

WEST CORK VISITOR GUIDE

Your ultimate guide for exploring magical
West Cork



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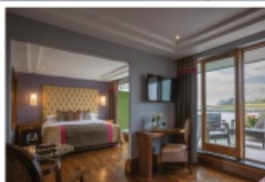
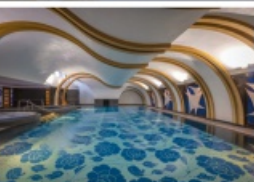
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From Cork to Bandon

When you leave Cork City, as you travel along the N71 towards Innishannon then the town of Bandon, often referred to as the Gateway to West Cork, which lies on the river of the same name. Close to the River, set in beautiful grounds and just a stone's throw away from upscale golf courses, sandy beaches, and national parks is an 18th century Georgian country home, The Retreat Country House, which welcomes small, intimate weddings. You can download their wedding brochure here www.retreatcountryhouse.ie



In addition to weddings, the Retreat provides an exclusive private rental experience suitable for family gatherings and vacations, allowing you to enjoy peaceful countryside living while remaining just minutes from the vibrant town.

Kinsale

Famous for its safe harbour, the favourable mild climate makes Kinsale the ideal place for yachting, sea angling, dolphin & whale watching trips, gourmet restaurants and golf.

Everyone is welcome to wine and dine at Atlantis Bar & Restaurant. Whether you are visiting to play golf, attending a family occasion or there to enjoy a Sunday lunch, they have something for you. Their fully licensed bar and restaurant can cater for up to 100 people and 'Atlantis Bar & Restaurant would be delighted to host you.



Kinsale Golf Club

Cumann Golf Cionn T-Sáile
Established 1912

www.kinsalegolf.ie

Open to visitors, and situated just 5 km from Kinsale and 20 km for Cork city, this 18 hole parkland course includes the following facilities: Driving range, chipping greens, pitching green and short game area. Club hire, buggies and caddy carts all available for hire. Green fee €60 weekend/ €50 midweek.

021 477 4722 | admin@kinsalegolf.ie



All visitors to Kinsale are welcome at the restaurant, whether playing golf or not.



Explore Charles Fort, James Fort from the water with Kinsale Cruises. Cruise around the harbour and view the seals. Contact Daniel or Tom on 086 250 5456

The town thrived on the prolific mackerel fishery where men fished while their wives and daughters gutted fish along the quays and sold to traders. Much of the town land has been reclaimed from the sea. In the past, boats sailed up to the fish market next to the Blue Haven to offload their catch. Fishermen would disembark their boats outside the Tap Tavern to quench their thirst after a stint at sea.

Over time in Kinsale, fishing gave way to tourism, helped by its incomparable beauty, medieval architecture and salty sea air. Being close to the coast is always a great tonic for the appetite and Kinsale has evolved as a world class gourmand's delight. This has been helped by the proliferation of many high class restaurants and eateries in the town.

A diverse and artisanal foodie culture has developed here with tourists from all over the globe flocking here to feast their senses on the renowned delights of this magical place.



Supporting Our Community

All profits from all our activities go directly to our supported charities, including:

- Cork Hospital Children's Club
- Suicide Prevention/Pieta House
- Community School Bursary
- Men's Shed
- KYSS Counselling & Support Services
- SVP
- Kinsale Youth Club
- Meals on Wheels
- Community Defibrillators
- Community Hospital
- Autism support in our community

There are no paid members or officers and Kinsale Lions Club is a 100% voluntary organisation.

Support us and our causes please follow the QR code



Kinsale Lions Club

Facebook

Kinsale Lions Club | Kinsale, Cork.

Charitable Trust Number: CHY 15707

info@kinsalelionsonline.com

Some of Kinsale's Historic Buildings:

James Fort was built in 1607 and was a key feature of Kinsale's defences, across the harbour from Charles Fort. It is on the Castlepark peninsula and is free of charge to visit.



St Multose Church, built in 1190, is one of the oldest standing churches in Ireland which is still in use today. Many original features can still be seen.

Desmond Castle, built in the 1500s, it has been a customs house, a prison, a workhouse and an ordinance store, storing arsenal for the 100 days while Kinsale was occupied by the Spanish, prior to the Battle of Kinsale in 1601. During the American War of Independence, American privateers were housed here.

Courthouse and Regional Museum, built around 1600, this was used to house the inquest into the sinking of the Lusitania in 1915. It was originally used as a market house. It now has a Dutch style façade, added in 1703 and a rare example of a Venetian window.



HARPY is a safe, fast, deep-sea charter angling/dive/survey boat plying daily from Kinsale harbour. She boasts a large, comfortable, heated island wheelhouse with Free Wi-Fi aboard.

HARPY has great space for 12 anglers or divers plus equipment. The island wheelhouse means that almost the full 43' length of each side of the boat is available to anglers.

Guesthouse & self-catering accommodation in Kinsale

Fishing Tackle Shop
in Kinsale

Airport and Ferry
pickup & return

There are two hole open bays, East Hole Open Bay in Kinsale Bay and West Open Hole Bay in Courtmacsherry Bay, the caves run right under the Old Head from one Bay to the other. These can be viewed by boat, a huge thanks to Jerome of Kinsale Harbour Cruises: www.kinsaleharbourcruises.com for the photos of Hole Open Bay, well worth booking a trip!



Although he doesn't go by Hole Open Bay, it is well worth booking a trip for a spectacular tour of Kinsale Harbour.

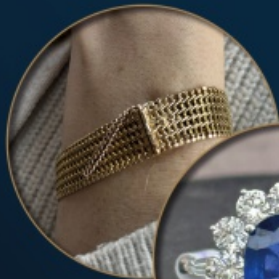
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Opened in the 1990s, Linda's of Kinsale is run by Linda and daughter Laura. Laura grew up surrounded by collections of antiques, fine art, porcelain and vintage jewellery and the whole family have been involved in jewellery making and gem stones for many decades. They like to combine old design with new gemstones, creating the amazing collections you can see in their shop and online today.

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Farrangalway, Kinsale
P17 FD73

Cobh Golf Course

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Sea views
Restaurant
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Atlantis Bar & Restaurant

Kinsale Golf Club is home to the
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For reservations please call 021 477 4722 Ext. 3



Ballinspittle

Ballinspittle lies about 8 km (5 miles) southwest of Kinsale. It is near Garrylucas and Garrettstown Blue Flag beaches. The village is a small community with a post office, a national school and a Gaelic Athletic Association pitch.

There are excellent places to eat, shop and browse and of course you can view the very famous moving statue, where in July 1985, an observer claimed to have seen a roadside statue of the Virgin Mary move spontaneously.



Poised right at the start of the Wild Atlantic Way in the centre of Ballinspittle, West Cork Collective is well located with easy parking for both locals and tourists offering a diverse collection of gift ideas.



Located at the start of the Wild Atlantic Way in Ballinspittle Village, close to the beaches and woods. We are a collective of 60 members in this shared space. Unique local, heritage, traditional, quality gifts, keepsakes, art, crafts, greeting cards, jewellery, home décor, clothing, accessories, wellness and self-care are just some of what you will find in our beautiful shop and gallery.



Follow us @west.cork.collective
and visit our website here

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Ballinspittle near Kinsale P17 FF62

BALLINSPIITTLE HURLEY'S BAR



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1 minute from local playground.



Garrettstown Wood

Ballinspittle has the most amazing walks just on its doorstep, in the Kilmore Woods, which actually cross the path of the Wild Atlantic Way. There are views of the Atlantic Ocean, where the Lusitania sank in 1915 also,

Ballycatten Fort can be seen from the woods. There is a forest



Garrettstown Woods | Ballinspittle

entrance opposite the GAA pitch and a car park along the road opposite the GAA. It has two loop walks, the shorter Kilmore loop or the longer Old Deerpark Loop.

I hadn't heard of Wild in Ballinspittle until I was told about it recently.

After speaking to the owner and looking at their website, I really fancy going, I know the food will taste amazing, as it is all carefully sourced and prepared by Chef Rob, who believes in Farm to Fork.

Check out their menu here and phone 083 182 9303 to book.



Garrettstown

A short distance from Ballinspittle is Garrettstown beach, which is an extensive sandy beach enjoying stunning views of The Old Head of Kinsale and is a great spot for walking, bathing, surfing and swimming.

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  Carlos: 086 199 8959 | carlos@pukanasurf.ie | Garrettstown Beach, Kinsale

A lovely walking route links this beach with its sister beach Garrylucas, both are Blue Flag beaches.

Photo: Liam Barry | www.debarraphotography.com



Garrettstown Beach

Kilbrittain

I was driving from Kinsale to Clonakilty one day along the back road and saw some beautiful battlement walls to my right. I had to stop the car and check where I was on the map, and realized these walls belonged to Kilbrittain castle, which is reputed to be one of the oldest inhabited castles in Ireland, dating from 1035.



The castle was extensively restored and enlarged by the Stawell family in the 18th and 19th centuries. It was partially burned in 1920 and restored in 1969 by inventor Russell Winn. Kilbrittain Castle is now the home of the Cahill-O'Brien family.

The Book of Lismore has a complex history and is likely to be by many hands. Tradition has it originating from the lost Book of Monasterboice and associates it with Kilbrittain and also with the Franciscan Friary at Timoleague.

Coolmain Castle, further south of Kilbrittain was built in the 15th century. In the early 1900s it was owned by novelist Donn Byrne and was bought by Roy E Disney, nephew of Walt Disney, in the 1990s. The beach of Howes Strand, is overlooked by the ruin of a Coast Guard station, built in 1910, burned down just ten years later.



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Timoleague

At the head of the Argideen Estuary which runs into Courtmacsherry Harbour, lies the historic village of Timoleague.

Well worth a visit, this beautiful village is steeped in history of battles, murder, and mayhem created by various factions of Lords, Chieftains, invaders and religious orders over many centuries.

"I have seen the future and it's in Timoleague, where the county of Cork begins to merge with West Cork. To be specific, I have been in the future of the Irish pub. Everyone seems to be in Monk's Lane, having a good time"

Tom Doorley, Irish Daily Mail

Dominated by Timoleague Abbey originally built in the 6th century and extended and repurposed over the centuries - at its most prominent as a Franciscan Friary from the 14th century - the extensive remains of the Friary, together with the remains of the Abbeymahon Abbey on the Courtmacsherry Road and the beautifully preserved Church of the Ascension, make Timoleague well worth a visit with detailed history available at all these wonderful landmarks.



Monk's Lane is a vibrant food and wine destination serving the best of fresh, local, artisan produce, craft beers, coffee and fantastic old-world wines.

www.monkslane.ie | info@monkslane.ie | 023 884 6348
Mill Street, Timoleague





Timoleague Friary

Egrets, Swans, Herons and numerous types of Ducks and Geese, both native and migratory visitors.

The beautiful waterside walk starting at Timoleague Duckpond, opposite the Abbey and running along the waterside right to Courtmacsherry is a pure delight both for nature lovers and walkers alike.

If you fancy an outdoor adventure, try **West Cork Secret** with an activity centre for hours of muddy fun. As a tourist base, 40 minutes from Cork City and Airport, Timoleague is ideal for its extensive historical and walking locations with the abundant wildlife it offers but also its central positions between Kinsale and Clonakilty.

The village is excellently served with Pubs and Restaurants with great locals and live music.

There is ample free parking, shops, post office, garage, pharmacy and you will find a warm welcome throughout the year.

The old Courthouse in Timoleague, dates back to the 1700s and has quite a history! Now a great space to work in with super-fast broadband, there is a private room, which used to be the gaol which housed criminals before they were led upstairs to be tried!

Upstairs is now converted to an amazing AirBnB let, with wonderful, airy rooms.

Later, the courthouse was home to a livestock market and more recently, in the 70's, a petrol pump station.

Timoleague has a regular bus service Local Link 253, linking it to both Kinsale and Clonakilty for around €5 at time of print. Stopping outside the Courthouse Hub, a wonderful space for private meetings, training and solo work with great wifi, printing and even refreshments to hand!



Scan me!

THE COURTHOUSE HUB

Corporate
Opportunity



The 'Courthouse Hub'
co-working space
business has just
opened in the pretty
heritage village of
Timoleague,
West Cork



Sometimes, everybody needs a little space...

We have created this sustainable working space in the Courthouse to ensure that remote workers of all kinds are facilitated within the space. We strive to ensure our users will have everything required to promote productive, quality work time in a comfortable and friendly environment.

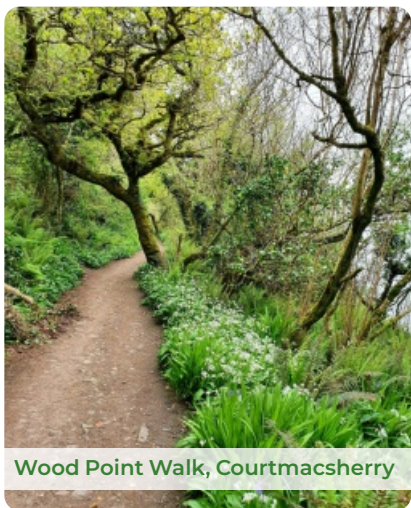
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Courtmacsherry

Courtmacsherry, referred to as Courtmac by the locals, is a stunningly picturesque seaside village in County Cork on the Wild Atlantic Way. Courtmacsherry Bay is a large expanse of water stretching between two major coastal headlands, to the East, The Old Head of Kinsale, home to the Old Head Lighthouse and the Old Head Golf Links, a world famous and world class golf club and to the West, the Seven Heads, a large and sprawling agriculture based headland, both headlands being major coastal navigation points.

Fun Facts

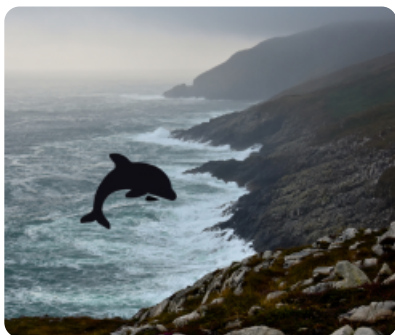
- In 1942, a Czechoslovakian man fled from his country by making false claims about a Jewish family living next to him, and when soldiers went to investigate, he stole their car and managed to drive across the border into Poland. He then stole a boat and sailed through the English channel eventually landing in Courtmacsherry. Here he spent the remaining 26 years of his life making a living by fishing from the boat he had stolen!
- There is a horse race meeting on the strand each year
- Patrick Keohane (1879–1950), at age 30, he became a member of Robert Falcon Scott's Terra Nova Expedition Antarctic of 1910–1913 was born in Courtmacsherry. He was a member of the first supporting group, sent back in December 1911 – on their journey back, he fell the full length of his harness 8 times in 25 minutes! He was one of the party who looked for and found the frozen bodies of Scott and his team.



Wood Point Walk, Courtmacsherry

Courtmacsherry itself hosts wonderful pubs, restaurants and tea rooms plus a village shop and hotel. In the area a visitor is spoilt for choice with beautiful beaches and spectacular coastal, country and woodland walks. The village also offers whale watching, angling, sailing, windsurfing and paddle boarding and an active and successful competitive rowing club.

The Sea



Travelling through West Cork we are never too far from the sea. As tourists we see it as a place for leisure - sailing, swimming, fishing.

We watch the swells on a windy day, we hear its roar during a gale and, if we are lucky, we get to see the sun setting below the horizon on a fine summer's evening.

In the past the sea was viewed differently. Throughout history, until a hundred years or so ago, the sea was a means of communication. It was not seen as a barrier, but rather a way of connecting places.

Before the development of road, and later air transport, the sea connected communities along coasts, it connected islands to one another and to the mainland, it enabled people and goods travel between countries and continents.

The sea gave a living to people. Before the advent of super trawlers, recent over-fishing and fish quota restrictions, the sea's bounty was available to all. Fishing was sustainable and small-scale and mostly local – one fished to feed one's family and a surplus was sold. All along the coast of West Cork there are hundreds of small slipways, most of which were built in the 1800s to serve the many small fishing communities along the coast. Many are now unused but they show us where small-scale fishing was important, where small communities relied on the sea for their livelihoods.

The lighthouses on West Cork's coast tell us how important the southwest coast was in marine navigation. Hundreds of vessels per week travelled these routes. For many vessels the Fastnet Rock lighthouse was the first landfall on this side of the Atlantic for those travelling from America.

Nestled along the West Cork shoreline, Courtmacsherry Hotel and Cottages—once the 19th-century summer residence of the Earl of Shannon—is now a beacon of hospitality on the Wild Atlantic Way. Steeped in heritage and architectural elegance, it offers access to woodland and coastal walks like the Seven Heads Loop. Blending historical character with modern comfort, it's the perfect base for exploring the beauty of Ireland's southwest.



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The Lifeboat Inn is a Gastropub with a waterfront garden in the tranquil fishing village of Courtmacsherry, West Cork.
We are open for dinner Thursday – Sunday 5pm
with Lunch Saturday – Sunday 12.30 – 2.45

www.lifeboatinn.ie | 023 886 4656 | info@lifeboatinn.ie



Lifeboats

The RNLI new Shannon Lifeboat is stationed here and provides an on call service 365 days a year along the coast and 150 km out into the Atlantic Ocean.

The 1345 numbered boat is the new Shannon class and the one behind is the Trent Class one being replaced. The Shannon tied on the pontoon has the recently retired Coxwain Sean O'Farrell on the bow

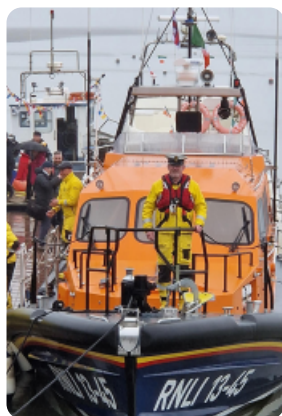
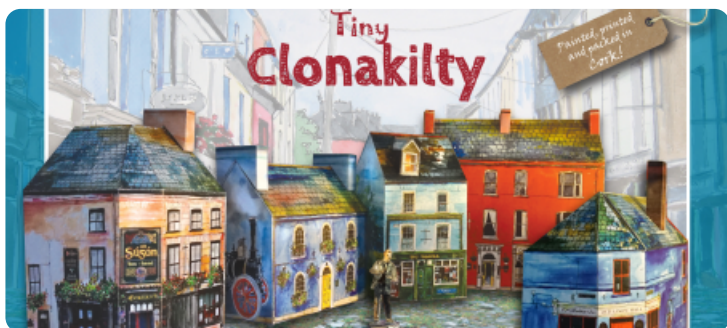
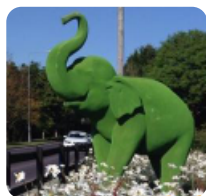


Photo: postersofireland.com

Clonakilty

This little unassuming town greets you with
hydrangeas, littered down the roads, Giant
mammals saying hello –
see how many you can spot!

Enter the town itself and you are surrounded by
clean, neat streets, an abundance of shops with
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can probably be found here.



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Last Entry 4pm

Admission Prices

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Email:
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Clare County Council

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www.michaelcollinshouse.ie

Michael Collins House, Clonakilty is a museum dedicated to Michael Collins and the history of the fight for Irish independence; offering an insight into the life of 'The Big Fella' and much more.

History is brought to life through guided tours, interactive displays, audio visuals, original artefacts and insightful information boards.

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www.michaelcollinshouse.ie.



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Model Trains - Mini Diggers
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www.modelvillage.ie | info@modelvillage.ie | 023 8833224

A Tidy Towns competition winner in the 90's, Clonakilty has since worked hard every year on its upkeep. In 2003 Clonakilty became the first official Fair-Trade town in Ireland.

In 2007 it obtained the status of European Destination of Excellence. And in 2022 won the Tidiest Small Town award at the National Supervalu Awards.



Riailtas na hÉireann
Government of Ireland

Brought to you by the Department of Rural
and Community Development

With the motto: "Cut the Misery and Spread the Positivity" in 2012, the local Clonakilty Macra na Feirme Club set up the world's only 'Random Acts of Kindness Festival'. The festival aims to celebrate the welcoming and warm hearted nature of not only the Clonakilty community but also of the Irish people as a whole. The Festival has been held recently in December, please check their Facebook page for details.

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Contact Us



Sand Quay, Clonakilty,
Co.Cork, P85UP08



info@clona.ie



www.clona.ie



What is there to do in Clonakilty?

The answer to that is LOTS!!

There are so many places to visit near Clonakilty, there is the Black Pudding Visitor Centre, a fascinating insight to their history, dating back to the 1880s when Clonakilty Blackpudding was first made using a secret recipe. Wonder at the HUGE coppers stills or take a tour of the Clonakilty Distillery, it is at the roundabout by Lidl. There's a GAA sports complex for a good run on a flat track and a fabulous Adventure Park for the younger members of the family! Or try surfing at the nearby Surf School.



The West Cork Model Railway is a must-do, you can walk round the hand built amazing model village and ride on the train, as it takes the actual journey from days gone by.

Michael Collins House is a museum dedicated to Irish patriot and revolutionary hero, Michael Collins. Visit to learn about his life story, entwined with the history of the fight for Irish independence.

Close to Clonakilty, less than a 10 minute drive away, is the Blue Flag Inchydoney Beach, which has a vast expanse of sand and dunes, perfect for surfing. Also Long Strand, which is a mile and a half of dunes and sand a 15 minute drive away. A little further away is Dunworley beach, a wonderful little beach for swimming.



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FOR 10% OFF YOUR BOOKING!



There is a beautiful house and show gardens, which is a few minutes away. Ten minutes away is French Chateau style Lisselan House, built in 1853.

Buses run fairly frequently from Cork all the way to Baltimore and Goleen, which stops in Clonakilty, scan QR for more



 Book Bus Éireann here!

This will be the 44th year of the BAND CHAMPIONSHIPS, held in the community hall and community school on Saturday 5th July 2025 • Clonakilty, West Cork from 9.30am – 7.30pm. There will be bands from America, Scotland, Wales and 35 Irish bands.

www.soibandchampionships.ie



Castlefreke

Rathbarry's Tidy Towns resurrected a lovely old cottage nearby that had fallen into disrepair, which had been used in 1825 as a base to teach the art of lace making.

The Sprigging School was established on the Castlefreke Estate by Lady Carbery.

Originally divided into two, it is now a one-roomed building. The two rooms included a domestic space for the live-in teacher, who slept on a settle bed in the kitchen. The teacher also kept ducks and hens, and they too slept in the school at night.



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Rosscarbery

The sweeping road down to the causeway road and beaches at Rosscarbery takes your breath away, you really don't expect the road to open out to such a vista! The water is tidal and you can spot swans enjoying the tranquillity to the left.

In the summer, when you look to the right, some serious adventure awaits you! You will see kids and adults alike on a huge colourful inflatable water park, pedal boats, SUP and kayaking. Join in the fun or relax at Jack's Shack, which is by the water and offers food and drink to relax and watch the activities. Call 087 746 2720 or please scan the QR code to find out more!



This village is one of those really pretty ones, with shops and restaurants either side, always something going on, always somewhere to eat fabulous food. For a small village, it really is greedy in the amazing selection of eateries here!

Swim, surf or paddle too at the gorgeous beach. Beautiful white sand, just waiting for swimmers, families and picnics.

  **nighthawks fish and chips**

We're buzzing to launch our new venture—Nighthawks! After nearly 20 years, countless spuds, and a few shiny awards, we're going dine-in! Find us on the N71 in Rosscarbery. We're still your favourite chipper—"same face, different place, same magic... just more space."

Tanyard Lane Rosscarbery | P85KC91
Phone: 0238895082



Leap

Driving through Leap, you may be forgiven for thinking it is always a sleepy little village. But, you will probably never see as many people meandering through a village in West Cork as you would in Leap every October.



The Leap Scarecrow Festival displays of ghosts, ghouls and freakily made up lamp posts and bollards are always absolutely amazing, oozing from every house and tree. It really is one of those things that has to be seen to be believed. Stop for a bite to eat at one of the several pubs and chipper.

The Irish name of the village, Léim Uí Dhonnabháin, means "O'Donovan's Leap" and is reputedly derived from the story of a chieftain called O'Donovan, who was pursued by English soldiers, but escaped them by jumping across a ravine on the western side of the village.

Glandore

Turn towards the coast when in Leap to arrive in Glandore in just six minutes. In Irish, Cuan Dor, meaning harbour of the Oak Trees, was one of the earliest settlements in this area, the Normans built two castles here in the 13th century. It was then closely associated with the O'Donovan family, who gained control of the harbour from the Normans and occupied its castles for centuries.

An annual regatta takes place the third weekend of August. Sailing is one of the main attractions to the village, with every second (odd) year, the Glandore Classic Boat Regatta is held during the second week of July.

Rowing and swimming are also popular pastimes. With several really good eateries and pubs to warm up in after your exertions. There are spectacular views from here across the water to Union Hall, and a lovely little church just along from the safe harbour.



Union Hall

As you round the bend down to Union Hall, your eye is taken by the lovely quaint harbour and water stretching out towards Glandore across the inlet. You are then captured by this gorgeous little fishing village. It seems so quiet and peaceful, but also hides loads to do. There are places to stay, bars for good food, and craic with the locals.

Jump on an E-Bike and tour around with ease, taking in the scenery and sea air. Take a ride over to Rineen Woods and there are some nice loop roads that allow you to explore the countryside.

Seaside Alpacas began its journey as Alpaca Walk West Cork, inspired by the desire to offer a distinctive and enriching experience on Ireland's south coast. Learn about farm life and take a scenic coastal walk down to the beach. During this tranquil walk you will learn about alpacas, take photos of you and your new alpaca friend, and feed the alpacas their favourite treats. They also invite you to give treats to their other animals; horses, pony, and chickens, which are all very friendly. Visit Seaside Alpacas for more information.



Try a sea kayak phone, 028 21058.

There are whale and dolphin trips from Reen Pier, but these get booked up quickly so phone Colin on 086 327 3226.

Book an exciting sea angling trip, rods and tackle are provided.



Boats in harbour at Union Hall

The quaint fishing village of Union Hall has its own smokery, ice plant and processing factory, you'll see the name on their products far and wide.

To get here, you travel over the single track Poulgorm bridge, built in 1890 and was featured in the 1994 film 'War of the Buttons'!

Castletownsend

As you can guess, there is a castle in this village!

A magnificent one, where you can book to stay, it has been in the Townsend family since the 17th century. There is a steep road leading down to it with charming cottages clinging tightly to the right hand side, with two sycamore trees placed, unusually, in the middle of a tight little stone roundabout.

Once you squeeze past these, the castle is on your left and spread out before you is a lovely little harbour, with fabulous views across a fairly narrow estuary.

Two cousins, local women Edith Somerville and Violet Martin, co-wrote The Irish RM trilogy of novels, which were adapted for television almost a century later. The cousins are buried at St Barrahan's Church, which has three stone tablets featuring the history of the founders of the village and is reached by climbing 52 steps – one for every Sunday of the year.

There is a great pub and restaurant, which serves really good food, we've been several times, but do book, as they are always busy at any time of year!



Painting; www.donaghcarey.com

Skibbereen

Skibbereen, sometimes called the capital of West Cork and the Carberies, is a thriving market town located on the banks of the River Ilen and is the ideal base from which to discover a choice of quaint fishing villages a short drive away.

It is the centre for agricultural, industrial and tourist activities of the wider region, with cafés, restaurants, shops and supermarkets.

Skibbereen is filled with family run and owned shops, and also has very skilled craftspeople living in and around the town.

A huge Market is held every Saturday, attracting stalls from far and wide across West Cork. There is often impromptu live music and singing and enough local produce to keep you going all week.

Local shops sell hand-crafted goods and I can't think of any shop that is missing from this vibrant, friendly town, except perhaps a haberdashery!

Festivals in Skibbereen

Skibbereen Music Fest | 14th – 16th June
with 14 brilliant bands playing in different venues around the town.

Skibbereen Arts Festival | 26th July – 5th August with dance, music, the spoken word, theatre, art, scan to see the full lineup here:



West Cork History Festival | 9th August, hosted by Liss Ard Estate

Crowley Clan Gathering 2025 | Friday 12th – Sunday 14th September at West Cork Hotel, Skibbereen.
Further info: www.crowleyclan.com

Skibbereen Walking Festival |
26th – 28th September

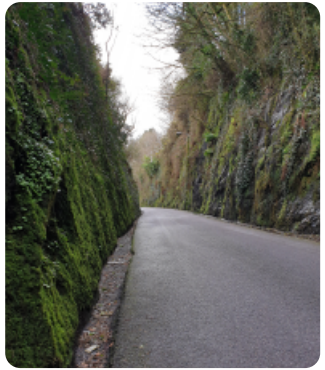
Just down the road and a short ferry journey,
Cape Clear Lavender Festival |
is on 11th – 13th July
(see page 41).



Railway Line

In 1877, a railway line was built connecting Cork to Baltimore.

You can still see signs of the old railway, cutting through the town, from the corner after the Southern Star through to the car park where the market is held, has high, damp rock walls, covered in vegetation, which is always cool in the summer.



In 1902 a railway hotel was built right alongside the tracks, which, since the railway was disused in 1961, has become the magnificent West Cork Hotel, built right over where the line was.



The railway bridge still also remains, its end butting against the West Cork hotel, who use it for outside dining!



Along the Marsh road, heading towards Drimoleague, the converted station itself now houses the Fish Shop (formerly named The Fish Station) next to Skibbereen Fire Station.



Read the Railway history from Skibbereen Heritage Centre

Skibbereen Farmers Market can trace its origins back to 1688 when the first market patent was granted. During the last century the main market day was Wednesday, coinciding with the cattle mart, which was in the Fairfield. When the cattle mart moved to the outskirts of the town it changed its sale day to Friday. So now every Saturday morning, the market runs between 9am & 2pm, with some stalls a little earlier, some a little later.

The market sees an influx of people, locals and visitors, and brings great business for everyone in town. You can feel the camaraderie of the town, groups of people chatting everywhere, all the shops busy. The market itself has everything you need, I'm there every week for my fruit, veg, cheese and olives, to stock up my fridge and my garden with plants. So many handmade crafts, brilliant ideas for gifts, jewellery (handmade and vintage) and pre-loved books and unusual items.

SKIBBEREEN FARMERS MARKET



At Fairfield every Saturday
9am - 2pm

The wonderful Skibbereen Rowing Club use the River Ilan for practice, and their hard work paid off, as they won Olympic Gold, Silver and Bronze medals in July 2020 and Gold in 2024.

Skibbereen was one of the worst affected places during the famine of 1845, with 10,000 victims buried in a mass grave in the churchyard just beyond the town over a small bridge. Read all about it at the Skibbereen Heritage centre.

There has been a grocer and bakery located at 26 Main Street Skibbereen, the premises of **Fields of Skibbereen**, since 1865. Jack and Maureen Field bought the premises in 1935, and named the shop Fields of Skibbereen. On that date, they made a commitment to supply only the finest produce and baked goods, and to offer a peerless service to all their customers – a tradition that has been continued by the third generation of the family to the present day.

The old shop has been revamped many times over the last 85 years, with the latest total revamp taking place in 2023, with a view to creating a SuperValu unlike any other. By continually enlarging and improving the different departments in the supermarket, Field's has kept pace with developments in the industry, but still managed to retain its unique appeal. Having a modern shop is important, but so too is the need to retain the traditional values on which the business was built. The ethos of supporting local producers and suppliers, keeping seasonality at the core of their fresh produce and the outstanding service they give to their customers, is one of the things that makes them unique.

Fields of Skibbereen is at the heart of the community in West Cork, providing supplies to rural communities and the islands. The shop has become an iconic meeting place for locals and visitors alike, who call in to pick up a freshly baked loaf of Fields bread or call to the coffee shop for a 'world famous' salad roll and a chat.

*Have you been
to Upstairs @ Violette ?*

**For all your accessories, bags, hats, jewellery and fascinators!
See page 33!**

So many shops change in and about Irish villages and towns but most have remained constant in 'Skibb', though a few good cafés were lost recently, there are a couple of new places really worth a mention – new owners have opened Wild Ways @ Dillons Corner with fresh fish and vegan meals on the menu, and LaVie takeaway who do great pizzas and a selections of curries, we love their korma! This is just round the corner from the well-loved and established JC's wonderful chipper (you have to try their battered hake!!) in Field's carpark.

These compliment our old favourites, An Chistin Beag (they do a fantastic chicken and bacon salad), Apple Bettys for a great social meeting place for coffee, a warm greeting and a toastie/wrap/cake and of course The Church Restaurant - a beautifully decorated old church with stained glass windows, always good food and our favourite for evening dinner.



An Chistin Beag

"Eating should be a pleasure to both the eyes and tastebuds and An Chistin Beag's delicious dishes are an artform. Their beautifully prepared and presented breakfasts and lunches satisfy both"

June 2023



Apple Betty's Café

"This is our favourite go-to place for coffee and lunch. With a really wide selection, Apple Betty's always has delicious food and the staff are so friendly and welcoming"

May 2023



46 Bridge St,
Skibbereen
028 22019

The Square,
Skibbereen
028 51833



Baltimore

Baltimore is a very busy village, with a sailing club, pubs, a grocers, a craft shop and a castle. It is always busy in the summer, parking is a nightmare, but persevere as it will be worth it! You can travel to the wonderful Cape Clear and Sherkin islands, go Whale Watching or just relax and enjoy a drink outside the bars and restaurants watching the bustle around you. Or take the little ones to the secure playground behind the car park.



On 20th June 1631 before dawn, The Cove, Baltimore was famously sacked by pirates. More than 200 Dutch, Turks and Algerians were anchored outside the harbour from the evening before and raided the village, torching thatched roofs and taking - mainly English settlers who had been working at the pilchard fishery – 107 men, women and children aboard their ships to be taken to the slave markets of North Africa. Only 3 women, ransomed about 14 years after they were taken, were heard of again.

Probably most men were used as galley slaves and the women as concubines in harems in Algiers. Those that got away that night mostly moved to Skibbereen.

Murat Reis commanded the ships that left Algiers, two at first but smaller vessels succumbed to these Barbary pirates along the 1,000 mile journey. John Hackett from Dungarvan persuaded, in return for his freedom, the pirates to invade Baltimore instead of Kinsale, as there would be less risk as it had no defences. Hackett was later arrested and hanged on a cliff outside Baltimore.

The most popular theory for this event is that Sir Walter Coppinger had been trying to take the village away from the O'Driscolls to secure it for himself. This worked in his favour and after a reign of 400 years, the O'Driscolls lost their place as overlords of Baltimore.



Bring your togs! There is a beautiful bright, light filled pool two minutes walk from the heart of Baltimore. Also a kiddies paddling pool. Aqua-aerobics are held each week outwith school holidays, with the best teacher!! She's fun, energetic and aerobics can be done at your own pace. Above the pool is a really well equipped gym. Showers and changing rooms are warm and clean.



Lott's Wife, as Baltimore Beacon is also known as, towers over the harbour and is the first thing you see as you approach the harbour by boat. It is a 20 minute walk up to the beacon - see the soaring height of it - follow the road straight ahead when you walk past the pubs, away from the castle. This takes you round The Cove, turn left onto Beacon Road. The easier path up to the tower is before you get to the car park (as this is an easier climb).

The whales you are most likely to encounter during Whale Watch tours, vary with the time of the year. Minke Whales may be seen in pairs or small feeding groups during May. Groups of Fin Whales arrive in late June and feed over a period of some seven months. In small family groups or in pairs, these fast moving animals are seen regularly both inshore and offshore feeding on small shoaling fish, predominantly herring and sprat. The first Humpback Whale to arrive usually does so towards the end of August with others arriving later in the year during October and November. Dolphins and Seals show up on many trips, also sea birds: Gannets, Cormorants, Shearwaters, Terns and Gulls. I was lucky enough to see a couple of juvenile Puffins one year!

You can book
whale watching trips
from Baltimore at
Whale Watch West Cork
by scanning here



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**THE WILD
ATLANTIC POOL**



**& FITNESS
CENTRE**

There are so many festival dates to entertain you in Baltimore!

Festival Diary For Baltimore, West Cork 2025

A special feature of summer in Baltimore and the Islands are the festivals and events that take place on various weekends from May to October. The area hosts more such happenings than you will find almost anywhere else in West Cork. The focus is generally on some aspect of culture, music, history, local produce or activity.

They include displays, demonstrations, stalls, fun activities, competitions and live performances.



ILCA Munster Championships |

April 19th and 20th



Baltimore Fiddle Fair | May 8th - 11th

O'Driscoll Clan & Midsummer Festival |

End of June

Baltimore Wooden Boat Festival |

May 23rd - 25th

Cape Clear Lavender Festival |

July 12th - 13th

Baltimore Cup Regatta | August 1st - 2nd

Deep Sea Angling Festival | August 22nd

Cape Clear Story Telling Festival | September 5th - 7th



Baltimore Community Market

Baltimore Community Market was started in May 2022 and has grown from fresh produce growers, with wonderful veg, plants and flowers taken fresh from their land that morning to include freshly baked bread, cakes, honey and lunchtime goodies.



Many local crafts including wood-carving, hand made blankets, gifts, lavender goods, celebration crackers.

Wonderful paintings and photographs by local artists, dolls with hand-made clothes and jewellery have made the market the best place to come, chat, have a cuppa and a cake every Sunday. From 11am – 1pm from Spring to Autumn and Christmas. Find it just outside Baltimore in the Community Hall on the left as you're heading to Skibbereen in the spring and summer and in the Sailing Club by the pier in the autumn and winter.



**CASEY'S
OF BALTIMORE**

www.caseysofbaltimore.com

+353 (0)28 20197

info@caseysofbaltimore.com

Caseys of Baltimore, Baltimore, Co. Cork



**WEST CORK
BREWING CO.**

www.westcorkbrewingco.ie

+35383 4156186

westcorkbrewingco@gmail.com

Established in 1975, Casey's of Baltimore is a family-run hotel and restaurant associated with the warmest of hospitality, serving fresh, delicious and locally sourced produce often from its own garden, mussel farm and brewery.

Our food journey began in the 1970s when Michael Casey, who was working as a fisherman, and his wife Ann Casey decided to make their own Seafood Chowder and Brown Bread for the bar. Still on the menu, this successful combination as well as locally sourced Atlantic prawns, crab and lobster can be savoured whilst enjoying expansive sea and island views. Adjacent to the seafood restaurant is Casey's traditional bar, providing a cosy and friendly atmosphere, which one can enjoy amongst locals.

The on-site brewery, West Cork Brewing Co. was established in 2014, and was the brainchild of Dominic Casey and two of his friends. A variety of craft beer, which is available on draught and in bottle, is brewed weekly.

A Brew Day Experience as well as brewery tours are available.

Casey's Hotel offers a variety of accommodation, from sea-view rooms to one-bedroom apartments. Fáilte Ireland approved accommodation provides the perfect haven in which to rest after an unmissable dining experience in the sea food restaurant, or a walk or swim in the beautiful surrounds. Casey's now offers all guests free access to Baltimore's Wild Atlantic Leisure centre, which is located within 5 minutes of the hotel, which includes a pool, gym, sauna, steam room and jacuzzi.

We look forward to welcoming you to Baltimore. Fáilte roimh chách!



**CASEY'S
OF BALTIMORE**



**WEST CORK
BREWING CO.**



Fastnet Rock

Fastnet Rock sits 6.5km off Cape Clear Island.

It was completed in 1904, and came about after the sinking of the Stephen Whitney, which hit the head of the West Calf Island in 1847, with the loss of 92 lives. Prior to the rock, Cape Clear had a lighthouse but it was often covered by fog and low cloud, so wasn't really fit for purpose.



Islander Gaeilge Failte

First, a cast iron lighthouse was built in 1853, however, the winter weather wasn't suitable for this material, so it is now built with stone in a graceful upward curve of 2000 interlocking granite blocks. The blocks, some weighing three tons, were transferred to the Fastnet Rock by a specially

built steamer, the Lerne. The light itself was provided by oil burners mounted within twin four-sided lanterns.

Cape Clear Island



Cape Clear Island



Cape Clear Ferries



Meitheal Chléire - Irish Language



Chleire Haven Camp Site



Cotters



Sána na Mara, Yoga with Jen



Mara Farm and Café



Cléire Lasmuigh Watersports



Bird Observatory



Danzig Lavender Store

Photo: Sally Davies



Take the 45-minute ferry trip from Baltimore and relax amongst the romantic scenery, while absorbing the tranquil beauty of the island, with its rolling hills and shimmering harbours. Cape is rich in archaeology with amazing stone walls, ancient standing stones and Bronze Age monuments. There is a Napoleonic Signal tower, beside the historic lighthouse, a 12th century church and the 14th century O'Driscoll castle', Dún an Óir, built with the same rock as the island, which is all but invisible when you look at it from the sea.

Jen has set up a yoga business teaching bilingual (English/Gaelige) yoga classes to all on Cape Clear and welcomes tourists. She has recently added a mobile sauna called “Sána na Mara” which is situated mainly at the North harbour, Ciarán’s slip, where you can enjoy a sauna session after your sea swim. Phone Jen on 0874741870 or see her social media “GaelYoga by Jen” or “Sána na Mara”



Cape Clear Lavender Festival 11th & 12th July | Community Market



Immerse yourself in three days of lavender magic at the Cape Clear Lavender Festival. During the weekend of the 11th and 12th July, our community comes together to plant, nurture, distill, and craft the finest “Cape Grown – Cape Made” lavender products.

Discover:



Artisanal Goods: From velvety lavender-infused gin to soothing beauty essentials.

Culinary Delights: Delectable lavender-infused treats and refreshments.

Handcrafted Pieces: Stunning lavender ceramics and home décor. One of a kind hand-knitted sweaters and stunning dried flower wreaths.

Join us Saturday and Sunday at the Community Market to shop these fragrant creations—and celebrate local spirit, shared dedication, and natural splendor.

Don't miss the scent-sational weekend of July 11-12!



CAPE CLEAR
FERRIES

+353 28 391 59

info@capeclearferries.com

www.capeclearferries.com

The Fastnet Rock Lighthouse is the tallest and widest Rock lighthouse ever constructed in Ireland and the UK and is the most southerly point of Ireland, lying 6.5km southwest of Cape Clear Island.

The 54-metre iconic lighthouse was known as Ireland's Teardrop as it was the last structure seen by Irish emigrants aboard ships travelling to the United States. Construction of the first lighthouse on Fastnet Rock – originally made of cast iron — started in 1853 and first produced light on the first day of 1854.

It replaced an earlier lighthouse that had been built on Cape Clear in 1818.

Following a shipwreck that lost the lives of 92 people, it was decided to move the lighthouse. Those making the decision looked out from the original lighthouse and saw Fastnet Rock and the decision was made to build the new lighthouse there.

In 1891, a second replacement lighthouse was erected on Fastnet – as the light from the old one was not sufficiently powerful — and was made from brick. The lower portion of the first lighthouse is still visible to this day.

Fastnet Rock – or simply Fastnet – is known as An Carraig Aonair (lonely rock) in Irish –and is a small clay-slate islet which rises to around 30 metres above the low water mark. It is separated from the much smaller Little Fastnet by a 10-metre wide channel.

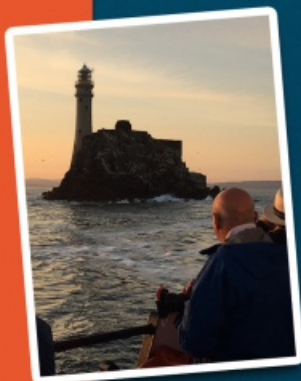
CAPE CLEAR FERRIES

Leaving from Baltimore pier or Schull pier to Cape Clear
Island and Fastnet Rock

The Fastnet Rock Sunset/Twilight Tour

The Fastnet Rock Sunset/Twilight Tour offers passengers an amazing opportunity to see the lighthouse as the sun goes down behind its towering bulk. We set sail from Baltimore at 6pm during June and at 7pm during July and August and circle the rock at sunset in what is a rare and memorable experience.

Why not Depart Baltimore during July & August on an earlier sailing at 5 pm and explore Cape Clear Island first and then re-join the Twilight Tour at around 7.45pm from Cape Clear Island.



TICKETS COST €44 OR €100 FOR A FAMILY
OF TWO ADULTS AND TWO CHILDREN.

FOR **5%**
DISCOUNT

QUOTE '**ST5**'
in the discount code section
when booking online



Please arrive at least
20 minutes prior to departure

Departs Baltimore at
10.45am – Returns at 5.00pm

Departs Schull at
11.30am – Returns at 5.00pm

The Fastnet Rock Day Tour

The Fastnet Rock Day Tour first stops on the beautiful Cape Clear Island for around two to three hours before heading out to Fastnet Rock Lighthouse itself. From Baltimore or Schull, you cross the impressive Roaringwater Bay and meander through Carbery's Hundred Isles, some of which are habited, towards Cape Clear Island, known as the Queen of Carbery's Hundred Isles as it is the largest. On Ireland's most southerly island – which is one of the few Irish-speaking islands in Ireland — you will have free time to explore Cape Clear Island and see the Fastnet Rock Memorials. You will also get a stunning view of the Fastnet Rock from the island itself before the boat ventures further out into the wild Atlantic to round the Fastnet Rock Lighthouse, where travellers can often expect to see pods of whales, dolphins and other marine life. The boat circumnavigates the rock at close quarters, giving superb views and excellent photo opportunities before returning to the mainland.

TICKETS COST €45 OR €105 FOR A FAMILY
OF TWO ADULTS AND TWO CHILDREN.



The Fastnet Rock Direct Tour

The Fastnet Rock Direct Tour takes up to three and a half hours, departing from Baltimore or Schull going direct to the Fastnet Rock Lighthouse. The boat circles the lighthouse at close quarters to give you the best view of the iconic lighthouse as well as the perfect photo opportunity.

TICKETS COST €45 PER PERSON.



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Serves Lunch and Dinner

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The restaurants and bars are here, but the island is so much more. Walk past An Siopa and Sean Rua's, Cotters and CDMs, (stopping for lunch on the way of course) but further past them is the fabulous South Harbour, great for a swim and rest. Walk up past the little school, and as you crest the hill, you will be awarded some of the most majestic views you are likely to find anywhere. Or take one of the loop walks, the one up to the cliff top to the left of South Harbour is particularly spectacular!

Dry Stone walls

Dry stone walls are a very visible and widespread feature of West Cork. These walls, known as 'ditches', bound fields, gardens and roadways. There is great variety in the style and appearance of the ditches. Some are low and quite flimsy, only one stone in width and not very robust, while at the other extreme some ditches can be quite tall and deep, and of a very solid construction. In none is mortar used as a binding or construction medium. Ditches were often capped with earth which today supports a range of flora – sedums, small ferns etc.



The style of the construction reflects the purpose of the ditch, the nature of the available stone, and the skill and artistry of the builders. Ditches built as retaining walls can be quite tall and flatter stones, set on edge, are used to create a tight construction.

So-called double ditches can be quite broad and were built as two parallel walls, with occasional longer stones running the full width of the ditch to strengthen the construction, with smaller stones filling the remaining space between the two faces. Other ditches were built with long stones set vertically and the space between them filled with smaller stones, often set on edge and running in horizontal rows creating a herringbone pattern.



**Cléire Lasmuigh Watersports
& Activities**
Cape Clear Island
085 202 9094
www.lasmuigh.ie

Every stone, large or small, in every metre of the almost incalculable length of the ditches was chosen, lifted, given a position, adjusted, sometimes rejected, re-positioned and settled in its place. The ditches represent millions of hours and days of work by nameless people, now forgotten, whose only memorial is those ditches, often unnoticed, and nowadays not always maintained or repaired.

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LINN!**



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LIFELONG LEARNING AND EVENTS**

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Chléire Haven

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DANZIG LAVENDER STORE CAPE CLEAR

 danziglavenderstore@gmail.com



Open Daily July & August 11.30am to 6pm

For all things lavender

Including free lavender gin tasting

Cape Clear Lavender has grown from the seed of an idea about growing lavender on the island for locals to use to create all things lavender.

Two 200 year old joined derelict cottages with just a small well at the back and a central shared chimney were restored by locals to turn into the Danzig Lavender Store. It was sympathetically refurbished with most of the old ship timbers still holding up the roof to this day.



It is now a vibrant tourist store open each afternoon from June to early September selling everything to do with lavender. Most of the store's products are crafted from island grown lavender, harvested, dried and distilled on the island.

The products are crafted by islands over the winter months and then the store is staffed by local ladies during the summer giving a true circular economy.



Baltimore



Baltimore

Cape Clear Ferry & Fastnet Tours

Whale Watch West Cork

Waterfront Hotel, Jacob's Bar

The Algiers Inn

Wild Atlantic Pool & Leisure Centre



Baltimore Market

Crackers.ie at Baltimore Market

Caseys of Baltimore



Sherkin Island

Sherkin North Shore

Sherkin Island Ferry

Bantry



Bantry

Bantry House & Garden

The Maritime Hotel

Bantry Golf Club



Coen's Pharmacy

Newtown Pharmacy

Stowaway Crafts

Organico



West Cork Map references:

Kinsale |

Kinsale Deep Sea Angling

Kinsale Golf Club &
Atlantis Restaurant

Linda's of Kinsale

Ballinspittle |
Hurleys Bar

West Cork Collective

Garretts town |
Pukana Surf Adventures

Timoleague |
Monks Lane

Courtmacsherry |
West Cork Secret



Courtmacsherry | cont
Courtmacsherry
Hotel & Cottages

The Lifeboat Inn

Clonakilty |
Miniature Village & Railway

Happy Go Lucky

Green Dot Crafts

Clona Dairy Products

Michael Collins House

Clonakilty Distillery

Rosscarbery |
Lagoon Activity
Centre

Nighthawks



Union Hall |
Seaside Alpaca's

Skibbereen |
An Chistin Beag

Apple Betty's Café

Skibbereen Farmers Market

Violette

SuperValu Fields

Liss Ard Estate

Schull |
CraftYARD

Schull Harbour Hotel

Goleen |
Wild West

Mizen Head |
Mizen Head, Wild
Atlantic Way



Sheep' Head |
Goats Path Pods

Bantry |
Levis art

Drimoleague |
Waterfall Alpaca Farm

Dunmanway |
Le Chéille Art

Teapot Café

Funmanway

Macroom |
Coolcower House

Baltimore & Sherkin Island, Glengarriff & Beara Peninsula | See Separate Map



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Aerial view of Sherkin Island

Sherkin Island

Ireland's most accessible island!

Situated just a few minutes ferry ride away from Baltimore, the ancestral home of the O'Driscoll clan, Sherkin Island offers visitors lovely fairly level walks with fantastic large sandy beaches and beautiful views along the fuchsia-scented paths.



Sherkin Open Ear Music Festival at Sherkin North Shore
29th May to 1st June

Sherkin North Shore

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Sherkin Island West Cork

Baltimore, West Cork

Approx
10 minutes from
Baltimore to
Sherkin!

Adults €6 Single, €15 Return

Students €4 Single, €7 Return

Child (5-18) €2 Single, €4 Return

OAP & under 5s FREE

No booking required. Cash only.

For group bookings only call 087-2638470

JULY & AUGUST TIMETABLE

All sailings
subject to
weather and
other conditions!

Dept. Baltimore

7:45 9:00* 10:30 12:00 14:00**

16:00 16:45 17:45 19:00 20:30

Dept. Sherkin

8:00 9:45* 10:45 12:15 14:15**

16:15 17:00 18:00 19:15 20:45

****Not on Saturday or Sunday *Not on Sunday**

Check website for timetables for the rest of the year

www.sherkinferry.ie • www.sherkinisland.eu

When you alight from the short ferry journey, there is a short, steep path, past the beautiful ruins of the 15th century Abbey, then up to the Jolly Roger pub. If you carry on along that road, you pass a little public library, the old school, and plenty of interested cows!

Take a slight right and you come across the huge expanse of Silver Strand, golden sand, looking straight out to Cape Clear Island.



Ballydehob

Ballydehob is the gateway to the Mizen Peninsula in West Cork, nestled on Roaringwater Bay along the Wild Atlantic Way. With rural charm, rich heritage, and rustic beauty complimented by a small yet diverse population. Ballydehob is a haven of eclectic music & festival culture within an artistic community.



On 6 September 1886 Ballydehob railway station opened on the narrow gauge Schull and Skibbereen Railway, with a huge sports event held to mark the occasion.

At the time there was a 15 m.p.h. speed limit on the railway. The magnificent 12 arch bridge, which dominates the estuary of Ballydehob, was the major engineering achievement of the line. Mounting losses, coal shortages and the arrival of buses and motor cars eventually brought the closure of the line. The final train ran on 27 January 1947 and the station finally closed altogether on 1 June 1953. Ballydehob was the main intermediate station on the railway.

Festivals in Ballydehob

May Bank Holiday May 2nd – 5th | **Jazz Festival**

June Bank Holiday | **Country Music Festival**

June 13th – 16th | **Fastnet Maritime & Folk Festival**

July 8th – August 3rd | **West Cork Fit-Up Theatre**

Mid August | **Summer Festival** rural shenanigans!

1st weekend each October | **Traditional Threshing**

Weekly **Traditional Music Sessions** take place every Friday all year round rotating between Rosies Bar, The Sandboat, Vincent Coughlans, and Levis' Bar. Fridays 7pm – 9pm

Car Boot Sale | One Sunday each month

Scoraicht Night | Last Friday of each month A great night at the Irish Whip for house musicians, singers and storytellers to get out and have fun.



The Furze

Furze, or gorse as some know it, is widespread in West Cork and its bright yellow flowers brighten many hillsides and areas of rough ground. In the northern half of Ireland furze is more commonly called 'whins'.



Two varieties of furze grow in West Cork – French furze (*Ulex europaeus*) is the taller and more woody of the two types and is often seen as a hedgerow plant. It is likely that this was originally planted as a fencing plant. Irish furze (*Ulex gallii*) is a smaller, compact and dwarf-like variety of furze and it thrives on the thin peaty soils of the hills. It flowers in late summer and autumn, and grows in profusion in low rounded clumps especially on the exposed slopes of the coastal areas and islands of West Cork.

While today furze is regarded as little better than a weed, in the past it was quite a useful and versatile plant. The woodier stems were often used as fuel, while the softer parts were used as winter fodder for horses and cattle. Furze was cut with a sickle, billhook or scythe, then crushed and pounded before being fed to animals when grass was scarce. Branches of French furze were used in harrowing and to cover hayseed scattered on ploughed ground. A relatively straight branch of furze made an excellent walking stick which also served as a prod for driving cattle. A long branch of furze with a bunch of greenery at its end made an excellent sweeping brush, while a clump of furze, with a length of rope attached, was pulled through a chimney from the top to clean the flue of soot.

On St. John's Eve, 23 June, furze bushes were lit as ceremonial fires, a tradition that probably originated in pre-Christian rituals.

West Cork's Iconic Flowers

West Cork's most widespread and distinctive flowers are those of the fuchsia (*Fuchsia Magellanica*) and montbretia (*Crocoscemia x crocosmiiflora*). These two introduced plants have naturalised in West Cork and there is hardly a length of roadside verge that does not sport the red flowers of the fuchsia and the orange of montbretia during summer and autumn.



Fuchsia was introduced to Ireland in the mid 1800s having first been brought to England as a garden plant in the 1820s and today over one hundred species are known. The original fuchsias were native to South America and are named for a 16th century German botanist Leonhart Fuchs. The first mention of fuchsia in Ireland dates to 1857 and since then it has escaped the gardens where it was planted and has colonised the hedgerows and roadsides of much of West Cork. The most common form we see is a hybrid known as *Riccartonii*. So common and distinctive is the fuchsia today, that its flower has become the emblem for West Cork.



Like the fuchsia, the common montbretia is also an introduced plant. It is abundant on road verges and untended ground throughout West Cork. It grows from a corm, has long narrow and pointed leaves, and produces orange/yellow flowers from July to October.

It spreads readily and will out-compete nearly all other plants. The variety we see today was created in France in the 1870s when two plants, *Crocoscemia aurea* and *Crocoscemia pottsii*, were hybridised, creating a new, hardy and very vigorous plant, *Crocoscemia x crocosmiiflora*.

Schull

Set in the centre of an area of outstanding natural beauty, the air is fresh and clean. There are wonderful, independent craft, book and local food shops, pubs and cafes and a weekly country market held March to September every Sunday.

An ideal base for all year round holidaying, there is wonderful countryside for walking and cycling. Visit the Planetarium, the only one in Southern Ireland, where through the summer season, you can see Star Shows.

Schull Planetarium

Summer opening hours 2025

Shows at 15:00 with aprox
40 minute duration.

Friday June 13th and 27th

Friday July 11th and 25th

Friday August 1st

Above Schull rises Mount Gabriel, upon which you can see two large white globes, looking like golf balls, which are used for aircraft-tracking. Bronze age miners worked copper deposits on its slopes, and you can see their tools and products in the Dublin National Museum. A Stone Age Altar Wedge Tomb can also be found just outside Schull.

CraftYARD



CraftYARD is a vibrant presence in the heart of Schull village.

In the beginning it was our privilege to showcase the impressive work being done by local craftspeople and since those early days, we've broadened our collection to include a wider selection of goods across all areas of craft and design, both local and International.



/craftyardschull





Experience the quiet charm of West Cork at the Schull Harbour Hotel. The Schull Harbour Hotel is situated right on the harbour, offering beautiful views of the ocean. The hotel has 30 rooms and 8 self catering apartments. Dogs are welcome in certain apartments, making it the ideal base for the whole family.

If you are looking to explore West Cork, the Schull Harbour Hotel is ideally situated close to many stunning natural attractions. Mizen Head is only 30 minutes away with its rugged coastline, magnificent views and iconic bridge.

Barleycove beach is thought to be one of the most beautiful beaches in Ireland and is located within 30 minutes from the Hotel. Lesser known Ballyrisode beach is about 15 minutes away and consists of two smaller beaches. They are very pretty and tend to be quieter. Another lesser known must-see stop is Altar, about ten minutes from the hotel with absolutely breathtaking views.



Hikers will love Mt. Gabriel, just 10 minutes from Schull Harbour Hotel. Mt. Gabriel offers stunning 360 degree views from the top. If you feel like experiencing the beauty without the workout, you can also drive to a lookout point at the top.

When the weather is clear, you can see Cape Clear Island from the hotel. In the summer months, Cape Clear Ferries offers a tour right from Schull to Cape Clear Island and Fastnet Lighthouse. The boat circles close to the iconic lighthouse, offering exceptional views and perfect photo ops.

The area is an outdoor enthusiasts dream, with endless options for kayaking, sailing and hiking.



The hotel has a fully equipped leisure centre with a pool, sauna and steam room. The restaurant offers dishes made with fresh, local West Cork ingredients with views of the ocean.

Chestnut, a Michelin Star restaurant, is located in Ballydehob, ten minutes from the hotel. Dede, a 2 Michelin Star restaurant is a 35 minute drive away, as well as a myriad of fabulous bars and restaurants right in Schull.

If you are looking to explore West Cork, Schull Harbour Hotel really is the ideal base to do so.



Ideally situated overlooking the ocean and in close proximity to West Corks' most beautiful places to explore. 30 rooms and 8 self catering apartments. Fully Equipped Leisure Centre with pool, sauna & steam room.

THE
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HOTEL

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www.schullharbourhotel.ie
email info@schullharbourhotel.ie
or call 028 28 801



Goleen

Beyond the townlands of Kealfadda, Ballyrisode and Ballydevlin is Goleen, which was built during the 19th century, where a cattle fair was held at a crossroads, the street is wide and the houses there were originally shops. There is a hidden harbour down to the left in the village, which gives the village its name 'Góilín' meaning 'little inlet'. You will find glamping, a restaurant, hotel accommodation, metal sculpture, a quaint grotto, eggs with an honesty box – a typical Irish village, with charm and many walks.



The Wild West Bar
Main Street, Goleen, West Cork, Ireland
Eircode: P81XN24 | Phone: (028) 35861

**Warm and inviting bar
serving food set in the stunning
West Cork coastal village of Goleen**

Sheep's Head Peninsula

Sheep's Head is at the end of the peninsula, situated between Bantry Bay and Dunmanus Bay. Sheep's Head Way is an 88km long-distance trail which follows old tracks and roads around the peninsula, is very accessible and well signposted.

Why not book a Safari with Chris, who owns the beautifully situated Goats Path Pods. The tour, with two guided walks, local history and lore, lasts 4 to 5 hours and must be prebooked 086 857 0186.

HAVE YOURSELF A GLAMOROUS STAY ON THE SHEEP'S HEAD WAY



**Goat's Path Farm and Pod Park,
a beautiful picturesque location
for you and yours to unwind.**

You will find our luxury pods equipped for all your essential needs. Our pods are set into the high landscape which allows you to absorb the surrounding countryside of the Sheep's Head Way and sea views of Bantry Bay.

BOOK NOW AT
www.goatspathpods.ie

Mizen Head



Mizen Head has long been the last sight of Europe for many a fisherman before setting off to the vast open waters of the Atlantic Ocean. The signal station was originally built in the early 20th century. It was permanently

manned until 1993 and was a major communication centre for those transatlantic-bound ships.

Mizen Head, Wild Atlantic Way Signature Discovery Point at Ireland's most South-westerly point in West Cork is a dramatic place to visit!



A Three in One must see Experience, Visitor Centre, Cliff paths with the iconic Bridge and Signal Station, Café & Gift Shop, Mizen Information and eCentre. Business Services, Hot Desks, Gifts and Free Wi-Fi.



Mizen Café &
Gift Shop

www.mizenhead.ie
GPS: 51° 27' 0.59" N - 9° 49' 5.99" W
028-35000 / 35115

Bantry

Bantry, in the heart of West Cork, is a region of lush vegetation, palm trees and semi-tropical flowers. Hemmed in by high mountain ridges, an azure blue sea and cascading mountain streams, it is a place of unparalleled beauty.

Bantry town itself is a beautiful harbour town situated on the Wild Atlantic Way. Every Friday sees a large market, and there is a heritage trail and golf courses. Local restaurants, cafés and shops are in abundance.



You may wonder where the huge anchor is from that stands in the market square in Bantry harbour? It is from the French frigate "La Surveillante," part of the French Armada force which sank nearby in 1796, and was recovered in 1981.

There are plenty of things to do in Bantry: Boat Trips, Horse-riding, Hire a Kayak, Fishing Trip, Marine Wildlife Tour. There's a Playground, Huge Library, Swimming pools, Outdoor games area, Bantry House & Gardens, a trip to Whiddy island and not far away are the Kealkill Parklands.

ORGANICO DELI SHOP & BAKERY

- Organic & Local Food • Artisan Bakery
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- Body & Beauty • Household • Gifts!

OPEN: Monday to Saturday
9am - 6pm (Deli: 9am - 4pm)

Glengarriff Road, Bantry • www.organico.ie



All that is wonderful about West Cork blend beautifully at The Maritime Hotel in Bantry - world-renowned scenery, delicious food crafted from locally sourced produce and of course the friendliest Cork hospitality.

Overlooking Bantry Harbour, its location, in the heart of West Cork, allows for exceptional day trips and food experiences. While many of its guestrooms boast spectacular views across the harbour, for an extra treat check out their incredible Penthouse Suites.

The Ocean Restaurant serves breakfast every morning and by night transforms into a beautiful candlelit space complemented by a carefully curated menu of culinary delights and a delicious selection of wines.

The relaxed atmosphere of The Maritime Bar makes it the perfect place to sit back, unwind and dine after a day of fun, or to recharge before heading out again. As well as offering an extensive bar food menu with a focus on local flavours, there is a full selection of beer, wine, spirits, and minerals to choose from.

Guests also have complimentary use of Club Maritime which includes a 19m pool, Jacuzzi, sauna, steam and hydro-pool facilities.

For more visit www.themaritime.ie

The gardens of West Cork are not just diverse in the plants they contain but in the people who have crafted them. Often deeply personal, they tell the stories of past and present.

Read all about them and plan your visits here:



Scan me!





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Wolfe Tone Square, Bantry
(027) 50531

www.coenspharmacy.ie



Open Mon to Sat

08.30-18.30

**Sundays & Every
Bank Holiday
Monday**

Open

11.30 - 12.30

Festivals in Bantry

Bantry Walking festival | 30th May – 2nd June 2025

Kupala Multicultural festival | June 2025

West Cork Chamber Music festival | 27th June - 6th July 2025

West Cork Literary festival | 11th -18th July 2025

Wild Atlantic Mizen Cycle | 12th July 2025

Bantry Book Fair | 17th August 2025

West Cork Fit Up Theatre | 11th July – 6th August 2025

Bantry Agricultural show | 17th August 2025

Ellen Hutchins festival | 17th - 25th August - various locations, Bantry

Masters of Tradition festival | 20th – 24th August 2025

NEWTOWN PHARMACY

37 Glengarriff Road,
Bantry . (027) 56947



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www.newtownpharmacy.ie



Pier for Whiddy Island

Culture Night |
19th Sept 2025
West Lodge Hotel Fastnet
Rally (cars) | 26th October
2025
Bantry Spooky Night, Wolfe
Tone Square |
31st October 2025
New Year Family Gathering,
Wolfe Tone Square |
31st December 2025

LEVIS ART STUDIO



www.levisart.com

Fern, Coomhola, Bantry,
P75 HY01

Watercolour Artist, inspired by the Impressionists at an early age mastering that delicate balance between lightness of touch and boldness of expression which is characteristic of watercolourists.

Watercolour Art Classes

Ph: 083 087 0663

Watercolour art classes are held at Levis Art Studio upon arrangement directly with the artist.

During the course of the year, Art and Food retreats are held in the studio which includes tuition and full lunch with a Mediterranean theme - dates appear on the website and early booking is essential.

Along Bantry bay by the square, you will see lots of tables and chairs set out under cover, such a choice of dining in this part of town! Try The Ocean Restaurant or The Brick Oven, both serving fantastic food each evening (I have been to both and can recommend!)



Bantry House

Bantry House, Garden and Tearoom at this stately home reopened in April. When you enter the estate, you immediately feel the relaxed atmosphere and happy, friendly staff add to the ambience.

The estate, which has been in the White family since 1739 is popular as a wedding venue and the gardens are open to the public, where you can enjoy a picnic basket from their Tearoom or Afternoon Tea in the Library, and stay in the East Wing.

Bantry House is host to Masters of Tradition Music Festival from 20th-24th August 2025 | www.bantryhouse.com

EXPERIENCE THE WILD ATLANTIC WAY



Ballylickey

Ballylickey caters for a great variety of outdoor pursuits at all levels of experience: walking, golfing, angling, water sports, swimming.

There is sea angling in the bay and the Ouvane and Coomhola rivers, which flow into Ballylickey and offer excellent salmon and sea trout fishing. Also, there are several inland lakes stocked with rainbow and brown trout all within a few minutes drive from Ballylickey.



The Ouvane Falls Hotel has Irish dancing with a live band every Sunday night and all year round sea swimming is popular, just half a mile away at Snámh pier.

Kealkill

Kealkill is just a few km further on from Ballylickey, nestled in the beautiful Ouvane valley, among the Caha hills and Ouvane river.

Dramatically perched above a waterfall, Carriganass Castle (O'Sullivan Beara stronghold) can be seen just a short walk from the village, past the glorious Kealkill Parklands (spot the fairy houses!)

Not far away there is a stone circle and stone row at Tooreen Lake, which are well worth a visit, where there is also craft basketry.

Salmon and Trout fishing is a must here, and you can visit the castle roost of one of the largest Dubenton bat colonies in Ireland.

Fancy watching road-bowling?

You may be lucky to catch them at weekends.



Many thanks to Kloe Wood Lyndorff and Adam Carveth, at The Garden of Re-Imagination

Tel: 089 – 708 1099

Email: info@twogreenshoots.com

www.twogreenshoots.com

Facebook: The Garden of Re-imagination

For their help with photos and

information for the gardens of West Cork.



The Maritime Hotel, Bantry, Co. Cork

027 54700 | info@themaritime.ie | themaritime.ie

Drimoleague

'The Heart of West Cork' is how you are greeted when approaching Drimoleague, just 12km from Bantry, Dunmanway and Skibbereen.

It is certainly a haven for walkers, and is also known as 'The Walker's Junction of West Cork'.

Here the acclaimed Sheep's Head Way converges with the five Drimoleague Heritage Walkways, and then continues northwards to Kealkill. You are invited to walk the 34km St Finbarr's Pilgrim Way from Top of the Rock, Drimoleague to St Finbarr's hermitage at Gougane Barra in August each year.

To find this year's dates and book a place contact David Ross on 086 1735134.

The children's playground is modern and well maintained and there is an immaculate Pitch and Putt course. There are Tennis courts which can be used for free.



Waterfall Alpaca Farm
www.westcorkalpacas.com

The Cabin at Waterfall Alpaca
Sleeping 4, this self-catering Cabin with bedding provided is right at the heart of the farm.

Meet the alpacas, donkeys and other animals and take a tour.

Book an Alpaca Walk to take these serene animals along the riverbank path.

Phone
028 31953 or
087 615 3006

West Cork's **Waterfall Alpaca Farm** is an absolute must. With alpacas, ponies, miniature donkeys, dogs, cats and hens, there are guided tours and 'meet the alpacas'. You can book for their famous Alpaca Walks along the riverside and stay in their wonderful cabin, immersed on the farm with the animals as neighbours.

A paradise for children of all ages and the child within you. After speaking to Emma, I was so impressed with the ethos on the farm which is very much for the safety and well-being of all their animals, which she is passionate about.

For those staying in the cabin, a 5 minute walk away, there is a pool below the waterfall for good swimmers but also lots of smaller, more accessible pools for children to paddle in.



Castle Donovan near

The village of Drimoleague is at the basin of the River Ilen, which flows down to Skibbereen and out to sea. In the 1880s, there were no fewer than three stations here and it was a thriving village with the junctions of the Skibbereen and Bantry branches of the West Cork Railway converging here.

With an interesting history, dating back to the 6th century, there is rich folklore and a real warm friendliness to the village. With unspoiled flora and fauna, a lovely riverbank and woodlands amongst undulating farmland and mountains.

Dunmanway

Dunmanway is just a 45 minute drive from Killarney and Cork city. A traditional market town with a central 'square', it has a diverse choice of things to do and see, with a large indoor swimming pool just outside the town.



Every June Bank Holiday, Dunmanway hosts a Star Wars themed Feel the Force Festival, which attracts hundreds to the town, with one of Ireland's largest Star Wars exhibitions. Dress up and have fun! The August Bank Holiday sees the Ballabuidhe huge Horse Fair Festival Dunmanway.





Less than an hours drive from Cork city, the lovely town of Dunmanway has the largest Paint-ball centre in Ireland! Set in 9 acres of forest, hills, bridges, runways, forts, platforms, and old buildings which look like battle-scarred scenes from a movie, there are plenty of places to take refuge and hunt!



Each team has a fort to defend and their enemies fort to attack.

Retrieve your safe key from the enemies fort and win a prize!

You have 3 lives – quite generous?

Maybe, if you don't step on a landmine!

A game-face and old boots are all that is needed, they supply all the paintball essentials, including a hot shower afterwards!

Watch paintballing on YouTube here:



Experience the thrills of paintball without the intensity, with Splatball – great for all ages and younger people of 8 years upwards. Using less dense paintballs, it is a great teambuilder, exercise and bonding game, with less pain!

Just as much fun, practice your aim and game strategies and choose from indoors, fields, woods and urban environments.

Mount Gunnery, Derrylahan, Dunmanway, Co. Cork



funmanway@gmail.com

+353 85 8060020

As 'The Gateway to the Mountains', it is ideal for hill walking, cycling and horse-riding. With a fun Adventureland for kayaking down upper Bandon river. There are community gardens, a round tower and nearby Ballinacarriga Castle.

With original & beautifully handcrafted gifts and Fine art made by local artists and craftmakers at Le Chéile Arts.

There are also the Hummingbird gallery, Mirabelle restaurant, the Teapot Café - which I can highly recommend, it's light and airy, really friendly and has efficient staff and excellent food (try the cnoc dubh!)



f Main Street, Dunmanway, P47 NX47 www.lecheilearts.ie +353 (0)87 247 8351 lecheiledunmanway@gmail.com

Visit Le Chéile Arts Dunmanway to browse a large collection of gifts, traditional crafts and contemporary artworks; there are always new curiosities to explore! Showcasing beautiful design, it also provides a space for craft workshops and art classes. They stock original paintings, pottery, metal sculpture, Aran knits, homewares and more!

Sam Maguire, from Dunmanway, is best known for the GAA cup named after him. He was an Irish patriot who worked in the Post Office in London as an undercover spy for Michael Collins, as he devoted his life to reclaiming independence for Ireland. In 2017, 90 years after his death, a set of 8 church bells were installed in his memory at St Mary's Church, where he is buried. At time of print, you could obtain the Sam Maguire passport, which can then be stamped at 7 different locations on the Sam Maguire trail.

Take a short, scenic and beautiful drive to the home of Sam Maguire in Mallabracka. It was in this location where Sam grew up and lived for 20 years. Mallabracka is just five kilometres outside of the town centre, the house and surrounding lands are well worth a visit.



Sackville Street, Dunmanway
Phone: (023) 885 5538
Open: Mon – Sat 9am – 4pm



Macroon

Macroon, as hundreds of other towns, began as a primitive settlement on the banks of a river, in this case, the Sullane. The town is rich in archaeological artefacts such as gallauns, stone circles, dolmens, cist graves, ring forts, fulacht fiadhs and souterrains. There are even a couple of canons on the impressive town square.

Macroon has been campaigning for decades for a bypass, and since it has been opened in December 2023, the town has been transformed from the bottleneck of the past, when it was choked by 700 HGV trucks daily and diesel fumes, to a clean, friendly quiet town again. The residents are delighted that the air quality has doubled and to now be able to hold a conversation with their friends and even make a phone call on the street! Costing €280 million it has totally changed the town back to its former glory.



The country market is held in the GAA centre in Macroon every Tuesday from 11.15am-1pm and gives people the opportunity to buy local produce that is freshly harvested or made.

Gloun Cross Dairy, on the R587 Dunmanway to Macroon, sells fresh milk, cream and eggs and is open all day with an honesty box.

There are numerous shops, bars and cafés in Macroon, really great places to eat, hotels and a large public park featuring many items of gym equipment, grab a picnic from one of take-away eateries, grocers or supermarkets.

Tiny Feet Fairy Garden opened in Masseytown on the 1st Sept 2018, set up by Macroon Tidy Towns and Cork county council on an acre of ground, alongside the River Sullane. A magical place for all age groups. The Park is open 24/7, all year round.



Tiny Feet Fairy Garden, Macroom

FREE ENTRY
OPEN 24/7
1 ACRE OF MAGIC
FOR ALL AGES!

Coolcower House is beautifully situated overlooking the River Lee with coarse fishing on the waters edge. It has a large glass conservatory and lounge bar which were added in keeping with this country house style. It has been welcoming visitors for sixty years and has twelve en-suite rooms. There is extensive parking, beautiful riverside and avenue walks, with fishing along the lake.

Coolcower House

www.coolcowerhouse.ie

Tranquility Awaits at Coolcower House
Your Peaceful Escape by the River Lee

Historic charm • Cosy stays • Riverside walks & fine food



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Coolcower House, Coolcower,
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Garden Restaurant Now Open: Thu–Sun | 12:30 PM – 8:30 PM

Weekend Breakfast | Sat & Sun | 9:30 AM – 12 noon



Gougane Barra

Gougane Barra is a scenic valley and heritage site in the Shehy Mountains near Ballingeary. Gougane Barra is at the source of the River Lee and includes a lake with an oratory built on a small island.

It also includes a forest park with numerous interesting trails and bridges with picnic benches, parking and toilets. There is a fabulous hotel, shop & café on the lakeside.



Ballingeary

A quaint little village with a big heart in the Muskerry Gaeltacht (Irish speaking area). It has an active Irish language summer school and you can see an old Irish famine pot on display.

Set on the scenic route between Macroom and Bantry with pretty bridges over the River Lee. Top up at the village store and travel on to your next destination, but take your time, there's a lot to see on the way!

Take a beautiful 1km walk and pass over the Clapper Stone bridge, home to Ash, Hazel, Sessile Oak, Holly, Valerian and Meadowsweet. Hold children's hands and keep dogs on a lead, as the stepping stones over the River Lee are quaint but may be slippery!



At the other end of Lough Allua, there is an outdoor adventure centre who rent out kayaks and canoes. Pike can be found in this lough, one caught was over a metre long! Cottages can be found to rent nearby.

Ballyvourney

In 1950 when a committee in Ballyvourney raised funding to commission a statue of St Gobnait near the site of her 6th century convent, they found significant archaeological objects as the house was found to be on the site of 137 iron and bronze forges dating back to the first few centuries, in an early industrial site. There is also a Sheela-na-gig here, many of these fertility statues can be found throughout Ireland.

The new bypass opened in 2024, which makes travel very easy between Macroom and Ballyvourney.

Beara Peninsula

The magnificent, mountainous, craggy Beara Peninsula route straddles two counties, Cork and Kerry and is one of the most scenic drives I've ever taken. Vehicle passengers benefit from a clockwise direction to take in the views, and you will discover many towns and villages along the way.

Beara is a place steeped in its own history, connection to a pagan ancestry is palpable in the megalithic monuments that litter the landscape. Eyeries church's stained glass celebrates our ancients, and nearby stone spirit, The Cailleach Beara's fossilised remains overlook Coulagh bay awaiting the return of her husband, sea god Manannan.



Evidence suggests that Christianity was in Beara long before St. Patrick; a cleric named Caitighearn was brought from France in the 3rd century by Beara sea traders Na Luingsachain (now Lynches). Mass Rocks were sites where mass was said in whispers during the Penal Times of the late 17th century, a time when Catholicism was forbidden. Feel the trepidation that must have accompanied the worshipers at this isolated Mass Rock where they gathered for their clandestine masses

Beara Peninsula



Coorleary

Levis Art Studio

Glengarriff

Bamboo Park

Two Green shoots

Eccless Hotel and Spa

Quills

The Black Cat Café

Glenqarriff Hostel

Adrigole

Hungry Hill Lodge

& Camping

Bere Island

Wild Atlantic Glamping

Lawrence Cove Marina

Bere Island Ferries

Dursey Island

Thomas Hartnett Bus Tours

Eyeries

Eyeries Glamping Pods

Eyeries Motorhome Parks

Lauragh

Skeellig Tours

Glengarriff

Glengarriff has been famous as a holiday destination since the 1700s. The Bamboo Park can be seen just before you enter the town itself, with wonderful walks down to the waters edge.

The magnificent Eccles Hotel & Spa dominates, but also belongs to the woodland it nestles into.

Evidence of human occupation of Glengarriff dates 3,500 years ago, right back to the Bronze Age and you can see traces of this fascinating past all around the village. Glengarriff Tidy Towns created a fairy walk in a woodland area between the Blue Pool and Glengarriff Pier. You'll find many festival dates at www.visitglengarriff.ie

Apart from the well kept shops, hotels, restaurants, cafés and bars, there is also the fabulous Blue Pool, where you can see herons and relax at the cool water. Car Parking for the ferry to World Famous Garnish Island can be found near the Blue Pool at Quills Famous Irish Woollen Gift shop, where, in the summer, there is a huge cosmopolitan market of stalls producing all types of lunches and reputedly the "Best Coffee in West Cork!"

You can also find public toilets here, which can be a handy pit-stop! The Black Cat is a local Café, which serves really tasty locally sourced fresh fish and fresh coffee to eat in or take away.



The Black Cat

The Black cat is the perfect place to stop for a freshly brewed coffee and hot food; locally sourced fresh fish daily, burgers, chips. Eat in or take away.

CONTACT US

P: 027 63756

E: blackcat2008@live.co.uk

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A Taste of Summer at the Eccles

Situated on the waterfront in picturesque Glengarriff village, Eccles Hotel & Spa, the only 4* hotel in Glengarriff, commands panoramic views of Bantry Bay.

Under the direction of Award Winning Chef Eddie Attwell, the hotel has established a reputation for its excellent food, with most of it's produce freshly picked daily from the hotel garden and polytunnels, foraged locally or supplied by the best of West Cork's artisan food and drink suppliers.

Eccles Hotel offers a range of dining options to suit all your needs, explore more at www.eccleshotel.com

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OPEN ALL YEAR ROUND

9.30AM - 6PM



The familiar and popular Glengarriff Hostel has reopened this spring under new management and with it, a wave of nostalgia, community spirit, and heartfelt enthusiasm.



The beloved Glengarriff Hostel is enjoying a new lease of life thanks to local couple Deirdre and Finbarr O'Sullivan. For Deirdre, this isn't just about reviving a business—it's a return to a place that played a formative role in her life. Originally known as Murphy's Village Hostel,

the property holds deep personal significance: it was where she had her first job as a teenager, working in both the hostel and the café downstairs under the kind mentorship of Susan and Tony Murphy. *"I have such fond memories of Mrs Murphy and all the lessons she taught me," Deirdre recalls. "When the opportunity arose, I approached the Murphy family to ask if they would consider leasing the business to us—and we were thrilled when they agreed."*



Both Deirdre and Finbarr are Glengarriff natives, and together with their four children, they are pouring their energy into bringing the hostel back to life. Now open and welcoming guests, the hostel offers a warm, friendly base for those exploring the breathtaking Beara Peninsula. The hostel's relaxed and sociable atmosphere makes it easy to connect with fellow travellers, share stories, and plan the next adventure.

Visit their website: glenhostel.ie



 glengarriff hostel
 @glengarriff_hostel
 T: 085 777 7837
 w: glenhostel.ie
 e: glenhostel@gmail.com

Adrigole

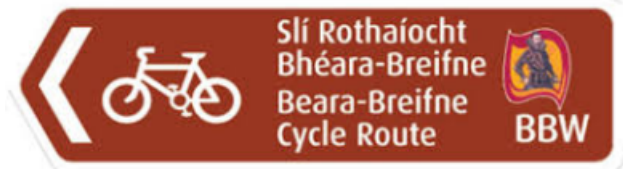
Looming over Adrigole is Hungry Hill, the highest of the Caha range.

These mountains offer fabulous hill walking, discover the hidden lakes and the wonderful Mares Tail Waterfall, less than an hours walk away from Adrigole and Hungry Hill Lodge and Camping. Or drive the meandering Healey Pass, it is only ten minutes away.



The Beara Way Cycling Route is a National Cycling Route and for most parts it uses country roads and stays close to the coastline.

The 138km route travels along the entire Beara Peninsula passing through towns and villages along the way. There is no start or finish so you can join the route in any town and village on the peninsula. The route is sign-posted with a logo and a bicycle symbol. Cycling from Adrigole to Glengarriff is 21km, and from Adrigole to Castletownbere is 16kms.



Also for the energetic, you can hire kayaks and paddle out with the seals, or fish from the rocky shore - wear sturdy boots – a permit is required to fish for salmon or sea trout but most other fish are allowed.

We are a family run campsite and next to camping pitches, we have self-catering rooms and glamping accommodation available.

www.hungryhilllodgeandcampsite.com

info@hungryhilllodgeandcampsite.com

+353 (0)83 119 6659

Open: 01 March till

30 November



Adrigole, Beara Peninsula, Co. Cork, P75 CY62, Ireland

Bere Island



Bere Island lies at the entrance to the magnificent Bantry Bay and guards the deep water harbour of Berehaven. It has a strong and vibrant community who continually strive to protect their island's heritage, landscape and island way of life.

Despite its proximity to the mainland, Bere Island retains that distinct, easy charm of rural places distant from cities and crowds. It's a quiet paradise, of a size that is manageable for walkers and cyclists. Bird watchers and plant lovers will delight at the many species to be found on land and at the water's edge.

Bere island is situated 120km, a two hour drive away, from Cork City and is only accessible by a ferry ride. The island is served by two car ferry services. Please note that you cannot book the ferry in advance. Both ferries operate a first come first served policy and you might have to queue at peak times. However you won't be left behind, if the ferry is full, they will come back for you!

Murphy's Ferry leaves The Pontoon, which is 29 miles from Glengarriff on the left (30 mins ferry journey). Bere Island Ferries is in Castletownbere on the left at the entrance to the town (15mins ferry journey).

The 1796 French invasion attempt at Bantry Bay led to a decision by the British authorities that their defenses around the coast of Ireland had to be strengthened, as they were worried that Napoleon was going to launch a massive attack via Ireland. They approved the construction of four Martello towers for Bere Island, which were completed by 1805. The towers were built by Cornish masons with help from local labour and to this day, it is thought there are descendants of these men still on the island.



Two of these towers still remain, one on Cloughland Hill and the better preserved one on Ardach Hill. They were strategically placed, along with signal towers and guard houses along the rims of the island to guard the wider entrance to Bantry Bay.

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Regular ferries between
Castletownbere pier and
Bere Island all year round.

Bere Island has a history of fishing, at its height in 1837, one fishery on the island had 1000 people in its employ. 80 years later, this number had dropped to just 130. Berehaven Harbour has long been known for its scallops, years ago there were so many scallops in the harbour, that they would be blown ashore by winds. Fishermen had their nets out in September to catch pollock and herring to be salted to preserve for the winter. Nowadays shrimp and velvet crab are also caught here.

Older islanders can remember the days before there were island ferries, when each family owned a boat and had to row over to the mainland and sail back once a week. Radios in those days worked from a huge dry battery which had to be lugged over to the mainland once a week for re-charging! Socialising was great in those days with card games, and a song and dance listening to a wind-up gramophone.

Several daring missions to rescue survivors from shipwrecks have been undertaken. The most notable being in 1876, when four survivors were flung onto a cliff edge and the islanders had to climb down to rescue them.



About 1km from the West Pier is the Bere Island Heritage Centre in Ballinakilla townland. This was refurbished from what was once the islands Ballinakilla National School.

The Bere Island stage of the Beara loop walk is 22km in total but with three routes blending stunning views with hilltop ascents, old military tracks and cross-country mountain passes. Marked by a yellow walking person symbol, also yellow or white markers on rocks and Slí na Sláinte ('path to health') blue post markers which are a novel initiative developed by the Irish Heart Foundation to help make walking more accessible to the general public. A book, 'The Bere Island Experience' can be purchased on the island for €5, which 'walks' you through all the various historical landmarks on these routes.

Hungry Hill was the setting for the Daphne du Maurier novel of the same title near the Róncharraig lighthouse and beyond this, the Ardaragh Wedge Tomb, 2kms west of Lonehort battery is pretty impressive still and dates back to about 2000BC.

- Yogalates Glamping Weekend Retreat with Physiotherapist Tricia Murphy |

16th to 18th May 2025

- 'Ukes go Bere' A weekend of ukuleles, craic, and song on Bere Island | 30th May - June 2nd 2025 (June BH weekend)

- Summer Solstice Celebration Retreat |
12th - 17th June

- Mundy | 16th August 2025

Book here:

www.wildatlanticglamping.ie/aug16th-mundy

- West Cork Runners Retreats with Mary Jennings, Forget the Gym | 14th to 17th July 2025 - 18th to 21st August 2025

- Bere Island Arts Festival | 18th - 21st September 2025

An Island of Discovery off West Cork, Ireland



In a recent online poll, the Bere Island 5k parkrun took the top spot in the 'World Cup of parkrun Beauty 2021' with over 1,500 votes. The run starts and finishes at the local GAA pitch near Rerrin at the eastern end of the Island and takes place every Saturday at



9.30am. The course starts with a hill for about 400m and then levels off, on the hill you pass by a wedge tomb. At the top of the hill the course levels off and you can take in some breath taking views of the Atlantic ocean and Lonehort Viking harbour.

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Golf Courses West Cork

West Cork is known for its beauty and hospitality. Among this are some wonderful Golf Courses, Links, Ranges and Pitch and Putt for you to visit.

Innishannon Golf Range ~
self service

Bandon Golf Club ~
set on stunning parkland

Kinsale Golf Club ~
great restaurant, open to all

Clonakilty Golf Club ~
well maintained 18 hole

Rosscarbery Pitch & Putt ~

two 18 link courses

Skibbereen Golf Club ~
non-members welcome

Drimoleague Pitch & Putt club ~
just pay when you get there

Dunmanway Pitch & Putt Club ~
great course by the swimming pool

Bantry Bay Golf Club ~
18 hole parkland course
overlooking Bantry Bay

Glengarriff Golf Club ~
a hilly 9 hole with spectacular views.

Lighthouses & Signal Towers

Of utmost importance along our rocky shores are these warning signs. Here are a few you can visit in West Cork, some you can just view, (V) others you can explore! (E)

Roche's Point Lighthouse ~
good condition (V)

Galley Head Lighthouse ~
view from afar (V)

Baltimore Beacon ~ to see the enormous height of this soaring above you, well worth the short walk
Sherkin Island Lighthouse ~ catch the ferry over to Sherkin Island (V)

Cape Clear Signal Tower and Lighthouse ~ ferry to Cape Clear, walk up to view them from the road (V)

Fastnet Rock Lighthouse ~ Amazing views of the 'Rock' from Cape Clear
Ferries tours (V)

Copper Point Lighthouse,
Long island by Schull ~
wonderful views (V)

Crookhaven Lighthouse ~
you can drive right up to it. Offers accommodation!

Ardnakinna Lighthouse, Bere Island
~ explore Bere Island and hike to the lighthouse

24 hour garages

Bandon, Maxol N71

Macroom, Circle K just off N22

Hegarty Filling Station, Skibbereen,

Market St, on road towards
Baltimore

Electric Car Hook-up points

Kinsale, ecars 24 hours

Bandon, ESB, by Mr Price N71
bypass, 24 hours

Macroom, ESB, Fair Green 24 hours
Clonakilty, EasyGo,
next to Supervalu

Clonakilty, ESB, along the road from
the distillery in Deasy's car park
24 hours

Skibbereen, ESB, car park of West
Cork Planning, off North St 24 hours

Skibbereen, be. Energised, in small
carpark in Supervalu car park
24 hours

Bantry, ESB, at Supervalu 24 hours
Bantry, at Westlodge Hotel 24 hours

Garages in an emergency

Bandon, Dr Auto
087 333 6690

Kinsale, Brennan motors
083 815 7550

Macroom, Philip Cross Motors
087 252 3511

Skibbereen, J&S Motors
087 377 1336

Skibbereen, Blackwater Motors
028 21544

Skibbereen, Hurley Bros 028 21555

Skibbereen Tyre Centre 028 21527

Bantry, Hurley Bros 027 50092

Bantry, O'Leary's 027 50127

Castletownbere,
Beara Top Tyres
086 400 1398

Castletownbere,
Paul O'Shea Motors 027 70958

Castletownbere

There is a market square in Castletownbere which holds a traditional and spacious market, held every Thursday with a selection of top quality food and bric-a-brac and on the first Thursday of each month there is a larger market, which is really worth a look!



Castletownbere has one of the best harbours in Ireland, sheltered by Bere Island and the two mountains, Caha and Slieve Miskish. Any time you visit, you will see huge fishing trawlers dwarfing smaller creel boats, bobbing gently at

the harbour wall. There is a car park on the left as you enter the town, which is handy to walk from, to the pier and shops. The Bere Island ferry leaves from near here, just a 15 minute ferry crossing.

In the 19th and early 20th century, Berehaven harbour and Castletownbere was used as anchorage by the Royal Navy.

The golf course near the town was once part of the base, used by the sailors for diversion – you can still see the sentry boxes at the entrance to the golf course, the tennis court there used to be where huge oil tanks stood.

The United States established Berehaven – one of five sites nearby - as a Naval Air Station in April 1918 to operate a lighter-than-air Kite Balloon during WWI, Smugglers were known to have used this deep-water harbour up to the 19th century.



Twilight Haul, a sculpture by Barry Linnane

Wander along the main street, local shops are varied and quaint, with amazing fresh food available from various restaurants and delis. There are several side streets and many nooks and crannies to explore.

Castletownbere Festival of the Sea is a week long festival full of fun & entertainment. It takes place the week of August Bank Holiday each year. www.facebook.com/CastletownbereFestivaloftheSea

WWW.BEREISLANDFERRIES.COM



Phone:
027 75009 or
086 242 3140



Regular ferries between Castletownbere pier and Bere Island all year round.

Allihies

Bronze Age people already knew that Beara's crystal bedrock held precious copper ore but in 1812 mining began on an industrial scale. Allihies' post-industrial landscape shows some of the best evidence of 19th century mining in the world today.

The remains of mine related buildings litter the landscape; discover disused mines, a gun powder house, dressing floors and man made reservoirs. The engine houses that tower over the landscape once housed giant steam engines that pumped water from the mines, drove winding gear and lowered the miners far below sea level.

The annual Allihies Festival is traditionally on 15th August, with horse racing, dating from the time when horses and ponies were in widespread use in the mines. It is set between the mountains and the sea and extends throughout the week with music and traditional games.

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The Dresser

The dresser was the principal feature of many West Cork kitchens from the later nineteenth century. The kitchen was the main room of the house and as well as being the place where food was cooked and eaten, it was also the 'living room', the place where people sat, talked, entertained visitors and warmed themselves by the fire. The kitchen had a fireplace where an open fire served for heat and cooking, but by the middle 1900s most houses had a solid-fuel range or stove installed. The dresser was generally positioned opposite the fireplace. The Irish dresser differs from its British counterparts in that it was traditionally made in one piece, and it was usually painted.

The dresser had pride of place and served a functional and decorative purpose. The upper part of the dresser was open and shelved to store and display a range of ceramic vessels and utensils. As the nineteenth century progressed cheaper ceramic ware, with sponge or transfer decoration, became more widely available. Large quantities were imported from Britain and plates, platters, jugs, bowls, egg-cups, mugs and cups with colourful floral or blue 'willow pattern' decoration began to adorn many dressers. The sale of jam was promoted by selling it in decorated jugs, many of which were afterwards added to the dresser's collection.

Plates stood on the shelves and leaned forward on to a horizontal bar. This reduced dust accumulation and enabled the display of the patterned ware to best effect. Bowls, often called basins, were arranged upside-down on the shelves, while cups, mugs and jugs usually hung from hooks.

The lower part of the dresser was used to store larger items - buckets of well-water, containers of milk, large dishes etc., and often had two doors or a curtain. Its top surface served as a worktop.

Lifestyles have changed in West Cork, as elsewhere, and while kitchen layout and design has evolved, the dresser has survived in many island houses, a treasured keepsake of an earlier time.



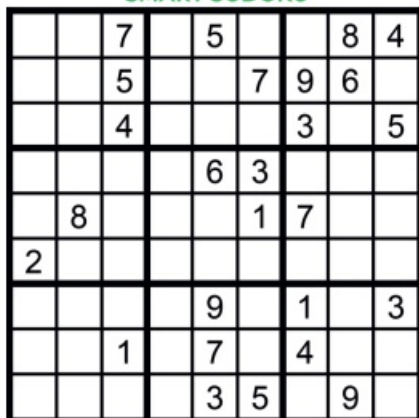
The Dresser



CAN YOU FIND ALL THESE WORDS IN OUR WORDSEARCH?

ALLIHIES | BALTIMORE | BANDON | BANTRY | BEARA PENINSULA | BIRD OBS CAPE |
BLACK CAT | CASEYS | COENS | COORLEARY | COTTERS | CRACKERS.IE | CRAFT SHOP |
DANZIG | DISTILLERY | DOLPHINS | ECCLES | EYERIES MOTORHOME PARK | FESTIVAL |
FISHING | FOOD | GLAMPING | GLENGARRIFF | GOLEEN | GOLFING | GORMU EBKES |
GOUGANE BARRA | HIDEAWAYS | HURLEYS | IRISH MUSIC | ISLAND | JAZZ | LEVIS ART |
LIONS | LONG QUAY | MACROOM | MARA FARM | MIZEN HEAD | MONKS INN | MUSEUM |
OLD MARKET BAR | ORGANICO | PHARMACY | PODS | PUKANA SURF | QUILLS | SAILING |
SCHULL | SHERKIN | SKELLIG TOURS | SKIBBEREEN | SMUGGLERS COVE | SWIMMING |
TEAPOT DUNMANWAY | THE VIADUCT | TINY TOWNS | TRAVEL | VIOLETTE | WATERFALL |
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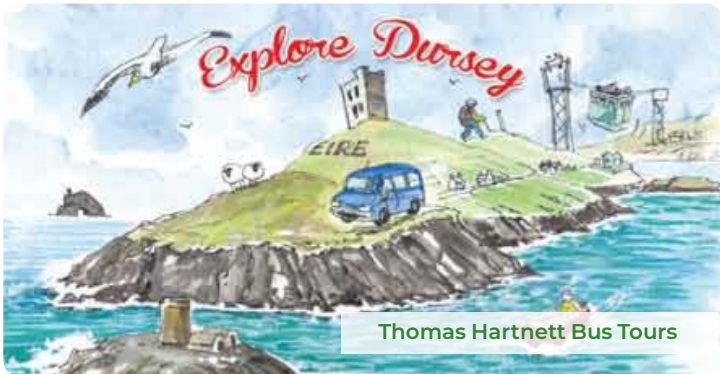
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Dursey Island

Dursey island is 6.5km by 1.5km wide and is reached by Ireland's only cable car and the only one to cross open seawater in Europe. The tide can be quite turbulent, with a reef of rocks through the

Dursey Sound that become submerged at high tide, so this remains the most popular form of travel to the island. Opened originally in 1969, it re-opened in March 2023, after much needed refurbishment.

There are only a handful of semi-permanent residents that live on the island and there are no shops, restaurants or pubs, so take a picnic! There is a coffee dock open at the pier in the summer and Hartnett's Bus Tours offers transportation around the island, the bus can also be hired. Tommy Hartnett's contact number is 00353 (0)87 2060809 to book in advance.



You can take a whale watching trip as the waters surrounding the island often see dolphins and whales, so bring binoculars, also for the seabirds that live and fly here; Gannets, Manx Shearwaters, Guillemots, Puffins (my favourite!) and Razorbills.

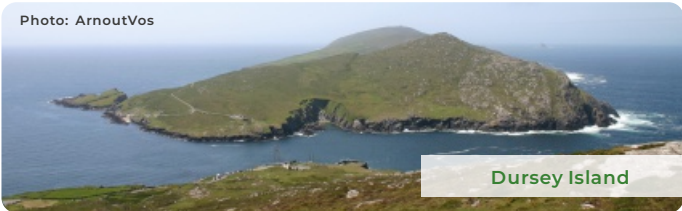
Breeding Choughs nest here and in the migration season, rare birds have been known to land. The Hoopoe (also seen on Cape Clear regularly) and other birds from Southern Eastern Europe and even from the Far East have been seen.



**Dursey Island
Discs, listen here!**

There are several self-catering cottages available on the island.

Photo: ArnoutVos



Dursey Island

Eyeries

A colourful gem of a village, with a Family Festival on the 3rd weekend of July with stalls and music. Steeped in history, Eyeries has an Eco walk, a looped walk, St Kentigern's church with exceptional stained-glass windows, a children's playground and a Sensory Garden.

2023 Eyeries Family Festival - 21st-23rd July.

From great music to great food, the Windows of Eyeries Art Trail, from best dressed dogs to digger trials, boat trips and guided walks. Great stalls, cookery demonstrations, dog show, variety show, target road bowling. Musicians, singers and dancers - from big names to great local talent.

Great activities for kids and the whole family - games, activities, races, competitions, face painting, refreshments.



TO SLEEP

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Tel: +353 (0) 87 775 4535 | Facebook: Eyeries Glamping Pods

Eyeries Motorhome Park

Eyeries, Co. Cork,
Ireland
086 220 8743



" Really well set up, with plenty of level spaces. It was quiet when we were here, which was great. The attached cafe offers everything you need, and there's a decent playground just opposite the entrance. The village is rather nice too "

Review: August

Ardgroom



Ardgroom Stone Circle

With a local shop, post office, pub and petrol station, this quiet little village is ideal if you're looking to get away from the fast pace of city life and enjoy the beautiful countryside this area has to offer.

Bull, Cow, Calf & Heifer

These imposing rocks stand majestically out of the sea just off the Beara Peninsula. So named because of the Cow's (also known as the Elephant Rock) shape, as her trunk dips into the water at certain angles as you approach.

On the Bull rock, stands a lighthouse, first lit in 1901 and was then powered by gas. The gas was obtained from the long low building on the rock by burning anthracite coal, which was winched from ships from far below

at the tunnel, which goes completely through the rock. This light had a 340 degree beam, you couldn't see it between Ballinskelligs to Castle Cove. Ten years ago LED replaced this magnificent light but at least now it can be seen 360 degrees!

There are still steps leading from the tunnel up to the buildings, but they are almost just pegs, very very steep and almost impossible to climb back down!!

You can see the lighthouse in the second photo.

The first lighthouse was built on Calf Rock, you can still see the remaining rusty structure. In the

late 1800s, during a huge storm, part of the structure was destroyed – leaving three poor lighthouse keepers stranded on the rock for three weeks! British ships tried and failed to rescue them but finally, a boat from Dursey Island managed to take them off the rock.

Immediately, a temporary light was built in a timber tower on Dursey Island until the one was built on Bull rock. You can still see the wall built round this to protect it from the sea and animals.

SKELLIG TOURS

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THE TRIP TO SKELLIG MICHAEL TAKES JUST OVER AN HOUR, THEN YOU WILL BE DROPPED OFF ON THIS ROCK TO EXPLORE THE MONASTERY AND HEAR THE HISTORY OF THE ISLAND TOLD BY LOCAL GUIDES, THEN PICKED UP 2.5 HOURS LATER.

Tour round the two Skelligs, the smallest is home to the world's third largest population of Gannets, over 30,000 breeding pairs!



Possible pick-up could be arranged for groups, from Travara Pier, Beara Peninsula in the off-peak season

The Skelligs are a group of rocky islands not too far from Dursey Island as the crow flies, off the head of the Kerry cliffs, and in the off-peak season, groups may be picked up from Travara Pier on Beara peninsula to be taken out to them.

Until the 13th century, a group of 12 monks inhabited Skellig Michael. They grew vegetables and would have eaten fish, birds and eggs for protein. They had no means of cooking, there is no timber on this windswept isle and they wouldn't have had enough room for wood on their small boats.

The beautiful bee hive stone huts made from stone from the island were their living quarters. They also had a church, an oratory. The monks had three different paths leading up from landings and you can still see traces of these today. They would have had to pull their small crafts a long way up to keep them from the huge Atlantic weather which could bring waves 150ft above sea level!

Irish Light brought stone from nearby Valentia Island and made a large path from Blind Man's Cove up along the south and west sides of the islands.

Market Days around West Cork

~ apologies if I have missed any out, please do let me know
and I will include you next time ~

Tue:

Macroom

Wed:

Kinsale

Thu:

Castletownbere

(1st Thurs in the month,
every Thursday in the
summer), Dunmanway

Fri:

Clonakilty, Bantry

Sat:

Skibbereen, Bandon,
Glengarriff, Rosscarbery

Sun:

Baltimore (from Easter),
Schull (from Easter),
Glengarriff



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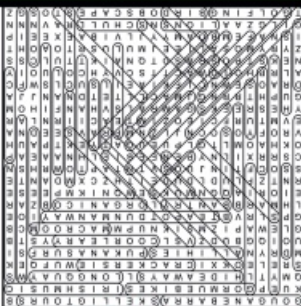
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6	4	2	1	3	5	8	9	7
9	3	1	2	7	8	4	5	6
5	7	8	6	9	4	1	2	3
2	5	3	7	4	9	6	1	8
4	8	6	5	2	1	7	3	9
7	1	9	8	6	3	5	4	2
8	6	4	9	1	2	3	7	5
3	2	5	4	8	7	9	6	1
1	9	7	3	5	6	2	8	4

There are 7
Dolphins



The rest of the wonderful FESTIVALS in West Cork

Feel the Force | 31st May – 1st June in Dunmanway



Macroom Music Festival | 31st May – 1st June

Just across the water from Baltimore, Sherkin Island host the
Open Ear Festival | from 29th May – 1st June

Kinsale's Tides of Tradition | The Show on 4th June

Glengarriff's Jim Dowling Uileann Pipe and Trad Festival | June

The Irish Yogurts Clonakilty Street Carnival | 14th June

Kinsale's Simply Blue Group Sovereigns Cup | 25th – 28th June

Ballydehob's West Cork Yoga Festival | July, date to be confirmed

Allihies Michael Dwyer Traditional Music and Arts Festival | July

Camus Farm, Clonakilty host 'Henry Girls' | 5th July



Kinsale's Blacks Brewery Sportive | 6th July

Bere Island's Story Telling Festival | July (dates to be confirmed)

Bandon's Bailiú na Bandon | July

Clonakilty Old Time Fair | 5th July

Kinsale Arts Weekend | 10th -13th July



Schull Regatta | 9th -10th July

Allihies' Beast of Beara Walk/Jog/Run is 21.1km | 19th July

Bere Island Arts Festival | 18th – 21st September

Drimoleague Singing Festival | September

Clonakilty International Guitar Festival | 18th – 21st September

Kinsale's Words By Water Festival | 2nd – 5th October

Leap Scarecrow Festival | 21st October – 3rd November

Kinsale's East Cork Early Music Festival | in October

Kinsale's Guinness Jazz Festival | 24th – 27th October

A taste of Bandon | October



Macroom's Cruinniú na bhFliúit | next April

Fun, Food, Wellness and Luxury along the West Coast

There aren't many places which can compete with the West Coast of Ireland for stunning scenery, woodland walks, secluded beaches and now, luxurious saunas after your chilly dip! With food trucks nearby in some places, as we're always hungry after a swim!

Some luxury, very different accommodation along the coast and some lovely, quirky things to do.

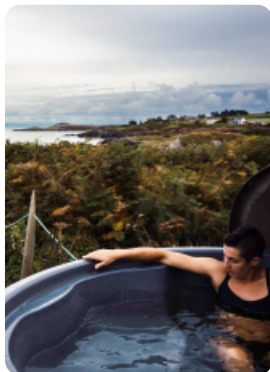
Sána na Mara & Gael Yoga

Phone Jen on 0874741870
Jen teaches English/Gaeilge
yoga classes and has
opened a lovely mobile
sauna on Cape Clear Island



As well as their luxury accommodation geodomes, bell tents and eco-cabins, **Goleen Harbour** offers wellbeing treats, as they have a sauna,

hot tub and plunge pool which you can book here. You can camp with your own tent and the campsite has wonderful ocean views over Ballydivlin Bay.



Sandycove Sauna, Kinsale. Looking for a unique experience to relax, recover and recharge?

This hidden gem offers the perfect escape, with breathtaking views

over Goat Island. Whether you're a local or just passing through, make sure to add this coastal sauna to your list of must-visit places to embrace the healing heat, the sea breeze, and the tranquil atmosphere.

www.sandycovesauna.com

Instagram: @sandycovesauna



Wandering Sauna found in Red Strand, Courtmacsherry, Kilcrohane, Glengariff & Schull

www.westcorksauna.ie

@WESTCORKSAUNA



West Cork Sauna offer luxurious hot saunas after your swim, which move all around the West Coast, here is their schedule and a link to their website for more details.



Spinfit Kinsale: Despite massive physical benefits, the main benefit, is, The Mind! Using the beat and powerful music I mesmerize the mind into a state of stillness and bliss. This is true wellbeing.

Whether this is a one off or regular, it is an experience you won't forget.

Instagram:

[kinsale_spinfit](https://www.instagram.com/kinsale_spinfit)



Coastal Roast, Garretstown, has a focus on health, wellness, & recovery through hot and cold therapy. Enjoy a toasty sauna and cool off in our showers and cold plunge pools - we cater for everybody's needs. Breathtaking views of the Atlantic ocean with an abundance of fresh sea air. We offer delicious food fresh from the oven, tea, and coffees available from our cafe.





Explore West Cork by bike. **O'Donovan Cycles** hire both electric bikes and hybrid/ touring bikes. Our fully stocked shop has all your cycling essentials. Our workshop offers a full range of repairs and aims to get you back on the road quickly. For more details and booking please visit: odonovancycles.ie

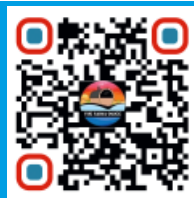
Sunrise Sauna is found at the popular swimming beach of Tragumna, a 12 minute drive from Skibbereen. Also having the advantage of toilets and



showers, you will find a great Coffee trailer to refresh you. A hot tub is available to hire too – just contact Alex on 087 629 2459



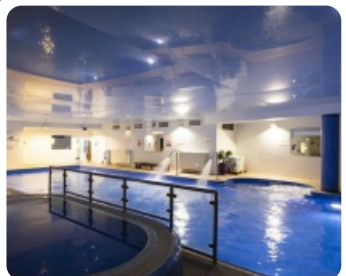
The Sauna Snugg, located on Garrylucas Beach in Garretstown, County Cork, offers a tranquil seaside retreat.



Their wood-fired saunas provides stunning ocean views, enhancing relaxation. Guests can choose between shared or private sessions, with the option to cool off in the sea, embracing the invigorating hot-cold therapy. Run by the welcoming duo, Jess and Stephen, The Sauna Snugg has become a cherished spot for both locals and visitors seeking relaxation & rejuvenation.



Take time for yourself at **Deep Blue Leisure Centre**, Schull Harbour Hotel. Enjoy a workout, swim in the 16m pool, then relax in the sauna or steam room. Full or pool-only memberships and day passes available. Contact: 028 28792 | leisure@schullharbourhotel.ie





Who doesn't love the gorgeous face of a beautiful Alpaca? You can actually stay on an **alpaca farm** in nearby Drimoleague, take them for walks and watch the farm from your cabin window. Watch this video for Alpaca cuteness and phone Emma on 028 31953 to make enquiries about the cabin and the walks.



Outside is the new inside for **Mountain Forge Escape** at Ardfield near Clonakilty, as you are surrounded by wonderful views and experiences while staying in a Pod, Gypsy Caravan or one of the most luxurious Glamping Domes I have ever seen!



The Dog Friendly **Wild Hideaways** in Bantry offer Eco-Spa retreats in their luxury lodges, with a journey of holistic wellness in their eco spa facilities, relaxing in your own private alfresco hot seaweed bath. www.wildhideaways.ie

Smugglers Cove, just outside Leap has Ireland's biggest inflatable obstacle course, and, dare you try it, new for 2025, Ireland's first Tubing Park! Crazy Golf, a huge Maze and activities for the younger children too. This place really raises the FUN bar! smugglerscove.ie

The Wellness Centre at **Liss Ard Estate** includes 2 wood burning saunas, a yoga studio and a gym with Technogym equipment and 2 treatment rooms.



-  **Goleen Harbour Farm** | Goleen
-  **Sandycove Sauna** | Sandycove
-  **Spinfit Kinsale** | Kinsale
-  **Coastal Roast Sauna** | Garretstown
-  **O'Donovan's Cycles** | Bantry
-  **Sunrise Sauna** | Tragumna
-  **Sána na Mara** | Cape Clear Island
-  **West Coast Sauna** | Courtmacsherry

-  **Schull Harbour Hotel** | Schull
-  **Waterfall Alpacas** | Drimoleague
-  **Wild Hideaways** | Bantry
-  **Smugglers Cove** | Rosscarbery
-  **Mountain Forge Escape** | Ardfield
-  **Liss Ard Estate** | Castletownsend
-  **Sauna Snugg** | Garretstown

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