6 Triple Bedrooms with 2 Queen Size Beds and 1 Single Bed
- 45 Superior Double Bedrooms with 1 King Size Bed
- 12 Original House Suites with 1 King Size Bed
- 8 Junior Suites with 1 King Size Bed
- 5 Full Suites with 1 King Size

'A home away from home'



BEDROOM FEATURES

- Smart TV - to help you unwind
- Laptop tables - for those last-minute emails
- Dyson Hairdryer
- Nespresso Machine

ENVIRONMENT, SOCIAL & GOVERNANCE POLICY

At Killashee Hotel, we are committed to not only providing exceptional hospitality experiences but doing so in a sustainable and responsible manner.

Our ESG policy reflects our dedication to environmental stewardship, social responsibility, and ethical governance practices. We believe that by integrating these principles into our daily operations, we can make a positive impact both on our community and globally.



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Our Commitment to the **Environment**

Air handling filters changed annually to **IMPROVE ENERGY EFFICIENCY**.

 **TWO NEW CHP UNITS** installed, saving energy.

 **TREE PLANTING ON THE ESTATE** to continue to support our biodiversity efforts.

 Use of HVAC Systems, a **HEAT RECOVERY SYSTEM** in the leisure centre.

 **UPGRADE OF LIGHTING** with installation of LED lighting and motion sensors to reduce energy consumption.

 **NEW PUMP REPLACEMENT** project planned to save 56k kwh.

 **WASTE REDUCTION POLICY** in place to include reduced plastic consumption and all efforts made to reduce, reuse and recycle.



Our Commitment to **Social Initiatives**

 **EMPLOYEE ENGAGEMENT** through regular Workby surveys.

 **GREAT PLACE TO WORK** annual assessments.

 **RECOGNITION OF STAFF** by marking relevant events with celebrations.

 Work with two **CHARITY PARTNERS**, Debra Ireland and Jack & Jill Foundation.

 **COMMUNITY RELATIONS** Working with groups including Kildare Sports Partnership.

 Regular hotel vouchers offered to a range of **CHARITABLE AND LOCAL CAUSES**.

 **EMPLOYEE, FRIENDS & FAMILY INITIATIVE** offering discounts to stay in other hotels.

 **PROVISION OF LAND** onsite to Kildare District Underage League Academy for the construction of all-weather soccer facilities.

 **WELL-BEING COUNSELLING** service made available to employees.

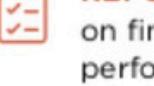
 Partnership with SeaChange to **PROMOTE A SAFETY CULTURE** within our hotel

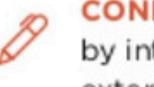


Our Commitment to **Governance**

We are **PART OF FBD HOTELS & RESORTS**, which is solely owned by Farmer Business Developments plc.

 **STRONG AND EXPERIENCED BOARD** in place at group level.

 **COMPREHENSIVE REPORTING STRUCTURE** on financial and operational performance.

 **ETHICAL BUSINESS CONDUCT** supported by internal and external auditing.

A new partnership with CBRE to deliver **A ROADMAP FOR FUTURE ESG GOALS**.

 **BRIBERY/CORRUPTION AND WHISTLEBLOWING** policies in place.

Commitment to reporting in compliance with the **CORPORATE SUSTAINABILITY REPORTING DIRECTIVE** at hotel level.

TO FIND OUT MORE ABOUT OUR SUSTAINABILITY MISSION
VISIT OUR WEBSITE HERE →

www.fbdhotels.com

FBD Hotels & Resorts
It's just our way

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For further details please contact our sales department

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