An aerial photograph of a sports facility. The central feature is two large, rectangular football pitches with white markings, including center circles and goal areas. The pitches are separated by a narrow path and are bordered by a dense line of trees. To the left of the pitches, there is a large, open grassy area labeled as the 'Team Building Area'. The surrounding landscape consists of rolling green hills, more trees, and a fence line in the distance. The lighting suggests a bright, sunny day, with long shadows cast across the grass.

Team Building Area

Football Pitches



- Carton House to Dublin Airport 33kms
- Carton House to Lansdowne Road 30kms
- Carton House to Croke Park 28kms
- Carton House to RDS 29kms

Management

The management of the training facility is handled by Ireland's leading sports management company PLATINUM ONE. PLATINUM ONE was appointed as the official pre-season partner of FC Barcelona for 2007/08 and 2008/09 which involved managing all aspects of FCB's pre-season Stage each year. Others that PLATINUM ONE has arranged friendly matches and tours for in recent seasons include Manchester United, Sevilla FC, Liverpool, Wisla Krakow and West Ham United.

To receive further information on the Carton House Training Facility or to make a reservation please contact Adam Crothers at PLATINUM ONE.

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Carton House
Training Facility
Ireland





< Golf Courses

Hotel Reception

Bedrooms

Gymnasium

Spa

Swimming Pool

Tennis Courts

Golf Driving Range



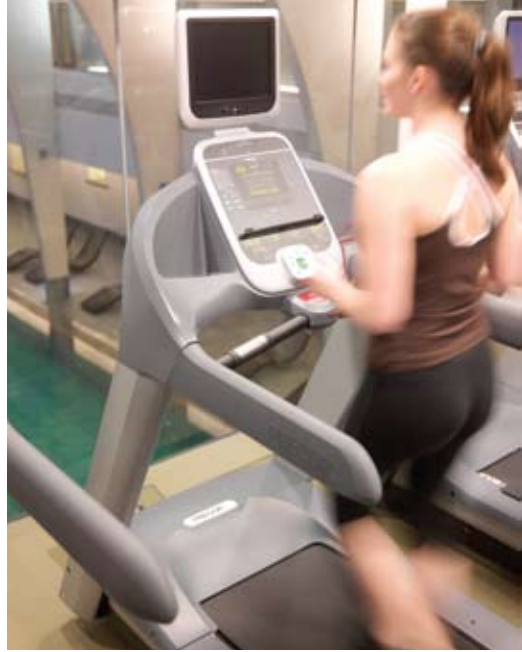
Carton House

Carton House Training Facility

Carton House Training Facility is committed to being the best sports training centre for professional teams in Europe. The training facility is situated within the grounds of the luxurious 4 Star deluxe Carton House Hotel which is located 14 miles west of Dublin city and only 30 minutes from Dublin Airport. Dublin Airport is well served by all major continental airlines and from all major and peripheral cities in Europe making Carton House a very accessible training destination.



The exceptional facilities at Carton House enable teams to train and work in a private and exclusive environment. The training facility hosts two full size soccer pitches, two full size rugby pitches and a GAA (Gaelic Football and Hurling) pitch of equal dimensions to Croke Park. The recently laid pitches which are exclusively aimed at professional sporting teams have been constructed with input and feedback from some of the largest sporting organisations in the world. Located in a sheltered, fully enclosed section of the Carton House Estate the planning of the facility has been meticulous, ensuring both excellent pitch conditions and privacy.



Hotel

With minimalist interiors, 147 spacious modern rooms, contemporary art, sparkling chandeliers and an untouched classic exterior, Carton House has all the requirements necessary to make your stay as enjoyable, comfortable and productive as possible. Rooms can be allocated within specific areas of the hotel subject to the wishes of each coach. All rooms have wi-fi access.

There is a dedicated chef on site at all times to cater to each team's nutritional requirements and the option of private dining areas is available to all teams staying at Carton House.

Private meeting rooms can also be made available to teams to cater for private meetings, video analysis or as recreational/ games rooms. All meals will be tailored to suit each individual teams wishes and there is also a set menu which is available on request.



Training Area

The complete training area measures 170m x 130m and is maintained on a daily basis by Carton House's team of professional green keepers to ensure it is kept in immaculate condition at all times. The facility includes a highly advanced underground irrigation system as used in the stadia and training grounds of the top Premier League clubs in the UK.



Soccer

- Two FIFA approved soccer pitches (110m x 75m)
- Two sets of FIFA approved durable portable aluminum soccer goals
- Two sets of portable 5-a-side soccer goals
- 50 training poles
- 10 speed ladders (8 metres)
- 100 cones
- Fully equipped indoor gym

Rugby

- Two rugby pitches (100m x 70m) with additional training area adjacent
- 2 sets of professional aluminum rugby posts & post guards
- 100 cones
- 50 training poles
- Fully equipped indoor gym

GAA

- 1 GAA pitch - equivalent size to Croke Park - with additional training area adjacent
- 1 set of senior portable aluminum GAA goals
- 50 training poles
- 10 speed ladders (8 metres)
- 100 cones
- Fully equipped indoor gym



Golf & Other Activities

Voted European Golf Resort of the Year 2008, Carton House estate hosts two internationally recognised championship golf courses designed by Ryder Cup star Colin Montgomerie and former Masters and British Open champion Mark O'Meara. The Montgomerie designed course hosted the Irish Open in 2005 and 2006.

Carton House is also home to the GUI National Academy, the oldest golfing union in the world. The academy boasts a full floodlit driving range,

3 USGA approved greens and two state-of-the-art swing analysis suites. All this is surrounded by authentic woodland, the meandering Rye River and the Carton Lakes, making the 1,100-acre private Estate an ideal location. Team building activities are also available on site, ranging from Xtreme 4x4 driving to Altitude: Ireland's newest High and Low ropes course. Many more are available on request.

The hotel offers guests a range of other facilities including a snooker room while The Spa at Carton House offers a range of luxury treatments.