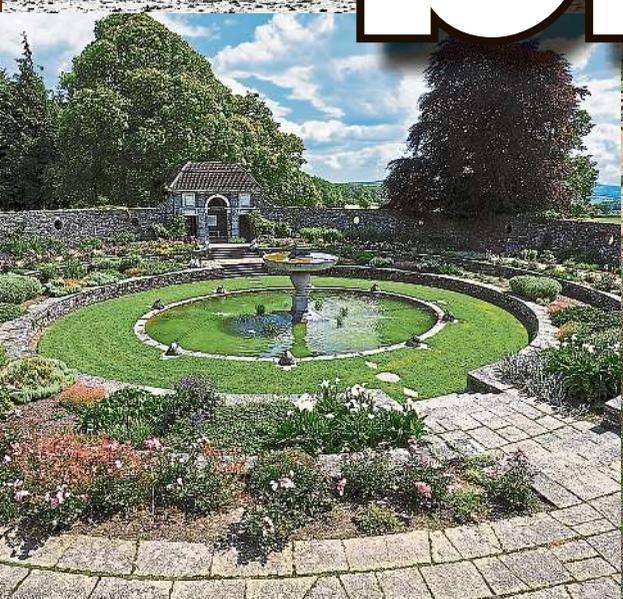




autumn breaks



2018



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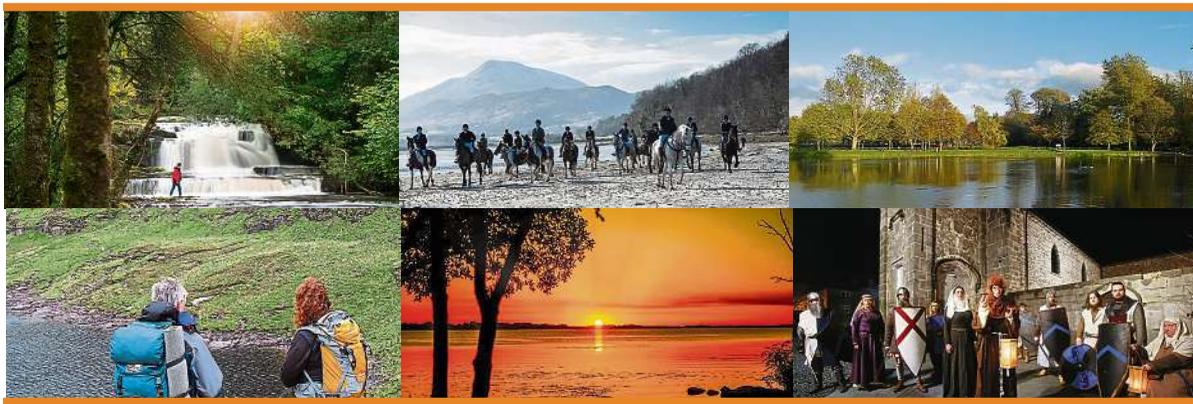
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Alan English
Group Editorial Director,
Iconic Newspapers

Welcome to our Autumn Breaks supplement, which is brought to you by the teams behind 10 of Ireland's leading local newspapers. You'll see their proud mastheads below — and pride is very much the operative word when it comes to how they write in this special publication about what's on offer in their respective counties.

The Iconic group of local titles has the privilege of providing news, sport and more for communities across Ireland — not just every week, in the newspapers that have been a key part of local life for generations, but pretty much every hour of every day on our hugely popular websites.

That commitment is only possible because of deep local knowledge — and we thought it would be a nice idea to share some of these insights with readers around the country with a view towards providing great ideas for an autumn break or two. In this publication, which is being distributed free by all of the newspapers listed below, journalists on the ground have highlighted the very best things about their counties - the must-see attractions and the hidden jewels just waiting to be discovered.

There are also handy lists of places to stay and lots of great photographs depicting the various counties in all their splendour. We hope you get some ideas from these special features and that you're inspired to explore these beautiful parts of Ireland over the coming months.

We also thank the advertisers who have supported this publication — local businesses deserving of your custom, many of whom have special autumn offers that represent great value.

Enjoy the supplement — and take some time out this autumn to explore the best of Ireland!



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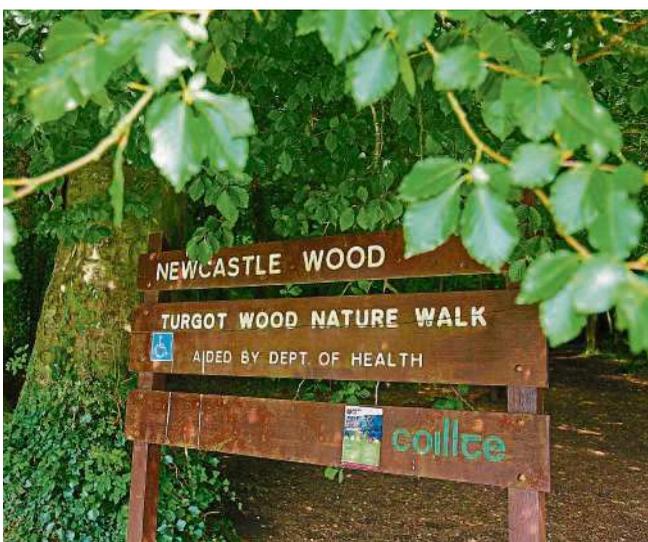
Enjoy a break in LONGFORD



Irene Clements in action at this year's Longford Marathon

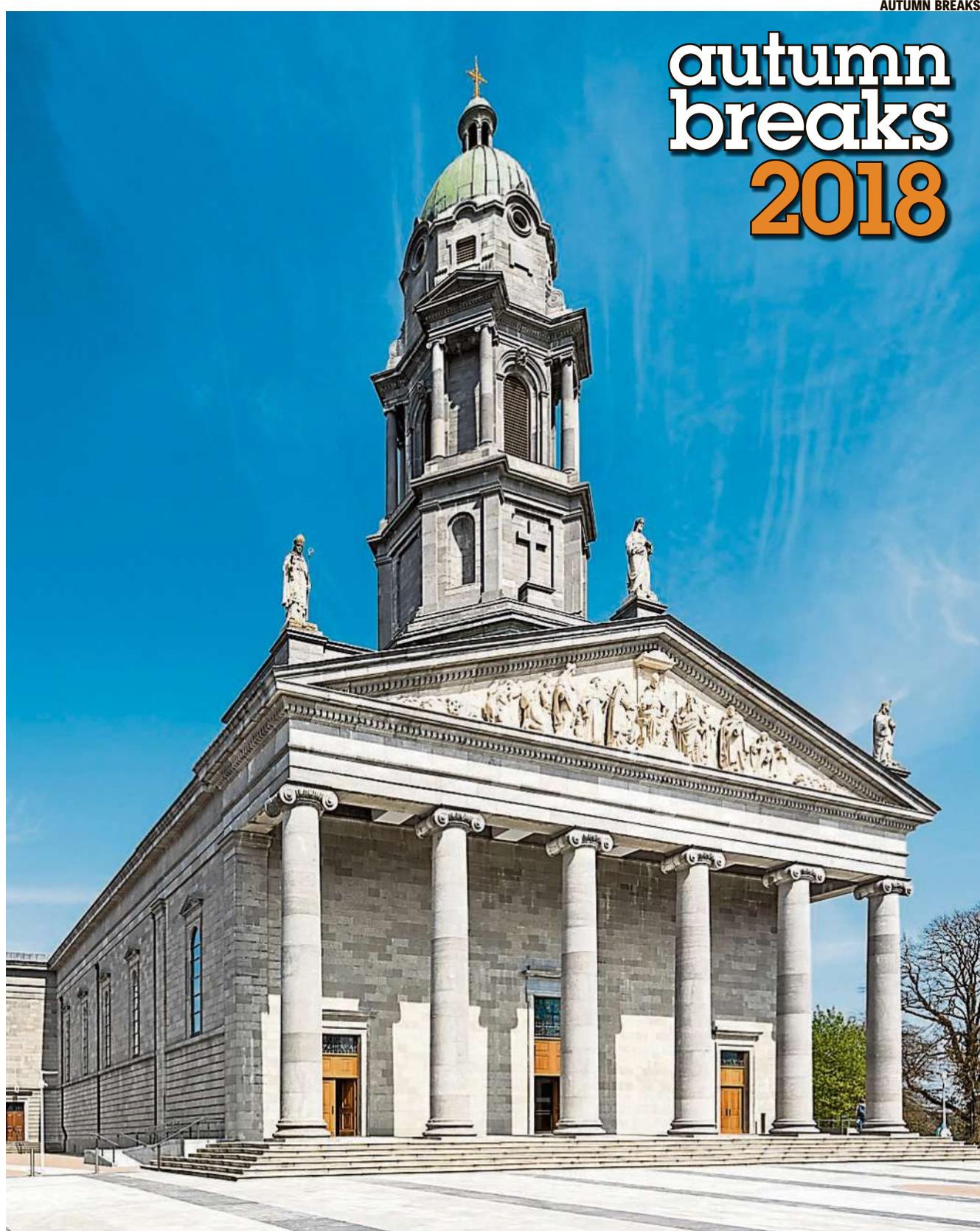


Visitors explore the historic Trackway at Corlea Bog in Kenagh



Newcastle Wood, the perfect location for a peaceful stroll

autumn breaks 2018



The magnificently restored and refurbished St Mel's Cathedral in Longford Town, splendid again after the fire on Christmas Day, 2009

Corlea Trackway is one of Longford's hidden gems

Corlea Trackway Visitor Centre is located just eight miles from Longford town and interprets the significance of an Iron Age bog road dated to the year 148 BC which crosses the boglands close to the River Shannon.

In 1984 a major prehistoric trackway of large oak planks was discovered in the raised bog at Corlea near the village and was in an advanced stage of decay.

Samples were dated at Queen's University in Belfast and this indicated that it was the only example from Ireland that dated back to the early Iron Age.

In 1985 excavation work began and as a result four other trackways were discovered in the same bog.

These too were investigated — as were an additional 16 tracks that were found together along the western edge of the bog.

Despite the fact that they had been exposed by the activities of peat milling machines, the survival of these tracks through thousands of years has gone down in history and broadened our knowledge of early civilisations in Ireland.

According to the experts who excavated Corlea Trackway it was built to allow the passage of wheeled vehicles.

However, it wasn't long in use before it sank into the peat where it remained preserved until its discovery in 1984.

Although similar trackways have been found in Germany, the Netherlands and Britain, none compare to the great Iron Age trackway

at Corlea which is bigger and heavier than any other prehistoric road in Europe.

Earlier this summer the sod was turned on the development of a new walkway at Corlea.

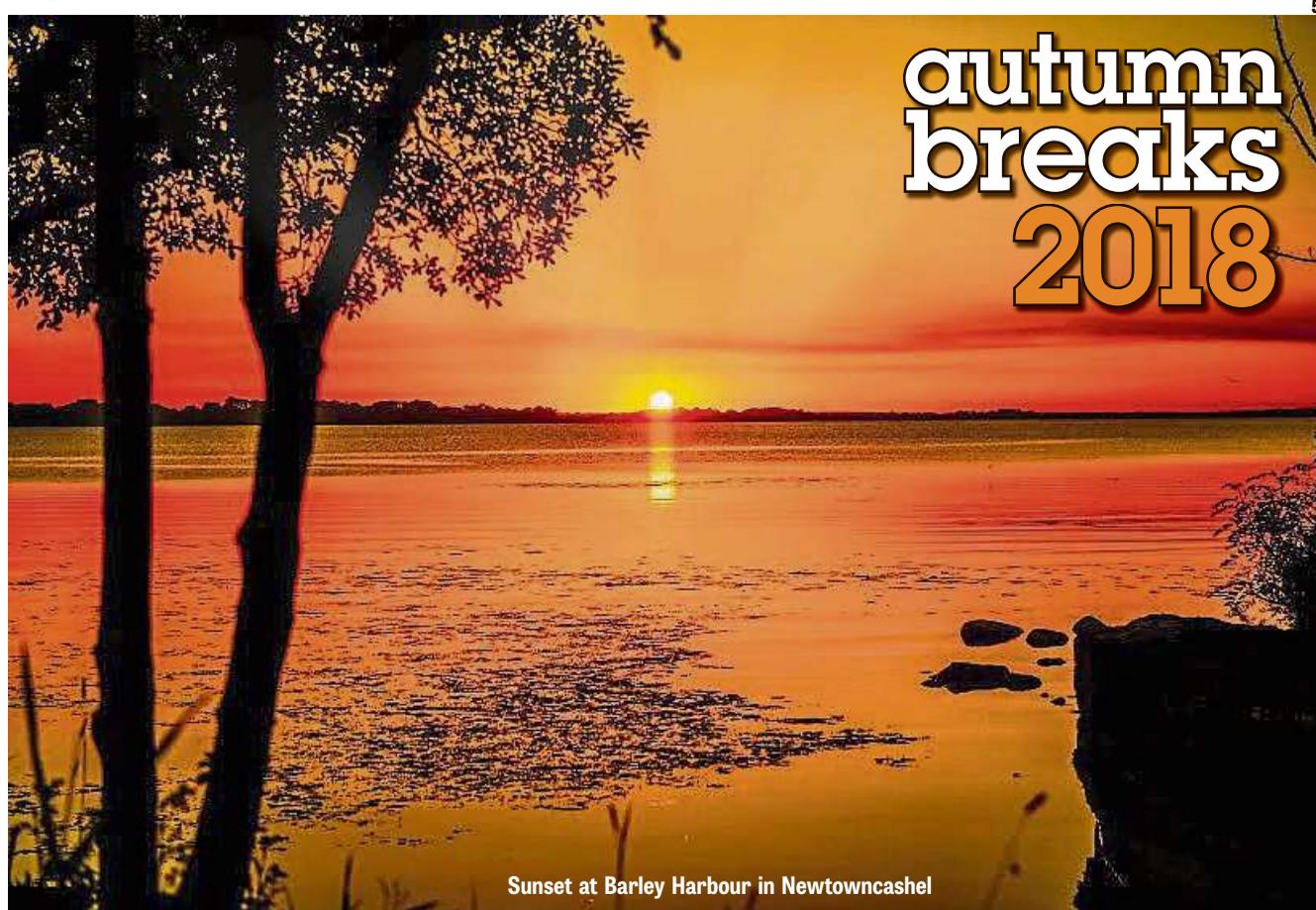
The walkway is being constructed through 70 acres of cutaway bog and will run through an area which Bord na Móna has managed to return to a natural and semi-wild condition.

The walkway natural area will add to the attraction of the Corlea Trackway Centre and when completed, the project will provide the county with a total of 100 acres of a bogland park, set within a natural setting of lake, bog and forest, providing very important refuge for wild animals, plants and birds.

Corlea is an enriching experience and well worth the visit when you find yourself in lovely Longford!

TOP 10 THINGS TO DO

- 1: Royal Canal Way is a unique walkway that allows visitors to meander at their own pace through Co Longford
- 2: Derrycasson Woods in Mullinalaghta hugs the shoreline of Lough Gowna and is a perfect place for a leisurely amble
- 3: Albert Reynolds Peace Park is a beautifully landscaped park on the banks of the river Camlin in Longford town
- 4: Newcastle Wood, Ballymahon was part of an 11,000 hectare estate run by the King-Harman family in the 1800s
- 5: Backstage Theatre promotes the development of the arts with high quality, diverse and innovative arts activities.
- 6: St Mel's Cathedral is an historic building whose spire dominates the Longford town skyline
- 7: Corlea Trackway Visitor Centre, interprets the significance of an Iron Age bog road dated to the year 148 BC
- 8: Granard Motte is an Anglo-Norman fortification which centres on the large man-made earthen mound
- 9: The Rebel Longford Trail identifies all the important locations and its history in an easy and enjoyable way
- 10: Literary Trail, Edgeworthstown allows for the discovery of 18th and 19th Century Literary Ireland



Sunset at Barley Harbour in Newtowncashel

autumn breaks 2018

PLACES TO STAY

Viewmount House: Dublin Road, Longford

Longford Arms Hotel: Main Street, Longford

Cathedral View Apartments: Keon's Terrace, Longford

Keenan's Hotel, Bar and Restaurant: Tarmonbarry, Co Roscommon

Cooney's Hotel: Ballymahon, Co Longford

Augherea House: Aghareagh, Longford

St Albans House: Battery Road, Longford

Westhouse Cafe B&B: Lissanurlan, Strokestown Road, Longford

Take Two Cafe and B&B: Earl Street, Longford

McPartland's B&B: Clondra Harbour, Clondra, Co Longford

Newcastle House: Newcastle, Ballymahon, Co Longford

Loughreelodge: Main Street, Lanesboro, Co Longford

Patsy's Corner: Main Street, Ballyleague, Co Roscommon

Dillon's Bar & Bistro: Main Street, Ballinamuck, Co Longford

Edgeworth Hall: Apartment 8 Prospect Woods, Longford

Skelly's Bar and B&B: Main Street, Ballymahon, Co Longford

The Old Farmhouse, Lough Ree Lanesboro

McCormack's Farmhouse, Cloonagh, Dring, Co Longford

A treasure trove of surprises in the heart of Ireland

Located in the heart of the Lakelands and Waterways of Ireland, Co Longford is a haven for outdoor sporting activities offering facilities of the highest standard and quality.

Longford town is a friendly, bright, bustling place with excellent restaurants, pubs, shopping outlets, a cinema, theatre and lots more. Lying at a junction of main roads which lead to many of the major towns of Ireland, it's accessibility to the rest of the country make it a prime location as a holiday base.

St Mel's Cathedral, an impressive Renaissance building, dominates the skyline, while the River Camlin flows through the northern part of the town.

A delightful walkway has been created along the river leading to the Albert Reynolds Peace Park - the town's recreational area and sports complex.

Meanwhile, the surrounding countryside, which is steeped in history, has a wealth of places to visit and things to do.

For the water enthusiast there are glorious lakes, rivers and canals providing the opportunity to take part in energetic

outdoor sports such as canoeing and kayaking, or the more leisurely canal cruising, coarse and game angling.

The region also has many enjoyable walking and cycling routes, activities such as archery, go-karting, equestrian activities and ten-pin bowling while the more daring can indulge in zorbing, white

water rafting and water tubing — so the visitor to this most midland of counties is never bored.

The county is also graced with some of Ireland's most remote and unspoilt landscape.

The northern part bordering Leitrim and Cavan is dotted with a mass of scenic lakes and hills.

The scenery is so breathtaking it is difficult to understand how this part of Ireland has remained almost a secret.

Travelling through the south of the County from Lanesboro along the Shannon to Elfeet Bay, Barley Harbour, and the Islands of Lough Ree is a must-do on any visitor's itinerary. The entire county offers unexplored low lying countryside for the walker/cyclist/driver and nature lover.

Diverse forest walks and large stretches of bogland, some in relatively pristine condition, and distinct to the midlands of Ireland, provide opportunity for exploration and discussion.

The award-winning, friendly villages and towns of Co Longford are the perfect setting in which to experience a true sense of the rural Irish lifestyle and its people.

Chatting with the locals, enjoying a pint of

Guinness or a well made Irish coffee, attending the country fair, sampling some fine food or joining in on a Trad session adds to the joy of staying in the heart of Ireland.

Co Longford offers the visitor an authentic glimpse of the real Ireland, an experience that can be difficult to find elsewhere!

The award-winning, friendly villages and towns of Co Longford are the perfect setting in which to experience a true sense of the rural Irish lifestyle and its people



The Royal Canal at Abbeyshrule



Clondra Harbour, where the Royal Canal route from Dublin ends

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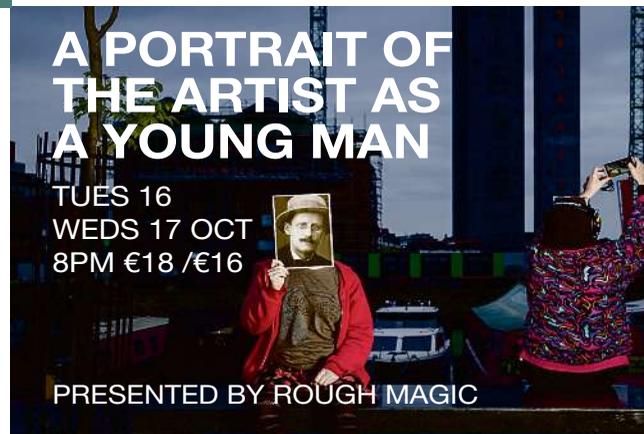
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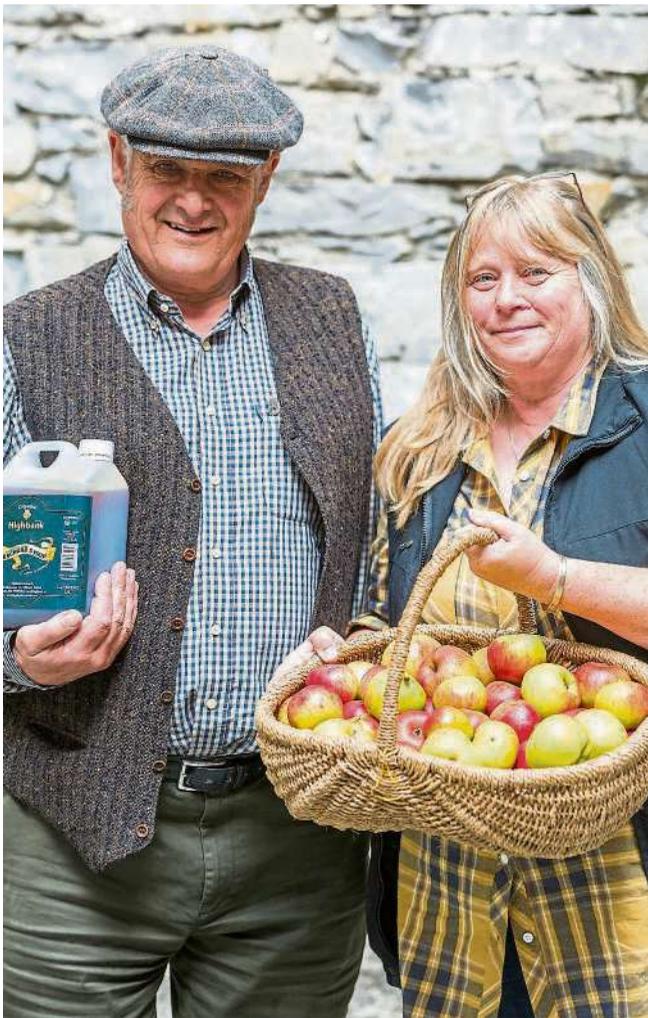
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Welcome to the Medieval Mile and its museum in the heart of Kilkenny

autumn breaks 2018

Heritage highlights a must for all visitors

You simply cannot visit Kilkenny and not be impressed by the incredible history and heritage of the once medieval capital of Ireland.

From castles to winding lanes, Tudor buildings to old forts, Kilkenny's history also goes back to pre-Christian times.

Fortified by Europe's greatest knight — William Marshall — the jewel in Kilkenny's crown is undoubtedly the castle, which dates from the 11th century. Every year, the castle and parklands attracts 500,000 visitors and is right in the heart of the city.

Kilkenny, during the Confederation Wars, was briefly the capital of all Ireland with the arrival of Cardinal Rinuccini in 1645. And historically the

Statutes of Kilkenny were early penal laws to keep the native Irish in check - in particular the game of hurling!

You can visit Dunmore Caves, climb St Canice's tower, stroll the Butler Gallery at Kilkenny Castle or sit back in the garden of John Rothe at Rothe House - built before William Shakespeare put quill to paper.

And it's not just city delights that have attracted many to Kilkenny. Thomastown is an incredibly historic town with Jerpoint Abbey and Jerpoint Park just on its outskirts. The mystery of Kells is waiting to be uncovered also - just ten minutes from the city you can really let your imagination run wild within those battlements.

There is also Graignamanagh, home to Duiske Abbey, a 12th century monastic settlement and the town highlights its heritage with stone

monks positioned around its Barrow banks.

But apart from buildings and streets, Kilkenny's heritage is also found in its sporting passion of hurling. And autumn is the time when the local championships become increasingly competitive and attract thousands to various venues. Kilkenny is also noted for its festivals - indeed every weekend there is something on in Kilkenny be it a musical gathering for roots or jazz, or a collection of animators.

And of course the upcoming Kilkennomics at the start of November and the Subtitle film festival bringing November to a close. Kilkennomics in particular has become increasingly popular over the years.

A mix of heritage and hospitality ensures that any visit to Kilkenny is a memorable one.

TOP 10 THINGS TO DO

- 1: Castlecomer Discovery Park - Woodland walks, tree top climbs, a beautiful lake and possibly the longest zip line ever
- 2: Smithwicks Experience - the city's brewing heritage is remembered with an interactive tour, and a pint to sample
- 3: Dunmore Cave - a mystical tour as you take hundreds of steps down the caves probably around with the dinosaurs
- 4: Kilkenny Castle - Dating to the 12th century and Strongbow, nestled in a wonderful garden and great walks
- 5: Gowran Races - check out the racing calendar but keep in mind the Thyestes in January as a special day out
- 6: Jerpoint, Thomastown - both the Abbey and the Park where our medieval heritage outside of the city comes alive
- 7: Craft trail - visit the National Craft Gallery and take in Nicholas Mosse and others in beautiful Bennettsbridge
- 8: Woodstock - stunning arboretum with specimen trees like monkey puzzles right next to the wonderful Inistioge
- 9: Medieval Mile - Take a car train or a stroll - from the castle to St Canice's Cathedral and everything in between
- 10: Go karting - if you have a need for speed Kiltorcan raceway just outside Ballyhale is a great spin



The fairytale magic of Woodstock comes alive with a walk in the famed gardens

PLACES TO STAY

Langton's Hotel: John Street, Kilkenny

Ormonde Hotel: Ormonde Street, Kilkenny

Newpark Hotel: Castlecomer Road, Kilkenny

Lyrath Estate Hotel: Dublin Road, Kilkenny

Springhill Hotel: Waterford Road, Kilkenny

RiverCourt Hotel: John Street, Kilkenny

Butler House: Patrick Street, Kilkenny

Clubhouse Hotel: Patrick Street, Kilkenny

Pembroke Hotel: Patrick Street, Kilkenny

Hibernian Hotel: Patrick Street, Kilkenny

Zuni: Patrick Street, Kilkenny

Hotel Kilkenny: Callan Road, Kilkenny

Mount Juliet Estate: Thomastown, Kilkenny

Kilkenny Inn: Vicar Street, Kilkenny

Aspect Hotel: Springfield, Kilkenny

O'Keeffe's Townhouse: John Street, Kilkenny

Mena House: Castlecomer Road, Kilkenny

Butler Court: Patrick Street, Kilkenny

Fanad House: Castle Road, Kilkenny

Food capital of Ireland sure to tickle tastebuds

While it's a well known fact to locals that Kilkenny is the top food destination in the country, official confirmation came recently with Kilkenny being awarded the top Foodie destination in the country.

Each year Foodie Destinations' judges look tirelessly for a winner that actively promotes itself through food festivals, gourmet trails or farmers' markets, as well as great dining experiences for locals and visitors alike. 2018 judges noted that Kilkenny has developed an eclectic and diverse food and tourism offering which includes top quality gastro pub food, a wide range of Irish and international food offerings and even Michelin-star restaurants.

Kilkenny ticked all the boxes. For the final weekend of October, the town comes alive with its Savour Festival. Running almost ten years, this mix of street food and fine dining in the many restaurants and hotels of the city make it a pleasurable time to visit Kilkenny. The festival runs from October 26 to 29.

Savour festival began not just to showcase Kilkenny's fine dining, but also to enhance the incredible products available in the county. Local farming produce - be it dairy products from Glanbia or fruit and vegetables from Iverk are known the length of the country.

But Kilkenny's cottage industries produce such varied products as Mags Kirwan's trout caviar at Goatsbridge farm to Kitty Colchesters rapeseed oil

in Urlingford. And the beauty of such a wide variety of homegrown, quality products is that they are on the local menu. Kilkenny producers, in the main are supported by Kilkenny chefs, and ultimately the public.

This circle of food ensures you have a real taste of Kilkenny.

And it's not just food - it's also drink. The Red Book of Ossory, 'native' to the Kilkenny area, records the very first mention of whiskey in the written language - known as *uisce beatha*.

That tradition was revived in recent years with the Kilkenny Whiskey Guild, which members meet once a month in the Guild pubs and it is open to the visitors of the city to join in - just check out their website kilkennywhiskeyguild.com.

It also means that the 12 participating bars all have special, exclusive whiskey offers.

Kilkenny's restaurants are considered some of the best in the country - laden with awards like Zuni and Rinuccini's and of course the Michelin star restaurants of Campagne in the city and the Lady Helen dining room at Mount Juliet. And there are many more fine dining establishments like Langton's, Paris Texas, Hooban's at the Ormonde, Harpers at the Hibernian, Gulliver's at the Newpark Hotel, The Grill & Bar at Lyrath Estate Hotel - the list is endless.

Of course, a visit to Kyteler's Inn, where Ireland's most famous witch Dame Alice resided, is a must. Just be very careful — her spirit still roams the bar.

And it's not just food - it's also drink. The Red Book of Ossory, 'native' to the Kilkenny area, records the very first mention of whiskey in the written language - known as *uisce beatha*



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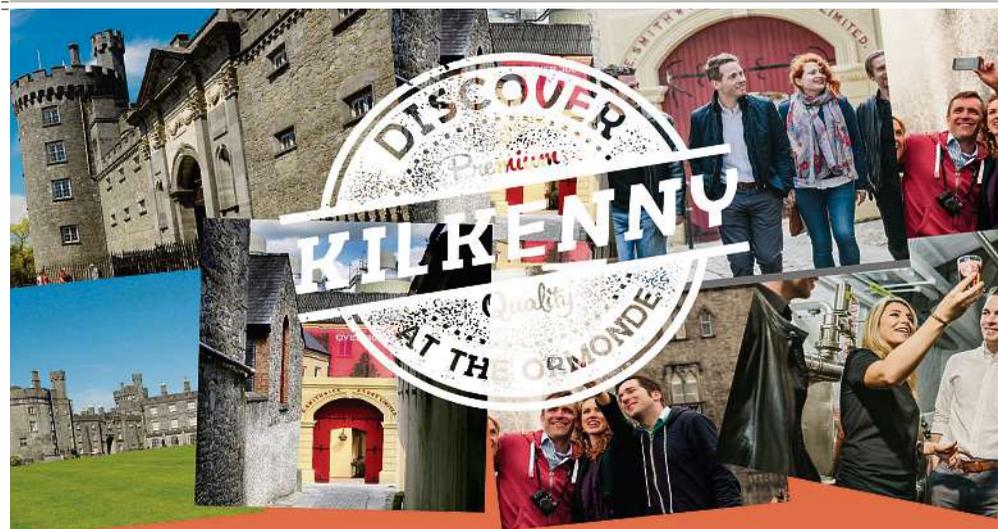
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Donegal's Good Food Initiative

12

Enjoy a break in
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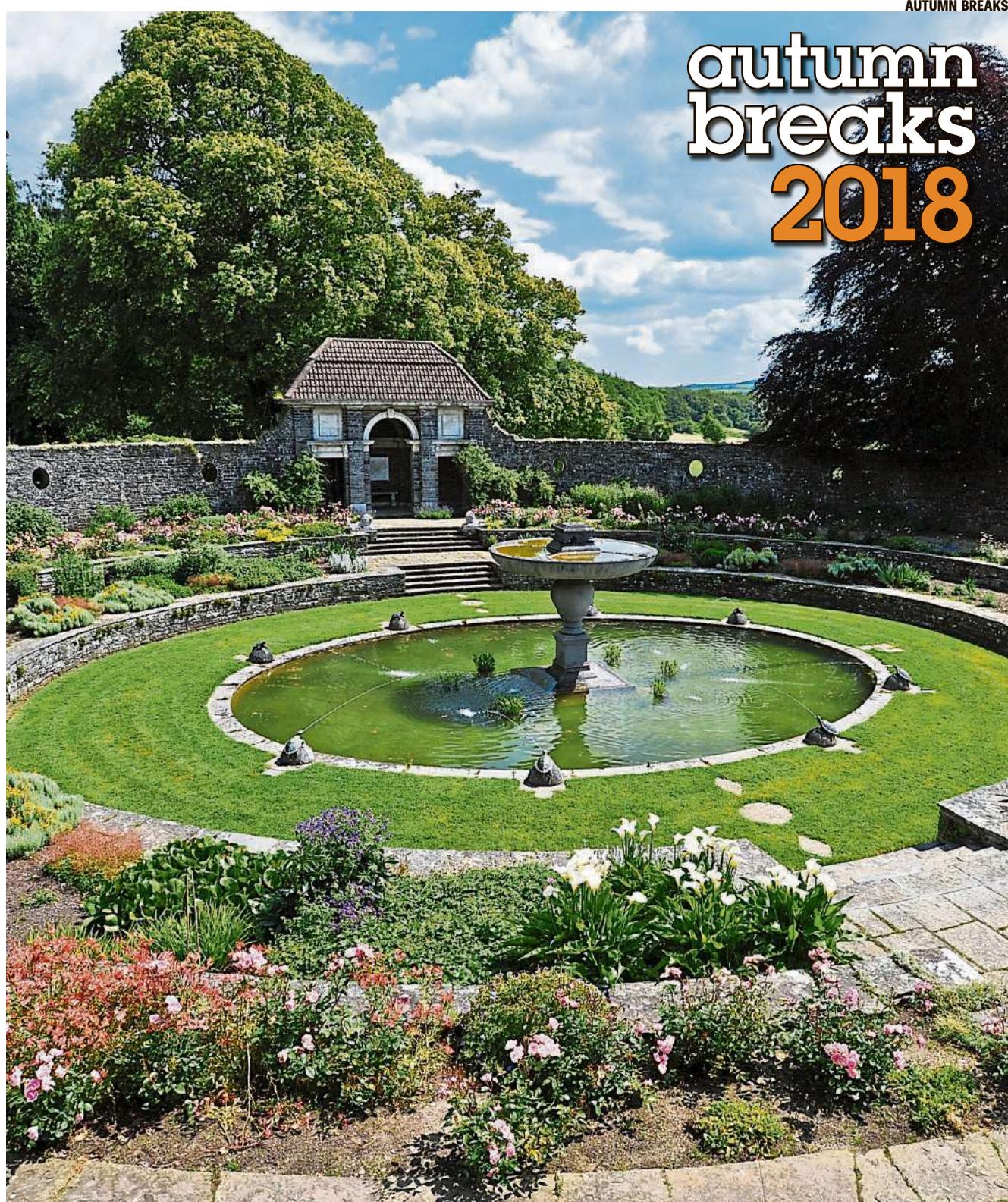
The boardwalk at Abbeyleix Bog



Relaxing in the grounds of Emo Court



The Arthouse in picturesque Stradbally is well worth a visit



The splendour of Heywood Gardens, Ballinakill. Completed in 1912, they consist 50 superb acres of gardens, lakes and woodland

AUTUMN BREAKS
**autumn
breaks
2018**

Laois, one of the great undiscovered gems

Laois is one of the truly great revelations when it comes to discovering Ireland, a heartland of stunning scenery, heritage and history, and an outdoor enthusiast's paradise with its rich vein of mountains, canals, forest trails, rivers and lakes.

It may seem clichéd to say it, but Laois remains one of the great undiscovered gems of Ireland, a great place to escape from the din and hubbub of everyday life, plan an active holiday or steep yourself in Irish heritage.

The great and unique thing about Laois is that you can do all this without having to travel to the furthest reaches - the county's central location belying its peaceful essence and tranquility.

Laois is steeped in a rich history

having hosted some diverse antecedents ranging from the Vikings and Quakers, to the French Huguenots, to name just a few.

All have left their historical imprint on the landscape of the county, and particularly in towns like Mountmellick and Portarlinton, making it fertile ground for anyone wishing to step back in time.

Add to this the county's sylvan country estates and woodlands, ancient castles and round towers and you have a veritable Aladdin's Cave of treasures to choose from.

Heritage is, however, just one component in a rich kaleidoscope of activities to choose from in Laois.

For outdoor enthusiasts the county offers a wide wealth of activities.

The Slieve Blooms offer a variety of walks and hiking options in beautiful,

unspoilt settings. Elsewhere in the county there are a variety of looped walks to choose from in a series of diverse settings, such as the boardwalk in Abbeyleix Bog.

Complementing all this is Laois's burgeoning reputation as a hub for organic and artisan food producers and micro breweries, many of which have been long established but are now being joined by new and upcoming contributors.

The towns and villages of the county also have much to offer, not least of which is the warm welcome from the locals.

Laois offers the perfect base for discovering Ireland's Ancient East.

Spend your days out and about exploring and, at night, retreat back to some of the most diverse and luxurious accommodation in Ireland.

TOP 10 THINGS TO DO

- 1: Rock of Dunamais** - a rocky outcrop with the ruins of Dunamais Castle which boasts stunning views
- 2: Emo Court** - the Gandon mansion is surrounded by beautiful gardens and parkland, ideal for walking
- 3: Heywood Gardens** - 50 acres of gardens designed by Lutyens, featuring a sunken walled garden with a pond
- 4: Dunamais Art Centre Portlaoise** - hosts selection of theatre, music, dance, cinema, exhibitions and workshops
- 5: Abbeyleix Heritage Town** - planned estate town built around 1770 on the instigation of Viscount De Vesce
- 6: Donaghmore Workhouse and Agricultural Museum** - tells the story of those who lived within the Famine Workhouse
- 7: Timahoe Round Tower** - an ornate carved doorway makes this the most elegant round tower in Ireland
- 8: The Museum Mountmellick** - chronicles Mountmellick Embroidery and the town's Quaker industrial past
- 9: Poet's Cottage Camross** - thatched cottage gives a sense of daily life in rural Ireland in the 1800s
- 10: Aghaboe Abbey** - the monastic site at Aghaboe has a tortured history of plundering, burning and rebuilding



Participants at the Sunset Tour of the Rock of Dunamais during the always enjoyable Heritage Week

autumn breaks 2018

PLACES TO STAY

Ballyfin Demesne: Ballyfin, Co Laois.

Midlands Park Hotel: Jessop Street, Portlaoise

Killeshin Hotel: Dublin Road, Portlaoise

Castle Durrow: Castlevue, Durrow

Roundwood House: Roundwood, Mountrath

Heritage Hotel Killenard: Killenard, Portarlinton

Abbeyleix Manor Hotel: Cork Road, Abbeyleix

Castle Arms Durrow: The Square, Durrow

O'Loughlins Hotel: Main Street, Portlaoise

Maldron Hotel: Abbeyleix Road, Meelick, Portlaoise

Ballintubbert House: Stradbally

East End Hotel: Main Street, Portarlinton

The Gandon Inn: Emo, Portlaoise

Sandymount House B&B: Ballacolla Road, Abbeyleix

Ivyleigh House: Bank Place, Portlaoise

Fitzpatrick's Cottage: Clough

Castletown House: Donaghmore

Traditional Farm Hostel: Farren House, Ballacolla

The Forum Hostel: Patrick Street, Mountmellick

The Old Rectory: Coolbanagher, Emo

Wide variety of activities for an enjoyable break

Laois combines a wealth of natural and built treasures with a vibrant social and cultural calendar, ensuring that the county has much to offer, and can cater to a range of diverse tastes. Visitors will not be at a loss for things to do.

The Slieve Bloom mountains provide the perfect backdrop to the county, featuring a wonderful variety of landscapes, including blanket bogs, forestry paths, wooded valleys, mountain streams and waterfalls, and old settlement ruins.

There are a choice of 16 Looped Walks from six different Trail Heads to suit all levels of fitness, with detailed maps and directions available. Along with these, there are also two long distance waymarked walks - the Slieve Bloom Way and the Offaly Way. Other activities available are horse riding and mountain biking.

The Slieve Blooms and their hinterland are served by a wide range of accommodation to suit all tastes and budgets - from luxurious country houses to rustic self-catering cottages, four-star hotels to numerous B&Bs.

A flagship tourism project is currently in progress with the construction of the Slieve Bloom Mountain Bikes Trail by Coillte, in partnership with Laois and Offaly County Councils. When completed the project will feature over 100kms of trails, making it a mecca for mountain bike enthusiasts.

Laois is home to a number of stately

country houses and parklands. Foremost amongst them is Emo Court, designed by James Gandon for the Earls of Portarlinton. Walking through the woodlands is a great way to explore the beautiful grounds, and refreshments are available at Emo Tea Rooms at the House.

Emo Court is complemented by a wide choice of other gardens and walkways throughout Laois. Visitors are spoilt for choice by the likes of Heywood Gardens, Ballintubbert House, Castle Durrow grounds, to name just a few. As well as these the county is well served by many looped walking trails at various locations.

As part of Ireland's Ancient East programme, Laois County Council have released a free Laois Heritage Trails smartphone app, with photos, maps and multilingual audioguides to the Laois Heritage Trail and Laois Monastic Trail.

Laois's rich heritage is headlined by the magnificent fortress of the Rock of Dunamais and places like the Round Tower at Timahoe and Abbeyleix Heritage Town.

The south of the county is home to the Donaghmore Famine Workhouse museum which details the lives of the inmates who lived and died within the workhouse's walls.

Laois has a vibrant arts and cultural life with the Dunamais Arts Centre in Portlaoise and The Arthouse in Stradbally to the fore in showcasing the wealth of local talent.

The county also has a wonderful night life with a great choice of pubs and restaurants to round off the day.

Visitors are spoilt for choice by majestic gardens and parklands such as Emo Court, Heywood Gardens, Ballintubbert House, and Castle Durrow



Tougher Wood in Portlaoise - a pretty picture of autumn splendour



Donaghmore Workhouse Famine Museum

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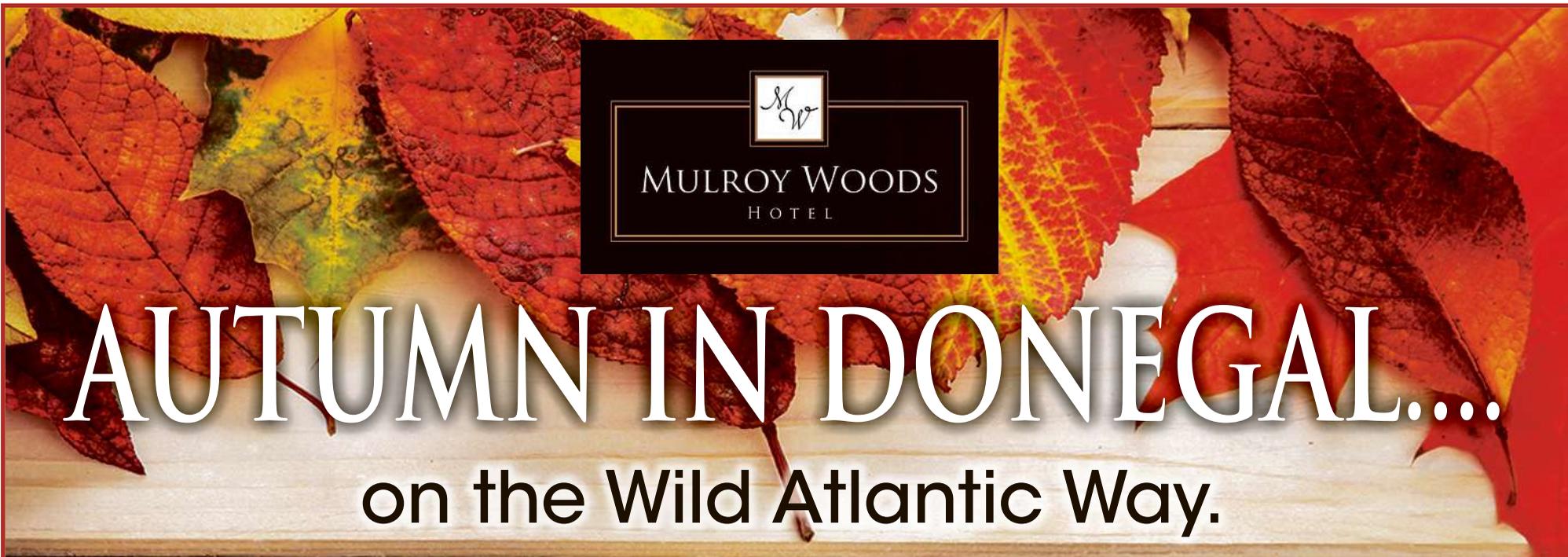


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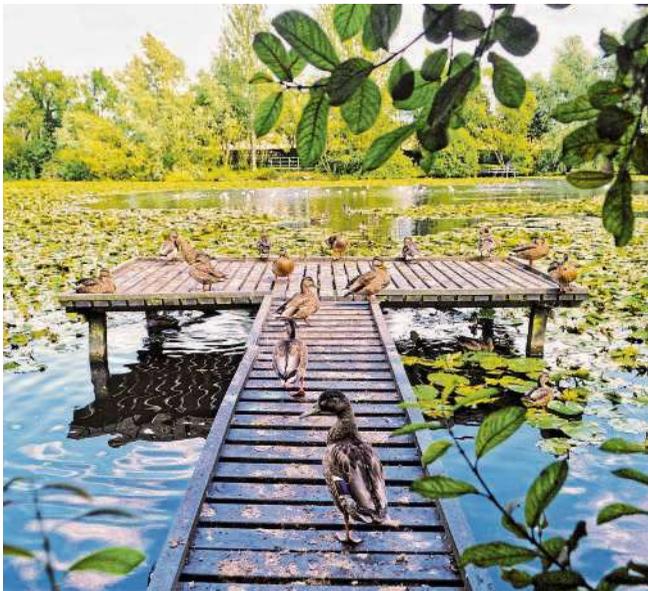
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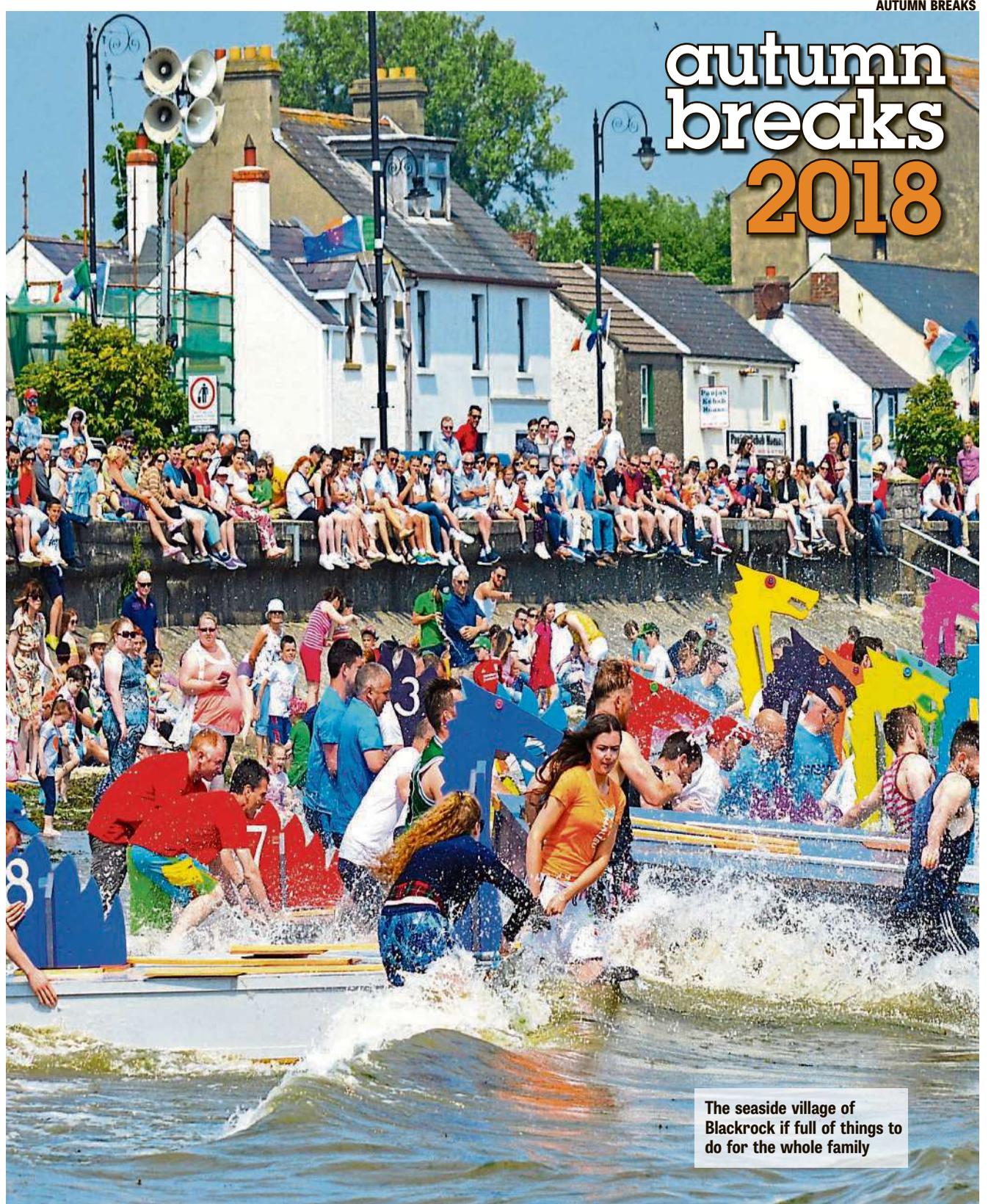
Cuchullainn's stone at Knockbridge



Stephenstown Pond at Knockbridge



Carlingford is full of adventure and stunning scenery



AUTUMN BREAKS
**autumn
breaks
2018**

The seaside village of Blackrock is full of things to do for the whole family

Stunning scenery and views in north Louth

No matter what you're looking for in a break, look no further than north Louth and the stunning Cooley Peninsula, home to the coastal town of Carlingford as well as fabulous mountain views.

There's plenty to do in Carlingford, with activities available for people of all ages — and plenty of wonderful restaurants to try.

One great local amenity is the Carlingford Adventure Centre, a hub of activity at the heart of the town.

With its wide array of activities, broken into "Land, Sea and Sky", there is never a dull moment here.

One of the biggest sections of the Adventure Centre is the Skypark, a zipline adventure park with over 30 challenges for people to overcome.

Take it easy on the lower ropes or push yourself to the extreme and tackle zip-lines that are 40 feet high.

This isn't all that's available however — far from it, as you still have the staple water-sports that can be enjoyed by the whole family.

Above the town of Carlingford, the adventure centre has its "Land" activities in the Mourne Mountains, with both a laser combat arena and a rock climbing wall being the standout features.

Carlingford isn't the only star attraction in the Cooley Peninsula, as just a few minutes' drive outside the town will lead you to the Carlingford Brewing Company.

It's here that you can get a guided tour of the brewery, hosted by its owner Des Goldrick.

The beers available here are named

for the myths and legends that took place in Louth, and are inspired by the surrounding scenery

Another beautiful spot to take in is the Ravensdale forest, where you can explore the picturesque trails and paths that twist and turn up the mountain.

You can visit the standing stones that are just off the beaten path or continue on one of the three trails available to you. For those who enjoy hillwalking, it's a great way to escape the busier towns and enjoy the scenery.

The coastline around north Louth has much to offer, but you could always take the Carlingford Scenic Ferry and head for a few hours across the lough to Greencastle in Northern Ireland, it will give you the opportunity to savour the stunning landscape all around this truly special place.

TOP 10 THINGS TO DO

- 1:** Carlingford Adventure Centre: For those looking for a bit of adventure, check this centre out
- 2:** Carlingford Ferry: What better way to go from south to north Ireland than with this scenic ferry across the lough
- 3:** Táin Arts Centre: For all things cultural in Dundalk and north Louth look no further than An Táin Arts Centre
- 4:** Louth County Museum: Take a trip through time and find out about Dundalk and Louth in times gone by
- 5:** Spirit Store: One of the finest small venues in the country; stop in for a gig or even enjoy a pint along the docks
- 6:** Blackrock: A seaside village with plenty to offer in terms of food, drink and getting away from it all
- 7:** St. Laurence's Gate: The cultural and historic heart of Drogheda. The town is buzzing after this year's Fleadh!
- 8:** Leprechaun & Fairy Cavern: Find out about the little people that used to inhabit the hills - or still do.....
- 9:** Carlingford Brewing Company: Craft beers are big right now, and Carlingford has some of the best on offer
- 10:** Cúchulainn's Stone: Out in Knockbridge, said to be the stone the Irish hero tied himself to before dying



Clarke's Train Station in Dundalk is a regular national prize winner for its historic charm

PLACES TO STAY

Four Seasons Hotel, Spa & Leisure Club: Liberties of Carlingford, Carlingford

Ballymascanlon House: Carlingford Road, Dundalk

Crowne Plaza Hotel, right: Inner Relief Rd, Haggards-town, Dundalk



Imperial Hotel: Park Street, Dundalk

Carnbeg Hotel & Spa: Armagh Road, Carn Beg, Dundalk

Carrickdale Hotel and Spa: Carrickarnon, Ravensdale, Dundalk

The Westcourt Hotel: 29 West Street, Drogheda

Keernaun House B&B: Dublin Road, Cocklehill, Dundalk

Boyne Valley Hotel & Country Club: Dublin Road, Roschoill, Drogheda

The D Hotel: Marsh Road, Lagavooren, Drogheda

The Oystercatcher Lodge: Market Street, Liberties of Carlingford

Hillgrove Hotel, Leisure & Spa: Old Armagh Road, Latlorcan, Monaghan

Glen Gat Guesthouse: 18-19 The Crescent, Cambricville, Dundalk

Krakow B&B: 190 Árd Easmuinn, Demesne, Dundalk

Ghan House: Old Quay Lane, Liberties of Carlingford

Two towns with plenty of life and soul for visitors

An autumn break in Louth just wouldn't be complete without a visit to Dundalk and Drogheda, the two biggest towns in the county, with activities for the whole family to enjoy.

First to Dundalk, the home of the nationally renowned football team, Dundalk FC, who have become known due to their success in the League of Ireland.

This is far from all that the town has to offer however; it boasts activities and attractions that any visitor would enjoy.

One of the many attractions in Dundalk is Saint Patrick's Cathedral, which is located in the heart of the town centre.

It was designed by the architect Thomas Duff, who planned it as a Gothic style building and it was finished in 1903, with the addition of a bell tower.

If you're looking for something to watch while you're in Dundalk, you've got plenty of choice.

With live football, plays and music widely available, you'll be spoiled for choice.

If you're interested in plays, musicals and films, then the Táin Arts Centre is for you.

With a host of events taking place every week, there's never a dull moment here.

From art exhibitions to film screenings, there's something for everyone.

For those who enjoy live music, the Spirit Store should cater to your every need.

There are bands playing often, with traditional music

sessions taking place every Sunday.

If you're looking to have your funny bone tickled, they occasionally hold comedy evenings with local talent taking the stage.

A visit to Dundalk isn't complete until you visit the neighbouring village of Blackrock and enjoy its beach.

Depending on when you visit, there are a variety of festivals taking place, like the annual Blackrock Film Festival or yearly pumpkin carving in October.

Elsewhere, in Drogheda not only is there activities for history-lovers, but kids too. Funtasia Waterpark holds more than just a waterpark, with indoor play areas for kids and a full bowling alley that everyone can enjoy.

The Old Mellifont Abbey is where history fans will find themselves itching to go see.

Located just north-west of Drogheda, you can get a good tour of the old abbey as well as explore the visitors centre.

Millmount Museum & Tower, a museum built upon an artificial hill overlooking Drogheda is sure to attract your attention.

With exhibits ranging from the industrial era in Drogheda to archaeological exhibits, the museum is chock-full of interesting

information about Drogheda and the surrounding area.

The nightlife in Drogheda isn't anything to be scoffed at either, with a wide selection of pubs and restaurants across the town.

From WM Cairnes & Son, to D'vine, you won't struggle to find somewhere to relax and enjoy the evening.

For those who enjoy live music, the Spirit Store should cater to your every need. There are bands playing often, with traditional music sessions taking place every Sunday evening



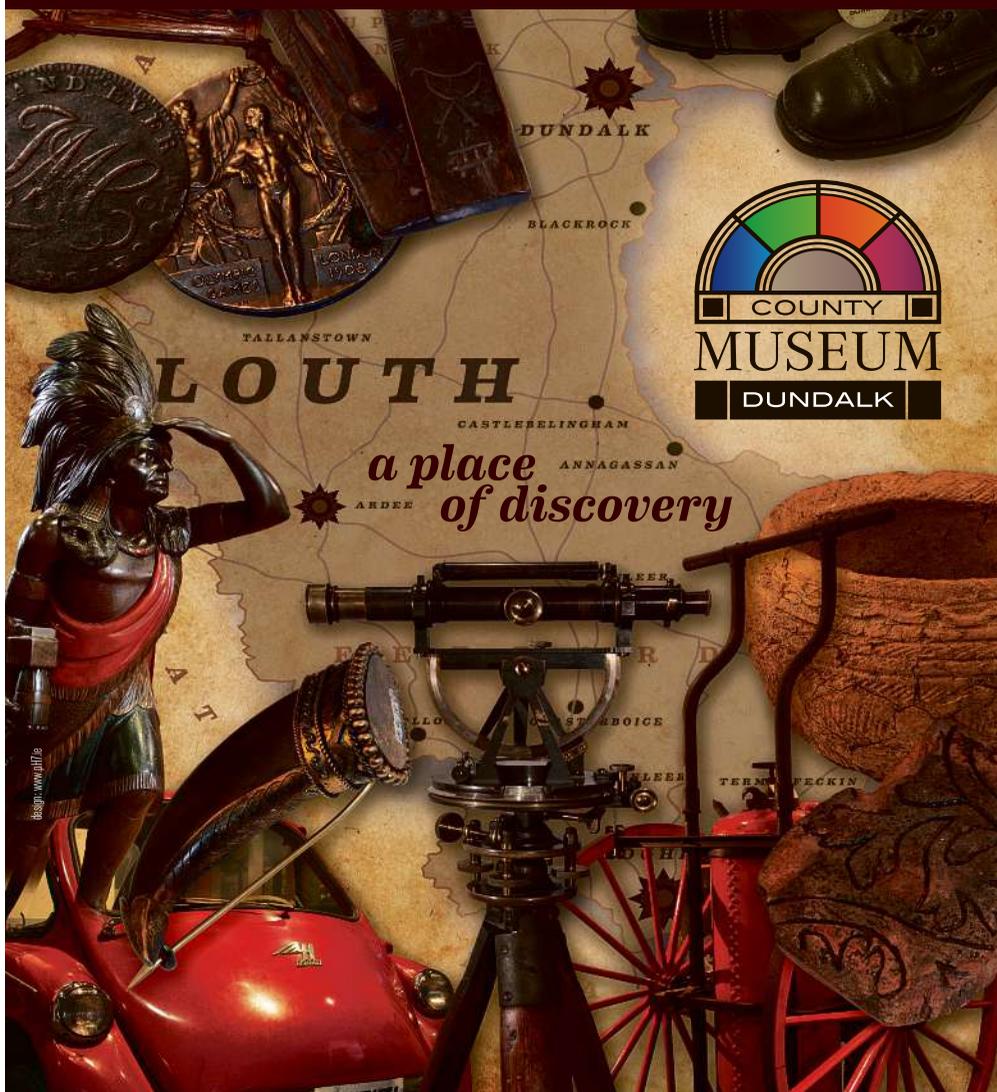
Dundalk town centre is full of charm and historic architecture



Castletown Moate is just two miles outside Dundalk

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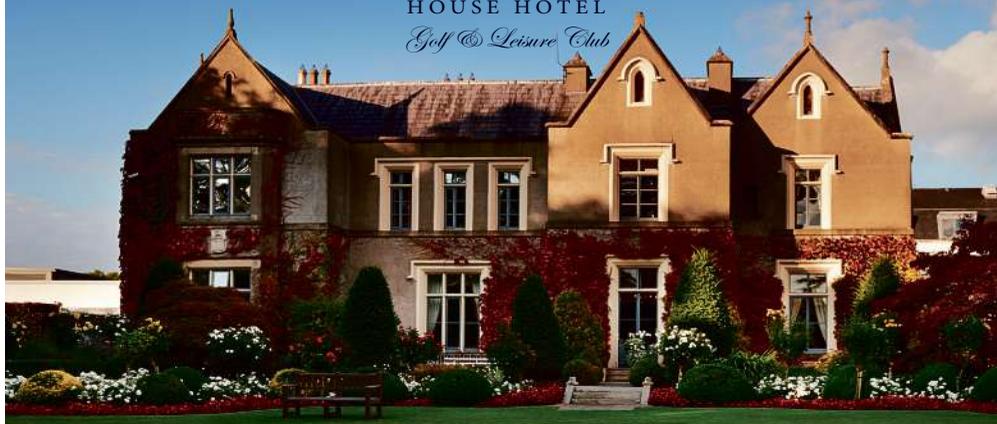
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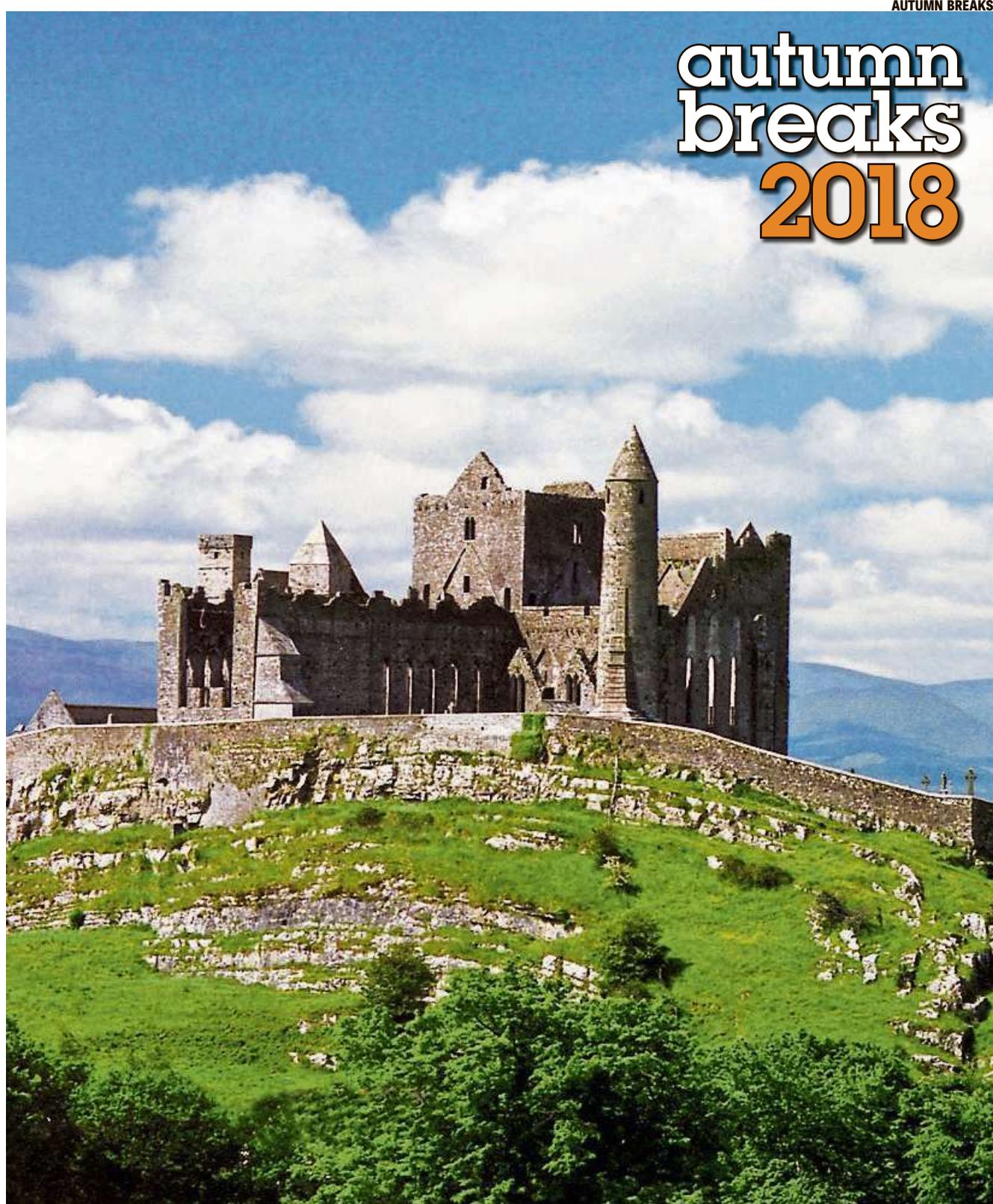
The Glen of Aherlow in West Tipperary is loved by hill walkers for its terrain and its magnificent scenery



The Main Guard is an iconic, historical building right in the heart of Clonmel



Kayaking is an option for young and not so young at the specially designed course on the River Suir in Clonmel



Famous the world over. County Tipperary's iconic Rock of Cashel, one of the top tourist spots in the country every year

Heritage and history on your doorstep

Visitors to a county love to see ancient sites, relics of the past that give a feel for the area's identity and the part they played in our fabled history.

South Tipperary is blessed with such attractions that tell the tale of our county's history over the past one thousand years and even further back.

Cashel alone is a treasure chest of Tipperary heritage.

In the Rock of Cashel it can boast the finest heritage site in the country, a magnificent structure that has stood proudly over the town for more than a millenium, once home to the High Kings of Munster and an ecclesiastical masterpiece, to one of the country's top

tourist attractions today. Add in Hore Abbey and the Dominican Abbey in the town centre and Cashel can lay claim to be one of the top heritage towns in the country.

Neighbouring Cahir cannot be far behind, with its wonderful 13th century Cahir Castle overlooking the river Suir, built by the O'Brien family and later the family seat of the Butlers for centuries. It's a truly imposing structure that fascinates visitors as does the nearby cottage-orne, Swiss Cottage, built around 1810 on a vastly different scale but no less impressive.

Down the road in Clonmel stands the imposing Main Guard, book-ending the main thoroughfare, O'Connell Street, with the West Gate leading into Irishtown.

Built in the 1600s, the Main Guard was a former courthouse and tholsel that fell into disrepair over the centuries but now has been lovingly restored into a wonderful facility for the county town.

Another imposing structure with a storied history is Ormonde Castle in Carrick-on-Suir, the best example of an Elizabethan manor house in Ireland. Built in the 16th century it fronts a large complex dating back two centuries earlier.

From the Rock of Cashel to Cahir Castle, Main Guard to Ormonde Castle, these iconic structures recount the story of South Tipperary over the centuries and provide a font of knowledge and information for all our visitors.

autumn breaks 2018

TOP 10 THINGS TO DO

- 1: Blueway between Clonmel and Carrick-on-Suir. Walk or cycle this beautiful stretch along the Suir
- 2: Kayaking - Go kayaking on the river at Old Bridge in Clonmel, the only course of its kind in Ireland outside Dublin
- 3: Applefest - Visit Clonmel for the Applefest on September 28-30 for a new festival marking the area's apple heritage
- 4: Rock of Cashel - Pay a visit to one of the most imposing and historically important Irish sites.
- 5: Mountain Walks - Go hiking in the Comeraghs, Knockmealdowns or Galtees, three magnificent ranges
- 6: Fethard Horse Country Museum - And also take in the town's incredibly preserved old town walls
- 7: Bru Boru Cashel - Enjoy Irish culture and heritage at this wonderful music and cultural centre
- 8: Glen of Aherlow - One of the most scenic and stunning locations in the country
- 9: Ahenny High Crosses - Some of the oldest high crosses in Ireland located near Carrick-on-Suir
- 10: Mitchelstown Cave - Situated near Burncourt, the first cave in Ireland developed for the public in 1972



autumn breaks 2018

The Comeragh Mountains, which straddle the counties of Tipperary and Waterford, are renowned for their hill and lakeside walks

PLACES TO STAY

Clonmel Park Hotel: Poppyfields, Cahir Road, Clonmel

Hotel Minella: Colville Road, Clonmel

Hearns Hotel: Parnell Street, Clonmel

Aherlow House Hotel: Glen of Aherlow, Tipperary.

Grand National Ballykisteen Hotel: Ballykisteen, Tipperary.

Dundrum House Hotel: Dundrum, Co. Tipperary

Cahir House Hotel: The Square, Cahir

Kilcoran Lodge Hotel: Kilcoran, Cahir

Raheen House Hotel: Raheen Road, Clonmel

Baileys Hotel: Main Street, Cashel

Carraig Hotel: Main Street, Carrick-on-Suir

Mulcahys: Gladstone Street, Clonmel

Fenessys Hotel: Gladstone Street, Clonmel

Glasha Farmhouse: Ballymacarbry, Clonmel

Cozie B&B: Rosegreen Road, Fethard, Co. Tipperary

Horse and Jockey Hotel: Horse and Jockey, County Tipperary.

Park Hotel Dungarvan: Abbeyside, Dungarvan, Co. Waterford

Perfect location for a break in the great outdoors

South Tipperary is rapidly generating a reputation as a must-visit location for the great outdoors. It boasts a selection of natural attractions to rival anywhere in the world.

If you are seeking fresh air, beautiful scenery and an excuse for exercise then look no further.

The south end of the Premier County is unique in that it's bordered by three majestic mountain ranges, each with its own individual beauty and appeal.

The Comeraghs, Knockmealdowns and Galtees attract walkers, climbers and hikers from all over Ireland and further afield and no wonder.

A number have walking festivals linked to them that draw in large numbers but for the casual day-tripper they also have huge appeal.

Outdoor holidays are becoming increasingly popular because of the very real health benefits from exercise.

So South Tipperary is ideal location to combine enjoying yourself and also looking after your well-being.

It is the green lung of Munster.

Few counties as well can boast such a majestic river as the Suir meandering through it. This makes South Tipperary the

ideal location for fishing holidays with bountiful supply of salmon and trout as it makes its way through beauty spots such as Golden and Ardfinnan, through Clonmel and on towards the sea via Carrick-on-Suir.

And the river has also spawned another huge tourist attraction

alongside it, the fabulous Blueway between Clonmel and Carrick.

Tipperary County Council has put a huge amount of time and money into developing the pathway on the north riverbank that is proving hugely popular with walkers and cyclists.

Counties such as neighbouring Waterford, and Mayo in the west, have been instrumental in developing Greenways for walking and cycling and South Tipperary is following suit with an amenity of this high calibre.

It's a tourist facility designed to attract visitors from farther afield as well as locally because there's nothing to better a riverside walk through beautiful meadows, listening to the ripple of the water and taking in the flora, fauna and wildlife of your surroundings.

A less tranquil part of the Suir in Clonmel has also been transformed into a natural amenity that is already a major national attraction.

The kayak and canoe course through the 'rapids' at Old Bridge is the first in the country outside Dublin and again shows the huge benefit of putting natural amenities to their best possible use.

And one of the great benefits of all these wonderful natural attractions is that they are not weather dependent. They all can be enjoyed in any weather, sunshine or rain.

But South Tipperary looks particularly beautiful in the autumn, as the leaves turn a rusty brown across the rolling countryside.

Where else would you want to be, but in a county designed by nature for the great outdoors?

The south end of the Premier County is unique in that it's bordered by three majestic mountain ranges, each with its own individual beauty and appeal



Ormonde Castle, a fine Elizabethan manor house in Carrick-on-Suir



The 13th century Cahir Castle overlooking the River Suir

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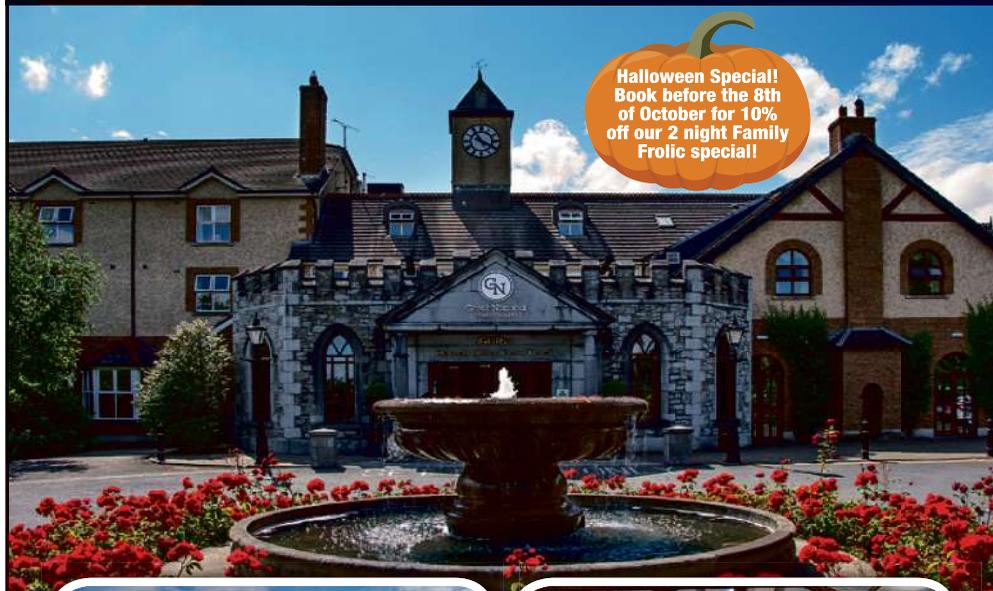
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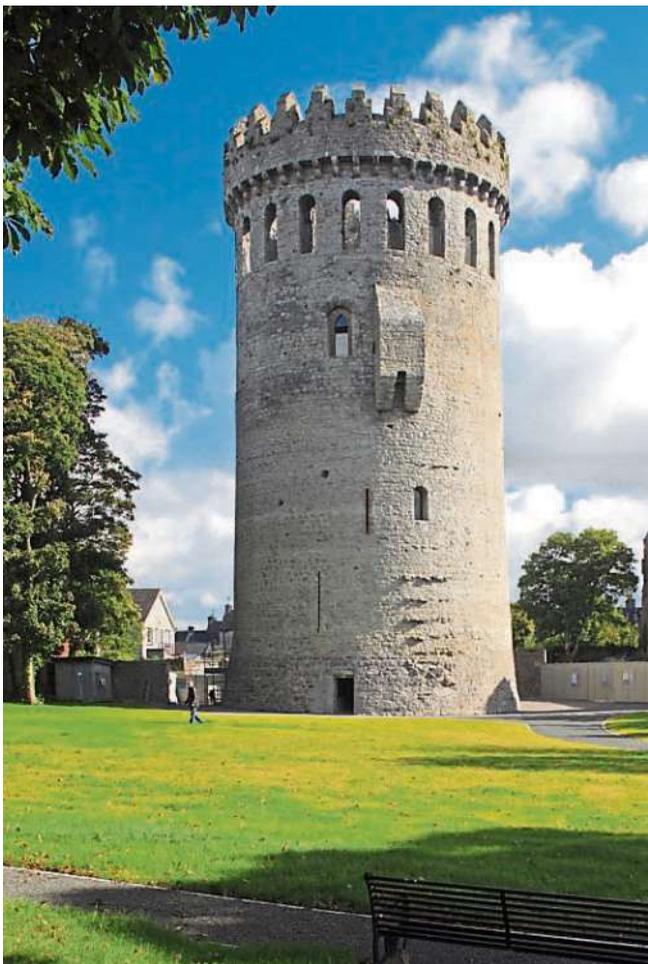
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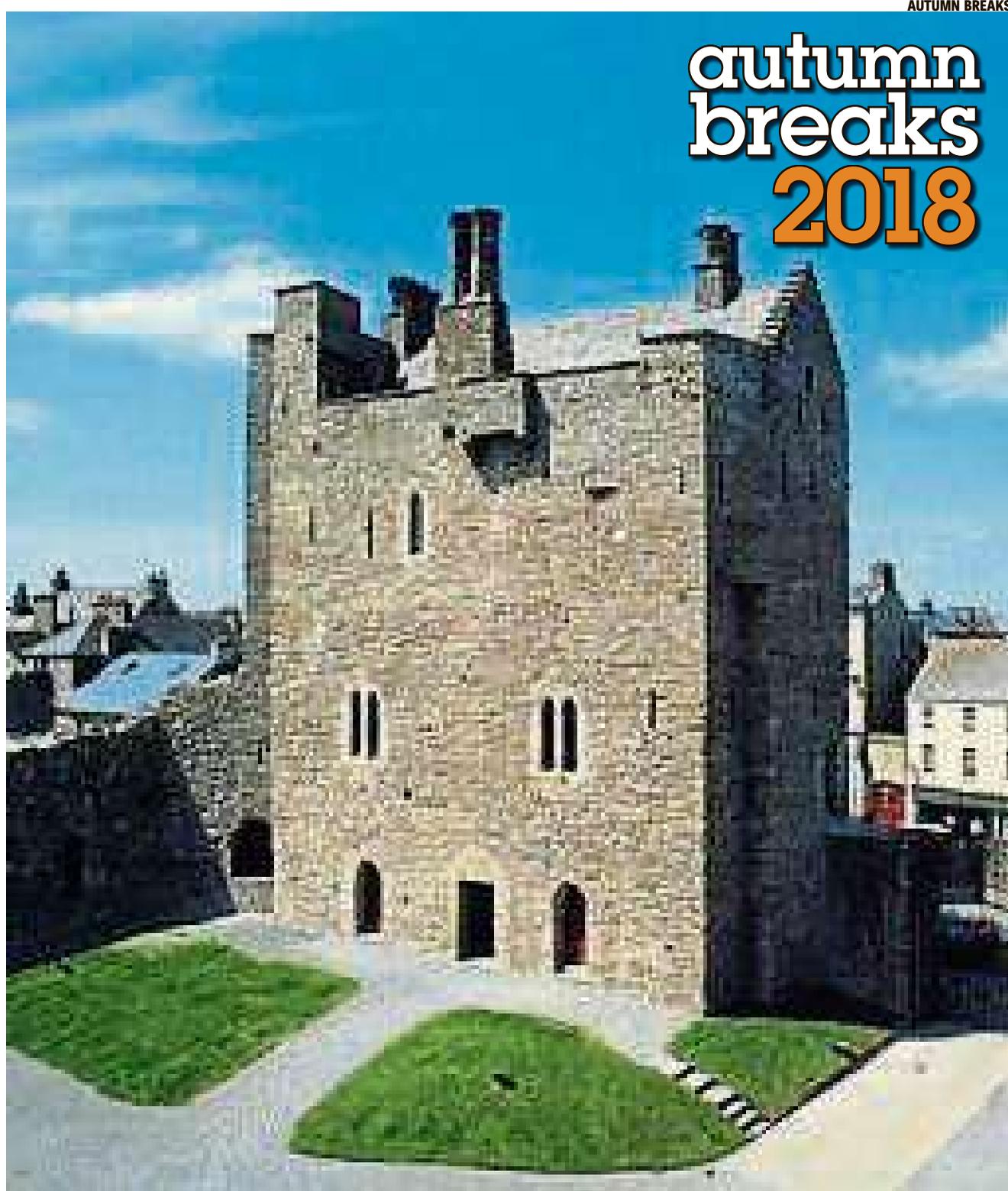
Visit the historic Nenagh Castle.



The beautiful Clare Glens - definitely worth a visit.



Fancy a hike? - take your boots to the Devil's Bit at Barnane.



Roscrea Castle - a great day out for all history buffs. Constructed in 1332, the castle has a gate tower and two D-shaped corner towers

North Tipp is a gem waiting to be mined

Deep in the heart of Ireland lies north Tipperary, a gem waiting to be mined. An area that's a treasure trove of history, landscapes, sport, culture and cuisine, where Ireland's Ancient East meets its Wild Atlantic West.

Let that story begin in Nenagh, historical capital of north Tipperary. In Gaelic called Aonach Urmhumhan, the Fair of Munster, the town has held on to its market past, bustling with shops, restaurants and a weekly country market where you will find local produce second to none.

The Normans arrived in the early 13th century and built the town's iconic castle, one of the best preserved castles or keeps in Ireland.

The castle is open to the public from April to October and by arrangement

outside of those months. The castle dominates the town's civic heritage, with the courthouse, gaol and former town hall - now Nenagh Arts Centre - all in the same area.

The gaol's governor's house is now the centre for North Tipperary Genealogy Services, where people can trace their Tipperary roots, and the local heritage centre.

The town's ties to the Middle Ages are further recalled through its Franciscan friary dating from 1210 and once the headquarters of the Order in Ireland, and its Knights Hospitaller church and buildings at Tyone, which date from the Crusades. Tyone cemetery is the resting place of Denis "Sonny O'Neill", the man who is widely believed to have shot Michael Collins on the fateful day in Bealnablath in August 1922, altering the course of Irish history.

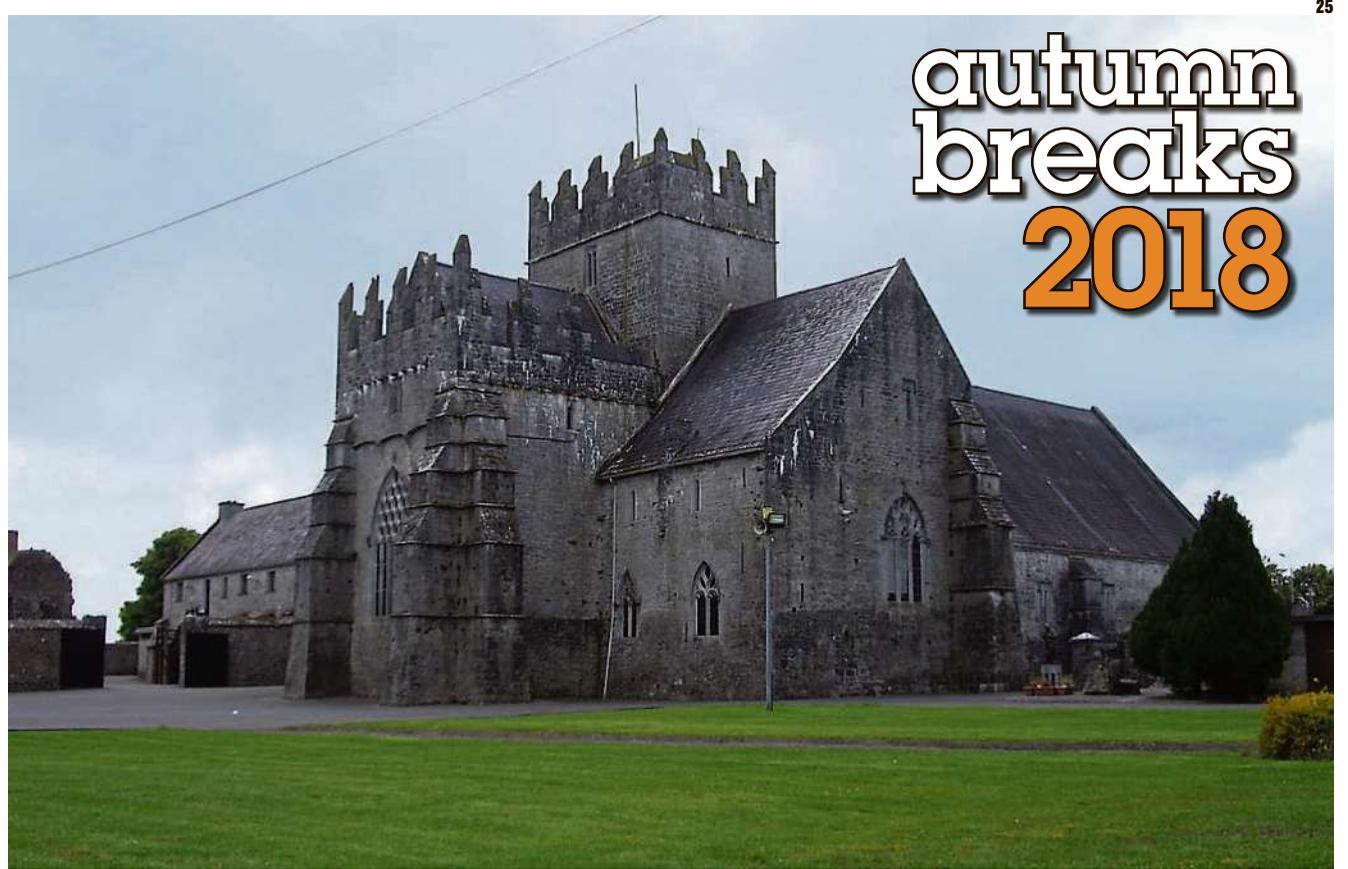
North Tipperary has a wealth of ecclesiastical history, with ancient churches dating from the 6th century right through the Norman period. Many are in ruins but most are open to visitors, such as St Ruadhan's Church and the ruins of the Dominican Priory in Lorrha, dating from the 6th century, which contains the ruins of two 8th century high crosses; St Cronan's Monastery in Roscrea, dating from the 8th century.

Terryglass on the shores of Lough Derg was once a seat of learning, producing the Book of Leinster, a collection of history, tales and poems. It is housed in Trinity College Dublin. But the most famous is, without question, the magnificent Inis Cealtra, or Holy Island, dating from the 6th century and which can be accessed by boat from Mountshannon on the Clare side of Lough Derg.

autumn breaks 2018

TOP 10 THINGS TO DO

- 1: Cabragh Wetlands, Thurles - a rare naturally occurring wetlands with unique flora, fauna, animal, bird and fish life.
- 2: Farney Castle, Holycross Ballycahill - renowned for locally produced pottery and knitware, visit the Cullen family home.
- 3: Damer House and Roscrea Castle - history and culture abounds in the picturesque town of Roscrea.
- 4: Lár na Pairce GAA Musuem - visit Thurles, the home of hurling and check out the museum & the story of the game.
- 5: Holycross Abbey - an ancient place of worship since the 12th century, the restored Abbey is a must for all visitors.
- 6: Templemore Town Park - Picnic tables, playground, free parking and Fairy Trail along with lots of woodland walks..
- 7: Grange Walks, Grange village - series of looped walks through forest with viewing platform, nature & fairy trail.
- 8: Kilcooley Abbey, Gortnahoe, Thurles - Cistercian Abbey now in ruins in Kilcooley Estate noted for medieval tombs and fine east window.
- 9: Famine Warehouse 1848, The Commons, Ballingarry - exhibits the history of the Famine and the rebellion.
- 10: Mining Museum, Old School, The Commons, Ballingarry - learn about the rich tradition of coal mining in area.



autumn breaks 2018

The magnificent Holycross Abbey - an ancient place of worship down through the centuries where a relic of the True Cross exists

PLACES TO STAY

Aherlow House Hotel and Lodges: The Glen of Aherlow, Tipperary

Anner Hotel: Dublin Road, Thurles

Abbeycourt Hotel: Dublin Rd, Nenagh South, Nenagh

Ashley Park House: Nenagh

Bailey's Hotel: 42 Main Street, Cashel

Ballyglass Country House: Glen of Aherlow Road, Tipperary

Ballykisteen Golf Club: Ballykisteen, Limerick Rd, Tipperary

Coolbawn Quay: Lough Derg, Coolbawn, Nenagh

Hayes Hotel: Liberty Square, Thurles

Horse and Jockey Hotel: Horse and Jockey, Thurles

Lakeside Hotel: Ballina/Killaloe, Co. Tipperary

Racket Hall Country House Hotel: Dublin Road Roscrea

Templemore Arms Hotel: Main Street, Templemore

There is also a wide range of Fáilte Ireland approved Bed and Breakfast accommodation right across County Tipperary where comfortable, affordable hospitality is the order of the day. Check out the Fáilte Ireland website for details of these or simply Google 'B&B accommodation in Tipperary'. You will find the ideal location to suit your needs, requirements and budgets.

From Devil's Bit to Lough Derg - so much to do!

Lough Derg on the majestic River Shannon is 8km from Nenagh and offers angling, sailing and leisure boating. The Nenagh River is one of Ireland's best trout rivers and can be fished by permit.

Lough Derg is now a designated Blueway, with many of the villages that skirt its shores offering facilities for canoeists. Boats can be hired at Ballina / Killaloe, where you can also test your skills in Stand Up Paddling. The twin towns mark the boundary between Tipperary and Clare, and from here you can take cruises into Lough Derg. For walkers, head into the Silvermines Mountains, which boast 7,000 years of mining history, to walk the Silvermines Ridge, which forms part of the Lough Derg Way as well as the Slieve Felim Way. Stop at the Viewing Point above the Silvermines to take in the panoramic view of five counties and the plains of Ormond. Visit the Millennium Cross above Portroe Village along the Lough Derg Way to see breathtaking views across Lough Derg to Clare and on to Galway. Or walk in the footsteps of Domhnall Cam O'Sullivan as he made his epic trek from the Beara Peninsula in County Cork to Breifne in County Cavan in 1603. The walk can be

joined at various points and traverses valleys, mountains and streams through Tipperary before crossing the Shannon at Portumna. There is also a loop walk at Clare Glens outside Newport and of course the magnificent walking trails of Upperchurch are renowned for their upland scenery and the

hospitality of the locals.

Tipperary is also the home of hurling, one of Ireland's most iconic games and the fastest field sport on earth. Its governing body, the Gaelic Athletic Association, was founded in Hayes Hotel in Thurles, and the town boasts a museum to the sport, Lar na Pairce.

Just 20kms north of Thurles lies Templemore, gateway to the Devil's Bit, a mountain pass at Barnane. Legend has it that the devil was passing through and took a bite from the mountain, spitting it out to form the Rock of Cashel. The town boasts a town park with playground, walks, and a pitch and putt club.

Culture and heritage also play a big part in North Tipperary's life, with Newtown outside Nenagh being home to the legendary Irish traditional music accordion player and composer Paddy O'Brien; Shane McGowan of the Pogues has his roots in Carney on the road to Coolbawn / Kilbarron; Eurovision winning singer/songwriter Brendan Graham, whose songs have been recorded worldwide and by the likes of Westlife, hails from Kickham Street in Nenagh. The area has also produced many working in the theatre and the literary worlds and is the birthplace of Hollywood movie director Rex Ingram, who made the

iconic Four Horsemen of the Apocalypse and discovered Rudolf Valentino.

So, from Nenagh - Thurles; Roscrea - Templemore; Cloughjordon to Upperchurch there is much to do in North Tipperary. Enjoy discovering what is on offer in the heart of the country.

The Devil's Bit, a mountain pass at Barnane, Templemore - legend has it that the devil took a bite from the mountain, spitting it out to form the Rock of Cashel. See it today



The superb, unspoilt Cabragh Wetlands - one of nature's most beautiful and naturally occurring locations, just outside Thurles



The Town Park in Templemore - they come from far and wide to visit and enjoy the magnificent facilities

Enjoy a break in
**TIPPERARY
NORTH**

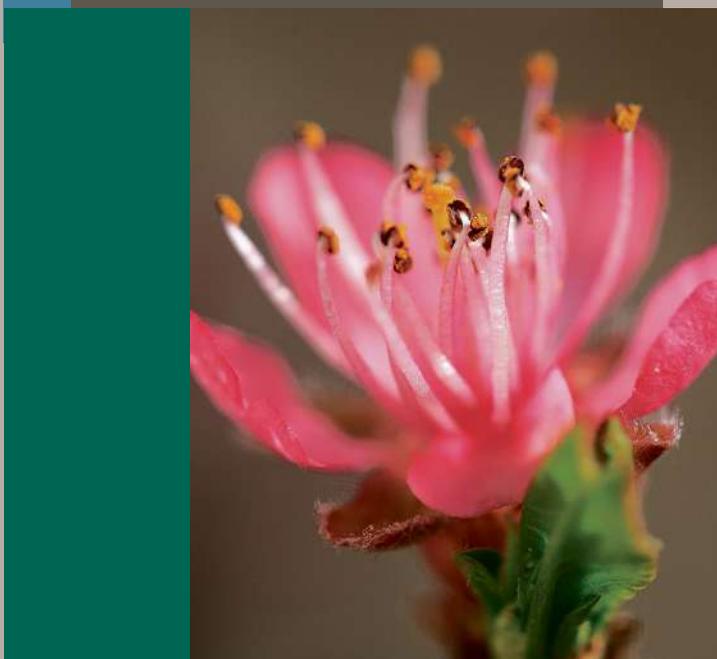
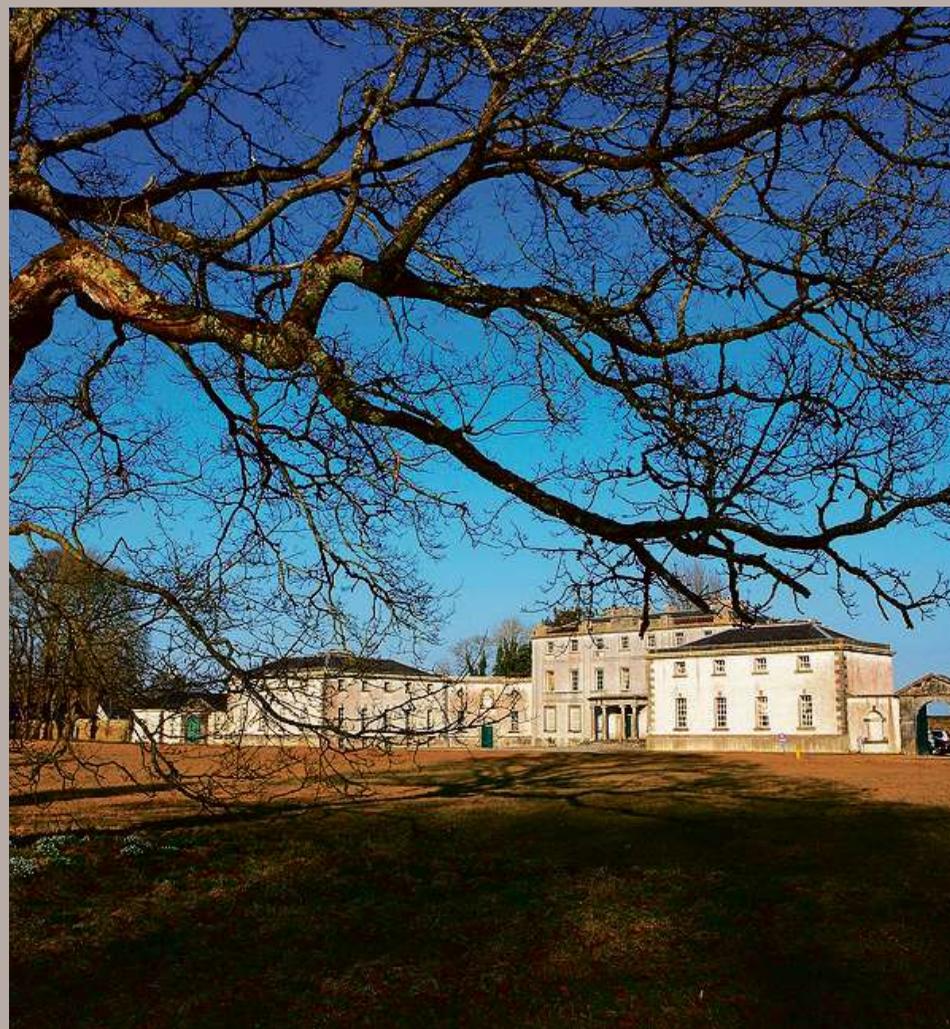


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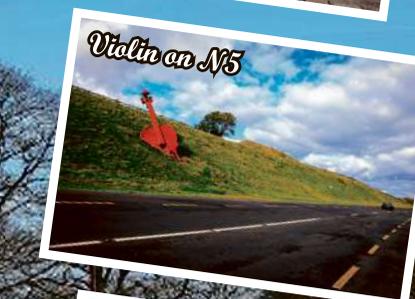
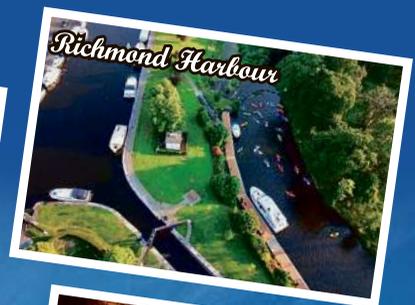
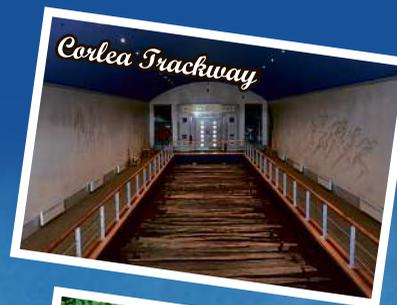
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HEARTLANDS

Experience 800 years of history on the Longford Town 2km Walking Trail including the wonderfully restored St. Mel's Cathedral which was extensively damaged in the Christmas Day fire of 2009 and reopened on Christmas Eve 2014.



Arrive by Car, bus, train, boat, bike or on foot along the longest greenway in Ireland. This greenway is 144 km in length along the Royal Canal from Dublin's Spencer Dock to Co. Longford.

Longford is an excellent base for travelling around Ireland, for regional conferences or simply relaxing with good food and beverages.

Longford is rich in history and culture with stories of Maria Edgeworth, Michael Collins, Oscar Wilde, Corlea Trackway, Ardagh Heritage Town and the Battle of Ballinamuck.

An Anglers Paradise, Longford hosts excellent fishing with many lakes, rivers and canals, including the longest county shoreline of the River Shannon. The River Inny, the River Camlin, Lough Gowna and Lough Ree are some of the more well-known angling locations with boat hire available in the region.

Experience the beautiful forest walks and trails dotted around Co. Longford. The Albert Reynolds Peace Park, Slí na Sláinte walks, Derrycassin Woods and Lebeen Park in Aughnacliffe along with Newcastle Woods.

Newcastle Woods is home to the new and upcoming Longford Forest - Centre Parcs due to open in summer 2019.

If you are interested in slow tourism, County Longford is rich in biodiversity with woodland and bog walks. Visit Longford and discover the hidden gems on offer in the heart of Ireland and in the heart of the hidden Heartlands.

BUILD YOUR OWN ITINERARY AND CHOOSE FROM WHAT LONGFORD HAS TO OFFER:

- The Royal Canal
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- Pitch & Putt in Ballinalee
- Longford Golf Club
- Go Karting & Paintballing in Edgeworthstown
- The Backstage Theatre Longford
- Longford Greyhound Track
- Barley Harbour
- Fiona Egan Cloughan Farm & Cookery School, Abbeysruble
- Abbeysruble Airfield - General Aviation for light aircraft mostly at weekends
- Corlea Trackway Visitors Centre & bog walk
- Ballinamuck Visitors Centre
- Granard Motte
- The Edgeworths Society
- Ardagh Heritage town & Creative Ardagh
- Aughnacliffe Portal Tombs
- Longford Rebel Trail driving route
- Longford Literary Trail driving route

Longford Forest - Centre Parcs opening summer 2019

Festivals and events throughout the year. Food & accommodation options available on www.visitlongford.ie

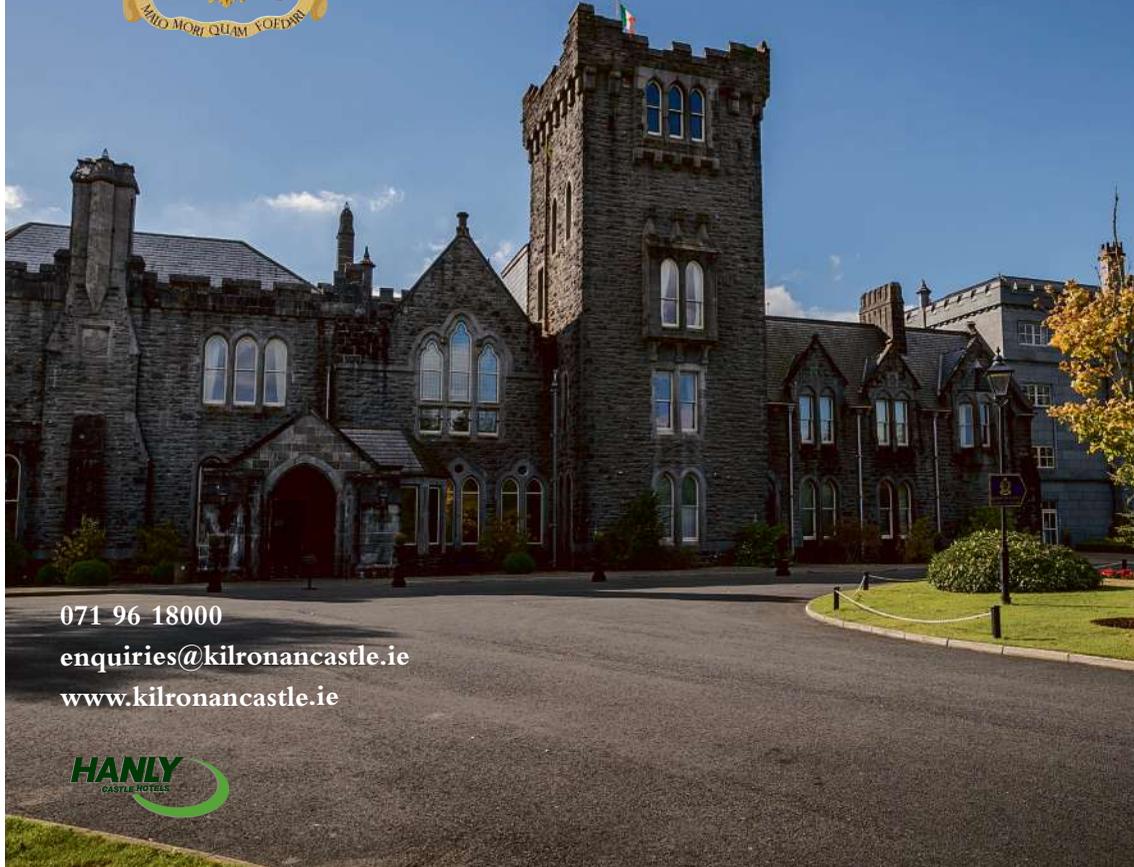


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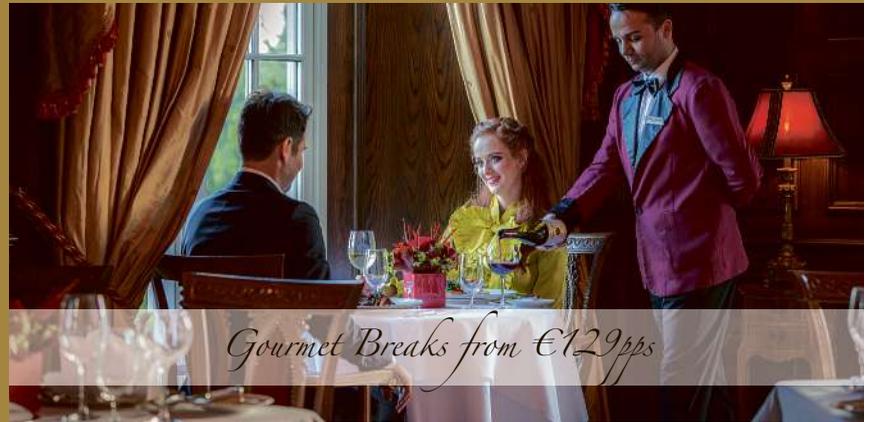
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Local Activities:

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Arigna Mining Museum www.arignaminingexperience.ie, Indoor Airsoft Shooting & Archery www.carrickindoors shooting.com



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Self-catering duplex apartment in the heart of Leitrim Village.

The accommodation consists of a first and 2nd floor for rent with a modern fully fitted Kitchen with all appliances. Private parking. The accommodation also includes: Open kitchen/dining/sitting room area.

- The rooms on offer include:
- 1 x En-suite Twin Bedroom
- 1 x Twin bedroom with separate bathroom
- 1 x Large En-suite Bedroom with dressing room (sleeps 6)

This duplex apartment comfortably sleeps 10 people with the option for 2 pull out bed settees.

Special Offer of the month for September and October excluding bank holiday weekend:
Enjoy a 2 night weekend break for min 6 people including a 1/2 day Blueway Cycle on Electric Bikes and our standard Airsoft Shooting and Archery package. **All for €90 pp**
Call 087 7386439 /086 8288747 to book.
Subject to availability.

Leitrim INDOOR Shooting & Archery

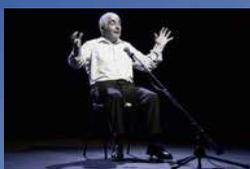


Get the fun going with an **Airsoft Shooting and Archery Package** in our all weather venue in Leitrim Village, only 4 miles from Carrick on Shannon. Enjoy a tranquil traffic free cycle along the banks of the Lough Allen Canal including the **floating boardwalk at Acres Lake**. This is an easy cycle suitable for all and is 20 km round trip between our bike hire base at Leitrim Village and Drumshanbo Village. Enjoy some refreshments in Drumshanbo (just ask for our recommendations) or bring a picnic for the many picnic benches along the route.

www.electricbiketrails.com

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Enjoy a break in LEITRIM



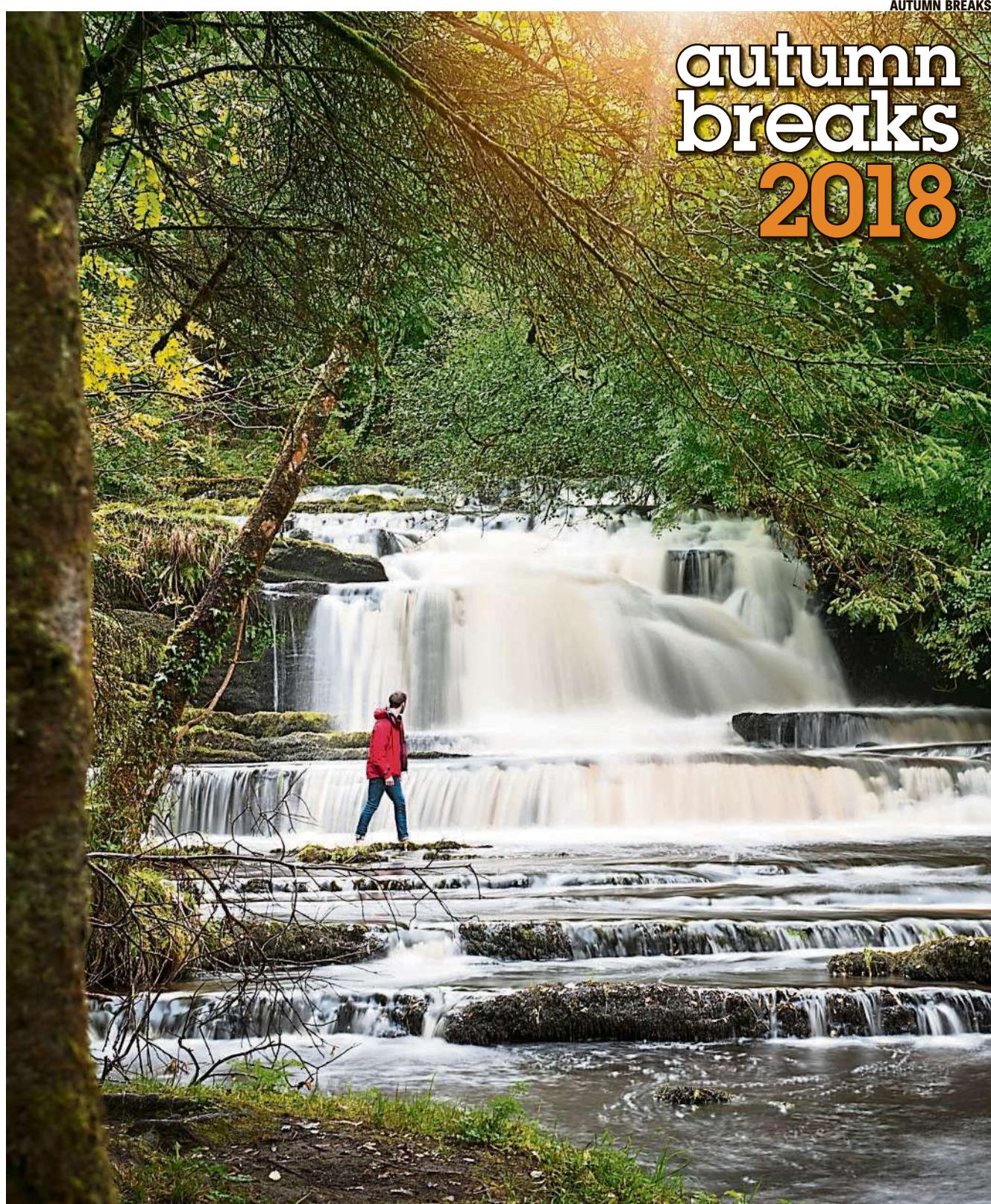
Take a nice stroll along the Boardwalk in Carrick-on-Shannon.



Paddle your way along the Shannon Erne Waterway



Get spooked at Drumshanbo Haunted House



AUTUMN BREAKS
**autumn
breaks
2018**

What a majestic sight for sore eyes: grab a coat and bring your crew to see the stunning Fowley's Falls in Rossinver

Fun-filled adventures await for all the family

This autumn, take a break away from the stress and routine of work, school and family life with an activity trip for the whole family in Leitrim.

Are you looking for the wind in your hair as you navigate the Shannon waters in a canoe or paddle boat? Or do you want to get those hiking boots dirty with a walk on the wild side? Leitrim offers all this and more for an autumn break.

The Shannon Blueway is an innovative, safe and easy to use series of on-water and land based trails. It allows guided and unguided paddling and walking along the Lough Allen Canal and River Shannon from Drumshanbo to Leitrim Village. Learn how to kayak, canoe, row or stand up paddle on the Shannon Erne.

If you want to stay dry, you will delight in all the stunning cycle and walking trails around the county and if you feel you need a helping hand try out an electric bike to get you around. Shake off the cobwebs and explore the changing seasons on The Canal Bank Walk in Ballinamore, float on water at the boardwalk in Drumshanbo and Slish Wood to Dromahair takes in views of the Lake Isle of Innisfree, Church Island, and across towards Parkes Castle, while Lurganboy Forest Walk is a historical marvel. There are also guided foraging walks available in North Leitrim.

To take it to the next level and use your hiking boots Sliabh an Iarainn Mountain and Dartry Mountain provide a challenging but well worth walk on the wild side, while Eagles Rock and Glencar Waterfall make for

the best photo backdrops.

Horsriding is available at Moorelands Equestrian Centre, Drumshanbo and Drumcoura City outside of Ballinamore. The family can bond over a round of golf in Carrick-on-Shannon and Ballinamore.

Children will enjoy the activity centre in Carrick-on-Shannon as well as an indoor trampoline park, indoor go karting, while the whole family can use Aura Leitrim Leisure, all situated in the county town.

Halloween

If it is a fright you are seeking, Drumshanbo Haunted House returns this October with shows for adults and the family.

In Manorhamilton, the Samhain parade is a unique spectacle worth witnessing at the end of October.

TOP 10 THINGS TO DO

- 1: Taste Leitrim on the county's food trail and delight your senses with a host of fine eating establishments around the county
- 2: Experience a true Leitrim music session, every town has a traditional bar that showcases the local style
- 3: Take a cruise on the Shannon with Moon River and enjoy a drink, a tune and some very relaxing views
- 4: Get your castle fix with Parkes, Manorhamilton and Lough Rynn Castles
- 5: Explore the glens of North Leitrim with Glencar, Glenfarne, Glenaniiff, Glenboy, Glenkeel, Gleniff and Glengade
- 6: Meander along The Shannon Blueway with trails on land and water
- 7: Enjoy a tour of Sean MacDiarmada's house and Kiltyclogher Heritage Centre
- 8: Discover the treasure trove of vintage transport that it Cavan and Leitrim Railway in Dromod
- 9: Grab a show at The Dock, Carrick-on-Shannon, the venue is a modern arts centre inside a converted old courthouse
- 10: Listen, speak and learn at the Iron Mountain Literature Festival from October 5-7 in Carrick-on-Shannon

autumn breaks 2018



Parkes Castle, which is a 17th century Plantation Castle, is set upon the banks of the stunning Lough Gill

PLACES TO STAY

The Landmark Hotel

Four star luxury modern hotel in Carrick-on-Shannon. Call: (071) 9622222.
www.landmarkhotel.com

Lough Rynn Castle and Estate

Four star historic castle and estate hotel in Mohill. Call: (071) 9632700.
www.loughrynn.ie

Clancy's Of Glenfarne

Family run guesthouse at Brockagh, Glenfarne. Call: (071) 9853116.
www.glancysofglenfarne.com

Cryans Hotel

On the banks of the Shannon in Carrick-on-Shannon. Call: (071) 9672066.
www.cryanshotel.ie

The Commerical & Tourist Hotel

Three star deluxe family run hotel in Ballinamore. Call: (071) 9644675.
www.hotelcommerical.com

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Ard Nahoo

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www.ardnahoo.com

Riversdale Farm Guesthouse

Family run guesthouse on the canal in Aghoo East, Ballinamore. Call: (071) 964 4122.
www.riversdaleholidays.com

Lough Rynn Caravan Park and Camping site

Campsite outside of Mohill close to Lough Rynn Castle and overlooking Lough Rinn rowing club. Call: (071) 9620005.
www.camping-ireland.ie

Discover the landscape and the legends

The Leitrim landscape is not only breathtaking it contains history, folklore and legends that are centuries old. Discover a land filled with monastic sites, famine scars and a love of song, music and dance.

To get your romantic juices flowing commence your tour of legendary Leitrim at Glencar Waterfall. You will know when you visit why WB Yeats felt compelled to capture it in 'The Stolen Child'.

Look out for the legendary Dobharchú (water dog) at Glengade Lake, the perfect story for scaring kids at Halloween!

The picturesque village of Fenagh has two Abbeys built in the 5th and 6th centuries and a number of standing stones, a giant's grave, fairy fort and dolmen. Visit Fenagh Visitor Centre for a full tour.

Creevelea Abbey, located on the outskirts of Dromahair, is a Franciscan Friary which was founded in 1508, so many spots perfect for selfies.

Lough Rynn House Hotel and Gardens will not only bring some luxury to your stay, but will provide an insight into the notorious Lord Leitrim and his estate.

Ireland's famous Rainbow Ballroom of Romance in Glenfarne is a must visit, put on a good pair of dancing shoes and relive the memories of the old dances, peer back at the clothes, the drinks and the music.

Parkes Castle, which is a 17th century Plantation Castle is set upon the stunning Lough Gill and is worth a walk around as well as Manorhamilton Castle where you can learn

about the 'Hanging Hamiltons' - who doesn't love some gore?

Sean MacDiarmada is Leitrim's 1916 hero, his homestead as well as the Kiltyclogher Heritage centre brings the most historic event to happen in Ireland to life for young and old.

For some much needed inspiration in humanity, take a Sunday visit to The Angel of the Delta, The Celebrated Margaret of New Orleans. Her cottage has been recreated in Carrigallen.

Are there any fans of fairies and magic in your family? Sheemore is the hill of the fairies, with fairy trees and cairns galore. It is lit up at night by a huge crucifix mounted on its peak and local folklore says the spirits come alive at Halloween!

Sliabh an Iarainn Visitors Centre informs the visitor about life, transport and industry between the Arigna and Sliabh an Iarainn mountains - the railway, canal, lakes, iron and coal mining. An audio-visual show takes visitors through the sights and scenes of that industrial era.

In Carrick-on-Shannon ponder at the Famine Workhouse and graveyard, stand in awe at Costello Chapel (the second smallest in the entire world) and revel in the exhibits at St George's Church.

If you saw the movie 'Jimmy's Hall' you need to visit Jimmy Gralton's Memorial. The socialist was deported from Leitrim without trial in 1933 for setting up a dancehall.

If you love nostalgia head to Glenview Folk Museum, outside Ballinamore.

Leitrim — explore, experience and enjoy.



Historic up high: take a step back in time at Fenagh Abbey



The Iron Mountain Festival brings song and word back to its roots

Enjoy a break in
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HALLOWEEN FUN

Choose the perfect location for a Spooky fun filled Halloween family break, A special treat for all the family with no tricks.



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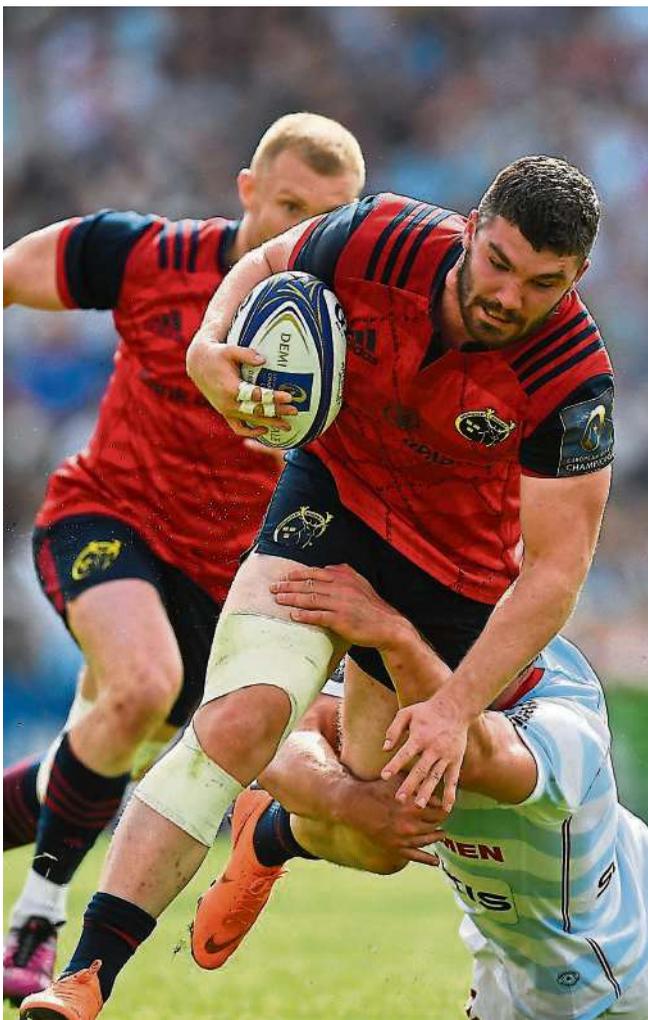
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Enjoy a break in LIMERICK



Watch Munster on their home turf at Thomond Park taking on Europe's best in the Champions Cup and Pro14



There is a kids club on the first Sunday of each month at the Hunt Museum, home to an eclectic collection of artefacts and art



Get a different view of Limerick city with a kayak tour around the River Shannon and the Abbey River

AUTUMN BREAKS

autumn breaks 2018



Adare Manor is favourite to host the 2026 Ryder Cup. Limerick has a wide range of golf courses in easy reach and to suit all budgets

Limerick, the perfect base for golf holidays

LIMERICK is developing a well deserved reputation as an ideal base for golf holidays, not just in the county itself, but in the Mid-West region.

On Shannonside there has never been such a variety of top quality hotels which offer great value for money, particularly mid-week deals.

And while Limerick boasts of being the Sporting Capital of Ireland with reference to Munster Rugby, our All-Ireland Hurling champions, soccer and other sports, golf sometimes does not get the recognition it deserves in this context.

Thanks to the JP McManus Invitational Golf tournament, held every five years, the world's top golfers have played and stayed here. And Tiger Woods, still the greatest draw in the

game, confirmed he will be back in the Adare Manor golf resort for the 2020 event. This tournament is one of the most successful fundraising golf events in the world, with a range of charities in the region getting millions to help their deserving causes.

And while many golf courses like Adare Manor Hotel & Golf resort may hog the media limelight there are many hidden gems that are great value for money, compared to the green fees you will pay in the more vaunted venues.

One of these surprisingly enough is Dromoland, located in the grounds of the magnificent Dromoland Castle Hotel, which is a magnificent parkland course, now recognised as one of the finest in Ireland.

While most tourists head to the new Adare course, Ballybunion and Lahinch are other courses in the region

well worth consideration.

In and around the city Limerick Golf Club and Castletroy also welcome green fees. These two well established courses with beautiful mature trees and shrubbery, guarantee a great day's play.

You also have the old Adare course, Newcastle West, Charleville, Nenagh, East Clare and Shannon, just to name a few beautiful inland courses just a short drive from Limerick city.

Depending on the time of year green fees can be as low as €20, which is great value for money. So why not come and visit and see for yourself?

Also next year, Lahinch Golf club, which has strong membership links to Limerick, will host the Irish Open. Lahinch is a 50-minute drive from Limerick city, which again would be an ideal base for a day trip to the Open.

TOP 10 THINGS TO DO

- 1: Visit Thomond Park to see Munster taking on the cream of European opposition in the Champions Cup and Pro14
- 2: Food and fun in a fabulous atmosphere - the Milk Market on Saturday morning is not to be missed
- 3: Hire a kayak and paddle around the Shannon and Abbey rivers - a peaceful way to get a fresh perspective
- 4: Hike around the beautiful Clare Glens, which skirt the Tipperary border. Access via village of Murroe
- 5: King John's Castle is superbly preserved and in recent years has been modernised with interactive exhibits
- 6: Visit the beautiful village of Adare, famed for its thatched cottages, cafes, boutiques and, of course, Adare Manor
- 7: Go further west, to Dominic West and Glin Castle, set in the eponymous west Limerick village on the estuary
- 8: Ireland's most extensive mountain bike trails are in the Ballyhouras. See www.visitballyhoura.com
- 9: Catch a big name musical act in Dolan's Warehouse (www.dolans.ie) or University Concert Hall (www.uch.ie)
- 10: Retrace Frank McCourt's youth on the Angela's Ashes walking tour. Call 083-3000111



Ireland's most extensive mountain bike trails are in the Ballyhouras

autumn breaks 2018

PLACES TO STAY

Savoy Hotel: Henry Street, Limerick city

Adare Manor: Adare, Co. Limerick

Limerick Strand Hotel: Ennis Road, Limerick City

Absolute Hotel: Sir Harry's Mall, Limerick city

Dunraven Arms Hotel: Adare, Co. Limerick

Longcourt House Hotel: Newcastle West, Co. Limerick

Radisson Blu: Ennis Road, Limerick City

Glin Castle: Glin, Co. Limerick



Check out lovely, historic Glin Castle, owned by the family that includes Hollywood star Dominic West, above

George Hotel: O'Connell Street, Limerick City

Maldron Hotel: Roxboro, Limerick City

Echo Lodge: Ballingarry, Co. Limerick

Clayton Hotel: Steamboat Quay, Limerick City

Devon Inn: Templeglantine, Co. Limerick

Castletroy Park Hotel: Castletroy, Limerick City

Greenhills Hotel: Ennis Road, Limerick City

Tuck into a feast of food, sport and culture

Limerick is renowned as a county and city that loves its sport, a point underlined this year by the delirium that greeted the return of hurling's Liam MacCarthy Cup for the first time in 45 years.

And while you won't catch any inter-county hurling this autumn, visitors are still spoiled for choice when it comes to top class sporting action.

Like Munster Rugby, for example, who play their home games in Thomond Park, which this autumn will welcome the likes of Ulster, Gloucester and Glasgow.

Limerick Racecourse hosts its biggest meeting outside of the Christmas Festival on October 14, when the prestigious Munster National is the highlight on the track. And if you're here over Christmas, a four-day festival commences from St Stephen's Day.

Staying with galloping animals, one of the most fun nights out you can have is at the greyhound track. Beginners can enjoy the high-octane thrill of the racing along with meals to suit all budgets. Aficionados, meanwhile, can see the best dogs in the land battle for the final classic of the season, the St Leger, every Saturday between October 7 and November 4.

If you're into your own sporting thrills, Limerick boasts the finest mountain bike trails in the country. Set in the Ballyhouras, the 98km of trails have something for cyclists of all levels of experience. Hire your bike in the lovely village of Ardpatrick.

But it's not all about sport; Limerick's

reputation as a city rich in culture has become more widespread in recent years.

One of the jewels in the crown is the Hunt Museum, Rutland Street, featuring one of the most charming and eclectic collections of art and artefacts in the country. Limerick Printmakers and Limerick City Gallery of Art are also worth a visit for art lovers. Limerick is rich in history too, of course, and King John's Castle is a superbly restored medieval stronghold, with modernised, interactive exhibits. Also, check out the Limerick City Museum on Henry Street.

No visit to Limerick is complete without a Saturday morning visit to the Milk Market in the corner of the city centre. Set in an old stone courtyard and weatherproofed with a giant canopy, the Milk Market is the place to be from 8am on Saturday to the early afternoon. Experience a dizzying array of food stalls, from fresh fish and meat to fruit and veg, delicious hot food offerings, cheese, breads and cakes all in a fabulous buzzing atmosphere. There is also a number of excellent permanent shops ringed around the courtyard for you to explore.

In days gone by, Limerick was famous the world over for its pork products - Queen Victoria, apparently, would countenance no

other ham. Tying our culture and food history together this autumn is the Pigtown Series which commenced in September and runs throughout the month with talks, tastings, theatre, demos, a family parade and more. See pigtown.ie. So, what are you waiting for?

Experience a dizzying array of food stalls, from fresh fish and meat to fruit and veg, delicious hot food offerings, cheese, breads and cakes all in a fabulous buzzing atmosphere

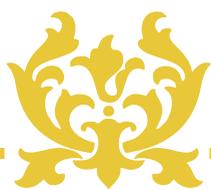


The family parade is a highlight of the Pigtown series



Great food in an even better atmosphere at the Milk Market

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Enjoy a break in DONEGAL

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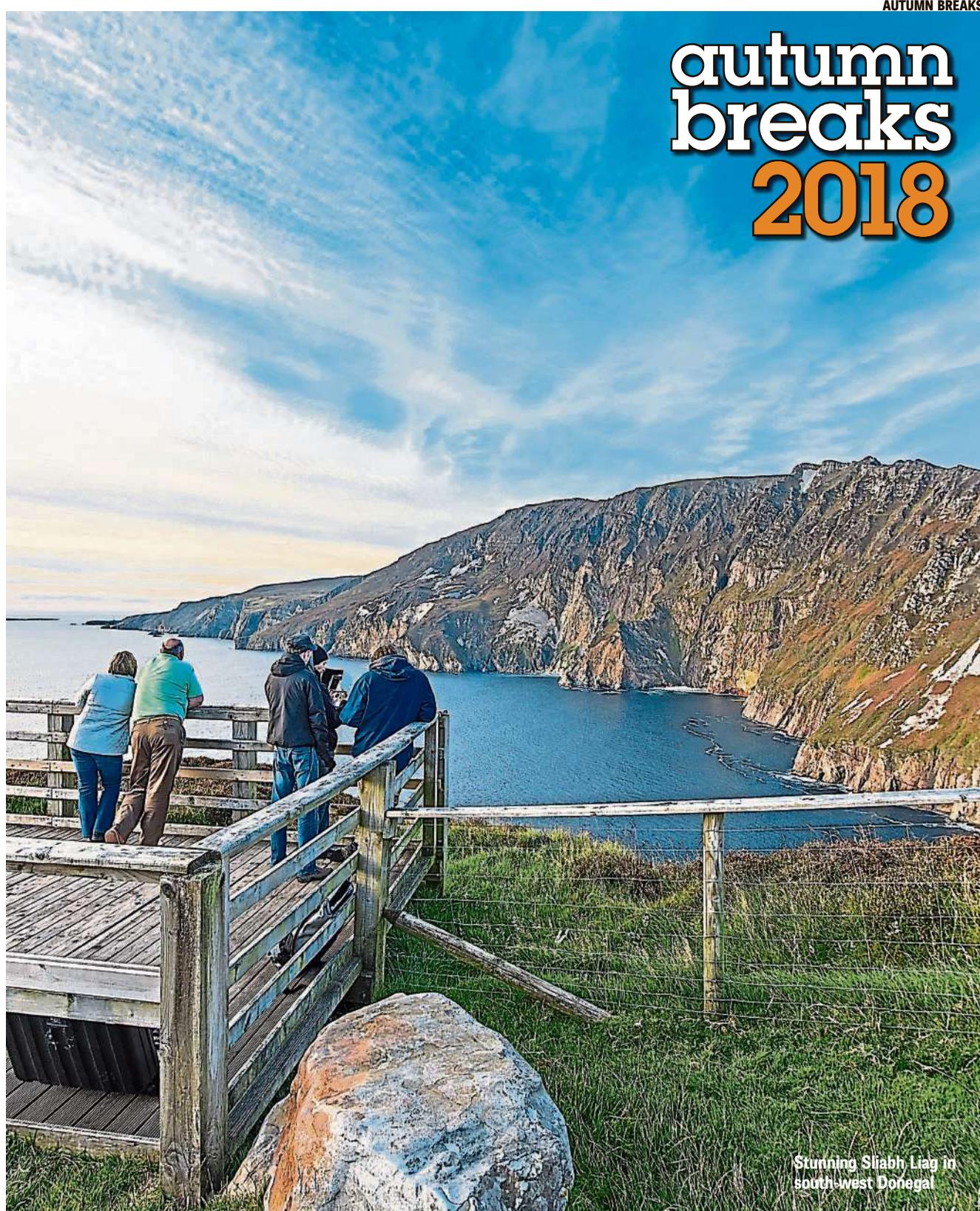
Samba time in Ballyshannon at the annual October Carnival



Killybegs - Ireland's biggest fishing port, well worth a visit



Glenveagh National Park - one of Donegal's iconic attractions



Stunning Sliabh Liag in south-west Donegal

A voyage of discovery, a treasure to behold

Donegal - for many years perhaps Ireland's greatest undiscovered treasure. It's the county that has played second fiddle to the likes of Kerry, Galway and Cork, with that invisible line between Dublin and Galway rarely being crossed.

Then along came the prestigious National Geographic magazine, along with Vogue and Cosmopolitan, agreeing that the county was the "coolest place on the planet" — and everything changed. Add the innovative marketing of the Wild Atlantic Way and Donegal has now evolved into one of the most sought after destinations in the country, not only on the domestic front but also on an international basis.

Indeed we have no shortage of great

ambassadors singing our praises - Daniel, Clannad, Moya Brennan, Enya along with some iconic sportsmen like Seamie Coleman, Packie Bonner, Donegal Person of the Year, Shay Given united in their love and willingness to promote our home county.

The Wild Atlantic Way has turned the spotlight on some of our iconic must-visit attractions, such as the towering cliffs of Sliabh Liag, the majestic Glenveagh National Park, the rugged beauty of Malin Head where parts of the latest Star Wars movie were filmed.

These are all well documented in the various tourism brochures but there are just so many hidden pearls in our tourism treasure chest just waiting to be discovered.

Up here we are a little different. We keep things quiet and let things mature

slowly, with the result that the discoveries are totally spectacular.

Take that quiet road along the rugged cliff edge overlooking Muckross, where Sarah Jessica Parker likes to spend time, or the incredible beautiful beaches around Carrickfinn adjacent to Donegal Airport, which has been deemed the most beautiful landing point in the world.

Sample the stark and rugged scenery around Horn Head in Dunfanaghy, a trip back in time around Glencolmcille and Port or even go "abroad" to our islands - Gola, Arranmore and Tory where the Irish language is still the spoken word and the clocks are often turned back in time. There is just so much to do and discover - if you visit Donegal you will be on a voyage of discovery. It is simply a treasure to behold.

TOP 10 THINGS TO DO

- 1: Book a few days away in south Donegal for the Donegal Bay and Bluestacks Festival which runs from September 27 to October 7
- 2: Discover some of the most historic sites like the Grianan of Aileach, Donegal Castle, Doon Well near Termon, Beltany Stone Circle in Raphoe
- 3: Enjoy the great outdoors, climb up the majestic Errigal mountain, kayak along Gartan lake and don't miss Glenveagh National Heritage Park
- 4: Get on the crest of a wave on the many superb surfing breaks in Bundoran, Rossnowlough, Marble Hill, Culdaff, Ballyliffin to name a few
- 5: Saddle up at an equestrian centre such as Donegal Equestrian Centre, Bundoran, Dunfanaghy Stables Ltd or Tullagh Bay in Clonmany
- 6: You watched the Irish Golf Open, so why not try the real thing at Ballyliffin GC or try Murvagh, Portnoo, Bundoran and many more
- 7: Around every corner you will find a pub where the art of conversation comes naturally - visit Leo's in Meenaleck, the home of Clannad
- 8: The tradition of hand weaving and tweed is synonymous with Donegal - drop into Magee of Donegal or the many outlets around Ardara
- 9: Glencolmcille boasts one of the most stunning folk villages in the country; go back in time and learn so much about old customs and skills
- 10: Spend a while in Killybegs, Ireland's biggest fishing port and now home to some of the biggest cruise ships during summer and autumn months



Saddle up and marvel at the stunning landscape - Errigal in the background here PICTURE: CLIVE WASSON

autumn breaks 2018

PLACES TO STAY

Harvey's Point Hotel: Lough Eske Donegal, Donegal Town

Waterfront Hotel: Dungloe, Co. Donegal

Clanree Hotel: Letterkenny, Co. Donegal

The Sandhouse Hotel: Rossnowlough, Co. Donegal

Lough Eske Castle: Lough Eske, Donegal Town

The Central Hotel: The Diamond, Donegal Town

Catlegrove House Hotel: Letterkenny, Co. Donegal

Allingham Arms Hotel: West End, Bundoran, Co. Donegal

Arnold's Hotel, Dunfanaghy, Co. Donegal

Abbey Hotel: The Diamond, Donegal Town, Co. Donegal

Rosapenna Hotel: Downings, Co. Donegal

Station House Hotel: Lower Main Street, Letterkenny

Nesbitt Arms Hotel: The Diamond, Ardara, Co. Donegal

Highland Hotel: Main Street, Glenties, Co. Donegal

Redcastle Hotel and Country Club: Redcastle, Co. Donegal

Ballyliffin Lodge Hotel: Ballyliffin, Co. Donegal

Villa Rose Hotel: Main Street, Ballybofey, Co. Donegal

An Cúirt Hotel: Gaoth Dobhair, Co. Donegal

Wealth of great activities, from sea to summit

In recent years Donegal has become a strong feature on many's a bucket list, not just at home, but in far off fields where the warmth of the people is often regarded as our most valuable asset. Time after time visitors remark on the warmth of the welcome, the lyrical tongue, the sparkle in the eyes and sheer friendliness.

When choosing a holiday destination people really try to define just what is different about their choice. In Donegal we like to think that we have such a diverse product - hundreds of miles of unspoilt coastline, mountains, lakes, rivers and streams and as the song says, "hearts as big as mountains".

Many have described parts of Donegal as "a land that time forgot", when they talk about Tory, Owey Island, Port, Malinbeg and other locations. There are also destinations where they will find no shortage of great activities, small intimate pubs and restaurants with a great choice of accommodation options.

Take in some of the best scenery in Ireland as you travel along Slieve Liag heading on to the Silver Strand and Malinbeg, stopping for a while in the Glencolmcille Folk

Village. A short drive will take you over to Ardara and the stunning Maghera beach and caves which are located on one of west Donegal's most remote peninsulas.

Errigal mountain, the tallest peak in Donegal, towers over the other Derryveagh mountains at an impressive 2,464 ft. and offers great climbing

opportunities. If you've ever driven around Donegal, the chances are you'll have marvelled at Errigal's dramatic quartzite peak from afar, as it's visible from many places across the county.

Horn Head, close to the town of Dunfanaghy, is a must. You can throw on the walking boots and head off on a walk along the cliffs or drive the Horn Head loop.

You will see Fanad Head Lighthouse dominate many guides naming the best things to do in Donegal - it's a special place.

The drive to and from Fanad Lighthouse is worth the trip alone, as you pass through the beautifully quaint countryside that leads to it. The craggy land and seascapes that encompass Donegal are out of this world.

Sit up on an old stone wall and switch off for a while. Soak up the sounds of the ocean and bask in the beauty of one of Ireland's most spectacular corners. Catch a wave along one of Donegal's deserted beaches or saddle up and discover many of the wooded glens and glistening mountain streams.

Along the way you will find no shortage of restaurants where food just flows from the sea to the plate, from the farm to the fork.

From castles to cottages, homely guest houses to glamping, there is no shortage of quality and affordable accommodation.

We have always been proud of our culture and traditions and no visit is complete without a trip to the Gaeltacht of west Donegal. Immerse yourself in the sounds and traditions, and undiscovered charm of a unique people.

An experience, once discovered, that's never forgotten.

Bígi linn.

Sit up on an old stone wall and switch off for a while. Soak up the sounds of the Wild Atlantic ocean and bask in the beauty of one of Ireland's most spectacular corners



Dozens of beautiful beaches like Muckcross near Kilcar



And if you want to party - there are festivals galore - the Bluestacks, The Johnny Doherty and the Allingham Festivals all coming up this autumn

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The Waterfront Hotel on the Wild Atlantic Way has something for everyone with a range of overnight packages including golf, walking, angling and family breaks.

The hotel is approximately 45 minutes drive from Letterkenny and 10 minutes from Donegal Airport, voted one of the world's top 10 scenic landings and offering daily flights from Dublin and Glasgow.

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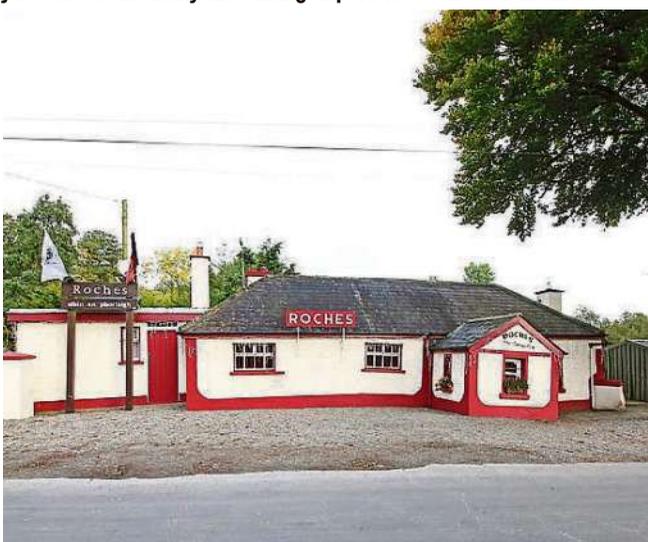
Enjoy a break in KILDARE



County Kildare has numerous very fine and internationally recognised golf courses including the K Club and Carton House



Nicola and Joseph Zammit of Sallins eatery Two Cooks, which is just one of the many fine dining experiences on offer in Kildare



The famous sinking pub Roche's in Donadea is a favourite



autumn
breaks
2018

Models Sarah Tansley, dressed as 'Elizabeth Taylor', and Roz Lipsett, as 'Marilyn Monroe', pictured at the opening of a jewellery exhibition at Newbridge Silverware's Museum of Style Icons. The Museum houses an intriguing range of Hollywood costumes and memorabilia

From history to horses, Kildare has everything

An acquaintance who recently moved to Kildare admitted she was surprised at how little she had known about the county, despite growing up not too far away. "It's just so full of things to do and see," she said. "Every time you turn a corner or drive down a little by-road there's something else, just waiting to be discovered.

On the face of it, the county retains its essential rural character while the larger towns of Maynooth, Leixlip, Celbridge, Naas, Newbridge, Kildare and Athy cater for a well-established commuter belt population with great hotels, restaurants and bars.

Almost 80% of all traffic travelling from Dublin to other parts of the country passes through Kildare, highlighting the ease of travel to the county, not to mention the very good

rail links, either on the Sallins/Newbridge/Kildare town line, or, in the north of the county, on the Confey/Maynooth/Kilcock line.

Whether you want stunning views, great restaurants, pubs full of character, shopping to meet all tastes, quiet forest walks, historical attractions, miles and miles of canal bank or river bank walks, golf courses with lush fairways stretching out as far as the eye can see, Kildare's got a lot to recommend it.

There's the eclectic and lively cosmopolitanism of Maynooth with its university population; the peace and tranquility of Donadea Forest Park or Killinthomas Woods near Rathangan; the simplicity of the Quaker Museum in Ballitore and the grandeur of Castletown House near Celbridge plus shopping in Whitewater in Newbridge or Kildare Village. Variety is the essence of the county.

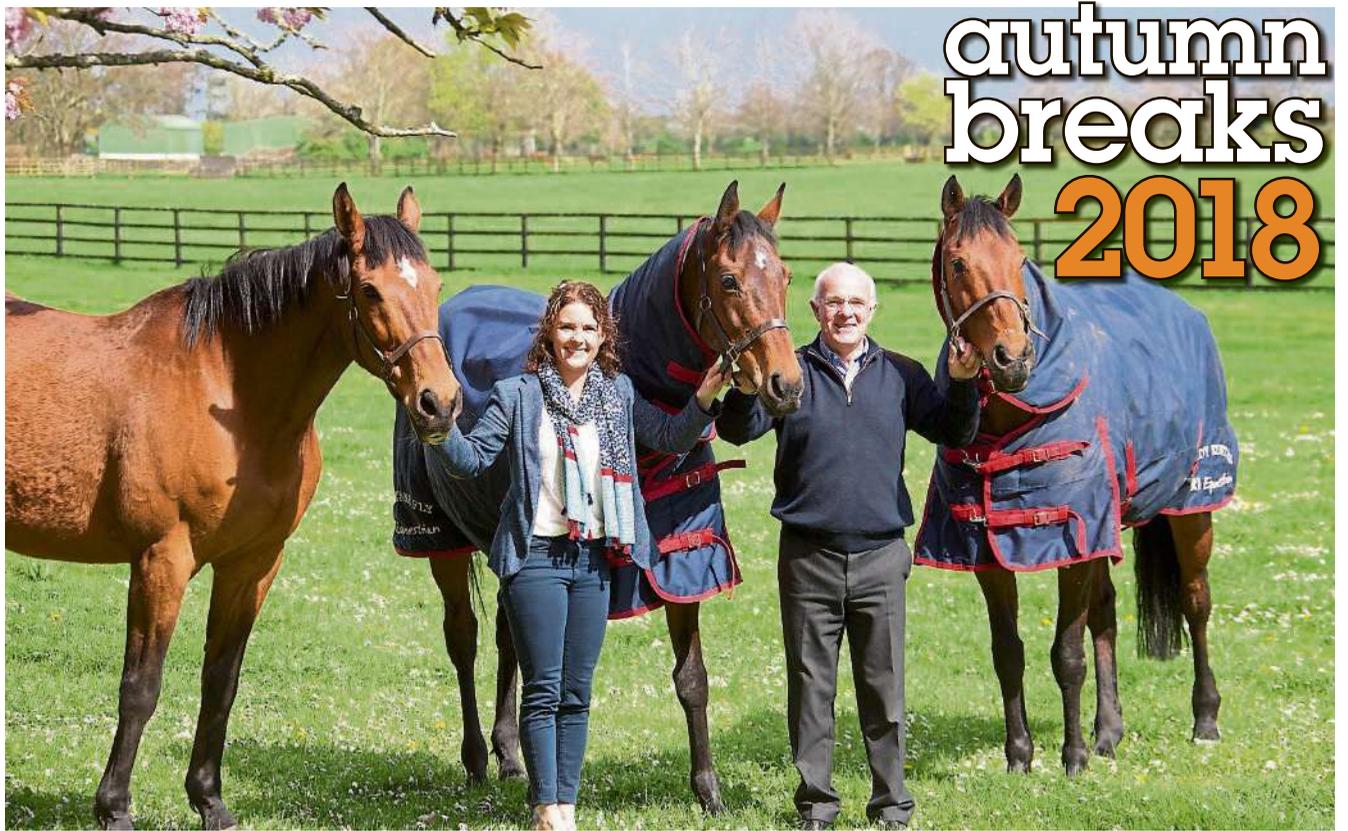
Horses form an integral part of Kildare's history, culture and tourism, with three of Ireland's best known race courses (Naas, Punchestown and the Curragh), plus the well-known Irish National Stud and Japanese Gardens outside Kildare town.

You can't move for the historical associations in Kildare — and arguably the character of much of the county is defined by same. The Grand and Royal Canals provide beautiful banks to walk or cycle along. Then there's the great houses, most notably Castletown, Carton, the Lyons Estate and the K Club.

Golf is a key leisure attraction, with world class courses at Carton House and the K Club. And yet, for many, Kildare presents itself to them through the joy of discovering such hidden delights as Roche's Sinking Pub near Donadea, or a memorial to Richard Nixon's ancestors in Timahoe.

TOP 10 THINGS TO DO

- 1: A round of golf at the K Club; if it was good enough for the Ryder Cup in 2006, it's good enough for any of us!
- 2: Eat at the award-winning Ballymore Inn; one of Kildare's many fantastic restaurants
- 3: Cycle the Royal Canal. There is a paved pathway from Maynooth to Kilcock, perfect for some easy exercise
- 4: Go for a walk in either Donadea Forest Park, or Killinthomas; both are suited to families and dogwalkers
- 5: Visit the Bog of Allen nature centre in Lullymore to learn the fascinating history and science of our bogs
- 6: Pay your respects to Arthur Guinness, the founder of Guinness, at Oughterard Cemetary near Ardclough.
- 7: See craftsmanship in action at the Newbridge Silverware Factory tour — and the Hollywood glamour of its Museum of Style Icons, currently hosting a Kurt Cobain exhibition
- 8: Go fishing for eels in the Barrow at Athy, and once caught, fry them in butter — heaven on a plate!
- 9: Go racing in either Punchestown or Naas racecourse and enjoy the unique atmosphere of the Sport of Kings
- 10: Take a walk around the Maynooth University Campus, dating back to 1795 and look inside the Gunn Chapel.



Legends of racing, both two and four-legged: Katie Walsh, with her dad Ted, pictured with racing legends Kicking King, Hurricane Fly, and Hardy Eustace, at the National Stud. The popularity of the stud underlines Kildare's enduring equestrian links

PLACES TO STAY

Westgrove Hotel: Clane
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Glenroyal Hotel: Maynooth
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Clanard Court Hotel: Athy
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Kildare House Hotel: 045
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Carton House: 01 5052000/
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Osprey Hotel: 045 881111/
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Cliff at Lyons: 01
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Ashwell Cottage, Johnstown:
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info@ashwellcottage.com

Avondale, Naas: 045 876254/
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Ballindrum Farm, Athy: 059
8626294/
ballindrumfarm@eircom.net

Bray House, Athy: 059 8631052/
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Bridge B&B, Naas: 045 881891/
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Cloncarlin House, Monasterevin:
045 525722/
marie@cloncarlinhouse.com

Dollardstown House, Athy:
dollardstownhouse@gmail.com

Selection of the best that Kildare offers visitors

The following is just a small sample of the many and varied attractions Kildare has to offer. Full details are available on the intokildare.ie website, or check out leinsterleader.ie for news of upcoming events.

Kildare Farm Foods offers visitors a family-friendly open farm experience, where they can see a wide variety of farm animals in a natural and relaxed setting without being charged a penny.

Lullymore Heritage and Discovery Park is a day-visitor attraction located on a mineral island in the Bog of Allen in Rathangan, and consists of beautiful gardens woodland walks and historical exhibitions including the County Exhibition for the 1798 Rebellion.

An exciting programme of car and motorbike racing is held at Mondello every year. In addition there is a Racing Driving School where people can get instruction and tuition.

Newbridge Silverware was originally set up as a cutlery manufacturing company in 1934, but today offers a great day out for tourists at its Visitor Centre with the Museum of Style Icons and a Factory tour.

The Guinness Storehouse may be the home of the famous black stuff, but its birthplace and evolution lies in Dublin's neighbouring county of Kildare, where you can follow the Arthur's Way Heritage trail — a breathtakingly scenic 16km ramble or bike ride through the northeast of Kildare as you follow in the footsteps of the stout maker himself and take in some important historical landmarks along the way.

If cruising for just an hour or two on the Grand Canal sounds like your idea of fun, you'll love Bargetrip.ie. Travel through 250 years of history through locks, bridges and an aqueduct, through tales of great

engineers and merchants plying their trade.

Carton House Hotel and Golf Club is a premier golf resort and hotel with 165 bedrooms. The O'Meara Course, designed by two-time major winner Mark O'Meara, is a classic parkland experience. It hosted the 2005 Irish Amateur Championships.

Cruise gently along in a traditional-style barge through the breathtaking landscape that surrounds the Grand Canal and River Barrow in South Kildare with Barrowline Cruisers. Surrounded by nature, simply relax and enjoy a respite from the fast pace of modern life.

Burtown House and Gardens near Athy is an early Georgian villa surrounded by lush flower, vegetable and woodland gardens, beautiful park and farmland walks. The Gallery Cafe is open every Thursday to Sunday, serving lunches based on fresh seasonal produce from the organic kitchen garden.

The Bog of Allen Nature Centre provides a unique focus in educational terms about Irish Peatland Heritage and all aspects of its history folklore nature and wildlife. The visitor centre has a wide range of themes on the environment.

Castletown House was built between 1722 and 1729 for William Conolly, speaker of the Irish House of Commons. The Courtyard Cafe is fittingly located in the Kitchen Wing and Courtyard of Castletown and is open daily from March to October.

Clonfert Pet Farm offers guided tours and hands-on farming fun in a historic location — the original Pale boundary.

Coolcarrigan Gardens is a 15 acre garden full of interesting and unusual trees and shrubs, greenhouses, herbaceous borders and rockeries, with two lakes with swans and ducks. There is something of interest at all times of the year.



Kildare Village is preparing to expand for the second time, a testament to its enduring popularity among locals and visitors



The sculpture of Ernest Shackleton in Emily Square, Athy. The famed explorer was born in nearby Kilkea

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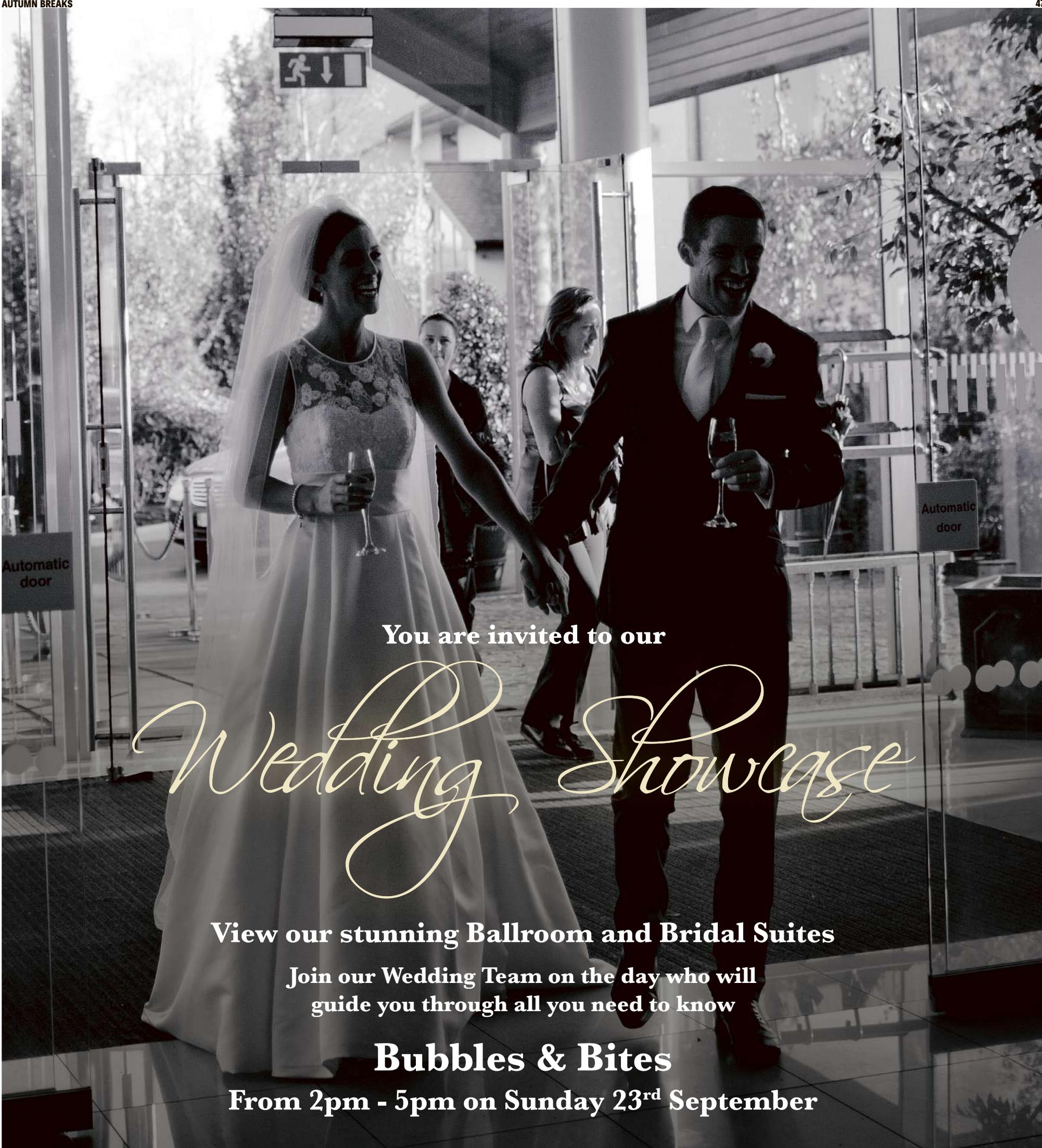
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Brendan Martin: "I got my hearing aids last year & I'm living in a new world since. Blackberry Hearing are undoubtedly the best around for quality, price (60% less than others), free batteries for 4 years & aftercare attention. You'd want to be mad to go anywhere else".

Pat Mc Neely "I have to say blackberry hearing has changed my life, TV at home is down by over 50%, I can now talk to and hear my friends when I go for a pint but the biggest benefit is when I go into a class of up to 40 teenagers I can actually hear them and answer their questions. Thank you Blackberry Hearing"

Tom Prendergast "I got my hearing aids in blackberry hearing last Tuesday ! My tinnitus is gone! I can hardly believe it! Thank you so much blackberry hearing"

Antoinette Toomey: "To say I'm happy with the hearing aids is an understatement, they have changed the everyday quality of my life. I suffer with tinnitus and for me it has helped this condition. I'm now hearing what people are saying to me and not guessing what they are saying. The after care is excellent.. The price also makes them accessible to more people."

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