

EXPLORE WEST LIMERICK



VISITOR GUIDE

CASTLES | HERITAGE | GOLFING | FISHING | WALKING | AND MORE... [VISITWESTLIMERICK.COM](https://www.visitwestlimerick.com)

NEED MORE INFORMATION?

Why not visit a Tourist Office or Visitor Information Point at:

LIMERICK TOURIST OFFICE,
ARTHUR'S QUAY,
LIMERICK CITY

ADARE HERITAGE CENTRE,
MAIN STREET,
ADARE

ASKEATON CIVIC TRUST HOUSE,
EAST SQUARE,
ASKEATON

FOYNES FLYING BOAT
& MARITIME MUSEUM,
FOYNES

West Limerick boasts a wide range of locally owned quality accommodation including B&Bs, self-catering properties, Adare Caravan Park and hotels.

SEE WWW.VISITWESTLIMERICK.COM
FOR MORE DETAILS.



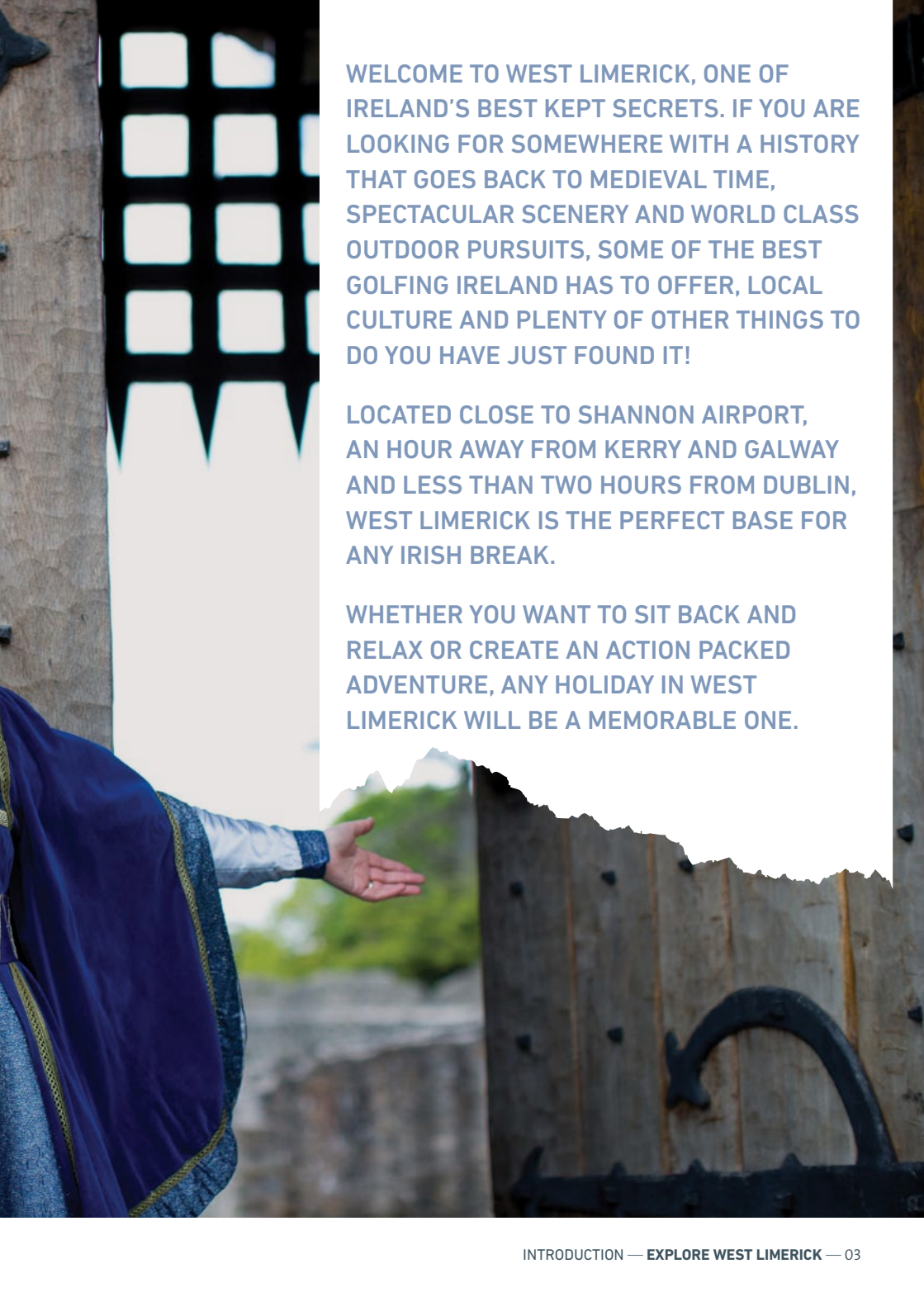
Anthony Sheehy, Tour Guide, Askeaton

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A WONDERFUL WELCOME AWAITS

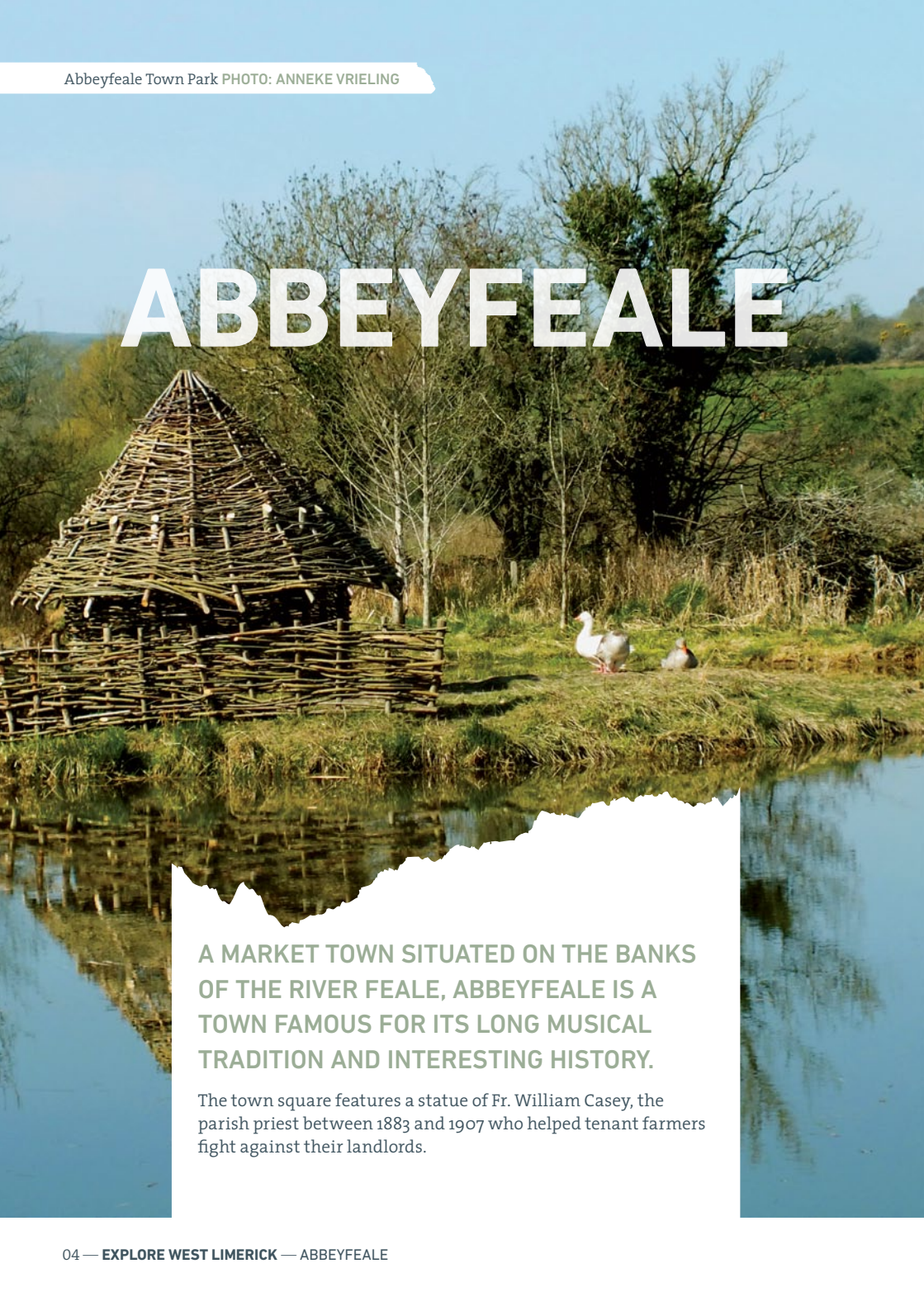


WELCOME TO WEST LIMERICK, ONE OF IRELAND'S BEST KEPT SECRETS. IF YOU ARE LOOKING FOR SOMEWHERE WITH A HISTORY THAT GOES BACK TO MEDIEVAL TIME, SPECTACULAR SCENERY AND WORLD CLASS OUTDOOR PURSUITS, SOME OF THE BEST GOLFING IRELAND HAS TO OFFER, LOCAL CULTURE AND PLENTY OF OTHER THINGS TO DO YOU HAVE JUST FOUND IT!

LOCATED CLOSE TO SHANNON AIRPORT, AN HOUR AWAY FROM KERRY AND GALWAY AND LESS THAN TWO HOURS FROM DUBLIN, WEST LIMERICK IS THE PERFECT BASE FOR ANY IRISH BREAK.

WHETHER YOU WANT TO SIT BACK AND RELAX OR CREATE AN ACTION PACKED ADVENTURE, ANY HOLIDAY IN WEST LIMERICK WILL BE A MEMORABLE ONE.

ABBEYFEALE



A MARKET TOWN SITUATED ON THE BANKS OF THE RIVER FEALE, ABBEYFEALE IS A TOWN FAMOUS FOR ITS LONG MUSICAL TRADITION AND INTERESTING HISTORY.

The town square features a statue of Fr. William Casey, the parish priest between 1883 and 1907 who helped tenant farmers fight against their landlords.

ABBEYFEALE TOWN PARK

Abbeyfeale Town Park can be found on the banks of the River Feale. The 30-acre park is full of interesting wildlife, flora and fauna and is the perfect spot for walking along the river and taking in the views of the surrounding countryside. There is also a playground and an all-weather mini-pitch. Open daily.

FITZGERALDS EQUESTRIAN CENTRE

This Abbeyfeale based equestrian centre has a two-kilometre trek which riders can walk, trot and canter along while taking in the beautiful views. More experienced riders can make the most of a challenging cross-country course complete with ditches, banks and straight jumps. They also offer beach treks.

WWW.FITZGERALDSFARMHOUSE.COM

FANCY A STROLL?

The Great Southern Trail passes Abbeyfeale (in the town centre turn right from the N21 onto the R524 Athea Road. You can access the trail at the old Station which is about 1km down the road) or why not take a walk in Abbeyfeale Town Park located on the banks of the River Feale and which has lovely views of the surrounding countryside.

FLEADH BY THE FEALE

Each May bank holiday weekend the streets of Abbeyfeale come alive with the sound of music, storytelling, song and dance. The Fleadh by the Feale Traditional Music Festival has become a much anticipated annual event which attracts performers and visitors from all corners of the globe. The highlight of the weekend is the All-Ireland Bone Playing Competition which is held on the bank holiday Monday evening on the open air stage in Abbeyfeale's town square. The festival also includes a traditional music pub trail.

Abbeyfeale now has a new festival called Gather by the Feale which is held every July.

WWW.FLEADHBYTHEFEALE.COM



Statue of Fr. William Casey



Abbeyfeale

GLORIOUS GARDENS

West Limerick has an abundance of beautiful gardens many of which can be found close to the shore of the Shannon Estuary. Here's a selection of the best...

SPIRITUAL GARDEN OF REMEMBRANCE AT ST. MARY'S ROMAN CATHOLIC CHURCH, ASKEATON

Secreted away behind St. Mary's Roman Catholic Church, Askeaton is the Spiritual Garden of Remembrance. Dedicated to all children who died in infancy or before birth, this hidden garden is both enjoyable and enriching. It is created around a central seven-circuit labyrinth which visitors can walk and contains trees, herbs, flowers, shrubs and a beautiful water feature with its own bridge. To access the garden, walk around the right hand side of the church towards the back and enter via the gate.



Spiritual Garden of Remembrance



KNOCKPATRICK GARDENS

Located at the home of the hugely talented husband and wife, Helen and Tim O'Brien, Knockpatrick Gardens are a haven for enthusiasts and contain a variety of colour through the collections of rhododendrons, camellias, azaleas, bamboos, primulas, poppies and many varieties of tree ferns and grasses.

The award winning three acre garden is divided into different levels with pools and water features. Roses, clematis, perennials, an arboretum and a large collection of hydrangeas offer interest, as do the many large mature trees. Helen and Tim are renowned for their hospitality, which often includes a cup of tea and slice of cake! Located just off the N69, 1.6km on the Limerick side of Foynes.

WWW.MYINFO.IE/KNOCKPATRICK-GARDENS

BOYCE GARDENS

One-acre prize winning gardens situated off the N69 overlooking the Shannon Estuary which have been developed over a period of 20 years by the Boyce family. Designed for year round colour, the gardens are divided into a number of informal rooms which provide a microclimate for the many colourful and tender plants that grow here. The gardens contain rockeries, herbaceous borders, a sunken garden, water garden with fountain, a meditation garden, roses, vegetables, geraniums, fuchsias and cacti as well as driftwood sculptures. Many of the garden plants are sourced from the southern hemisphere giving visitors a unique opportunity to see these plants on Irish Soil. Garden classes and space to paint are also available.

Located at Mountrenchard, west of Foynes. Look out for the signposts on the N69. Open seven days a week, May to October, 10.00am to 6.00pm.

WWW.BOYCESGARDENS.COM



ADARE

ADARE – OR ÁTH DARA (THE FORD OF THE OAK) - GOT ITS NAME FROM THE OAK TREES BESIDE THE RIVER MAIGUE ON WHOSE BANKS ADARE IS BUILT. IT IS IRELAND'S PRETTIEST VILLAGE WITH A HISTORY STRETCHING BACK TO THE TIME OF THE NORMAN CONQUEST.

Its attractions include Desmond Castle, one of the best preserved Norman castles in the country, three ancient monasteries and the picture-perfect rows of thatched cottages built by the 19th Century English landlord, the Earl of Dunraven, for workers constructing Adare Manor. It is also a great stop for browsing the shops or having a bite to eat in one of the village's many excellent restaurants.



ADARE HERITAGE CENTRE

Located right in the centre of the village, Adare Heritage Centre is the first port of call for most visitors. With a free car park to the rear, the Centre also has a historical exhibition, a tourist information office and a number of shops selling a wide range of crafts, textiles, knitwear and other souvenirs. They also run guided tours of Desmond Castle. The Centre's Dovecote Restaurant is not only a useful coffee or lunch stop, but it also doubles up as an art gallery featuring a different local artist every month. And, if you are lucky enough to be there in the summer, make sure you treat yourself to a scoop or two of locally made Adare Ice Cream sold from the cart beside the front entrance. Open seven days a week.

WWW.ADAREHERITAGECENTRE.IE

CURRAN'S HERALDRY AT ADARE HERITAGE CENTRE

If you are curious about what your family coat of arms looks like or would like to find out more about the history of your surname, look no further than Curran's Heraldry. The company dates back to the 1800s when Daniel Curran, a predecessor of the present owner, began to collect manuscripts on coats of arms and ancient tomes depicting thousands of family crests, armorial bearings, heraldic achievements and all kinds of heritage memorabilia on Irish, English, Scottish, Welsh and European surnames. Today, they have a database of more than 200,000 surnames. Why not see if yours is one of them?

WWW.CURRANSHERALDRY.COM

DESMOND CASTLE

If you are entering Adare from the Limerick City, one of the first things you will see is the imposing Desmond Castle which has been overlooking the River Maigue since the 13th century. It is one of the few remaining Norman castles in Europe and was built by the rulers of the area – the O'Donovans – before coming into the possession of the Fitzgerald clan, who most likely built the structure still there today, before the Desmond family took over. Adare Heritage Centre operates tours daily from the beginning of June to the end of September. Visit the website for tour times and charges or call into Adare Heritage Centre, located in the centre of Adare village.

WWW.ADAREHERITAGECENTRE.IE

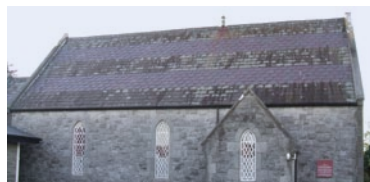
Augustinian Friary



Franciscan Friary



Trinitarian Abbey



Adare Methodist Church

AUGUSTINIAN FRIARY

Dating back to the 14th century, the Augustinian Friary used to be known as the 'Black Abbey' as the friars wore a black habit. Today it is the local Church of Ireland parish church, St. Nicholas. St Nicholas National School (the Church of Ireland primary school) was situated in the former abbey's refectory prior to a new school being built.

The friary has an interesting past. The first Earl of Kildare, John Fitzthomas Fitzgerald, invited the friars to Adare and founded the building around 1315. The friars lived and worshipped in peace under the reign of Henry VIII and his policy of suppressing Irish monasteries. Before the end of the 16th century, the Augustinians had fled to Limerick City and the building lay derelict.

Repaired and renovated, it became St. Nicholas Church of Ireland in 1807 and is still in use today. The church has several monuments to the Dunraven family, who carried out a lot of restoration work in the 19th century. Caroline, the dowager Countess of Dunraven, was responsible for most of the stained glass windows. Indeed, she was the driving force behind the development of Adare village. The ruins of the original St. Nicholas Church of Ireland can be found beside the graveyard at Adare Manor Golf Club.

TRINITARIAN ABBEY

The Catholic Holy Trinity Church is located on the site of what was once the Trinitarian Abbey. Founded in c.1230, the church underwent significant restoration in the 19th century. The abbey is the only monastery of the Trinitarian Order in Ireland and their purpose was to rescue hostages taken in the Holy Lands during the Crusades. All their northern European monasteries were set up to recruit monks and raise ransom money, as well as serving as a hospital for rescued captives. The monastery was called the 'White Monastery' because of the colour of the order's habits; after its suppression during the Reformation it descended into ruin. The remains of the tower, nave and part of the choir of the church were incorporated into the present day structure when the Earl of Dunraven rebuilt it in 1811. In 1852, the third Earl of Dunraven made further improvements like lengthening the nave and adding a porch and new chapel. The chapel contains some beautiful and precious ornaments which include a bronze screen designed by Pugin separating the Lady Chapel from the Sanctuary and which was a gift from the fourth Earl of Dunraven in 1884.

WWW.ADAREPARISH.IE



Thatched Cottages

FRANCISCAN FRIARY

Thomas, Earl of Kildare, and his wife founded the friary in 1464, the ruins of which are located within the grounds of Adare Manor Golf Club. It was consecrated two years later and was dedicated to St Michael the Archangel. It is sometimes called the 'Poor Monastery', due to the fact that the friars were from the order of the 'Minors of the Stricter Observance' and depended on the kindness of others. The friars faced many challenges. The friary was briefly suppressed in 1539 and those who returned in 1573 were expelled again eight years later. Visitors should first go to the Clubhouse before going on to the course to make sure that the green is clear of golfers!

ADARE METHODIST CHURCH

Adare Methodist Church and its sister congregation in nearby Ballingrane together make up the Adare & Ballingrane Methodist Circuit which is one of the most historic circuits in Ireland. Before a Methodist Church was ever built in Adare, founder of the Methodist Church Rev. John Wesley visited the area on ten occasions between 1756 and 1778, preaching under an ash tree near the ruin of the Franciscan Abbey on at least one occasion and a stone now marks the place. The first Methodist Church in the village was built in c.1797 on a site which is now part of Adare

Manor Golf Course. In 1870, the third Earl of Dunraven wanted to enlarge and enclose his estate. He offered the congregation the site on which the church still stands today. The fourth Lord Dunraven laid the foundation stone and the new church opened in the late summer of 1873. The porch was a later addition and the Hall was added in 1970. The silver trowel which was presented to Lord Dunraven when he laid the foundation stone as well as the bible which was presented to the Countess of Dunraven by the Building Committee of Adare Wesleyan Chapel are both on display in the exhibition at Adare Heritage Centre.

LEISURELY WALK

If you are in the mood for a stroll, why not take a walk along the banks of the River Maigue on the accessible easy pavement walk which starts beside St. Nicholas Church? There are plenty of benches and lots of lovely views along the way.

ADARE FARMERS MARKET

From 9am to 2pm every Saturday, Adare's village hall is transformed into a farmers market full of locally produced fresh fruit, vegetables and baked goods.



Afternoon Tea at Adare Manor

INDULGE IN THE REGION'S FINEST AFTERNOON TEA

Afternoon tea is an institution at Adare Manor, the ancestral home of the Earls of Dunraven. Served in the Manor's spectacular Drawing Room between 2.00pm and 5.00pm every day, even the little ones are catered for with their own special Children's Afternoon Tea menu.

Grown-ups have the choice of the traditional Drawing Room Afternoon Tea which is a tempting array of savoury bakes, sandwiches and wraps followed by home-baked sweet treats and a choice of freshly brewed tea or coffee, or the Vegetarian Afternoon Tea which is a delectable mix of meat-free delights. The little ones have their own menu which includes Nutella and banana sandwiches, cookies and fresh-fruit skewers amongst other things, accompanied by hot chocolate and marshmallows. Yum!

WWW.ADAREMANOR.COM



Hunting Tradition

WEST LIMERICK'S LONG HUNTING TRADITION

Founded in 1911, the Stonehall Harriers still hunt on Fridays between October and March. The Stonehall Harriers is a farmers' pack in which members of the gentry and working class shared their love of hunting, and today the pack consists of foxhounds, not harriers. Among the many people who have taken part are former U.S. Ambassador to Ireland, Margaret and John Heckler who declared *"That Friday hunt of yours is the icing on the cake – it really makes the week's hunting. All your field is like the Master, gracious, charming, helpful and full of fun."*

A DAY AT THE RACES

The first recorded race took place at Limerick Racecourse in 1790! Today's course, set on 250 acres, combines the elements of a rich history of horseracing with top-class modern facilities. Whether you are a seasoned race-goer, or just curious, there are race meetings throughout the year to suit everyone's taste, from flat to national hunt and even twilight racing complete with live music and entertainment.

WWW.LIMERICKRACES.IE



Limerick Races

TOTAL RELAXATION


Five-star award winning TLC is on offer at the Fitzgeralds Woodland House Hotel's Revas Spa. As well as a comprehensive menu of spa treatments, Revas Spa also boasts a thermal spa, Turkish Rasul Mud Chamber, outdoor relaxation area and 16-person rock pool. Bliss!

WWW.WOODLANDS-HOTEL.IE/SPA-BREAKS-IRELAND-DAY-SPAS-IN-LIMERICK.HTML



Revas Spa

WORLD-CLASS GOLFING



WEST LIMERICK HAS PLENTY TO BOAST ABOUT WHEN IT COMES TO GOLF! FOLLOW IN THE FOOTSTEPS OF GENERATIONS OF GOLFING GREATS AND PLAY THE COURSE AT ADARE MANOR, HOME TO THE 2007 AND 2008 IRISH OPENS OR TEE OFF ON THE PICTURESQUE NEWCASTLE WEST GOLF COURSE. FOR A MORE INFORMAL ROUND, ADARE PITCH & PUTT OFFERS 18 HOLES OF FAMILY FRIENDLY FUN.



Adare Manor Hotel Golf Course

THE GOLF COURSE AT ADARE MANOR HOTEL & GOLF RESORT

The internationally acclaimed course at Adare Manor is the last major golf course designed by the legendary Robert Trent Jones, Senior. An 18-hole Championship Course, it is set on 230 acres of lush countryside amid the beautiful Manor demesne with the River Maigue meandering through it and a picturesque 14-acre lake anchors the front nine holes. And, if you're up for a challenge, you could try to beat the course record of 64 shot by Lee Westwood during the 2008 Irish Open!

WWW.ADAREMANOR.COM

ADARE MANOR GOLF COURSE

This 18-hole parkland golf course has almost as many historical features as it has challenging fairways! The wonderful medieval Desmond Castle is a magnificent backdrop to the 1st and 15th greens, while the ruins of the Franciscan Abbey dominate the centre of the course. There is a graveyard at the 13th hole and at the 14th green a stone commemorates the spot where the Rev. John Wesley, founder of the Methodist Church, preached when he visited Adare between 1756 and 1778.

WWW.ADAREMANORGOLFCLUB.COM



Newcastle West Golf Club House

NEWCASTLE WEST GOLF CLUB

Open all year round, Newcastle West Golf Club's free-draining soil and USGA specification greens make for top quality playing conditions and is popular with societies and Irish and international golf tours. With strategic bunkering, water hazards, many groves of trees as well as well-designed risk and reward holes, this course offers something for every golfer. Other facilities include a driving range pro-shop, chipping green and two practice putting greens.

WWW.NEWCASTLEWESTGOLF.COM

ADARE PITCH & PUTT

A short walk from Adare village centre, this 18-hole Pitch & Putt course is a popular favourite with visitors and locals alike. This family friendly course is suitable for first-timers right through to seasoned golfers looking for an enjoyable short game. Club hire is available and balls and score sheets are provided. Open from St. Patrick's Day weekend unto the end of October.

WWW.ADAREPITCHANDPUTT.COM

ASKEATON

THE ANCIENT TOWN OF ASKEATON IS A POPULAR STOP FOR HISTORY LOVERS AND BOASTS ONE OF THE MOST COMPLETE RUINS OF A MEDIEVAL ABBEY IN THE COUNTRY (THE FRANCISCAN FRIARY).

Other attractions include Desmond Castle which stands in the centre of the town on a rocky island on the River Deel, The Hell Fire Club (a gentleman's club dating back to the mid-1700s), the eighteenth century John Norris Russell flour mill/creamery, St. Mary's Roman Catholic Church which was built in 1851, the Knights Templar Tower which dates back to 1298 and St. Mary's Church of Ireland, built in 1840.

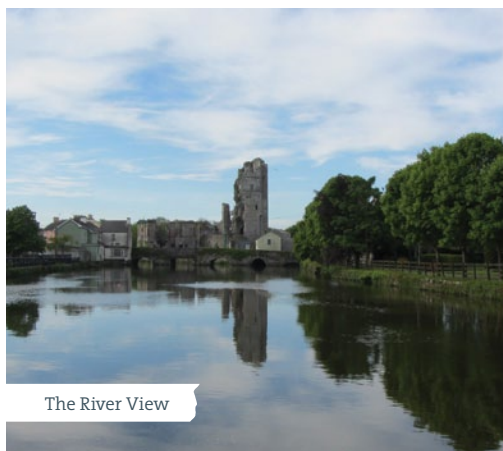


Askeaton Friary

LOCAL HISTORIAN ANTHONY SHEEHY HAS SPENT THE LAST 30 YEARS SHOWING VISITORS AROUND HIS HOME TOWN.

WHAT MAKES ASKEATON SO INTERESTING?

The past has left us with so many interesting buildings around the town, all with their own unique stories to tell. The River Deel, which is tidal, also adds to the beauty of the place especially as it gives us the wonderful views seen from the medieval bridge.



The River View

ARE THERE ANY HIDDEN GEMS OFF THE TOURIST TRAIL?

People generally come to see the Franciscan Friary thinking that is pretty much all there is to see in Askeaton. Only when they arrive do they realise that there is much more to the town than meets the eye. There are lots of hidden details which you can only find if you know where to look!

HOW MUCH TIME DO YOU NEED TO SEE THE MAIN POINTS OF INTEREST?

If you simply want to look and take photographs then you could see it all in an hour or so. If you're interested in learning about the history of the town and its buildings, then I would recommend a 2 hour walking tour.



Franciscan Friary Cloister

If you would like Anthony Sheehy to take you on a walking tour of Askeaton, T: +353 (0)86 085 0174 or E: anthonyssheehytourguide@gmail.com. Tours are free of charge, but donations towards the work of Askeaton Civic Trust are most welcome.

ANTHONY SHEEHY'S TOP FIVE THINGS TO SEE IN ASKEATON:

- 1 THE FRANCISCAN FRIARY
- 2 DESMOND CASTLE, BANQUETING HALL AND THE HELL FIRE CLUB
- 3 KNIGHTS TEMPLAR TOWER
- 4 THE FAMINE GRAVE
- 5 THE VIEW FROM THE MEDIEVAL BRIDGE WHEN THE TIDE IS IN

DID YOU KNOW

- The grandparents of US actor J Carroll Naish who starred in The Man from U.N.C.L.E., Bonanza and Charlie Chan are buried in the Chapter Room in the Franciscan Friary.
- The only public service point for motorhomes in Ireland is in Askeaton. It is located at the leisure centre and it's free-of-charge!

FANCY A DIP?

Askeaton Leisure Centre is the perfect place for a quick swim, sauna, or soak in a Jacuzzi. There is also a gym if you're feeling a little more energetic!

WWW.CORALLEISURE.IE/OUR-CLUBS/ASKEATON.HTML



Anthony Sheehy



The Famine Grave



Askeaton Motor Home Servicepoint



1

TOP FIVE THINGS TO DO WITH THE KIDS



2



3



4



5

- 1 Get close to nature at Stonehall Visitor Farm & Wildlife Park
WWW.STONEHALLVISITORFARM.IE
- 2 Cycle, walk or hike the Great Southern Trail
WWW.SOUTHERNTRAIL.NET
- 3 Saddle up at Clonshire Equestrian Centre
WWW.CLONSHIRE.COM
- 4 Learn about local aviation and maritime history at Foynes Flying Boat and Maritime Museum
WWW.FLYINGBOATMUSEUM.COM
- 5 Go karting at Kilcornan Karting
WWW.LIMERICKKARTING.COM

SWINGS AND ROUNDABOUTS!

There are playgrounds aplenty across West Limerick. You can find one in:

ABBEYFEALE, ADARE, ASKEATON,
BALLINGARRY, FOYNES, GLIN,
NEWCASTLE WEST, PALLASKENRY
AND RATHKEALE.



Paintballing

AWAY WITH THE FAIRIES!



Hidden away behind the Memorial Hall and the Giants Garden in the village of Athea is a unique trail which is home to ten fairies who each have their own fairy door and a purpose. At the end of the trail you will find a Fairy Post Box where you can post your own message to the fairies. There is also a worry-tree called 'Croga' which promises to take away any worries you might have if you place your hand on the plaque attached to it. The Fairy Trail is open to the public all year round and admission is free-of-charge.



GET THE ADRENALINE FLOWING

Big kids will love Combat Zone's 25-acre woodland paintballing experience located in Shanagolden. With a range of missions tailored to suit people of all ages, there are plenty of opportunities to beat your opponents while creeping, crawling, running, shouting, diving and ducking through each scenario and challenge.

WWW.COMBATZONEPAINTBALLING.IE



Katie Purser and her sister
Sophie spent a morning at
Stonehall Visitor Farm &
Wildlife Park

HAVING FUN AT STONEHALL VISITOR FARM & WILDLIFE PARK

Set across 45 acres in the heart of the West Limerick countryside, Stonehall Visitor Farm & Wildlife Park is a popular stop. A wide variety of animals and birds can be viewed on the farm trail which takes visitors through beautiful woodland and across fields. These include ostriches, emus, llamas, alpacas, a variety of owls and exotic birds, deer, ponies, chipmunks, pigs and sheep. The Farm also has plenty of outdoor and indoor picnic tables, a coffee shop and a play area with bouncy castle and go-karts.

LOCATION: Stonehall Visitor Farm & Wildlife Park is located in Curraghchase, Kilcornan, just off the N69 within easy reach of Limerick city, Adare, Foynes, Askeaton, Rathkeale and Newcastle West. Free car parking is available and all facilities are fully accessible.

OPENING TIMES: April, May, June and September. Sat-Sun, 12-6pm. July and August, open seven days a week. Mon-Sat, 11am – 6pm. Sun, 12-6pm. October-March by appointment.

ADMISSION: €8.00, family tickets (2 adults + up to 3 children) €35.00

WWW.STONEHALLVISITORFARM.IE

KATIE:

FAVOURITE ANIMAL:

Billy the Shetland Pony.

FAVOURITE THING TO DO:

The go-karts.

DID PADDY THE COCKATOO HAVE ANYTHING TO SAY TO YOU?

Yes, hello and
good-bye!

SOPHIE:

FAVOURITE BIRD:

The peacocks because they
are pretty colours.

FAVOURITE THING TO DO:

The go-karts.

DID YOU SEE ANYTHING YOU HADN'T SEEN BEFORE?

Baby Emus and
Wallabies. They were
so cute.

FOYNES

A VILLAGE AND PORT SITUATED ON THE SHANNON ESTUARY WHICH WAS ALSO ONE OF THE BIGGEST CIVILIAN AIRPORTS IN EUROPE DURING WORLD WAR II.

Foynes was the place from which the first transatlantic flights were operated by Pan Am, quickly followed by services to New York, Southampton, Montreal, Pool and Lisbon. The Shannon Estuary is a popular attraction as is the world-renowned Foynes Flying Boat and Maritime Museum with tells the story of Foynes' aviation history and that of the estuary.



The only Boeing B314 Flying Boat replica in the world



Foynes Flying Boat and Maritime Museum

FOYNES YACHT CLUB

If sailing is your thing, check out Foynes Yacht Club. Races take place every Wednesday evening during the summer months and on Sundays in September. The club's pontoon can accommodate eight visiting boats.

WWW.FOYNESYACHTCLUB.COM

FOYNES FLYING BOAT AND MARITIME MUSEUM

A visit to the internationally renowned Foynes Flying Boat and Maritime Museum is a must for any visitor to the region. It is the only aviation museum in Ireland and the only dedicated flying boat museum in the world!

Located in the original Foynes Airport terminal building, the story begins with a 1940s style cinema film which sets the scene before moving on to the exhibition which showcases the war years, BOAC and Pan Am memorabilia and uniforms from that era, as well as information on the museum's patron the Irish born actress Maureen O'Hara and the courageous pilots and passengers.

Visitors can board the only Boeing B314 Flying Boat replica in the world and step back in time in the museum's first 3D holographic exhibition which recreates the night that Chef Joe Sheridan invented the first Irish Coffee in Foynes for damp and miserable passengers! The Boeing B314 'Clipper' was a long-range flying boat produced in response to Pan American's request for a flying boat with unprecedented range capacity.

The museum then turns its attention to the history and personality of the River Shannon from Limerick City to Loop Head. The river is a huge feature in the history and mythology of Ireland and the museum features the charts and maps, geology, tides and weather of the river. The river pilots, dockers and the tragic story of the Colleen Bawn, the tale of transportation and emigration on the river as well as the export of uniforms to the American Confederates during the Civil War are all included, as is an amazing record of ships and boats used on the river, the story of the Windsor Castle Ghost Ship along with an audio visual display on life on the river of today and yesteryear. With so much to see and do, it isn't just a place for a rainy day!

WWW.FLYINGBOATMUSEUM.COM

TOP TEN FOODIE TREATS

- 1 Sample the original Irish Coffee as invented by Joe Sheridan at the Foynes Flying Boat and Maritime Museum.
WWW.FLYINGBOATMUSEUM.COM
- 2 Homemade fudge at The Old Creamery, Adare
WWW.OLDCREAMERYCO.COM
- 3 Adare Farm Ice-Cream made from fresh milk and cream from the Relihan's pedigree dairy herd. Available throughout West Limerick
WWW.ADAREFARM.IE
- 4 Free-range pork products straight from Caroline and Joe Rigney's Kilcornan Farm.
WWW.RIGNEYSFARM.COM
- 5 Sweet and savoury treats from Richard Fitzgerald's Loaf Organic Bakery. Available throughout West Limerick.
WWW.LOAF.IE
- 6 Brona Chocolates. 24 varieties handmade in Abbeyfeale by an ex-builder who named the company after his daughter!
WEBSITE COMING SOON
- 7 Award winning Cahill's Irish Farmhouse Cheese which has been made the traditional way by the family over four generations.
WWW.CAHILLSCHEESE.IE
- 8 Ballyhahill based Maura and Siobhan Kearney are famous all over West Limerick thanks to their mammy's soda bread, scones and apple tart recipes.
WWW.KEARNEYSHOMEBAKING.COM
- 9 Tasty award winning jams, marmalades, chutneys, ketchups, sauces, herb mixes, butters, mustards and pickles straight from Theresa Storey's farm in Derryclough, Ballingarry.
WWW.THEGREENAPRON.IE/WORDPRESS/
- 10 No full Irish breakfast is complete without Athea Black Pudding. There is an Athea White Pudding too.

A CAREFULLY CURATED DINING EXPERIENCE

If fine food and fine art is your thing, then don't miss the chance to dine at the award winning Mustard Seed restaurant located in the lovely village of Ballingarry, just a ten-minute drive from Adare.

Celebrated chef and restaurant owner Dan Mullane has created a carefully curated collection of local and international art and decorative items which include his prized Peranesi tucked away discreetly in the library among other gems.

The eclectic mix of art and collectibles include works by Pauline Bewick, Jack Donovan, Regina Bartsch and neighbour to the Mustard Seed Michael Canning. The collection of decorative items includes a menu from the Savoy Hotel in London dating back to 1956 and a range of international pieces picked up by Dan Mullane on his travels. Even the silver cutlery in the restaurant has a story to tell with many pieces having been picked up at auctions with some bearing the mark of the Eccentric Club in London or Moore's Hotel in Blackpool!

WWW.MUSTARDSEED.IE



The Mustard Seed, Ballingarry

THE HOME OF IRISH COFFEE

IRISH COFFEE HAS TO BE THE WORLD'S MOST FAMOUS DRINK. AND, IT WAS INVENTED IN WEST LIMERICK BY CHEF JOE SHERIDAN ON A WINTER EVENING IN 1934.

Joe Sheridan was head chef at Foynes Airport. He created the Irish Coffee after a group of American passengers heading to New York disembarked from a Pan Am flying boat, having been forced to turn back to Foynes mid-Atlantic due to bad weather. Cold and miserable, Sheridan added Irish Whiskey to the coffee to warm them all up. When asked by a passenger if it was Brazilian Coffee, Joe Sheridan replied “that’s Irish Coffee”.

When Foynes closed in October 1945, Joe Sheridan, along with the rest of the catering staff, moved across the Shannon Estuary to the new airport at Rineanna (now Shannon International Airport), where he continued to make his famous Irish Coffee.

A famous travel journalist called Stan Delaplane transited Rineanna in 1951 where he was served the by now traditional Irish Coffee welcoming drink.

When he went back to San Francisco, he told his friend Jack Koeppler, the owner of the Buena Vista, of this new drink. They tried making it themselves at the Buena Vista, but it didn’t work out quite right—they had a problem with the cream.

In 1952, Joe Sheridan, having been offered the position at the Buena Vista, decided to emigrate. He died in 1962 and is buried in Oakland cemetery, just outside San Francisco.

Every year the Foynes Flying Boat and Maritime Museum holds an Irish Coffee Festival which includes arguably the world’s best Irish Coffee making competition.

WWW.FOYNESFESTIVAL.COM

WHY NOT TRY JOE SHERIDAN'S RECIPE FOR IRISH COFFEE?

How to make the perfect Irish Coffee...

Boil the kettle and also brew some strong black coffee

Place a teaspoon into an Irish coffee glass and fill the glass with boiling water for five seconds. Pour the water in the glass away

Place one teaspoon of brown sugar and a good measure of Irish whiskey into the pre-warmed glass

Pour really hot strong black coffee into the glass leaving 1cm between the coffee and the brim of the glass, and stir to melt all of the sugar

Carefully pour lightly whipped cream over the back of a spoon so that it floats on top of the coffee

Do not stir after adding the cream, as the true flavour is obtained by drinking the hot coffee and Irish whiskey through the cream

SIT BACK, RELAX AND ENJOY!



Eileen Murphy of The Orchard B&B, Newcastle West



EILEEN'S FAMOUS GUINNESS CAKE

Orchard B&B owner Eileen Murphy has made a name for herself in West Limerick's baking circle for her delicious Guinness Cake. Similar to a traditional Porter Cake, it has a distinctively rich and spicy flavour which deepens over time... if you are able to resist eating it all at the first sitting!

INGREDIENTS:

1 x 500ML can of Guinness, or one pint

1LB/500G sultanas

8oz/250G butter or margarine

1 CUP of brown sugar (tea-cup)

½ TSP ground ginger

½ TSP ground cinnamon

½ TSP aniseed
(optional and available from healthfood stores)

1 TBSP vanilla extract

1 TBSP rum *(optional)*

3 large eggs, beaten

1LB / 450G self-raising flour or plain flour
with 2 TSP of baking powder

METHOD:

Place the Guinness, sultanas, butter/margarine, sugar, ground ginger, ground cinnamon, aniseed, vanilla extract and rum into a saucepan, bring to the boil, simmer for five minutes and then allow to cool.

Pre-heat the oven to 170°C or 350°F

Add the eggs and flour to the cooled liquid mixture and combine well.

Pour the mixture into the prepared cake tin and cover with parchment/baking paper to keep the cake moist while baking.

Place the tin in the pre-heated oven for one hour then reduce the temperature to 150°C or 300°F and bake for a further hour until baked (depending on your oven, it may require an additional ten minutes). Test with a skewer to check that the cake is baked – it should come out clean!

Allow the cake to cool in the tin.

When the cake is cold, pierce it in several places and pour some rum, brandy or whiskey over it to add to the flavour and to help preserve it. If you don't want to use alcohol, you could use orange juice instead.

The cake will keep for up to six weeks in an airtight tin.

ENJOY!



Glin village



GLIN

SITUATED ON THE BANKS OF THE SHANNON ESTUARY, THE HERITAGE TOWN OF GLIN WAS HOME TO THE KNIGHT OF GLIN AFTER THE NORMAN INVASION.

The ruins of the first castle built by Thomas Fitzgerald in 1200 are still visible. The present day castle is a Georgian house built between 1780 and 1790. The town's rich and varied past includes the castle sieges of the 1600s, the workhouses of famine times, the salmon fishing industry of the 1800s and the trade and tragedies of life along the estuary.

THE KNIGHT OF GLIN

No visitor to the village will leave without having seen a glimpse of Glin Castle, the ancestral home of the Knights of Glin, a branch of the Norman family Fitzgerald or Geraldines related to the Earls of Desmond and dating back to the early 14th century. It was a hereditary title which was passed down from father to son and was unusual in that the Knight of Glin was addressed as 'Knight' rather than 'Sir'. The last knight, Desmond FitzGerald, 29th Knight of Glin, died in September 2011 and, as his children were all daughters, the ancient family title passed away with him.

HERITAGE WALKS

Glin Heritage Walks offer a variety of spectacular coastal and woodland scenery viewed from three walking trails which can be enjoyed separately or as one long walk. Each walk has interpretative signage which explains the flora and fauna along the way and describes the landmarks seen from various vantage points.

WWW.GLIN.INFO/HERITAGE-TRAILS

TAKE TO THE OPEN ROAD ON THE WILD ATLANTIC WAY

The Wild Atlantic Way is Ireland's first long distance touring route which stretches 2,500 km along the west coast from Donegal all the way to Cork. There are almost 160 discovery points along the way, one of which is Foynes.

Why not use West Limerick as your base for exploring the Clare to Kerry section of the Wild Atlantic Way...you've got 541km to discover! And, if you fancy taking to the open road in a classic sports car or a brand new Royal Enfield or Triumph retro style motorcycle, then local specialist car and motorcycle hire company RetroVentures has just the thing.

WWW.RETROVENTURESIRELAND.COM



WILD ATLANTIC WAY

SLÍ AN ATLANTAIGH FHIÁIN

FOLLOW THIS LOGO ON ROAD SIGNS ALONG THE WEST COAST OF IRELAND AND YOU'RE FOLLOWING THE WILD ATLANTIC WAY!



1970s Jaguar E-type available for hire from RetroVentures'

OTHER WAYS TO EXPLORE

Self-drive or chauffeur driven tours of West Limerick are available from Estuary Minibus & Limousine Hire (tel +353 (0) 87 813 8248 or Email: stackpatrick01@eircom.net). Carrig Coaches, which has a fleet of luxury vehicles, also specialise in tours for groups small and large (www.carrigcoaches.com). Coach House Travel in Newcastle West offers everything from executive cars to 57-seater coaches, all of which are wheelchair accessible (www.tours.ie). Keating Coaches offer half-day and full-day group tours (www.limericktours.com) while O'Shea Bus Hire also has a fleet available for hire (www.osheabushire.com). Finally, why not explore the Shannon Estuary on horseback? Clarina Equestrian Centre runs cross-country treks taking in historical points and great views of the Estuary (www.clarinaequestriancentre.com).



Retro style Royal Enfield and triumph motorcycles available for hire from RetroVentures

THE COLLEEN BAWN

This is the story of Ireland's most famous murder which took place in 1819 and which has since featured in books, film, opera, stage play and song. In 1890, 15 year old Ellen Scanlon (née Hanley) was murdered at the request of her husband after just six weeks of marriage. Her husband's manservant Stephen Sullivan cajoled her to join him on a boat trip across the Shannon where she met her tragic end. Her body was discovered washed ashore and it was clear to all that she had been murdered. Her husband John Scanlon was immediately arrested, charged, found guilty and sentenced to death by hanging. Stephen Sullivan went into hiding but was found some months later and met the same fate.

LEARN MORE AT THE FOYNES FLYING BOAT & MARITIME MUSEUM



NEWCASTLE WEST

Located just off the main N21 Limerick to Tralee road and beside the River Deel, Newcastle West is the largest town in County Limerick. It was developed around the castle, the ruins of which are located off the town square, which is said to be one of the finest town squares in Munster.

DESMOND CASTLE AND BANQUETING HALL

No visitor to Newcastle West will fail to notice the imposing Desmond Castle and Banqueting Hall which dominates the southern end of the town square. It was the seat of the Earl of Desmond with parts of the banqueting hall dating back to the 13th century. The current castle was built during the 15th century and, having been partially restored, is now open to the public. Of particular interest is the oak musicians' gallery and a limestone hooded fireplace. Open between 30th May and 4th September, 10.00am – 6.00pm (last admission 5.15pm). Admission free.

WWW.HERITAGEIRELAND.IE/EN/SHANNONREGION/DESMONDHALL



Michael Hartnett Statue



Desmond Castle



Newcastle West Castle Demesne



Farmers Market



The Ardagh Chalice

CASTLE DEMESNE

Almost 100 acres of parkland located beside Desmond Castle and Banqueting Hall full of flora and fauna and perfect for a stroll on a nice day. The park also contains leisure and sporting facilities as well as a children's playground.

NEWCASTLE WEST FARMERS MARKET

Why not sample some local produce from the Newcastle West Farmers Market? It takes place every Saturday from 10.00am – 2.00pm at the Market Yard car park.

READ UP ON LOCAL HISTORY

If you would like to learn more about the local history, Newcastle West Bookshop has a range of books about the area written by local authors. The shop is located at Market Yard, Newcastle West.

WWW.FACEBOOK.COM/NCWBOOKSHOP

THE BRIDGE OF TEARS

The poignant stone Bridge of Tears or Sorrows is located at the place where emigrants said their last goodbyes before travelling to Cork to take the boat to America during the Famine. Located at the south of the town at the junction of Dromcollogher Road.

MICHAEL HARTNETT

The award winning Irish poet Michael Hartnett (1941 – 1999) is undoubtedly Newcastle West's most famous son who wrote in both English and Irish. Each April, Newcastle West stages the Éigse Michael Hartnett literary and arts festival (www.eigsemichaelhartnett.ie) which is inspired by his work. A life-size statue of Michael Hartnett can also be found in the town square.

THE ARDAGH CHALICE

Close to Newcastle West is a place called Ardagh, where the Ardagh Chalice was discovered. It is the finest example of eighth century metalwork ever to have come to light and is housed in the National Museum of Ireland.

GONE FISHING!

WEST LIMERICK IS A POPULAR SPOT FOR GAME AND COARSE FISHING FANATICS. THE RIVER MAIGUE WHICH FLOWS THROUGH ADARE IS ONE OF IRELAND'S MOST NOTABLE TROUT FISHING SPOTS AND THE RIVERS DEEL AND FEALE AS WELL AS THE SHANNON ESTUARY BOTH OFFER EXCELLENT FISHING OPPORTUNITIES.

Permits are required and there are often catch restrictions in place so please enquire before fishing or visit

WWW.FISHINGINIRELAND.INFO

BLEACH LOUGH ANGLERS

Hidden away off the main N69 Limerick to Foynes road is the beautiful Bleach Lough, home to Bleach Lough Anglers and open to members and non-members alike. The 55-acre spring water lake situated near to Dromore Castle (made famous by the film High Spirits starring Peter O'Toole) is stocked with Rainbow and Brown Trout and catches of up to 10lbs are common. Natural species in the lake are Perch, Rudd, Roach and Pike. The main activities on the lake are trout fishing (mostly fly fishing and spinning) or coarse fishing. Anglers can access the lake via the shore or rent one of the Bleach Lough Anglers' rowing boats.

WWW.BLEACHLOUGHANGLERS.IE

ADARE MANOR

Not only does Adare Manor have its own resident ghillie who is as happy teaching a novice as he is keeping an old-hand company, but it also promises to transform any brown trout you land into your own angler's supper!

WWW.ADAREMANOR.COM

RIVERS DEEL AND FEALE

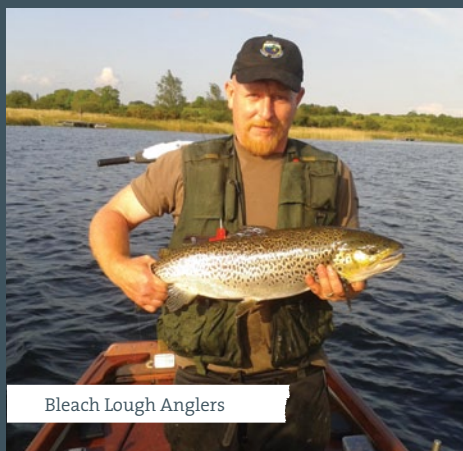
The River Deel which flows through Rathkeale, Newcastle West and Askeaton and the River Feale which flows through Abbeyfeale are favourite brown trout fishing spots. There are a number of angling clubs operating in the area.

WWW.FISHINGINIRELAND.INFO

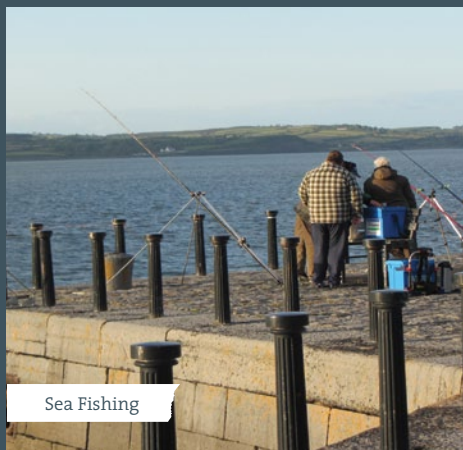
SEA FISHING ON THE SHANNON ESTUARY

The Shannon Estuary has become extremely popular for inshore sea angling with more than 30 species of fish present in the water. It has many sheltered bays and charter boats operate from Glin. There are also many slipways along the shores for those with their own small boats. You might even spot the estuary's resident school of bottlenose dolphins!

WWW.FISHINGINIRELAND.INFO



Bleach Lough Anglers



Sea Fishing

IRISH ANGLING GUIDE

Glin based John Scanlan has been fishing in Limerick for the past 47 years and has an excellent knowledge of the local rivers, lakes and beaches. To find out more about John's guided fishing tours for beginners right up to specialist anglers see his website.

WWW.IRISHANGLINGGUIDE.IE

CELTIC ANGLING

Run by experienced local fly fishing guide Paddy Dunworth, Celtic Angling offers fly-casting tuition for beginners and improvers and also caters for autumn/winter pike fishing. An all-round angler and flytier, Paddy specialises in trout, sea trout and salmon fishing across a wide range of fishing locations and has guided anglers visiting the area from more than 30 countries.

WWW.CELTICANGLING.COM

ABBEEFEALE ANGLERS ASSOCIATION

The Abbeysfeale Anglers Club controls parts of the river between Abbeysfeale and Duagh. The Club is very concerned with salmon and trout conservation and has been actively involved in habitat improvement and restoration for many years.

WWW.ABBEYFEALEANGLERSASSOCIATION.WORDPRESS.COM



WEST LIMERICK'S SPORTING TRADITION

West Limerick's towns and villages have a long and proud sporting tradition which encompasses not just the GAA sports of hurling, football and camogie, but also rugby, hunting, coursing, greyhound racing, horse racing and competitive fishing. Local fixtures are listed in the local newspapers.

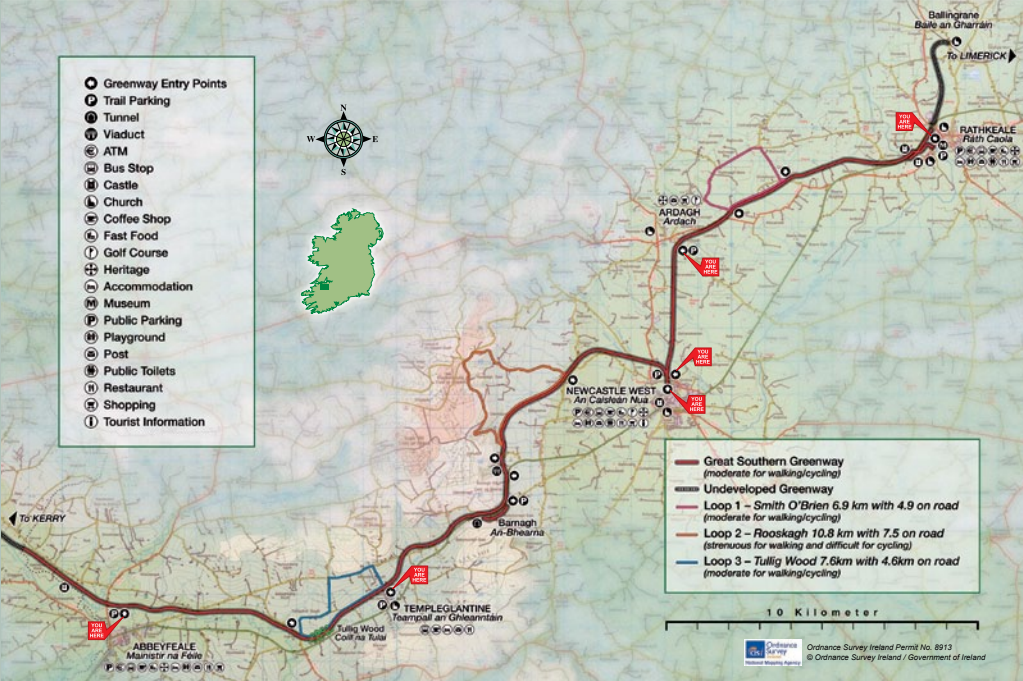


Limerick Greyhound Stadium

THE GREAT SOUTHERN TRAIL

THE GREAT SOUTHERN TRAIL GREENWAY IS A UNIQUE 96KM (60 MILES) STRETCH OF COUNTRYSIDE WHICH FOLLOWS THE ROUTE OF THE FORMER LIMERICK TO TRALEE/ FENIT RAILWAY LINE.

Thanks to the considerable vision and sheer hard work of a few local volunteers, a 40km off-road walking and cycling trail has been created between Rathkeale and Abbeyfeale, along with short stretches which have been developed near the Lartigue Museum in Listowel and at Rock Street, Tralee, Co. Kerry.



CURRENTLY, THERE ARE FIVE SECTIONS TO THE GREAT SOUTHERN TRAIL:

RATHKEALE TO ARDAGH (9KM):

This is a level section which begins at the Irish Palatine Museum and crosses the River Deel. Five beautiful cut-stone overhead bridges are passed along the way. Just before the third one, you will see the ancient churchyard at Clounagh and the ruins of the 15th century Lisnacille Castle in the distance. On the approach to the fourth bridge, a local road to the right of the trail leads to Cahermoyle House (now a private nursing home) which has associations with William Smith O’Brien, leader of the 1848 Young Ireland Rebellion. The fifth bridge is at Ardagh Station (now a private house) from where the village, St. Moula’s Well and the old fort where the Ardagh Chalice was found in 1868 can be visited.

ARDAGH TO NEWCASTLE WEST (4KM):

This section is level at each end with a slight dip in the middle. It passes through farmland surrounded by hills. As Newcastle West is approached the River Daar is bridged before proceeding on to Newcastle West railway station. Only the restored station house (now a private home) and the mature oak trees which lined the approach avenue from Bishop Street survive.

NEWCASTLE WEST TO BARNAGH (10KM):

Gently uphill all the way, this section represented one of the most arduous challenges in the age of the steam train. The trail climbs into the Rooskagh Hills leading to boglands and providing wonderful views of the Limerick Plains and the Golden Vale. The route traverses Ferguson's Viaduct before becoming a dedicated tarmacadam cycleway with excellent views which then rejoins the railway at Barnagh Station. The trains entered Barnagh Station through a tunnel which can be visited along a stand-alone 1km section of the old railway.

BARNAGH TO TEMPLEGLANTINE (4KM):

The N21 roadside cycleway continues into a short section of a cul-de-sac before the sight of old telegraph poles indicate that the railway has been joined again. This section passes through cuttings and embankments and under two stone bridges. The village of Templeglantine becomes visible on the left and is reached along the L21006. Templeglantine is a good starting point for a side trip to Glenquin Castle (restored), Killeedy Castle (ruin) and St. Ita's Churchyard. There are also great views of a modern windfarm.

TEMPLEGLANTINE TO ABBEYFEALE TO THE KERRY BORDER (13KM):

Opposite the church the L21006 leads to the trail where a left turn is taken for Abbeyfeale. After 2km Tullig Wood is entered and its tranquil atmosphere is in sharp contrast to the noisy N21 located just a couple of fields away. A little further on the restored station (private) at Devon Road is passed, once serving a local creamery. The trail now levels out as it comes parallel to the River Allaghaun and accompanies it all the way to Abbeyfeale. Pass under the stone bridge and travel a further 2km where the station (private) at Abbeyfeale is passed. You can turn left here onto the R524 for the town centre, or continue on towards Co. Kerry. If you continue on you will cross the River Oolagh and pass Purt Castle (ruin) and the River Feale on your left.



MAIN ACCESS POINTS TO THE GREAT SOUTHERN TRAIL:

RATHKEALE: The old railway station which is now the Irish Palatine Museum. It is accessed from the R518 roundabout, just south of the N21 and near the Catholic Church (look for the large spire!).

ARDAGH: The entrance is at the railway bridge on the local L7001 road which links the N21 with the R523. Parking is available at the community Centre 200m from the railway bridge.

NEWCASTLE WEST: There are two entrances here. One is at Bishop Court (off Bishop Street in the town centre) and the other near Gaelscoil Ó Dóghair/Recycling Centre on the R521.

TEMPLEGLANTINE: Park the car at Halla Inse Bán which is on the local L21006 road directly opposite the church. The Trail is accessed 1km north along this local road.

DEVON ROAD: At the Devon Road Cross turn north off the N21/R515 junction and travel along the L7059 where Tullig Wood is clearly visible to the right.

ABBEEFEALE: In the town centre turn right from the N21 onto the R524 Athea Road. You will see the old station on the right after 1km (adjacent to the 'Railway Bar').

RULES OF THE TRAIL:

THE TRAIL IS STRICTLY FOR WALKERS AND
PEDAL CYCLISTS ONLY

CYCLISTS PLEASE WEAR A HELMET AND YIELD
TO PEDESTRIANS

DO NOT ENTER ADJOINING FARMLAND

RESPECT THE NATURAL HABITAT THAT IS THE
GREENWAY AS WELL AS ITS FLORA AND FAUNA

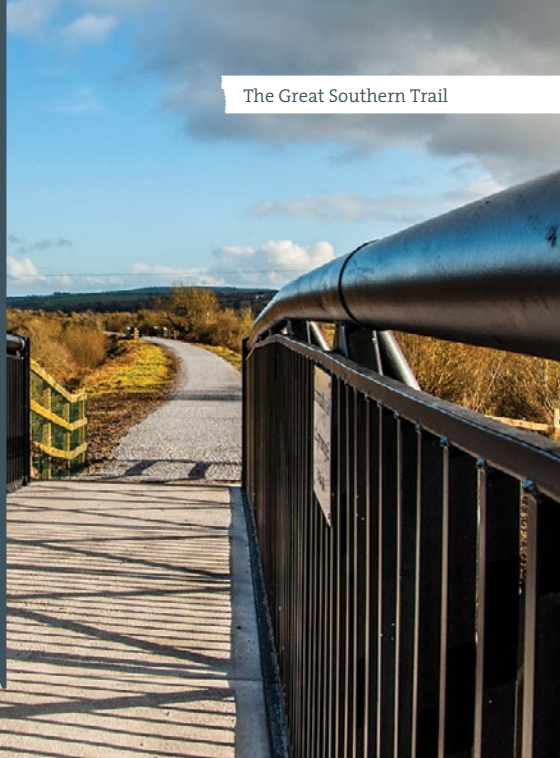
PLEASE DO NOT LITTER THE TRAIL

KEEP DOGS ON LEADS AND SCOOP THE POOP

IN CASE OF EMERGENCY, PLEASE PHONE
NEWCASTLE WEST GARDAÍ ON
T: +353 (0)69 20650

FOR MORE INFORMATION, LOG ON TO
WWW.SOUTHERNTRAIL.NET

The Great Southern Trail



CYCLE ALONG THE GREAT SOUTHERN TRAIL WITH PEDAL PURSUITS

If you would like to travel the Great Southern Trail on two wheels instead of two feet, Pedal Pursuits has a range of bicycles, helmets, child seats and everything else you might need for hire. They deliver the bike to whatever point you would like to begin at and will even come and collect you if you get too tired to pedal any further!

WWW.PEDALPURSUITSBIKEHIRE.COM

Pedal Pursuits

TOP FIVE WALKS

1 The Great Southern Trail. The former railway line stretches for 40km from Rathkeale to beyond Abbeyfeale. It can be accessed at a number of points along the way and is free-of-charge to use.

WWW.SOUTHERNTRAIL.NET

2 Broadford-Ashford Walking Trails. Six walks, nestled in the Mullaghariern Mountain range and varying in distance from 6km to 20km. The trailheads are in Broadford and Ashford and each trail is fully waymarked. Walkers will be introduced to the many natural springs, birdlife, wildlife, bogs and historical sites found along the way.

WWW.WALKBROADFORDASHFORD.COM

3 Curraghchase. Located at Kilcornan, Curraghchase comprises 313 hectares of woodland, park land and lakes with a number of marked looped trails suitable for a range of fitness levels and also wheelchair users. The entrance gates close automatically so make sure you check the closure time when entering the park. Admission charge is €5 per car.

WWW.COILLTEOUTDOORS.IE

4 Glin Heritage Walks. Three walking trails which can be enjoyed separately or as one long walk. Each has interpretive signage which explains the flora and fauna along the way and describes the landmarks seen from various vantage points.

WWW.GLIN.INFO/HERITAGE-TRAILS/

5 Coillte Foynes Recreation Site. A hidden gem comprising just over 17 acres mixed woodland situated on the banks of the Shannon River which provides one of the best views of the estuary. Once part of the 6,500 acre Monteagle Estate, there are some fabulously twisty paths to explore that offer breath taking views.

WWW.COILLTEOUTDOORS.IE

KNOCKFIERNA

Steeped in local history and folklore, Knockfierna – or Knock Dhoinn Firinne can be accessed by a number of tracks and pathways which start in Ballingarry. As you ascend the mountain, you will pass a number of reconstructed cottages which were abandoned during the famine as well as a famine memorial. From the top you can see all of Co.Limerick as well as the Shannon Estuary.

THE AUGHINISH ALUMINA NATURE TRAIL

A self-guided nature trail through wild countryside along the south bank of the Shannon Estuary which has a bird hide, Ireland's first designated sanctuary for butterflies, meadowland and a rare heath habitat. Close to Askeaton, it is equally fascinating in spring, summer, autumn and winter.



CURRAGHCHASE FOREST PARK

A JEWEL IN WEST LIMERICK'S CROWN, CURRAGHCHASE IS THE FORMER HOME OF POET AUBREY DE VERE WHICH IS NOW A FOREST PARK WITH A NUMBER OF BEAUTIFUL WOODLAND WALKS.

As well as a number of special areas of conservation, the lake and ruins of Curraghchase House which was accidentally destroyed by fire in 1941 can also be enjoyed. There are also two playgrounds for the little ones.

Curraghchase Forrest Park



GLENISCA WALKING TRAIL

A multi-use walking and cycling trail to suit occasional walkers and cyclists with some uneven surfaces. The trail leaves the Curragh Trail loop bringing you through a forest and past an old cave and limestone cliff walls. It also takes in Glenisca Lough which has a fluctuating water table. Some of the huge yew trees you see along the way are hundreds of years old.

CURRAGH WALKING TRAIL

Another multi-use walking and cycling trail which also suits occasional walkers and which has a generally smooth surface. The trail leaves the Lake Trail bringing walkers through the forest following the path of the old estate drives for some of the way.

LAKE TRAIL

A multi-access trail designed to showcase all that Mother Nature has to offer. Wheelchair friendly, this trail starts and ends at the car park and is signposted by a series of white markers. There are plenty of benches along the lakeside to allow you to take a break and admire the old house or let the little ones feed the ducks!

ARBORETUM TRAIL

The de Vere family planted an extensive collection of trees and shrubs from all over the world, many of which can be viewed along this short 20-40 minute stroll.

Open all year round: Summer – 7.00am to 10.00pm, Winter – 8.00am to 6.30pm. The entrance gates close automatically so make sure you check the closing time when entering the park. Admission charge is €5 per car. www.coillteoutdoors.ie.

Trail maps can be downloaded from:

WWW.LIMERICK.IE/VISITING/THINGSTODO/ACTIVITIES/WALKINGROUTES/CURRAGHCHASETRAILS

AUBREY DE VERE

The poet and author Aubrey de Vere is buried in the grounds of St. Mary's Church of Ireland in Askeaton and is noted for writing about Irish patriotic events. Raised as a Protestant, he was received into the Roman Catholic Church while in France in 1851. He had an audience with the Pope, who asked him to write a poem in honour of the Blessed Virgin Mary.



MUSIC AND DANCE

Music and dance are a regular feature of the social scene in West Limerick. Lots of pubs have live music sessions at the weekend and there are numerous dances regularly held in halls and hotels right across the region. Check out the local newspapers for a list of what's on.

SEISIÚN – A GREAT IRISH TRADITIONAL NIGHT OF MUSIC, SONG AND DANCE

If you happen to be in Adare or Templeglantine in July or August, don't leave without having experienced one of the longest-running summer cultural experiences of its kind. Seisiún, which is staged by Comhaltas, is a stage show of Irish music, song and dance featuring the authentic traditional entertainment enjoyed by generations of Irish people, followed by light refreshments. Visitors are encouraged to participate if they so wish! Seisiún is staged at Adare Heritage Centre and The Devon Inn, Templeglantine.

WWW.COMHALTAS.IE

DANCE THE NIGHT AWAY AT KNOCKADERRY COMMUNITY CENTRE

If ballroom dancing is your thing, make your way to Knockaderry Community Centre where every Saturday night, come rain or shine, people from near and far take to the dance floor to waltz and quickstep the night away. Doors open at 10.00pm (yes, 10.00pm!) and the last dance is at 1.00am. There is a small admission charge which includes tea and biscuits. Visitors are always welcome.

LIVE MUSIC

Whether you are a musician or a music lover, most pubs in West Limerick will host a traditional Irish music session – or seisiún – as well as live bands and DJs at some point during the week. Simply call in to see what they have planned!

RETAIL THERAPY

WEST LIMERICK'S TOWNS AND VILLAGES ARE HOME TO A RANGE OF INTERESTING SHOPS AND MARKETS SELLING EVERYTHING IMAGINABLE.

Abbeyfeale, Adare and Newcastle West boast some excellent fashion and accessory boutiques, many of which stock European and international designer labels. Hats off to internationally renowned architect turned milliner Aisling Maher for locating her flagship store in Adare. Her creative pieces are seen on heads all over the world, including that of Catherine Zeta Jones, and are just the thing for Ladies Day at the races!

If you are an antique hunter, then you'll be right at home among the many antique shops in the region which stock furniture, art and other collectables. George Stacpoole, star of RTÉ's television programme *The Dealers*, has his shop in Adare.

There are numerous weekly outdoor markets in the towns selling all sorts of things from organic fruit and vegetables and plants and flowers to clothes and household goods.

If you are looking for something to take home to remind you of your time in West Limerick, there are plenty of souvenirs on sale, as well as shops stocking local art and craft. There's a number of shops at Adare Heritage Centre that sell Aran knitwear, Irish linen, art and a range of other gift items.



John, a trader at Newcastle West's weekly market.

Church of The Holy Trinity

RATHKEALE



Augustinian Abbey



St. Mary's Catholic Church

RATHKEALE IS A MARKET TOWN WITH A RICH AND VARIED HISTORY DATING BACK TO 902. IT WAS ONCE THE MOST IMPORTANT TOWN IN COUNTY LIMERICK BECAUSE OF ITS LOCATION ON THE RIVER DEEL. THE MILE LONG MAIN STREET HAS HARDLY CHANGED AT ALL OVER THE LAST 100 YEARS AND IS HOME TO A WIDE VARIETY OF TRADERS. RATHKEALE IS ALSO THE PLACE FROM WHICH THE GREAT SOUTHERN TRAIL BEGINS.

DID YOU KNOW...

- Ernest Walton, the Irish physicist and Nobel Laureate famed for splitting the atom spent part of his childhood in Rathkeale. He was the son of Rev. John Walton, a Methodist minister who served in the area.

THE RATHKEALE SLÍ ROUTE

Stroll along the riverside and explore the western side of Rathkeale on a 3.1 mile walking trail which takes in a number of Rathkeale's points of interest. The walk starts at the centre of town or at the Irish Palatine Museum and passes the Church of the Holy Trinity (Church of Ireland), the Marian Shrine, St Mary's Roman Catholic Church and St Anne's Convent of Mercy while also providing great views of Glebe Castle and the outline of Castle Matrix. You can even branch off where you cross the river to explore the riverbank. The route can be walked in either direction - just follow the yellow Slí na Sláinte signs.

AUGUSTINIAN ABBEY

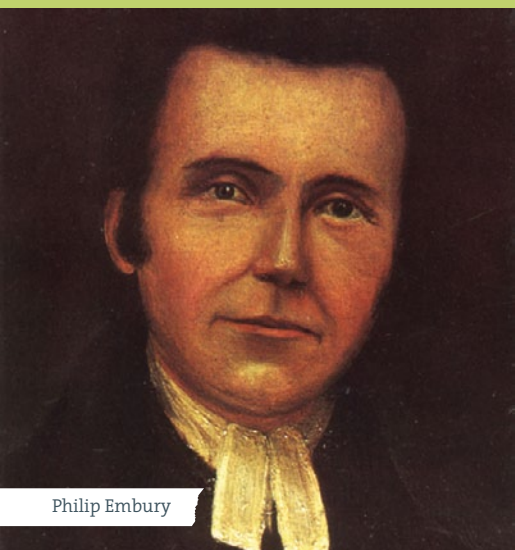
The Augustinian Abbey – or St Mary's Priory – dedicated to the Blessed Virgin Mary was founded in 1280 by Gilbert Hervey for the Augustinian Canons of the Order of Arosia and it is claimed that in 1436 St. Mary the Virgin worked several miracles here. It is thought that the original structure was destroyed as the ruin dates back to the 16th century.

ST. MARY'S CATHOLIC CHURCH

A striking church designed by JJ McCarthy, a pupil of Pugin, in a neo-gothic French Norman style which was consecrated in 1876. Look out for the carvings on the pillar capitals, the pillars under the organ loft and the round window over the west door.



Barbara Heck



Philip Embury

THE METHODIST CONNECTION

The small Methodist Church at Ballingrane, near Rathkeale, holds special place in the hearts of Irish Methodists and the 14 million Methodists across North America. It is also for many the most precious piece of Palatine heritage still in use today. Built in 1766, the church was named after carpenter and Methodist Local Preacher Philip Embury and his cousin Barbara Heck.

Philip Embury and his cousin Barbara Heck were two of a group of Palatines from West Limerick who left Ireland in 1760 on the three-masted schooner Pery and settled in New York. In 1766, urged by Barbara Heck, Philip Embury preached the first Methodist sermon in New York which contributed to the establishment of the Methodist Church in America and John Street United Methodist Church, New York which is still active today.

Beautifully preserved, Ballingrane Methodist Church contains many Palatine artefacts, including the original cow horn which was used as the call to worship in the 1700s. The Church also has an interesting graveyard which contains many Palatine Methodist family plots.

SERVICES TAKE PLACE AT BALLINGRANE METHODIST CHURCH EACH SUNDAY AT 11.45AM.

**TO VISIT THE CHURCH AT OTHER TIMES,
PLEASE CONTACT LORNA SHIER ON
T: +353 (0)87 249 6627 OR
E: LORNASHIER@GMAIL.COM**



A PIECE OF WEST LIMERICK'S UNIQUE PALATINE HISTORY

Behind the red door of the Irish Palatine Museum lies a story which starts in what is now modern-day Germany, continues here in West Limerick and travels across the Atlantic to North America. And, if you happen to be a Methodist, it will have particular appeal.

Subjected to the ravages of civil war and famine, an exodus of families from their Palatinate homeland occurred in 1709. Farmers by tradition, almost 3,000 found themselves relocated to rural Ireland with approximately 130 families eventually settling on the lands of Sir Thomas Southwell of Castle Matrix, near Rathkeale.

The museum tells the story of a number of local Palatine families whose descendants are still farming the land their ancestors were given way back in the 1700s. The exhibition is an interesting mix of Palatine artefacts, clothing, textiles and religious items, and the

story is made all the more real by the volunteer museum guides most of whom are direct descendants of the original Palatine settlers.

For up to date information on opening times, please check the museum's website.

Admission: Adults €5.00, Students €3.00, Family Ticket €10.00. Irish Palatine Association Members are entitled to free admission.

WWW.IRISHPALATINES.ORG

DID YOU KNOW...

- The Palatines were innovative farmers who introduced new practices and tools to Irish farming. They practised crop rotation and every home had a kitchen garden and orchard full of fruit and vegetables. Of particular importance were apples which were grown for cider making and lettuce which was known by the Irish as 'Palatine Cabbage'.

FESTIVALS GALORE!

EVERY YEAR WEST LIMERICK
PLAYS HOST TO A WIDE RANGE OF
FESTIVALS AND EVENTS. HERE
ARE SOME OF THE HIGHLIGHTS:



Festivals PHOTO: JOHN D MORRIS

MARCH

West Limerick Drama Festival. Organised by the Knockaderry/Cloncagh Drama Society, this annual festival runs in Knockaderry Resource Centre over two weekends and features six drama pieces staged by a variety of amateur drama groups.

WWW.FACEBOOK.COM/PAGES/KNOCKADERRYCLONCAGH-DRAMA-SOCIETY/178024938966617

APRIL

Éigse Michael Hartnett, an annual literary and arts festival celebrating the life and work of Newcastle West's most famous son, poet Michael Hartnett (1941–1999).

WWW.EIGSEMICHAELHARTNETT.IE

MAY

Fleadh by Feale. Abbeyfeale's traditional Irish music festival.

WWW.FLEADHBYTHEFEALE.COM

JUNE

Adare Garden Fete.

Foynes Irish Coffee Festival.

WWW.FOYNESFESTIVAL.COM

JULY

Gather by the Feale, a unique five-day festival building on the success of the Gathering Festival which took place in Abbeyfeale in 2013.

Askeaton Contemporary Arts Festival brings Irish and international artists to the town every summer.

WWW.ASKEATONARTS.COM

AUGUST

The largest agricultural show in Munster, The Limerick Show, takes place every August. Featuring show-jumping, cattle, horticulture, arts and crafts as well as cookery demonstrations it makes for a great day out for all the family.

WWW.LIMERICKSHOW.COM

SEPTEMBER

The Knights of Westfest Festival, set amid the backdrop of Newcastle West's Desmond Castle, features music, street entertainment and lots more.

WWW.THEKNIGHTSOFWESTFEST.COM

OCTOBER/NOVEMBER

Garry McMahon Singing Weekend. A three-day festival hosted by the West Limerick Singing Club as a tribute to the late composer and song-writer.

DECEMBER

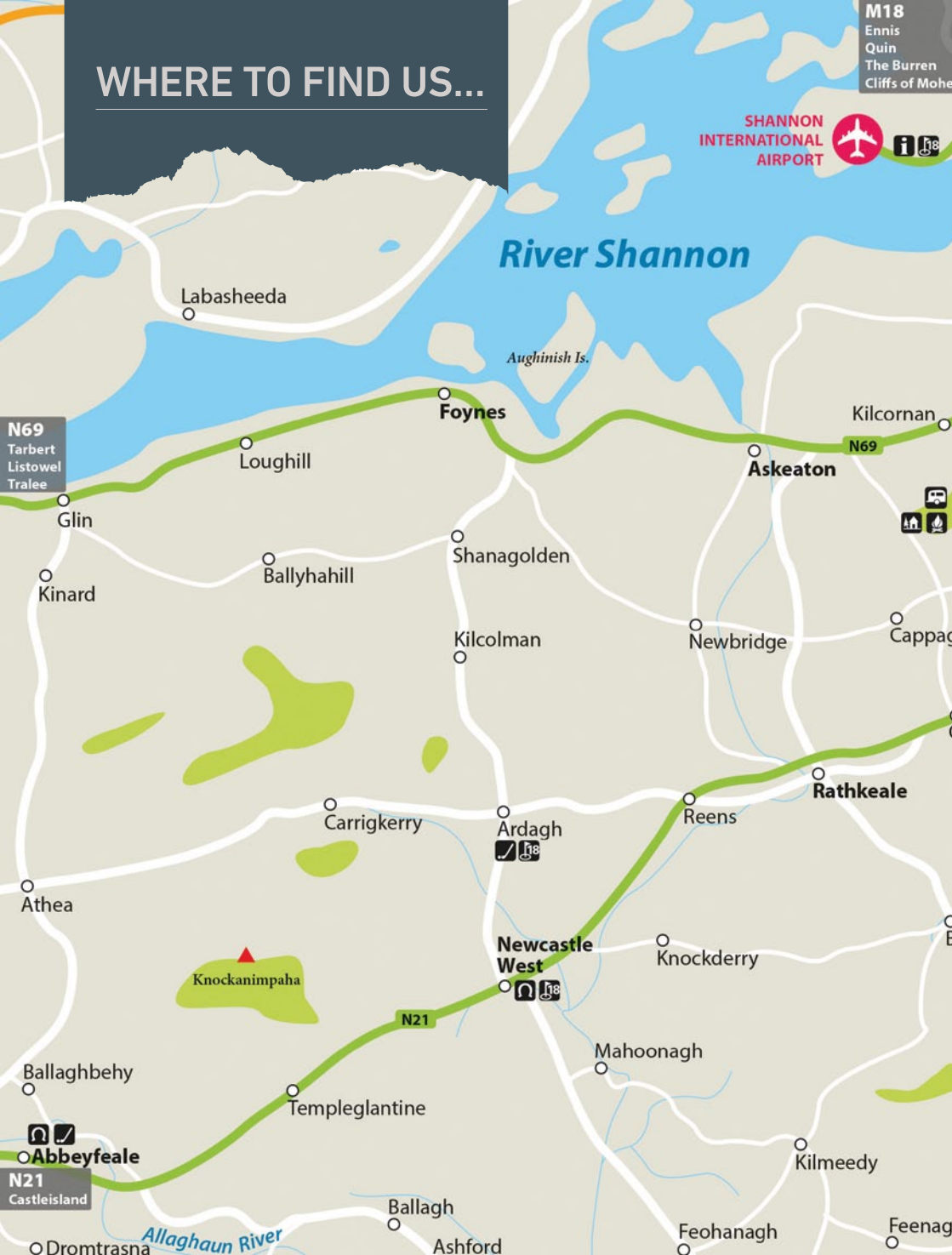
Winterfest. A celebration of art, crafts, artisan food and the history of Newcastle West with the Desmond Complex, the Red Door Gallery and the historic buildings in the Square serving as the backdrop.

WWW.FACEBOOK.COM/WINTERFESTINNEWCASTLEWEST

M18
Ennis
Quin
The Burren
Cliffs of Moher

WHERE TO FIND US...

SHANNON
INTERNATIONAL
AIRPORT





VISITOR GUIDE

West Limerick Tourism



WEST LIMERICK TOURISM

WWW.VISITWESTLIMERICK.COM



Comhshool, Pobal agus Rialtas Áitiúil
Environment, Community and Local Government



The European Agricultural Fund
for Rural Development:
Europe investing in rural areas

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CONTENT: LIZ BURKE

DESIGN: CATALYSTO

