

RESTIVAL FAQs

Do I need to pre-book tickets?

Yes. You can book your tickets [HERE](#).
Day and weekend tickets are available.

What does my ticket include?

Your ticket gives you access to all classes, experiences and talks. Tickets also include general admission to Mount Congreve Gardens on the day.

Do I need to print my ticket?

No. You can show your confirmation email which contains your ticket on your phone on the day.

Where should I enter the event?

Please enter via the main reception in Mount Congreve House. Please note this is at least a 5 minute walk from the main car park, and a further 10 minute walk to reach the activity / speaker areas.

FAQS (CONTD.)

Where is Restival taking place?

Mount Congreve Gardens, Kilmeaden, Co.
Waterford, X91 PX05

Is the event all outdoors?

The majority of activities are outdoors. Please
dress for all weather conditions.

Are there changing facilities?

No. Please come ready for the activities.

What time do the gates open?

The gates open at 6.30am each day
during Restival.

FAQS (CONTD.)

Where should I park?

We encourage carpooling and lift sharing options, in order to make the event as sustainable as possible.

Those travelling by car can park in the main car park of Mount Congreve Gardens which is clearly sign posted on entering the estate. Do not leave any valuables in your car.

Parking at the house is reserved for Blue Badge holders only.

Can I access Mount Congreve Gardens from the Waterford Greenway?

Yes – and we would encourage attendees to do so! You can access the Greenway by bike or by foot [HERE](#). Attendees travelling by bike must disembark their bikes & store them before entry to the main garden (bike racks are located at the main house). Please remember to bring a bike lock.

FAQS (CONTD.)

What should I bring with me?

Attendees must bring their own equipment including a yoga mat and towel. Attendees are encouraged to dress for all weather conditions and to bring sunscreen.

Do I need to arrive for 7am?

No. Please arrive at a time that suits you. Please arrive at the designated class/experience/talk area 10 minutes before the scheduled time.

Where will I find details of the programme for both days?

The full programme with timings will be available on the website one week in advance.

You will be also given a brochure on the day which includes a map of the gardens and the full programme.

Is this a child friendly-event?

This is an adult only event.

FAQS (CONTD.)

What time should I arrive at a class, experience or talk?

Please arrive at the designated area 10 minutes before the scheduled time.

How will I know where in the gardens the class, experience or talk is taking place?

You will be provided with a map of the gardens on arrival. There will also be staff on site who will be more than happy to direct you.

Where are the bathrooms located?

The bathrooms are located in the Visitor Centre.

How long are the classes/experiences/talks?

Yoga, pilates and Qi Gong are approx. 40 minutes. The forest bathing experience is an hour and a half. The talks are 45 minutes.

The activity with Karl Henry will be 45 minutes.

FAQS (CONTD.)

Is there food and beverage available?

The Kiosk will be open from 7am serving; Coffees & Herbal Teas, Protein Balls, Peanut Butter Bars, Acai Bowls, Fruit Bowls / Granola Bowls and Sandwich Boxes. The Stables Cafe will open from 9am.

Can I bring my own picnic?

Only food purchased on site can be consumed on the premises.

Can I stay in the gardens once Restival ends after 3pm?

Absolutely! Why not visit the Stables Cafe or FOXFORD? There are also a number of beautiful trails that are detailed in the brochure that will be provided on the day.

FAQS (CONTD.)

Will the wellness talks have seating available?
The talks will take place in the Ambrose Room where seating will be available.

Is my ticket transferable?
You can forward your ticket to a friend.

Do you offer refunds?
Unfortunately, we do not offer refunds.

Who is confirmed for Restival 2025?
We are delighted to welcome a host of speakers including Sonya Lennon, Karl Henry, Dr. Mark Rowe, Marta Vera, Tara Rafter, Feebee Foran and more!

Don't forget to tag us in your Restival photos on Instagram and Facebook @mountcongreve

You'll find more information about visiting Mount Congreve Gardens [HERE](#).

**If you have any further queries please email:
admin@mountcongreve.com**